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Tito when he arrived at Sunshine Horses.

SUNSHINE HORSES - A SANCTUARY FOR RESCUED RACE HORSES

By Betsy Bedigian

The day *Honey Don't Hangover* (Tito) arrived at Sunshine Horses was his first day at what would become his forever home. At only nine years old, the life had gone out of the Standardbred gelding following an albeit brief harness racing career earning \$24,000 before being sold into service as a carriage horse. Beth Smart, coordinator for Sunshine's Equine Care Committee, recalls her fear. Tito would not be strong enough to get off the trailer let alone survive that first night.

Life-ending trips to a kill lot is an everyday occurrence for standardbreds, and thoroughbreds, no longer able to race. Rescued from a Pennsylvania kill lot, Tito's intake form read like a veterinary school exam. The 17hh horse was emaciated with ribs, hips, and withers projecting from a frame buckling in pain. A coat covered with rain rot, cracked hoof walls, drainage from the right eye, scrapes and fly bites were further evidence of his difficult life. Yet, none could distract from the life-threatening shoe boils. Tito needed a chance and Sunshine Horses would give that to him.

Founded in 2003, Sunshine Horses is an independent adoption agency committed to rescuing, rehabilitating,

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and rehoming horses, and has found loving homes for more than 250 horses. One of the largest Standardbred rescue and adoption groups in New York State, Sunshine Horses operates with the support of over 130 dedicated and passionate volunteers – there are no paid positions. The organization is accredited by the Standardbred Transition Alliance and the Global Federation of Animal Sanctuaries, and recognized by the Equus Foundation with Guardian Status.

Dean Bentz, a volunteer for almost 10 years, developed a very special relationship with Tito. "I was intrigued by Tito from the very beginning," says Bentz. "He arrived with a broken soul that quickly captured the hearts of the volunteers." Tito's shoe boils required twice daily care and weekly veterinary visits. Bentz added, "As he learned to trust, he began to mend. His spirit brightened, his ears would perk up and he would come running when called in the pasture." Bentz remarks that you could see the appreciation in his eyes for all the hands that touched Tito.

While Tito's health improved, the shoe boils remained a constant threat throughout his four years at Sunshine Horses. Tito lost his battle at just 13 years old. However, his story does not end there. Tito's story lives on in the volunteers, who, like Bentz, find deep joy and personal fulfillment in working with the horses arriving at the farm.

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People for Animal Rights (PAR) is a local grassroots organization founded by Linda DeStefano. **PAR** is dedicated to work for fundamental, nonviolent change to eliminate or reduce the oppression of non-human animals by humans. **PAR** also works to protect the earth, which sustains us all.

What does it mean to be a member?

According to our by-laws, a person is a member of **People for Animal Rights** when s/he agrees to our purposes as defined in the by-laws (as stated above) and has general agreement with **PAR's** goals as stated in our membership brochure, which is summarized in the insert to this newsletter. The second requirement for membership is that the person be up-to-date on dues. See the enclosed insert for more membership information.

Questions/Comments?

Contact us via e-mail or website:

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PAR Contributor to *CNY Latino*: Rob English



SUNSHINE HORSES... continued

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While hundreds of horses never have that second chance like Tito, hope can be found in New York State's Agriculture and Markets Law provision that prohibits the commercial slaughter of horses known to be racehorses or breeding stock. The provision authorizes the New York State Thoroughbred Breeding and Development Fund Corporation ("Thoroughbred Fund") and the Agriculture and New York State Horse Breeding Development Fund Corporation ("Harness Fund") to utilize certain designated revenues to pay for racehorse aftercare.

Sunshine Horses, located in Clay, NY, is committed to live its mission: to aid horses no longer able to race a safe transition to a forever home. For cases like Tito, Sunshine Horses offers a safe and caring landing spot. Sunshine relies on donations and grants, volunteers, sponsors, and adopters to fund this level of care. The hope is that access to designated funding will improve as the number of horses requiring care increases given the new laws to protect these very special animals. Visit SunshineHorses.org to learn more. Volunteer are welcome. ■

Please Join

PEOPLE FOR ANIMAL RIGHTS:

Use the white insert in this newsletter to sign up.

TWO DIFFERENT WAYS YOU CAN JOIN:

 send a check or join online at:
www.parcny.org

If you are already a member,
please see back page for an explanation of how you know when your yearly dues are due. *Thanks!*

THE BOOK LIST

Compiled by Stephanie Langer-Liblick

Need some ideas for Winter reading? Consider adding these non-fiction books discussing issues around animal rights and the environment to your reading pile.

Birdgirl: looking to the skies in search of a better future by Mya-Rose Craig

A young environmental activist shares her experiences of traveling the world in search of rare birds and astonishing landscapes and her passion for social justice and dedication to preserving our planet.

The Codex of the Endangered Species Act, The first fifty years Volume 1 by Lowell E. Baier

The Endangered Species Act (ESA) may be one of America's most important and controversial environmental laws, created 50 years ago this year. This book provides a thorough description of the history of the ESA and insight into the many challenges and opportunities for wildlife conservation.

How to love animals: in a human-shaped world by Henry Mance

A look at our relationship with animals in today's world of factory farms, climate change and deforestation. In this book Henry Mance explores how we can coexist more fairly with animals through insights from farmers, activists, politicians and tech visionaries.

The Insect Crisis: the fall of the tiny empires that run the world

Three out of four of the planet's known species are insects, but evidence suggests that this vast group of creatures is suffering the greatest crisis in its remarkable history. Oliver Milman delves into why insect numbers are plummeting and the dire consequences for life on Earth.

Justice for Animals: our collective responsibility by Martha Craven Nussbaum

Martha Craven Nussbaum offers an insightful approach to animal rights, ethics and law by examining how human beings can work toward becoming true friends of animals. Justice for Animals is a scholarly look at how poorly we treat other animal species.

Life on the rocks: building a future for coral reefs by Juli Berwald

Coral reefs sustain entire ecosystems and protect vulnerable coasts, but we are in the midst of an unprecedented die-off across the globe. Juli Berwald contemplates the grief of climate change and the beauty of small victories. ■

WARM UP WITH BEAN & BROCCOLI SOUP

by Nancy A. Camorati

No cook, 3 ingredients in a blender – so easy!

INGREDIENTS:

- 1 can (15.5 oz) Cannellini Beans (include juice)
- 2 cups cooked broccoli (2 cups after cooking, 1 microwave frozen)
- 1 1/2 to 2 cups water (start with 1 1/2 cups then you can add more if desired)
- 1/4 teaspoon Colgin Liquid smoke (vegan and best tasting I've tried). This is optional.

DIRECTIONS

- 1. Place the beans, broccoli and water into blender. Blend on highest speed until it becomes a smooth mixture.
- 2. Add seasonings to taste including the liquid smoke. (careful with the liquid smoke, you can always add more)
- 3. Salt, pepper and/or garlic to taste. ■

Educating
the mind
without educating
the heart

**IS NO EDUCATION
AT ALL.**

– Aristotle

BETTER MILK IN SCHOOLS

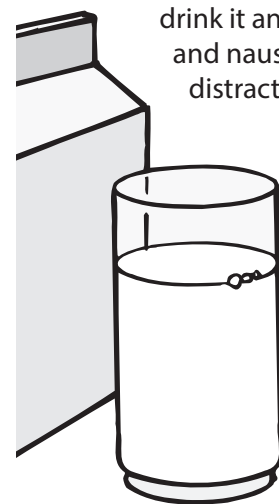
by Rob English

Do your children throw away the milk they receive at school? Did you?

Through its Nutritional Assistance Program, the US government provides a billion dollars' worth of free lunch milk and free breakfast milk to millions of school children in the United States, yet thirty percent of the kids throw that milk away. Why? Because it makes them sick.

According to US Congressional Representative Troy Carter, sixty-five percent of Latino children are lactose intolerant – they suffer stomach discomfort because they cannot digest the bovine sugar in cows' milk. Seventy-five percent of African kids can't digest it, nor can ninety percent of Asian, nor can 100 percent of Native American children.

Millions of perceptive kids have figured out that it's better to just throw away the free milk rather than



drink it and then deal with the discomfort and nausea of a bubbling stomach that distracts from their lessons. At worst, a bright child who drinks the milk and feels sick in school risks being labeled as a poor learner and placed in classes that miss his or her learning potential. And of course, stomach discomfort can affect not only the child's academic life, but also his or her social life and behavioral outlook. Discarding the free cows' milk is the right thing for the child

to do, although all together the discarded milk equals a discarded 300 million dollars of taxpayer money.

So should we throw away the whole Nutritional Milk Program? No. Representative Carter suggests a solution – a course correction: provide the schoolchildren an option for soy milk. Soy milk is equally nutritious as cows' milk but does not have the troublesome lactose. Millions of children would be better off.

Representative Carter and his Republican, Democratic, and Independent congressional supporters explain that the ADD SOY Act (HR1619) is not as an attack on the Dairy Industry, but instead it is a fight for the health of young people. Those of us who have concern for children AND cows hope that the proposal will succeed. Small dairy farms are more under attack from giant agroprocessors than soy milk,



but cows' milk will be available for a long time to come for those who can digest it.

For more information on the worthy topic of adding a soy milk option in schools, see the excellent English language webinar on YouTube entitled, Ending the USDA's Milk Mandate in Schools and Providing a Milk Based Option for Kids. It's a production of Animal Wellness Action in concert with Representative Carter and the Switch for Good organization. It can be found at <https://www.youtube.com/watch?v=Yremn5Jo2DE> Or you can go to PARCNY.org where a link to the webinar can be found under the events tab. ■

Photo of boy drinking milk by Samer Daboul by Pavel Danilyuk from pexels.com

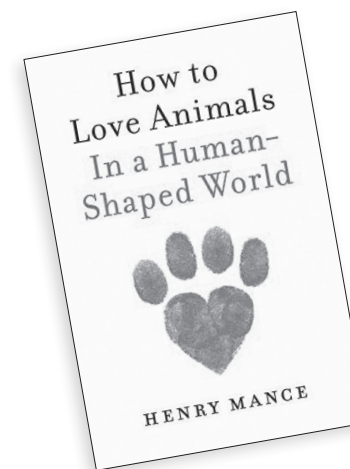
Rob English is a member of People for Animal Rights.

WHAT WILL BE YOUR LEGACY FOR ANIMALS AND THE ENVIRONMENT?

Please consider a bequest to People for Animal Rights and continue supporting our work far into the future. 85% of donations are used to reach out and educate. 15% are used for incidentals such as office supplies and postage. As always, PAR is grateful for your contributions.

A TOUCH OF COMPASSION

A book review by Gabor Hardy



In the past few days, I have been reading a book called, *How to Love Animals in a Human Shaped World* by Henry Mance. (Penguin Random House, 2021). My mind became flooded with all sorts of thoughts pertaining to our place within this world of

ours. In particular our relationship with animals. It is always good to see where the battle lies. Also, to reinvigorate and inform our actions within PAR. With this aim in thought, two statements from this book struck me. I shall elaborate on both in this article.

The first one is, "Animals appear in cliched metaphors and quirky logos, but not as beings who comprise the majority of sentient life. We are one species out of 500 or so primates, 6,400 mammals and, at our best estimate, 7-8 million animals".

The second one concerns how we break down or compartmentalize animals into various groups: dogs, foxes, eagles, monkeys, bass, or sheep. So, for Mance, "And we assign them places in society: cows go on plates, dogs on sofas, foxes on rubbish bins, elephants in zoos, and millions of wild animals stay out there, somewhere, hopefully in the next David Attenborough series." I confess, I do not know who or what a David Attenborough series is, but I still got the picture.

I begin with the former statement. All of us need to consider in what shape and form this camouflage of animals occurs. Animals come and go out of the periphery of our visions. Facts and meanings are distorted or plain false. A logo I can think of is Smokey the Bear. Smokey is a bear who will help you fight forest fires. I think we love Smokey the bear because forest fires might hurt us, but we hardly think of the bear. Another metaphor often used, that may be seen above stores that sell pork or chicken; are happy smiling pigs or chickens. As if they love to die. Chickens even point their wings at a fried thigh or breast. Angus burgers have a cow standing there looking at you, as if to imply their eyes, legs, and heart do not mean anything until you see their flesh on a plate.

Metaphors are something that stand in for other things. So, a chicken stands in for a dead one, or a grinning pig stands in for another dead one, while foxes often stand in for a human female while wolves stand in for courage or the wild. Stags become logos for the Hartford Insurance company, Panda bears are logos for the WWF, Puma is a logo for sneakers, and Bats,

inexplicably, represent Bacardi rum. So, the point is, I think, that many of us live in an imaginary world. Animals may be seen as cute, delicious, noble, brave, and/or menacing. Rarely, though do we realize that this is a shared earth, and animals have a right not to have their lives taken at will, or their habitat destroyed. While, some of us do understand this point, far too many of us are complacent or look the other way.

This leads me to Henry Mance's second point. Often, our education systems compartmentalize animals into several different cubicles. This furthers the misrepresentations of them. Dogs and cats have rules in many states which restrict cruel treatment – farm animals do not. Wolves, coyotes, and foxes may be seen as vermin, ready to be destroyed at the will of any human being, without suffering too many consequences. In fact, exterminating companies have no rules or regulations that define how or in what manner bats, mice, and raccoons may be trapped and killed. They fall into a nuisance category.

Slaughterhouses are normally not advertised. There are no encouragements to tour these facilities, as may, a brewery, cheese, or hot sauce establishment promote. The fact of killing, pain, and suffering is carefully relegated to outside fringe groups. The deceptions are perpetuated.

I see a parallel between the global warming deniers and those who insist that a human being needs to eat meat to be healthy. In the former, findings of scientists are glossed over or ignored. In the latter the same. I met a person at my gym who claimed that to be healthy meant that we must eat meat. I said there is proof by nutrition scholars and doctors that say otherwise. He did not want to hear it.

In the same vein, the advertisements for meat insinuate the same message. Smiling faces chew on hamburgers and hunting practices are glorified as being "traditional" or "necessary."

The list of deceptions grows. We, at PAR, seek to pierce the veil of deception and labor to uncover the atrocities, injustice, and cruelty aimed at animals everywhere. Slowly the wheels turn. More people are buying vegetarian and opting for vegetarian items on menus at restaurants. In the mean time we need authors like Henry Mance and activities that PAR engages in – to bring the truth home. Make no mistake here: there is right and there is wrong. I thank PAR for deepening my knowledge of just how wrong we are or can be concerning our treatment of sentient, living creatures. The time to act has never been greater. ■

RETHINKING WILDLIFE MANAGEMENT IN THE UNITED STATES

Project Coyote's Carnivore Conservation Director, Dr. Michelle Lute, and Wildlife for All Executive Director, Kevin Bixby explain how the current system of wildlife is itself a barrier to achieving coexistence with wild



creatures and meaningful biodiversity protection. They will discuss how this outdated and entrenched system is built on an ethic of domination and exploitation, intended mainly to serve consumptive users (hunters, anglers and trappers),

dismissive of other values and voices, not based on sound science, and must be changed to prevent extinctions, promote democracy and protect wildlife.

You can watch it at PARCNY.org under the events tab. <https://www.youtube.com/watch?v=wJ1O2m04tUU&t=31s> ■

SUNSHINE, MY CAT

Sunshine jumps up on the desk
Sits right on the papers I'm working on
"You take life too seriously,
Spend more time petting me!"

He may give me a big yawn
showing me his wide open mouth and big teeth.

Or he will groom himself
licking with his sand paper tongue.

He will stretch out with his chest
down on the floor, front paws out,
his butt sticking up in the air.

His tail is still, if he is calm...
swishes if he is restless

He sits right on the papers I'm working on

He is now pestering me to serve him his supper. ■



TO LOVE A RESCUER

by Anonymous

"To love a rescuer you must love all of her. You must love the scars covering her body from panicked and hurt animals she was trying to help. You must love her fractured heart, that has been broken so many times she no longer even takes the time to mend the pieces.

To love a rescuer, you must embrace her grit and determination, and know that although she fights a war she can never win, she can and does win a few battles. You must love the tears she will shed over those she lost. You must give her comfort that she refuses to accept, as she blames herself for things she could have never foreseen.

To love a rescuer you must acknowledge the rage she feels towards the world at times, and know that anger is driven by a love of life too few have. You must give her space and room to cry and mourn for the losses that others have caused out of carelessness or cruelty.

To love a rescuer you must understand her passion to heal and save is a calling, not a choice. You must accept that to save animals is part of her soul and without that she could never be happy.

To love a rescuer you must be patient. You must accept her work comes first. She will forgo sleep, forgo food, forgo her life for animals in need. She will work tirelessly until her body and mind fail her completely and she cannot go on.

To Love a rescuer, you must be strong. You must not be threatened by her focus and love of animals. You must accept that the things you love about her, the strength and convictions and loyalty are also what drives her sense of duty to animals in need; you cannot have one without the other.

To love a rescuer you must never ask her to choose, because she will, and it will not be you."

Thank you to Elise Able
of Fox Wood Wildlife Rescue, Inc.
for posting this to her facebook page. ■

THE SOULS OF ANIMALS

A book review by Nancy A. Camorati

In his book titled *The Souls of Animals* parish minister Gary Kowalski explores the idea that animals have souls. He reasons that although animals may not be as cerebral as humans, they do possess a sense of self-awareness, they know about death, they have memories, even spiritual lives. Mr. Kowalski defines spirituality as much more than "raw brain power". If animals can demonstrate traits of intelligence such as "empathy, compassion, fear, artistry and imagination" then they are our soul brothers and sisters.

Through stories, poetry and facts Mr. Kowalski slowly brings the reader to the realization that animals do experience previously thought uniquely human characteristics such as self-awareness, grief, dreams, a sense of right and wrong, artistic expression and appreciation of music.

There is a story of Koko, a lowland gorilla who has been the subject of decades of ape language studies, who asked for a cat for her birthday. Upon choosing a kitten with no tail, Koko named her pet 'All Ball'. All Ball and Koko bonded well and when All Ball passed away, Koko cried and communicated the words "Sad / frown" and "Sleep / cat". Intrigued by this a staff member questioned her about death. It became evident that gorillas do know about death, they know they someday die from "Trouble / old".

Then there is the story of Boob, a dog with a sense of the supernatural, who believed in ghosts. One day he saw something inexplicable and never forgot it. There is also the story of Siri, an Asian elephant at the Burnet Park Zoo, who demonstrated her love for art by drawing. Her drawings were described by a Syracuse University art professor as "lyrical, very, very beautiful" and "incredible" before he was told the artist was an elephant. Since then it has become apparent that all elephants like to draw. Chimpanzees also have demonstrated through drawing the need to create, "to express themselves aesthetically". There are also stories about how animals have demonstrated kindness and sympathy, self-sacrifice and shame.

In conclusion, Mr. Kowalski writes of how "becoming human is a continual process". The soul does not suddenly appear but is grown by each individual through our experiences with each other and interaction with nature. Children are not born self-aware, sympathetic, imaginative or compassionate. These are things we learn. Animals can learn also, they reason, create tools, use symbolic language and contemplate. In not recognizing ourselves in animals, we are denying the creator his creations and in so doing, impoverish our own spirituality.

This book review appeared in a PAR newsletter over 25 years ago. 'The Souls of Animals' was published in 1991. Gary A. Kowalski (born 1953) is an American author noted for his books on eco-spirituality, science, history, and animals. Kowalski was the senior minister of Burlington's First Unitarian Universalist Society for over 20 years. A graduate of Harvard College (B.A. 1977) and the Harvard Divinity School (M.Div. 1982), the Reverend Gary Kowalski is the author of numerous books on nature, spirituality, science and the environment. Gary is also a visual artist whose paintings have been included in numerous juried exhibitions and received varied awards over the years. He currently serves as co-minister for the Unitarian Universalist Congregation of Taos. ■

SIMPLE AND TASTY ANYTIME DRESSING

by Nancy A. Camorati

- Have about 4 cups of dried bread cubes in a big bowl.
- Sauté in olive oil - 1 onion, 2 stalks celery, (and I sometimes add some zucchini).
- Add 1 1/2 cup water when the veggies are soft.
- Add a dash of poultry seasoning (careful not too much, taste before adding more) salt, pepper, garlic powder (if desired) to taste. I use about 1/16 of a teaspoon of poultry seasoning, really... just a pinch. (poultry seasoning is vegan)
- Taste and then add a bit more if you need.
- Pour warm cooked mixture over the dried bread cubes and mix together. Mixture should be somewhat dry.
- Bake at 375° F in a shallow baking pan sprayed with non-stick spray (I use glass).
- Bake until crunchy on top. If you don't want crunchy, cover and bake. (Everything is already cooked so you are really only warming it up).

I sometimes add something green, like left over cooked broccoli, spinach or swiss chard. Diced tomatoes also make a nice addition. You can substitute Old Bay seasoning for the poultry seasoning for a seafood flavor.

Good luck and I hope you like it. ■



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NOTE TO ORGANIZATIONS: We do not expect any contribution for you to remain on our mailing list, but we would appreciate receiving your newsletter in exchange.

Why not check your address too? If you've moved, send us your new address and phone(s) so we don't have to spend extra money and time accepting return newsletters with those yellow stickers providing (sometimes) a forwarding address. Then we must collect and re-send the newsletters with those nasty stickers! Thanks very much!



This paper contains 30% post-consumer recycled fiber

THE FARM BILL AND IMPLICATIONS FOR ANIMAL WELFARE

Every five years, Congress must reauthorize the Farm Bill, which governs a wide range of agricultural issues and has significant implications for animals. Join Campaigns Manager Matt Rossell and Strategic Legislative Affairs Manager Alicia Prygoski as they discuss the 2023 Farm Bill process, what we may see as Congress continues to develop this legislation, and how to get involved to advocate for a Farm Bill that prioritizes animal protection. <https://aldf.org/article/farm-bill-webinar-2023/>

The link is also available on our website PARCNY.org under the events tab. ■

THE EATS ACT (H.R. 4417 / S. 2019)

This proposed legislation would take away the state power to impose standards on production of agricultural products sold in interstate commerce.

According to Harvard Law school there are over a thousand state and local laws that protect animals farmed for food could be invalidated by the EATS Act.

There is still time to contact your federal representatives (Congress and Senate) and let them know how you want them to vote on the EATS Act. ■



PAR's table at VegFest 2023

Many thanks to Annette Bailey, Jan Markarian and Marguerite Mallia for their outreach work. Also to Xochi Rick who donated many books for giveaway.