



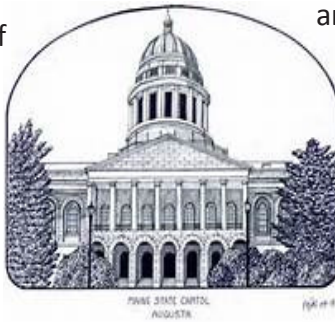
Dedicated to the Elimination of Animal Abuse and Exploitation Through Education and Example

## 2019 | YEAR IN REVIEW

### MAC Advocates for Animals in Augusta

During the First Regular Session of the 129<sup>th</sup> Maine Legislature, which considered 2,040 bills, MAC testified in person or electronically in favor or against a dozen animal related bills and kept its followers abreast of over 100 animal related bills.

Thanks to the hard work of Maine Friends of Animals, HSUS and Maine's many animal advocates, three significant companion animal bills were passed: **LD 1311 An Act Regarding the Sale of Dogs and Cats at Pet Shops**, which prohibits the sale of dogs and cats in pet stores, **LD 1442 An Act to Provide for Court-appointed Advocates for Justice in Animal Cruelty Cases** and **LD 64 An Act to Make Post-conviction Possession of Animals by Certain Persons a Criminal Offense**.



MAC took the lead to defeat two significant bills involving animals as food. The first was **LD 795 RESOLUTION, Proposing an Amendment to the Constitution of Maine To Establish a Right to Food**. MAC opposed LD 795 because the proposed constitutional amendment resembled two "Right to Farm" constitutional amendments adopted recently by Missouri and North Dakota. These "Right to Farm" amendments were dubbed "Right to Harm" because they were put forward to stop ballot initiatives against inhumane farming practices. Maine's LD 795 could also have been interpreted as a "Right to Hunt" amendment, which in the past the Maine Legislature consistently rejected.

**LD 795 Right to Food** did not pass, but it was amended and carried over to the next legislative session. And although the amended bill has deleted the words "farm" and "hunt," MAC still opposes the bill because it creates a constitutional right of the people "to grow... and consume food of their own choosing."

This constitutional amendment could put legal impediments to outlawing cruel farming practices and the production of certain foods, such as foie gras.

The second food bill that MAC opposed was **LD 939 An Act Regarding the Regulation of Rabbit Production for Local Consumption**. Unfortunately, this bill passed making it more profitable for Maine farmers to raise rabbits for meat.

Prior to the passage of **LD 939**, in order to "process" rabbits, farmers were required to have a slaughtering facility with a drain in the floor. Most did not. Without such a facility, farmers had to take their rabbits to slaughterhouses to be processed, which is expensive. Following the passage of this bill and new accompanying regulations, farmers can raise 1,000 rabbits a year and slaughter them on the farm and sell them to the public, stores and restaurants.

Both **LD 795** and **LD 939** were championed by proponents of the food sovereignty movement, which would like to wrestle the control of the food supply

*Story continues on Page 2*

from Big Ag. While this sounds good, such bills could actually harm animals.

MAC also followed and testified against bills that expanded hunting. For example, **LD 337 An Act to Start a Spring Bear Hunting Season**, which did not pass. And MAC followed environmental bills that would impact animals. For example, **LD 1532 An**

**Act To Eliminate Single-use Plastic Carry-out Bags**, which passed, and **LD 937 An Act Regarding the Outdoor Release or Abandonment of Balloons**, which did not pass. MAC also opposed bills that would have tightened the requirement for voter initiatives. Voter initiatives have been important nationally in the fight against factory farming.

## Helping the Hounds



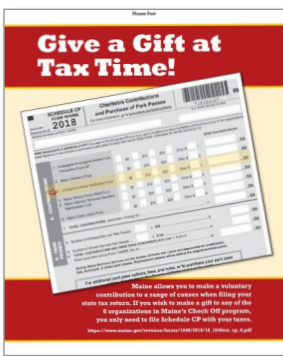
In May MAC participated in MaineShare's SpringShare, an online giving campaign open to the public. MAC pledged the money it raised to help rehome racing Greyhounds resulting in a \$700 donation to the Maine Greyhound Placement Service in Augusta.

MAC decided to help rehome Greyhounds after Florida voted in late 2018 to outlaw Greyhound racing by December 2020. The new law will require Florida, the biggest Greyhound racing state, to close eleven tracks and find homes for 5,000 racing greyhounds.

Tracks in Florida began to close in 2019 because the amount of money bet on Greyhounds was in steep decline and the tracks remained open so that they could legally offer more popular forms of gambling.

Presently Greyhound racing is legal in Alabama, Arkansas, Iowa, Texas, West Virginia and Florida. Conditions for the hounds are cruel, including routine confinement of 20 hours a day, a diet of meat from "downer" cows, illegal drugging, injuries and sometimes death. According to the State of Florida, in 2018 a racing Greyhound died every three days somewhere in Florida's eleven tracks. Until 20 years ago, Greyhounds were routinely euthanized when their "careers" ended at age four to six years old.

## Mac Promotes the Tax Checkoff Program



Once again in 2019 MAC helped to promote the Companion Animal Sterilization Tax Checkoff. Money raised by the Maine Revenue Service goes to the State of Maine's Animal Welfare Program, which uses the money to help fund the Help Fix Me Program. The Help Fix Me program allows Mainers who are eligible for programs like SSI or TANF to get their cats fixed for \$10 and dogs fixed for \$20. This program and others are clearly working to reduce the number of unwanted animals. It is important to note that animals in Maine's shelters are no longer being euthanized for space or length of stay reasons.

**To follow MAC's activities, sign up on the front page of MAC's website - [www.maineanimalcoalition.org](http://www.maineanimalcoalition.org) - for our emails**





# MAC's 15th Annual Veg Fest — Change is Good!

Despite changing the location, the season, and the day of the week of Maine Animal Coalition's 15<sup>th</sup> Annual Veg Fest, record numbers showed up! On Sunday November 3<sup>rd</sup>, a relatively mild sunny day, approximately 800 fest goers gathered in Portland at the Italian Heritage Center to buy lunch from food trucks, treats from multiple vendors, and to learn from exhibitors and lecturers.

The recently renovated Italian Heritage Center provided new features to enrich the fest. For example, a comfortable compact space drew the crowd together, and ample parking provided a perfect venue for two food trucks, The Totally Awesome Vegan Food Truck and the Falafel Mafia Food Truck.

New to the fest this year in addition to the food trucks were Bauman's Botanicals, Piping Plover Baking Co., The Paleta Guy, Heritage Seaweed, Slice of Heaven, R.E.D.D., Rock Salt Cashew Creamery, The Humane League, Skout Organic, Barrett's Best Garden, purveyors of vegan cheese, and Fairconnect, a vegan travel company.

And as always, the speakers were the stars. First to

speak was Colin McCullough, author of the recently published *The Healthy Vegan Cookbook, A New System of Whole-food, Plant-Based Eating*. Colin made a dessert and spoke about his system to make unprocessed meals quickly, providing enough variety so that being vegan is a joy and not a sacrifice.

Next to speak was Christen Mailler, artist, co-founder of Vegan Publishers and mother of two. Christen, whose topic was "Raising Vegan Kids," explained that she taught her young children that animals were not food, filled her house with nutritious vegan food, and let them develop their own style of eating, such as feaster or snacker. With Christen's encouragement, the audience also shared their own experiences.

Last to speak was Dr. Timothy Howe, who discussed "The Plant-Based Diet to Prevent, Treat and Reverse Chronic Disease." Dr. Howe shared his knowledge acquired from years of treating patients, emphasizing that a whole-foods, plant-based diet, exercise and good lifestyle habits can prevent and even reverse high blood pressure, diabetes and atherosclerosis.



## ***How Not to Die: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers.***



*Dr. Michael Greger*

On July 24<sup>th</sup> MAC presented a film of Dr. Michael Greger's talk ***How Not to Die: the Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers***. The event was held in Portland at One Longfellow Square and was free to the public. Refreshments were served with a cash bar.

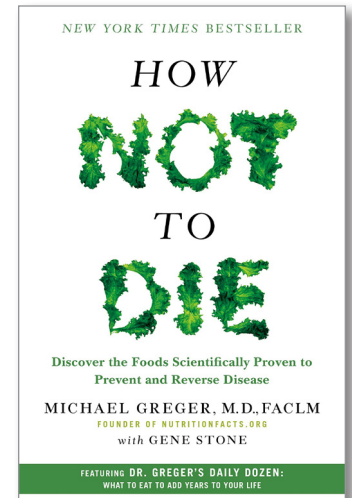
Dr. Greger's presentation was a summation of what he has learned over many years by annually reading every English language nutritional study. The evidence shows that the number one cause of death in the US is the standard American diet, which is mostly red meat, chicken, refined grains and processed foods. In contrast, thousands of studies show

that a whole-foods, plant-based diet can prevent nearly all of the top 15 reasons Americans die.

According to the Centers for Disease Control and Prevention (CDC), there were 2,813,503 deaths in the United States in 2017. The top two killers were heart disease, which caused 647,457 or 23% of the deaths, and cancer, which caused 599,108 or 21% of the deaths.

Because heart disease was relatively uncommon in the United State until after World War I and it is prevalent in blacks and whites, is it clear that heart disease is not due to genetics, but lifestyle. A diet rich in animal protein appears to be the culprit. In Sub-Saharan Africa where they eat a diet of starchy vegetables, grains and greens and their protein is almost exclusively from plant sources, heart disease is almost non-existent.

In a new study that tracked a large sample of adults for nearly two decades, researchers found that those eating a diet rich in animal proteins during middle age were four times more likely to die of cancer than those with a low protein diet – a mortality risk factor comparable to smoking.



*MAC's Barbara Capasso and Vegan Outreach's Lana Smithson prepare to greet guest at our event.*

Researchers think animal proteins from meat, eggs and dairy cause cancer because they increase the levels of IGF-I (Insulin-like growth factor 1), which is involved in the acquisition and growth of malignant tumors. Consistent with this finding is the fact that the blood circulating throughout the bodies of those who eat a plant-based diet has nearly eight times the ability to stop cancer cell growth in petri dishes than the blood of those who eat animal protein.

If the evidence is so overwhelming, why isn't my doctor telling me to stop eating meat and dairy? Dr. Greger suggests looking at the history of smoking in America for the answer.

In 1939 famous surgeon Dr. Michael DeBakey published a study linking smoking to lung cancer. It wasn't until 1964, after over 7,000 studies had connected smoking with cancer, that the US Surgeon General issued a report stating the causal link between smoking and lung cancer.

*Story continues on Page 5*

However, at its June 1965 annual meeting the American Medical Association went on record as withholding endorsement of the Surgeon General's report. (A couple of possible reasons for this action was that most doctors smoked in 1965, and the tobacco industry donated 10 million dollars to the AMA that same year.)

Today most doctors eat a diet that is directly linked to America's epidemic of dietary diseases, and the food industry is using the same tactics as the tobacco industry.

Also, it is generally thought that Americans cannot let go of their old habits and therefore it is better to soft-pedal the truth.

And there is money to be made by prescribing pills. Unfortunately, in contrast to a plant-based diet, pills usually treat one symptom at a time and come with side effects. (Approximately 100,000 Americans die annually from adverse drug reactions.)

According to Dr. Greger the best kept secret in medicine is that, given the right milieu, the body will heal itself.

Dr. Greger said, "One of the most amazing things that I have learned in all my medical training is that within 15 years of stopping smoking, the lung cancer risk approaches that of a lifelong non-smoker."



To learn the latest in nutrition research, visit Dr. Greger's advertisement-free website [Nutritionfacts.org](https://nutritionfacts.org). Dr. Greger's presentation can be found on his website and on YouTube.

### The CDC's Top 10 Leading Causes of Death in the U.S. in 2017

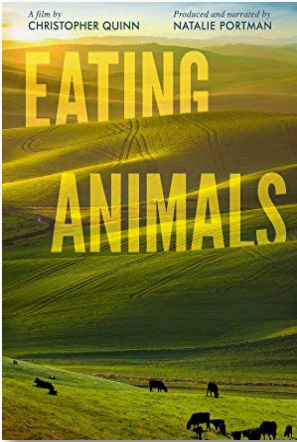
1. Heart disease: 647,457
2. Cancer: 599,108
3. Accidents (unintentional injuries): 169,936
4. Chronic lower respiratory diseases: 160,201
5. Stroke (cerebrovascular diseases): 146,383
6. Alzheimer's disease: 121,404
7. Diabetes: 83,564
8. Influenza and pneumonia: 55,672
9. Nephritis, nephrotic syndrome, and nephrosis: 50,633
10. Intentional self-harm (suicide): 47,173



If you enjoy meeting other vegans, consider joining the Maine Vegan Meetup, which MAC sponsors. Meetups include dining at vegan friendly restaurants, potlucks, workdays on a local farm sanctuary, educational events, leafleting and peaceful demonstrations. To join, go to [meetup.com](https://meetup.com) and look for Maine Vegan Meetup Group. There is no membership fee or cover charge to participate.



## MAC Donates DVDs to 250 Maine Libraries



In November MAC received a \$2,500 grant from the Nalith Foundation to help purchase and send the DVD *Eating Animals* to 250 Maine public libraries. Based on the bestselling book by Jonathan Safran Foer, the film *Eating Animals* exposes the suffering of factory farmed animals, the overuse

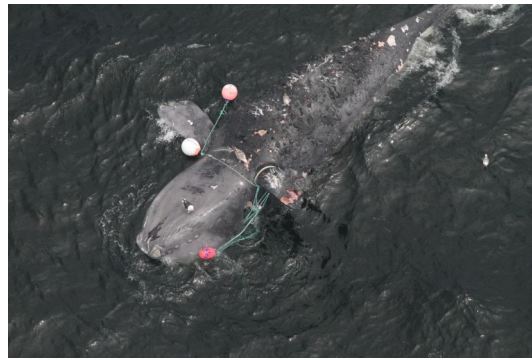
of antibiotics and hormones, and the pollution of the air, soil, and water.

And it is not just the animals and the environment that suffer under the factory farming system. The film shows that often the individual farmers suffer financially and emotionally.

As in the past when MAC sent DVD's to Maine's libraries, we received thank you cards and emails stating the DVD's were welcomed additions to the libraries' collections.

## Save the Whales!

The plight of North Atlantic right whales, who can be found foraging off the coast of Maine during the spring, summer and early fall, was often in news in 2019. A federal mandate to lower the number of buoy lines in the Gulf of Maine by 50% upset the state's \$485 million-a-year lobster industry. Consequently, the State of Maine spent much of 2019 trying to come up with its own proposal to protect the right whales.



*An entangled right whale.*

It is estimated that only about 400 right whales remain, making them one of the world's most endangered large whale species. Two of the greatest threats to right whales are collisions with ships and entanglement in fishing lines attached to gillnets and lobster traps.

Separate from this immediate conflict, is the attempt

to pass H.R. 1568, the **SAVE (Scientific Assistance for Very Endangered)** Right Whales Act. The SAVE

Act would authorize \$5.3 million annually over the next decade for the National Oceanic and Atmospheric Administration to provide grants to support collaborative projects among the fishing and shipping industries, governments, researchers and conservation organizations to find ways to save the right whales.

The IFAW (International Fund for Animal Welfare) provided MAC with hundreds of attractive stamped post cards to send to our Congressional delegation urging them to pass the SAVE Act. MAC volunteers responded to our request for help. Suzy Johnson of Kittery deserves a shout out for distributing the most postcards.

# Follow Us!



## Join Us!

If you appreciate our work, please join us! MAC memberships costs \$30 for individuals and \$40 for families. Your support will help us maintain our current programs. And you will also receive a free subscription to VegNews Magazine as a membership benefit.

An even larger donation will help us grow Veg Fest, sponsor animal protection legislation, and provide vegan materials and programs to more Maine communities.

There are multiple ways to donate. You may donate online at our website or complete the form on this newsletter's back page and mail a check to us. Or you could donate stocks directly to MAC's brokerage account.

You may also donate to us at your workplace via MaineShare. If your workplace does not offer MaineShare, contact us and we may be of assistance.



## VegNews News

The award winning VegNews magazine describes itself as “the ultimate source for all things vegan.” Check out their website.

A one year subscription to VegNews Magazine cost \$25, but is free with a \$30 membership to Maine Animal Coalition.

## MAC Annual Financial Report

1/1/2019—12/31/2019

### Income

Individual Contributions	\$ 23,437.30
Grants	\$ 2,500.00
Events	\$ 1,485.00
Sales	\$ 119.85
Interest	\$ <u>2.15</u>
<b>Total Income</b>	\$ 27,544.30

### Expenses

Program	\$ 19,598.94
Operating	\$ <u>1,500.00</u>
<b>Total Expenses</b>	\$ 21,098.94

### Total Assets

(cash)

January 1, 2019	\$ 5,026.25
December 31, 2019	\$ 11,471.61

### Liabilities

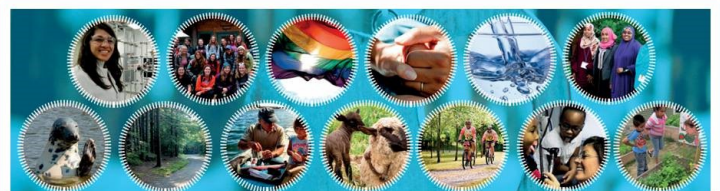
	\$ 0.00
<b>Total Net Assets</b>	\$ 11,471.61

## MAC BOARD

**President** *Beth Gallie*

**Treasurer** *Mike Angelone*

**Secretary** *Angela Bell*



Economic Opportunity | The Environment  
Safety and Health | Social Justice and Peace  
Education, Cultural Diversity and The Arts

# MaineShare

THIRTY YEARS OF GIVING | 1990-2020

[www.mainesshare.org](http://www.mainesshare.org) | [giving@mainesshare.org](mailto:giving@mainesshare.org) | 207-248-1777 | @mainesshare

*Join MAC or Renew your Membership Today!*

*Get a free subscription to VegNews Magazine with each membership.*

### MAINE ANIMAL COALITION

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](http://www.maineanimalcoalition.org). Phone (207) 773-2215 Email [mac@maineanimalcoalition.org](mailto:mac@maineanimalcoalition.org)

### MEMBERSHIP FORM

\_\_\_\_\_ \$30/individual \_\_\_\_\_ \$40/family \_\_\_\_\_ \$50 supporting \_\_\_\_\_ \$100 sustaining

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Maine Animal Coalition  
P.O. Box 6683  
Portland, ME 04101