



Newsletter for

August 2010

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New Hampshire Animal Rights League

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Animal Rights Conference 2010

The National Animal Rights Conference was held in Virginia on July 17 to July 19 and a few Granite Staters attended, including board members Kat Ranalletti and Linda Dionne. The primary organizer and sponsor of the conference is the Farm Animal Rights Movement (FARM), founded by Dr. Alex Hershaft. Everyone in the animal rights movement is welcome to be involved at this conference, including the underground activists who risk their freedom for animals and all of us above-ground activists who engage in other not so "radical" tactics. Alex is a Holocaust survivor; as a child he lived in the Warsaw ghetto during the Nazi occupation. He believes that ultimately, welfare reforms do very little to help animals and that there are more effective tactics that AR people should focus on. In various presentations at the conference, we heard how the powerful industries that exploit animals find ways around the welfare reforms. For example, banning the battery cage in one state just causes the industry to move to another state. Hershaft stated that one of the most important outreach efforts for us to make is to get tasty and affordable vegan food into the mainstream. For this to happen, we need to write letters to food producers. Also we need to insist that any restaurant we patronize put high-quality vegan options on the menu. These are simple actions which we can all take. Each and every voice matters. Everything in your pantry and fridge has the company address or email address on it, so please begin writing now. Below is a sample letter that you can feel free to use as is or personalize. Thank you for all that YOU do for animals!

If you would like the booklets "Easy Vegan Recipes," "Why Vegan," or other vegan literature to enclose with your letters, give Linda a call at [603-377-0225](tel:603-377-0225) and we will mail you some.

Dear Mr. Minitsky,

I know that Nonni's Italian Eatery has been successful for several years now. I'd like to offer you a kind suggestion on how you can make your restaurant continue to grow by reaching out to new patrons.

Did you know that there are literally hundreds of people who attend vegan meet-ups in the state of New Hampshire? A vegan meet-up is where a group of people, who do not eat meat or dairy or eggs, get together to enjoy a meal at a restaurant that offers vegan options. Many people these days are reducing their meat and dairy consumption for personal health and well-being, as well as out of a deep concern for animals and the environment. I have been a vegan now for over two years. There is no doubt in my mind that if you were to offer a couple of tasty vegan dinner options you would be seeing plenty of new faces at your three establishments. Not only would you be making an ever-increasing number of vegan Granite Staters very happy, you'd be demonstrating that Nonni's makes every effort to cater to various dietary requirements.

If you would like more information about vegan dishes that have great appeal, please let me know. My phone number is xxx-xxx-xxxx. I would be more than happy to talk with you.

Thank you for your time.

UPDATE:

The NHARL writing class will be resuming in September and we will be posting notification on the listserv. To those not on the listserv give a call to 377-0225 and we will make sure you are notified of the date, time, and place.

Go Veganic ...Gardening, that is!

With northern New England summers being here and gone like a bird at a picked-over blueberry bush, Granite Staters rush outdoors to make the most of the beautiful weather. As more of us have become concerned about where our food comes from, we've taken to turning pieces of yard into vegetable gardens.

If you'd like your garden to be clean and cruelty-free (which I'm sure you do) then consider going veganic. Veganic gardening doesn't use any slaughterhouse byproducts (blood, bone, fish meal, etc) or animal manures. Instead, plant-based nutrients (vegetable compost) and green manure cover crops such as alfalfa are used as the primary growing medium. It may seem like too much trouble at first, but it's worth the effort for a couple of reasons.

Much of the animal manure available today comes from factory-farmed animals, and research has shown that the pesticide and steroid residues bio-accumulate in the animal's waste. To spread that on an organic vegetable garden is contrary to common sense. Also, it's important (and disturbing) to realize that much of the organic produce available at the supermarket are grown in manure that comes from animals that have been fed antibiotics and steroids.

As Ron Khosla, veganic farmer in New Paltz, NY, explains, "Historically -for thousands of years- farmers relied on green manures. No one had cows and chickens and pigs in the cramped concentrations they do now... And the transport of those waste products has only been made possible by use of heavy trucks and cheap oil for transporting it. The Chinese of thousands of years ago, ancient Romans, English (starting in the 1600s), and even the Hudson Valley farmers of the late 1800s all studied, actively wrote about, and relied heavily on what we now call "veganic" techniques."

To sum up, the only way to know your vegetable garden is 100% "green" is to go veganic. To learn more, check out goveganic.net. Now go and make your garden grow, inch by inch, row by row, with fertile, **plant-based** ground!

Too Hot for Spot

Inserted in this newsletter is the PETA leaflet "Too Hot for Spot" about what you can and should do about a dog in a car on a hot summer day. You can download these at <http://www.peta.org/actioncenter/too-hot-for-spot.asp>, make copies of it, or let us know if you would like more. Below is the NH law pertaining to animals in hot cars and it would be beneficial to carry this with you along with some leaflets. Thanks!

From NH's cruelty statute: 644:8-aa Animals in Motor Vehicle.

I. It shall be cruelty to confine an animal in a motor vehicle or other enclosed space in which the temperature is either so high or so low as to cause serious harm to the animal. "Animal" means a domestic animal, household pet, or wild animal held in captivity.

II. Any person in violation of this section shall be guilty of a misdemeanor as set forth in RSA 644:8.

III. Any law enforcement officer or agent of a licensed humane organization may take action necessary to rescue a confined animal endangered by extreme temperatures, and to remove the threat of further serious harm.

IV. No officer or agent taking action under paragraph III shall be liable for damage reasonably necessary to rescue the confined animal.

HISTORY

Source. 1981, 575:1, eff. July 7, 1981.

Canceled events

We wish to apologize to everyone for not being able to hold another Animal Awareness Day in May as we had wanted. I guess it could be said we just bit off more than we could chew. Thanks however to Mary A. for volunteering to help. Maybe in 2011, with more volunteers and more time for planning, we can pull off another or a similar event.

We also canceled our participation in Discover Wild NH Day at NH Fish and Game because of bad weather. Looking forward to next year as this is a good event for us and our message to be at.

Animal Liberation-It's a Certainty

Every movement has its tipping point. It is that moment of “critical mass, the boiling point, a place where the unexpected becomes expected, where radical change is more than just a possibility. It is a certainty.” Many people believe the environmental movement’s tipping point occurred in 1970 and was made manifest when President Richard Nixon signed the National Environmental Protection Act into law. Two environmental catastrophes in 1969 brought the issue to the forefront: the Cuyahoga River catching fire and an oil spill in the Pacific. It could be argued that the animal rights movement is nearing a tipping point due to a never-to-be-forgotten tragedy which was brought to light in May: the undercover video investigation of cows and calves being sadistically abused by a worker at Conklin Dairy in Ohio. Because of this horrific video, innumerable Americans were enlightened about the plight of farm animals, and undoubtedly are making different food choices as a result.

The reactions to the Conklin Dairy video shot by an undercover Mercy for Animals’ investigator were visceral and heartfelt. One person wrote, “When I watched the video, I clutched the desk with my hands, stood up and screamed! I have been affected in every way possible.” Farmers around the country tried their best to spin it, saying that this is an unusual case, and hey, why didn’t the undercover investigator contact authorities immediately? Comments left in response to just such a question, asked by a writer for Farm and Dairy, showed unanimous support for the undercover investigator, and for his courage in documenting such cruelty. Many of these comments were clearly made by people who had never been involved in animal advocacy work, but were shocked awake by the MFA video. One commenter wrote, “What a blind article. Are you putting down defenders of animals so that your profits in making money off of livestock aren’t threatened?” The truth lies in the answer to that question. For as long as animals are viewed as production units and as future packages of meat, they will be victims of the most heinous acts of violence that humans can think to afflict on them.

Look at the world around you. It may seem like an immovable, implacable place when it comes to the abolition of animal exploitation. It is not. With the slightest push, it can be tipped. If you haven’t already, we at NHARL hope you will be a part of that push by adopting a vegan diet and raising awareness in your communities. Remember, we’re here to help you help animals in any way that we can.

Upcoming Events

August 3-Concord’s National Night Out at Rollins Park from 5 to 9pm. This is America’s night out against crime. NHARL will have a table at this event and our aim will be to educate people about how cruelty toward animals is inextricably linked to various forms of human violence. We will pass out literature that HSUS was kind enough to send us specifically for this important event.

Began in July-VEGAN LEAFLETING as often as we can at Hampton Beach, UNH, etc. Please let us know if you want to help or if you want to leaflet in your own communities. We can help with materials and advice.

Lets remember shelter animals by coming out and walking for them. With the economy in the bad state that it’s been in for quite some time now, companion animals are being turned over to animal shelters like never before. For many activists, companion animals were the individuals who opened our eyes to exploitation and suffering of other animals – in labs, farms, circuses, etc. So let’s not forget those who started us on our compassionate journey! NHARL will table at all of these walks so check us out, too.

September 18-The Animal Rescue League of NH Pet Step Walk in New Boston, NH. Event time is 9:30 am to 2:30 pm. Contact Robin at 472-5714 for more info or robin@rescueleague.org

September 26-The Cocheco Valley Humane Society Paws in the Park at the Henry Law Park in Dover, NH. Event time is 10 am to 4pm. Any questions call 603-749-5322 ext. 113

September 26-The Concord-Merrimack County SPCA Walk for the Animals at the Northeast Delta Dental Soccer Field in Concord, NH. Registration opens at 9:30 am and event ends at 2 pm. Call 603-753-9801 for more information.

Your membership and financial help is much needed and appreciated!

___ \$20.00 Regular member, age 15 or over.

___ \$5.00 Student member, Senior member, Junior member, (age 14 and under)

___ \$200.00 Life member, for self and spouse.

\$ _____ Sponsor/Donor who wants to support NHARL, without being a member

\$ _____ Additional Donation

\$ _____ Total **THANK YOU!**

Name _____

Address _____

Email address _____

Giving to NHARL through your will is one of the most important ways you can help animals for years to come. Making a bequest is easily executed with your attorney and can save your estate money in tax payments if the estate is subject to federal estate tax.

NHARL Board of Directors (2010-2012)

Linda Dionne, Cindy Glenn, Melvin Herbert, Emily Murphy, Kat Ranalletti, Linda Rauter, Vet advisor and board member: Barry Taylor, DVM

Animal Awareness in the Classroom

NHARL was contacted to teach a class to eighth-graders in Epping, NH about animal rights issues. After a discussion with the teacher it was decided that vegetarianism would be a topic of interest to his students. Melissa Pease, an NHARL member and niece to Linda Dionne, volunteered to give the class. Melissa is a vegetarian, is raising a vegetarian (almost vegan) child, and is a certified health counselor. The hour long class was a big success and enjoyed by all of the students who participated.

NHARL is looking for more opportunities to bring animal awareness into NH classrooms. If you know of any or can help in any way, please let us know.

Interview with NHARL Board Member, Melvin Herbert

1) How did you come to be involved in the Animal Rights' movement?

I started out by attending the puppy mill protests a couple of years ago led by Sherry Bezanson and NHARL against the Petland stores in Nashua and Manchester, and it just developed from there. Seeing the film, *Food, Inc.* really had an impact on me and furthered my resolve to stick to a vegan lifestyle.

2) What do you consider to be the biggest challenge facing the AR movement today?

Changing the stereotype of the AR activist as an angry, judgmental individual, and replacing it with a realistic perception of the fact that the AR community is comprised of a very diverse group of individuals. I think it's important we let people know that we are regular people with careers, families, and other interests who just happened to have awakened to the reality of animal exploitation in our society. I've talked to several people who just assume that they have nothing at all in common with AR activists.

3) Do you care for any animals in your home? Yes, Sammy and Pippi, our two American Eskimo dogs. They're our "kids." They both have very different personalities, and there is a bit of jealousy and competitiveness similar to what you see with siblings. It's great to just observe them and try to understand how they experience life. I started working from home a little over a year, so I get to see them all the time now, which is great.

4) Sometimes it's difficult for AR advocates to stay positive in the face of so much animal exploitation and suffering. What helps you maintain a positive attitude?

It is definitely a challenge to stay positive. Sometimes I just need to take a break – a break from reading sad news stories about animals –because it can affect how you relate to people. Recently, I started practicing yoga and that's helped me reduce stress that comes from choosing to walk through life without certain illusions (like farm animals are all living happily outdoors, etc..) Music helps me, too. Different things work for different people, but maintaining a balance is crucial.