



NH Animal Rights League

March 2021 Newsletter

Veganuary 2021

If you have visited us on Facebook or Instagram lately, you have probably noticed a lot of posts about “Veganuary” and might be wondering “what exactly is Veganuary?” What began as a UK-based non-profit organization is now a fast-growing, global movement aimed at encouraging people to eliminate animal products from their diet and go vegan. The group kicked off Veganuary 2014 with just over 3,000 people signed up to take a pledge to go vegan for 30 days. This past January, an impressive 440,000 people from 192 countries took the pledge to live a cruelty-free and more environmentally friendly lifestyle. Veganuary also works with businesses to guide them in how to provide vegan-friendly products and services to meet the growing demand. Encouraging non-vegan friends and family to take the challenge is a great way for them to try it out and have access to valuable resources.

NHARL was so excited about Veganuary, we continued the vegan celebration well into February with our live cooking and lifestyle demos. Our vegan cooking demo series featured local vegan chefs Carrie of Joyfull Eats, Jordan of Col’s Kitchen, Kaley of Roots Juice Bar and Vegan Café, Olivia and Madeline of New Roots Meals, Christy and Nick of The Hungry Caterpillar, and Lauren of Ginger Roots Kitchen. Our demos included a wide range of delicious vegan food including cauliflower alfredo, sesame glazed carrot, liver detox salad, burrito bowls, Toscano soup, and apple pie.

We also hosted an educational vegan hair demo and Q & A with Kayla, owner of Flourish Salon, and Helen, her trusty hair model mannequin. Kayla walked us through different curling techniques and introduced us to the Kavella vegan, cruelty-free and environmentally friendly hair care products she offers. Miss any of your favorites? Good news! All of the demos are available to binge-watch on our [Facebook page](#). Let us know what local vegan businesses you would like to see featured in the future. Source: <https://veganuary.com/en-us/>

Upcoming Events

April 22nd: Earth Day

The theme for the 51st Earth Day is “Restore Our Earth.” NHARL feels that one of the most important ways to help restore our planet is to not eat animals. Animal agriculture is a resource- and energy-intensive way to feed people, and is the leading cause of deforestation.

April 24th: World Day for Laboratory Animals

Instituted in 1979, this day is meant to bring awareness to the extreme cruelty millions of lab animals face every year. NHARL is in the process of putting together a campaign on and leading up to April 24th. If you would like to volunteer to help with these efforts email:

nhanimalrightsleague@gmail.com

May 1st: Miss New Hampshire Fur Coat Protest

Every year the Miss New Hampshire Organization accepts a fur coat from the NH Trappers Association. This unnecessary tradition needs to end. [Facebook Event](#)



The famous Oyster mushroom Po’boy made by New Roots plant-based meal prep and delivery.

2020 Year Review

Every year, New Hampshire Animal Rights League advocates for animals in many different ways, and we had to find new and creative ways to do that in 2020 with COVID-19. Thank you to everyone who supported our effort and we hope everyone is staying safe.

- In January we supported legislation to help animals in New Hampshire, including HB 1388 which would have ended the retail sale of puppies, cats, and rabbits. ***This bill was defeated.*** https://www.unionleader.com/opinion/letters-to-editor/letter-support-hb/article_40bb13af-e3ad-55ea-bd75-b16c3210aae0.html
- On January 19th a protest was held outside the Professional Bull Riders event at the SNHU Arena. Cruelty is everywhere at these events, including the use of electric shocks and flank straps.
- WRATH (Worldwide Rally Against Trophy Hunting) took place in Concord on February 8th. During these events, awareness is raised about the merciless slaughter of precious wildlife around the globe.
- On February 15th NHARL joined forces with NH Citizens Against Recreational Trapping and Twin States Animal Liberation to host a protest outside the annual NH Trappers Banquet. Every year, NH trappers get together to celebrate their killings, show off furs, and auction off tools and supplies used to kill animals.
- The New England Dog Expo was held on February 29th. At the NHARL table we shared the message of “why love dogs but eat cows?” The table featured new sign designs, free dog treat samples from [Camberville Dog Treats](#), and free [Bobo’s Oat Bites](#) for “people treats.” Thank you to our sponsors!
- In March, things started to change for all of us. The board decided to forego in-person events until at least the end of 2020, this included protests hosted by NHARL, our annual summer outing, and our very popular gentle Thanksgiving.
- On March 26th we held our first online event. This event targeted people interested in learning about the negative impacts of modern agriculture. A 30-minute film, “Hidden in Plain Bite: The Truth About Our Food System,” was followed by live Q & A with Jesse Tandler of the Factory Farming Awareness Coalition.
- In May, we learned about Animal Welfare Act violations that took place at Living Shores Aquarium at Story Land in Glen in March 2020. This included an Asian small-clawed otter being injured so severely that her forelimb had to be amputated. https://www.conwaydailysun.com/opinion/letters/james-glover-violations-show-why-aquarium-should-stay-closed/article_a8ba2f64-8b0a-11ea-9af6-e713985ba257.html
- In June, we got several alarming complaints that Market Basket was selling live lobsters in bags at their locations. We launched a social media campaign asking people to voice their outrage over this practice. Due to the large number of complaints, Market Basket responded to our post and stopped this practice.
- This year, we joined In Defense of Animals for Respect for Fish Day on August 1st. During this campaign, NHARL worked with a number of different groups to build a starting point for a campaign to end NH Fish and Game’s polluting and cruel fish hatcheries. Read “Our Turn: Management of state’s native fish needs reform” for more details: <https://www.concordmonitor.com/Native-fish-management-35320718>
- August 8th marked 50 years since Lolita the orca was taken from her family in the wild. To mark this a unfortunate anniversary, NHARL joined Until Lolita is Home for their virtual event. This event included a social media campaign and a petition that gained over 23,000 signers. NHARL volunteers formatted the signer’s names, printed, and sent this petition to Miami Seaquarium, Miami-Dade State Attorney, Palace Entertainment, and Parques Reunidos
- Andy Schafermeyer devoted his September 6 “Adventures Afield” column to advertising different ways to hunt black bears. Read our response featured in the Op-Ed “The problems with bear hunting in NH.” https://www.unionleader.com/opinion/op-eds/james-glover-the-problems-with-bear-hunting-in-nh/article_4bd14bcb-f19b-5788-bbb2-0d39ff7f62c0.html
- In October, we launched our Send Someone a “Compassion Pack” campaign. To learn more about this program and to send your own, visit our website. <https://nhanimalrights.org/compassion/>
- In November, NHARL sent a letter to the USPS after reading the alert from Karen Davis of United Poultry Concerns about baby chickens dying during mail transport. See the letter, with the not sufficient form-letter reply, here: <https://nhanimalrights.org/letter-to-the-postmaster-general/>
- On November 14th Chef Carrie Burt of Joyfull Eats took over our Facebook live feed to present a vegan cooking demo. Carrie made Chick-Un salad and was super fun to watch. You can watch the video here: <https://www.facebook.com/129054232520/videos/373184850668435>
- Our annual meeting was held on November 21st. This was our first totally virtual annual meeting. We had door prizes and featured guest speaker, Ben Kilham. Ben is the founder of the Kilham Bear Center. To Learn more about the Kilham Bear Center, visit <https://kilhambearcenter.org/learn-more>
- In December, NHARL took part in Giving Tuesday and promoted our gift membership program.

Ongoing Programs

Our free "No Hunting" signs program remains one of our most popular and successful initiatives. Since our last newsletter in November, we have mailed out enough signs to protect 300 acres from hunting. That's an additional 300 acres of safe space for deer, bears, turkeys, rabbits, hares, squirrels, grouses, and woodcocks to live in peace.

With the approach of spring and melting ice, we will once again promote our "Living with Beavers" grant program (nhanimalrights.org/grants-for-living-with-beavers/), designed to encourage peaceful co-existence with these important animals. This program is funded by our members and also the newly-established Helene Shields Wildlife Fund described below. Spread the word about this grant program, especially if you hear of someone with a beaver problem.

We continue to send out free humane mouse traps (nhanimalrights.org/living-with-wild-neighbors/) and plan to give them out at tabling events post-pandemic. One board member reports using the trap with great success to gently catch and release a meadow mouse that found his way into the garage. Order yours today!



Farmed Animal Committee

During the pandemic, our Farmed Animal Committee has focused on promoting veganism. We added a new "Vegan Resources and Restaurants" page to our web site (<https://nhanimalrights.org/vegan-resources/>), as well as a section on the plight of backyard chickens (https://nhanimalrights.org/farmed-animals#backyard_chickens), which are popular in New Hampshire. We also sent out the first edition of a new quarterly email newsletter devoted to helping farmed animals in the Granite State.

The Helene Shields Wildlife Fund

In 2019, we lost Helene Shields, a longtime member of NHARL and passionate animal advocate. Her legacy included a generous gift to our organization, which we used to establish the Helene Shields Wildlife Fund in her honor. The fund will be used to further our efforts to protect the wild animals of New Hampshire that Helene so loved, including beavers.



According to Helene's husband, there's a beaver pond not far from their home, and in winter she enjoyed seeing the steam from the beavers' breath rising from their lodge. Helene now rests peacefully, but her compassion lives on.

Legislation in New Hampshire

Hearings and determinations have been made on House Bills for Wildlife in the Fish and Game and Marine Resources Committee. Voted Ought to Pass, HB 529 is a bill that will make cruelty to wild animals a misdemeanor. Follow this bill and ask your Reps, and then your Senators, to support it. To find who represents you in the Senate and the House, go here: <http://gencourt.state.nh.us/house/members/default.aspx>

There are two important bills in the Senate. They are SB 84, a bill that will allow landowners to post using purple paint, and SB 129, a bill that will weaken the NH Endangered Species Conservation Act. Please support SB 84 and oppose SB 129. Contact your lawmakers to let them know how you feel about these bills.

Legislation at this time of year is ever-changing. To see where bills are in the process, use this link, put in the bill number, and then check the status and the docket: http://gencourt.state.nh.us/bill_status/quick_search.html

Let us know if you want or need any more information. There are other bills, but too many to cover here. To follow what happens in the NH legislature you can find everything you need to know here: <http://www.gencourt.state.nh.us/>



New Hampshire Billboard

NH Citizens Against Recreational Trapping (NHCART) with the help of supporters and other animal and wild-life groups, was able to raise funding for a digital poster ad. The poster started running on February 1st and will run through most of March. The ad features a coyote in a leg-hold trap and our hope is to raise awareness about trapping and engage the public by igniting their curiosity. If more people research and follow groups that fight against cruel trapping, when the time comes for protests, campaigns and legislation, we will have the momentum behind us to make change. The sign is located at the intersection of South Willow Street and Weston Street in Manchester. It is intermittent with other ads rotated on the sign, but makes a bold statement when seen. If you are in the area, check it out. Thank you to NH Animal Rights League and all for your support on this project. -Kristina Snyder, [NH Citizens Against Recreational Trapping](http://www.nharc.org)

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

2021 Board Elections

NHARL is an all-volunteer organization that is governed by a board of directors that are 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. Be on the look-out for the nomination ballots and more information in the coming months.

Call to Action

Contact the Miss New Hampshire pageant and ask them to stop supporting the NH trappers Association. Every year they accept a fur coat that is given to the winner of that year's pageant. This cruel and outdated tradition needs to end.

<http://missnh.org/contact-us.html>

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

Recommended Read

I Stopped Saying "Meat" and Here's Why By Karen Davis, PhD, President of United Poultry Concerns

<https://upc-online.org/>

nhanimalrightsleague@gmail.com

<http://www.nhanimalrights.org>

<http://facebook.com/NHARL603>

<http://twitter.com/NHARL603>

www.instagram.com/nhanimalrightsleague

Addictive Healthy Protein Bites

These protein bites make a great healthy snack and it's super fun to whip up new variations—invent your own!

Basic Recipe

- 2 cups oat flour
- ½ cup coconut flour (can sub with almond flour or more oat flour)
- ½ cup plant-based protein powder (make sure you like the taste of your powder – it will make a difference)
- ½ cup nut/seed butter (peanut, cashew, almond, mixed, etc)
- ½ cup liquid sweetener (maple syrup, agave nectar, brown rice syrup, etc.)
- 1 tbsp plant-based milk (oat, almond, soy, etc.)

Recommended protein powder: Four Sigmatic [Sweet Vanilla](#) and [Creamy Cacao](#)

Recommended plant-based milk: [Chobani Vanilla Oat Milk](#)

Oat flour: it's easy to [make your own](#) in a blender!

Almond Joy Bites

Add: 2 tbsp cocoa powder

Add: shredded coconut

Use: chocolate protein powder

Use: Almond butter

Use: Agave nectar

Snickerdoodle Bites

Add: 1 tsp cinnamon

Use: Vanilla protein powder

Use: Cashew butter

Use: Agave nectar

Chocolate Banana Bites

Add: 2 tbsp cocoa powder

Add: 1 mashed banana

Use: chocolate protein powder

Use: peanut butter

Use: maple syrup

Instructions

1. Combine the dry ingredients in a mixing bowl.
2. Combine the nut/seed butter and liquid sweetener and melt in your microwave or on your stovetop.
3. Add the wet mixture to the dry mixture and stir well.
4. Add the tbsp of plant-based milk, or more, until the mixture comes together.
5. Shape into bite-sized balls or press into a pan to make bars and refrigerate.

Book Corner

The arguments in Gary Francione's *Why Veganism Matters* are directed at those who think that animals matter. That is not a niche audience.

Many—perhaps most—people agree that animals are not things that may be treated in any way one pleases. Given that starting point, Professor Francione argues that veganism is a moral imperative.

In doing so, he argues against other prominent defenders of animal interests who reach lesser conclusions.

He does so in the clear, accessible manner befitting his broad intended audience. The book contains many engaging arguments that advance our understanding of just how much animals are owed. *David Benatar, author of The Human Predicament: A Candid Guide to Life's Biggest Question*

Gary L. Francione



Why Veganism Matters

The Moral Value of Animals



New Hampshire Vegan Businesses

We all know the importance of supporting local businesses, especially in an ongoing pandemic. Supporting our local vegan businesses is doubly important to ensure that they survive and can continue to provide our communities with access to vegan and cruelty-free products. We are thrilled and very encouraged to see so many new vegan businesses pop up around us. It means that the message is getting out there and more people are opting for compassionate products. Visit the NHARL Vegan Resources page to explore the MANY (old and new) vegan businesses our area has to offer including bakeries, restaurants, and beauty products and services. <https://nhanimalrights.org/vegan-resources/>