

Winter 2011-2012

Volume 21, Number 4



Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 22 years of dedicated activism for domestic fowl



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Photo: Courtesy of Chicken Run Rescue

Way to Go!

Henny Penny Rooster was one of three month-old chicks being sold at a farm supply store in Columbia, Tennessee. They were crammed together in a small wire cage on a hot day before Easter. Henny Penny and his two brothers were all bleeding. When I asked what could be done to help them, the owner said they just wring their necks and toss them out. So I said, "I'll take three bleeding chicks to go, please." – Laurie Montgomery. This winning photo appears in the 2012 Chicken Run Rescue Calendar for July. To order these wonderful calendars and submit a favorite photo of your own chicken(s) for this year's contest for the 2013 calendar, go to www.chickenrunrescue.org.

Hair Care or Hair Horror? AVEDA Responds to UPC's Campaign to Eliminate Feather Hair Extensions

"Recently, we became aware of feather extension services being used in our network that we feel do not align with Aveda's Mission."

In our last *Poultry Press*, we urged people to contact beauty care company Aveda and urge them to get rid of the rooster feather hair extensions being sold in their spas and salons. Glamorized by *American Idol* host Steven Tyler on television, these feathers are extracted from thousands of roosters who are cruelly caged and tortured to death with carbon dioxide by companies that tear out their tail feathers then trash the dead birds.

Aveda advertises itself as a compassionate, earth-friendly, animal-friendly company. Trusting Aveda's message, readers of *VegNews* magazine voted Aveda "Favorite Hair Care" company in the 2011 Veggie Awards Reader Poll marking 12 Veggie Awards for Aveda. *But as long as rooster feathers hair extension products are being sold in Aveda's spas and salons, this Veggie Award is compromised.*

What Can I Do?

Responding to our campaign, Aveda has acknowledged that the company now knows that feather hair extensions violate Aveda's Mission.

In a letter to Aveda salons, President Dominique Conseil wrote: *"Recently, we became aware that bird feathers and feather extension services are offered in our network salons, and we feel strongly that these products and services do not align with the Aveda Mission. As you may be aware, many feather extensions come from de-feathered and slaughtered roosters who are bred and genetically altered to produce long, luxurious feathers. Some may even be plucked from live animals, causing incredible pain. . . . If you currently offer bird feathers or feather extension services and would like assistance in transitioning them from your business, please contact your Aveda Director of Sales for assistance."*

Please thank Aveda for educating their network salons that feather products do not fit Aveda's "animal-friendly brand culture" and should therefore be removed from sale. Unfortunately, Aveda's president weakens his letter by saying "it is not our place to dictate what you should or should not do." We believe it *is* their place and

OUR MISSION AT AVEDA IS TO CARE FOR THE WORLD WE LIVE IN, FROM THE PRODUCTS WE MAKE TO THE WAYS IN WHICH WE GIVE BACK TO SOCIETY. AT AVEDA, WE STRIVE TO SET AN EXAMPLE FOR ENVIRONMENTAL LEADERSHIP AND RESPONSIBILITY, NOT JUST IN THE WORLD OF BEAUTY, BUT AROUND THE WORLD.

their responsibility. Please urge Aveda to develop and implement an Aveda Policy prohibiting animal products in their "animal-friendly" establishments. If their name is on it and they are profiting from it, they OWN IT. Kindly inform Aveda that your patronage of their spas and salons depends on their making their ethical "values" a Corporate Policy & Reality. Request a written reply.

Dominique Conseil, President
AVEDA
4000 Pheasant Ridge Drive
Blaine, MN 55449
Customer Service: 1-800-328-0849
Fax: 1-800-236-4301
Email: Aveda@aveda.com
Email: custrel@aveda.com

Thank you for speaking up & speaking out! For more information about this campaign, please visit www.upc-online.org/entertainment.



Steven Tyler wearing rooster feathers

Black Eagle: An Organic Egg Farm Revisited

In the Winter 2010 issue of *Poultry Press*, we published "Black Eagle Farm: Story of an Organic Egg Scam" (www.upc-online.org/pp/winter2010/black_eagle.html). In it we described the appalling cruelty to animals revealed at this farm in documents obtained by an attorney in the course of investigating malnourished dogs at Black Eagle, an operation owned by Dr. Ralph Glatt, a geneticist, in Piney River, Nelson County, Virginia. Located 100 miles from Richmond and 130 miles from Washington, DC, Black Eagle portrayed itself as a "traditional family farm with a long history of treating our animals and the environment with respect" and a "sustainable producer of USDA organic, animal-friendly natural livestock products."

Documents obtained by the investigating attorney in 2009 uncovered an absentee owner, unpaid bills, and malnourished dogs, pigs and sheep. In addition, "25,000 organic laying hens" had no food, according to Staff Veterinarian for Animal Care and Health with the Virginia Department of Agriculture and Consumer Services, Daniel Kovich. A visit to Black Eagle on December 16, 2009 by VA staff veterinarian, Rachel Touroo, revealed thousands of unfed hens – "thin to emaciated," dying and dead birds, who farm personnel said had been without food for 7 days in November, 5 days at the beginning of December, and for two full weeks 5 weeks earlier in a forced molting procedure.

Through December 2009, emails went back and forth among the state veterinarians about these birds. Though starving, they didn't receive emergency rations until 8 days *after* the investigating attorney's Complaint against Black Eagle was filed by the VA Office of Veterinary Services on December 1. (Excerpts from these emails can be read in the Winter 2010 *Poultry Press*.) The veterinarians told each other that no private practitioners were available to help the birds and that industry vets could not be bothered with smaller-type farms like Black Eagle. Discussion centered on "depop" – destroying the hens on December 27 and trucking their bodies to a North Carolina rendering company. New hens would be brought to the farm in 2010.

In phone interviews with UPC president Karen Davis on April 22, 2011 and Nov. 30, 2011, former Black

Eagle Farm employee, John Dobbs, described the depopulation of the flock he witnessed at the farm in late December 2009.

"We gotta play baseball with these chickens?" – Black Eagle Farm owner Dr. Ralph Glatt during the destruction of 25,000 - 35,000 hens in late Dec. 2009.

"Burning the hell out of them with CO2" – John Dobbs to Karen Davis, April 22, 2011.

"I think it freezes their lungs." – Ralph Glatt to Karen Davis, June 20, 2011.

Carbon Dioxide Gassing Procedure:

- ❗ Shut the lights off. Grab the hens by their legs off the perches and floor, take them out of the house and stuff them in metal boxes 2 ft. wide x 5ft. long x 3 ft. deep. Put 200-500 hens in each box. Four or five metal boxes in all.
- ❗ Stick a rubber hose attached to a CO2 tank inside the box and shoot cold CO2 into the box through the nozzle until the hens flop around. The birds on top burn and suffocate to death from the freezing CO2.
- ❗ The birds on the bottom of the boxes won't die. When the boxes were opened they ran around and employees whacked them with boards. One employee put a bird on the ground and another struck her with a board like he was hitting a baseball. Ralph Glatt said, "We gotta play baseball with these chickens?"
- ❗ After this, if any hens were still alive, "you just pull their heads off. You're not supposed to truck them if they're still alive."

John Dobbs worked for Black Eagle for three and a half years. He grew up on a hog farm where he said he shot cows and "knocked" piglets, but the killing of these hens was the worst cruelty he ever saw, he told UPC. He said the metal box-CO2 procedure for depopulating "spent" hens was developed by the caged-layer industry. He said, "I'm a big advocate of banning the boxes. Better to gas the whole house at once."

(continued) Black Eagle: An Organic Egg Farm Revisited**Gassing Chickens to Death with Carbon Dioxide**

CO2 is used to exterminate poultry flocks because it is cheap and readily available. CO2 is used in whole-house killings as well as pumped into containers filled with smaller groups of birds to destroy them. The types of containers include metal boxes, barrels, sealed dumpsters, and Modified Atmosphere Killing carts. With CO2, the birds experience freezing temperatures and painful injury caused by the high pressure jet stream of burning cold gas. In "Killing Poultry on Farms During Disease Outbreaks," animal scientist Mohan Raj explains that the liquid CO2 hosed into houses and containment boxes to kill the chickens produces temperatures as low as -78.5 degrees C. The noise and painful temperatures of the liquid gas shooting through the hose panics the birds, and any bird in the way of the jet will experience "severe blow and injury" and being "frozen to death."

UPC Visits Black Eagle Farm on June 20, 2011

Big Dutchman facility shows what Black Eagle's organic hen unit looked like when UPC visited in June 2011.

In June 2011, United Poultry Concerns arranged to visit Black Eagle Farm with egg-industry businessman Bob Pike. His business, GCB Foods based in North Carolina, markets eggs to retailers (such as Whole Foods) from Black Eagle and other farms that are said to have met inspection standards. In the case of Black Eagle, "humane" standards are set by Humane Farm Animal Care (HFAC), which in 2010 decertified Black Eagle as a "humane" operation based partly on the abuses revealed in the public records obtained by

attorney Gina Schaecher in 2009. Currently, HFAC told United Poultry Concerns on December 2, 2011, "Black Eagle does not have Humane Farm Animal Care Certification. Black Eagle passed our inspection and at the time of the audit met our standards so they can sell eggs to GCB" (who in turn sells the eggs to retail chains and outlets to be sold to customers as "cage free," "organic," or whatever).

For our tour of Black Eagle, we were accompanied by Bob Pike, Ralph Glatt, a Nelson County Animal Control officer, and a farm employee. Of the four units housed in a single building (two "cage-free," two "organic"), two were said to be empty at the time of our visit. Each unit is designed to hold 12,500 hens making 50,000 hens in all. We viewed a unit holding 12,500 "organic" brown hens through glass. These hens filled every bit of space on the floor and on the platforms above the floor. The crowding we saw was total. Each hen supposedly gets 1.4 square foot of living space for herself under organic and "humane" standards for aviary units, Bob Pike told UPC.

Next we visited the "cage-free" brown hens in a unit holding 9,000 hens including what Bob Pike called "salvage" hens diverted from other egg farms in the process of depopulating their own flocks. Moving "salvage" flocks from one farm to another appears to be common practice. Since the cage-free unit we visited was 3,500 hens short of its 12,500 hen capacity, the hens we saw and walked among had some space to move about on the floor and on the platforms which included sloping strips of plastic for laying their eggs behind little flapping curtains the length of the building. (These plastic strips are what they called "nests.") On the floor was a thin layer of musty wood chips, and overhead fans were running in the "winter garden," although former farm employee John Dobbs warned that "when you visit these places, they'll be sure to turn the fans on right before your visit." So we don't know if the fans ran regularly or not.

The noise of the hens in the cage-free unit was loud and continuous. It was not the contented clucking of happy chickens. The ongoing volume of vocalizations in chicken confinement buildings is a cruelty in itself, as there is no basis in the natural experience of chickens for such unremitting noise among themselves. (Hens in

Postscript: Virginia Lawmakers Abolish Farmed Animal Cruelty Penalties

In February 2011, the Virginia General Assembly quietly passed legislation demoting state animal cruelty penalties from a Class 1 misdemeanor to a Class 4 misdemeanor to "ensure accommodation for customary farming activities" including withholding food and water from farmed animals to the point of emaciation and dehydration. An amendment that would have allowed "prosecution of a person for depriving an agricultural animal of necessary food, drink, shelter or emergency veterinary treatment" was withdrawn by VA Senator McEashin, who proposed it. When UPC learned about the legislation in February, we conducted a vigorous Internet campaign urging Gov. Robert McDonnell to veto the bills, but he signed them into law.

To learn more, see www.upc-online.org/welfare.

battery cage buildings become dead silent after several months in the cages representing the defeated mental condition scientists call Learned Helplessness.)

A long passageway in the cage-free unit was called the winter garden. Separated by glass from the green vegetation visible outside, the floor of this area was covered with hens. (John Dobbs told UPC, "They like the winter garden because they gravitate naturally toward sunlight.") We petted and talked to these hens, crouched down and gently picked up a few, holding them and trying to impart to their spirits that we cared about them and were sorry, SORRY. They were a little shy but mostly friendly and interested, but we had to go. We asked if we could please take some hens back to United Poultry Concerns to live in our sanctuary, but the answer was No. We would have to leave them behind except in our memories. How were these innocent and defenseless creatures, so young and full of unexpressed life, "depopulated"? Were they gassed in the metal boxes, burned and frozen and kicked around like footballs? Whatever the means, their death was a bad one. Bob Pike informed us their time was almost up.

December 2011

On December 2, UPC talked with Bob Pike of GCB Foods on the phone. He said Black Eagle Farm, also called Piney River Farms LLC, is "all organic now." The farm "grows its own pullets to 16 weeks, then transfers them to the laying facility." Each of the four units has its own "isolated pasture area" for the hens to go outside sometimes, as required by the U.S. Department of Agriculture's Organic Standards Program. A company called A Bee Organic in California is Black Eagle's organic certifier. When the hens are depopulated, they go to slaughter facilities in Pennsylvania, Georgia, and Virginia. Some are "salvage flocks." They're trucked to other egg-laying facilities.



Black Eagle's organic pasture for hens courtesy of Bob Pike.

The Case for Animal Rights Law and Legal Protections

In December, the Insight Page Editor of the *Portland Tribune*, in Oregon, invited UPC President Karen Davis to contribute the following Guest Opinion regarding the Lewis & Clark School of Law's creation of the world's first degree in animal law. Published on Dec. 15, 2011, Karen's essay was prompted by the *Portland Tribune* article, "New law school program unleashes animal rights" by Peter Korn, published on Nov. 24, 2011.

It Takes Courage to Support Animals' Dignity

Portland Tribune

By Karen Davis

Animal rights means that other animal species have moral claims on us based on their nature as expressed in their behaviors, including their voices, that tell us who they are and what they desire to do and not do.

Animal rights means that the claims of other species, as fellow creatures with feelings, should be recognized in the form of laws that define and protect their interests and provide them with a vicarious voice in the form of legal representation.

The science of ethology, which studies animal behavior in natural and contrived settings, has produced a copious amount of literature and audiovisual material that, added to centuries of anecdotal observation, provides ample grounds for according legal rights to nonhuman animals.

As a (non-legal) advocate for animals since the 1980s and founder of an organization that promotes compassionate and respectful treatment of chickens and other domestic fowl, I'm familiar with the arguments that are used to silence opposition to the cruelty imposed on birds in farming operations.

Ironically, we're charged with "anthropomorphism" for saying the birds suffer, while simultaneously being told that only "happy" chickens lay tons of eggs and put on mountains of weight in enforced, sedentary confinement. In fact, they're manipulated genetically and by other means to do abnormal biological things at the expense of their wellbeing.

For example, chickens bred for meat production go to slaughter lame and in pain, as demonstrated by numerous studies showing that their bones cannot support their growth rate and body weight. Chickens offered a choice of food mixed with pain-relieving medication choose it.

The fact that these chickens (and turkeys) develop heart ailments in their infancy, and suffer from a multitude of bizarre production diseases, shows that they are not happy or adapted to the conditions imposed on them.

As a sanctuary director for more than 25 years on the Eastern Shore of Maryland and Virginia, one of the largest chicken-producing areas in the country, I know firsthand the abnormal and appalling suffering of these birds, bereft of legal protection.

By the same token it is not complicated to know what a chicken needs and wants to do in order to be healthy and happy.

Visit our sanctuary in Virginia and you will see that chickens want to be out of their houses each morning and into their spacious yards and wooded areas to forage, sunbathe, dustbathe and socialize together. They want to roost up high together at night on perches, reflecting the fact that chickens evolved in the tropical forest and slept in trees, and still do. They want to run on their legs and flap their wings, nest and do all the things they evolved to do, as reflected in their overt behavior – unless their natural behavior is thwarted and distorted, as it is in crowded confinement situations with boring food, mutilated beaks, and no outlets for their time and energies.

The reason that even intelligent people insist we can't know what an animal of another species wants to do is simple: What animals want to do conflicts with what we want to do with them, and to them, and how we want to use, misuse and abuse them.

Acknowledging that other animal species have interests, preferences, desires, dislikes, aversions, affinities and so forth would require moral obligations and radical changes in our behavior toward them. Let's stop pretending we don't know, or can't know, what a chicken or a goat or a chimpanzee desires to do. I know what our chickens want to do because I watch them choose their daily activities in an environment that stimulates their interests.

For instance, chickens released from a long siege in a cage and placed on the ground almost invariably start making the tentative, increasingly vigorous gestures of taking a dustbath. They paddle and fling the dirt with their claws, rake in particles of earth with their beaks, fluff up their feathers, roll on their sides, pause with their eyes closed, and stretch out their legs in obvious relish at being able to bask luxuriously and satisfy their urge to clean themselves and to be clean, as well as engage in the highly social activity of dustbathing together.

Dustbathing is one of many examples I can give of knowing what chickens desire to do as demonstrated by what they choose to do. My knowledge fits that of the ages going back to Plutarch and other recorders of

chickens' behavior, in which genetic patterns combine with the birds' learning abilities.

A question that confronts us as a society is whether we have the decency and courage to start codifying our accumulated knowledge of other animal species and proliferation of findings about them into laws that uphold animals' dignity and protect their interests. By interests, I mean their bodily integrity, their biological and cognitive repertoires, and their habitats.

Karen Davis, PhD, is president and founder of United Poultry Concerns. She maintains a sanctuary for domestic fowl in Virginia.



STOCK CONTRIBUTIONS

Dear Friends,

Several of our members have made financial contributions in the form of stock to United Poultry Concerns through our securities account. We are deeply grateful for these gifts, and anticipate more in the future. There are two obvious benefits in making stock contributions. Please consider these advantages in making your future gifts to United Poultry Concerns.

Donors may give as much stock as they want to a nonprofit organization without impinging upon their estate. By giving this way, they avoid paying a capital gains tax on their assets, because they are gifting their assets.

The benefits to the nonprofit are obvious. In giving a gift of stock, you enable the nonprofit of your choice to grow and do more. It's as simple and important as that. Everyone wins. United Poultry Concerns has a securities account with UBS Investment Center.

For information on how you can donate to us this way, please call 877-827-7870, and a member of the UBS Advisory Team will help you. You may ask to speak directly with Rachel Tomblin or Earl Singletary.

From United Poultry Concerns and all our Feathered Friends, we thank you for helping to ensure our future!

Sincerely,
Karen Davis, Ph.D., President

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United Poultry Concerns
PO Box 150 • Machipongo, VA 23405-0150

Freddaflower Memorial & Appreciation Fund

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:

My donation is in memory of all the turkeys who were killed so they could be eaten. It is so sad when there is so much vegetarian food available that would be healthier and better for everyone. I wish people would realize these poor turkeys' lives are pure hell by the time they arrive at the markets. They need our help. – *Hilde Wilson*

We have several nut trees which are home to squirrels. Two little squirrels were hit by cars recently and I found one of them, Shy-Baby, lying on his stomach in the backyard. His breathing was labored and I patted him gently on his back. He opened his eyes, then closed them again, and died. I pray Jain prayers for all the squirrels. This is my memorial tribute to Shy-Baby. Jai jinendra! – *Aleksei R. Green*

Dear UPC, the enclosed donation is in memory of my aunt, Virginia Fairfield Clark, who passed away this month. She was a very loving, caring, concerned person for all humanity, animals, and nature. I started receiving your *Poultry Press* years ago, when Virginia took out a subscription for me. I'm glad she did. It has certainly educated me. – *Pamella Frances Moore*

Dear UPC, please accept my donation in memory of Virginia Fairfield Clark, a wonderful person who died on November 6, 2011. Thank you for including my tribute to her in your Freddaflower Memorial Fund. – *Martha Sullivan*

Please accept my memorial gift for Vance Steverson, who died in December at the age of 55, and for my uncle, Rodney McGehee, who also died in December. Thank you for your good work for the birds. I love my chickens. – *Joan Martin*

Our donation is in honor of Rose McClain's 60th birthday. – *Ronnie & Steve Steinau*



Little Rooster

My tribute is in memory of your Little Rooster, who died in November after being rescued from a cockfighting ring and brought to UPC in 2009. How lucky we were to know him. – *Lisa Kemmerer*

My donation is in memory of the eight ducks and geese who were shot dead by an unknown attacker in Willow Pass Park in Concord, CA on November 9, 2011. – *Madelaine Burgess*



Marti Kheel

I pay tribute to animal activist, scholar and friend, Marti Kheel, who died of leukemia on November 20, 2011 in Greenwich, CT. Marti was a pioneer of the ecofeminist movement and founder, in the early 1980s,

of Feminists for Animal Rights, which asserted in the words of Carol J. Adams that animals are "individuals with feelings, needs, and the capacity to love and to suffer." Marti's book *Nature Ethics: An Ecofeminist Perspective* challenges narrowly utilitarian philosophies of animal rights, arguing for a mode of thought that fuses reason and emotion in a personal sense of loving, caring connection with all life forms. I will miss seeing her at conferences and hearing her speak. I will miss her professionally and personally. The news of Marti's untimely death is devastating to me and for all of us. – *Karen Davis*

Pioneer animal rights activist Walt Rave, who launched the concept of The Great American Meatout for Farm Animal Rights Movement (FARM) in 1985, died from injuries he sustained in a fire that struck his house in Takoma Park, MD on December 7. Walt was an activist-artist who gave a home to several rescued cats who died in the fire and he is believed to have been burned beyond help trying to rescue them. I first met Walt in 1983 when this tall, red-haired, bearded man strode across the grass and led me to the animal rights tables on display in Lafayette Park in Washington, DC on World Laboratory Animals Day. That was the day I pledged to fight for animals for the rest of my life.

Activist Peter Wood wrote about Walt that he was "an extremely kind and sensitive soul. In a newspaper article about him several years ago, he talked about his love of looking at the stars through a telescope. He said that he liked the stars as they represented places where there was no animal suffering." – *Karen Davis*

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*



Walt Rave

Poultry Press

is published quarterly by United Poultry Concerns, Inc., a national nonprofit 501 (c) (3) organization incorporated in the State of Maryland. Federal ID: 52-1705678

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On the topic of



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Conference Synopsis: *Conscious Eating* will inform and empower our community on the true nature of sustainable food choices. Food is in our lives every day, but what are the most ethical, environmental and healthy choices to make? Are you sure you know? Experts in the field of sustainable agriculture and eating will answer your questions and help you understand why we need a truly stable global and local food system where we all have access to healthy food, where all are treated with compassion, and where all are well fed.

Location: University of California, Berkeley

Date: Saturday, February 18, 2012

Registration: 8am

Program: 8:30am - 6pm

Conference Lecture Rooms: Martin Luther King Jr. Student Union, 4th Floor

Registration: FREE for students with IDs. \$10 all others

Food: Continental breakfast, Lunch for all participants, Dinner for speakers

To register, send check or money order to UPC, or register by credit card at www.upc-online.org/forums/2012/.

Speakers:



Karen Davis, PhD, President, United Poultry Concerns, author of *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry* (Book Publishing Company 2009). www.upc-online.org.



James McWilliams, PhD, Associate Professor of History, Texas State University, author of *Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly* (Back Bay Books 2009). www.theatlantic.com/james-mcwilliams.



Lauren Ornelas, Executive Director, Food Empowerment Project, a nonprofit organization that seeks to create a more just and sustainable world by recognizing the power of one's food choices. www.foodispower.org.



Vasile Stanescu, PhD candidate, Program of Modern Thought and Literature, Stanford University & author of "The Myth of Sustainable Meat and the Danger of the Local," *Critical Theory and Animal Liberation* (Rowman & Littlefield 2011). www.stanford.edu/dept/MTL/cgi-bin/drupal/person/vasile-stanescu.

Closing Panel Moderator: Hope Bohanec, Grassroots Campaign Director, In Defense of Animals. www.idausa.org.



Ian Elwood, Co-Founder, Oakland Neighbors Opposed to Backyard Slaughter. www.noslaughter.org.



Dr. Richard Oppenlander, author of *Comfortably Unaware: global depletion and food responsibility* (Langdon Street Press 2011). www.ComfortablyUnaware.com.



Colleen Patrick-Goudreau, Founder of The Compassionate Cook, educator dedicated to empowering people to make informed food choices & debunking myths about veganism and animal rights. Author of *The Joy of Vegan Baking*, *Vegan Table*, and *Color Me Vegan*. www.compassionatecooks.com.



Amelia, A Turkey Beloved By All

Karen Davis's essay, distributed by the McClatchy-Tribune News Service, appeared in many newspapers at Thanksgiving, prompting kind words from people around the country.

We adopted Amelia as a young turkey in the fall of 2007 after a local farmer gave her up. She lived in our sanctuary until August this year when her legs gave out and we had to call our veterinarian, a very kind man, to put her to rest in the yard surrounded by her friends. Until those last sad days she hung out with the chickens and ducks, sat with them under the trees in the afternoon, and when people visited she'd fan out her snow white tail feathers, just like a male turkey, and stroll with the visitors, never leaving their side.



She chose a leafy nesting spot which she hollowed out a little to lay her eggs in. In the evening she loved to stay outside with the ducks, poking around until the last minute of sinking sunlight, but when I called her, "Come on, Amelia, time for bed," she would amble into her house with the ducks to join the chickens, already perched for the night.

In her first year of life, Amelia slept on a low perch in the bird house or sat on a straw bale we kept for her there. But soon she was so heavy it was hard for her to make even a low leap, so she nested in a corner next to the ducks, but this wasn't her first choice. If turkeys and chickens can perch high off the ground after dark, they will.

Over the years I've watched many young turkeys and chickens, with their oversized breasts bred pendulously heavy for the meat industry, try to calculate a leap precisely onto a perch, a straw bale or a sawhorse. They will test the spring from the ground before making it, as if reliving an experience built into their bones and brain cells. I've watched them revise their position, test it again, and quit if they perceive it's no go, with a show of disap-

pointment and frustration, often circling the area with their necks craned before giving up entirely.

In America as late as the 1930s, turkeys were often still being driven on foot from farms to towns and cities, anywhere from 50 to 200 miles, through terrain ranging from densely wooded mountain trails to treeless Texas plains. The birds' amiability, vigorous constitution, and long, strong legs made these drives to distant locations possible. A point made about the drives was that if the birds were not successfully regrouped each morning, they scattered in the woods and fields and could not be recovered. In addition, the birds' determination to roost every night in the trees had to be accommodated.

In 1907 a New Hampshire historian named E. Gilbert described how during the long drives, the whole turkey flock with one accord, "rose from the road and sought a perch in the neighboring trees" at dusk. More recently, biologist William Healy noted that the determination of turkeys to perch for the night was so strong at his research station that he and his colleagues could not keep them out of the treetops even by clipping their flight feathers. "The turkeys would climb leaning branches and leap from limb to limb to get into tree crowns and then gradually work their way to the top," he wrote.

Sanctuary workers like myself who've spent years in the company of turkeys and chickens bred for the meat industry know that these birds have not lost their ancestral desire to perch, mate, run, walk and be sociable. We know that the inability of turkeys to mate properly does not reflect a loss of desire to do so, but, as we see from watching them, it results from growth disorders often abetted by the fact that their claws and part of their beaks were cut off at the hatchery, so they can't get a grip on anything. And like our Amelia, they frequently suffer from painful degenerative joint diseases that reduce their spontaneous activity and age them well before their natural 20-year lifespan.

Despite all these things, sanctuary turkeys are a joy to have around. Visitors unfamiliar with turkeys are delighted and quite taken aback at how friendly they are. Naturalist Joe Hutto has described how a group of young turkeys he was raising, upon seeing him, would drop from their roosts where they'd sat "softly chattering" and do what he calls "their joyful, happy dance, expressing an exuberance." This exuberance is an element of the life that we share with our feathered friends, and we can best give thanks by letting them live to enjoy it.

Comfortably Unaware: global depletion and food responsibility . . . What you choose to eat is killing our planet

By Dr. Richard A. Oppenlander
Langdon Street Press, 2011

www.langdonstreetpress.com

www.ComfortablyUnaware.com

Review by Karen Davis, PhD, President of United Poultry Concerns

News of how our consumer choices and commercial industries are affecting our planet has made terms like fossil fuel, carbon footprint, greenhouse gases and global warming commonplace. Carbon dioxide is most commonly associated with global warming, but in *Comfortably Unaware*, Dr. Richard Oppenlander argues that while it's important to minimize CO2 emissions from cars and industry, "the single most devastating factor that affects global warming and our environment is caused by what you eat." Methane and nitrous oxide, he says, "are much more powerful than carbon dioxide as greenhouse gases." These treacherous gases enter the atmosphere mainly through the flatulence and manure of the 65 billion land animals who are now being raised for food – a number that could double by 2050.

Global warming is one component of global depletion. *Comfortably Unaware* insists that animal agriculture, including fishing and aquaculture (factory farming of freshwater and sea creatures for human, companion animal and farmed animal consumption), is the primary cause of global depletion – the loss of our renewable and nonrenewable resources including our drinking water, air quality, land, oceans, rainforests, and biodiversity. Reports on the health and environmental havoc of farmed animal production and consumption stop short of advocating the animal-free diet that would solve the problem. For instance, 80 percent of the world's protein-rich soy crop is not being fed to starving children, but to farmed animals, and most of this soy "is now grown on rainforest-cleared land." In 2004-2005 more than 2.9 million acres of rainforest were destroyed, "primarily to grow crops for chickens used by Kentucky Fried Chicken."

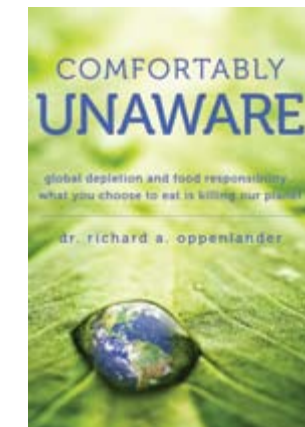
Oppenlander explains why "grass-fed, pastured" animal production is a false solution to factory farming and why small-scale operations cannot sustainably

meet the demands of billions of people wanting cheap, readily available meat, dairy and eggs. Smaller farms don't alter the amount of resources required to raise, transport and slaughter hundreds of billions of animals. Currently, 55 percent of our fresh water is given to animals raised for food, and 89,000 pounds of excrement are produced by farmed animals every second in the United States alone, says Oppenlander. Moreover, what is fashionably called "humane" farming does not meet the behavioral and cognitive needs of, or show any genuine respect for the animals trapped in our food production systems and belittling attitudes.

Comfortably Unaware represents the enormous benefits of a nutritious, animal-free, vegan diet while explaining why organizations and individuals who are "aware and are in various positions to get the message out so that it could make a difference do not speak about it." While deploring their failure to do so, Oppenlander argues that the realities of our food choices are what they are, and we can ignore or face these realities. He says that with "every burger, steak, pot roast, turkey sandwich, fried chicken, rib, barbecue, pork chop, bacon, ham, or whatever you want to call it or however you want to cook it, you are perpetuating the demand, which furthers the business of raising animals and then slaughtering them for you to eat. You can turn your head the other way, but the process continues." It continues to the detriment of animals, our health, and the health of our planet.

We can reverse the ill fortune, however, if we care deeply enough. The power to create a totally different outcome resides in our determination, our collective intelligence, and our pocketbook.

Dr. Richard Oppenlander will speak and sign copies of *Comfortably Unaware* at our Conscious Eating Conference at UC-Berkeley, Saturday February 18, 2012. For conference details and registration, see pages 10-11 or go to www.upc-online.org/forums/2012/



VEGAN RECIPE CORNER

**SoySages –
Tempeh Sausage Patties**

Makes 8 delicious patties

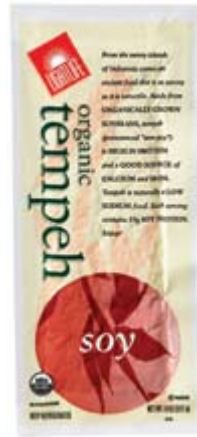
- 1 eight-ounce package of plain tempeh
- 2 Tablespoons flour
- 1 ¼ teaspoons dried rubbed sage
- ½ teaspoon cumin powder
- ½ teaspoon dried thyme
- ½ teaspoon “poultry seasoning”
- ½ teaspoon garlic granules
- 2 Tablespoons oil
- 2 Tablespoons soy sauce or Bragg’s Amino Acids
- 2 Tablespoons warm water

Cut the tempeh into chunks or slabs. Steam for 15 to 20 minutes. Cool. Grate tempeh chunks with coarse grater into a bowl. Add rest of ingredients, mix well, and form into patties. Fry until lightly browned, turning once. Then Eat!

Adapted by Janelle Davidson from *“The New Farm Vegetarian Cookbook.”*



Photo: Liqin Cao



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

Please make free fundraising a part of your online routine

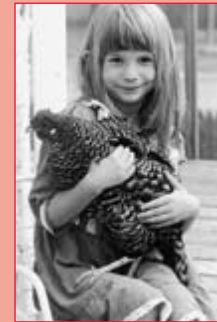
Every time you shop at any of 700+ online stores in the iGive network, a portion of the money you spend benefits United Poultry Concerns. It’s a free service, and you’ll never pay more when you reach a store through iGive. In fact, smart shoppers will enjoy iGive’s repository of coupons, free shipping deals, and sales. To get started, just create your free iGive account. And when you search the web, do it through iSearchiGive.com where each search means a penny (or more!) for our cause!

Start iGiving at: www.iGive.com/UPC & www.iSearchiGive.com/UPC. You can also install the iGive Toolbar 3.0 now at www.iSearchiGive.com/UPC and help UPC get every possible donation when you shop or search online!



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”
- “Why Be Concerned About Mr. Perdue?”
- “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”

- “Assume No Animal Products are Safe”
- “Henny’s New Friends”
- “Avoiding Burnout”
- “The Life of One Battery Hen”
- “Bird Flu - What You Need to Know”

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)

20 FOR \$1.50

- “Chicken for Dinner?”
- “The ‘Human’ Nature of Pigeons”

Bumper Stickers

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

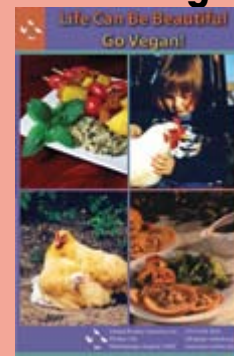
Beautiful Chicken and Turkey Buttons

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Turkeys are Friends, Not Food
Stick Up For Chickens
Be Kind to Turkeys-Don’t Gobble Me



Life Can Be Beautiful - Go Vegan! Brochure



24 full-color 5.5" x 8.5" pages.

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- 100 for \$15.00.
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P.O. Box 150
Machipongo, VA 23405-0150

Or order online at upc-online.org

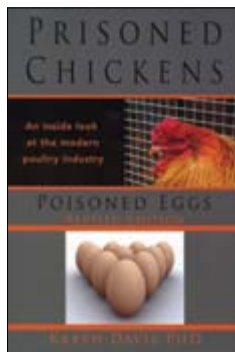
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BOOKS & BOOKLETS

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

By Karen Davis

This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant." - *Choice magazine, American Library Association* \$14.95. 40% off bulk orders of 5 (\$8.97 each) = \$44.85 for 5.



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

By Karen Davis

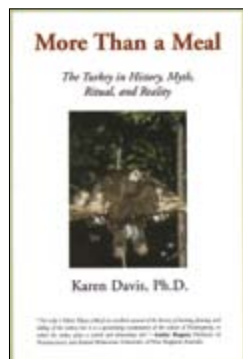
In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing . . . this bold, brave book." - Charles Patterson, author of *Eternal Treblinka* \$14.95



More Than a Meal: The Turkey in History, Myth, Ritual, and Reality

By Karen Davis

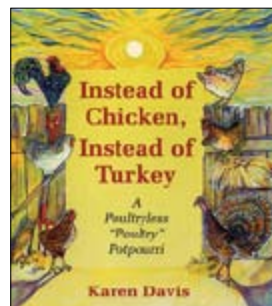
Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other animals including other human beings. "The turkey's historical disfigurement is starkly depicted by Karen Davis in 'More Than a Meal.'" - *The New Yorker* \$14.95



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

By Karen Davis

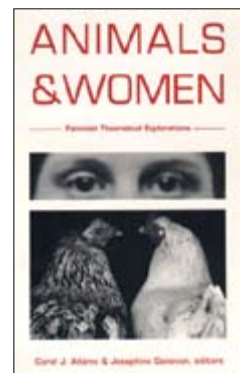
This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95



Animals and Women: Feminist Theoretical Explorations

Edited by Carol J. Adams & Josephine Donovan

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



Ninety-Five: Meeting America's Farmed Animals in Stories and Photographs

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



Sister Species: Women, Animals, and Social Justice

Edited by Lisa Kemmerer, Forward by Carol J. Adams

Sister Species presents the experiences of fourteen women activists who are working on behalf of non-human animals and a more just and compassionate world. \$14.95



CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

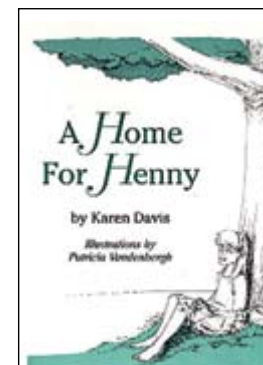
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated by United Poultry Concerns, 2010. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. \$1.00 per booklet for orders of 5 or more. It can be viewed and printed out directly at www.upc-online.org/hatching/.



A Home for Henny

By Karen Davis

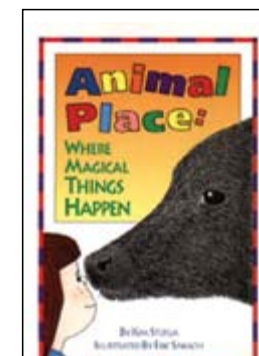
This wonderful children's book tells the touching story of a little girl, a chicken, and a school hatching project. Beautifully illustrated by Patricia Vandenberg, it's the perfect gift for a child, parents, teachers, your local library. \$4.95



Animal Place: Where Magical Things Happen

By Kim Sturla

Enchant young children with this charming tale about a stubborn girl who is secretly touched by a cow while visiting a sanctuary for farm animals. \$10



Goosie's Story

By Louise Van Der Merwe

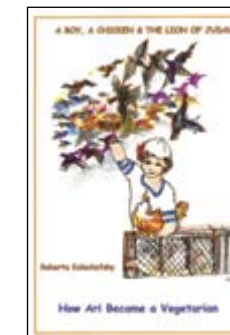
A touching story about a "battery" hen who is given a chance to lead a normal life – a happy life. This moving book will be warmly welcomed and shared by children, parents and teachers, highlighting as it does the concern and compassion we ought to feel for all our feathered friends on this earth. \$4.95



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

By Roberta Kalechofsky

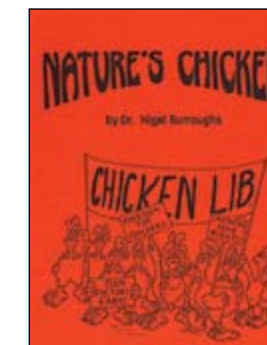
This wonderfully gifted children's story, set in modern Israel, is about a young boy's quest for moral independence. An intelligent book for all ages. Winner of the Fund for Animals "Kind Writers Make Kind Readers Award." \$10



Nature's Chicken, The Story of Today's Chicken Farms

By Nigel Burroughs

With wry humor, this unique children's storybook traces the development of today's chicken and egg factory farming in a perfect blend of entertainment and instruction. Wonderful illustrations. Promotes compassion and respect for chickens. \$4.95



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



When the Chickens Went on Strike

By Erica Silverman and illustrated by Matthew Trueman.

One day during Rosh Hashanah – the beginning of the Jewish New Year – a boy overhears the chickens in his village plan a strike. They are sick of being used for Kapores, the custom practiced in his Russian village where live chickens are waved over everyone's heads to erase their bad deeds. "An end to Kapores!" the chickens chant as they flee the town.

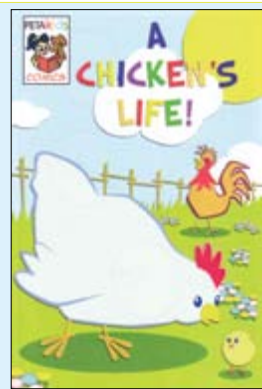


This enchanting book is adapted from a story by Sholom Aleichem, the great Yiddish author best known for his tales which are the basis of the internationally acclaimed play *Fiddler on the Roof*. \$10

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.



VIDEOS

The Emotional World of Farm Animals

By Animal Place

This is a wonderful documentary produced by Animal Place and led by best-selling author Jeffrey Masson. This delightful film – for viewers of all ages – is all about the thinking and feeling side of farmed animals. A PBS Primetime Favorite! Get your local station to air it. VHS and DVD \$20



The Dignity, Beauty & Abuse of Chickens

By United Poultry Concerns

Our video shows chickens at UPC's sanctuary doing things that chickens like to do! 16:07 min. — Color * Music * No Narration. VHS and DVD. \$10



Inside a Live Poultry Market

By United Poultry Concerns

This horrific 11-minute video takes you inside a typical live bird market in New York City. An alternative to "factory farming"? Watch and decide. VHS and DVD. \$10

Behavior of Rescued Factory-Farmed Chickens in a Sanctuary Setting

By United Poultry Concerns

See what a chicken can be when almost free! This 12-minute video shows chickens, turkeys, and ducks at UPC's sanctuary racing out of their house to enjoy their day. VHS and DVD. \$10

Inside Tyson's Hell: Why I Got Out of the Chicken Slaughtering Business

By Virgil Butler

Produced by United Poultry Concerns and the Compassionate Living Project, Virgil's eyewitness account of what goes on inside chicken slaughter plants is an indispensable contribution to animal advocates working to promote a compassionate lifestyle. DVD. 58:35 min. \$15



45 Days: The Life and Death of a Broiler Chicken

By Compassion Over Killing

This 12-minute video shows the pathetic industry treatment of the more than 9 billion baby "broiler" chickens slaughtered each year in the US. VHS and DVD. \$10



Hidden Suffering

By Chickens' Lib/ Farm Animal Welfare Network

This vivid half hour video exposes the cruelty of the battery cage system and intensive broiler chicken, turkey and duck production. VHS. \$10

Ducks Out of Water

By Viva! International Voice for Animals

This powerful 5-minute video takes you inside today's factory-farmed duck sheds in the US. VHS. \$10



Delicacy of Despair

By GourmetCruelty.com

This investigation and rescue takes you behind the closed doors of the foie gras industry and shows what ducks and geese endure to produce "fatty liver." 16:30 minutes. DVD. \$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.



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

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

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POSTERS



International Respect for Chickens Day

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



A Heart Beats in Us the Same as in You

Photo by PeTA

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

A HEART BEATS IN US THE SAME AS IN YOU



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

Friends, Not Food

Photo by Franklin Wade

Liqin Cao & Fredda Flower. Full color 19"x27" poster.



WHAT WINGS ARE FOR



CHICKS NEED THEIR MOTHERS

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

Walking to Freedom After a Year in Cages

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



"Battery" Hens

Roosting in Branches After Rotting in Cages

Photo by Susan Rayfield

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



Turkeys Are Too Neat To Eat

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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***Comfortably Unaware*: A Review**
Aveda Campaign: What's New?
Recipe Corner & More

Wishing You a Happy New Year!
Please renew your membership for 2012



Photo of Richard Cundari and Fuzzy by Karen Davis

Fuzzy was brought to our sanctuary in December 2010 by a very nice family in Northern Virginia to whom he was given as an "Easter gift." The family loved him but couldn't keep him in their urban home once he became a large duck, so they drove him to UPC where he has thrived in our care ever since. Fuzzy follows us around the yard while we work. He has a loud breathing voice so we nicknamed him the stalker, but he's a very nice stalker. Fuzzy has his own blue pool to swim and splash in, and he gets along great with the chickens.