



PO Box 401 • Cleveland, NY 13042

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www.parcny.org

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SYRACUSE VEGAN LIVING PROGRAM OFFERS A BOUNTY OF FREE PROGRAMS & RESOURCES

By Jacqueline Cappello

Founded by Robin Helfritsch Maratos and Erin Marcus, the Vegan Living Program is a 501(c)(3) nonprofit organization that coordinates free month-long, in-person vegan mentorship programs across the United States.

Through the course of the weekly educational programs, participants experience: animal rights information, delicious cooking demos, environmental impact lessons, inspiring talks from doctors on how we can better our health through healthier feasting, a visit to a local farm sanctuary, and helpful discussions and mentorship with local community members who also once transitioned to veganism.

INSIDE.....

- Stop (Saying) Factory Farming
- A44: Vegan Zombie Movie
- Why Early Summer Brings More Bear Sightings
- Impact of Animal Fighting Crime Wave
- Considerations Before Abandoning or Surrendering a Companion Animal
- And MORE!



Our local Syracuse branch is organized by Shelly Bornemann, Emily Doucet, and Jim Thompson; and the Syracuse VLP is switching it up this year with an exciting series of free educational events peppered throughout Onondaga County's public library system.

So far they have held cooking demos at Syracuse's Central Library and Soule Branch; an "Introduction to Veganism" talk at the Marcellus Library, that came complete with smoky potato tacos; and a data-packed, but down-to-earth, presentation on the health benefits of a plant-based diet from oncologist Dr. Steven Duffy.

continued on page 2



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:

People for Animal Rights
PO Box 401
Cleveland, NY 13042
peopleforanimalrightsofcny@gmail.com

Visit our Website: www.parcny.org

Find us on  People for Animal Rights of CNY

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Many thanks go out to those that make these newsletters available at their establishments.

SYRACUSE VEGAN LIVING... continued

continued from previous page

UPCOMING LIBRARY PRESENTATIONS WILL BE:

"Eating for the Planet, Our Health, and More"
presentation and cooking demo, both led by mother-and-son duo Jacqueline and Quillan Cappello
Saturday, April 19, 12:30 - 2:00pm
Marcellus Free Library
32 Maple St, Marcellus, NY 13108

"Healthy Cooking on a Budget" cooking demo
by Jacqueline and Quillan Cappello
Saturday, May 3, 2:00-4:00pm
Petit Branch Library
105 Victoria Pl, Syracuse, NY 13210

Vegan Fitness presentation by Certified Strength and Conditioning Specialist, Ben Rayland.
Saturday, May 17, 12:30 - 2:00pm
Marcellus Free Library
32 Maple St, Marcellus, NY 13108

The monthly events are free to attend and open to all, which is perfect for anyone who is vegan-curious and wants to learn more, but not yet ready to be a Vegan Pledge in a month-long program.
Aside from the above presentations, The Syracuse VLP also coordinates miscellaneous community gatherings and they are very active on social media. If you want to be kept up-to-date on their engaging events and are looking for some sweet local folks to connect with, the Syracuse VLP can be found on Facebook at Syracuse Vegan Living Program, or through their website (<https://www.veganlivingprogram.org/>).

Questions? Contact: syracusevlp@gmail.com ■

Please Join

PEOPLE FOR ANIMAL RIGHTS:

Use the 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!*

WHY EARLY SUMMER BRINGS MORE BEAR SIGHTINGS

Courtesy of BearWise® | www.BearWise.org

If you think bears have been in the news more than usual lately, you're right. Early summer usually brings a bumper crop of news stories about bears appearing in places they're not typically seen, from backyards and suburban streets to residential communities. So, where are the bears going?

Most bears spotted in unlikely or unusual places in early summer fall into three categories:

Juvenile male bears that denned up with their moms last winter and got booted out this spring. No matter how big and furry they look, these bears are about 18 months old and are just trying to figure out how to live on their own. Juvenile males need to disperse and find a place to call home where they can find food, shelter and eventually a mate. Juvenile female bears, however, are often allowed to move in next door to their moms, so most wandering bears are males. These young bears are often lonely and lack the fully developed survival skills of an adult bear. They are also hungry and inquisitive and will check out anything that seems as if it might be a source of food. Like human teenagers, they are at a very impressionable stage of life. If they quickly discover that human places should be avoided, they will be forced to learn to support themselves as wild bears. If they find the backyard pickings are easy, they start down a road that is often a dead end for them.

Adult male bears are roaming far and wide in search of a mate. Both male and female bears may mate several times in early summer; in fact, it's not unusual for cubs from a single litter to each have a different father. But female bears rarely leave their home ranges; for the good of the gene pool, they let the males come find them. So adult male bears may travel long distances through various females' home ranges.

New moms have lots of mouths to feed. Mother bears may have between one and six cubs depending on her for their survival. Natural spring and early summer food sources such as grasses and developing plants are just not as calorie-dense and nutritious as the nuts and fruits that ripen later in the year. So mother bears often need to travel further from their dens looking for food. Cubs take after their parents in several ways: they are super-smart, learn quickly and are very adaptable. So if mom teaches them to raid the garbage or bat down bird feeders or sends them in through pet doors to see what's in the kitchen, it creates a whole new generation of problems for people and bears.

What You Can Do:

Be extra-vigilant during this extra-critical time. Follow the At-Home BearWise Basics and use the BearWise At-Home Checklist make sure there's nothing around your property or home that will attract bears.

Don't approach bears. Don't feed bears. Don't call all your neighbors to come watch. If the bear is headed to a safe space (for bears), just leave it alone. If you're worried it's at risk because it's wandering through a densely populated area, call your state wildlife agency. And then make sure you and your neighbors have no unsecured food sources, pet food, birdseed or other attractants that would tempt it to hang around. ■

**A44: A Vegan Zombie Movie Written,
Produced and Directed
by Syracuse Native Chris Cooney**

By Nancy Camorati

Chris Cooney, a graduate of Chittenango High School, was always a fan of horror movies. At 16, he purchased a camcorder and so began his filmmaking journey.

A44 is about a college student who sets out to find the source of a plague-like disease that turns people into mindless zombies. With his trusty dog, Indy, by his side he discovers the source seems to be coming from the meat and dairy industry.

The all-vegan movie was shot in Syracuse. All of the food, make-up and props on the set were vegan. A few notable appearances in the movie include Dr. Michael Greger, Jane Velez Mitchell, Hench Herbivore and Chris Cooney as the student. Post-production was completed in September 2024; and it premiered on March 15th, 2025 at The Museum Of Science & Technology to a sold out crowd.

Chris co-authored an award-winning cookbook in 2013. *Cook and Survive* is a graphic novel cookbook Chris co-authored with John Tedd and illustrated by Rob Kramer.

Chris also has a YouTube cooking show which features vegan recipes in a setting of a zombie apocalypse. 'The Vegan Zombie' combines vegan cooking with horror entertainment.

Go to www.a44movie.com for in depth creator bio, cast, crew and the movie trailer. ■

ACCESS THESE RESOURCES IN SYRACUSE BEFORE ABANDONING OR SURRENDERING A COMPANION ANIMAL

by Marguerite Mallia

It is an alarming fact that companion animals are being abandoned or surrendered in Syracuse, NY for various reasons. The most outstanding reason might be the finances required to feed and provide medical care for a beloved animal companion. Perhaps a reason might be the time required to give the animal emotional or social support. Another issue might be behavioral issues or the age of the animal.

Whatever the reason, it is a most difficult decision.

However, there are community resources that might be able to give you the support you need during a challenging time, giving you the ability to keep your companion animal or animals.

Please be mindful of two premises that need to be stated: when you adopt a companion animal it is for the extent of the animal's life, and the other premise is that abandonment is never an acceptable option.

Cats, dogs, and small mammals who have been domesticated cannot care for themselves outdoors. Cars, weather, starvation, and other animals are real dangers that companion animals are not equipped to handle.

Companion animals are sentient beings that have feelings. They usually have provided unconditional support to you during their time with you. They deserve humane care.

Responsible pet care begins with spaying or neutering your pet. When it is the appropriate age, there are resources in the community that will assist you with this care:

SANSA Spay and Neuter Syracuse

Phone: (315)-834-0141

Website: www.spayandneutersyracuse.org

CNYSNAP

Phone: (607)-756-2561

Email: info@cnysnap.org

Website: www.cnysnap.org

Fixing to Help

Phone: (315)-729-8691

Email: fixingtohelpcny@gmail.com

Website: fixingtohelpcny@gmail.com

Humane CNY

Phone: (315)-457-8762

CNY SPCA

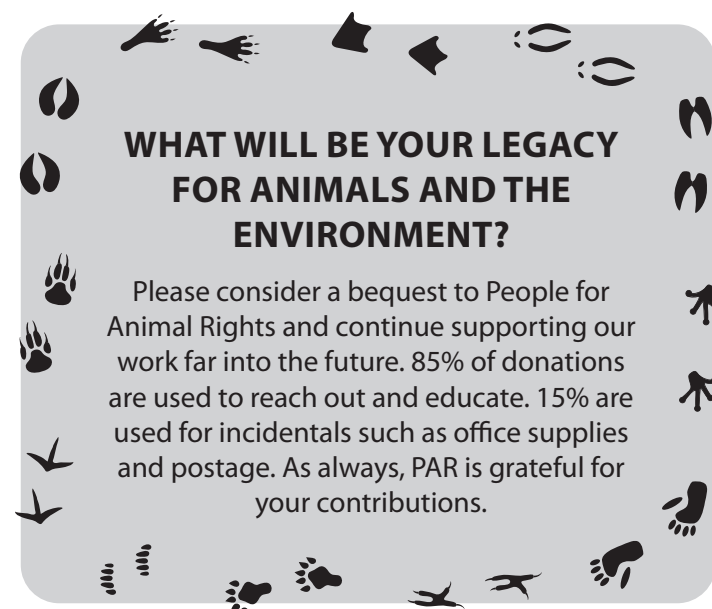
Phone: (315)-454-4479

There are community pet food pantries resources that can supplement the care of an animal. Please refer to www.humanecny.org for the complete list of them. Also please call 211 for CNY pet food pantry hours.

Another community resource is Kia's Pet thrift store located at 25446 James Street, Syracuse, NY. This is CNY's only at home pet meal delivery service where people with disabilities, low income or veterans can have dog and cat food delivered. There is also a Furry Kisses Fund through the Kia Foundation which is a fund to assist elderly people, people with disabilities, or other pet owners with unexpected veterinary costs based on one of the following: prescribed medications, spay/neuter, vaccinations, emergency surgery, or initial visit.

It is helpful to call an animal welfare organization such as CNY SPCA, Humane CNY, Cat Coalition, Wanderer's Rest, your veterinarian, or one of your choice before making any decisions. They might be able to give you ideas that you have not considered. Also consider speaking to your relatives, close friends, neighbors, coworkers about the challenge that you are facing. They might be able to offer you the assistance that you need.

Finally, there is a website on which you can rehome your companion animal yourself (adoptapet.com). You would submit a listing to rehome your pet. It is known that surrendering or rehoming a companion animal is very challenging. "Start by doing what is necessary, then what is possible, and suddenly you are doing what is impossible" - Francis of Assisi ■



STOP (SAYING) FACTORY FARMING

by Hope Bohanec, humanehoax.org

Advocates fighting for farmed animals should be proud as we have come a long way in educating the public about the horrors of animal agriculture. Just a couple of decades ago, the only soy milk was in powder form; if you wanted a vegan cookie, you had to bake it yourself; and vegans often ventured into restaurants with trepidation for fear of their sanity – and leave hungry. Now, there are vegan chain restaurants and vegan doughnuts alongside national media stories about caged hens, immobilized sows, and overcrowded cows. The fact that animals suffer to produce meat, dairy, and eggs is quickly becoming common knowledge. Vegan is now a household word.

Much of this progress is the result of the strategic denouncement expressed by the powerful term, "factory farming." For decades, animal activists have inscribed the motto "End Factory Farming" into brochures and splattered "Stop Factory Farming" on protest signs with red letters dripping like blood. This incriminating term conjures images of endless rows of animals in barren cages; filthy, windowless warehouses; and animals suffering and dying on manure covered concrete doors – images that are increasingly familiar and available to us through social media.

The ubiquity of these images and conditions associated with "factory farming" has spawned a pervasive condemnation. Everyone, it seems, can rally together and agree that we must stop factory farming. But this rallying cry has created an unforeseen

consequence, one that animal exploiters are taking full advantage of. Producers who sell the flesh and fluids of animals can simply state that their product is not factory farmed; it's organic...local...humane...cage-free... (insert any number of misleading labels here). In fact, I have seen websites that state claims like (paraphrasing) "We are against factory farming, buy our pork." Likewise, when consumers hear these offensive two words, they are now thinking, "Oh, but my meat (or dairy or eggs) isn't factory farmed. I buy it at Whole Foods" (or "it's organic," or "it's free-range," etc.).

WATCH YOUR LANGUAGE

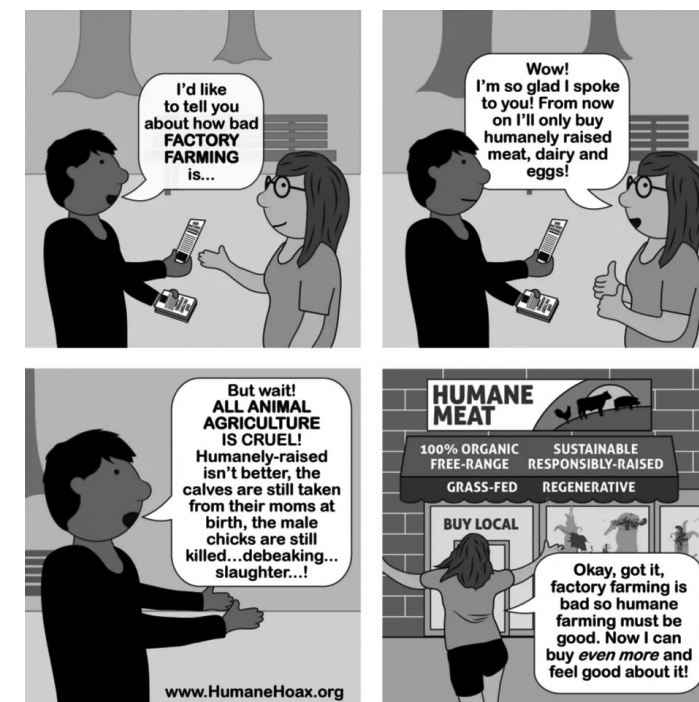
I so often hear farmed animal advocates say, "99% of meat, dairy and eggs are factory farmed." Again, now a consumer will think that their humanely labeled animal products are the 1% that we have told them is acceptable because it is not factory farmed. Do animal rights activists actually believe that 1% of animal agriculture is somehow pampering the animals with comfortable, relaxed, happy lives where there is no separation of families, no painful body mutilations, and no terrifying slaughter? It is simply untrue. ALL animal farming is "factory" farming. As long as animal bodies are commodified, there is exploitation and suffering.

DANGEROUS COMMON GROUND

The popular reprobation of the term factory farming has inadvertently created a demand for products labeled with euphemistic terms associated with "alternative, small-scale" animal farming. This was not the initial intention of the term. Many groups originally used the term for the purpose of ending all exploitation and killing of farmed animals, as they do today.

But there has been a shift in the last few years, a shift toward "humane" animal farming, and now everyone, it seems, can get behind ending factory farming: the animal rights activists as well as the consumers and producers of meat, dairy and eggs. This is unintended and dangerous common ground whereby the rhetoric of the animal rights movement has been appropriated by our opposition to promote the very products we seek to condemn. Now when we are denouncing animal products with the term factory farming, we are ironically repeating the marketing slogans of an increasing sector of the meat, poultry, egg, and other animal industries.

The term factory farming has come to imply that only the conditions the animals are kept in are of importance, and that taking an animal's life, the slaughter itself, is unproblematic. The marketing experts of the animal





BETSY ROSS

By Richard Weiskopf

Betsy Ross is my cat's name. I wouldn't have named her that, but she had that name when I got her from Kitty Corner.

She is a beauty! Her fur is totally black. She is a small cat and only two years old. Betsy has lots of energy. She startles me as she goes scooting around my apartment. She also takes long naps during the day.

Betsy is very independent. She seems comfortable being by herself. When she wants attention she comes to me. A few moments of petting her beautiful black fur and telling her how beautiful she is and she is satisfied.

Betsy is not very demanding; she is easy to take care of. I clean out her litter box every day and feed her in the morning and afternoon. She also gets special 'treats' daily, which are prescribed to decrease plaque forming on her teeth.

Betsy is not allowed out of my apartment. It is her world. Sometimes I see her looking out the window. It could be rainy, cloudy or sunny. I wonder what she is thinking during those moments. My world is larger than hers, but it is also limited to the Nottingham and the walk around the outside if the weather is not too cold. No traveling; no driving a car for me anymore. So we each enjoy our limited worlds together.

Sometimes she jumps way up to the top of the refrigerator and then way up to the top of the kitchen cabinets and looks down at me while I prepare my lunch.

Betsy and I are friends. I talk to her a lot. I wonder whether she can understand some of what I say. I tell her how beautiful she is and how lucky I am to have her. ■

KittyCorner of CNY is a small, non-profit feline rescue facility located in Liverpool, NY. Visit 'Kittycorner.org' for more information or to make a donation

STOP (SAYING)... continued from page 5

farming industry brandish this term to make people believe that as long as it isn't a "factory" or an "industrial" setting, so as long as it's not a mega-size farm, as long as the animal had some kind of minimal improvements, then it's okay to slaughter the animal for the enjoyment of the "conscientious" consumer.

Many organizations want to "end factory farming" but still promote the killing of young animals for human consumption. These organizations support smaller farms with supposedly better conditions, but as I reveal in my books *The Ultimate Betrayal* and *The Humane Hoax*, no label tells the whole story and "alternative" farming can be just as bad and in fact, no different *and even worse* from so-called factory farming for the animals and the environment.

NOT VEGAN

The term factory farming no longer implies a vegan message. It no longer necessarily suggests a desire to stop the exploitation and killing of farmed animals, and those who work towards this important goal must abandon the term, or we risk inadvertently repeating what has become a marketing slogan of our opposition. Instead, we should be more specific and use the term animal agriculture, animal agribusiness, or simply animal farming. This encompasses all farming of animals. We must be careful to speak in ways that express the truths that all animal agriculture is exploitive, all animal farming is abusive, and there can never be a humane way to breed, confine, and kill animals for their flesh, milk, and eggs. Let's shift our language, and the consciousness around this issue, and push beyond "humane" exploitation. It's time to retire the term factory farming.

What do we want? To Stop Animal Farming! When do we want it? Now! ■

IT'S TIME FOR NATIONAL LEADERS TO UNDERSTAND MAGNITUDE, IMPACT OF ANIMAL FIGHTING CRIME WAVE

by Wayne Pacelle

Dogfighters put dogs of the same weight in an enclosed pit and goad them to attack each other, with blood staining every inch of the pits and the contests sometimes lasting more than an hour. The people who stage these fights have been known to electrocute or drown poor-performing dogs. As a training strategy, dogfighters may use smaller, vulnerable dogs, or bait dogs, to instill more aggression in the animals. We've even seen cases of "trunk fighting," where two dogs will be put in the trunk of a car to attack and kill each other—in the most compact and closed-off fighting pit imaginable.

Cockfighting Is No Less Vicious and Cruel

Cockfighters strap knives or gaffs (curved ice picks) to the birds' legs so they can deliver deep and mortal wounds to their combatants. Some cockfighters kill critically endangered hawksbill sea turtles and use their hard shells to make gaffs ("postizas").

Cockfighters set up pole traps and other traps to kill eagles, hawks, and owls, because their fighting birds are sitting ducks during the rearing and training stage of cockfighting. The beautifully colored roosters are kept in the open air outside and tethered, so they are unable to escape avian attacks. One cockfighter recently told one of our informants he's just recently killed 50 raptors. Cockfighters stick fighting birds in boxes and ship tens of thousands of them through the U.S. Postal Service every year, without food or water, even to far-flung destinations like Guam.

Investigations and Enforcement to Stop Animal Fighting

Despite laws to forbid animal fighting in every state, and a federal law treating staged fights as felonies on every inch of U.S. soil, dogfighting and cockfighting are startlingly widespread and unusually corrosive to civil society and animal health. There may be 150,000 backyard cockfighting operations in the United States. The USDA has estimated there are as many as 20 million fighting birds in the United States, with those birds destined for illegal pits here and to foreign fighting venues around the world.

Bringing More Firepower to Stop Animal Fights

Our top priority is to work with Congress to pass the FIGHT Act, led by Don Bacon, R-Neb., and Andrea Salinas, D-Ore., in the House, and John Kennedy, R-La., and Cory Booker, D-N.J., in the Senate. This path-breaking

legislation outlaws online gambling on dogfighting and cockfighting, allows for forfeiture of property used in the commission of animal fighting crimes, halts the shipping of fighting roosters through the U.S. mail, and creates a private right of action when law enforcement isn't able to shut down fighting rings.

It has an astonishing 760 agencies and organizations supporting it, including the National Sheriffs' Association, which treats the FIGHT Act as a top legislative priority. The Association "acknowledges animal fighting is a crime of violence" with "links to crimes against people including, but not limited to, child abuse, murder, assault, theft, intimidation of neighbors and witnesses, and human trafficking."

What You Can Do

Follow this link: <https://centerforahumaneconomy.org/animal-fighting-is-the-pits-campaign>

This bill would strengthen our federal laws against dogfighting and cockfighting, enabling private citizens to bring civil suits against dogfighters and cockfighters, banning on-line wagering on dogfights and cockfights, and forbidding the shipping of adult roosters by U.S. mail. Dogfighting and cockfighting are widespread and barbaric activities, and federal enforcement efforts are spotty, with some jurisdictions not seeing any arrests of known animal fighters.

These proposed legal standards will shut down a sales pathway for fighting animals, defund some of the activities by outlawing on-line gambling, and enable citizens to initiate civil actions against animal fights and to complement the criminal charges that our federal law enforcement agents may initiate. ■

SCOTTISH SHORTBREAD RECIPE

by Crystal Allen

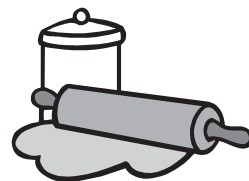
Ingredients

300 grams pastry flour
2 sticks vegan butter, cold (*I like Wegmans plant based*)
100 grams sugar
Cane sugar for dusting

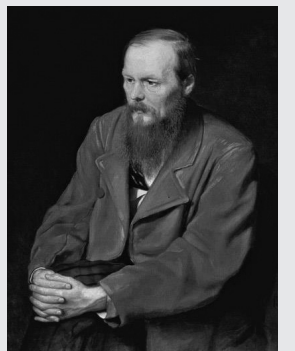
Preheat oven to 350 degrees

1. In food processor (or use pastry cutters) add flour, sugar, and butter and pulse until it forms a dough.
2. Dump out onto a sheet of parchment paper, fold parchment over dough into a square, and roll dough to 1/4 to 1/2 inch thick.

3. Place dough into fridge for 30 minutes.
4. Remove dough from parchment paper and cut into small rectangles.
5. Use chop sticks to poke two or three holes in the center of each cookie.
6. Dust well with coarse cane sugar.
7. Put cookies in oven and turn heat down to 338 degrees.
8. Bake 25 minutes and cool completely on pan before enjoying. ■



"People speak sometimes about the 'bestial' cruelty of man, but that is terribly unjust and offensive to beasts; no animal could ever be so cruel as a man, so artfully, so artistically cruel."



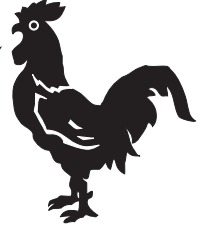
Fyodor Dostoyevsky,
"The Brothers Karamazov"

Portrait of the writer
Fyodor Dostoyevsky
by Vasily Perov, 1872.

PLEASE CHECK
YOUR DUES DATE!



PLEASE
check your
dues date!



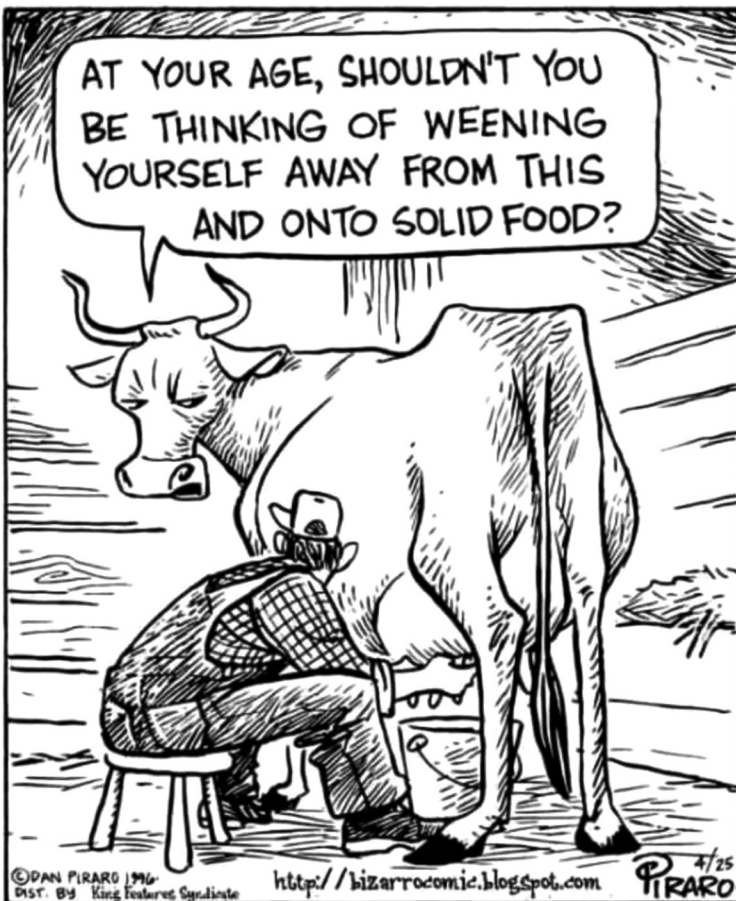
NOTE TO INDIVIDUALS: Please check the expiration date on your mailing label to see whether you are due. This shows the month and year you are due, e.g., 4/25 means you are due April, 2025. All dues become due in either April or September of the year following the year you joined, whichever month is closest to the month you joined. The purpose is to coordinate dues with arrival of the newsletter since we do not send separate reminders. **There are two different ways you can renew your membership. Send a check or pay online at: www.parcny.org**

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



- As much as 65% of the world's human population is intolerant to ingested dietary lactose.
- Most humans cease to produce the enzyme lactase after weaning and as a result become lactose intolerant.
- It is believed that the presence of lactase in humans is a mutation developed through the consumption of dairy. This is known as lactase persistence. This explains why some are able to digest lactose past infancy.
- It is thought that lactase persistence evolved as an adaptation to the domestication of dairy animals around 10,000 years ago.

NIH: National Library of Medicine and University of California, Berkeley

Image used with kind permission from Bizarro - Dan Piraro.