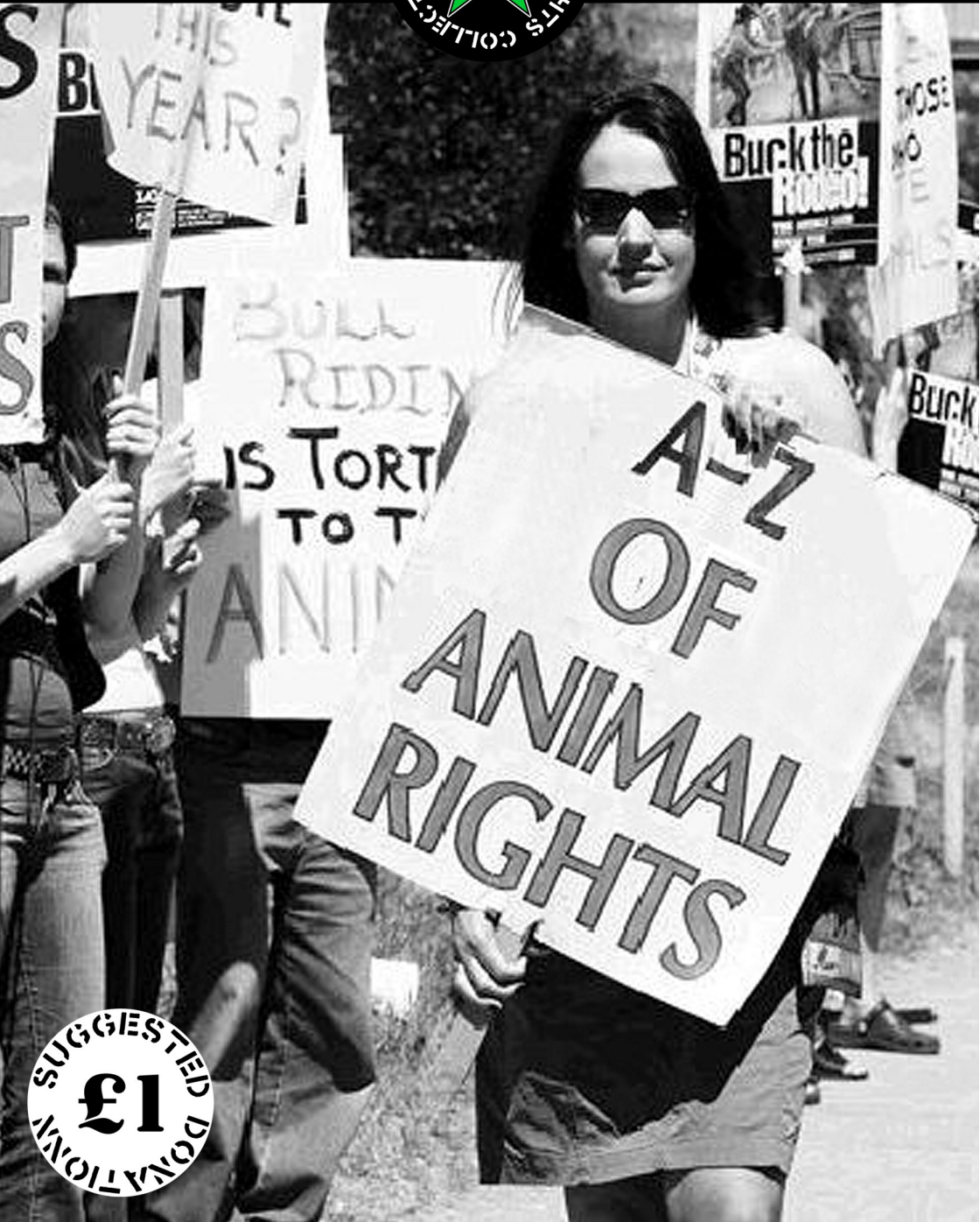


**BRISTOL  
ANIMAL**



**RIGHTS  
COLLECTIVE**



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£1**



# Introduction

This A-Z has been written and produced by Bristol Animal Rights Collective (BARC) to act as an introduction or a reference guide to a number of Animal Rights related issues. Each subject contains a short paragraph explaining why it is important to Animal Rights and where appropriate will direct you to websites or other sections (**highlighted in bold**) where you can find out more. It is also a celebration of the diversity of the tactics, and the various campaigns all working towards animal liberation. We also hope the information on veganism and ideas for animal-free living will be useful.

Read it cover to cover, see where it falls open or dip into it to look up a subject of your choice, it's your booklet now so it's up to you! We hope you enjoy reading it and learn from it, we certainly learnt a lot writing it. A longer version can be found on our website ([www.bristolanimalrights.org.uk](http://www.bristolanimalrights.org.uk)). Don't be a cheapskate and think you can just read it online instead; we've spent ages producing this! It's only a quid, it's for a good cause and you can't read the online version while you're waiting for a bus, can you? If you would like an electronic copy to adapt and distribute in your local area, please get in touch. We put a lot of work into this, so it would be nice to share it around!

All content is correct to the best of our knowledge at the time of printing but obviously sometimes things change, and hopefully for the better! For example, just 'cos we say something is suitable (or not suitable) for vegans doesn't mean that it will always be the case.

Until every cage is empty!

BARC

October 2010

[www.bristolanimalrights.org.uk](http://www.bristolanimalrights.org.uk)

And now for the boring bit...

Of course we are not for one minute suggesting you go off and do anything naughty. The comments expressed in this booklet (and the web links included in it) are usually, but not necessarily, the views of BARC. Nothing contained in this booklet (or in any BARC publication) is intended to incite or encourage illegal activities; it is for information purposes only....blah blah blah....

# A is for...

**Abattoirs** – See **Slaughterhouses**

## **Abolition**

Abolition is the act of destroying a hierarchy that views individuals as property, and by extension enslaves said individuals. Once described as terrorists, those who fought against the slave trade are the most well known abolitionists. Most animal rights activists view themselves as abolitionists as they are fighting for the same thing: freedom for sentient individuals.

## **Activist/Action**

Activists come in all shapes and forms! An action is something that an activist does to help (in this case) animals. An animal rights activist could run a stall, sabotage a hunt, leaflet passers by, attend a demonstration against an institution or company that supports or is guilty of animal abuse, do a talk about animal rights to the local community, etc. While civil disobedience and economic sabotage for example are also types of actions, BARC concentrates on the legal ones. If you would like to get involved in animal rights activism and live in Bristol, please get in touch with us! If you do not live in Bristol, see the animal rights calendar and directory of local groups produced by Veggies.

*[www.veggies.org.uk](http://www.veggies.org.uk)*

## **Anarchy**

Anarchy comes from the Greek phrase meaning: 'without ruler'. It is a political philosophy that abhors the state and all forms of authority and instead promotes a stateless society where the people can govern themselves. Anarchists may widely disagree on what additional criteria are required in anarchism though many agree that mutual aid, solidarity, direct action and co-operation are essential aspects.

*[www.anarchistfaq.org](http://www.anarchistfaq.org)*

## **Anarchist Black Cross (ABC)**

Bristol ABC aims to practically support people who have been wrongly imprisoned, including political prisoners, by writing letters, sending books and magazines and where possible financial contributions to those inside and/or the people and campaigns supporting them. It holds regular monthly letter writing nights to political prisoners on the 2nd Wednesday of every month, 7pm to 9pm at Kebele Social centre, 14 Robertson Rd, Bristol BS5 6JY. They can provide stationery, stamps and campaign information, all you have to do is turn up and write.

*[www.bristolabc.wordpress.com](http://www.bristolabc.wordpress.com)*

## **Angling**

Angling is a 'blood sport', and another word for fishing. Imagine having your mouth suddenly impaled by a metal hook that drags you - the whole weight of your body pulling on your mouth - out of the air and into an atmosphere in which you cannot breathe. This is what fish experience when they are hooked for 'sport'. Anglers rarely stop to contemplate that fish are complex and intelligent individuals which feel pain just like us. Dragging fish out of the water is totally unnecessary. In fact, if anglers treated cats, dogs, cows, or pigs the way they treat fish, they would be thrown in prison on charges of cruelty to animals. Even when anglers put fish back in the water, many of the fish die from stress and their injuries.

*[www.fishinghurts.com](http://www.fishinghurts.com)*

## **Animal Liberation**

What would you do if you saw a young child being abused across the road? Would you walk on, or would you try to save that child? Why should it be any different when we know that animals are being tortured? Animal Liberation is direct action to liberate animals from captivity, pain, suffering, exploitation and imminent death. See **Animal Liberation Front**.

*[www.directaction.info](http://www.directaction.info)*

## **Animal Liberation Front (ALF)**

The ALF are compassionate individuals who take direct action to liberate animals from oppression. There is no central structure within the ALF; it is made-up of individuals and small groups of people who operate independently around the world. Anybody who does not eat animals can be part of the ALF and can claim an action in the name of the ALF as long as they adhere to the following principles:

1. To liberate animals from places of abuse, i.e. laboratories, factory farms, fur farms, etc, and place them in good homes where they may live out their natural lives, free from suffering.
2. To inflict economic damage to those who profit from the misery and exploitation of animals.
3. To reveal the horror and atrocities committed against animals behind locked doors, by performing non-violent direct actions and liberations.
4. To take all necessary precautions against harming any animal, human and non-human.

*[www.animalliberationfront.com](http://www.animalliberationfront.com)*

## **Animal Liberation Front Support Group (ALFSG)**

The ALFSG provides financial and practical support to animal rights activists unfortunate enough to end up behind bars. It also promotes an understanding of the reasons why decent, caring people feel forced to break the law. It is separate to the ALF and operates legally and above ground. See **Prisoner Support**.

*[www.alfsg.org.uk](http://www.alfsg.org.uk)*

## **Animal Rights**

Animal Rights is the belief that all beings (animals and people) have the right to freedom, and the right to be free from pain, torture and suffering. Animals and people are equally as important. People often use the misbelief that humans are more important than non-human animals to justify inflicting pain on them. This is the same argument that was used during the slave trade, when white people thought they were more important than black people and during the holocaust when non-Jews thought they were more important than Jews. Animal Rights rejects all exploitation of animals for the benefit of people.

## **Animal Rights Prisoner Support (ARPS)**

Animal Rights Prisoner Support is a group designed to put people in contact with political prisoners and show support and solidarity with animal rights prisoners. ARPS produce a quarterly newsletter which contains the latest information and letters from various UK and international animal rights prisoners. You can order the newsletter from their website or pick it up from one of Bristol Animal Rights Collective's stalls. See **Prisoner Support**.

*[www.arprisoners.org](http://www.arprisoners.org)*

## **Animal Testing – See Vivisection**

## **Aquaria**

There has been a large rise in aquaria over recent years, with most cities having an aquarium. While most people are starting to feel very uneasy about other animals being held in captivity for public pleasure, people often forget the suffering endured by fish that are kept in aquaria. A study by the Captive Animals Protection Society (CAPS) in 2004 found that 89% of marine animals in UK public aquaria are wild caught and 90% of aquaria keep animals that show unnatural behaviour.

The full report can be found here:

*[www.captiveanimals.org/aquarium/suffering.pdf](http://www.captiveanimals.org/aquarium/suffering.pdf)*

If you would like to leaflet outside Bristol's Blue Reef Aquarium to let people know about the problems with aquaria, please contact CAPS for some leaflets: [info@captiveanimals.org](mailto:info@captiveanimals.org) or 0845 330 3911.

*[www.captiveanimals.org](http://www.captiveanimals.org)*

# **B** is for...

## **Badgers**

Badgers are sometimes culled because it is claimed that they spread TB to cattle. They are usually cage-trapped then shot, sometimes sitting for over 12 hours in their traps, in all whether extremes. Badgers are being scapegoated by farmers and farming organisations, whose own intensive production systems are the direct and main cause of increasing levels of many diseases in cattle, including bovine TB. There is no plausible evidence to suggest that badgers are transmitting bovine TB to cattle. The reverse is most likely the case.

*[www.badger-killers.co.uk](http://www.badger-killers.co.uk)  
[www.badgertrust.org.uk](http://www.badgertrust.org.uk)*

## **Bath Animal Action**

If you're from our more gentrified neighbouring municipal Bath, don't worry; there's a friendly and welcoming group of animal activists there too! You just can't get away from us!

*[www.bathanimalaction.blogspot.com](http://www.bathanimalaction.blogspot.com)*

## **Beer**

Sadly, not all beer is vegan. Some beer is filtered through isinglass, otherwise known as fish bladder. Yuck! Luckily though, lots of beer is, including Bath Ales Organic Natural Blonde lager, London Pride, Stella, Heineken, Becks, Holstein Pils and Carlsberg at time of printing this guide.

The Animal Free Shopper published by The Vegan Society has a list of vegan beers. You can order this and find updates on their website. It's always worth double checking that the beers are still vegan, as beer recipes do change.

*[www.vegansociety.com](http://www.vegansociety.com)  
[www.cookingforvegans.co.uk/shopping/veganalcohol.html](http://www.cookingforvegans.co.uk/shopping/veganalcohol.html)  
[www.barnivore.com](http://www.barnivore.com)*

## **Bees**

"What could possibly be wrong with honey?" we hear you ask. At the heart of every bee colony is the queen bee – the only one capable of laying eggs. While the ordinary 'worker' bees live just a few weeks during the active season, the queen can live for several years. However, in commercial beekeeping the queens are regularly killed and replaced as often as every six months. Queen bees are mass-produced and are artificially inseminated with sperm from crushed males. The queen often has her wings clipped to prevent swarming – the natural way for the colony to reproduce itself. Sometimes whole colonies are killed off to save feeding them over the winter. Beekeepers often transport their colonies to areas of flowering crops where the bees pollinate the flowers, increasing crop yields and earning fat fees for the beekeepers. However, this is to the detriment of local wild bees and other

pollinating insects, which are swamped by the temporary visitors. And so, that is why vegans do not eat honey!

[www.vegetus.org/honey/honey.htm](http://www.vegetus.org/honey/honey.htm)

## **Birds**

Thousands upon thousands of birds, kept as 'pets' have become neurotic from loneliness and boredom, and they are a long way from the wild open skies where they belong. These sensitive birds are condemned to live out their entire lives as mere decorations in people's homes. Holding birds captive and denying them of their natural urges to fly and to be with others of their own kind often drive them insane. For every bird you see on sale in a pet shop, several others may have died in breeding establishments and during transportation. See **Exotic Animals** and **Pet Trade**.

[www.apa.org.uk](http://www.apa.org.uk)

## **Black Fish**

A new Europe-based ocean conservation organisation and vegan campaign group, focused on investigation and direct action to change attitude towards our precious oceans and protect the unique life within them.

[www.theblackfish.org](http://www.theblackfish.org)

## **Bloodsports**

A bloodsport is any 'sport' or 'entertainment' which involves violence towards animals, such as hunting, shooting, fishing, coursing, dog fighting, badger baiting and bullfighting. We don't really need to explain why they are wrong!

[www.huntsabs.org.uk](http://www.huntsabs.org.uk)

[www.league.org.uk](http://www.league.org.uk)

## **Breeding**

Animal Rights activists are opposed to the deliberate breeding of animals by humans and as such we encourage people with companion animals to spay and neuter them where possible or to otherwise responsibly ensure that they are not allowed to reproduce. There are thousands and thousands of animals in rescues and pounds around the country needing permanent loving homes. If you are looking to take on an animal, please adopt a rescued one rather than buying from the pet breeding industry. Many breeding establishments are little different to factory farms, churning out puppies, kittens and baby rabbits and birds etc whilst the adult animals are kept in terrible conditions until they can no longer produce young. See **Neutering, Puppy Farming** and **Rescues**. 'Don't breed or buy while rescue dogs die!'

[www.hollyhedge.org.uk](http://www.hollyhedge.org.uk)

[www.themoggereryrehomingcentre.co.uk](http://www.themoggereryrehomingcentre.co.uk)

## **Bristol Animal Rights Collective (BARC)**

Well, that's us! If you don't like cruelty to animals, why not join us? We have regular campaigns against restaurants that sell foie gras, zoos, companies responsible for animal testing, and shops that sell animal fur. We also do regular stalls in Broadmead, including occasional free vegan food sample giveaways and we organise an annual free vegan food fair. We are always keen on meeting new people, and having new ideas. Get in touch for more info! We have regular meetings – keep an eye on our website, or contact us for dates of these! Hopefully meet you soon!

*[www.bristolanimalrights.org.uk](http://www.bristolanimalrights.org.uk)  
[barc@hotmail.co.uk](mailto:barc@hotmail.co.uk)  
[www.twitter/bristolarc](http://www.twitter/bristolarc)  
[www.myspace.com/bristolanimalrights](http://www.myspace.com/bristolanimalrights)  
or search for us on Facebook*

# **C is for...**

## **Captive Animals**

It is fundamental that animals should not be held captive. No animal can live a natural life in a cage. See **Aquaria**, **Zoos**, **Factory Farming** and **Fur** for more information.

*[www.captiveanimals.org](http://www.captiveanimals.org)*

## **Captive Animals Protection Society (CAPS)**

CAPS was founded in 1957. CAPS is opposed to the use of animals in entertainment and works to end their use. Since 1957 their main object has been to end the use of all animals in circuses, a campaign which is still at the forefront of their work today. Their other key areas of work are to end the captivity of animals in zoos and the exotic pet trade as well as the use of captive wild animals in advertising and films. CAPS seeks to prevent the use and exploitation of captive and performing animals, and investigates cases of alleged cruelty against captive and performing animals.

*[www.captiveanimals.org](http://www.captiveanimals.org)  
[www.savethemeerkat.com](http://www.savethemeerkat.com)*

## **Cats**

A large number of birds are killed by domestic cats each year; it is a good idea to make your cat wear a bell on its collar and keep it in at dusk and dawn when birds are most likely to be on the ground feeding to reduce casualties.

## **(S)cheese**

See **Dairy** for the reasons why not to eat cheese. Think you might miss it? Fear not, there are lots of types of vegan cheeses on the market now,

including Sheese and Cheezly. You can have vegan versions of melting mozzarella, garlic and herb cream cheese, blue cheese, cheddar and chives, to name just a few of the many varieties. Pop into your local health food shop to have a look. Some large supermarkets now sell these too.

[www.buteisland.com](http://www.buteisland.com)

[www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk)

## **Charities**

Beware that not all charities are goodies. Unfortunately some charities, including Cancer Research UK and British Heart Foundation fund research using animals. Please remember which ones fund animal experiments before sponsoring a friend, dropping money in a tin, or heading into one of their charity shops. To help you with this The Good Charities Guide can be found on the National Anti-Vivisection Society's website.

[www.navs.org.uk/publications/112/0/1669/](http://www.navs.org.uk/publications/112/0/1669/)

## **Chocolate**

Like **cheese**, being vegan does not mean you'll miss out! There are some delicious vegan chocolates on the market and vegans can even eat chocolate cake (made with no eggs or dairy!!)

A few brands to look out for are Fry's Creams, Plamil and Divine, all of which are widely available in health food shops and supermarkets, and there are many others. Amazingly, you can even get vegan milk and white chocolate!! Most independent health food shops sell Organica rice milk chocolate. You'll wonder why you ever thought you needed dairy after tasting it!

[www.plamilfoods.co.uk](http://www.plamilfoods.co.uk)

[www.divinechocolate.com](http://www.divinechocolate.com)

## **Circuses**

Animals in circuses are there purely for entertainment and the routines have changed little since the nineteenth century. In circuses, the audience can still see beautiful majestic animals like elephants ridiculed by their trainers, or big cats reduced to cowardly looking creatures by the cracking whip of the 'powerful' lion tamer. Touring circuses may cover thousands of miles a year, carrying animals from site to site in transporters and cages on the backs of lorries. The animals may be confined for hours, even days, in their travelling cages. In the wild, elephants are extremely social, living in large groups or herds and will travel on average 25kms per day. In the circus, they spend most of each day chained by a front and a hind leg, standing on a wooden or metal board in a tent.

The few remaining circus in the UK currently to use animals include Zippos and the Great British Circus. Thankfully, there are many animal-free circuses run by other companies, such as Cirque du Soleil or Carnyville, which you can enjoy!

[www.captiveanimals.org](http://www.captiveanimals.org)

## **Conservation**

Conservation biology is the study of the nature and status of Earth's biodiversity with the aim of protecting species, their habitats, and ecosystems from excessive rates of extinction. True conservation of species can only happen in the animals' natural habitat. The animals need space appropriate to their needs and populations large enough to provide a suitable gene pool and a natural social balance of the species, with minimal human contact.

Zoos claim to promote and support conservation. In reality, when reintroduction programmes do take place they are often initiated by government wildlife agencies rather than by zoos. Captive-bred animals often lack the necessary survival skills, especially those normally learned from a parent – finding food, avoiding predators, etc. Releases of captive animals also pose a significant disease threat to native populations. Most reintroduction projects have had to be suspended indefinitely.

*[www.bornfree.org.uk](http://www.bornfree.org.uk)*

## **Condoms**

Most condoms contain milk proteins, used in the processing of the latex from which they are made, but fortunately a few companies have formulated condoms which are suitable for vegans and just as effective. Apparently condoms are also available made from polyurethane and sheep intestine, ugh! Anyway, much nicer, vegan condoms are available in a variety of shapes, sizes and flavours and can be bought in bulk online, yey!

*[www.condomi-direct.co.uk](http://www.condomi-direct.co.uk)*

*[www.glyde-condoms.com](http://www.glyde-condoms.com)*

## **Consort Beagles**

Consort Kennels was a breeding facility in Herefordshire which supplied Beagles to vivisection laboratories such as Huntingdon Life Sciences. It was closed in September 1997 after a 10 month campaign consisting of daily protests (and some animal liberation raids!) The campaign came to public attention on April 24, 1997 (World Day for Laboratory Animals) when an estimated 500 protesters turned up for a national demonstration at the kennels. Activists pulled down the fence and climbed over the compound wall. The area was then secured by three hundred police officers in riot gear, until two masked men appeared on the single storey building holding a Beagle they had removed from the kennels. The pregnant Beagle was lowered to a group of around forty people but sadly was later returned to the kennels by the police. In May 1997, 26 lucky Beagles were liberated and found loving new homes.

## **Conversation**

No, we have not misspelt conservation, just a quick reminder to slip animal rights issues into conversation with people as much as possible!

## **Culling**

Culling is when animals are killed because people feel there are too many of them for the local habitat, or that they are causing 'trouble'. In reality, culling is normally due to pressure from farmers, or other people keen to make profits. For example, at the time of printing this booklet, there was a rabbit cull in Newcastle, a deer cull in Leven and in the London royal parks, a boar cull in the Forest of Dean, a goat cull in Snowdonia and talk of culling urban foxes in London. Other culls include Canadian harp seals, grey squirrels and ruddy ducks.

No-one involved in culling seems to consider the facts that there really are far too many people for local habitats and that all animals which are in non-native environments are there because they have been introduced by humans. Animals don't need to be culled as animal populations maintain their own natural and sustainable levels, in relation to their environment, the amount of food they have available, how many predators there are and other influencing factors. See the links below to keep an eye on the latest culls.

[www.animalaid.org.uk/h/n/CAMPAIGNS/wildlife//2177](http://www.animalaid.org.uk/h/n/CAMPAIGNS/wildlife//2177)

[www.animalaid.org.uk/images/pdf/booklets/Extremeprejudice.pdf](http://www.animalaid.org.uk/images/pdf/booklets/Extremeprejudice.pdf)

## **D is for...**

### **Dairy**

Dairy cows are artificially inseminated and forced to give birth annually, to produce enough milk to satisfy our greed. Calves are the bi-product of the dairy industry. If you consume dairy, you are responsible for the killing of calves. Calves are taken away from their mothers, at just a few days old, so the milk which is meant for them can be fed to humans. Some of the male calves are transported abroad alive for the veal industry (see **Live Exports**), some male calves are reared for beef, and some females are kept back to replenish the dairy herd. Cows will naturally live 20 years but dairy cows are worn out by the time they reach four or five and are slaughtered. They are forced to carry udders that weigh up to 8 stone, and produce 10 times more milk than they would do naturally.

We are the only species to drink milk beyond infancy, and the milk of another species. Pretty revolting and unnatural when you think about it! Cows' milk is meant for small calves to help them to grow quickly, not humans. That's why it's so full of fat! Luckily, there are lots of alternatives on the market, including dairy-free ice-cream, dairy-free yoghurt, oat milk, rice milk, soya milk and almond milk.

[www.vegansociety.com/resources/animals/dairy-production.aspx](http://www.vegansociety.com/resources/animals/dairy-production.aspx)

## **Demos**

Why not join us on one of our local demonstrations? We demo against zoos, companies that sell fur and foie gras, and sometimes join national demos against meat and animal testing. See [www.bristolanimalrights.org.uk/events](http://www.bristolanimalrights.org.uk/events) for forthcoming dates.

## **Direct Action**

Direct action is an activity undertaken outside of the normal political campaigning channels by groups or individuals with the aim of bringing about political, economic or social change. It can range from legal civil disobedience to more serious illegal acts and can be either violent or non violent. In the case of Animal Rights campaigning one of the founding principle of the ALF is not to harm another animal, human or otherwise, so direct action in the name of AR (or many other social struggles) will not ever involve violence.

Examples of actions that have been carried out by the Animal Rights Movement are phone blockades, roads closed by protests, hunt sabotage, graffiti, animal liberations from factory farms or laboratories, arson of slaughterhouse vehicles, sabotage of construction equipment and destruction of animal traps. Thousands of animals have been saved through direct action. See **Animal Liberation**.

*[www.directaction.info](http://www.directaction.info)*

## **Dr Hadwen Trust**

The Dr Hadwen Trust is the UK's leading medical research charity that funds and promotes exclusively non-animal techniques to replace animal experiments.

*[www.drhadwentrust.org](http://www.drhadwentrust.org)*

**Down Products – See Feathers**

# **E is for...**

## **Earthlings**

Earthlings is a must-see, feature length documentary about humanity's absolute dependence on animals (for pets, food, clothing, entertainment, and scientific research) which also illustrates our complete disrespect for these so-called 'non-human providers.' It details and gives evidence of the extent to which animal abuse and cruelty is inherent in every day society. Be aware, it is quite an upsetting film, so try to watch it with like minded folk, and talk about it afterwards, but don't be put off watching it!

*[www.bristolanimalrights.org.uk/earthlings](http://www.bristolanimalrights.org.uk/earthlings)*

## **Education**

Educating people about what happens is a vital part of animal rights activism. This can range from street stalls, to leafleting, to doing talks at community events or in schools. Some schools are very open to inviting school speakers in. In fact, the curriculum now includes animal rights. Animal Aid and The Vegan Society are always looking for school speakers, and provide free training and resources.

*[www.animalaid.org.uk/h/n/EDUCATION](http://www.animalaid.org.uk/h/n/EDUCATION)  
[www.vegansociety.com](http://www.vegansociety.com)*

## **Eggs**

So, surely eating eggs does not hurt animals, right? Unfortunately that is wrong. Male chicks are a bi-product of the egg industry, and are either gassed or shredded soon after birth. Female hens in egg farms suffer from a range of welfare problems and restrictions during their lifetime. When the productivity of the flock falls the hens are sent for slaughter and are quickly replaced with more profitable animals. Laying hens are normally only kept for one year before they are slaughtered – their natural lifespan is around seven years. This slaughter of 'spent' hens takes place even in free range systems.

Laying hens are usually kept in battery cages which are so small that they cannot stretch their wings, peck, scratch the ground, or perform other natural behaviour such as dust bathing, perching and laying their eggs in a nest. Hens' beaks have an extensive nerve supply but to combat feather pecking farmers de-beak them, a painful process, carried out without anaesthetic.

Birds in free range systems can be stocked at a density of 9 hens per square metre. Birds in free range systems may also be de-beaked to combat feather pecking.

*[www.vegansociety.com](http://www.vegansociety.com)*

## **Email list**

Want to keep up to date with Bristol Animal Rights Collective dates, and other information? Sign up to our email bulletin by following the link from our website.

*[www.bristolanimalrights.org.uk/contact](http://www.bristolanimalrights.org.uk/contact)*

## **Environment**

Did you know that the rearing of livestock contributes to worldwide environmental degradation such as global warming, desertification, water pollution and misuse of resources? According to a United Nations report, animal farming is responsible for 18% of global greenhouse gas emissions - more than the total generated by the entire transport sector worldwide. It takes more than three times the amount of water to feed a meat eater as it does to feed a vegan. Shockingly, forests are being destroyed at a rate of 125,000 square miles per year to create space to raise animals for food. The raising of livestock takes up 70% of agricultural land in industrialized countries.

A vegan diet requires just one third of the land needed for a typical European omnivorous diet. Half of the world's harvest is fed to animals; while precious agricultural land is used to grow animal feed, millions starve in the developing world.

*[www.vegansociety.com](http://www.vegansociety.com)*

**Experiments** – See **Testing**

## **F** is for...

### **Factory Farming**

In the UK alone, approximately 1,000 million animals are slaughtered for food each year. This figure doesn't include fish, which are killed in such vast numbers that they are counted in tonnes.

The vast majority of farmed animals are fattened in the dirty, cramped conditions of a factory farm – their lives filled with stress and suffering. All will have died a violent death at the slaughterhouse. You can save around 12 animals a month from these horrors by not eating them.

Organic meats are now widely promoted as cruelty-free, which is not the case since organically farmed animals are still treated as meat machines and usually live in confined conditions. Cows may be kept indoors with as little space as six square metres. Calves are still removed from their mothers, and artificial insemination, freeze-branding (super-cool iron) and dehorning are all permitted. Up to one thousand laying hens, 2,500 broiler chickens, 800 turkeys or 2,000 ducks can be kept per hectare of land. The unwanted male chicks are killed, just as they are on non-organic farms.

*[www.animalaid.org.uk](http://www.animalaid.org.uk)*

### **Feather/Down Products**

Down is plucked from birds (normally geese) once every six weeks until they are slaughtered. Down can be found in items including coats, pillows and quilts. Traditionally, the feathers and down would be gathered after slaughter for use in products, in a process considered 'cruelty-free' because it doesn't inflict additional pain on the birds. Yet undercover investigations have found that geese are sometimes plucked while still alive, which is painful and terrifying. We don't need this revolting stuff to keep us nice and cosy. Synthetic duvets are just as warm. So, check that label next time you buy some bedding!

### **Fish**

They do feel pain!

## **Fish Farming**

Fish farms and their environments are often treated with antibiotics and pesticides which ultimately enter the food chain. Farmed fish are fed many times their weight in wild-caught fish, so have an even greater impact on declining populations in the seas, hardly saving the oceans as some people believe!

## **Fishing – See Angling**

## **Foie Gras**

Every year in France, 30 million ducks and geese are forced into cages so small they can't even stretch their wings. Trapped and helpless, a metal tube is thrust down their throats and vast quantities of food are forcibly pumped into their stomachs so that their livers swell painfully to up to 10 times their natural size. There is no escape and no respite. The suffering of these birds is so extreme it would be illegal in this country. However, free trade laws mean that every year we import tonnes of these diseased livers, marketed as an expensive delicacy.

In Bristol, we protest outside restaurants that sell foie gras, to embarrass the owners, and spread the message that it is not acceptable. See our website for current anti-foie gras campaigns.

In other parts of the country, such as York, Eastbourne and Bolton, foie gras is banned on council property and land. We hope that Bristol follows suit.

*[www.viva.org.uk/campaigns/foiegras](http://www.viva.org.uk/campaigns/foiegras)*

## **Food Fairs**

Free vegan food fairs are a chance to show off the range of food that vegans can eat. You can save up to 12 animals a month by going veggie, and even more by being vegan, so they are an important aspect of animal rights campaigning. Keep an eye on the BARC website for the date of the next free vegan food fair if you would like to find out more about becoming vegan or if you are vegan already and would like to help out.

*[www.bristolanimalrights.org.uk/veganfoodfair](http://www.bristolanimalrights.org.uk/veganfoodfair)*

## **'Free' Range**

The term 'free range' suggests a handful of hens or turkeys scratching around a yard. In reality modern free-range units usually contain several thousand birds crammed together in each shed, with an outdoor run which they are often unable to get to. Don't be duped by the RSPCA's Freedom Food labels. Undercover reports have shown that practices are still horrendously cruel.

*[www.hillside.org.uk](http://www.hillside.org.uk)*

## **Fur**

Due to campaigns by anti-fur groups, the farming of animals 'solely or primarily for their fur' was banned in England, Wales, Scotland and Northern Ireland from 1st January 2003. Meanwhile, millions of animals continue to be killed around the world for their fur. The majority of these animals are mink, raised on fur factory farms. Other animals farmed for their fur include rabbits and foxes. In some countries stray dogs and cats are rounded up and skinned, many whilst still alive. Every year some 10 million animals are trapped in the wild for their fur, caught by leghold traps, body grip traps and wire snares.

*[www.caft.org.uk](http://www.caft.org.uk)*

## **G is for...**

### **Game Birds**

Game is any animal hunted for food or not normally domesticated. Game animals are also hunted for 'sport'. An estimated 35 million pheasants and millions more partridges are mass-produced and then released to be shot every year for 'sport' in this country. Millions of other birds and wild mammals are killed every year by gamekeepers. Stoats, weasels, foxes, polecats and other animals are caught in traps and snares or simply poisoned. Sometimes, protected species, such as badgers, otters, wild cats, kestrels and owls and other birds of prey are killed to 'protect' the valuable game birds.

Although the shooters try to kill the birds dead in flight, because they use spread-shot cartridges in the guns, a quick death is not guaranteed. Many birds either fly on, wounded by lead shot, or fall to the ground alive. The grouse shooting season officially opens on 12<sup>th</sup> August and is known as the 'Glorious Twelfth'. Many hunt sabs groups often head to the shooting moors to sabotage the shoots and save the lives of the birds.

*[www.animalaid.org.uk/h/n/CAMPAIGNS/pheasant](http://www.animalaid.org.uk/h/n/CAMPAIGNS/pheasant)*

### **Grazing Animals**

A vegan diet requires one eighth of the land needed to feed a meat eater. We have to make the decision: will we feed the world's people, or feed the animals we rear for our own consumption? We cannot feed both. An acre of land can either produce 40,000 lb of vegetables or 250 pounds of meat. In many places rainforests and wood are cleared to make way for grazing animals thus destroying the habitat of other, sometimes endangered or even undiscovered species of plant and animal life! People often argue that a vegan diet is dependent on too much soya. But 95% of soya grown globally is fed to animals, or used as a bulking agent in processed products, many of which are animal-based.

*[www.viva.org.uk/campaigns/hot/dietofdisaster](http://www.viva.org.uk/campaigns/hot/dietofdisaster)*

## **Greyhound Racing**

Around 25,000 Greyhounds are registered for racing every year. Only some of these make the races; over 10,000 greyhound pups and young dogs are put to death each year as they fail to reach racing standards. Many dogs obtain muscle, joint or tendon injuries during races. Most dogs 'retire' at around 2 1/2 yrs. It is obviously hard to rehome so many dogs and although some owners do care for their dogs after they have retired many are abandoned or killed. Even the racing industry admits that around 1,000 retired greyhounds are put to death each year. This alone would be enough to justify a ban on greyhound racing, but the true figure is sadly far higher, as many as 6,000 are killed each year.

*[www.greyhoundaction.org.uk](http://www.greyhoundaction.org.uk)*

*[www.tiagreyhounds.org.uk](http://www.tiagreyhounds.org.uk)*

# **H** is for...

## **Highgate Farm**

Highgate Farm supplies several university and commercial laboratories, including Huntingdon Life Sciences (HLS) with rabbits and ferrets to be used in animal experiments. They were exposed in January 2008 when anonymous people entered the farm to find rabbits living in bare metal cages suspended above thick excrement and urine. A total of 129 rabbits were loaded in friendship groups into bags and taken immediately to safety.

Activists occupied land near the entrance of Highgate Rabbit Farm in protest against their breeding of rabbits and ferrets for the vivisection industry. The campers are holding a peaceful occupation of the land, calling on the closure of the farm, and for the farmer Geoffrey Douglas to hand the animals over to a suitable organisation for rehoming. There are regular demonstrations at the farm, and in July 2009 a protest camp was held outside the farm for a week.

*[www.closehighgatefarm.com](http://www.closehighgatefarm.com)*

## **Hill, Mike**

Hunt saboteur, Mike Hill, was killed on the 9th of February 1991 at a meet of the Cheshire Beagles. Towards the end of the day's hunting, with no kill under his belt, the huntsman boxed up his hounds in a small blue trailer being towed by an open-top pick-up truck. The kennel huntsman, Allan Summersgill, along with another man, jumped into the pick-up and, on impulse, three sabs who were nearby, jumped onto the back of it to prevent them driving the pack to another location to continue hunting. Summersgill drove off at high speeds down winding country roads for 5 miles with the terrified sabs clinging onto the back. It is thought that Mike jumped from the pick-up as it slowed to take a bend. He failed to clear the truck properly, and was caught between the truck and the trailer, which crushed him. Mike died where he lay on the road. Summersgill drove off. He later handed himself in

at a police station. No charges were brought against him and in a travesty of justice, a verdict of 'Accidental Death' was brought at the inquest. Summersgill is still hunting hares.

Mike was a brave young activist, who tragically had his own life cut short whilst trying to protect the lives of others, he will not be forgotten.

*[www.huntsabs.org.uk](http://www.huntsabs.org.uk)*

### **Hill Grove Farm**

Hill Grove Farm near Witney in Oxfordshire was a breeding facility which sold cats and kittens (from as little as ten days old) for experiments worldwide. It held over 1,000 cats in windowless sheds at the back of the farm. In 1997 the Save the Hill Grove Cats campaign was set up with the aim of closing it down. At least 350 people were arrested and 21 jailed for public order offences over the course of the campaign. Policing costs rose to £2.8m and a five-mile exclusion zone was put in place around the farm. After unbelievable pressure Hill Grove buckled and closed after an 18 month campaign in August 1999. It was headline news around the world as over 800 cats were rescued from the farm and rehomed on the night of August 12th 1999. Hill Grove was the last commercial breeder of cats for laboratories in the United Kingdom. Activists then went on to target **Huntingdon Life Sciences (HLS)**, a contract animal-testing company in Cambridgeshire.

### **Honey – See Bees**

### **Horne, Barry**

Barry Horne was a dedicated animal rights activist, sentenced in 1997 to 18 years for arson and criminal damage against companies involved in vivisection and the fur industry, still the longest sentence given to any animal rights campaigner. He died in prison on 5th November 2001 after going on a series of hunger strikes to draw attention to the government's broken pre-election promises surrounding animal experiments. His three longest hunger strikes, lasting 35, 46 and 68 days, brought worldwide media attention to his campaign against the government's dishonesty and the plight of animals in vivisection laboratories. They also generated a surge in animal rights activity, with hundreds of protests and actions carried out throughout the UK and the world in support of his campaign. The hunger strikes also had a massive impact on his health and affected his hearing and eye sight as well as causing him unimaginable pain. When Barry died in 2001 he had been refusing food for a further 15 days and his liver finally gave up. Hundreds of activists attended his funeral in Northampton where his coffin was carried through the streets. He was given a Pagan burial and had an Oak tree planted on his grave. His dedication, strength and bravery continue to inspire activists around the world and actions are often dedicated to his memory.

*[www.barryhorne.org](http://www.barryhorne.org)*

## Horse Racing

Horse racing is a highly dangerous 'sport' enjoyed by a 'privileged' few that spend vast amounts of money on this barbaric hobby. Horses are whipped to encourage them to 'behave' and run 'safely'. Many horses obtain atrocious injuries including broken bones, bleeding lungs, ripped ligaments and very deep wounds. Often owners kill horses if they are not good racers or if they become injured and are not considered financially worth treating. Around 420 horses are killed in racing and race practise every year. Between 1999 and 2009 30 horses died from injuries they gained in the grand national. Between 2006 and 2008 31 horses died at Cheltenham race

*[www.animalaid.org.uk/h/n/NEWS/news\\_racing/ALL/1263](http://www.animalaid.org.uk/h/n/NEWS/news_racing/ALL/1263)*

## Hunting

In the UK people most associate the hunting of foxes with hounds with the term hunting, but is actually any practice of pursuing living animals (usually wildlife) for food, recreation, or trade. In present-day use, the term refers to lawful hunting, as distinguished from poaching which is illegal. The species which are hunted are referred to as 'game' and are usually mammals and migratory or non-migratory game birds. The pursuit, capture and release, or capture for food of fish is called fishing, which is not commonly categorized as a form of hunting.

The Hunting Act 2004 is an Act of the Parliament of the United Kingdom. The effect of the Act is to outlaw hunting with dogs (particularly fox hunting, but also the hunting of deer, hare and mink and organised hare coursing) in England and Wales. However, hunts still meet regularly in the season, and the Government has threatened to repeal the ban, making hunting legal again. The pursuit of foxes with hounds was banned in Scotland in 2001. It remains legal in Northern Ireland. See **Bloodsports** and **Hunt Sabbing**.

## Hunt Sabbing

The idea behind hunt sabotage is to legally intervene in hunting with the intention of preventing a kill. Sabs try to distract, confuse and delay the hounds. This is done in a number of ways including:

- Citronella sprays to put hounds off the trail of the hunted animal by masking the scent
- Using hunting horns and voice calls (in the same way as the hunt staff) to distract and confuse the hounds, and take them away from the control of the huntsman
- Using whips to make a loud cracking sound to stop hounds on the trail of an animal or to keep them away from roads and railways where they could get hurt
- Using 'gizmos' (more hi-tech equipment!) which amplify recordings of horn calls and packs of hounds 'on cry' (they made a very distinctive barking sound when they pick up a scent) to send the hounds off course.

Hunt Saboteurs save thousands of animals every year, despite the efforts of huntsmen, terrier men, police and the courts to stop them. Sabs act because they cannot stand by and allow the torture and killing of animals while politicians and media fudge the issues and delay any hope of legislation. Their actions mean the difference between life and death for hunted animals.

*[www.huntsabs.org.uk](http://www.huntsabs.org.uk)*

### **Hunt Saboteurs Association (HSA)**

A national organisation (made up of hunt sabs from around the country) which supports local hunt sab groups, produces leaflets, a quarterly magazine called Howl, lots of cool merchandise, deals with press enquiries and is a bit fab all round. See **Hunt Sabbing**.

*[www.huntsabs.org.uk](http://www.huntsabs.org.uk)*

### **Huntingdon Life Sciences (HLS)**

Huntingdon Life Sciences is the largest contract testing laboratory in Europe. It has about 70,000 animals on site, including rabbits, cats, hamsters, dogs, guinea-pigs, birds and monkeys. These animals are destined to suffer and die in cruel, useless experiments. HLS will test anything for anybody. It carries out experiments which involve poisoning animals with household products, pesticides, drugs, herbicides, food colourings and additives, sweeteners and genetically modified organisms. Every three minutes an animal dies inside HLS, totalling 500 innocent lives every single day.

Huntingdon Life Sciences is the most exposed laboratory in the world. In recent years it has been infiltrated and exposed at least seven separate times for disgusting animal cruelty and rule breaking. Each time, horrific evidence of animal abuse and staff incompetence has been uncovered, including workers punching beagle puppies in the face.

In 1996, after the successful closures of **Consort Beagles**, **Shamrock Farm**, **Regal Rabbits** and **Hill Grove Farm**, the attention of the Animal Rights movement turned to HLS and **Stop Huntingdon Animal Cruelty (SHAC)** was formed.

*[www.shac.net](http://www.shac.net)*

## **I is for...**

### **Ice Cream**

Vegans don't have to miss out on ice cream! Whilst ice cream is traditionally made from dairy, there are many delicious soya and rice alternatives in lots of flavours. You can even buy non-dairy Cornettos and Magnums! Below are some of the most commonly seen brands.

*[www.swedishglace.com](http://www.swedishglace.com)*

*[www.triano.f2s.com](http://www.triano.f2s.com)*

*[www.boojabooja.com/e\\_news.htm](http://www.boojabooja.com/e_news.htm)*

## **Indymedia**

The Indymedia websites provides reports from movements around the world struggling for freedom, cooperation, justice and solidarity, and against environmental degradation, neoliberal exploitation, animal exploitation, racism and patriarchy. The reports cover a wide range of issues and social movements – from neighbourhood campaigns to grassroots mobilisations, from critical analysis to direct action. The content of the Indymedia website is created through a system of open publishing: anyone can upload a written or video report directly to the site through an openly accessible web interface. See **Media**.

*[www.indymedia.org.uk](http://www.indymedia.org.uk)*

*[www.bristol.indymedia.org](http://www.bristol.indymedia.org)*

## **Information Stalls**

A good way to spread information and to reach members of the public is through information stalls in the high street. Most local groups use these to publicise local and national campaigns and events and to give out leaflets about animal farming and vegan diets. It is also a good way to meet people who may want to become involved in the local group. BARC does regular information stalls in Broadmead and other areas of the city, if you think it sounds like your cup of tea then get in touch. You will find our contact details at the back of this booklet.

## **Insects**

Some people may be surprised that the concept of Animal Rights extends to all living creatures, no matter how small they are or how many legs they may have! It doesn't stop at the cute and cuddly ones! All have a right to life and a capacity to feel pain and fear. Some foods, for example, aren't suitable for vegans as they contain insects such as cochineal (red food colouring) made from beetles and shellac (used as a glaze) which is secreted by the lac bug – and people really eat this stuff!? Yes, weirdly they are both used in widely available foods. So remember, animals can suffer – no matter how small or insignificant they may appear to be, no matter how much they make you jump when they run out from under the bed and no matter how much bigger than them you are!! See **Honey**.

## **International Animal Rights Day (IARD)**

The annual International Animal Rights Day – 10th December – aims to remember the animal victims of human tyranny and call for the recognition of our Universal Declaration of Animal Rights (UDAR). The goal of this historic campaign is to build on the recognition of human rights, and persuade humanity that kindness and respect is due to all sentient creatures. Protests and vigils have taken place on this date around the world since it began in 1998.

*[www.uncaged.co.uk/iard.htm](http://www.uncaged.co.uk/iard.htm)*

## **J** is for...

### **Jelly**

Jelly traditionally contains gelatine (derived from animal bones and skin) to make it set. Fortunately there are vegan alternatives that can be used instead to meet all our vegan dessert needs (mmmm .....trifle!) Vegan jelly can be bought in many different flavours from wholefood shops and supermarkets. Some supermarket own-brand products may also be suitable for vegans.

*[www.justwholefoods.co.uk/jelly.html](http://www.justwholefoods.co.uk/jelly.html)*

**Johnnies – See Condoms**

## **K** is for...

### **Kebele**

Kebele Kulture Projekt started as an empty building that was squatted in September 1995 to provide housing for homeless activists. Through resisting certain eviction and after negotiations with the owners, the Housing Co-op was formed to buy the building with a mortgage. Based on anarchist principles of opposing all forms of authority, and organising collectively without leaders, Kebele's premises became the base for many activities: the regular, cheap vegan cafes; bike workshops; a DJ, sound system & party network; an allotment; many forms of art, radical info and publications; and numerous events & meetings featuring local and international speakers & artists. Come along for a cheap Saturday breakfast or Sunday evening meal, or one of the many events organised there.

*[www.kebelecoop.org](http://www.kebelecoop.org)*

### **Kitchen**

The kitchen is the best place to start your cruelty-free lifestyle. Millions of animals are farmed and killed each year to supply the meat, dairy and egg industries. A vegan diet not only cuts out the animal suffering on your dinner plate, it is also more sustainable, better for the environment and better for your health. There is a wealth of vegan information online and thousands of tasty recipes. Excluding animal products from your diet will make your meals more ethical, healthier and more appealing too. For vegan recipes see some of the links below or search online for 'vegan + (your favourite dish)'.

*[www.bristolanimalrights.org.uk/recipes](http://www.bristolanimalrights.org.uk/recipes)*

# L is for...

## Laboratories

Animal research laboratories are one of the key focuses of the Animal Rights movement and many animal labs are the subjects of campaigns set up specifically to close them down (see **SHAC**, **SPEAK**, **Stop Wickham Animal Testing**). Over 3 million animals are used in experiments in British laboratories every year in procedures which are licensed to cause 'pain, suffering, distress and lasting harm'. These statistics do not include experiments which are considered unlikely to cause pain as those do not need to be licensed. Experiments may involve animals being starved, burned, blinded, poisoned, irradiated, having their limbs broken, being forced to breath toxic fumes and having electrodes inserted into their brains, among other things. Many experiments continue for months, or even years, using the same individual animals.

*[www.uncaged.co.uk](http://www.uncaged.co.uk)*

*[www.vivisection-absurd.org.uk](http://www.vivisection-absurd.org.uk)*

## Larsen Traps

Larsen traps are traps made of mesh, with a wooden or metal frame. They are divided into segments and are designed to trap corvids such as magpies and crows. They work by using a caged live decoy bird to encourage over another bird, which then becomes trapped and is later killed by a gamekeeper. They can often be found around shooting estates and in areas where game birds are being raised. Somewhat ironically, they have been banned from Denmark (where they were invented) as they are so inhumane.

*[www.againstcorvidtraps.co.uk/larsen\\_traps](http://www.againstcorvidtraps.co.uk/larsen_traps)*

## Leather

Many people mistakenly believe that leather is a by-product of the meat industry, and that buying leather does not increase the number of animals that are killed. The truth is leather is a valuable commodity and accounts for a large proportion of the value of the dead animal, without it the meat industry would be much less financially viable. Much of the leather available in this country has been imported from countries where welfare standards are even poorer than they are in the UK. Other animals, including sheep, goats, horses, pigs, lambs, kangaroos, snakes, sharks and elephants are often killed for their skins.

Regardless of how animals are reared, and whether they are bred for their skin, their meat, or both, wearing them is not cool, it's not vegan and it's not right!

*[www.cowsarecool.com/theFacts.asp](http://www.cowsarecool.com/theFacts.asp)*

## **Legal**

Unfortunately involvement in political campaign movements such as animal rights, human rights, anti-war or climate change often comes with unwanted and unwarranted attention from the authorities. It is important to know your rights if you are going to be in a situation where you may be confronted by the police (such as on a protest march) as they often cannot help themselves from taking liberties if people do not know the law. If you know when and in what situations you are legally obliged to give your details, move from a certain location, take photos, use a megaphone etc. you will often find you have more knowledge regarding the law than the police, which comes in handy when they try using intimidatory tactics (including out right lies!) to move you on. There is lots of legal information available, aimed specifically at activists. Remember that laws do change so it is important to get the most up-to-date information.

Despite all this, generally the animal abuse that we are fighting against is in fact legal! Consider what vivisectionists are allowed to do to animals inside laboratories, if you did the same thing to a cat or a dog in the street you could expect to be prosecuted for it!

*[www.freebeagles.org](http://www.freebeagles.org)*

*[www.activistslegalproject.org.uk](http://www.activistslegalproject.org.uk)*

## **Letter Writing**

As well as stalls, protests, food fairs and petitions etc, an affective method for campaigning against animal abusing companies or laws is through letter writing. This may be a letter to the head of a company to say that you will boycott its products while it continues to do X, Y and Z. a letter to your MP to highlight an issue about which you are concerned and ask for support or to the letters page of a paper to highlight an issue to the readers. BARC respectfully requests that all letters, emails and phone calls made in support of our campaigns are polite. Don't forget you can also support political prisoners by writing letters to them.

## **Live Exports**

Live export is the transportation of live animals, often for hundreds of miles, across state and national borders, so that they can be slaughtered nearer to the place in which they are going to be eaten. Conditions inside transporters are horrific, and animals frequently go many hours without access to food, water and clean air. They are also subject to extremes of temperature as they are moved year round. Thousands of animals die each year whilst being transported, and many more are injured and crippled in the cramped, crowded conditions of the cattle trucks. Transportation regulations, despite being lax, are routinely ignored. Pigs and horses can legally be transported for 24 hours without a break, but in reality they are often on the road for longer than this without being unloaded. Many people conveniently forget the link between the dairy industry and the live exports and veal industries. Dairy cows need to give birth to a calf each year to continue producing milk, and by the law of averages, half of these calves will be male and will therefore never

produce milk. Many of these young male calves are exported to mainland Europe, where veal farming is still legal, to be raised in damp, cramped, dirty sheds over there instead.

[www.animalaid.org.uk/images/pdf/livexp.pdf](http://www.animalaid.org.uk/images/pdf/livexp.pdf)

### **Lord Dowding**

The Lord Dowding Fund for Humane Research was set up in 1973 to promote the use of non-animal research as both humane and more effective than outdated vivisection. It does this through funding scientific research which replaces the use of animals in testing medicines and curing disease, and through supporting research aimed at highlighting the failings of animal testing.

[www.ldf.org.uk](http://www.ldf.org.uk)

## **M is for...**

### **McDonald's**

If you want wholesome, healthy and nutritious food then don't go to this place. These cheap, nasty and foul-smelling so called restaurants are everywhere you go. They are mass murderers of cows and chickens, not to mention people and the planet on which we live. The chicken burgers they sell have been known to contain ground up bird skulls and beaks. This isn't my idea of a 'happy meal'.

See the latest version of the factsheet about McDonalds that was proven through the McLibel trial and has since been updated, here: .

[www.bristolanimalrights.org.uk/resources](http://www.bristolanimalrights.org.uk/resources)

### **Meat**

Meat is murder, as I'm sure you've heard before. A 'food' that comes from dead animals; the product of an incredibly cruel and unnecessary industry. Hard for humans to digest, and bad for your health as a result. It's expensive, bad for your health, bad for the animals, bad for the environment, and it's very easy to live without, so why not ask yourself, can you really justify eating it? See **Kitchen** for online animal-free recipes.

[www.factoryfarming.org.uk](http://www.factoryfarming.org.uk)  
[www.britishmeat.com](http://www.britishmeat.com)

### **Media**

Media, in the mainstream, can be far from the friend of an activist. We are often portrayed in a negative light as our actions show resistance and question the world as it is by exposing cruelties and acting against them. The mainstream media is very controlled by the government, the people in charge who don't like to be questioned. That said, when companies and cruelties are exposed in the mainstream media the news can reach a huge number of

people, so it is worth sending out those press releases and writing to your local paper – in fact letters pages are often the most effective way of using the printed media to get your message across. Or consider setting up your own blog.

Fortunately there are open and independent news outlets that are not controlled by the ones in power and people can report their own news, see **Indymedia**. And remember: don't believe everything you read in the paper or hear on the news!

*[www.indymedia.org.uk](http://www.indymedia.org.uk)*

## **Milk**

We are the only species in the world to consume milk past infancy, and to consume the milk of another species. Not very natural, is it? Not only is it unnatural, there's a lot of cruelty inherent in the production. And seeing as calcium is contained in every green plant/vegetable, consumption of it is unnecessary. See **Dairy** and **Veal**.

# **N** is for...

## **Neutering**

Neutering is the removal of an animal's reproductive organs, for the purpose of sterilising them. The term neutering is usually used to refer to the castration of male animals. Most good animal rescues will always ensure that animals coming into their care are sterilised to prevent any unwanted litters. There are thousands of animals in shelters looking for homes as so many people irresponsibly allow their animals to breed, adding to the overall number of unwanted companion animals, increasing the pressure on rescue centres and adding to the number of animals, dogs in particular, which are killed each year as there is nowhere for them to go. Please ensure your animals are done to avoid adding the number of unwanted animals. See **Breeding** and **Spaying**.

## **National Health Service (NHS)**

Everyone knows who the NHS are, but not many know that the NHS is constantly being held back by inaccurate 'science', and is constantly losing money because of (you guessed it!) vivisection. There have been numerous drug disasters such as Vioxx, which had been tested on animals, yet when prescribed through the NHS, and other health services worldwide, caused an estimated 140,000 heart attacks and strokes! It had to be withdrawn in 2004. Shows how much all the time and money put into that research was worth. See **Adverse Drug Affects**, **Vivisection**.

*[www.vivisectioninformation.com](http://www.vivisectioninformation.com)*

## **Noah's Ark Zoo Farm (NAZF)**

NAZF is a zoo in North Somerset, not far from Bristol, which was exposed in October 2009 after an undercover investigation revealed their dealings with the Great British Circus and a whole host of other welfare concerns. NAFZ was rejected from the zoo trade body after it emerged that it had acquired animals from the circus and been dishonest about it. It was also caught out illegally disposing of the carcass of a dead tiger on land belonging to the zoo. In 2010 North Somerset Council (the licensing body) conducted its own investigation into the zoo and as a result added seven new conditions onto the zoo's licence. In May 2010 NAZF was granted planning permission to build an elephant enclosure, despite objections from the RSPCA, The Born Free Foundation and The Captive Animals' Protection Society. BARC carries out regular protests outside the zoo. Get in touch if you want to come along.

*[www.bristolanimalrights.org.uk/join/noah'sarkzooofarm.htm](http://www.bristolanimalrights.org.uk/join/noah'sarkzooofarm.htm)  
[www.closenaz.wordpress.com](http://www.closenaz.wordpress.com)*

## **Nocturnal**

Nocturnal essentially means a species which chooses night time over day time, animals such as badgers, owls, foxes, etc. will rarely be seen during the day, as they sleep during these hours. Activists can also be nocturnal, using the cover of night to remain anonymous! Just in case someone should spot them liberating some animals, it's legally frowned upon to do good, for some reason, so remember to look the other way!

## **November**

World Vegan day is the 1st of November every year, but Animal Aid has made the decision to turn the whole of November into World Vegan Month! It supports The Vegan Society's initiative to improve quality and availability of vegan food in the UK. They will do this through the promotion of free vegan food fairs through out the country, as well as providing free information and give-aways to tempt your taste-buds!

*[www.worldveganday.org](http://www.worldveganday.org)  
[www.veganmonth.com](http://www.veganmonth.com)*

# **O is for...**

## **Oceans**

Covering approximately 71% of the world's surface, oceans are home to over 230,000 marine life forms, from microscopic plankton to the largest of the great whales. Our oceans – the world's last great wilderness – are in crisis. Destructive fishing, polluting industries and climate change are threatening the survival of fish species (including sharks), whale and dolphin populations and whole ecosystems. The size of the ocean makes its species and habitats particularly vulnerable to climate change and human exploitation.

Mass fishing not only causes a food shortage for marine animals which depend on these fish for survival, but hundreds of dolphins and turtles get caught in the fishing process and either drown or die from serious injuries.

The first step to protecting and preserving the oceans is to become vegan and therefore boycott a fishing industry which, on the whole, is emptying the seas faster than they can be replenished. See **Angling, Fish Farming and Shark Finning**.

*[www.greenpeace.org.uk/oceans](http://www.greenpeace.org.uk/oceans)*

## **Oppression**

Oppression is 'the exercise of authority or power in a burdensome, cruel, or unjust manner'. Factory farms and vivisection laboratories are sometimes compared to concentration camps as the cruelty is so ingrained and the animals/people seen as a lesser race/species. Many social movements have fought oppression and achieved greater or equal rights for women, people with a different skin colour or sexual orientation. The animal liberation movement aims to achieve for animals the right not to be treated as lesser beings or property.

"When a system of oppression has become institutionalized it is unnecessary for individuals to be oppressive." Florynce R. Kennedy, lawyer, author, speaker, and social activist.

*[www.abolitionistapproach.com](http://www.abolitionistapproach.com)*

## **Organic**

Organic animal products are now widely promoted as cruelty-free, which is not the case since organically farmed animals are still treated as meat machines and usually live in confined conditions. The slaughter procedure is the same for organic animals as non-organic animals.

Cows may be kept indoors with as little space as six square metres each. Calves are still removed from their mothers, and artificial insemination, freeze-branding (super-cool iron) and painful dehorning are all permitted. Up to 1,000 laying hens, 2,500 broiler chickens, 800 turkeys or 2,000 ducks can be kept per hectare of land. The unwanted male chicks are killed, just as they are on non-organic farms.

## **Ostrich Syndrome**

Ostrich Syndrome is when people prefer to 'stick their heads in the sand', much as an ostrich does, rather than accept the facts. People with Ostrich Syndrome prefer to pretend that animal experiments and abuse do not exist. People without face up to the facts and are proactive in the animal rights movement or make simple, compassionate changes to their diet and lifestyle.

## **Outreach**

Outreach is an effort by groups or individuals to connect its ideas to the public or specific audiences. For example, the animal rights movement aims to raise awareness of animal abuse to the general public. It also promotes this

concept to younger generations through talks and demonstrations. Bristol Animals Rights Collective promotes veganism and an end to animal abuse through demonstrations and awareness stalls in and around Bristol. Get in touch if you would like to get involved.

### **Oxford**

Home to the infamous Oxford University, Oxford has been under public scrutiny since 2004 when the world renowned university announced it was going to build an £18 million animal laboratory. Whilst vigorous efforts from the animal rights movement managed to delay the build of the laboratory, it was fully completed in 2008. See **SPEAK**.

*[www.speakcampaigns.org](http://www.speakcampaigns.org)*

## **P** is for...

### **Palm Oil**

Palm oil is a plant oil derived from the fruits of palm trees which is highly versatile and can satisfy many uses. It is used widely in food and can also be refined to produce biodiesel which is made up of vegetable fats and alcohols and can be used to fuel motor cars. Biodiesel has some advantages such as reducing carbon emissions and reduced production energy levels; however it has major impacts on the environment. Rising demand for palm oil is driving land owners to clear tropical rainforests in order to create space to produce palm trees. This results in more habitats for animals being destroyed and it is feared that endangered species, such as the Asian Rhinoceros and the Sumatran orang-utan and tiger, could reach demise if their natural habitats continue to be destroyed. Recent studies have shown that palm oil production is responsible for over 87% of deforestation in Malaysia and experts estimate that we are losing about 137 species of plant, animals and insects everyday due to deforestation. High demand is also leading developers into tropical areas such as the Amazon Rainforest. Avoid buying products which contain palm oil (unless sustainably sourced) and if you choose to run your car on biodiesel, ensure it is produced from recycled cooking oil.

*[www.orangutans-sos.org](http://www.orangutans-sos.org)*

### **Patriarchy**

The connections between the exploitation of women and the exploitation of animals are well established in fact and theory. Across history and geography, patriarchy has been strongly correlated with the practice of keeping livestock. Traditionally, women and animals were grouped together, along with children, as the property of the male head of the household. Terms referring to femininity have been used to justify the exploitation of animals while terms referring to animals have been used to justify the exploitation of women. Eco-feminist vegans such as Carol Adams and Val Plumwood have highlighted the objectification and exploitation of women and animals.

*[www.bravebirds.org/sexism.html](http://www.bravebirds.org/sexism.html)*

## **'Pest' Control**

A term coined to refer to the control, regulation and management (but also referred to as a euphemism for killing) any insect, animal or bird perceived to be a nuisance. Rats, mice, flies, wasps and pigeons are just some of the creatures considered to be pests to society. However, the term pest is far more widespread than common occurrences in domestic households. It includes stray dogs, foxes and badgers who may pose a threat to farmers' livestock and even moles and squirrels who may be a pest for the avid gardener. Modern views regarding animal rights have urged people to use humane methods such as the use of repellents and humane traps (which catch the animal alive so that it can be safely relocated). Deterrents can also be effective and removing the food sources (such as litter and unsecured bins) can avoid encouraging them in the first place.

*[www.animalaid.org.uk/h/n/CAMPAIGNS/wildlife/ALL/360](http://www.animalaid.org.uk/h/n/CAMPAIGNS/wildlife/ALL/360)*

## **Pet Trade**

Every year, millions of animals are bred in their thousands to satisfy public demand. Domesticated animals such as dogs, cats, rabbits, mice guinea pigs and birds are bred to be sold in pet shops and via dealers. However, due to large volumes bred, many animals are without homes or in overflowing animal shelters, resulting in thousands being killed. Wild species such as monkeys, turtles and lizards are poached and stolen from the wild and are illegally exported to satisfy the booming demand of exotic pets. The pet trade is now so rife, that over 35 million animals were legally transported through borders with predicted figures of hundreds of millions being illegally exported. Sadly many animals do not make it to their destination alive and some experts have estimated losses as high as 90%. See **Breeding**.

## **Pharmaceuticals**

The pharmaceutical industry develops, produces, markets and licences drugs used for medicinal purposes and is amongst the biggest contributors to animal testing using over 600,000 animals a year, in the UK alone. During their testing phases, Pharmaceutical companies throw money at laboratories, such as the infamous **Huntingdon Life Sciences (HLS)**, to test their drugs on undeserving animals such as rats, mice, cats, dogs, rabbits and guinea pigs. Despite heaps of evidence proving that animal testing is unreliable, drug companies still claim that animal tests are a necessary evil to ensure the safety of new medicines. In a report conducted by Animal Aid, it became clear that animal testing, along with other pharmaceutical practices, are not done in the interest of patient health and safety, but to protect gross company profits. Animal experiments also provide pharmaceutical companies with a legal safety net. When their products harm or kill people, they defend themselves in court by claiming due diligence – that they fulfilled their legal obligation by proving the drug's safety in animal tests – and are therefore not liable for the damage it has done.

*[www.safermedicines.org.uk](http://www.safermedicines.org.uk)*

## **Phipps, Jill**

Jill Phipps was tragically killed in February 1995 by a lorry transporting veal calves to continental Europe whilst protesting against live exports at Coventry airport. Jill was only 31 when she died, she was a dedicated vegan, animal rights protester and a mother. The 1st February has become known as Jill's Day, and each year events are organised in her name to further the cause she so bravely fought. In 2005, to mark the 10 year anniversary of Jill's death, friends, family and fellow campaigners made a short documentary about her, which can be ordered from the link below or watched on YouTube by searching for 'Jill's Film'.

*[www.jillhipps.org.uk](http://www.jillhipps.org.uk)*

## **Police**

Police are there to protect the economy, not us, nor animals, simple as that. A good example of this is their failure to enforce the hunting ban, whilst at the same time hindering hunt saboteurs from stopping illegal fox hunts (through delaying sabs and threatening them with arrest for trespass). Police are often found to be impeding lawful protest marches and rallies by stopping protesters from handing out leaflets and shamelessly lying about the law.

## **Prisoner Support**

Passion for animal rights has left activists finding themselves on the wrong side of the law. When this happens the system often treats animal rights activists very harshly and will dish out highly disproportionate prison sentences to those acting on behalf of animals. Prisoner support is a way for us to combat the oppressive prison system which is designed to subdue our passion. Writing letters to political prisoners is often a good way to show support, solidarity and let them know that they are not alone (even if the prison system would like them to think so!). There are lots of dedicated groups who can put you in contact with prisoners including: The Anarchist Black Cross, Animal Liberation Front Support Group & Animal Rights Prisoner Support.

*[www.bristolabc.wordpress.com](http://www.bristolabc.wordpress.com)*

*[www.alfsg.org.uk](http://www.alfsg.org.uk)*

*[www.arprisoners.org](http://www.arprisoners.org)*

## **Property**

White people thought black people were their property during the slave trade, some men still think women are their property. It is just as ludicrous for us to think that we 'own' animals. Animals are not ours to use or abuse; this is the corner stone of animal rights theory and is the socio-paradigm that animal rights activists fight for.

## **Puppy Farming**

A term used to describe the mass breeding of dogs. In these 'farms', brood bitches exist solely for the purpose of producing puppies to satisfy the commercial greed of their owners. Puppies are bred in appalling, cramped conditions and taken from their mothers far too early resulting in poor health and temperament problems. The puppies are often sent via vans or rail overseas to places such as China or Japan or to UK big cities to satisfy the public demands. However, many of them do not make it through this transition alive. Breeding establishments operate all over the UK, particularly in Wales and Ireland. With demand rising, the number of establishments are rapidly increasing and adding to the large dealer network. 'Dealers' are people who buy puppies and then advertise to re-sale them and pose as the breeders. Puppies sold in pet shops are also likely to have come from a puppy farm.

*[www.puppylovecampaigns.org](http://www.puppylovecampaigns.org)*

## **Q is for...**

### **Quality of Life**

The term quality of life is particularly subjective and means different things to different people. Many people use it from a welfare perspective, for example describing the conditions on a free range farm, whereas an animal rights perspective would be influenced more by the abolitionist view that there should not be any animals on farms and that true quality of life could only be achieved through a life free of captivity and exploitation.

### **Queen Bee – See Bees**

### **Quit**

Political campaigning can often feel like an uphill struggle, especially when there are powerful people deliberately trying to prevent you from making progress. Unfortunately there will always be someone with a vested interest in keeping an animal abusing industry alive. But it is important never to give up on your beliefs. There are a few motivating slogans that you may often hear, such as 'We never give in and we always win'. Many campaigns have lasted several years, with protests and information stalls each week, in all weathers. Determination will win through in the end; eventually enough people will be woken up to what goes on inside research laboratories and factory farms etc and the industries will be forced to bow to public pressure and close.

"First they ignore you, then they laugh at you, then they fight you, then you win" – Mahatma Gandhi

*[www.activist-trauma.net](http://www.activist-trauma.net)*

# R is for...

**Racing** – See **Horse Racing** and **Greyhound Racing**.

## **Regal Rabbits**

Regal Group UK operated a farm in Surrey which bred rabbits for UK vivisection laboratories. Inside the stinking, windowless sheds, in row upon row of cages, were thousands of rabbits, destined to be tortured to death in cruel and pointless experiments, many without anaesthetic.

Following the successful closure of **Shamrock Monkey Farm**, the Animal Rights movement focused its attention on Regal Rabbits, it didn't take long! On Saturday 8th July 2000, just 12 days into the campaign to close the farm, owner William Pitcher announced he would cease operating immediately. He also agreed to hand over all of his rabbits to be placed in loving homes. On Tuesday 11th campaigners went in and rescued 600 rabbits from his sheds and brought them to animal sanctuaries and homes across the country. The remaining rabbits (breeding females and their young) were re-homed when the young were weaned. Most of the caging and feed was also removed from the farm.

## **Recipes**

There are many vegan cookbooks available from various organisations such as Animal Aid and Viva! There are also loads of cruelty-free recipes on line. Many websites are dedicated to vegan recipes and others have pages of their favourite tried and tested recipes. Bristol Animal Rights Collective publishes a booklet entitled The Vegan Beginner, it's full of recipes and is tailored for new vegans living in Bristol. If you are looking for a vegan version of your favourite dish, a good way to find one is to type `vegan + (your favourite dish, e.g. toad in the hole, chocolate cake, omelette) into a search engine. The links below are full of lots of tasty vegan recipes to try.

*[www.bristolanimalrights.org.uk/recipes](http://www.bristolanimalrights.org.uk/recipes)*

*[www.veganvillage.co.uk/fddrnk.htm](http://www.veganvillage.co.uk/fddrnk.htm)*

*[www.veganfamily.co.uk/kitchen.html](http://www.veganfamily.co.uk/kitchen.html)*

*[www.parsleysoup.co.uk](http://www.parsleysoup.co.uk)*

## **Rescues & Rehoming**

Many animal rights activists are also involved in rehoming animals and/or volunteer at animal rescue centres and sanctuaries in their free time. While AR campaigning focuses on preventing animals from being introduced into situations where they will suffer in the first place and campaigning against those industries which harm thousands of animals, many individual animals are rescued from situations of abuse and therefore need to be rehomed in a suitable environment in which to live out the rest of their lives. Sanctuaries are always looking for volunteers for hands on tasks and to help with fundraising.

Find out about the rescues near you and get in touch with them if you would like to volunteer. If anyone you know is looking to take on an animal, make sure they adopt from a rescue and don't buy one from a breeder. Companion animals should be neutered to ensure that they don't breed, adding to the number of unwanted cats and dogs found as strays or dumped at rescue centres each year.

*[www.happy-landings.org.uk](http://www.happy-landings.org.uk)*

*[www.hollyhedge.org.uk](http://www.hollyhedge.org.uk)*

*[www.themoggerrehomingcentre.co.uk](http://www.themoggerrehomingcentre.co.uk)*

## **Road Kill**

Thousands of animals are killed each year on Britain's roads. Animals need to cross roads to feed, drink and breed, and are not well equipped to detect vehicles speeding towards them. Roads have been built through territories that animals have been using for years, some species, such as badgers have been using the same paths for centuries, and they won't deviate from them because a road is in the way. Find out about your local wildlife rescue and store the emergency number on your mobile phone in case you find an injured animal. Slow down, particularly on dark or winding roads and be especially vigilant when the clocks change. For a few weeks after the clocks change road death numbers increase significantly as some animals have learnt the times of day the roads are busiest and are caught out. Deterrents are available to fit to cars to give animals an earlier warning of approaching cars, such as this very affordable ultrasonic whistle available from the Hedgehog Preservation Society.

*[www.britishhedgehogs.org.uk/hogalogue.htm](http://www.britishhedgehogs.org.uk/hogalogue.htm)*

## **RSPCA**

The Royal Society for the Prevention of Cruelty to Animals is one of Britain's best known animal charities, and many people donate generously to them each year. The RSPCA specialise in cruelty cases and prosecutions where animals have been abused or neglected outside the law. It has recently decided that it will no longer take in strays and unwanted animals. The pressure this decision will put onto local rescue centres with much lower budgets is tremendous. If you are able to afford to support an animal charity, why not check out the work of your local rescue centre. For shelters local to Bristol see **Rescues & Rehoming**.

There are also widespread concerns about the RSPCA's Freedom Foods scheme after undercover investigations by organisations such as Hillside Animal Sanctuary filmed conditions inside a number of RSPCA farms indicating that they are as bad or worse as many factory farms.

*[www.hillside.org.uk](http://www.hillside.org.uk)*

# S is for...

**Sabbing** – See **Hunt Sabbing**

## **Sabotage**

A deliberate action aimed at weakening another entity through subversion, obstruction, disruption, or destruction. As a rule, saboteurs try to conceal their identities because of the consequences of their actions. Across the world every day individuals resist animal exploitation and abuse. You might never hear of it, but it's happening, and animal liberationists in the UK have been hugely successful in causing massive economic damage to many large corporations.

## **Safer Medicines**

The Safer Medicines Campaign is an independent patient safety organisation of doctors and scientists whose concern is whether animal testing is more harmful than helpful to public health and safety and to protect human health by promoting human-specific medical research. It focuses on evidence based analysis of animal experimentation to assess the balance of help or harm to human health, and the benefits to drug safety offered by a focus on human, rather than animal biology. You can watch the Safer Medicines film on the link below.

*[www.safermedicines.org](http://www.safermedicines.org)*

## **Sanctuaries**

An animal sanctuary is a place where rescued animals are brought to live and be protected for the rest of their lives. Unlike animal shelters, sanctuaries do not seek to rehome animals, instead keeping each animal until his or her natural death. In some cases, an establishment may have characteristics of both a sanctuary and a shelter. One of the most important missions of sanctuaries, beyond caring for the animals, is educating the public. The ultimate goal of a sanctuary should be to change the way that humans think of, and treat, non-human animals.

*[www.animalsanctuaries.co.uk](http://www.animalsanctuaries.co.uk)*

*[www.bristolanimalrights.org.uk/resources/Animal\\_Sanctuary\\_round-up.pdf](http://www.bristolanimalrights.org.uk/resources/Animal_Sanctuary_round-up.pdf)*

## **Save(d) the Newchurch Guinea Pigs (SNGP)**

Save the Newchurch Guinea Pigs was a six-year campaign by British animal rights activists to close a farm in Newchurch, Staffordshire that bred guinea pigs for animal research. The owners, three brothers trading as David Hall and Partners, announced in August 2005 that they were closing the business as a result of the pressure from activists.

## **School Talks**

Education is a vital part of any campaign and school talks are a great way to break down myths connected to animal rights, and promote animal liberation. Campaign groups use a wide range of materials suitable for teachers and pupils studying subjects such as English, Citizenship, PSHE, RE, Food Technology, Media Studies and General Studies. Resources include videos and DVDs, Student Activities (lesson plans and worksheets), student factsheets and information booklets, campaign leaflets and posters. If you are interested in doing school talks about animal rights and veganism, Animal Aid and The Vegan Society both provide free training and resources.

*[www.animalaid.org.uk](http://www.animalaid.org.uk)*

*[www.vegansociety.com](http://www.vegansociety.com)*

## **Sea Shepherd Conservation Society (SSCS)**

Established in 1977, Sea Shepherd Conservation Society is an international non-profit, marine wildlife conservation organisation. Their mission is to end the destruction of habitat and slaughter of wildlife in the world's oceans in order to conserve and protect ecosystems and species.

Sea Shepherd uses innovative direct-action tactics to investigate, document, and take action when necessary to expose and confront illegal activities on the high seas. By safeguarding the biodiversity of our delicately-balanced ocean ecosystems, Sea Shepherd works to ensure their survival for future generations. Sea Shepherd activists have sunk several ships associated with shark finning and illegal whaling

*[www.seashepherd.org](http://www.seashepherd.org)*

## **SHAC – See **Stop Huntingdon Animal Cruelty****

### **Shamrock Monkey Farm**

Shamrock Farm was Britain's only non-human primate importation and quarantine centre, located near Brighton in West Sussex. The centre was run by Charles River Laboratories and sold monkeys to vivisection laboratories around Europe. It closed in 2000 after a 15 month campaign by British animal rights activists, under the name 'Save the Shamrock Monkeys'. Despite offers from various monkey sanctuaries to take on these animals and care for them, the farm owners sold off the remaining monkeys to be tortured and killed in labs. But the closure of the farm will have greatly reduced the number of primates used in UK laboratories.

### **Shark Finning**

Every year tens of millions of sharks die a slow death because of finning. Finning is the savage practice of hacking off the shark's fins and throwing its still living body back into the sea. The sharks starve to death, are eaten alive by other fish, or drown (if they are not in constant movement their gills cannot extract oxygen from the water). Shark fins are being 'harvested' in ever greater numbers to feed the growing demand for shark fin soup.

Not only is the finning of sharks barbaric, but their indiscriminate slaughter at an unsustainable rate is pushing many species to the brink of extinction. Since the 1970s the populations of several species have been decimated by over 95%. Sharks play an integral part in regulating many other species in the ocean and if threatened will send the CO<sup>2</sup> absorbing nature of the oceans into chaos. The film 'Sharkwater' can provide more information.

[www.stopsharkfinning.net](http://www.stopsharkfinning.net)

[www.seashepherd.org/sharks](http://www.seashepherd.org/sharks)

[www.sharkwater.com](http://www.sharkwater.com)

## **Shelters – See Rescues & Rehoming**

### **Shoes**

You don't have to wear funny sandals just because you're vegan! Many companies now make really nice shoes from a variety of synthetic and natural materials. Obviously, items dependent on the petrochemical industry still have an environmental impact, and thus impact on animals, so we should still avoid rampant consumerism, but it's never been easier to be stylish, do your favourite sport, and be animal free!

[www.vegetarian-shoes.co.uk](http://www.vegetarian-shoes.co.uk)

[www.ethicalwares.com](http://www.ethicalwares.com)

[www.bboheme.com](http://www.bboheme.com)

[www.veganstore.co.uk](http://www.veganstore.co.uk)

### **Shooting**

Animals are often categorised as 'pests' or 'menaces' and shooting is a common method used to kill them once labelled so. Shotguns and air rifles are the most commonly used. Mammals and birds are often considered 'sport' for people who use the excuse of a 'cull' to kill unwanted animals. Shoots are often disrupted and sabotaged by demonstrators. See **Game Birds** and

### **Hunting.**

### **Silk**

The most common type of silk is obtained from cocoons made by the larvae of the mulberry silkworm reared in captivity. Silks are produced by several other insects, such as spiders, but only the silk of moth caterpillars has been used for textile manufacture. As the process of harvesting the silk from the cocoon means boiling the larvae alive, real silk has been criticized by many, especially since artificial silks are available.

### **Skipping**

One third of the food produced in the UK ends up as 'rubbish'. This has a huge environmental impact. Skipping or dumpster diving (finding food that shops and supermarkets have thrown out because they have passed, or are close to, their sell by dates) enables us to eat for free. There is a surprising amount of fresh fruit and veg discarded because of the date on the packet, sometimes it's not even ripe yet!

The ethics of freeganism and veganism are complicated, but BARC promotes skipping veg and non-animal based products as a way to stay healthy, reduce your environmental impact, and save money! You don't have to skip gack or meat to survive, the city is full of other options for tasty low impact vegan food...cook for yourself, your mates or organise a free food event.

## **Slaughter Houses**

A slaughterhouse is an industrial facility where animals are processed for consumption as food products. The total numbers of animals slaughtered for food in the United Kingdom in 2009 include 2.5 million cattle, 1.5 million sheep, 9 million pigs and several hundred million birds. DEFRA statistics estimate poultry figures of 160 million birds in the UK in 2009; given that meat birds are usually slaughtered at just a few weeks old, the number killed is probably far greater than this.

Undercover filming has revealed animals being routinely kicked, slapped, stamped on, picked up by fleeces and ears and thrown into stunning pens. Animals have regularly been recorded animals having been improperly stunned and going to the knife while still conscious. In addition, some religions stipulate certain conditions for the slaughter of animals so that practices within slaughterhouses vary.

*[www.animalaid.org.uk/h/n/CAMPAIGNS/slaughter/ALL](http://www.animalaid.org.uk/h/n/CAMPAIGNS/slaughter/ALL)*

## **Social Centres**

If you live in a city, chances are you live near a social centre! These are exciting places to have meetings, do benefit gigs, eat tasty (normally vegan) food, and share skills. The UK has a social centres network, but there are also many other autonomous spaces across the country. Social centres are an expression of anarchist politics in practise, and promote horizontal organising and consensus. Social centres come in all shapes and sizes, from coops, like **Kebele**, to squatted buildings, of which Bristol has many! Squatting enables us to take control of our city, and stop contributing to the capitalist system which promotes the exploitation of animals. See Bristol **Indymedia** for updates, or email BARC.

*[www.socialcentresnetwork.wordpress.com](http://www.socialcentresnetwork.wordpress.com)*

*[www.veggies.org.uk/acd/groups/centres.htm](http://www.veggies.org.uk/acd/groups/centres.htm)*

## **Soya**

Soya is often part of a vegan diet, but not essential. Many vegan products, especially those which are processed into meat replacements contain soya. Soya milk is a common milk replacement, but also you can drink oat, rice or nut milk!

Beef and soya farming are causing mass scale destruction of the Amazon and other rain forests. By 2050, current trends in agricultural expansion will eliminate a total of 40% of Amazon forests, including at least two-thirds of the forest cover of six major drainage basins and 12 eco-regions. People often

criticise veganism as there is a misconception that a vegan diet causes deforestation due to soya consumption, but most soya grown is fed to animals, or used as a filler in processed food items. 70 % of cleared Amazon rainforest is used for the grazing of hamburger cattle, while most of the remaining 30% is used for growing soya animal feed production (UN FAO, 2006).

### **Spaying**

Is another word for neutering, the removal of an animal's reproductive organ, either all of it or a considerably large part. Neutering is often used to describe the process in males whereas spaying is often reserved for females. Neutering is the most common sterilising method in animals. Despite involving invasive surgery, spaying and neutering is considered necessary by most people involved in the rescue and rehoming of animals to prevent the births of unwanted litters, which contribute to the already overwhelming numbers of unwanted domestic animals such as cats, dogs and rodents.

### **SPEAK Campaigns**

SPEAK is a grass roots animal rights group currently campaigning to end the use of animals in research carried out by Oxford University. SPEAK is against all animal experiments on ethical grounds and is currently focusing on Oxford University due to the huge numbers of animals suffering inside the laboratories of this well known institution which can hold over 16,000 animals at any one time. BARC activists regularly travel to Oxford for the Thursday protests outside the new lab, get in touch if you would like to come along.

*[www.speakcampaigns.org](http://www.speakcampaigns.org)*

### **Speciesism**

Speciesism is the assigning of different values or rights to beings on the basis of their species membership. The term is mostly used by animal rights advocates, who argue that it is irrational or morally wrong to regard sentient beings as objects or property. Many connections have been made between speciesism, racism and sexism.

**Stalls** – See **Information Stalls**

**Stock Free** – See **Vegan Organic**

### **Stop Huntingdon Animal Cruelty (SHAC)**

SHAC, the campaign to close down **Huntingdon Life Sciences (HLS)**, was set up at the end of 1999 by a group of activists who had successfully closed down several lab animal breeders, including **Consort** Kennels and **Hill Grove** cat farm. Extensive animal cruelty was documented through a high profile exposé by an undercover worker at HLS in 1997, and was shown on Channel Four. HLS has been exposed numerous times over the past 25 years for routinely flouting animal welfare regulations and best practice guidelines,

including workers punching beagle puppies in the face, showing up drunk for work and selling drugs on site.

SHAC is now a global campaign with demonstrations and supporters in many countries around the world. Numerous customers and suppliers of HLS have severed their links with it, due to the SHAC campaign.

*www.shac.net*

**Suffragettes/sexism – See Patriarchy**

## **T** is for...

### **Terrorists**

Those working towards the liberation of animals and challenging animal abuse are often labelled 'terrorists'. Politically-loaded language has been used to discredit activist resistance. The term 'terrorist' has historically been applied to resistance movements in order to attempt to disable the critical character of those movements

The ALF have been accused of using terrorist tactics, and increasingly, the label is used to describe anyone not acting in accordance with the wishes of the state. With pre-emptive raids in the name of 'anti-terror' legislation becoming increasingly common for all grassroots movements - the Serious Organized Crime and Police Act 2005 (supposedly anti-terrorist legislation) includes sections specific to campaigns against animal testing facilities!- important lessons can be learned from the criminalisation of animal liberation. If increased repression is an expression of the success of a movement, then the current levels of policing targeted at animal rights activists are a testament to the strength and impact the movement has had historically. As this A-Z shows, the range of ways in which animals are utilised, exploited, tortured and killed by humans is extensive, and it is important not to forget who the real terrorists are in this struggle. They are enshrined by law, and we must continue to fight them by whatever means necessary.

### **Testing**

Animal testing is the use of non-human animals in experiments. Worldwide, it is estimated that 50 to 100 million vertebrate animals (those with a backbone) are used annually, along with a great many more invertebrates (animals without a backbone). Most animals are killed after being used in an experiment. The research is conducted inside universities, medical schools, pharmaceutical companies, farms, defence establishments, and commercial facilities that provide animal-testing services to industry.

In 2009, 3,619,450 million experiments took place in British labs, a decrease of 36,540 (1%) on 2008, but still 417,959 (13%) higher than 2007. In the UK, research projects are classified as mild, moderate, or substantial in terms

of the suffering the researchers conducting the study say they may cause; a fourth category of 'unclassified' means the animal was anesthetized and killed without recovering consciousness, according to the researchers. Animals are often subjected to extensive, painful and unnecessary experiments in the name of science, the results of which are often forgotten or discarded as they don't provide the results the researchers were after. In the UK, mammals, including primates and common domestic species (all of which are sentient beings who suffer and feel pain) may be poisoned, mutilated, given diseases, starved, operated on without anaesthetic and have electrodes inserted into their brains. This can continue on individuals for a period of many months, most are then killed at the end of the experiment.

[www.uncaged.co.uk/vivisect.htm](http://www.uncaged.co.uk/vivisect.htm)

[www.safermedicines.org](http://www.safermedicines.org)

[www.stoanimaltests.com](http://www.stoanimaltests.com)

## **Tofu**

Tofu, also known as bean curd, is a soft white food made by coagulating soya milk, and then pressing the resulting curds into blocks. It is of Chinese origin, and part of East Asian and Southeast Asian cuisine. There are many different varieties of tofu, including fresh tofu and tofu that has been processed in some way, for example smoked or used in meat substitute products. Tofu has very little flavour or smell on its own, so it can be used either in sweet dishes (e.g. cheesecake, and chocolate mousse) or savoury dishes (e.g. stir fries, quiches and curries) and is often seasoned or marinated to suit the dish.

Tofu is low in calories, contains a relatively large amount of iron, is a good source of protein and contains little fat. Depending on the coagulant used in manufacturing, the tofu may also be high in calcium and/or magnesium.

## **Transport**

Thousands of animals are transported every day by the livestock industry, between farms, markets and slaughterhouses. Many millions of animals are also being transported outside the European Union. **Live Exports** in the EU are driven by the desire of some European nations to be able to sell fresh meat rather than meat that has been frozen. Farm animals are not used to travelling. They suffer from fear and distress when loaded onto the lorry and again when they are unloaded. Lorries used for animal transport are often overcrowded causing overheating, dehydration and general discomfort. Animals must constantly try to balance on the moving vehicle; if they fall they may be trampled by the other animals.

Across Europe in the 1990's animal rights activists created massive resistance to the live export of animals, with weeks of port and airport blockades. Radicals have chained themselves to airplanes and trailers in efforts to stop animal exporting. In 1995 **Jill Phipps**, a campaigner from Coventry was tragically killed by a truck carrying live animals. Since the protest campaign began in 1992, exports of British calves for slaughter have dropped by 30%.

[www.viva.org.uk/campaigns/horses/index.htm](http://www.viva.org.uk/campaigns/horses/index.htm)

## **Trapping**

Animal trapping is the use of a device to remotely catch an animal. Animals may be trapped for a variety of purposes, including food, fur, wildlife management, 'pest' control or for the entertainment industries, such as zoos, circuses and the 'pet' trade.

Traps can be easily divided into five types: foothold traps, body gripping traps, **snare**s, cages and glue traps. Trapping may be safe and inexpensive for the trapper, but it is controversial, because of the cruelty inflicted on the victim. Despite regulations, trappers sometimes leave traps unattended for long periods of time and trap animals out of season, for example when they may have dependent young. Non-target animals can be caught in most forms of traps. Being trapped is extremely stressful for an animal, and often painful, depending on the type of trap used. Animals have been known to starve to death, die from weather extremes or cause themselves further injury trying to free themselves from traps. Where traps are left unmonitored for long periods the level of suffering caused is much greater.

*[www.bornfreeusa.org/a10\\_trapping.php](http://www.bornfreeusa.org/a10_trapping.php)*

## **U is for...**

### **Uncaged**

Uncaged Campaigns was established in 1993 as an international animal protection organisation, focusing on animal experimentation. Uncaged is a holistic organisation, operating at every level, from grassroots protests to motions in Parliament, through to participation in academic discourse. It has contributed to numerous Government consultations, given evidence to the House of Lords, appeared in journals and been quoted by researchers, as well as receiving national and international media coverage. Some of Uncaged's most successful campaigns are Diaries of Despair, giving an insight into experiments carried out by Imutran/Novartis, the Xenotransplantation scandal (see below) and the global boycott of Procter and Gamble.

*[www.uncaged.co.uk](http://www.uncaged.co.uk)*

### **Undercover Investigations**

Undercover investigations have been used extensively to gain evidence of the cruelty that goes on behind closed doors. Many animal research labs, farms, slaughterhouses, circuses and zoos have been caught breaking animal welfare laws through the use of undercover workers with secret cameras. These investigations have also played a huge role in exposing animal abuse industries and demonstrating that the cruelty caught on camera is usually routine rather than a series of isolated incidents. Shocking footage from farms, both intensive and 'free range', has had a huge impact in convincing many people to stop eating animals and to go vegan. It's hard to keep your head in the sand when you've seen images of the animals suffering for your

dinner plate. Hillside Animal Sanctuary is one organisation which has conducted many successful undercover investigations.

On a local level, one of BARC's biggest campaigns at the time of printing was initiated after findings from an undercover investigation found major animal welfare problems at a North Somerset zoo, see **Noah's Ark Zoo Farm**.

[www.hillside.org.uk](http://www.hillside.org.uk)

[www.animalaid.org.uk/h/n/CAMPAIGNS/slaughter/ALL///](http://www.animalaid.org.uk/h/n/CAMPAIGNS/slaughter/ALL///)

[www.shac.net/HLS/exposed.html](http://www.shac.net/HLS/exposed.html)

[www.offthehoof.co.uk/samplefeatures/OTH5Zoo.pdf](http://www.offthehoof.co.uk/samplefeatures/OTH5Zoo.pdf)

## **Universities**

Around a third of universities in the UK conduct animal research, including our own, Bristol University. The type of research they do is often exploratory. Due to the scientific failings of vivisection as a whole it can offer no meaningful data to aid human health or fight disease in other species. A number of universities have recently built or are in the process of building new animal research departments, and as such campaigns have been set up to oppose these developments and companies involved in the building of them. At the time of printing BARC has been holding protests outside construction firm Willmott Dixon in Bristol for this reason and regularly travel to Oxford for demonstrations against the university lab there.

[www.speakcampaigns.org](http://www.speakcampaigns.org)

[www.safermedicines.org](http://www.safermedicines.org)

## **Unnatural Behaviour**

Unnatural behaviours can frequently be witnessed in captive animals kept in cramped, artificial environments such as zoos and farms, laboratories and pet shops. These behaviours are known as stereotypes and are repetitive, obsessive movements which have no natural purpose, such as may be demonstrated by patients suffering from mental illnesses. The behaviours most commonly seen are pacing, swaying, rocking and chewing of cage bars, but more severe behaviour such as self mutilation and aggression towards others are also commonplace. Farms and zoos often mutilate animals in an attempt to reduce the risk of injury to others, such as through painful dehorning and debeaking procedures and the removal of animals' tails. Some zoos also give animals anti-depressants and anti-psychotic medication to mask the psychological effects of a life in captivity.

[www.captiveanimals.org](http://www.captiveanimals.org)

# V is for...

## Veal

Veal calves are a by-product of the dairy industry as cows need to have a calf each year to continue producing milk, see **Dairy**. By drinking dairy, you are contributing to the veal industry. Veal is illegal to produce in this country, but UK calves are still being exported alive on hot and long journeys to Europe to be made into veal.

Male calves are taken from their mothers shortly after birth. Most are destined for the veal crate. The veal crate is a wooden restraining device that is the veal calf's permanent home. It is so small that the calves cannot turn around or even lie down and stretch. Calves often suffer from wounds caused by the constant rubbing against the crates. The crates are designed to prevent movement and therefore producing tender 'gourmet' veal. The calves are often fed a low-iron diet, to make them anaemic and create the pale pink or white colour meat desired in the finished product. Craving iron, the calves lick urine-saturated slats and any metallic parts of their stalls. Farmers also withhold water from the animals, who, always thirsty, are driven to drink a large quantity of the high-fat liquid feed.

*[www.britishmeat.com/veal.html](http://www.britishmeat.com/veal.html)*

*[www.noveal.org](http://www.noveal.org)*

## Vegan

Vegans do not consume, wear or use any animal products. Vegans will not accept any form of animal exploitation and do not use animal tested products. Being vegan is the single most important thing to do if you want to help save animals. The average person eats thousands of animals in their life time. Even if you do not have time to actively help the animal rights movement, not eating animals or their 'by-products', using animals for entertainment (e.g. visiting zoos, circuses and horse races) or adding to the misery in animal laboratories through buying animal tested products, makes a huge difference.

*[www.vegansociety.com](http://www.vegansociety.com)*

## Veganarchy

Within anarchist communities (see **Anarchy**) there are many who choose not to consume animal products (see **Vegan**). Many understand the links between human oppression and animal oppression which are both administered by the state. Capitalism plays a vital role in the constant exploitation of animals and humans and as such many Veganarchists seek to abolish capitalism and the state as a way of liberating animals..

## **Vegan Buddies**

Thinking of becoming vegan? Not sure how to take the initial step? Get in touch with Vegan Buddies to be paired up with a vegan mentor who can answer any questions you may have: [veganbuddybristol@googlemail.com](mailto:veganbuddybristol@googlemail.com)

## **Vegan Organic Growing**

Vegan-organic, or stock free organic, broadly means any system of cultivation that excludes artificial chemicals, livestock manures, animal remains from slaughterhouses, genetically modified material and indeed anything of animal origin such as fishmeal. Many people are rejecting the use of pesticides, and realising the scale of land required to feed animals used for human consumption. Stock free Organic (SO) farming seeks to minimise reliance on imported fertility through in situ composting of all plant wastes, by using living green manures as soil fertility builders, and by practising minimal soil disturbance or reduced tillage cultivation. Food grown using SO systems is eaten locally and in season, thus minimising food miles, and is delivered with as little (reusable) packaging as possible. Stockfree Organic farming is the greenest, most ecologically sustainable and carbon neutral way of producing healthy food.

[www.stockfreeorganic.net](http://www.stockfreeorganic.net)

[www.veganorganic.net](http://www.veganorganic.net)

## **Veggie Pets**

Cats and dogs can be vegan and healthy! There is no reason why you should feed your animals meat if you would not eat it yourself. Some health food shops such as Natures Genius in Fishponds and Wild Oats in Clifton sell veggie cat and dog food. You can also buy it online.

[www.veggiepets.com](http://www.veggiepets.com)

## **Veggies Catering Campaign**

Veggies are a wonderful group who are known for their delicious veggie catering at animal rights demos. They also have a great website, with an animal rights events calendar, and directory of animal rights groups in the UK.

[www.veggies.org.uk](http://www.veggies.org.uk)

## **Vivisection**

Animals including rats, dogs, mice, cats, monkeys, guinea pigs, sheep, rabbits, goats, pigs, birds and fish are routinely used for:

- Drugs testing
- Disease research
- Product safety tests
- Weapons research
- Cosmetics Testing
- Testing of household products

Not only are these tests cruel, they are also misleading as animals have different reactions to substances than humans, and do not suffer from the same diseases as us. See **Laboratories, Chemicals, Pharmaceuticals and Testing** for more information.

*[www.safermedicines.org.uk](http://www.safermedicines.org.uk)*

*[www.vivisectioninformation.com](http://www.vivisectioninformation.com)*

*[www.vivisection-absurd.org.uk](http://www.vivisection-absurd.org.uk)*

### **Vegan Prisoner Support Group (VPSG)**

The VPSG provides support and information for vegans detained either in police custody or within the prison system. VPSG also try to ensure that the prison vegan diets are nutritionally sound and that vegan clothing and cosmetics are made available or can be ordered or sent in to vegan prisoners.

*[www.vpsg.org](http://www.vpsg.org)*

## **W is for...**

### **Warby, Tom**

On the 3rd of April 1993, Tom Worby, a 15 year old hunt saboteur attending his first foxhunt protest, was crushed under the wheels of the Cambridgeshire Fox Hunt's hound van in an incident all too reminiscent of the killing of Mike Hill two years before.

After a successful day's sabbing, the hunt had boxed up and sabs were making their way back to the meet down a narrow lane. As the hound van came up behind them, revving its engine, sabs scrambled for the roadside; however Tom's jacket became snagged in the vehicles wing mirror and he was dragged some distance before he managed to gain a foothold on the van's running board. Although he banged on the window the van kept going, and when Tom finally lost his grip, he fell onto the road and under the truck's wheels. His head was crushed by the rear wheels of the vehicle and he died shortly afterwards. No action was taken against the driver of the hound van, 53-year-old huntsman Alan Ball.

Hunt sabs continue to go out week after week to protect our wildlife. Tom Warby and Mike Hill gave their lives trying to stop hunters, perhaps you can spare a few Saturdays?

*[www.huntsabs.org.uk](http://www.huntsabs.org.uk)*

### **Wickham Labs**

Wickham Labs in Hampshire, England is a contract animal-testing facility that was set up in 1965. The company came to public attention in November 2009, when The Sunday Times published footage taken during an eight-month investigation by the British Union for the Abolition of Vivisection (BUAV), which showed Wickham laboratory staff botching injections,

immobilizing rabbits for up to eight hours, and improperly euthanizing mice by accidentally breaking their backs instead of their necks. In December 2003 two members of the Animal Liberation Front broke into Wickham labs and rescued 695 mice from incarceration and certain death. The mice were eventually returned to the laboratory after the activists were arrested and sentenced. There has been an on-going campaign to close down the labs, called Stop Wickham Animal Testing (SWAT). For more information, contact SWAT on 02392 588516.

### **Wildlife**

Wildlife includes all non-domesticated plants, animals and other organisms. Domesticating wild plant and animal species for human benefit has occurred many times all over the planet, and has a major impact on the environment, both positive and negative. While the term in popular culture usually refers to animals that are untouched by human factors, most scientists agree that wildlife around the world is impacted by human activities, for example we routinely encroach on and destroy their habitats, wipe out their food sources and/or predators, and generally knock ecosystems out of kilter.

### **Wool**

Wool is the hair of sheep, or other members of the Caprinae family, which is used to keep the animal warm. Humans farm sheep not only for their meat but also for their wool. Sheep are selectively bred to produce the highest yield which has led to many unnatural breeds of sheep (including one species that sheds its wool naturally). During the sheering process little care is given to the sheep's well being. It is often a traumatic experience for the animal and blunt shears and vicious manhandling will often result in cuts and grazes. See

### **Mulesing.**

*[www.savethesheep.com](http://www.savethesheep.com)*

### **World Day for Animals in Laboratories**

World Day for Animals in Laboratories (WDAIL) is an internationally recognised day and is marked by marches and protests around the world. The aim is to raise awareness and show solidarity for animals locked up in testing laboratories worldwide. A national march takes place in London every year on the Saturday closest to 24<sup>th</sup> April. BARC arranges transport to this. Get in touch if you'd like to join us.

*[www.wdail.org](http://www.wdail.org)*

# **X is for...**

## **Xenotransplantation**

Xenotransplantation (xeno- from the Greek meaning 'foreign') is the transplantation of living cells, tissues or organs from one species to another, such as from pigs to humans. Such cells, tissues or organs are called xenografts or xenotransplants. Human xenotransplantation offers a potential treatment for end-stage organ failure, a significant health problem in parts of the industrialized world. It also raises many novel medical, legal and ethical issues. A continuing concern is that pigs have shorter life spans than humans: their tissues age at a different rate. Disease transmission (xenozoonosis) and permanent alteration to the genetic code of animals are also causes for concern. There are few published cases of successful xenotransplantation.

*[www.xenodiaries.org](http://www.xenodiaries.org)*

## **Xmas without Cruelty**

Every year millions of turkeys are killed in order to meet the need for a 'traditional' Christmas dinner. It is possible to be cruelty-free at Christmas. Don't buy turkeys or animal by products and instead try cooking a tasty vegan alternative! See the links below for some delicious vegan Christmas recipes. Not so great in the kitchen? Fear not, Redwoods Wholefoods do a scrummy 'Celebration Roast', which you can buy from health food shops and some large supermarkets.

*[www.animalaid.org.uk/images/pdf/booklets/xmas.pdf](http://www.animalaid.org.uk/images/pdf/booklets/xmas.pdf)*

*[www.veganfamily.co.uk/yule](http://www.veganfamily.co.uk/yule)*

*[www.viva.org.uk/christmas/recipes.php](http://www.viva.org.uk/christmas/recipes.php)*

# **Y is for...**

## **You**

Any change that you want to see happen in the world has to start with you. As Gandhi said: "Be the change in this world that you want to see." You are the only person who can help put an end to animal abuse. If not you, then who?

## **Youth Groups**

Many campaigns have youth groups aimed at young animal rights activists. These are a great way to teach children about animal rights.

*[www.animalaid.org.uk/h/n/youth](http://www.animalaid.org.uk/h/n/youth)*

# Z is for...

## **Zoonosis**

Zoonosis is any infectious disease which can be passed from non-human animals to humans. On top of the swine flu, BSE and bird flu we have the farming industry to thank for, there are also a whole host of nasties that can be caught from animals inside zoos. Still thinking about going???

## **Zoos**

Zoos are collections of captive bred or wild-caught animals, confined in enclosures and put on display to the public as a tourist attraction. Most zoos hide behind excuses of education and conservation, but their benefits to both are really just a myth.

Animals in zoos display unnatural behaviours (such as pacing, swaying and chewing cage bars) due to their confinement, lack of stimulation, the breaking of family ties, and their unnatural diets, surroundings, life styles and social interactions. They are sometimes given anti-depressant and anti-psychotic medication to counteract the effects of boredom and frustration brought on by their restrictive surroundings.

Most animals in UK zoos are the ones considered to be crowd-pullers, not those on endangered lists. Captive-bred animals have little or no value in terms of real conservation, which as to be about protecting natural habitats. Many species in UK zoos are descended from several generations of captive-bred animals, so have lost much of the knowledge and instinct they would need to survive in the wild. Breeding programmes are often unsuccessful for this reason and can even be counter-productive as captive-bred animals can carry diseases back to native populations near the release site. On top of this, many animals in zoos are aquaria are still wild caught, 79% of UK aquaria animals in the UK were taken from the wild.

Convinced? Then come and join us on one of our demos, see **Noah's Ark Zoo Farm** to learn about our current local campaign and don't pay to see captive animals.

*[www.captiveanimals.org](http://www.captiveanimals.org)*

## **ZZZZZ**

OK, now you've read that lot you deserve a hard earned rest, so pull on your non-wool slippers, make a nice cup of soya milk cocoa, grab yourself a few pieces of dairy-free chocolate and take yourself off a non-duck/geese down bed!



**Bristol Animal Rights Collective**  
c/o Kebele, 14 Robertson Road, Bristol,  
BS5 6JY

[www.bristolanimalrights.org.uk](http://www.bristolanimalrights.org.uk)  
[barc@hotmail.co.uk](mailto:barc@hotmail.co.uk)  
[www.twitter.com/bristolarc](http://www.twitter.com/bristolarc)  
Search for us on Facebook

**Vegan Buddies:** [www.veganbuddy.org.uk](http://www.veganbuddy.org.uk)

**Local Animal Sanctuaries**

**Happy Landings Animal Shelter**

Pye Hill, Pylle  
Shepton Mallet, BA4 6TG  
01749 860350  
[www.happy-landings.org.uk](http://www.happy-landings.org.uk)

**Holly Hedge Animal Sanctuary**

Wild Country Lane, Barrow Gurney  
Bristol, BS48 3SE  
01275 474719  
[www.hollyhedge.org.uk](http://www.hollyhedge.org.uk)

**The Moggery Rehoming Centre**

65 Longmead Avenue, Bishopton  
Bristol, BS7 8QB  
01179 243128  
[www.themoggeryrehomecentre.co.uk](http://www.themoggeryrehomecentre.co.uk)

**Staffy Campaigns**

[www.staffycampaign.org.uk](http://www.staffycampaign.org.uk)

**Local Wildlife Rescues**

**Vale Wildlife Hospital & Rehabilitation Centre**

Station Road, Beckford  
Nr. Tewkesbury  
Gloucestershire, GL20 7AN  
01386 88288  
[www.valewildlife.org.uk](http://www.valewildlife.org.uk)

**Oak & Furrows Wildlife Rescue**

The Paddocks, Someford Keynes  
Cirecenester  
Gloucestershire, GL7 6FE  
01285 862 439

**Secret World Wildlife Rescue**

New Road, East Huntspill  
Highbridge  
Somerset, TA9 3PZ  
01278783250  
[www.secretworld.org](http://www.secretworld.org)