



ARC NEWS

Fall 2006

A publication of the Animal Rights Coalition to promote a compassionate world

After 25 Years Women & Spirituality Conference Goes Veg!

For 25 years, the Women & Spirituality Conference held each October on the campus of Mankato State University in Mankato, Minnesota has welcomed over 800 people from all spiritual traditions to participate in a dialogue of mutual respect. To underscore the conference's inclusiveness, this year's conference brochure listed the "Golden Rules from Diverse Traditions," of which the following is an excerpt.

Baha'i: If thou lookest for justice, choose thou for others what thou chooses for thyself.

Buddhism: Hurt not others in ways that you yourself would find hurtful.

Christianity: All things whatsoever ye would have [others] do unto you, do ye even so to them: for this is the law of the Prophets.

Islam: No one of you is a believer until [you] desire for [others] that which [you] desire for [yourself].

Judaism: What is hateful to you, do not to [others]. That is the entire Law; all the rest is commentary.

Native American: The Universe is the Mirror of the People ... and each person is a Mirror to every other person.

Wiccan Rede: And ye harm none, do what ye will, lest in thy self defense it be, ever mind the rule of three.

Prompted by a letter from ARC to conference organizers, the Women & Spirituality Conference has decided to put these Golden Rules into action and to promote harmony with our non-human brothers and sisters. **At the 2007 conference, only vegetarian meals will be served – a chicken meal option will not be offered.**

Maria Bevacqua of the Conference Planning Committee and Chair of the Department of Women's Studies stated in a letter to ARC, "...next year we will plan a vegetarian conference. ..."

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Puppy Mill Lawsuit Helps Lead to Tighter Regulations

New ordinance is a major step towards putting a stop to puppy mills in Minnesota

The Animal Rights Coalition's and other Minnesota groups' work to end puppy mills in Minnesota is showing results. Citing the ongoing legal battle in Little Falls over a large dog-breeding facility, Sherburne County adopted new kennel regulations in August – and other counties in Minnesota are considering following Sherburne's example.

The last issue of this newsletter described how ARC funded the retainer to launch a legal challenge to the conditional use permit that was issued in January by Morrison County for a 600-dog puppy mill near Little Falls.



The approval of this permit sparked criticism and calls for reform statewide, and attracted national attention.

After many months of preparation, the hearing on this lawsuit is finally scheduled to be held in November in the Minnesota Court of Appeals. ARC will post the outcome of this hearing on our web site as soon as it is available.

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Meeting and Event Calendar

ARC in Action (AIA) Meetings

ARC In Action meetings are held on the second Saturday of every month from 10:00 to 11:00 a.m. at the ARC office. At these informal meetings we work on current projects and campaigns. This is a great way to meet other people who care about animals.

The ARC office is located at 3249 Hennepin Ave. S. in the Uptown Office Park Building, lower level.

Minneapolis Women's Expo

ARC will have a booth at the Women's Expo on January 26, 27, and 28 at the Minneapolis Convention Center. The expo hours are Friday, 12-8 and Saturday & Sunday, 10-6. Go to www.mpls womens expo.com for more info on the expo.

Twin Cities Pet Expo

Stop by the ARC booth at the Pet Expo on February 17 and 18 at the Minneapolis Convention Center. The expo hours are Saturday, 9-7 and Sunday, 10-6. Go to www.twincitiespetexpo.com for more info on the show.

Living Green Expo

Stop by the ARC booth at the Living Green Expo on May 5 and 6 at the Minnesota State Fairgrounds, Grandstand Building. Go to www.livinggreen.org for more information.

New on the ARC Web Site

For the latest updates on events and animal issues in Minnesota, you can always go to the ARC web site at www.animalrightscoalition.com. New on the site are lists of recommended reading about animal issues for children and adults, and yummy vegetarian recipes submitted by ARC members and links to other good recipe web sites.

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U of M Uses Hundreds of Thousands of Animals Annually

Every year the University of Minnesota and its branches use literally hundreds of thousands of animals in experiments. An ARC request for documents from the University under the Minnesota Data Practices Act has produced evidence of sheer numbers that are almost incomprehensible in terms of the pain and suffering involved for the animals.

Note that the University is just one of 29 organizations in Minnesota that are registered with the U.S. Department of Agriculture (USDA) as research facilities using animals (as of September 7, 2006).

The number of animals reported by the University to the USDA for 2005 (the latest figures available) was:

Dogs:	966	Cats:	452
Guinea Pigs:	580	Hamsters:	690
Rabbits:	648	Primates:	134
Sheep:	183	Pigs:	823
Other farmed animals (horse, cow, goat, alpaca):	958		
Snowshoe Hares:	120	Bobcat / Lynx:	29
Raccoon:	2	Bat:	5
Elk:	56		

Small rodents (included over 20 species): 1568

Unregulated Species*

Mice:	155,000
Rats:	13,526
Birds:	13,595
Amphibians:	2,337
Fish:	36,314

*Birds, rats, and mice make up 95 percent of the animals used in research in the U.S., yet these animals are not protected under the federal Animal Welfare Act, which exempts birds, rodents, and cold-blooded animals entirely from protection.



The Prejudices of Thanksgiving

Thanksgiving abounds with misrepresentations, non-truths, and insulting stereotypes. Even its culmination belies its kindly image, ending violently in the slaughter of millions of turkeys. What kind of celebration is it that gives us, as a way of giving thanks, a dead bird upon a table? Gratitude, family warmth, joy, even life itself, are all somehow represented by this dead thing. And if, however briefly, we are reminded of the pain and suffering that brought this animal to our table, most are content to dismiss such errant thoughts as unpleasant and having no place in our brighter, festive world. We see the lovely patterns in the silverware and the china, and we forget the blood.

But blood always stains. And as long as there are murdered animals on our plates, we can have only the *pretense* of civilization; as long as we eat animals, we're responsible for their deaths whether we killed them or whether we paid someone else to kill them for us. Ralph Waldo Emerson was referring to just such blood stains when he wrote, "You have dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."

Ironically, no human being needs meat to survive. In fact, vegetarians are healthier than meat eaters. According to *The American Medical Association Encyclopedia of Medicine*, "vegetarians have a reduced risk of coronary artery disease, high blood pressure, obesity, and non-insulin-dependent diabetes compared to non-vegetarians. Women who are vegetarians have been found to suffer less from osteoporosis." Thanksgiving is just another one of those holidays that act as a kind of commercial for the meat industry, that make meat-eating seem natural and wholesome and good.

But drive out into the country on a brisk autumn day, on one of those days when the crisp bite in the air and the dizzying colors of the leaves make you glad to be alive, and visit a turkey farm. *Look* at the turkeys, and while you might assume that they're not very smart, or that they're not very pretty, or that they're not very graceful, notice that they breathe and eat, as we do, that they are curious or silly or fearful, that they are living creatures that know pain and joy, and that they have no less of a right to live than other animals. A dog or cat served up for Thanksgiving dinner would be unthinkable in our culture. Yet why is a dead turkey not only *not* unthinkable, but even expected? Kindness to animals is just a type of prejudice when it doesn't extend to all animals equally.



Let the Turkeys Give Thanks!

Let's face it: If you're eating a turkey, that's a corpse you've got there on the table, and if you don't eat it quickly enough, it will decompose. Is that really what you want as the centerpiece of a holiday meal: an animal's dead and decaying carcass? Thanksgiving is a time to take stock of our lives and give thanks for all that we have, so why not let the turkeys give thanks too?



Turkeys are packed together so tightly that they often can't even spread their wings.

Turkeys are intelligent, social, and playful birds who enjoy the company of others. They relish having their feathers stroked and like to chirp, cluck, and gobble along to their favorite tunes. Anyone who spends time with them on farm sanctuaries quickly learns that turkeys are as varied in personality as dogs and cats.

In nature, turkeys can fly 55 miles an hour, run 25 miles an hour, and live up to four years. When not forced to live on filthy factory farms, turkeys spend their days caring for their young, building nests, foraging for food, taking dust baths, preening themselves, and roosting high in trees.



Turkeys are shipped to slaughter through all extremes of weather.

Every year in the United States, 300 million turkeys are killed for their flesh. Almost all spend their lives on factory farms and have no federal legal protection. Thousands of turkeys are crammed together in windowless sheds after their beaks and toes are burned off with a hot blade, all without pain relievers. Many suffer debilitating leg pain, often becoming crippled under the weight of their genetically manipulated and drugged bodies. When the time comes for slaughter, they are thrown into transport trucks, and when they arrive at the slaughterhouse, their throats are cut and their feathers burned off – often while they are still fully conscious.

Conference Goes Veg!

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This change, especially if paired with workshop sessions on animal rights, could provide a tremendous consciousness-raising opportunity to conferees.”

In addition, the conference planning committee extended ARC an invitation to speak about compassionate eating — about treating all beings as you would like to be treated through the adoption of a cruelty-free diet. “Like the Animal Rights Coalition, the Department of Women’s Studies is committed to education and dialogue, we believe that inviting such a workshop would allow participants to engage in important ideas that very much relate to the conference theme. If you cannot make this year’s conference, we would welcome such a session at a future conference.”

While it may seem a small change, a change in diet has far reaching effects. Consider author Judy Carman’s closing remarks at the Vegetarian Summerfest, summer 2002:

“Just think — if we had all eaten dead animals at this conference, ... anywhere from 3000 to 5000 animals would have died for us without dignity, without anyone caring. But we didn’t do that, and those animals did not die for us. ... For five days all of us together refused to commit such violence. In so doing, we have created a space and an energy field here at the conference that is truly hallowed, peaceful, and in harmony with all our brothers and sisters of earth. This energy field does not stop at the borders of this campus. Scientists and mystics agree that we can expand this energy field out to all the world. The power of intention coupled with the energy of joy and compassion makes that happen.”

To learn more about making compassionate food choices, see the following sources:

- ✂ Carman, Judy. *Peace to All Beings: Veggie Soup for the Chicken’s Soul*, Lantern Books, 2003.
- ✂ Tuttle, Will, PhD. *World Peace Diet: Eating for Spiritual Health and Social Harmony*, Lantern Books, 2005.
- ✂ Fox, Michael, DVM. *Eating with Conscience: The Bioethics of Food*, New Sage Press, 1977.
- ✂ Circle of Compassion: articles by Judy Carman and Will Tuttle: <http://circleofcompassion.org/articles.htm>
- ✂ Satya Magazine: <http://www.satyamag.com/>
- ✂ Peaceable Table: <http://www.vegetarianfriends.net/>

Tighter Puppy Mill Regulations

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The New Ordinance

Sherburne County’s new ordinance requires anyone with four or more dogs older than 6 months to get an annual license and submit to annual inspections. No more than 40 dogs older than 6 months are allowed, including no more than 10 unspayed females.

Previously, Sherburne County has required kennel owners to get a conditional use permit, but not a license. Nancy Riddle, Sherburne County Zoning Administrator said in the *St. Cloud Times* that a conditional use permit “is on the property itself, and it’s forever.” In contrast, a license is issued to an individual kennel owner. Requiring inspections also allows more oversight, she said.

Under the new rules, the kennel owner must also comply with local, state and federal laws and regulations or the license will be immediately revoked.

A Step in the Right Direction

Across Minnesota, 127 commercial kennels are licensed by the U.S. Department of Agriculture (USDA) to breed and sell dogs that turn up in pet shops across the country. Three of those kennels are among the nation’s largest, often housing more than 1,000 dogs apiece.

ARC considers the Sherburne County ordinance to be an important step in the right direction — as the new ordinance effectively prohibits large dog-breeding operations.



Happy Tails Kennel in Morrison County

Your Support is Needed!

Your support is needed to help with the legal fight against the Morrison County puppy mill. Please consider sending a donation to help with the legal costs for this fight to:

Animal Rights Coalition
P.O. Box 8750
Minneapolis, MN 55408

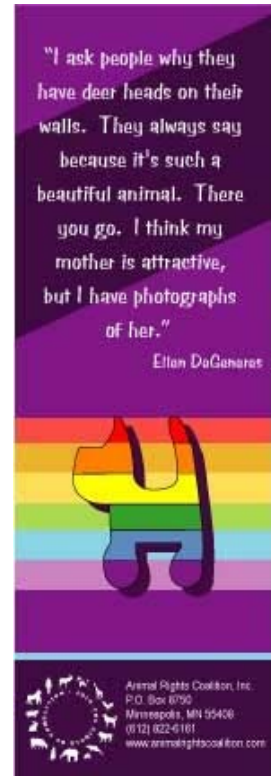
Please include “Morrison County Legal Fund” in the memo section of your check.

ARC Educates the Community

Once again ARC has been busy spreading the word about compassionate living. Throughout the year ARC volunteers participate in many events to educate the public and the community about animal rights. Education and outreach activities varied from large community events to assisting the hundreds of people who called or emailed ARC for information on how to help animals. Here are a few of the events in which ARC volunteers participated recently:

- 🐾 **First Annual Animal Law Conference, William Mitchell College of Law (April)**
- 🐾 **Vegan Food Tasting (April)**
- 🐾 **Living Green Expo (May)**
- 🐾 **Reading animal rights stories to children at Hosmer Library (April, May, June)**
- 🐾 **Juneteenth Festival (June)**
- 🐾 **GLBT Pride Festival (June)**
- 🐾 **Providing literature for packets handed out to children at the RAVS (Rural Area Veterinary Services) Clinic, Red Lake Reservation (June/July)**
- 🐾 **DoggiePalooza (September)**
- 🐾 **Twin Cities Book Festival (October)**
- 🐾 **Education Minnesota Professional Conference (October)**

Coming up in January and February ARC will be having booths at the Minneapolis Women's Expo and the Twin Cities Pet Expo. Please contact ARC at 612 822-6161 if you would like to help with either of these booths. 🐾



One of the bookmarks created by ARC volunteer (and talented artist) Susan Roverud to pass out at the 2006 GLBT Pride Festival

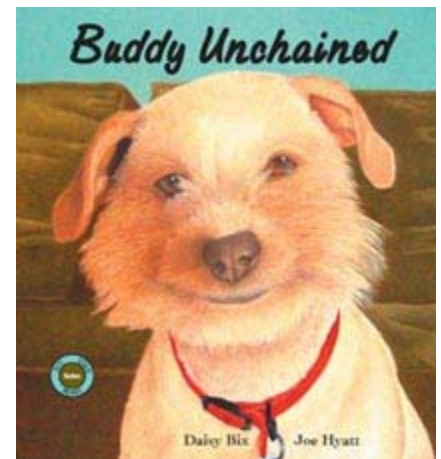
Buddy Unchained

After more than twenty-five years of acquiring and editing books while building Milkweed Editions into a nationally respected literary press, Emilie Buchwald retired as its publisher/editor. Three years later she has launched a new publishing house, The Gryphon Press • a voice for the voiceless, focused on picture books for children that explore the human-animal bond and that foster empathy for other living beings in children. The books feature themes of animal advocacy and animal well-being.

“I wanted books that would relate to big issues, but also that would reflect the joyfulness,” said Buchwald. One of the press’ initial publications, “Buddy Unchained” tells the story of Buddy, a neglected dog who is kept outdoors in all weather on a chain, alone all day—a dog whose owners have forgotten that he’s alive.

Rescued and eventually adopted by a caring family, Buddy tells the story of his former life of neglect, abuse, and finally, rescue, to live a good life with a family that cares about him. A page at the back of the book provides important information for parents and children about how to take action on behalf of neglected animals.

Writer Daisy Bix crafts her difficult subject in a way that is both compelling and appropriately handled for the youngest readers and listeners. Well-known artist Joe Hyatt brings Buddy to life in his series of emotion-packed illustrations. Buchwald is considering euthanasia, factory farming, and neutering as future topics for the books. For more information, see The Gryphon Press web site at thegryphonpress.com. Order the book from amazon.com or at your local bookstore (ISBN 978-0-940719-00-2, 24 pages, color illustrations, \$15.95 jacketed cloth). 🐾



Canada Lynx Lawsuit Filed

by Linda Hatfield, Executive Director, Help Our Wolves Live (HOWL)

Minnesota-based Help Our Wolves Live (HOWL) and the Humane Society of the United States (HSUS) have filed a lawsuit against the Minnesota Department of Natural Resources (DNR) for authorizing fur trapping that causes the “take” of federally protected Canada Lynx in violation of the Endangered Species Act (ESA). Lynx have been listed as *threatened* under the ESA since 2000.

Lynx Are Being Killed in Traps

Since 2002 at least 12 federally protected lynx, about one quarter of the state’s lynx population, have been killed or injured in traps. The lynx were caught in snares and leghold traps, which were set to catch furbearers, such as fox and bobcats, for the commercial fur trade.

Over the last few years, the DNR has taken several actions that have worsened the problem. In 2005, the DNR repealed regulations requiring a permit for fox snaring, leaving this practice almost entirely unregulated. Over the past two years, the DNR has actively lobbied the legislature to eliminate the statutory permit requirement for bobcat snaring, which will likely result in the trapping of federally protected lynx.

The DNR Refuses to Address the Problem

In April 2006 HOWL and HSUS notified the DNR that their trapping program was causing serious violations of the ESA. The two groups sent a letter of intent to sue if the agency did not take steps to remedy the problem. The letter noted that the groups would welcome the opportunity to discuss how to resolve the ongoing violations without litigation.

The DNR did not respond to the letter. Since the DNR refused to even acknowledge the problem, a lawsuit was filed to prevent further killing of the lynx.

We’ll keep you posted on the latest details as the case progresses.



Canada Lynx (*Lynx canadensis*)

The Canada lynx is the gray ghost of the north – nocturnal, elusive, and evading human contact. He inhabits the boreal forest, the northernmost forests in the Northern Hemisphere. He requires large areas to hunt, and those areas are getting smaller due to development. He establishes and maintains his home range for several years.

The lynx resembles a very large domestic cat and can weigh from 15 to 35 pounds. He has a short tail, long legs, large feet, and prominent ear tufts. His winter coat is light grey and slightly mottled with long guard hairs; the ear tufts and tip of the tail are black. The summer coat is much shorter than the winter coat and has a definite reddish brown cast.

His large feet, which are covered during winter by a dense growth of coarse hair, help the lynx to travel over snow. The lynx, like the snowshoe hare, can spread his toes in soft snow, expanding his “snowshoes” still farther.

The lynx has large eyes and ears and depends on his acute sight and hearing when hunting. The lynx’s claws, like those of most other cats, are retractable and used primarily for seizing prey and fighting.

By day, the lynx rests under a ledge, the roots of a fallen tree, or a low branch. He frequently climbs trees and sometimes rests in them, waiting to leap down on passing prey.

He is a solitary animal, associating with the opposite sex only during mating.

Although the lynx occasionally preys on domestic animals in remote areas, he usually poses no threat to humans or farmed animals. His main natural predators are wolves and mountain lions; however humans, who destroy his habitat and value his long, silky fur, are his chief enemy today.



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Best Banana Bread (Vegan)

Ingredients:

- 3 ripe bananas, mashed
- 1 tsp lemon juice
- ½ cup vegetable oil
- ½ cup sugar
- ¾ cup chopped dates or apricots
- ½ cup chopped nuts, if desired
- 1 ½ cups flour
- ½ cup wheat germ
- ½ tsp salt
- ½ tsp baking powder
- ½ tsp baking soda

Preheat oven to 375 degrees. In a small bowl, mash the bananas with a fork until very mushy. Add lemon juice, oil, sugar, dates or apricots, and nuts and stir together. In a separate large bowl, stir together the flour, wheat germ, salt, baking powder, and baking soda. Add the banana mixture to the flour mixture and mix together gently until “just mixed.” Spoon into a lightly oiled loaf pan and bake for 40-50 minutes. Test with a knife to see if done. Makes 1 loaf.

From *How it all Vegan!*, copyright 1999 by Tanya Barnard and Sarah Kramer



BECOME AN ARC MEMBER

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- | | | |
|--------------------------|--------|-------------------------|
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| <input type="checkbox"/> | \$50 | Patron Membership |
| <input type="checkbox"/> | \$100 | Benefactor Membership |
| <input type="checkbox"/> | \$1000 | Lifetime Membership |
| | _____ | Other Donation |

Your membership dues are tax deductible. Send your check or money order payable to: Animal Rights Coalition, Inc., P.O. Box 8750, Minneapolis, MN 55408. Thank you!

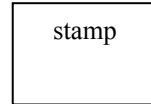
Give an ARC membership as a gift. ARC will send a greeting card announcing your gift.

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