

Just
Say
you heard
it
through
the

Viva VINE

THE NEWSLETTER OF THE VIVA VEGIE SOCIETY
Edited by Pamela Teisler



Chicken Companions

BY KAREN DAVIS, PH.D.

"Chickens are great companions. If only more people knew how smart and lovable they can be."
—Celeste Albritton

As I sit at my desk this morning, a large white rooster and two sturdy brown hens are traipsing through the grass outside my window. Watching them I agree with chicken keeper Dorothy English of Illinois who says that "People who just have lawn ornaments are really missing out."

People who know chickens would agree. Some grew up with chickens on farms, others got to know them in suburban settings. New York attorney Barbara Monroe had never really seen a chicken till her daughter bought a baby white leghorn rooster from a peddler. To her, "The most amazing thing about Lucie is the way he's adapted to suburban life," sitting in a car like a person or on the sofa watching TV with the family. Merry Caplan of Louisiana got a chicken by surprise one day when a neighbor brought her a fuzzy black baby bird who made a beautiful trilling sound. For a while Merry didn't know if she had a rooster or a hen. She carried "Charlie" in her pocket, tucking her into a shoe box at night where "She continued her beautiful song and

chirped herself to sleep"

How did Celeste Albritton of Texas meet Cluck Cluck? "I never dreamed of having a companion chicken till one day a dog drug this chicken home. She was hurt, so Mom and I took care of her till she was well. Now she's part of our family." Celeste and Merry both got roosters for their hens. Cluck Cluck has Chick Chick and Charlie has Chuck, who Merry says, "Sits next to her while she lays her egg and announces the event with a series of cock-a-doodle-doo!"

People with chickens cherish this spirited crow. Barbara Moffit of Oklahoma says her 8-1/2 year old rooster, KoKo, crows in his bedroom. "It's no problem for us -- what would life be without a rooster's crow to wake up to?"

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For \$5./yr., receive 5 bi-monthly issues (no Jul/Aug issue) plus a complimentary copy of "101 Reasons Why I'm a Vegetarian" and your very own personal membership card to The VivaVegie Society.

Cash or check with your request should be sent to:
The VivaVegie Society, Prince St. Sta., P.O. Box 294,
New York, NY 10012

Roosters also protect the flock. Becky Golden of Maryland remembers how one morning after a heavy rain blew the chicken house door shut. "Perched atop the fence sat Pepper with his two hens, Henny and Penny, on either side of him with his wings spread over each for protection." Recently in Maryland,

Pat Lloyd watched a rooster shelter a hen from a cat. She said, "He raised a wing and the hen dashed under it. With his eyes on the cat they moved sideways toward a spruce tree where, his wing still over the hen, he made sound at the cat, who finally walked away."

People with companion chickens say such actions show their mixture of hereditary and spontaneous intelligence at work. Jennifer Raymond of California explains, "Certainly they have a genetic predisposition, but they also have intelligence rarely nurtured by humans." When it is nurtured, the results are often surprising. Marion Cleeton of Massachusetts says, "My rooster, Essex, let me know when he wanted sunflower seeds by crowing right outside whatever room I was in. He knew where I was." Dorothy English believes, "By conducting artificial intelligence tests much is overlooked. One day my bantam cochin hen, Gwen, came clear across the grass fussing and fuss-

Calendar

Sun., Mar. 14: meeting of NATURAL HYGIENE NEW YORK, 2 p.m., Lamb's Club, 130 W. 44th St., 2nd Fl., \$3 sug. donation; call to confirm: 212/459-4209. *Sun., Mar. 14:* PEACE FOR GEESE (MARCH AND RALLY), to oppose a plan to annihilate 10,000 Canadian geese claimed to be annoying to golfers and others, 11:15 a.m., New City, NY; march begins at the southern most tip of Main St. Call 914/429-8733. *Sun., Mar. 16:* EARTHSAVE VEGAN POTLUCK, 6:30 pm, Greenpeace offices, 462 B'way @ Grand St, 6th Fl; bring a tasty veg. dish; no dairy; and please bring an index card listing ingredients. Call 212/978-4338 to confirm. *Sat., Apr. 17:* KICK-OFF DATE: THE BEYOND BEEF COALITION'S NATIONWIDE ADOPT-A-MCDONALD'S CAMPAIGN, at any and all restaurant locations; activists leafletting to build awareness about beef's cost to society, cost to the environment, and toll on the animals some people call food.

Schedule to distribute "101 Reasons Why I'm a Vegetarian" in VivaVegie-style vegetarian street advocacy: (always call ahead, 212-966-2060, to confirm): *Sat, Mar. 20:* GREAT AMERICAN MEAT-OUT, 11 a.m. corn. of B'way & Prince St., NYC. *Sun., Apr. 11:* EASTER PARADE, 11 a.m., throughout the day, in front of St. Patrick's Cathedral, on 5th Ave. (a videotaping of VivaVegie style vegetarian street advocacy will be made to be aired on public access tv.) *Thurs., Apr. 22:* EARTH DAY, 11 a.m., throughout the day, location still to be determined.

Continued on page 2

ing till I asked her if she wanted to go in the house. Together we set out. She hurried ahead of me and hurried in when I opened the door. She needed that door opened for her to get to her cage where she could lay her egg properly, and she knew I could and would do it for her. That is not stupid."

Many people assume chickens are cowards. Are They? Cindy Pollock of Arizona says, "Absolutely not. We've got to remember they are small birds, and survival instincts tell them to run most of the time when faced with danger. Wouldn't you, if you were 18 inches high, with no arms, and surrounded by a bunch of giant predators?" Cindy recalls how the hen she grew up with drove cats and dogs from her chicks, and Marion Cleston says her rooster, Essex, will charge anyone who disturbs or frightens Elizabeth, his mate.

People with companion chickens are struck by their mixture of vulnerability and affection on one hand and their pride and will on the other. Cindy Pollock tells how her bantam hen, Ferguson, would sit for hours in her lap, trilling and clucking, and looking up at her with bright dark shoe-button eyes. "She'd run and scold loudly when she wasn't getting exactly what she wanted," Cindy said.

Veterinarian Holly Cheever of New York says, "When we pat Rossie, our Rhode Island Red, she squats down and clucks to herself and fluffs herself up in a pleased, self-important manner." People are touched by a hen's pride in her eggs and her determination to hatch a brood once she has a mind to. Dianna Barber says each time her prairie chicken, Shnah, lays an egg in their New York apartment, "Shnah offers herself for some stroking as a reward." Davida Douglas of Missouri tells how one of her hens "obviously knew we'd object to her setting in winter, so she hid her eggs and set on them in the rafters. When the chicks hatched, we heard their peeps and discovered the hen's secret."

People with chickens report a wide range of personalities. Cindy Pollock says, "No two of my birds' personalities are alike." Naturally sociable, chickens get along with lots of animals. Shnah, the prairie chicken, sits on a branch next to the iguana who doesn't seem to mind, according to Dianna Barber. Chuck the rooster and Nick the cat nap side by side, and Charlie the hen likes to pull the big dog Lucie's fur. "Lucie will follow Charlie and nudge her to do this," Merry Caplan explains. Robin Grimm's bantam hen, Jubilee, who hitchhikes across country with her inside her jacket, curls up in the belly or ears of Jilleroo, the Australian sheep dog. Robin, an artist in Alaska, says, "Jubilee will part Jilleroo's fur and nestle in. When I call she pokes her head out!

People relive precious moments remembering their chickens. Davida Douglas says, "Chicken Little and Baby seemed to enjoy human companionship as much as being with the other chickens. They sit on our laps, watch TV with us, and sing along with the pump organ or radio. Chicken Little especially loved tea time."

The death of a companion chicken brings grief to family members who bury their chickens lovingly. Robin Grimm buried her bantam road partner, Joy, under a pine tree in a place called Eagle, for, Robin said, "She had the heart of an eagle." Kay Bushnell says that her chickens "died of old age and were given a tearful burial in flower petal-lined graves in the yard where they had lived and enjoyed sunning themselves. We loved our chicken relatives."

(Karen Davis is a tireless animal rights advocate, devoting most of her time to the dreadful plight of today's factory farmed poultry. Her organization, United Poultry Concerns, can be contacted (with SASE and donation) at P.O. Box 59367, Potomac, MD 20859. Call 301/948-2406.)

Adopt-A-McDonald's for your very own

Stop complaining about McDonald's; here is our chance to mobilize for change; veggie burger now !

April 17 kicks off the Adopt-A-McDonald's Campaign spearheaded by the Beyond Beef Coalition. On that date, activists will congregate in front of their local McDonald's restaurant to distribute leaflets to hamburger eaters entering and exiting. Gearing up with sign boards and coloring books as well, captains and their leafletters will challenge the hapless carnivores about the consequences of their meat eating. Perhaps for the very first time they will learn of those not always tangible results of a meat-centered diet: ill-health, environmental devastation, worker exploitation and animal cruelty. Beyond Beef says they already have over 2000 Mac outlets covered across the nation. Canada is part of the campaign as well.

Don't be left out on this one. Call Beyond Beef at 202/775-1132 for more information; in New York City, contact the VivaVegie Society at 212/966-2060.

Former Ronald McDonald Turned Vegetarian Activist

(or shall we say, viva-vegie veg-evangelist...?)

Dear Concerned Citizen, For almost two years I went against everything I ever believed in by selling out to the McDonald's corporate juggernaut by playing Ronald McDonald to thousands of innocent, trusting children.

Prior to that, I am sorry to say, I also portrayed The Marvelous Magical Burger King in the Northeastern United

States doing a children's magic show promoting the glories of meat eating for the Burger King Corporation.

Ten years later, I now realize I have a debt to parents and children everywhere to try to present the truth about the wonderful vegetarian lifestyle to which I owe so much. Towards that end I have developed a brand new show to gently educate kids about their true relationship to the environment, their animal friends, and each other, as neighbors on a dreadfully victimized over-burdened planet.

This show (complete with music, magic, and fun) is my way of saying sorry for selling out so blatantly to concerns who made their millions off the murder of countless animals and the exploitation of children for their own ends. Although moderate expenses are expected from sponsors, this is a not-for-profit scheme centered on showing young people the peaceful alternatives of the natural, healthful, vegetarian way of life.

Peace and Love, Geoffrey Giuliano

(Ed note: The press release with the above letter was issued in the Summer of 1990. The phone number, however, to book the former clown's act, is now disconnected. Mr. Giuliano is needed, for obvious reasons, for the Adopt-A-McDonald's Campaign. If anyone knows how Mr. Giuliano can be contacted, please call 212/966-2060 with any information. Thanks!)

Shorts: GET YOUR MAYOR to sign a proclamation for your city making March 20 **Great American Meatout Day**. Several mayors have already officially designated the day. Write to Farm Animal Reform Movement (FARM) at 10101 Ashburton Lane, Bethesda, MD 20817 to obtain sample letters and proclamations. (Enclose a donation and SASE.) Or call, 301/530-1737. (Meatout Outreach packets can also be obtained from FARM.) The VivaVeggie Society has already submitted material to New York City's Mayor Dinkins. ACCORDING TO THE FEBRUARY 22 ISSUE OF NEWSWEEK, Jeremy Rifkin's Beyond Beef Campaign recently filed suit in federal court seeking immediate warning labels on ground beef. *Newsweek* quoted Rifkin saying "It's no stretch to say that beef is a killer in the long run, but what we have here is the short run." Recent deaths due to E. coli contamination in beef sold in a Pacific Northwest Jack in the Box restaurant prompted the quote and the article. E. coli bacteria contamination, according to the *Newsweek* article, occurs as the result of carcasses coming in contact with animal feces. As hamburgers are ground up, this especially dangerous (sometimes lethal) bacteria can easily find itself in the *center* of a patty. Thorough cooking makes the E. coli bacteria, though still present, harmless. So

if you want it rare, you better eat a steak as its interior (anyway) has no contact with animal waste. *Newsweek* did note at the end of their article that "that nice shiny, green stalk of broccoli is looking better every day." BURGER KING GOES ONE UP. In Watkins Glen, New York, a Burger King outlet recently put a veggie burger on its menu. Influenced by the people from the nearby **Farm Sanctuary**, the resort-like refuge for rescued factory farm animals, the restaurant owner, Dennis Kessler, agreed to make a little history for himself. Though not the first fast food franchise owner in the country to "go veggie," he now purchases, at a premium price, authorized Burger King veggie fixings from a British supplier. According to the March 3, '93 issue of the *New York Daily News* that ran a story, the Burger King manager Colin Jumper is quoted as saying, "They say there are 12 million vegetarians in the United States. If we can kick into that market, it's well worth our while." The burger is breaded and fried and made from beans, carrots, onions, potato flakes and peppers. A Burger King spokeswoman, according to the *Daily News* article, noted that the veggie burger the chain regularly sells in the United Kingdom is "very, very popular." Owner Kessler noted, "I'm trying to do the right thing."

grapevine

letters from readers



Dear Pamela:

I am a hopeless meat eater who is looking for motivation to become meat free. Please send me a copy of: "One Hundred and One Reasons Why I'm a Vegetarian." Enclosed is a dollar and an SASE. Thanks for the good work.
Regards, Mark F., Caldwell, NJ

Dear Pamela Teisler:

Please send me a copy of "101 Reasons Why I'm a Vegetarian." I saw a mention about it in the *Minneapolis Star Tribune*.

I'm interested in why other people have chosen this way of life. For me, I've always felt animals have rights, but I was raised in an authoritarian family and was told to eat meat, period. It becomes a way of life and I didn't think about it -- until one night I was up at 2:00 a.m. studying for finals. I needed a break, so I flipped through the cable channels to find a disturbing program on the multitude of ways human beings concoct to exploit living creatures. When I look at a plate of meat today I see a tremendous amount of suffering. I've enclosed \$1 plus SASE.

Thank you.

(Ed note: There is a predictions that we'll have 500 cable stations in 2 years. Vegetarians should have at least one of those stations!)

Sincerely, T.C., Blaine MN

(Upon being told by doctors that he would die if he refused to eat meat):

"My situation is a solemn one: Life is offered to me on the condition of eating beefsteaks. But death is better than cannibalism. My will contains directions for my funeral, which will be followed not by mourning coaches, but by oxen, sheep, flocks of poultry, and a small traveling aquarium of live fish, all wearing white scarves in honor of the man who perished rather than eat his fellow creatures. It will be, with the exception of Noah's Ark, the most remarkable thing of its kind ever seen"

-- George Bernard Shaw

Dear Pamela:

I read Paul Lamarca's and your article about juicing in your Nov./Dec., 1992 issue of *The VivaVine*. I share your views on the idea of the juicer. One very important idea, however, that is conveniently sidestepped by the manufacturers of juicers and blenders is that when vegetables and fruits are cut up or otherwise smashed, an enormous portion of the vitamins and minerals contained in the body of the food is immediately lost to exposure and evaporation. I know -- I have tested the idea. Therefore, it is always best to eat the food whole and raw, untreated and uncooked, as the vegans recommend. But the manufacturers and dealers must sell their products.

Congratulations also on that McDonald's Alert Campaign. It is a yeoman task -- an excellent idea, although it indirectly advertises the name of the great world-wide chain of restaurants.

Sincerely, as always,
Louis Warter

(Ed note: Thank you to Karen Davis of United Poultry Concerns for permission to reprint her article about companion chickens (p.1). And thank you to Farid S. Kia for sending the George Bernard Shaw quote, above.)

Good Folks. Get to Know Them.

Following is a list of just a few of the people who have already signed up to be captains in the Beyond Beef Coalition's Adopt-A-McDonald's Campaign. These people have pledged to organize the leafletting of one or more McDonald's Restaurants beginning April 17, '93. If you want to be with them, let them know. If you want to adopt your own McDonald's, call Pamela Teisler at 212/966-2060 for the New York City area or the national headquarters of Beyond Beef at 202/775-1132. **Note:** the address indicates the location of the McDonald's restaurant, the phone number is where you can reach the captain:

Manhattan: 6 Water St.: Paul Lamarca, 212/252-9473 (beeper) ** 160 B'way: Pamela Teisler, 212/966-2060 ** 262 Canal St.: Dennis Johnsen, 212/226-0366 ** 102 First Ave.:

Chris Shaffer, 212/473-2053 ** 39 Union Sq. W.: Jeff Kleinbard, 212/982-4104 ** 543 Sixth Ave. @ 14th St.: Neal Scoones, 212/243-0227 ** 809 Sixth Ave. @ 28th St.: Peter Khost, 718-295-6767 ** 427 Tenth Ave. (Near Javitz): Lori Pollack, 212/330-8728 ** 22 E. 42nd St. and 7th Ave. @ 40th St.: Sarah Corning (NYU Earth Matters environ. club), 718/388-2010 ** 946 Eighth Ave. @ 56th St.: Randy Fredericks, 212/586-0638 ** 2549 B'way @ 95th St.: Pat Mezzullo, 718/287-9559 ** 4259 B'way @ 180th St.: Heidi Gerstad, 212/740-1725 ** 36 W. Fordham Rd., Bronx: Paul Keller, Fordham U. environ. club pres., 212/562-0827.

New Jersey: Greg Christopher, 201/285-9279 ** **Brooklyn:** Linda Orfield, 718/648-3428 ** **Queens:** Ron Montano, 212/404-7382 (beeper)

So, what is The VivaVeggie Society?

The VivaVeggie Society takes vegetarian advocacy to the streets. VivaVeggie advocates confront Mr. and Ms. Pedestrian to get the facts out about their healthful, ethical and environmentally conscious vegetarian diet.

Advocates assemble where there is plenty of pedestrian traffic. They come equipped with brightly-colored T-shirts with vegetarian messages, and plenty of fact-filled information. Founder Pamela Teisler wears the outfit shown on the reverse side of this newsletter. The mission? To distribute, for donation, the flyer, "101 Reasons Why I'm a Vegetarian," written by Pamela Teisler and inspired by John Robbins' book, *Diet for a New America*. The VivaVeggie Society has been, and will be in the future, involved with various projects such as **World Vegetarian Day** and the **Adopt-A-McDonald's** campaign. Donations can be sent to: The VivaVeggie Society, Prince St. Sta., P.O. Box 294, New York, NY 10012. Call 212/966-2060.

Always send a stamped self addressed envelope when you want to receive information from vegetarian groups ... especially the VivaVeggie Society.

When I was growing up in Brooklyn, a lot of our social life was connected with the church and holidays and weddings and confirmations. Life seemed wonderful and full. We'd eat "fancy" on those occasions, but at home during the week our family would eat very simple dishes -- those peasant dishes that have turned out to be chic today: escarole and beans, lentil soup, string beans and tomatoes, spinach and potatoes -- very little meat. Mamma would often cook vegetable stew for example, and it was delicious. Then one day when I was over at a friend's house I noticed his mother making her stew with meat in it. "How long has this been going on?" I wondered. It was then that I realized my mama's vegetable stew was unique. It was also very economical; and, at that time, if you did it on Friday, very religious.

You see, vegetables were the staple around my house. Even today, I'd rather be seen with a bunch of broccoli than a side of beef!

Taken from Dom DeLuise's funny-and-fun-to-read cookbook *Eat This...It'll Make You Feel Better!*, POCKET BOOKS, a division of Simon & Schuster, Inc., New York, NY, 1988 (Ed note: a good number of veggie dishes here, but strict vegetarians should stay away.)

PHOTOCOPIED ON RECYCLED PAPER



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