



December 2010

PO Box 4211
Concord, NH 03302

New Hampshire Animal Rights League

www.nhanimalrights.org
info@nhanimalrights.org

Vegan for the holidays – by Barry N. Taylor, DVM

The holidays can be a tough time to be a vegan – or to become a new one. Your friends, your family, your coworkers, everyone you know has been baking. They offer you a cookie, a cupcake, whatever, and you have to ask, “Is it vegan?” More often than not, it isn’t, and you have to politely decline. Sometimes feelings are hurt. More often, you are seemingly the only one who doesn’t get to indulge.

Parties are the same story; good friends will often provide one or two “vegan friendly” dishes (usually a green salad or veggies and hummus) but the bulk of the tasty treats they will offer their guests will contain items that aren’t on your “okay” list.

These are the times when vegans are sorely tempted, and it certainly doesn’t seem like the best time of year to become a new vegan. But take some time to think about what the holidays really mean. Think about TRUE peace on Earth. Peace for all sentient beings. Imagine good will not just toward your fellow man, but toward all animals, toward all that are self aware, raise their young, have the capacity to feel fear and pain. Hold your dog in your arms, look deep into her eyes, and make a true sacrifice for the well being of all of her kind, of all animals that see us as their shepherds, their providers, their benefactors.

Make the pledge this year. Promise you will no longer support an industry that doesn’t allow a chicken to EVER stand up straight in its cage, or a pig to EVER turn around in its farrowing crate, or that disposes of male chicks by dispassionately dropping them down a chute into a mulcher. Don’t be a party to the dairy industry, no matter how “humane” a particular dairy may claim to be to their cows. Have you ever seen a dairy cow retirement home? Were you aware that to give milk, every cow must give birth EVERY year, and the calves are taken from their bawling mothers at only one day old, and that the heifers are kept to replace cows that because of age, or injury, or disease are sent to slaughter, while bull calves become the VEAL industry? Surely you’ve seen those sweet little calves out there on farms chained to what look like fiberglass doghouses. Where do you think they’ve all gone in six weeks? They’re on someone’s plate in an Italian restaurant, without ever having been allowed to run in a field, or eat grass, or feel the warmth and security of their mother beside them.

Make the pledge. You won’t regret it, and when everyone is complaining about how much weight they’ve gained over the holidays, you can pat your waistline and thank your vegan diet for keeping both your waistline and your morals in good shape. Hold your own holiday party, and surprise all your friends with how good vegan food can be. . .and make some new, compassionate, vegan friends. Then, go to areyousurethatsvegan.com order Claire Gosse’s new vegan dessert book, and make yourself a cinnamon bun. You’ve earned it.

Ringling Bros Circus

Ringling Bros. Circus comes to the Verizon every year and every year we protest. This year, we gave out over 300 PETA coloring books to children attending the circus and countless pieces of literature to adult circus-goers. We are grateful that this year, Alexander Azzi, a skilled videographer, recorded a video of our protests which can be seen here: <http://www.youtube.com/watch?v=v100GiJp4jM> I hope everyone takes the time to view this powerful video that includes snippets of NH circus protesters talking about why they are against the circus and is interspersed with images from PETA’s undercover investigations showing how Ringling treats its elephants behind the scenes.

If anyone would like to be more involved in our work to end exotic animal acts at the Verizon please contact us.

2010 in Review

NHARL members and supporters ushered in 2010 by vigorously working for passage of HB 1514, the Fur Ban Bill. We wrote all of our NH Representatives, testified at the bill hearing before the Fish and Game Committee, gave a legislative luncheon to promote the bill and picketed the Representatives when the bill went to the full house for a vote. Many of you wrote compelling letters to the editor as well. Unfortunately, the bill was defeated in February. However, it is important to note that the tide is turning. Polls consistently show that the majority of Americans are opposed to leghold traps. Ninety nations have banned the leghold trap, including the member states of the European Union which banned it in 1995. This ban **will** happen in the U.S., but we need to continue to do everything that we can to see that such cruelty is outlawed sooner rather than later.

Some of NHARL other actions in 2010 included:

- Vegan tablings at 4 dog shelter walks and at the Northeast Organic Farming Association's winter conference. Also tabled at the Concord Night Out Against Crime event.
- Vegan leafleting at Hampton Beach
- Protested Dartmouth College animal research for World Week for Animals in Laboratories in April and again in October for National Primate Liberation Week
- Gave a talk to Epping eighth grade students on the merits of a vegetarian diet. Packets of info were handed out to each student which contained literature from various groups including PETA and Vegan Outreach.
- Arranged a venue for an Anthony Marr lecture which included a vegan potluck. Anthony is a Canadian activist who tours the US each year promoting animal rights and environmental causes.
- Attended a NH Fish and Game hearing to voice our opposition to a new rule to extend the trapping season of the coyote.
- Continued to subscribe to Veg News for various libraries around NH.
- Supported other activists with their actions. For example, NHARL helped out at a vegan Seder at the Concord Vegan Community Kitchen and sponsored the New Hampshire Vegan/Animal Rights Meetup Group.
- Held a Gentle Thanksgiving Vegan Potluck in Derry. A Union Leader reporter covered the event and she posted it online at her blog space and so we were able to circulate it on the Internet. Enclosed is the article.
- Maintained a website, listserv, and Facebook page.
- Dr. Taylor spoke brilliantly for NHARL at two important events. One was the screening of "The Cove" at the Red River Theater in Concord and the other was a taped interview for the NHPR program the Socrates Exchange when the topic was "Should Animals Have Rights?"

Thanks to all of the wonderful volunteers who helped us in 2010. NHARL is grateful for each and every one of you. With everyone's continued support and help, we hope to keep even busier in 2011. NHARL is already planning to hold more protests as we feel it is one area where we could have done more this past year. Please e-mail Linda to learn more about 2011 plans and how you can help.

New Adopt a Shelter Pet Postal Stamps Are In

Take a look at the envelope that this newsletter was mailed in. Notice anything special? The Adopt a Shelter Pet stamps are in! Be sure to ask for these stamps at your post office. You will be promoting pet adoption on every piece of mail you send out. Our motto here at NHARL is, "Never Buy While Millions Die." We hope you agree.

Update

In our last newsletter we encouraged people to contact food businesses to request that they expand their vegan options. We heard from some of you who contacted Morningstar Farms, which of course has an extensive line of vegetarian items and entrees, but few vegan items. Below is a reply from Morningstar Farms. Please review it and write them about your concerns. If they hear from enough of us they will be motivated to transition toward offering a greater variety of vegan products. Alex Hershaft, founder of Farm Animal Rights Movement states, "The best thing we can do for animals tortured and slaughtered for food is to get tasty and affordable vegan food accessible to the masses." The accessibility of vegan food will begin to happen when more vegans make their preferences clear to food businesses. So, please, let your voice be heard on this matter! If you receive a response, please let us know, and we will share it in the next newsletter. Thanks!

Thank you for contacting us regarding **MorningStar Farms® Meal Starters™ Grillers™ Recipe Crumbles**. This product was actually vegan up until about a year ago. Since then, milk and egg ingredients were added. We apologize that as a result of this change the product no longer fits within your dietary restrictions. We will share your comments with our nutrition and development team.

We work hard to offer a variety of products in order to meet the needs of our diverse consumer base. We regret that this business decision which was made in order to keep the production costs viable and the selling price affordable for most consumers, had such a personal impact.

We'll be glad to let the appropriate folk know that you'll like to see more vegan product in the future. For now, these are the vegan products we offer: **Morningstar Farms® Grillers®** Vegan Veggie Burger, **Morningstar Farms® Grillers®** Chik'n Veggie Patties, **Morningstar Farms®** Hickory BBQ Riblets, and **Morningstar Farms® Meal Starters™** Chik'n Strips.

We appreciate your past purchases and loyalty of our products. We hope to retain you as a loyal consumer.

Contact Info: phone, -1-800-962-0120 or visit morningstarfarms.com Write to P.O. Box CAMB, Battle Creek, MI 49016-1986

Lobster Tank at the Concord Co-op

On November 5 the Concord Cooperative Market (Co op) opened a fish department which included a live lobster tank. Many from the AR community have been writing and calling the co op in protest. Bruce Parrish, co-owner of Hermanos Restaurant, is leading this effort which was reported in the Concord Monitor newspaper. The newspaper article is enclosed and below is a letter written to the co op. Please continue protesting the newly installed lobster tank. One Co op member is boycotting and is shopping at A Market in Manchester instead. When writing she will enclose her A Market receipts to show the Co op how much money they are losing. Others are cutting down on their Co op shopping and filling out the in-store comment cards to say why. Please write, call or fill out a comment card when in the store. Thanks. Contact info: Paula Harris, general manager 225-6840, info@concordfoodcoop.coop 24 South Main St., Concord, NH 03301

To the Board of Directors of the Concord Food Coop,

I'm writing to ask you—please do not sell live lobsters or crabs.

Food coops are wonderful places where intelligent people shop because they care about the meat they eat and how it was raised.

It would be wonderful if the animals that we eat felt no pain but we all know this is not the case. And in the case of animals that are cooked while they are still alive, the pain and misery they feel must be appalling. Being boiled alive or cut open and broiled while you are still alive are two of the worst tortures I can think of. Also, lobsters are usually not fed while they are in the holding tanks so they do not "dirty" their water. As they starve, they often fight each other in a vain attempt at survival.

Please—be compassionate and forward thinkers when it comes to the meats that you sell. Don't be the catalyst for this kind of pain and misery.

Thank you.

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: Dr. Barry Taylor

Fur Protest

Please join us for a fur protest on the sidewalk at the Manchester Mall entrance, Dec 18 at 12-2 pm.

Hunters are not too happy that Governor Lynch won re-election.

Governor Lynch did not take the "sportsmen's pledge. His losing rival, John Stephen, however, did sign the pledge which reads: "As a candidate for the office of Governor of the state of New Hampshire I pledge to the sportsmen, sportswomen and voters of New Hampshire that if elected to the office of Governor I will not confiscate, transfer, move or appropriate any dedicated sportsmen's money from the sportsman funded Fish and Game Department and transfer these funds for use in the state General Fund even if the Legislature grants line item authorization in the state budget to move these funds from Fish and Game for other uses. I also pledge that as the elected Governor of the state of New Hampshire I will not file legislation and/or have legislation filed by my administration to remove, destroy or transfer the Fish and Game Department to another state agency thus destroying Fish and Game as a stand alone self-funding state agency. I also pledge to veto any legislation that comes across my desk that destroys or transfers the Fish and Game Department from its current standing as a stand alone agency." (source: Hawkeye, Nov. 2010, Section 1, P. 22) Seems NH Fish and Game will not be getting much help as it continues its financial spiral down into insolvency. There is hope that it will be forced to become a better wildlife agency with less focus on hunting and fishing and more focus on nongame wildlife

Interview with young activist Mia Swenson of Concord, NH

NHARL hired videographer Alexander Azzi to tape an interview. On December 2nd, Mia Swenson, a 17-year old activist was interviewed by Tricia Orr. We will be adding this video to our website and will also share it in other electronic formats. Alex is a PETA member and taped the interview for a very reasonable fee. We plan to conduct interviews with other NHARL members and supporters in the future as we think it is important for people to see the diversity of faces and hear the passionate voices involved in our movement.

Here are some excerpts from the interview:

Q: What does "Animal Rights" mean to you?

A: Animal rights is something very big to me. It's giving up something of yourself for the greater good, not to sound overly dramatic. It's something needed that not too many people stand up for.

Q: When did you become interested in Animal Rights' Issues?

A: I became a vegetarian when I was a freshman in high school. I just remember being in the school cafeteria and saying, "I'm not eating meat anymore." A few years later, I saw a video of the seals being killed, and I cried and cried. My mom went to our neighbor and said, "you have to help my daughter."

Lucky for Mia, her neighbor is former NHARL president Barbara Bonsignore. Mia became a vegan and began attending Barbara's protests. As we all know, once your heart is touched by what is happening to animals, you can no longer sit and do nothing.

Contributors to this issue: Linda Dionne, Suzanne Fournier, Barry Taylor, DVM
Editor and Lead Writer: Tricia Orr