

NEW HAMPSHIRE ANIMAL RIGHTS LEAGUE

Newsletter

July 2021



Newly Formed Committee to End Horseracing

We recently established a committee to work on ending the cruel "sport" of horseracing. We are working with the NY-based Horseracing Wrongs organization. They have ideas on actions we can take in NH. NH no longer has any live horseracing, and we want to keep it that way. However, the former Seabrook Greyhound Park, now called The Brook, has betting on simulcast thoroughbred racing.

Members of the newly formed committee are NHARL Board members Emily Murphy and Linda Dionne, horsewoman Marilyn Woods, equestrian and graduate of the UNH Equine Program Denise Muccioli, and the Executive Director of Live and Let Live Farm in Chichester, NH, Teresa Paradis.

Please learn about Horseracing Wrongs and consider voting for them to receive a grant from My Giving Circle at www.horseracingwrongs.org. When voting, simply start to enter their name as Charity Option 1 and there should be a drop-down list to select from. For any questions about the new group, don't hesitate to get in touch with Emily at ecmurphy2003@yahoo.com.

Upcoming Events

Vegan Summer Outing

Saturday, August 14th from 11am to 3pm
Four Tree Island, Portsmouth, NH

Annual Meeting and Gentle Thanksgiving

Saturday, November 13th from 12pm to 3pm
NH Audubon's McLane Center - Concord, NH

Tabling Events

26th Annual Walk for the Animals

Sunday, September 19th from 9am to 1pm
Northeast Delta Dental - Concord, NH

Willoughby - Vegan Shoppe

Sunday, September 12th from 12pm to 4pm
Sunday, October 17th from 12pm to 4pm
6 School Street - Dover, NH

"Howl-O-Ween" 5k

Saturday, October 16th
Northeast Delta Dental in Manchester, NH



Volunteers Needed

Our first post-pandemic event will be in Concord at the [Market Days Festival](#), August 19-21. For this fun event, we need volunteers to help out at our table. Duties include handing out literature, giving away samples, and speaking to the public about what we do. There will always be at least one NHARL board member on hand, so you will never be on your own. We plan to focus on promoting a vegan diet, although we will also have information available about everything we do. [Sign up here](#)

Cool Treats for Summer

No need to scream for vegan ice cream, just head out to one of these locations:

- Suzie Sweets (Hampton) - ice cream and sorbet
- Memories Ice Cream (Kingston) - soft serve and scoops
- Sunday's Scoops and Treats (Concord) - cereal mix-ins for a "Blizzard-style" treat
- Inside Scoop (Bedford) - Dole Whip (3 flavors)
- Willoughby's (Dover) - Like No Udder treats and pints
- Lagos (Rye) - 2 coconut milk-based flavors
- Trails End Ice Cream (North Conway) - 1 flavor, scoops
- Ben & Jerry's (Manchester & Meredith) - 19 vegan flavors!

Puppies in the Window

The puppies in the window of that pet store might look healthy and happy, however, they most likely came from one of 10,000 puppy mills in the US that produce over a million puppies each year. Investigations into puppy mills frequently reveal horrific conditions and only about half of the puppies live past 12 weeks of age. Mothers are confined to tiny cages where they are forced to reproduce every heat cycle until they can breed no more. Also, due to careless breeding and unsanitary conditions, the puppies often have serious illnesses, trauma issues, or genetic defects that result in expensive pet bills, house training struggles, and sometimes death. It's a heartbreaking experience for everyone except the puppy mills and pet stores that profit from this cruelty. You can help eliminate the demand for puppies from mills and reduce the number of dogs killed in shelters (670,000 annually) by adopting a canine companion instead.

Multiple states have passed legislation prohibiting the sale of puppy mill puppies in pet stores and it's time for New Hampshire to do the same!

Please join NHARL and other compassionate Granite Staters on July 24th from 11:00 am to 12:30 pm to peacefully [protest puppy mills](#) on the sidewalk to the right of The Pick of the Litter in Salem, NH, located at 375 S Broadway, Rt. 28.

2021 Board Elections

NHARL is an all-volunteer organization governed by a board of directors that is voted in by our members. Each board member is elected for a two-year term with the appointments taking place at our annual meeting in November. This year NHARL will elect the next group of volunteers to serve on the board. Attached is the 2021 nomination ballot. Please either fill out and mail or email your selections to our Election Assistant, Ruth Tanner Isaks. Only current dues-paying members are eligible to submit nominations.

Board Members

James Glover, President
Elisa O'Neill, Vice President
Cindy Glenn, Treasurer
Joan O'Brien, Secretary
Emily Murphy, Representative
Linda Dionne, Representative
Liz Herrick, Representative

Farmed Animal Committee

Good news! The Foundry in Manchester is no longer serving [foie gras](#). When asked about the decision, the General Manager wrote, "We decided not to have it on the menu anymore due to non sale and too much waste on product." Want to help us help farmed animals? Contact Joan O'Brien to join the Farmed Animal Committee.

Picnic Season

Picnic season is in full swing and we hope you are all out enjoying the great outdoors! We are big fans of vegan picnics (be sure to join us for our Annual picnic August 14th in Portsmouth) and trying vegan versions of classic picnic fare. Here is a delicious and easy (less than 15 minutes to prepare!) vegan pasta salad recipe that will be a hit with everyone and can even be made gluten free. For more great vegan picnic recipes and ideas, visit <https://eatplant-based.com/vegan-picnic-ideas/>

Ingredients

Italian Vinaigrette

- 3 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons lemon juice or apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Pasta Salad

- 8 ounces rotini pasta uncooked
- 1/4 cup diced green bell pepper
- 1/2 cup sliced cherry tomatoes
- 1/4 cup chopped parsley
- 1/4 cup sliced black olives
- 1/4 sliced red onion

Instructions

Italian Vinaigrette

Add all ingredients into a mason jar or a bowl and shake or stir vigorously to combine. Shake/stir again right before adding it to the pasta salad.

Pasta Salad

Cook the pasta according to package directions in a boiling pot of salted water. While the pasta is cooking, cut up all the ingredients and make the dressing.

Drain the pasta and allow it to cool slightly (run under cold water to stop the cooking). Add all the pasta salad ingredients. Pour the vinaigrette over it and stir to combine.

Taste and adjust seasonings to your preference. You can eat it right away or let it sit for about 30 minutes for the flavors to meld even more. Eat and enjoy!

Contact Us/Become a Member

To become a member or make a donation, please use the forms on our web site. A printable version of our Membership Form is available for those who prefer to mail a check. Membership is \$20.00/year (just \$10 a year for students, juniors, and seniors) or \$200 for a Lifetime Membership for you and one other. Thank you! PO Box 4211, Concord 03302

nhanimalrightsleague@gmail.com

<http://www.nhanimalrights.org>

<http://facebook.com/NHARL603>

<http://twitter.com/NHARL603>

www.instagram.com/nhanimalrightsleague

In June, New Hampshire became the second state in the country to achieve 'no-kill' status at our animal shelters. (Delaware was the first.) The pet save rate in our state is now more than 92%. Any animals that were put down were suffering from medical problems or had serious behavioral issues. Today we take it for granted that 'no kill' is the goal, but it has taken decades of work to get to this point.



He still carries the paper collar in his wallet. It's wrinkled, and the edges frayed, but the words written on it are still legible after close to three decades:

Black/Gray Tabby Cat 4 months old

It's a description of a cat. Not his own cat, but one he never met. A cat who was euthanized at a New Hampshire animal shelter in the early 90s for no other reason but that space was needed to bring in new homeless animals.

The collar belongs to Peter Marsh, and it is a remembrance of that unnamed cat, and of the campaign he helped organize 28 years ago to end the pet overpopulation crisis in New Hampshire.

A lawyer by profession, Peter helped draft legislation that would provide affordable spay/neuter services to low-income pet owners with the goal of reducing the number of animals ending up in New Hampshire shelters.

The bill had failed once—the legislature unconvinced that it would work—but in 1992 supporters, including many members of NHARL, brought it back with renewed determination. That summer, they campaigned for the bill on the State House grounds. Staff from animal shelters throughout New Hampshire arrived for a demonstration and candlelight vigil. Shelter staff had made paper ID collars for each cat or dog who had been put to death in their shelter during the first seven months of the year.

One by one the collars were strung together, forming a chain that circled the State House grounds and stretched for almost a mile. Later at the vigil, shelter workers stood up to share emotional stories about some of the animals represented by the collars, including one who became the face of the campaign, the "Cat Who Loved Kittens" (pictured at right).

Recognizing the power of the "chain of collars," supporters strung it from makeshift "Stop" signs stationed at each entrance to the State House grounds, so that every legislator coming or going from the capitol building had to pass by it. Tables provided information about pet overpopulation and what could be done.

Support for the affordable spay/neuter legislation was overwhelming, and the bill made it all the way to the Governor's desk. But since the proposed program was going to cost the taxpayers money, advocates were concerned that Governor Merrill, who had campaigned against new taxes, was going to veto it.

In an eleventh-hour effort to avoid a veto, Peter Marsh and Beverly Leo, the Director of the Concord SPCA, broadcast a cable television show from the grounds of the State Capitol asking citizens to urge the Governor to sign the bill. With so much at stake, organizers didn't want to take a chance that people wouldn't make that phone call, and so they made the difficult decision to end the broadcast with footage of a friendly young collie being euthanized at a shelter.



The response was overwhelming. The phones at the State House began ringing off the hook, and the Governor allowed the bill to become law.

By decade's end, the statewide euthanasia rate had dropped by more than 75%. Animals were no longer being put to death by the thousands each year due to lack of shelter space. In fact, many shelters were now able to help animals from other states by bringing them to New Hampshire and placing them in forever homes here.

NHARL highly recommends watching the documentary film about this campaign, "A Community Comes Together to Save Its Companion Animals" by Bill Millios. The 30-minute film can be [viewed here](#) (you can hear Peter Marsh speaking beginning at the 4.10 mark). In addition, Peter wrote two books that share the lessons learned in New Hampshire to help other communities address pet overpopulation: "Replacing Myth with Math: Using Evidence-Based Programs to Eradicate Shelter Overpopulation" and "Getting to Zero: A Roadmap to Ending Animal Shelter Overpopulation in the U.S."



An Interview with Peter Marsh

Recently, we sat down with Peter Marsh at his law office in downtown Concord to talk about his new book: *The Supremacist Syndrome: How Domination Underpins Slavery, Genocide, the Exploitation of Women, and the Maltreatment of Animals*. Video highlights from the interview coming soon to our Facebook page.

NH Animal Rights League: Congratulations on the release of *The Supremacist Syndrome*. Tell us about the new book.

Peter Marsh: In the book I look at different types of supremacy – white supremacy, male supremacy, and anti-Semitic nationalist supremacy. I ask what these ideologies have in common and consider whether the way we treat animals has the same core features as other forms of supremacy.

NHARL: You begin the book with three case studies of supremacy – the Holocaust in Hungary, the rule of Belgium’s King Leopold in the Congo, and men’s treatment of women in Edwardian England. Each is a fascinating, page-turning historical account. What led you to choose these three examples?

Peter: I chose examples set in Europe, because European history has shown that even where supremacist ideologies had deep roots, they could be uprooted. There’s a man I talk about in the book named Robert Schuman. As a member of the French Chamber of Deputies, he was held captive by the Germans during World War II, but he escaped. While on the run from the Nazis, he surprised a man who was helping him hide by talking about the need for France to work with Germany to rebuild Europe after the war. Schuman understood that to avoid yet another war, Europeans would have to put aside the feelings of hatred and

mistrust that had accumulated over the years. When the war ends, he helps establish a common market for French and German coal and steel to prevent post-war conflict over resources. As he had hoped, the six countries that formed the Coal and Steel Community later joined together to establish the European Economic Community, a precursor to the European Union.

NHARL: There’s a chapter in your book titled “Human Chauvinism” which is about the tendency of humans to think we are special and unique in the universe. You show that many of our assumptions (e.g., only humans have moral sense) are untrue. Can you give us some examples?

Peter: One of the excuses people make is to say that animals don’t really have a life the way we do – that they’re just robotic organisms. Research has shown, however, that some animals have empathy, an appreciation for reciprocity, and a sense of fairness. One of my favorite stories from the book is about Washoe, a chimpanzee whom researchers taught sign language. In 1982, Washoe was working with a researcher name Kat Beach, who was pregnant. Washoe doted over Kat’s belly and in sign language asked about her BABY. Unfortunately, Kat had a miscarriage, and she was gone from the lab for several days. When she returned, Washoe was standoffish. Kat decided to tell Washoe, who had lost children of her own, the reason for her unplanned absence. MY BABY DIED, Kat signed. Washoe looked down. Then she looked into Kat’s eyes, signed CRY, and touched her own cheek drawing the path of a tear. When it was time for Kat to leave that evening, Washoe didn’t want her to go. PLEASE PERSON HUG, she signed.

NHARL: That is a beautiful example of an animal’s capacity to feel grief and empathy. In your next chapter, “On Factory Farms, Money Talks but in Obscenities,” you explain the experience of farmed animals and the ways in which they suffer. How has this chapter been received by the non-vegans in your life?

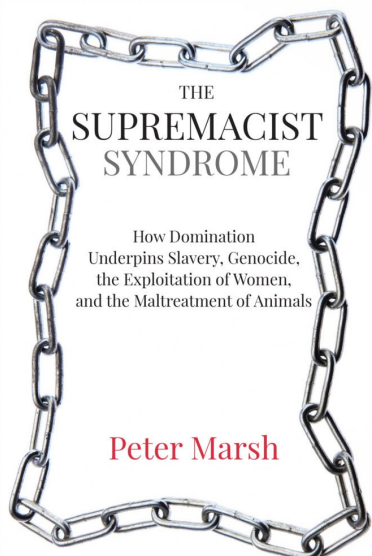
Peter: (laughs) A number of people have said they were really good with the first part of the book, and then they got to the chapter on meat. People can be offended by the idea of discussing human and nonhuman suffering in the same book. In the Author’s Note, I address some of these potential objections and point out that people working to reduce human suffering can benefit from considering the suffering endured by nonhumans. Recent studies have found that different forms of prejudice are related – that people who are racist are more likely to be sexist too, and they’re more likely to condone the exploitation of animals and the natural world.

NHARL: You follow the chapter about factory farms with a chapter about “family farms,” where you explore the belief that it’s okay to eat meat that is produced less intensively.

Peter: It’s almost become conventional wisdom that factory farming is appalling, even among people who still purchase those products. The harder case to make is that meat from family farms is a problem. There’s a tendency to tell ourselves lies, and a lot of the justifications are completely false. I’m thinking of Michael Pollan, who in *The Omnivore’s Dilemma* wrote about how he became vegetarian for a month after reading Peter Singer’s *Animal Liberation*. But then Pollan goes to a “good farm,” where he sees animals who appear happy – chickens out in the pasture doing what chickens do, pigs rooting around, and so on – and he decides that it’s okay to eat those animals because they had a good life. To that I would say, the happiness that you saw is the reason why you *shouldn’t* eat animals from these farms either, because they *do* have a life, and they have sentience, and they have pleasures. Consider our criminal justice system; we save the worst penalty for homicide. Taking someone’s life is even worse than causing them to suffer.

NHARL: Speaking of Peter Singer, you thank him in your acknowledgements.

Peter: Yes, Peter Singer reviewed parts of the book. I know him through a friend, Jim Mason. Jim Mason and Peter Singer wrote *Animal Factories* together back in the 80s, when things were just starting. They also wrote *The Way We Eat: Why Our Food Choices Matter*.



For more information
about Peter Marsh’s
book, go to [https://
supremacistsyn-
drome.com/](https://supremacistsyndrome.com/)

NHARL: Peter Singer is certainly a controversial figure.

Peter: Well he’s a philosopher, and with philosophers you always run into competing schools of thought. I’m reminded of Millicent Fawcett, a wonderful character I write about in the book who fought for women’s enfranchisement in England. Fawcett was head of the National Union, which united all the local suffragette groups. When World War I breaks out, she’s trying to hold the different factions together. There are the militant suffragettes going one way, planting bombs and slashing paintings, the pacifists who want to launch an anti-war campaign, and the nationalists who believe in supporting Britain’s role in the war. You see the same thing today with animal protection – you have welfarists and you have rights-based activists, and each is critical of the other’s approach. Somehow Fawcett manages to keep the various parties united, and in 1918, 51 years after she began her crusade, women get the vote. But Parliament includes the restriction that to vote women must be at least 30 years old, and again the suffragettes are divided over whether or not to accept this. The higher age limit for women rankles Fawcett, but she is pragmatic and convinces the women that this is just the first installment – they will not quit. After women get the vote, they make great progress toward further equality, and by 1928, just ten years later, the age restriction is dropped without contest.

NHARL: You end the book with the hopeful section, “Overcoming Supremacism.” What gives you hope?

Peter: It may seem like pie in the sky to suggest that we can overcome supremacist ideologies that have been the source of so much conflict and bloodshed throughout human history. But today we have a better understanding of how group-dominance ideologies work than we did even a generation ago. Studies show that contact between people of from different groups can reduce prejudice, and that humane education programs can expand a child’s moral concern not only for animals but also for people. Consider, too, the history told in the first three chapters of the book. In the past century and a half, people favoring egalitarian societies have overcome group dominance ideologies based on nationalism, racism, and sexism. To rephrase a saying attributed to Martin Luther King, the moral arc of the planet is bending toward equality.

Nomination Ballot for the NH Animal Rights League Board of Directors

NHARL biennial elections are coming this November. **NHARL members** may nominate themselves or other members to serve on the NHARL Board of Directors for two years, beginning in November 2021. You may select up to seven people. They must be dues-paying members of NHARL. Self-nominations are permitted. If you have questions about being on the board or about the election, contact nhanimalrightsleague@gmail.com

The NHARL Election Assistant, Ruth Tanner Isaks, will contact each nominee to accept or decline their nomination. Please give the email of your nominee for easy contact by Ruth.

The election ballot will be in the September/October newsletter. Announcement of the results of the election will be at the November annual meeting/vegan Thanksgiving event. The nominees receiving the most votes will constitute the Board of Directors for the next two years and begin serving in November.

NHARL Nomination Form

Please print all information.

I, [Your Name and email address or phone number]

_____, nominate the following:

Note: Instead of using the ballot, you may write a simple email to Ruth stating your name and the names of your nominees. Nominations are due no later than September 1, 2021, to:

Ruth.Tanner@uml.edu Or by
postal mail at:

Ruth Tanner Isaks, Election Assistant
205 Main St., Apt. 118
Salem, NH 03079
(603) 893-6542

*** If you aren't sure if you are up to date on your membership dues, please reach out to NHARL Secretary Joan O'Brien at joanlobrien@yahoo.com