



NH Animal Rights League

November 2020 Newsletter

NHARL Annual Meeting

Saturday, November 21st, 2020

Starting at 1pm

Please join us for our first ever **virtual** annual meeting. In the past, this meeting has taken place during our highly popular Vegan Gentle Thanksgiving celebration. Due to the current situation with COVID-19 the board has made the decision to forgo an in person event in 2020. NHARL president, James Glover, will be discussing everything NHARL has been working on in the past year. This event will feature door prizes, a show us your pet segment, and so much more. So grab your pet, your favorite vegan snack, and join us for this interesting new take on our annual meeting. Please register at the link below.

<https://tinyurl.com/nharl2020>



Humane Mouse Control

Are there any among us who have not had mice in the house at some point? It's a common problem, especially this time of year when they are looking for warm places to inhabit. Unfortunately, most home and garden stores are in the business of selling inhumane, temporary solutions for dealing with mice. Of the many lethal traps and poisons for sale, glue traps may well be the cruelest. Any small creature unlucky enough to get stuck suffers a slow, agonizing death. Poison is also a cruel choice. By design, poison bait blocks contain only a low dose of poison. This is so that if a child or pet accidentally ingests the product, it will not be fatal. But for the mouse, the low dose means a slow death. Poisoning mice also harms the animals who feed on them. There are many reports of eagles and other protected birds becoming sick and dying from consuming poisoned mice.

Compassionate and responsible approaches for dealing with mice include exclusion, natural odor repellents, and ultrasonic devices. If uninvited guests still manage to get in, how about a live trap and relocation? You can find "humane mousetraps" for sale on Amazon and many other online retailers. NHARL will be distributing humane traps when we are able to attend in-person events again. Until then, we are mailing free samples while supplies last. Go to our web site to order yours: <https://nhanimalrights.org/living-with-wild-neighbors/>

Saving Threatened & Endangered Species in NH: A Campaign

This campaign is based on keeping strong our NH Endangered Species Conservation Act (RSA 212-A, ESCA) and making it stronger. The goal is to stop the state from weakening the law and the rules/regulations that guide the actions of both the NH Department of Environmental Services (DES) and the NH Fish & Game Department (F&G). After the NH Supreme Court decided in November 2019 to favor no harm to T&E species, DES and F&G have been working against that ruling by trying to change the regulations and the law to make it legal for developers to harm T&E species.

One of the bad changes being considered by DES and F&G is to let developers buy the rights to harm T&E to develop their projects in T&E habitat. This unsavory scheme is called monetary mitigation.

On Thursday, October 29, 2020, DES and F&G will hold a public input session to consider changes they want to make to their own rules/regulations and the law. There is no official comment period making it even more important for DES and F&G to hear from us animal activists in the days and weeks ahead. Our voices for the animals cannot be shut out. Please send an email so they hear from many of us.

ACTION NEEDED (no deadline)—contact DES and F&G (contact info below) with your own thoughts and include any of the following points as you wish:

1. For the sake of T&E survival, they must be protected from direct and indirect harm; therefore, the prohibition in the law that developments must not harm T&E must continue and be enforced. We oppose the NH Endangered Species Conservation Act being changed to exempt developments.
2. The health of T&E populations must not be for sale to developers. Do not weaken the NH Endangered Species Conservation Act to allow payment for harm.
3. Development projects must be designed to do no harm to T&E. If projects cannot be designed that way, they must not be developed.
4. The law should be improved by the inclusion of the state's Wildlife Action Plan (WAP) so that the WAP can serve as the official blueprint to be followed by all state agencies to help with the conservation of T&E species.

ACTION—send your one email to both DES (Dear Director O'Donovan) and F&G (Dear Chief of Wildlife Ellingwood). Remember to sign with your full name and address

- Email: THOMAS.O'DONOVAN@DES.NH.GOV

Thomas O'Donovan is the Director of the Water Division at NH Department of Environmental Services

- Email: Mark.Ellingwood@wildlife.nh.gov

Mark Ellingwood is the Chief of the Wildlife Division at NH Fish & Game Department

FOR ADDITIONAL INFORMATION: www.voicesofwildlifeinnh.org

Virtual Cooking Demo with Joyfull Eats

Join on us on Saturday 11/14 for special guest Chef Carrie Burt of Joyfull Eats as she presents a live cooking demo while regaling us with her sunny wit and tremendous energy!

Carrie is a triple threat- vegan chef, mother and owner of Joyfull Eats- the home of innovative and delicious vegan ready to eat meals. Don't miss this wonderful opportunity for some creative culinary inspo just in time for the holidays.

Stay tuned to our Facebook and Instagram for all the delicious details coming soon. In the meantime check out Joyfull eats online at

<https://linktr.ee/joyfuleatsnh>





Helene Shields - 1934-2019 Alton, NH
 Jeannine Brunelle - 1929-2019 Manchester, NH
 Britt Olsztra - 1925-2020 Nashua, NH

We hold these beautiful ladies in loving memory. These pioneers of the animal rights movement were ahead of their time in working to end the mistreatment of animals. All three were long-time members of the NH Animal Rights League, and we will miss them greatly.

WHY VEGAN? • EATING ETHICALLY • PETER SINGER

Book Corner

This new book by the author of Animal Liberation is a must read. Read more about it here - <https://www.norton.com/books/9781631498565>

"In a world reeling from a global pandemic, never has a treatise on veganism—from our foremost philosopher on animal rights—been more relevant or necessary."

NHFG Hatcheries

Perhaps one of the biggest challenges for an animal rights group is trying to get the general public to care about fish. Encouragingly, the plight of fish is increasingly gaining attention. On August 1 we joined with hundreds of other animal organizations by participating in "Respect for Fish Day." In conjunction with IDA, VOW, and TSAL, we got an op-ed published in the Concord Monitor: "Our Turn: Management of the state's native fish needs reform." The underlying message of our piece was that the hatcheries operated by NH Fish and Game for the purpose of artificially stocking the state's lakes, rivers, and streams are essentially "underwater factory farms," raising serious animal welfare and environmental concerns. See the Sea Life page of our web site <https://nhanimalrights.org/sea-life/>

Compassion Fatigue and Resilience for the N.H. Animal Welfare Community

Hosted by Hilary Hager, Senior Director of Outreach and Engagement at the Humane Society of the United States, this free workshop will provide attendees with the tools needed to stay resilient as they face the day-to-day challenges of their work in the animal protection field. Register at the links below

Monday, November 9 from 1:00-3:00 pm EST

https://humanesociety.zoom.us/webinar/register/WN_ftKcueSRS8iqN1jpRKYmHA

Thursday, November 12 from 6:00-8:00 pm EST

https://humanesociety.zoom.us/webinar/register/WN_3eJMWulSTy6nyFlAvmjeUg



Compassion Packs

In honor of World Day for Farmed Animals on Oct. 2, NHARL offered followers the chance to send a free "Compassion Pack" to a friend or family member who might benefit from learning more about how animals raised for food are treated and receiving ideas and inspiration for adopting a vegan lifestyle.

Given the popularity of the program, we have made it a regular offering and will also be looking into more ways to distribute literature in the absence of in-person events. If you'd like to send someone a Compassion Pack, go to: <https://nhanimalrights.org/compassion/>

Included in the Compassion Packs are, but not limited to, Vegan Starter Guides and Easy Vegan Recipes booklets by various organizations, such as Physicians Committee for Responsible Medicine and Compassion Over Killing.



Beaver Grant Update

As a "keystone species," beavers provide vital habitat for many plants and animals. Through our "Living with Beavers" grant program, NHARL encourages individuals and organizations experiencing problems with beavers to seek non-lethal solutions. To date we have awarded more than \$6,000 in grants, saving the lives of many beavers who would otherwise have been trapped. This program is supported by our members, and thanks to your generosity we were recently able to increase our match amount from \$500 to \$750, making peaceful co-existence with beavers even more affordable. For more information and to apply for the grant visit <https://nhanimalrights.org/grants-for-living-with-beavers/>

Year End Donation

As the end of the year draws near and the holidays are almost upon us, NHARL would like to express our sincere gratitude for all of your support throughout the year. Our lives have all changed in many ways as we navigate the challenges this year has brought, but your support and passion for advocating for animal rights has not.

Your generous financial support has funded many significant initiatives to improve the lives of animals including: increasing grants amounts for our Living with Beavers program, sending compassion packets to educate the public on veganism, and providing no hunting signs to property owners- to name just a few.

While we have accomplished a great deal this year, our work is nowhere close to being done. Your financial support is more important than ever as NHARL looks forward to an even more impactful and successful 2021 by expanding our current programs, increasing public outreach and claiming more victories for the fair treatment of animals. We hope you will consider joining us in our fight for animal rights by including us in your end of year giving with a tax deductible donation.

<https://nhanimalrights.org/make-a-donation/>

Book Excerpt

"Such terrifying powers we possess, but what a sorry lot of gods some men are. And the worst of it is not the cruelty but the arrogance, the sheer hubris of those who bring only violence and fear into the animal world, as if it needed any more of either.

Their lives entail enough frights and tribulations without the modern fire-makers, now armed with perfected, inescapable weapons, traipsing along for more fun and thrills at their expense even as so many of them die away.

It is our fellow creatures' lot in the universe, the place assigned them in creation, to be completely at our mercy, the fiercest wolf or tiger defenseless against the most cowardly man.

And to me it has always seemed not only ungenerous and shabby but a kind of supreme snobbery to deal cavalierly with them, as if their little share of the earth's happiness and grief were inconsequential, meaningless, beneath a man's attention, trumped by any and all designs he might have on them, however base, irrational, or wicked."

~ Matthew Scully, *Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy*

The conservative magazine, National Review, has a current article from Scully that can be found online -
<https://www.nationalreview.com/2020/10/the-animal-protection-movement-is-everything-that-woke-activism-isnt/>

NHARL Board

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

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/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

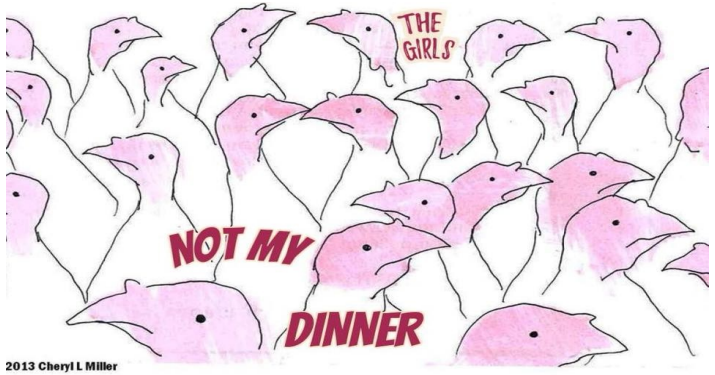
<http://www.nhanimalrights.org>

<http://facebook.com/NHARL603>

<http://twitter.com/NHARL603>

www.instagram.com/nhanimalrightsleague

The Vegan Holiday Table



Double Corn Casserole Recipe

Give this delicious recipe a try—everyone will love it! Not only does it taste great, but it's extremely easy to make!

Ingredients (see product options below)

- 1 can of corn, drained
- 1 can of cream-styled corn
- 1/3 cup olive oil
- 1 cup vegan sour cream
- 2-3 Tablespoons dried minced onions
- 1/3 cup water with 1 ½ teaspoon Ener-G egg replacer, whisked
- 8 oz package vegan cornbread mix

Directions

Mix all ingredients except the cornbread mix, then add it last. Spread into a well-oiled 9x13 inch pan. Bake for 45 minutes at 350 degrees. It will be somewhat moist.

Product Options

Vegan sour cream:

- Tofutti Better Than Sour Cream
- Kite Hill Sour Cream
- Follow Your Heart
- Forager
- Good Karma
- Or make your own (many recipes can be found online)

Corn muffin mix:

- Trader Joe's Cornbread Mix
- Jiffy Vegetarian Corn Muffin Mix
- Bob's Red Mill Gluten-Free Cornbread Mix

Egg Replacer:

- Ener-G Egg Replacer (works great in all baked goods—worth buying a box!)
- Bob's Red Mill Egg Replacer
- Neat Egg
- Or make your own flaxseed egg replacer

Vegan Roast Round-Up

Looking for the perfect vegan roast to grace your holiday table? We can all be thankful for these fantastic options. They are all so good you will want to buy a few extras and save them for post-holiday treats!

Tofurky offers up turkey-style and ham-style roasts with optional extras. The **Tofurky** roast, filled with rice and breadcrumb stuffing, is a classic that is sure to appeal to a broad range of tastes. Options:

- Roast and Roast with Gravy
- Holiday Feast (comes with vegan chocolate cheesecake!)
- Gravy (the best!)
- Everyday Ham Roast and Ham Roast with Glaze

The **Gardein** Holiday Roast has a delightfully crispy panko-style coating and is filled with wild rice and cranberry stuffing. The package comes with gravy packets. This roast has a wonderfully moist texture and is sure to please.

Field Roast makes two choices. The **Celebration Roast with Traditional Bread Stuffing and Porcini Gravy** is a classic option. The sage- and garlic-rubbed roast has a traditional bread stuffing and comes with a packet of porcini mushroom gravy mix.

The **Hazelnut Cranberry Roast En Crouete** is a beautiful roast stuffed with Field Roast sausages, ginger, cranberries, and apples and wrapped in a savory puff pastry. While it makes for a stunning centerpiece, due to the unique flavors, this roast may not appeal to all.

Trader Joe's is selling a **Breaded Turkey-less Stuffed Roast** packed with wild rice and cranberry stuffing. A side of gravy is included. If you go to Trader Joe's, be sure to pick up other vegan goodies (Pumpkin Joe-Joe's, Pumpkin Spice Granola Bark, Caramel Spice Coconut Cream Cold Brew Latte, Glimmering Pumpkin sugar cookies, or candy corn popcorn—yum!).

No Evil is releasing **The Pardon** roast, which is coated with herbs and laden with umami. A portion of the profits go to the Full Circle Farm Sanctuary.

Note: **Quorn** Meatless Roast is NOT vegan.