



Maine Animal Coalition's 2010 Year in Review

MAC Donates \$3,000 to Maine's Help Fix Me Program

Dedicated
to the
elimination
of animal
abuse and
exploitation
through
education,
advocacy and
example.

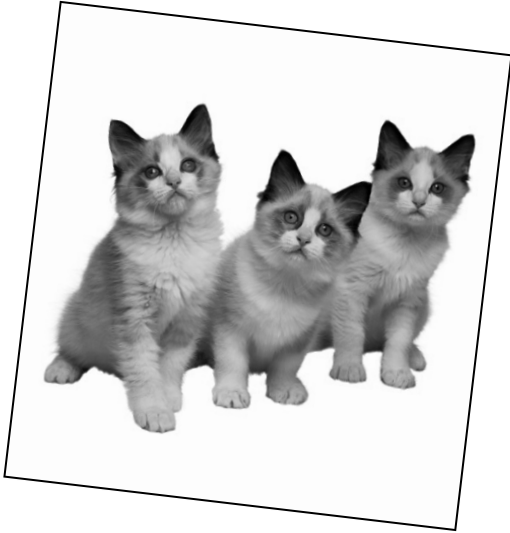
In 2010 Maine Animal Coalition donated \$3,000 to the State of Maine's Help Fix Me program, which helps low income individuals afford to spay/neuter their cats and dogs. Maine residents with income less than 133% of the federal poverty level or receiving benefits such as food stamps, TANF, SSI, SSD or Medicaid are eligible for the program. For those eligible spay/neuter vouchers cost only \$10 for cats and \$20 for dogs.



SpayMaine was instrumental in getting the Help Fix Me program passed through the legislature. Susan Hall, one of the leaders of Spay-Maine, can recall Maine's dark past, "Maine has come a long way in companion animal welfare since I was a child in central Maine in the 1960's. Back then every spring I would dread seeing the burlap bags of kittens and puppies that were drowned in nearby streams. This is now the exception rather than the rule."

Most Maine shelters believe that Maine no longer has a dog overpopulation problem. This is demonstrated by the fact that many Maine shelters have so much dog space available that they are in the happy position to be able to take in dogs from other shelters (mostly from the South). The picture is not so rosy for cats. Nationwide and in Maine,

Mac donates to Help-Fix-Me Program



there are more owned cats than dogs, yet cats are relinquished to shelters in higher numbers than dogs.

In the spring and summer it is not unusual for shelters to be filled to capacity with cats. It is common to see cats in temporary cages spilling out into the hallways. Too many cats can lead to sickness and coupled with the sad fact that there are just not enough homes, this surplus of cats leads to euthanasia. Nobody wants to euthanize due to space or due to sickness caused by overcrowding. This is very, very traumatic for all the shelter staff.

Susan Hall states, “We cannot build our way out of this problem of too many cats. It isn’t more and bigger shelters we need. We need fewer cats. As an adaptation of what they say in human family planning, we ‘want every cat to be a wanted cat.”

So what is to be done? Why is it that we have been able to largely eliminate dog overpopulation in Maine but not cat overpopulation?

What is most obvious is the need to spay and neuter more cats. Ninety percent of cats in households with an income over \$75,000 per year are spayed or neutered. However, if the household earns less than \$35,000 per year only 51% of cats are spayed or neutered.

Luckily, Maine has the Help Fix ME low-income spay/neuter program that can help some of the lowest income households. However, the demand for this program far outstrips its funding. The Help Fix ME phone can ring as often as every 60 seconds. Due to limited funding the program is able to stay open only a few months out of each year.

Maine Animal Coalition’s donation to Help Fix ME in 2010 was a boost, but of course so much more money needs to be raised. Maine’s unwanted cats need the help of everyone. Get involved by donating at tax time to the “Companion Animal Sterilization Fund” tax check off on Maine Schedule CP and by purchasing a new animal welfare “adopt” license plate.

and buy a

Vegan Bodybuilder Robert Cheek gives talk on “Thriving on a Plant-Based Diet.”

On April 2nd, 2010 MAC presented Robert Cheek, vegan bodybuilder, motivational speaker, businessman, author and film maker. “Thriving on a Plant-Based Diet” was the title of his lecture, which was held at USM. During his lecture Robert Cheek recalled his evolution from a slight child participating in 4H to vegan bodybuilder.

Robert, son of two animal scientists at Oregon State University, was raised on a small farm. He became a vegan in high school after his sister became an animal rights activist. Robert continued to protest and leaflet on behalf of animals, but in the process came to the realization that he could be more effective as a vegan body builder. Most people think vegans have inadequate protein intake and a sickly constitution. He would let his body do the talking.



Cheek’s transformation has been an interesting journey. When he started, he did not know any successful vegan bodybuilders. Physically, he was built for long distance running, which he pursued in college. However, through trial and error and discipline, Robert became a world class bodybuilder. He took the popular diet of bodybuilders –oats, rice, broccoli, yams, potatoes, red meat, fish, eggs and whey protein – and modified it by substituting soy for meat, fish and eggs. Robert stressed that to become a bodybuilder one needs to workout every day and eat large quantities of food every couple of hours. For example, in the beginning Robert would eat 18 soy hot dogs a day.

Having created an incredible physique, there was more change in store. Robert’s diet changed from one of processed foods, breads, pasta, processed soy foods and some vegetables to a whole foods vegan diet, which includes a variety of fruits, vegetables, nuts, grains, legumes and seeds every day. Along the way, he also changed his attitude. Robert learned to be happy because he was a vegan and not sad or angry because others were not vegans.

Robert ended his talk by sharing the keys to his successful animal activism. He believes in setting goals and being consistent in pursuing them every day and leading by example. He urged activist to focus on being healthy, learn to communicate with people effectively and present a positive image to the public.

MAC Lawyers Attend “Future of Animal Law Conference” at Harvard Law School



In April 2010 two MAC members attended “The Future of Animal Law Conference” at Harvard Law School. The purpose of the conference was to consider what is next for the field of animal law now that animal law courses have been established in more than 50% of the 196 accredited law schools in America.

To understand this question, one must understand what is taught in an animal law course. An animal law course is just like any other course in law school. Students study a text book full of real legal cases that outline the history and current

state of the law in a particular field. In American law today animals are property. Animals are merely legal things to be used by humans. In contrast to the law, most of the students studying animal law believe that humans have a moral duty to protect animals without regard to human interest because animals possess an inherent value and independent interests of their own that ought to be respected.

The conference dealt with the issue of how to incorporate compassion for animals into a legal system that currently sees animals as mere property of humans. The generally accepted answer was that law students and lawyers need to collaborate with outsiders to expand the rights of animals within the current legal framework and to move toward a society (and legal system) in which humans are not the measure of all things.

Conference speakers emphasized that even under the current legal framework, there is ample room to improve the lives of animals by aligning the interest of animals with the interests of humans. Speakers pointed to environmental law as an example of a new field of law that developed and grew strong by connecting a clean environment to the health and general welfare of humans. Currently there is a complicated federal regulatory scheme to protect the environment.

Although polls show most people believe that farm animals should be treated humanely, there is no broad regulatory scheme to protect farm animals. For example, there is not a single federal law that governs how farm animals are treated until it is time for slaughter. Perhaps laws could be passed to eliminate the most horrendous aspects of factory farming if humans connected factory farming to the overuse of antibiotics, mad cow disease, epidemics and/or degradation of drinking water.

A common theme of the Harvard Animal Law conference was that in order to be more effec-

tive animal lawyers need to partner with as many groups as possible. Again, the field of environmental law serves as an example of the positive effects achieved by partnering with other professionals and obtaining broad public support.

In the first decade of the field of animal law, animal lawyers have tended to keep to themselves. For example, animal lawyers have not effectively partnered with veterinarians. Some animal lawyers believe that the veterinarian establishment is addicted to the money stream from research and industry and therefore has no desire to partner with animal lawyers. Also many companion animal veterinarians fear that the animal rights movement will create laws that will award large monetary damages for emotional distress in malpractice suits.

Looking further into the future, how will animal lawyers develop breakthrough laws that ensure fundamental protections (legal rights) for non-humans? Some, such as well known animal law professor Steven Wise, believe that the concept of animals as property will be struck down in a well crafted case utilizing the best experts in the world before a pioneering judge who may have taken an animal law course in law school.

Others disagree with Wise. They see law as primarily a secondary phenomenon, where laws embody society's deep, morally laden insights, not override them. Law's primary function is not to create values out of whole cloth and then dictate these values back to society. The laws that enslave animals will change when the values of a broad segment of society change.

5th Ed. of the Maine Animal Resource Guide Is Free on Line and May be Purchased



In 2010 MAC updated its Maine Animal Resource Guide and will begin distributing them in 2011. Last time MAC published over 700 guides and sent them free of charge to Maine towns, police stations and libraries. This year due to the public's increasing reliance on the internet, MAC will remind previous recipients that the Guide may be downloaded free of charge from MAC's website. Those who wish to have a bound copy may purchase the Guide at cost for \$3.00, which includes mailing.

The Guide lists wildlife rehabbers, animal shelters and advocacy groups across Maine. It also includes tons of helpful information such as consumer protections when purchasing a dog or cat, how to find a lost animal, where to get help in paying for veterinarian bills and how to report animal abuse.

On a daily basis MAC receives emails and telephone calls from Maine residents seeking help with animal issues. The purpose of the Guide is to provide answers for the public and have information available on the MAC website twenty four hours a day.

800 Attend 6th Annual Veg Fest

MAC's sixth annual Vegetarian and Vegan Food Festival was held at the East End School in Portland on June 26 th. Approximately 800 people participated. MAC was pleased to welcome new vendors and exhibitors, such as Vermont Soy, Lalibela Farm and Haiwa Tofu. MAC was also thankful for the return of old friends such as the Green Elephant Vegetarian Bistro, Local Sprouts and North Star Music Cafe. Jen Breyer's potato bar and Chris McClay's tofurkey sandwiches were a big hit was the several hours Haines and company. be possible without numerous to mention, unteers. (Tom Winton the event. Lisa Valen-

As always we Rooker coauthor of by asking the audi- when a farm is men- thought of the small audience that most of treated Animal Farm hold 1,000 cows, a pig and one "hen house"



with festival goers. A great addition of live music provided by Thom And of course, our festival would not the generous support of sponsors, too and the hard work of dedicated vol- and Beth Gallie were the co-chairs of tine was in charge of publicity.)

had a great group of speakers. Susan *The Practical Vegan* began her talk ence to tell her what comes to mind tioned. Naturally, the audience ideal farm. Susan then reminded the our food comes from CAFOs, Concen- Operations. A typical feed lot could farm might consist of 10,000 pigs could hold 125,000 chickens.

Putting aside the suffering of the animals, Susan concentrated on the environmental impact of these animals on the earth. There are approximately 17 billion livestock on the earth as opposed to 7 billion people. One cow produces 65 lbs of manure and 3 ½ gallons of urine a day. Hugh man-made lagoons are created to hold waste. Natural run off happens every day and lagoon spills are common place. Effluence from animal agriculture has created a dead zone in the Gulf of Mexico the size of New Jersey. Livestock are fed large amounts of corn, which is not natural but is inexpensive due to government subsidies. The corn causes cattle to burp and pass gas excessively, releasing large amounts of methane gas. Methane gas is an ozone destroying greenhouse gas more toxic than CO2 and stays in the environment longer.

Susan suggested that the situation was not hopeless. One study stated that if all Americans gave up meat for just one day a week, this would have the same environmental affect as taking 19.2 million cars off Americans roads for one year. Small steps can make a difference.

Mary Jacqua gave a juicing demonstration. Mary runs a ministry of health, "The Living

Way” in Winslow, Maine. She has been inspired by the miraculous cure of a friend and by Genesis 1:29, which states, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.”

Mary made juice from celery, kale, carrots, beets and beet greens and the audience (including children) found it tasty. Mary recommended that those who wish to start juicing to invest in a substantial juicer, which usually costs \$300 to \$500 dollars. Under normal circumstance one 8 ounce glass of juice a day is sufficient.

Dr. John Herzog’s topic was, “An Orthopedic Surgeon’s Advice on How to Feed Your Bones.” He began by talking about his professional experience. After a couple of decades of working as an orthopedic surgeon he knows the poor shape Americans are in. Personally he had endured nine operations on his knee. After reading Dr. Colin Campbell’s *The China Study*, he became a vegan and his health greatly improved. He also put 40 UNE medical students on a vegan diet for three weeks and noted that everyone’s cholesterol dropped, they lost weight, their bowels worked better and their skin looked better. Now he is convinced that the future of medicine is healing through diet and exercise.

Dr. Herzog advised the audience that the way to feed their bones is to provide them the same good nutrition as skin, muscles and organs. The best diet is a plant based diet of whole foods. Dr. Herzog warned against prescription supplements that strengthen the bones by blocking the natural release of calcium. He has seen when his patients who take these supplements break their hips, etc. the fractures are not clean breaks, but rather, are shattered bones difficult to repair. Dr. Herzog, who has a terrific sense of humor, warned the audience not to listen to the lying nun, the king, the clown or the colonel.

Toni Fiore, public television chef and author of the cookbook *Totally Vegetarian*, spoke on going vegetarian/vegan and how to sustain a healthy plant-based diet. Toni advised the audience to use familiar recipes and replace the meat with soy products like ground beef substitutes and other meat and dairy analogs. Next gradually switch from these “bridge foods” and eat whole foods, vegetables, fruits, grains, nuts and seeds. Make sure to have a range of color on the plate and stop eating just before feeling full. Toni’s philosophy is don’t make it complicated and all the recipes in her book are simple to prepare.

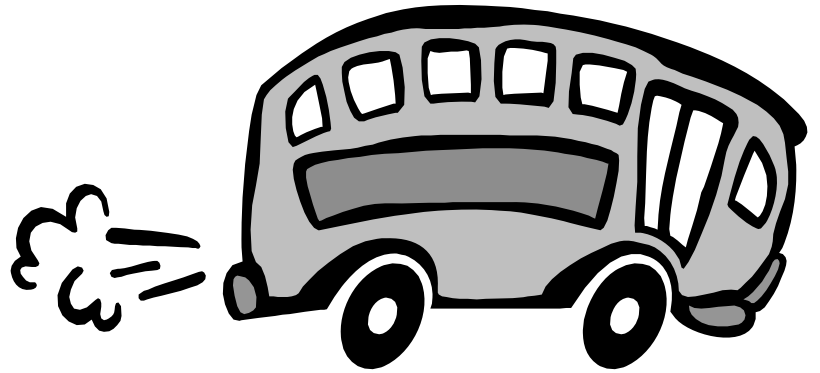
SAVE THE DATE...

7th annual Vegetarian Food Festival will be held on **June 25, 2011** at the East End School in Portland. If you would like to get involved in planning the event or be an exhibitor, give us a call at 207 773 2215.



MAC Takes a Day Trip to Boston Vegetarian Festival

Chris McClay planned and led a new event for MAC on October 30th – a luxury bus trip to the Boston Vegetarian Festival. It was a full day for the festival goers – most of whom had never attended before. One person even came from beyond Bangor to attend.



Although participants were warned on the way down about the madness to ensue, they had no idea until they got there just how action packed the day would become. The group left Portland at 8am, and when they arrived at 10am upon the festival opening, there were hundreds of people already inside. It is estimated that 25,000 people attended over the two days. Speakers included Terry Hope Romero, co-author of *Veganomicon*, who demonstrated and shared samples of Black Bean Sweet Potato Tamales and Tracey McQuirter, who discussed her new book *By Any Greens Necessary*. Dr. Michael Greger, a prolific favorite, gave his annual quiz with fun facts about the latest nutrition research.

Noteworthy vendors included Gardein (Gardein.com), who offered samples of stir-fried beefless tips, Cascad fermented natural soda that tastes like either beer or wine (cheercascal.com), and Rescue Chocolate (RescueChocolate.com) who had the most delicious product and who donates 100% of net profits to animal rescue organizations. It was great to see local favorites Maine Coast Sea Vegetables (seaveg.com) with a big crowd, Laconia Greek Products (lakoniagreekproducts.com) who offered samples of olives and oils, and Ocean Approved (oceanapproved.com) who handed out a 100% natural kelp salad.

The group spent 6 hours at the festival, which was enough time to take in 3 speakers and all 120 exhibitors. On the way home, everyone enjoyed the luxurious comfort of the charter bus with its own restroom, spacious seats and reading lights.

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MAC Utilizes the Media in 2010



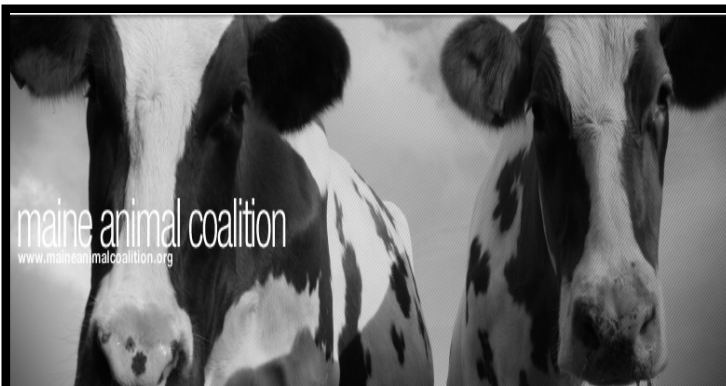
Recognizing that the use of a wide variety of media is necessary in order to reach a wide audience and therefore have a strong impact upon culture and society, MAC utilized various forms of mass communication in 2010 to advocate for compassion for animals.

On April 24th attorney Beth Gallie appeared on the cable TV show "It's the Law" to discuss what is meant by animal rights. The show aired statewide and is available on the internet.

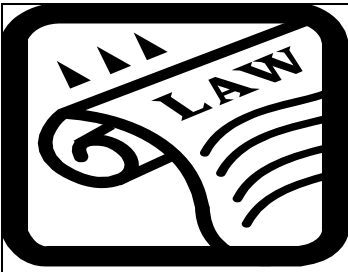
On October 2nd MAC ran a large advertisement in the Portland Press Herald commemorating World Farm Animals Day. The ad explained the reasons for and benefits of a plant based diet. (The Portland Press Herald sells approximately 64,000 papers on Saturdays.) On November 26th MAC ran an ad in the Portland Press Herald marking Fur Free Friday. The ad urged readers to "Make Compassion the Fashion!" and explained that approximately 45 million animals, including cats and dogs, are killed annually worldwide for their fur.

Chris McClay ramped up MAC's Facebook presence in 2010 with an increased advertising effort, resulting in a 50% increase in its followers. With roughly 120 active monthly users and 350 total followers, updates were made several times a week and included links to animal rescue stories, celebrity trends in veganism, and featured cooking blogs.

In 2010 Delicious TV 's *Totally Vegetarian*, an innovative vegetarian cooking show, continued to play on MPBN and on public television stations throughout the country. MAC is often listed as the sponsor based on donations from previous years.



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www.maineanimalcoalition.org**



Laws/ Resolves of the 2nd Regular Session of the 124th Legislature of Maine

LD 1765 Resolve Regarding Legislative Review of Chapter 348 : The Department of Agriculture, Food and Rural Resources provisionally adopted rules regarding Poultry Slaughter and Processing and the legislature approved the rules if amended to include requirements for the humane handling and slaughter of poultry.

LD 1587 An Act to Amend the Animal Welfare Laws

The State's animal welfare laws were amended to allow the Department of Agriculture, Food and Rural Resources to engage in the marketing and selling of general merchandise products to generate money for the animal welfare auxiliary fund.

The law requiring owners to remove unwanted animals on the property of others was amended to include animals trespassing on local, county or state roads or highways. If an animal owner commits a civil violation of trespass 3 or more times within a 90-day period, the court shall order restitution of all costs incurred by the Department of Agriculture in assisting an animal control officer or law enforcement officer responding to a violation.

LD 1598 An Act to Strengthen the Laws against Cruelty to Animals This law provides that the courts shall upon good cause shown schedule a prehearing conference within 7 days of the seizure of an animal for violation of Maine's Cruelty to Animals laws. Prior to the prehearing the State shall provide the courts and the owner of the animal with all relevant documents. In the case of an expedited hearing, the court shall issue a writ of possession or return the animal to its owner within 30 days of the seizure. In cases where the animal is not returned to the owner, this law requires the owner to pay for the cost of relocating the animal, in addition to the cost of care during the court process.

LD 1519 An Act to Ensure Search and Rescue Dogs Are Afforded Access to Public Accommodations without an Extra Charge This law allows a person assisting the Department of Inland Fisheries and Wildlife using search and rescue dogs to take the dogs into places of public accommodation.



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MAINE ANIMAL COALITION

As a statewide organization, the Maine Animal Coalition is dedicated to the elimination of animal abuse and exploitation through education, advocacy and example. For more information about MAC and our programs visit our website at www.maineanimalcoalition.org. Phone 207 773-2215 Email mac@maineanimalcoalition.org

MEMBERSHIP APPLICATION

Name _____
Date _____
New _____ Renewal _____ \$10/student _____ \$25/individual _____ \$30/family _____