Inside: Corporate Media Debate, Grand Juries & Hunt Sabs 101

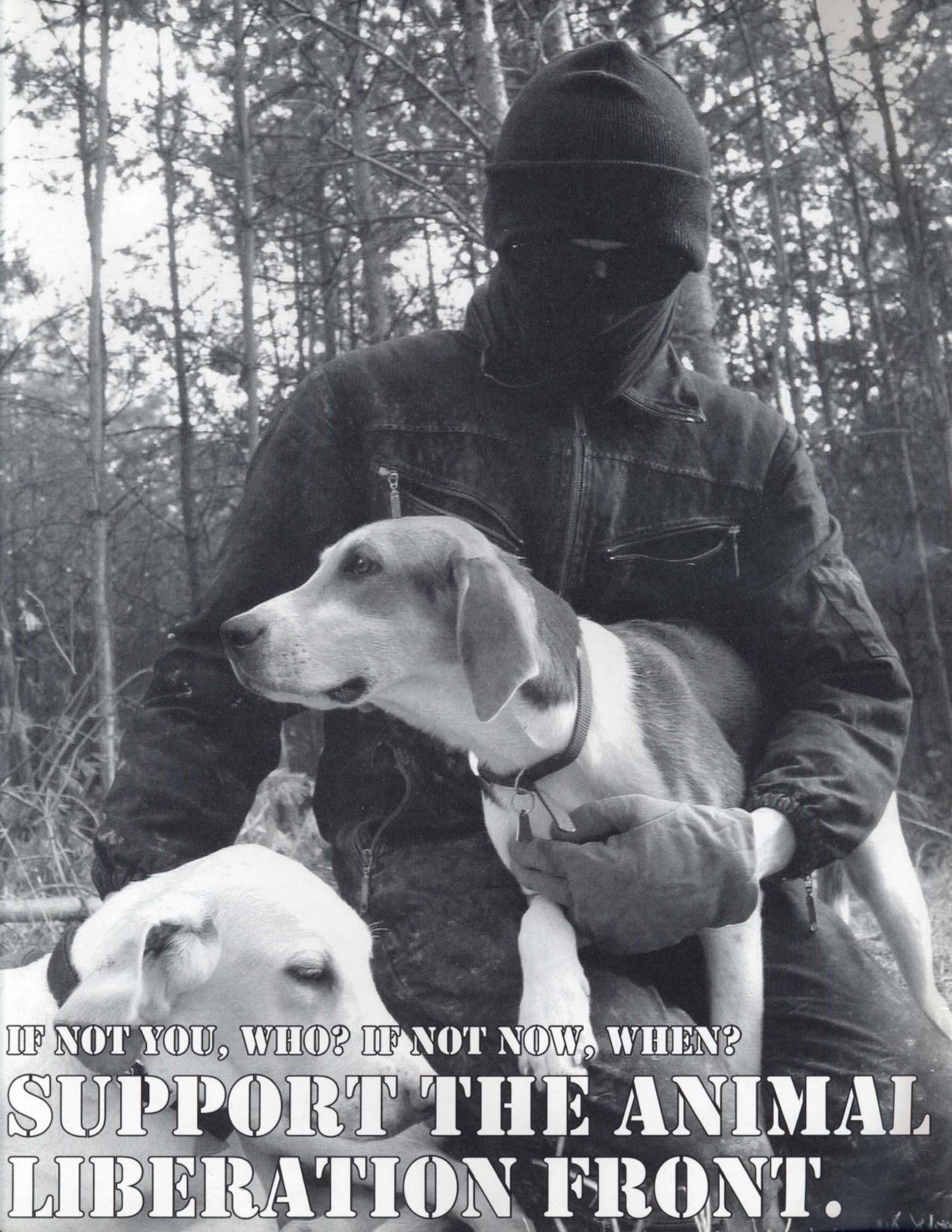
# NO COMPROMISE

*The Militant, Direct Action Publication of Grassroots Animal Liberationists & their Supporters*




## ARE YOU READY TO GO THE DISTANCE TO SAVE HER?

Issue #22
Fall 2003


IF NOT YOU, WHO? IF NOT NOW, WHEN?
SUPPORT THE ANIMAL LIBERATION FRONT.

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ISSUE 22 • FALL 2003

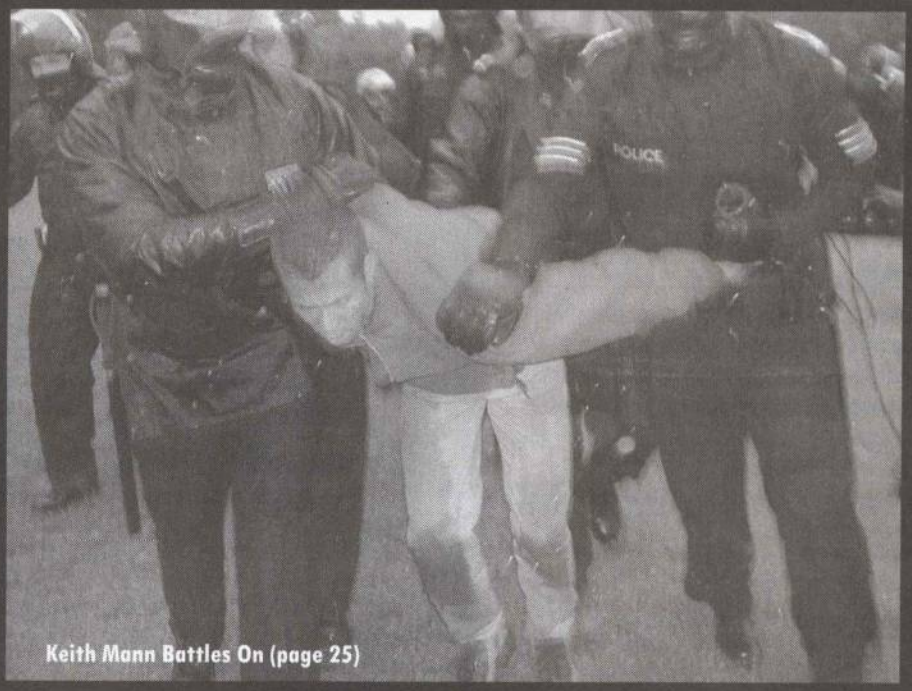

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## SUBMISSION GUIDELINES

No Compromise always welcomes submissions. Please send us your artwork, photos and writing! We reserve the right to edit submissions for length if the recommendations are not followed.

**Deadlines for Next Issue:**

- » November 13: Features, News, Opinion, Letters and Trenches
- » November 18: Advertisements

**Maximum lengths for submissions:**

- » Features: 1300 words
- » News: 600 words
- » Opinion: 700 words
- » Letters: 250 words

All submissions ready for publication should be e-mailed to submit@nocompromise.org. If you have a news brief/alert, press release or event announcement, it should be e-mailed to briefs@nocompromise.org. Submissions will also be accepted via postal mail to the address below. Please send a SASE if you would like materials returned.

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# *Introductory Ramblings*

*Dear NC Readers,*

Welcome back! Thanks for all of the positive feedback we've received from you in regards to our new look. We're pleased that our last issue was a success.

This issue we focus on **"Going the Distance for Animal Liberation."** What can we do to push ourselves to our potential without burning out? How can we optimize our efficiency while balancing our limited time? How can we keep ourselves healthy to ensure that we can keep fighting? We hope that our personal perspectives from "lifers," and advice on managing your time are a few tools you can use to optimize your effectiveness in the struggle for animal liberation. We are also pleased that this issue's interview is with **Robin Webb**, spokesperson for the Animal Liberation Front, who offers insights as to how we can all go the distance.

We are in the throws of autumn and subsequently, in many states, in the midst of hunting season. Because of this, we have special **Hunt Sabs 101** tips from our friends at the **Committee to Abolish Sport Hunting** that you can use to save animals before they meet a bloody fate at the hands of hunters nationwide. And of course, that isn't the only thing that's happening. As usual, the campaigners who are hitting **Huntingdon Life Sciences** are hitting them harder than ever. **New Zealanders** are targeting vivisectors, and the **Irish Vermin Patrol** has created a great new website that should serve as a valuable resource to all who visit it.

These days, it seems as if we can't open a newspaper without reading about how people who care about animals are terrorists. One of the side effects of this new fear campaign is the increased use of Grand Juries in this country. Within the past few decades, the Grand Jury system has been used to systematically silence activists. Read our **Harassment by a Federal Grand Jury** if you aren't already familiar with this governmental tool of oppression. As a follow-up to the Snitch Protocol in our last issue, be sure to read our **Snitch Lessons**, which provides some useful information that further illustrates why snitching is never the answer.

We also still have our regular treats for you. **Rod Coronado** gives us a history of the **Spirit of Resistance** and our debate focuses on corporate media and how much (if at all) we should cater our campaigns and events to their liking. We are also happy to resume our Trenches Spotlight with **Animal Rights Hawai'i**, one of the most highly-respected grassroots animal rights organizations around.

So enjoy. As always, please keep sending your news, photos, artwork and commentaries! And keeping fighting!

For total animal liberation,
*The No Compromise Steering Committee*

## MAILING ADDRESS

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## MISSION STATEMENT

No Compromise is dedicated to unifying the grassroots animal liberation movement by providing a forum in which activists can exchange information, share strategy, discuss important issues within the movement, network with each other in an open and respectful environment and strengthen the grassroots.

# In The Spirit of Resistance

**By Rod Coronado**

I'd like to believe that our resistance to animal abuse and the destruction of the natural world will bring about great change, but it stopped being about that for me a long time ago. Maybe it stopped while I was a prisoner for four years for torching that fur farm, or maybe it stopped this past spring when I watched sheriff's deputies draw their nightsticks to protect chainsaw-toting thugs cutting thousand-year-old redwood trees.

The point is, I don't necessarily believe that I'm going to see the end of the fur trade, vivisection or even war in my time, let alone the ushering in of a vegan society, but that's OK. What resistance means to me is simply that – resistance. Physical resistance to the destruction of all life on planet Earth is our obligation.

Someone recently asked me how, as a father of a young child, I could continue to take risks that might lead to imprisonment. As painful as it would be to be separated from my son, the pain of realization that comes from doing nothing against the greatest crimes of our time would be much worse. It would be a crime in and of itself to do nothing and to leave the evil of our present time as our children's sole inheritance.

Our resistance is nothing new – be it for animal liberation, old-growth forests, or civil and human rights for our own species. We are part of the resistance that began when humans started believing they were more important than everyone else, when women were burned at the stake, when slaves first rose up and fought back; that's when this resistance began.

In the year AD 61 the army of Boudicca defended Britain from Roman invaders. Standing in her chariot, she addressed her predominantly female soldiers.

"Look round, and view your numbers. Behold the proud display of warlike spirits, and consider the motives for which we draw the avenging sword. On this spot we must either conquer or die with glory. There is no alternative. Though a woman, my resolution is fixed: the men if they please, may survive with infamy, and live in bondage."

She died that day, but as a free woman.

To even think that it's not worth it, or that it doesn't make a difference, is to disrespect all of those who have died knowing that hope for change in their time was as remote as freedom itself. Resistance has been, and must become, the biological reaction to the destruction of all that we love and all that's worth defending. The objectification of the natural world and the criminalization of those resisting is not hundreds—but thousands—of years old.

Unfortunately, in the last thousand or more years, not much has changed. The systematic destruction of animal species, endangered human cultures and the environment for economic and political gain still continues, only a little more cleanly and distanced from its true cause. Instead of conquistadors and Roman legions, we have corporate takeovers and Homeland Security. Whether you are a member of a traditional indigenous community in this century or the last, whether you were a practicing earth-worshipper now or during the Spanish Inquisition, the Invaders that force the violent world they created upon us, as opposed to this beautiful world already created, are still trying to break those of U.S. in resistance.



"We are warriors. Like Geronimo, we must fight and never lose hope if we are to remain true to the principles of animal liberation."

Is this frightening? Yes. Is this discouraging? Absolutely not; it is reason to fight on. Because where there is resistance, there is hope. As long as one human being attempts to shake free from the yoke of oppression, there is a chance that our resistance will survive until it is other people's turn to carry the torch.

It is a purely privileged and First World experience to even consider giving up because of the fear of what might become of those willing to stand up for what we believe. Repression's intent is to crush resistance. But like the animals we defend, we must ceaselessly remain true to what we believe, regardless of the cost. Otherwise we're no longer living—we're just surviving.

I can't help but remember the Chiricahua Apache war shaman Geronimo, possibly the greatest guerrilla fighter of all time. In the summer of 1886, with a band of eighteen warriors, thirteen non-fighting women (some of the Apache's greatest warriors were women) and six children, Geronimo led his people in a desperate flight for freedom. In pursuit were 5,000 U.S. troops, 1,000 Mexican military and a few hundred vigilantes. Academics call their historic escape "one of the most remarkable campaigns of guerrilla warfare ever witnessed on the North American continent."

At the time of Geronimo's outbreak, many Apaches hated him. They blamed him with bringing down repression against the rest of the Apache Nation. Those Apaches saw resistance as futile in the face of such a superior enemy. It wasn't uncommon for Geronimo to force his own people at gunpoint to escape the dreaded reservation with him. Some of those same people attest to a Power that Geronimo possessed that kept him rooted in his identity as a free Apache. A Power



LOS ANGELES, CALIF. (5/13) – The Ninth U.S. Circuit Court of Appeals rules that a Los Angeles ordinance limiting the size of any wooden object used at public demonstrations does not violate the First Amendment. This affirms the conviction of activist Pam Ferdin, who was sentenced to 30 days in jail for carrying a bullhook during a 1999 Circus Vargas protest.

UNITED STATES (5/14) – A federal law banning the interstate transport of game birds – roosters used and killed in organized cockfighting rings – takes effect. Under the new law, anyone caught transporting game birds across state lines or overseas faces a maximum fine of $15,000 and up to a year in jail.

JEFFERSON CITY, MO. (5/15) – The Missouri House of Representatives rejects a proposal that would have made it a felony – with a maximum five years in prison – to photograph animals on private property. The proposal was introduced by Rep. Jim Guest (R-King City), who said he wanted to protect farmers from animal rights activists.

COPENHAGEN, DENMARK (5/17) – An art museum director is acquitted of animal cruelty charges after a court rules that a display featuring goldfish inside working blenders was not cruel. The display at the Trapholt Art Museum in Kolding featured 10 blenders and invited visitors to blend the fish if they wanted to, which someone eventually did, grinding up two goldfish.

OLYMPIA, WASH. (5/20) – Governor Gary Locke vetoes legislation that would have allowed the use of body-gripping traps to capture animals for recreation or fur trade. Substitute Senate Bill 5179 would have essentially repealed Initiative 713, which voters passed in 2000 to ban body-gripping traps for use in capturing animals for recreation or commerce in fur.

that came from an unflinching belief in a world greater than any created by mankind. The same natural power and world we, as animal liberation activists, believe still exists.

Through song and prayer, while being pursued, Geronimo would call upon the Earth herself for protection. Apache survivors from the 1886 breakout swear that in one nighttime escape from a U.S. military command, Geronimo sung to delay the dawn's light for two hours while his band crossed a naked basin in Southern Arizona. Now, 120 years later, Geronimo is far from being hated by his own people. Instead he is considered to be one of Native America's greatest heroes, because he kept fighting against all odds.

During this time, it was still a tactic of Geronimo's to take children captive for the purpose of training them to be full-fledged Apache warriors. A 11-year-old Irish-Mexican boy snatched from a ranch in New Mexico burst into tears when he was "freed" by U.S. soldiers and screamed in Apache that he didn't want to go back home, but wanted to stay with Geronimo forever.

Kanseah, an 11-year-old Apache boy, would later say of his warrior mentor, "When the people were hungry, Geronimo got food. When they were cold, he provided blankets and clothing. When they were afoot, he stole horses. When they had no bullets, he got ammunition. He was a good man."

The last Native American to challenge the U.S. in the 19th Century would later say, "Rather than see my race perish from Mother Earth, I cared little, so long as I could direct the fighting and preserve even a few of our people."

We are warriors. Like Geronimo, we must fight and never lose hope if we are to remain true to the principles of animal liberation. This struggle will not end in our lifetime. We are at the threshold where the same forces that sought to contain the spirit of Geronimo and his people on reservations, are now directing their pursuit towards the Animal Liberation Front (A.L.F.) and the Earth Liberation Front (E.L.F.), in an attempt to preserve the Invaders' worldview that demands that animals and the Earth remain property to be exploited.

Now is the time to solidify our commitment towards fighting for a better world. Seven federal grand juries and home invasions by armed federal agents are simply evidence that we are having an impact. If Geronimo and thirty-seven renegade Apaches could hold back the tide of Westward Expansion, there's reason to believe our small movements can do the same towards preserving the natural world and preventing animal exploitation.

There is no doubt in my mind that most people in North America will continue to live their lives selfishly consumed with their own pleasures and luxury. They have made their choice, conscious or not, to deny any responsibility for the evil in the world today.

Now is a time for heroes unafraid of taking a dangerous and unpopular – yet righteous – stance. The Earth and her Animal Nations need more Geronimos, Boudiccas, Frederick Douglases and Harriet Tubmans. Otherwise – though we might not win in our time – we'll definitely lose. And the animal rights and environmental movements will remain a part of the life-destroying system we oppose, providing Band-Aids and temporary pain relief, at best, to the billions suffering under mankind's bloodied fist.

When under attack, we must fight back. Now is the time to ready ourselves for war. It's not enough to defend; we must confront the real terrorists when they least expect it, in traditional guerrilla warfare fashion, knowing that the spirits of all past rebels and resisters are within us. It's time to be strengthened, not weakened, by recent FBI and ATF attacks on our nonviolent supporters.

We are having an impact. The animal abusers and earth destroyers are circling their wagons my friends; let's not let our warriors in the A.L.F., E.L.F., Revolutionary Cells and other groups down. It's time to fight with all the rage and love that the crimes we are aware of deserve.

As the Lakota warrior Tesunke Witko (Crazy Horse) once said after a U.S. attack on his village, "Let these arrows be my tears."

# Hunt Sabs 101: Are you Ready?

**by Peter Muller**
**Committee to Abolish Sport Hunting**

Hunt sabotage is probably as old as hunting. If we need a patron saint, we can find him in Sir Richard de Veron, who was also known as the Hermit of Eskdale. Hunters killed him while he protected a boar in 1159. The people of Eskdale (Scotland) still commemorate him by an annual festival.

We would hope to use more effective techniques today to escape such a fate.

So here are some things we should consider.

An effective, tried and true technique for sabbing Canada goose hunting works as follows (I assume it would also work with other migrating waterfowl – although our actual experience was with Canada Geese):

Hunters usually wait around a lake or pond for a flock of geese to fly in. Sometimes they use decoys; sometimes they just hide around the body of water.

The geese will fly over the pond in their usual V-formation and come swooping down to the lake if everything looks inviting. When the geese are at a height of about 50 feet from the lake, the hunters start blasting into the flock.

Hunt sabbers should stand as close to the hunted area as possible and keep an eye out for geese. When a flock approaches, the sabbers should start making loud noises to dissuade them from landing. We've successfully used bull-horns, fog-horns, clarinet mouthpieces, or just plain shrieking human voices. As long as you make a sustained ruckus early enough, the flock will turn around and head for another location.

It's important to stay vigilant and alert and to begin making noise as soon as the flock is sighted; once the flock is low and committed to coming in for a landing, it's very hard to turn them around. The sabbers should stand maybe 10 – 15 ft apart, so as to stay alert and to discourage chatting with each other (thereby losing concentration). They should scan different parts of the horizon for approaching flocks.

To interfere effectively with deer hunting here's what we have found effective:

Find a landowner who has a complaint about hunters coming on to his land during the hunting season. That's usually easy to do. A small ad in a local paper should get a ton of responses. Meet with the owner and explain the local posting regulations to him. (They vary from state to state.) Help him post the land and, while you're at it, try to meet his neighbors and encourage them to post as well. Just taking land away from the hunters, by posting, is the most effective way to reduce hunting.

Walk the land with the owner and become familiar with the land. If you see any tree-stands, tear them down. Carry a crow-bar and a claw-hammer with you as you walk the land. (Sometimes property owners, thinking they can be sued for defacing someone

ANCHORAGE, ALASKA (5/21) – Reno, an Iditarod lead dog missing when somebody freed him and four brethren from musher Debbie Moderow's truck, is found and recaptured by animal control officers.

LAFAYETTE, LA. (5/23) – Nine days after a law banning the interstate transfer of cockfighting birds went into effect, Louisiana cockfighters sue the federal government, claiming the ban discriminates against Cajuns and Hispanics because cockfighting is integral to their culture. The cockfighters are represented by Tulane University law professor John R. Kramer.

SUPERIOR TOWNSHIP, MICH. (5/27) – The ELF claims responsibility for fires that destroyed two houses near Ann Arbor in March. The slogan "E.L.F. no sprawl" was spray painted on the garage door of a house next to one of those burned March 21 in the Mystic Forest subdivision.

TUSCUMBIA, ALA. (5/29) – Alabama sees its first conviction of felony animal cruelty since the felony law was passed nearly two years earlier. Robert Elathain Clay Jr. entered the guilty plea in Colbert County Circuit Court. As part of the plea agreement, Clay agreed to a five-year prison sentence.

MILAN, ITALY (5/30) – (Reuters) McDonald's sues one of Italy's top food critics for printing a derogatory article about the taste of its burgers and fries. McDonald's of Italy says the comments were "clearly defamatory and offensive to McDonald's."

AUSTIN, TX (5/31) – A legislative maneuver to legalize horse slaughter in Texas fails. Amendment 2, attached to SB1413, to remove Texas law that prohibits horse slaughter for human consumption, was removed in conference committee.

else's property, will be hesitant to let you tear down tree stands; let them know that it's the hunters who are illegally trespassing on their land, and that landowners have every right to remove the stand(s) from their property.) Minimally, remove the lower rungs of the ladder so that the stand becomes inaccessible. Make sure you take them with you and dispose of them. Don't leave them around at the base of the stand. Some people have suggested cutting through the top two rungs and leaving them in place. But since this could cause injury to humans, we would not advocate doing that.

Hunters who are used to hunting a property will often attempt to come onto that property whether it is posted or not. It is absolutely essential that newly-posted property be patrolled. Even property that has been posted for many years should be patrolled, at least occasionally. The most important time to patrol is the first day of hunting season and the first weekend of hunting season.

Basic rules for patrolling are:

1) never patrol alone

2) do not carry any arms when patrolling (do not attempt an armed "showdown")

3) do carry a camera, and a tape recorder or a camcorder

4) wear "blaze orange" vest and cap

It's best to go in two groups, the lead group consisting of two or three experienced people – followed at a distance of about 25 to 50 feet by a second group of people with cameras and recorders. When a hunter or a hunting group is sighted, approach them and politely but firmly tell them, "You are on posted land – please leave the area!" While the lead group is confronting the hunters, the "recording" group records the interaction.

Most commonly the hunters will leave. Occasionally they will dispute your view of where the land boundaries are; that's why it is important to know the land as well as the names of the adjoining land owners. Phrases like "The Jones' land goes over to that tree line and then the Smith's land starts; the Smith's are also posted and asked us to patrol their land as well" will usually work to get the hunters out of the area entirely. Even if you are not absolutely sure of the land boundaries, sound positive, assured and get them off the land.

Stay with them, engage them, and don't let them continue hunting. They are under time-pressure to kill a deer while it's still morning – especially during the first day of the season. You, on the other hand, have "all day." So if they want to get into a three-hour conversation on animal rights, politics, the war in Iraq or last night's TV programs – accommodate them. While they're talking, they're not hunting.

We've read on hunters' internet chats that their hunting days ended after this type of encounter.

Try to get a hunting license number (they must wear a tag with their number in most states), and have a member of the recording group voice record it by repeating the number a few times.

If they insist that a land boundary is different from what you describe and that they have permission to hunt on that land, tell them that the owners of the adjoining land, which you are patrolling, will not allow them to go onto their land even for purposes of tracking wounded deer. So, as ethical hunters, they should keep at least 500 yards from the boundary.

The whole purpose of the exercise is to "hassle" them enough so they discontinue hunting in that area. That having been accomplished will take more turf away from them next season and dampen the enjoyment of hunting in that area.

# Irish Vermin Patrol

In an effort to assist and advance the debate on the link between animal abuse and human abuse, the Association of Hunt Saboteurs Ireland (AOHS) has devoted a section of its new website <http://huntsabsireland.org/> to naming and shaming Irish animal abusers.

Under a section entitled "Vermin Patrol," details are given of persons convicted in Irish courts of cruelty to animals. It will allow viewers to be informed of animal abuse cases and court-imposed sanctions on those who abuse the non-human members of our society. Court cases listed include cruelty to domestic animals, farmed animals, and wildlife, as well as relevant court cases relating to animal rights/welfare issues.

All the court cases uploaded to the website have been reported in the national and local media. The message to animal abusers is this: Your day in court will not go unnoticed. Aside from receiving judicial punishment, you are going to be named and shamed on the Internet, the most powerful communications channel on the planet.

The AOHS is inviting Irish viewers to inform us of any new or unlisted cases, in an effort to keep the list as comprehensive and up-to-date as possible. (Details of cases via press clippings can be sent to the AOHS at the address below.)

This "Name and Shame" element is believed to be the first Irish website detailing, in depth, animal rights violations. It will serve as a reference resource for those researching the link between animal and human abuse. It will also be a horrific reminder that animal abuse is very much part of our society.

From legal animal abuse, like bloodsports, to illegal animal abuse, Irish society must wake up to the fact that we have a serious social problem that must be tackled.

Civilized society must not only condemn, but also root out and punish, animal abusers. We must never forget that those who are cruel to animals rarely stop there; animal abusers must find no comfort or support in society.

*John Tierney/Campaigns Director*
*AOHS PO Box 4734 Dublin Ireland*
*huntsabs1dublin@hotmail.com*





OMAHA, NEB. (6/1) – Nebraska legislators pass a bill raising penalties for certain forms of animal cruelty from a misdemeanor to a felony.

OCEAN COUNTY, N.J. (6/1) – Jail inmates attack fellow inmate Matthew Ronneberg, the man jailed for attacking and killing several birds at a zoo earlier in the year. The beating leaves Ronneberg with a broken jaw, a fractured nose, a knocked-out bottom tooth and severe bruising to the right side of his face.

PORTLAND, ORE. (6/2) – The Oregon Senate passes a measure (23-6) aimed at cracking down on those who sabotage farms, timber operations and research facilities. The bill's chief sponsor, Sen. Ted Ferrioli, said environmental vandalism has resulted in $50 million in damage in Oregon throughout the past decade.

DHAKA, BANGLADESH (6/5) – A herd of wild elephants rampages through several villages in southeastern Bangladesh, killing two people and injuring about a dozen others. The elephants also trample and destroy dozens of mud-walled huts during the attack.

ZAMBOANGA CITY, PHILLIPINES (6/5) – Local newspapers report that in its campaign to get rid of stray dogs in the city's streets, the local government has so far butchered 1,000 dogs, grinding their bodies into fertilizer. The bodies are being ground up at the city's solid waste facilities at the Sta. Cruz commercial complex, Lumbangan dumpsite and at the local government's slaughterhouse in San Roque.



Photo: Deirdre Sims

# WEEK OF PROTESTS AGAINST VIVISECTORS' CONFERENCE

**By Mark Eden**

Anti-vivisection activists from around New Zealand converged on Christchurch in August for a week of action against two conferences – one for Australian vivisectors, and one for New Zealand vivisectors. The Australia and New Zealand Council for the Care of Animals in Research and Teaching (ANZCCART) is a lobby group set up to convince the public that animal research is ethical and necessary, and the Australia and New Zealand Society for Laboratory Animal Science (ANZSLAS) provides training and advice for vivisectors and lab technicians. Both groups held their annual conferences in a central Christchurch hotel in the week of August 18th to 22nd.

The ANZCCART conference, themed "Lifting the Veil of Secrecy: Finding Common Ground," was held on Monday and Tuesday. The aim was to give the impression that progress is being made, and that animals in labs are being treated very nicely. The media were told they could not film the faces of anyone in the conference. (So much for lifting the veil!)

We responded by holding a press conference in a hotel opposite the conference venue, where we announced a new report on vivisection in New Zealand, outlining its cruelty and futility. We also described how New Zealand vivisection regulations are set up to protect vivisectors from public scrutiny. We held two days of noisy protests outside the venue, timed to coincide with breaks in the conference timetable so that vivisectors could not go outside at any time during the conference.

On Wednesday, the vivisectors had planned a relaxing, scenic train trip to the small town of Greymouth, for a guided tour of a local brewery. This didn't quite work out. When they boarded the train at the Christchurch Railway Station, a group of masked activists appeared and sat down on the tracks in front of the train. When several carloads of police arrived about fifteen minutes later, the activists decided they had delayed the train long enough and retreated to avoid serious criminal charges. (In New Zealand, trespassing on a train track is a serious, imprisonable offense.)

The delay was enough to ensure that the train arrived late in Greymouth, so the vivisectors missed out on the free beer and lost the money they had paid for the brewery tour. A lone protester had arrived in Greymouth before them and plastered the railway station with anti-vivisection stickers. She followed the vivisectors' group around town for an hour or two, and managed to place stickers on their bags, backs and shoulders without being spotted – despite the police escort!

The ANZSLAS conference started on Thursday morning,

# "The more they kill the better I will love it."

**By Ariana**

Not too long ago, I stood outside the Japanese Embassy in Washington DC, sign in hand, to protest Japan's resumption of whaling. After a few hours of talking to the media and handing out flyers, we packed up our signs and rode the metro home. At the time, I tried to convince myself that we had made a difference, and that our small crowd of well-mannered protestors had, if nothing else, made our voices audible to the powers that be.

Three years later, Japan has remained unflinching in its determination to continue whaling, and the massacre continues. Perhaps emboldened by the limp opposition offered up to Japan, Iceland has now followed suit, resuming an all-out whale hunt, under a thinly-veiled guise of "scientific research."

We have seen a nearly parallel course of killing in Canada, with the revival of the commercial sealing industry. Just a decade or so ago, there was no wildlife massacre more notorious than the Canadian seal hunt. Ice floes stained red with the blood of bludgeoned baby seals left indelible images in the minds of millions. Canada's name became practically synonymous with cruelty, and the public relations disaster seemed certain to drive the sealing industry to ruin.

But by the 1990's, the seal hunt had fallen off the public's radar screen, and the Canadian government began to quietly rebuild its sealing industry. So lax was public attention to the issue that in 1998, then-Minister of Fisheries John Efford proclaimed, "I would like to see the six million seals, or whatever number is out there, killed and sold, destroyed or burned . . . The more they kill the better I will love it."

Efford's ominous words foretold a seal massacre of appalling proportions. In 2002, Canada flaunted a death toll of more than 300,000 seals—the highest since



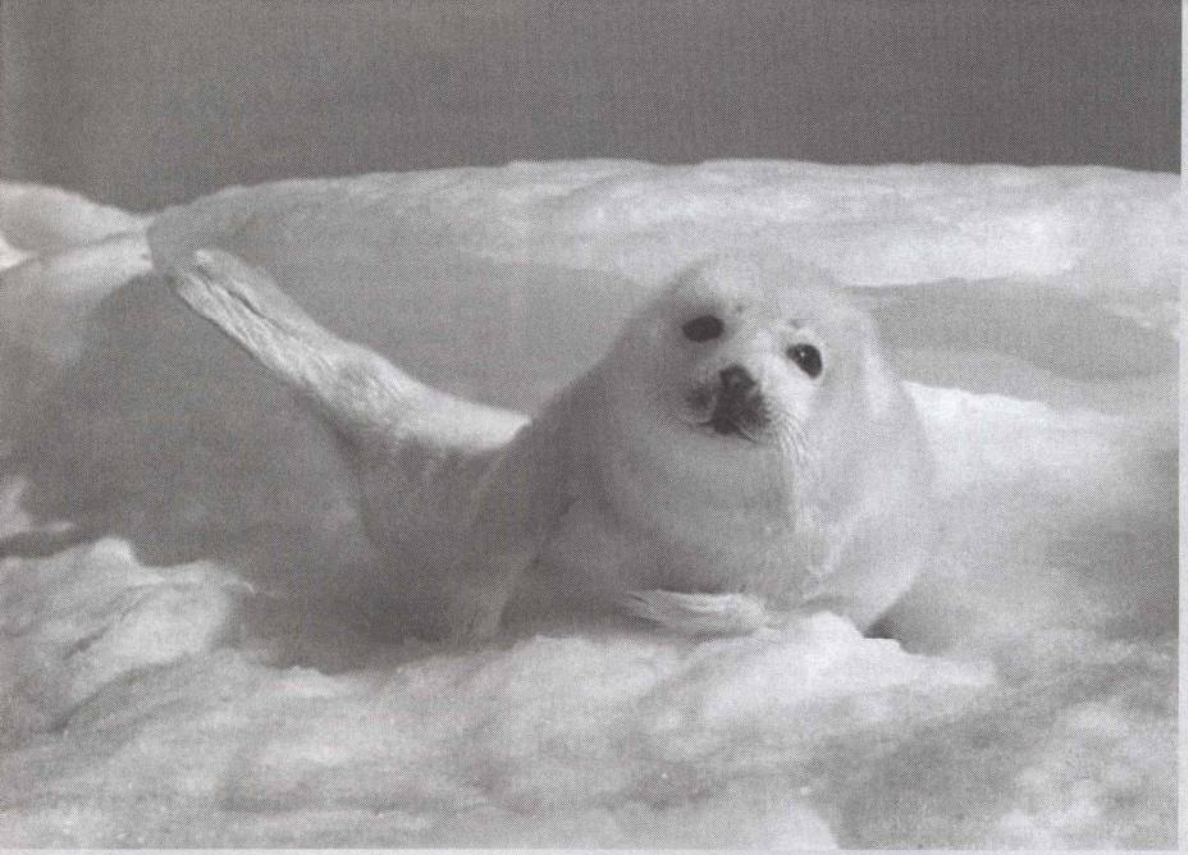
LONDON, ENGLAND (6/5) — British food standards officers declare they will test salami sold in British shops after discovering consumers were unwittingly eating horse meat. The Food Standards Agency says it would test more than a hundred salamis and other processed meats, after an informal survey found three out of 24 products tested contained horse meat which had not been declared as an ingredient.

RICHMOND, VA. (6/6) — Officials with the Virginia Dept. of Health say there's a potential risk of eating raw oysters, clams, and other shellfish after a 40-year-old man died in a Northern Virginia hospital from an illness caused by Vibrio bacteria. The most likely source of infection was the consumption of raw oysters in a local restaurant.

DES MOINES, IOWA (6/6) — U.S. pork industry officials announce a new program funded by a levy on sales to fend off what they call environmentalist attacks, unfair trade threats, and other problems. The so-called Producer Consent Program aims to develop and influence both domestic and international public policy.

NETHERLANDS (6/10) — Newspapers report that supermarkets in the Netherlands will stop selling eggs from laying hens who live in battery cages. Beginning in 2004, all large supermarkets in the country will sell eggs only from poultry farms raising birds in open barns or in other free-range systems.

SANTA CRUZ, CALIF. (6/12) — Activist Lindsay Parme is abducted by feds at her home in Santa Cruz. She is later charged with spurning a grand jury in New Jersey that had subpoenaed her in January to investigate the activities of anti-HLS activists.



the 1960's. And for March 2004, the government has ratcheted up the kill quota even further—to 975,000 over the next three years.

For all the international outcries and the official condemnations, commercial sealing and whaling are moving full steam ahead. Where victory on these two campaigns once seemed within our grasp, it now seems we have failed to effect the long-term change the animals need. Governments continue to flout public sentiment, and the animals are still dying.

All this raises the questions: What good are these campaigns, if we cannot sustain them? Can we rely on public sentiment alone to drive public officials to "do the right thing"?

For some activists, the answers are clear. The Sea Shepherd Conservation Society has been confronting the killing fleets head on since 1986, when it shut down illegal Icelandic whaling operations by sinking half of the Icelandic whaling fleet and destroying the whale processing plant at Hvalfjördhur.

Ten years later, in 1996, with the Canada seal-kill quota up to 250,000, activist Frank Arnold took matters into his own hands as well (see *No Compromise* Issue #8). He explained, "I knew that unless I took action, the old war-machine would grind back to life." And so he hatched an amazing plan to take down the Canadian sealing industry.

Armed with a supply of home-crafted incendiary devices, he headed for the Carino seal plant, which processes the bulk of the seal carcasses and pelts for the market. The potential was impressive, to say the least. And had he not been arrested before he could carry out the plan, we might very well have seen the end of Canada's seal massacre. Instead, the war machine is roaring louder than ever.

It is up to us to roar back with equal vigor. Activists must pick up where the others have left off, with their own brand of protest, whether it be letter writing, picketing or direct action. Whaling ships can still sink, and slaughterhouses can still burn.

And the more they burn, the better we will love it.

and activists decided to wake up the vivisectors by starting up the drums and sirens at 5:30AM outside the hotel. Protests outside the conference hotel continued throughout the day, and ended with two arrests when activists tried to stop buses carrying vivisectors from leaving for the conference cocktail party. Meanwhile, another group of activists had already arrived at the cocktail party for an angry demo lasting several noisy hours. One man was arrested, but was released without charge the next morning.

On Friday, over one hundred angry protesters gathered outside the hotel for the noisiest protest yet. Several activists climbed out from a neighboring building onto the roof of the hotel foyer, locked onto some steel beams, and unfurled a banner reading "Burn down the labs." Police quickly arrested two activists and confiscated the banner. But police bolt cutters proved ineffective against the D-locks used by three activists. After an hour, the three agreed to unlock in return for being released without arrest.

That evening, activists marched through central Christchurch and held a quiet vigil in remembrance of all the animals who have suffered and died in labs everywhere. Several speakers talked about how the anti-vivisection movement is now worldwide, mentioning A.L.F. raids, the SHAC campaign and other examples of how direct action and mass public pressure can be applied to close down the vivisectors.

The week was a huge success. Many activists and groups from around the country worked together for the first time, a lot of new people joined the movement, and vivisectors in New Zealand are worried by the emergence of a new, sustained anti-vivisection campaign in this country.

More info, photos, and videos can be found at:
www.stopvivisection.org.nz
www.meatfreemedia.com

MAKATI CITY, PHILLIPINES (6/16) — A cockfighter is killed by another cockfighter in a dispute that arose after a frightened fighting rooster fled an organized cockfighting event. The dead cockfighter was hacked and stabbed all over his body with a jungle bolo. No word on the condition of the rooster.

BETHEL HEIGHTS, ARK. (6/18) — Animal killer Michael Suntken (889 Applemeadows Road, Bethel Heights, AR) pleads no contest to misdemeanor animal cruelty for killing his dog. Suntken had chained his Great Dane outside in sub-freezing temperatures, allowing her to freeze to death. For his plea, Suntken received a $250 fine, which was suspended.

NEW HAMPSHIRE (6/19) — Governor Benson of New Hampshire signs SB 0079 into law, making New Hampshire the 29th state to make cockfighting a felony. The new law also bans breeding animals for fighting purposes.

SEATTLE, WASH. (6/19) — The Washington Supreme Court rules to uphold I-713, the anti-trapping initiative passed by voters in 2000. In doing so, it rejects the process-oriented arguments advanced by Citizens for Responsible Wildlife Management, a coalition of interests consisting primarily of commercial trappers and ranchers.

COLUMBUS, OHIO (6/19) — An "agroterrorism" bill, proposing felony-level penalties for people who vandalize farms and their equipment, destroy farm property or cause the loss of livestock, goes to the Ohio House of Representatives. The bill's sponsor says that he knows of no such crimes occurring in Ohio, acknowledging that the bill is in response to recent raids on farms by animal rights groups.

# HARASSMENT BY A FEDERAL GRAND JURY

**by Sean R. Day, Attorney at Law**

The process begins with the service of a subpoena. It must be handed to you or, if you refuse to accept it, placed near you. A subpoena duces tecum directs you to appear and produce a physical object.

If you fail to appear as directed, you can be arrested and held until your testimony. Whether you actually get arrested will depend on how badly they want you, and how easy you are to find.

If served with a subpoena duces tecum, file a written motion to quash the subpoena, especially where it directs you to produce privileged material or is unduly burdensome or harassing.

When it is a regular subpoena, unless you are asked to travel, it may be best not to file a motion to quash, since at least one federal circuit court has decided that any objections not litigated in the motion to quash are waived. Besides, most, if not all, objections you have to testifying cannot be dealt with except on a question-by-question basis.

If you appear, you will be taken into the grand jury room, which will have one or more prosecutors, a court reporter, and 16-23 grand jurors. Do not be intimidated. Grand jurors are simply citizens who have been selected for (grand) jury duty.

Begin writing down every question. You will be given an oath and first asked your name and address. Thereafter, if you have an attorney, most courts follow the rule that you may consult with your attorney after every question (though a couple courts have said after every few questions), although the prosecutor or grand jury may try to scare you into believing otherwise. Beginning with the first question, and every question thereafter, state, "I invoke my Fifth Amendment privilege." And while there is no court decision stating that any other objections not raised are waived, it may be a good idea to add, " . . . and reserve all other objections, privileges, and immunities." You don't want to be the first victim of a conservative judge bent on setting a precedent on the issue.

After raising your Fifth Amendment privilege a few times, the prosecutor will probably ask you if you intend to invoke your Fifth Amendment privilege to all questions. You can either say, "yes," or you can say that you cannot know if you will answer a question until you hear it.

At this stage, you may be excused. Or, the prosecutor may seek to give you immunity, which must be approved by a judge. (Immunity could have been granted before you even got to court.) You will be taken before a judge for an immunity hearing, and the judge will likely rubber- stamp the request. Thereafter, you cannot invoke your Fifth Amendment privilege because it will be moot. Except, when they start asking about other people you know, try asserting your Fifth Amendment privilege on the basis that the granting of immunity cannot protect you, because if such persons are charged with some sort of conspiracy in another case, admitting you know those persons could lead to your getting named as a defendant in such case.

Other bases for either objecting and/or refusing to answer any individual question, despite having been given immunity, include but are not limited to the following:

1. The question violates your First Amendment right to privacy of association and belief.

2. The purpose of the question is to harass you on the basis of your protected political and moral beliefs.

3. The question violates your constitutional right to privacy.

4. The purpose of the question is to gather intelligence, not to investigate or indict a po-

## *Gina's Experience*

In September of 1999, I was arrested for refusing to cooperate with a federal grand jury subpoena demanding my fingerprints, handprints and handwriting samples. After a Motion to Quash the subpoena failed, I chose to ignore it on the grounds that grand juries are generally corrupt at worst, unconstitutional at best, and that everything that led up to my being subpoenaed was essentially absurd.

About six weeks (to the best of my recollection) after the date by which I was to comply, I was arrested at my home by the FBI and spent the weekend in the Oakland County Jail waiting to see a judge on Monday morning. Luckily, Bay Area judges are notoriously liberal, and Magistrate Brazil recognized this as a political case and ordered my immediate release without processing, on the promise that I would travel to St. Louis, at the government's expense, to fight Contempt of Court charges there (where the subpoena originated).

So, three weeks later, following two hearings before a St. Louis judge, I was found in Contempt of Court and ordered into custody until I cooperated with the subpoena (or until the grand jury ended about four months later). In the end, I spent a total of only 26 days in jail on hunger strike, and I attribute my earlier-than-expected release to a very dedicated and well-organized jail support campaign.

The St. Louis County Jail literally kicked me out because they were so inundated with letters, faxes and phone calls from people concerned about me, that they said they were unable to conduct usual business. It turns out that county jails have an agreement with U.S. Marshals to hold federal prisoners at their discretion. When having me there became a problem, they called up the U.S. Marshals and said, "Take her back; we're not keeping her anymore."

So, I was moved to Belleville, Illinois, which was a very bad place that I prefer not to think about. The protests continued, including international days of action; an A.L.F. action in Washington State; and letters, faxes and phone calls to my new jail, as well as the U.S. Attorney in charge of the case and judge who threw me in jail.

One day, quite surprisingly, I was quietly released without notice and without any reason being given. The U.S. Attorney's office later told the media that they had gotten what they wanted. My guess is that they intercepted a letter that I had written to a supporter and decided to accept that as a handwriting sample (they got extensive handprints and fingerprints when I was booked into custody).

Normally, such a letter would not be accepted as an official handwriting sample, but I am quite certain that the U.S. Attorney's office was motivated, by the fuss being made over me, to do something to get me out of their hair and not have to deal with it anymore.

Jail support does work to get our fellow activists back on the frontlines where they need to be!

JONESBORO, ARK. (6/19) — Two animal killers, Ron Nick Allison (1307 Twin Oaks, Jonesboro, Ark) and Matthew Harden, (500 West Elm, Jonesboro, Ark.) plead not guilty to animal cruelty charges. The two men killed their neighbor's dog earlier in the year, mutilated the carcass and grilled it. They are later assessed a fine by the courts for their crime.

SALINAS, CALIF. (6/20) — Superior Court Judge Kay Kingsley rules that a deer slaughterhouse proposed for southern Monterey County needs a thorough environmental review before being built. The slaughterhouse was proposed by deer rancher Gerd Konieczny, who says his planned operation — the first of its kind in Calif. — would kill about 40 animals a month.

ALBANY, NY (6/20) — The New York legislature passes a bill banning the "canned hunts." The new law bans the shooting of animals in captivity regardless of acreage, amending current law which only bans the shooting of non-native mammals only if they are staked, tied, or kept captive on ten acres or less. Governor George "Animal Hater" Pataki later vetoes the bill.

TOULOUSE, FRANCE (6/22) — French farmer-protester Jose Bove is arrested at his home, taken to prison to serve a ten-month sentence for destroying genetically modified plants in 1998 and 1999. Though he was sentenced seven months earlier, Bove had refused to give himself up and supporters had pledged to defend him when police came to take him away.

SANTA BARBARA, CALIF. (6/22) — Robert Puddicome goes to trial before a federal judge on charges of illegally feeding an antidote to rats being poisoned by federal agents. He faces up to six months in jail and a $5,000 fine if convicted of attempting to thwart a National Park Service program to rid Anacapa Island of rats.

tential crime.

5. You cannot answer the question because the question is ambiguous, complex and/or confusing, and any answer you give would tend to be confusing or misleading.

6. You cannot answer the question, as the question makes assumptions that might appear to be admitted no matter how you answer the question.

7. You cannot answer that question as it calls for an opinion you are not competent to give.

8. Attorney-client privilege.

9. Marital privilege.

10. Physician-client privilege.

11. Clergy-communicant privilege.

12. The question was derived from an illegal wiretap.

13. The prosecutor is badgering you.

14. The question is argumentative.

15. You refuse to answer on the ground that the purpose of the proceedings is not to investigate or indict a potential crime, but to gather intelligence, to harass you, and to terrorize and fragment the animal rights community.

You might also add: "I request that the grand jury be instructed that they have the power to dismiss the subpoena, and that they do so." Check the prosecutor's reaction to that one.

If the prosecutor wants to compel an answer, he or she will first have to take you before a judge for a hearing. Argue initially that you need more time and/or you want to brief the issue. Assuming that request is denied and your objections are overruled, the judge will order you to answer the question(s), and you will be taken back to the grand jury room.

At this point you have to decide whether to answer. Failure to answer will result in contempt, and you can be held until the end of the grand jury's term (up to18 mos., depending on when they started; a "special" grand jury can get up to three 6-mo. extensions). Periodically thereafter, you can file a Grumbles motion (named after a court case), arguing that you will never answer their questions, and therefore your incarceration has become punitive and you should be released. If you decide to answer questions, you may become so stressed and rattled that you may suffer stress-induced amnesia, such that your answer to most, if not all, questions will be, "I don't know" or "I can't remember." You might even ask to see a doctor. Don't be alarmed. This condition should pass after you leave the grand jury room.




# Lindsay's Experience

When subpoenaed to a grand jury, an activist has several options that s/he may take. You can refuse to appear and risk arrest, or you can appear and follow the instructions for dealing with a grand jury (on page 8).

Two FBI agents came to my work in January and served me with a subpoena to testify before a grand jury later that month. I knew that I would never testify, but the decision to go or not was a little bit harder to make. I was not sure if I wanted to risk going to jail for simply not showing up. But for me personally, I simply could not bring myself to go out of my way to comply with the subpoena when the process of the grand jury is so unjust.

On June 12, I was finally arrested for refusing to appear before a federal grand jury. The U.S. Marshals brought me before a Judge, who ordered that I be extradited back to New Jersey. There was a possibility at that time that I could have been released on bail, but I decided not to pursue it. Doing so would have put a burden on my friends and family to put up the bail, instead of leaving the burden with the government by forcing them to bear the cost of holding me prisoner and transporting me across the country.

While in federal custody I was denied vegan food, flown all over the country on "Con Air" in shackles and held in six different county jail and federal facilities in three weeks, before I was finally brought before a Federal Magistrate in New Jersey. During the week-long process of my transport, I was held in solitary confinement without the ability to make phone calls, even to my lawyer.

During my time in custody I received support from people around the world. I was especially excited to hear about A.L.F. actions against Legacy in Oklahoma! Demonstrations also happened in front of the jail and courthouse, protesting my incarceration. Other protests targeted HLS executives and Whole Foods for selling Grimaud duck meat. A nationwide protest was scheduled to happen July 3 to coincide with my appearance in front of the grand jury.

On July 2, I was brought before the grand jury. Immediately I was told that I had a flight scheduled for 4pm, and that I would be leaving as soon as possible. They seemed extremely eager to get me out of there before the protests could happen. The US Attorney asked me around twenty questions-I pleaded the fifth to all of them. I was then promptly released and given a plane ticket home.

Even though being in jail messed up my plans for the summer, I have no regrets. In similar circumstances I would fight it just as hard. There is no excuse for ever testifying in front of a grand jury. Nothing they can ever do to us can come close to matching what's done to the animals every day.



CHANGTU COUNTY, CHINA (6/22) — Four monkeys escape from a zoo and attack a woman and her baby before three of the animals are shot dead by police. Police say they shot the adult monkeys "to prevent further attacks." The baby monkey escaped and, at last reports, is still "at large."

BARCELONA, SPAIN (6/29) — Legislation is passed banning children under 14 from attending bullfights in Catalonia, making the Spanish region the only one to keep kids out of bull-killing arenas.

LONDON, ENGLAND (6/30) — The UK House of Commons votes (362-154) for a total ban on fox hunting with dogs, rejecting a government measure that would have allowed strictly-controlled hunting. The disagreement means that legislation must be redrafted. The government had warned that such a House move might delay the bill indefinitely.

CHEYENNE, WYO. (7/1) — A new felony animal cruelty law takes effect in Wyoming. Senate File 125, known as "Dexter's Law," makes it a felony for someone to cruelly beat or injure an animal, if the act results in the animal's death or required euthanasia. Maximum punishment for the felony is up to two in prison and a fine of $5,000.

TRENTON, NEW JERSEY (7/2) — Activist Lindsay Parme is released after 2 weeks in federal custody for failing to respond to a Grand Jury summons. In her final appearance before U.S. Federal Judge Greenway, she pleaded her fifth amendment rights to every question.

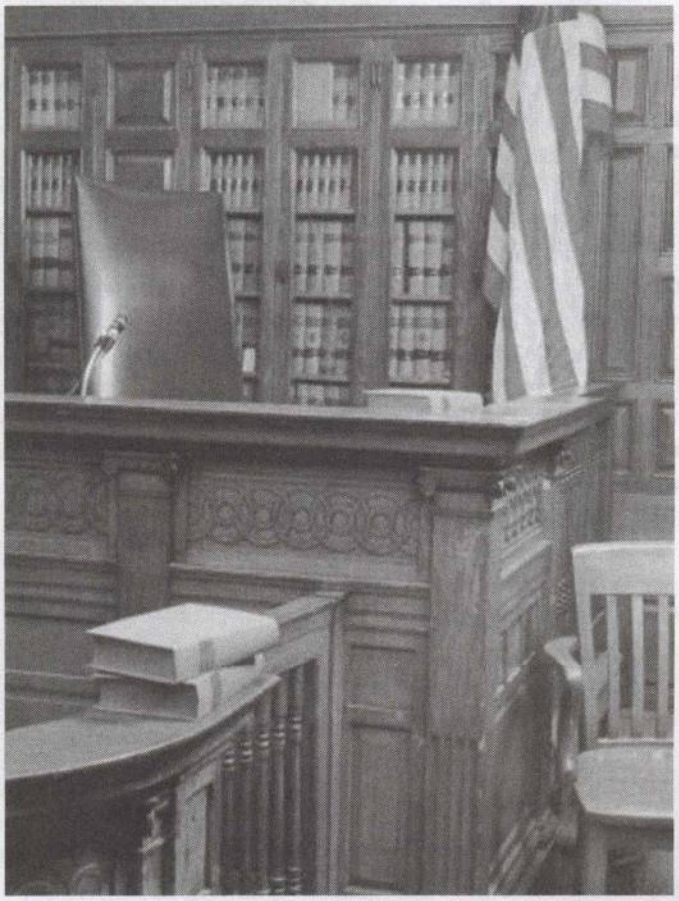
WASHINGTON TOWNSHIP, MICH. (7/3) — The E.L.F. claims credit for fires that burned two houses in a Macomb County development on June 4, causing about $700,000 in damage. Authorities also believe the E.L.F. is responsible for two March 21 blazes in Washtenaw County's Superior Township. Graffiti left at the sites read "E.L.F. — Stop Sprawl."

# Grand Jury Experiences: A Personal Reflection

**By Craig Rosebraugh**

When I was first subpoenaed to testify before a grand jury in 1997, I was fortunate to have a decent amount of support both in the local Portland community and across the country. At the time I didn't know much about grand juries, except that they are a tool used by the U.S. government to gain information to assist in criminal investigations. Out of a personal necessity I spent a great amount of time learning about the secret proceedings, their history, and their consequences for those who refuse to cooperate with the State.

I was instantly appalled after realizing that in front of a federal grand jury, I was not allowed to have an attorney present to represent me. Furthermore, I was shocked to find that I did not have the right to plead the Fifth Amendment to questions and that if I did not cooperate I risked federal imprisonment for eighteen months or the remaining length of the grand jury.[1] Naturally, this was intimidating – at least to a degree.



My response to the first subpoena back in 1997 was to attempt to enter the proceedings and demonstrate to the grand jury that I had done nothing wrong and was only being harassed. This was my first mistake and would not be one I would make again.

Upon entering the courtroom, I witnessed the jury seated in front of me, glaring at me as though I was nothing more than an evil terrorist worthy of prosecution or perhaps something worse. To all of the questions pertaining to myself or other individuals or groups, I pleaded the Fifth Amendment. The few remaining questions dealt with theoretical information about animal rights and environmental beliefs.

My second mistake was in believing I could answer these questions and convince the jury members of the importance of pursuing these social and political causes. I soon learned that it was not only unlikely that I would convince even one person on that jury (especially because there were fur farmers and families of fur farmers on the jury), it was also wrong and inexcusable for me to answer any of the questions posed to me.

Through this initial experience, I realized that any direct cooperation with the grand jury simply translates into a form of legitimizing the secret proceedings. More importantly, any question answered in the grand jury may have severe consequences not only for the witness, but also for parties unknown and those under investigation. While I only answered a few questions pertaining to my own ideological beliefs on the environment and animal issues, I still, to a degree, legitimized the proceedings and likely invited more subpoenas to come my way.

Sure enough, I received two more subpoenas late in 1997 to testify before the same federal grand jury, as well as supply documents relating to both the Animal Liberation Front and Earth Liberation Front. This time, I would not voluntarily go inside. Instead, I was taken into custody by U.S. Marshals and brought into a room, where I appeared before a judge asking me why I was refusing to testify. After my three seemingly valid reasons were rejected, he ordered the Marshals to take me into the grand jury room in handcuffs. Once inside, I took the Fifth Amendment to all the questions, believing that I was going to be held in contempt. To my surprise, forty-five minutes later I was released.

A third grand jury subpoena came my way in February 1998, demanding that I submit to F.B.I. fingerprinting, allegedly so investigators could rule me out as a suspect. As my fingerprints were on file in many states across the country, this just seemed ridiculous and I willingly gave my fingerprints, as they could not harm anyone other than myself. Yet, this still translated into a form of cooperation, as I was to a minute degree playing the game and legitimizing it.

During the first federal raid on my home in 2000, I received a fourth grand jury subpoena, pertaining to the investigation into several A.L.F. and E.L.F. actions in the Pacific Northwest. A few days later, I received a hand-delivered letter from the F.B.I stating that I was now considered an official target of the grand jury investigation. Whereas up until this point I had just been "officially" considered a witness, now I was faced with multiple federal charges, including violating the Rico Act, aiding and abetting, conspiracy, violating the Hobbs Act, and more.

With assistance from hired counsel, I attended the grand jury session and pleaded the Fifth Amendment to every question. Upon releasing me, the Assistant U.S. Attorney handed my attorney a letter advising that I had been "granted" immunity, which means my Fifth Amendment right had been stripped away from me for future grand jury appearances. Quickly, the U.S. Attorney's office served me with another subpoena, one that meant I would have to answer the questions posed to me or face contempt charges.

At the next grand jury session, I worked my way through each question, taking the Fifth Amendment where I was still able to, and to every question I was forced to answer I simply responded, "I do not recall." This form of



RIKERS ISLAND, N.Y. (7/3) — Three jailed activists being denied vegan meals sue the city, saying the jails' menu is unconstitutional. The suit claims that prison officials' "arbitrary and malicious acts have prevented plaintiffs from practicing their sincerely held ethical, moral and religious beliefs, thereby causing severe and continuing physical, psychological and emotional harm" to inmates Joshua Schwartz, Jennifer Greenberg and Benjamin Persky.

BRUSSELS, BELGIUM (7/4) — The European Union outlaws the practice of shark finning. The practice of "finning," hacking the fins off living sharks and dumping them back in the sea, has been blamed for pushing some species close to extinction. The fins of sharks are sold to lucrative Asian markets where shark fin soup is a delicacy.

BOULDER, CO. (7/6) — Activists find tracking devices under the bumpers of three different activist cars. The devices had battery packs the size of paperback books attached, and were magnetized to the inside of the bumpers. It is estimated that each device cost about $2000.

SEATTLE, WASH. (7/8) — Nate Brassfield is released from prison after being sentenced of the federal crime telecommunications theft. Nate was targeted for his involvement in the campaign against HLS.

SANTA BARBARA, CALIF. (7/11) — U.S. Magistrate Willard McEwen Jr. clears Robert Puddicombe of federal charges of trying to thwart government efforts to rid the Channel Islands of black rats. Rob Puddicombe was accused of scattering pellets containing vitamin K, an antidote for rat poison, over Anacapa Island after NPS officials showered the island with poisoned pellets.

non-cooperation allowed me to answer the questions while proving absolutely no information and seriously frustrating the Assistant U.S. Attorney. I was again let go, only to be served with another subpoena to testify later in 2000. Both this subpoena and another I would receive in 2001 were dismissed, as I had demonstrated a firm commitment to not cooperating with the grand jury system and investigation into the A.L.F. and E.L.F.

Since I received my first subpoena back in 1997, many more resources pertaining to how to effectively deal with grand juries and subpoenas have become available for activists. However, there still appears to be a recurring problem associated with "activists" willingly cooperating with grand juries. From the Justin Samuel situation, to that of local environmentalists in Portland and Eugene – to name a few recent examples – cooperation is inexcusable and directly leads to others being subpoenaed and investigated, or even worse – caught.

There simply is no plausible excuse for someone involved in a social or political movement to testify before any grand jury. To do so clearly puts others, as well as the entire movement, at risk. While support for those facing grand jury subpoenas is necessary and crucial, the ultimate decision on the response to a grand jury subpoena rests with the individual served. Unfortunately, this decision can severely impact the freedom and lives of others. To ensure this decision is properly made and beneficial for all those within the particular movement, any individual cooperating with a grand jury (or any investigative agency) must face severe repercussions.

As any movement progresses, the opposition will continually implement more severe repression to neutralize it. The task of the movement is to realize that repression is inevitable and therefore must be prepared for and dealt with effectively. Allowing those in a movement to cooperate with the opposition is not only ineffective, but it is ultimately suicide and will lead to the complete demise of the struggle.

No Compromise.

1. Federal grand juries typically consist of 23 members and convene for eighteen-month periods. While the Fifth Amendment may be initially taken by a witness, this right may be challenged by the prosecuting attorney. A judge then has the ability to force a witness to answer questions or be subject to either civil or criminal contempt. Civil contempt means the possibility of imprisonment for up to eighteen months without a trial. While a trial is a right in cases of criminal contempt, the imprisonment lengths can even be longer than civil contempt.



# HOLY PROTESTS, NO COMP READERS! CHECK OUT THE HLS CAMPAIGN!

**By SHAC USA**

The summer has been very hot for SHAC targets. From May 25-June 1 activists from New Jersey to California protested at the homes HLS employees and at the homes of executives of HLS customers. The national week of home demonstrations rounded up with sixteen home demos total, covered by both the AP and by CNSNews.com.

But the home visits haven't stopped there. All summer there has been a steady stream of home activity. Notorious HLS customer Chiron has been a favorite. With late-night wake-up calls, spray-paint attacks, and neighborhoods covered in images of suffering at HLS, Chiron has experienced nineteen separate home visits– and there's no end in sight! The Chiron Capers definitely deserve the award for perfect attendance – they never leave!

Next on the agenda was a week of action against Japanese affiliates, who have become major targets. (Japanese contracts comprise 20% of HLS's business.) Both HLS's sales partner CBC, and HLS customers Sumitomo and Yamanouchi, were all heavily hit with phone blockades, home demos, and protests. And on July 10th, CBC announced it was pulling out of its partnership in HLS's Japanese sales office! This was a major loss to HLS in many ways: It was forced to buy out CBC's half of the company, and it lost the most significant avenue for drumming up vital Japanese business.

And it doesn't stop there. Over the summer, SHAC received statements from Toxweb, Merck, Amec, Wacker and Kos vowing never to touch HLS again. Some of these companies saw home demos and A.L.F. attacks; others just saw what was happening to their peers! The victories just keep rolling in, as company after company gets a taste of SHACtivism!

New areas of the country are getting involved every day. Activists in Pittsburg entered Sumitomo offices, and Cincinnati has joined the campaign in a big way. It kicked off with a protest against HLS customer Forest Pharmaceuticals and followed up with three days of action a week later! Three days of office demos and home visits put Ohio squarely on the map. And with a rather smashing entrance, Canada joined the fight: Sumitomo was spray-painted and stickered in the middle of the day. Glad to have everyone on board!

It seems all the lawsuits and grand juries designed to stifle protest has instead shown the underground how vital its role is. More and more protest activity is occurring under cover of darkness, and grand juries have actually **increased** illegal activity. On June 17, California activist Lindsay Parme was jailed for refusing to appear before a grand jury in New Jersey. While she was imprisoned, the A.L.F. visited the home of an HLS customer executive in Texas and left it covered in slogans. Then it showed up at the Oklahoma home of Skip Borouchin, head of HLS's only market maker. By the time the A.L.F. left, Skip's home was covered in paint, and his DSL and phone lines were cut. (Silly FBI… don't they know that harassing activists doesn't work?) Within a week, Lindsay was released after refusing to answer any questions of the grand jury.

HLS customers are feeling the heat. Get involved! www.SHACAmerica.net/CustomerCampaign.htm.

SHAC USA reports on actions to close HLS nationwide. If you have one to report, or if you are organizing an event, please email us at shacusa@envirolink.org.





WASHINGTON COUNTY, PENN. (7/12)—A Chartiers Township man is charged with animal cruelty after hitting a dog with his pickup truck and dragging the injured animal several miles before stopping. The dog, who was still alive when the truck was pulled over by police, died shortly afterwards. The killer, Paul Bell (436 McGovern Road, Chartiers Township, PA) told police he kept driving while dragging the dog because he could not find a place to pull off the road.

NEW YORK, N.Y. (7/15)—U.S. District Judge Shira A. Scheindlin denies a request by three jailed activists to force Rikers Island to serve them vegan meals, a diet the prisoners claim is part of their faith. In her ruling, Scheindlin says the jail had not caused the inmates "irreparable harm" required for her to grant an injunction.

LOS ANGELES, CALIF. (7/16)—Pam Ferdin is remanded into custody of the county jail for 30 days, related to a 1999 conviction for possessing a wooden stick (a bull hook) at a circus demonstration. Judge Robert J. Schuit, incensed at the cameras and press in the courtroom, compared Pam's display of the bull hook to the brandishing of a loaded rifle.

BURLINGTON, VT. (7/21) — The City Council unanimously passes a resolution prohibiting circuses with elephants, lions, tigers, bears, or primates from appearing in city-owned facilities. The resolution is now on its way to becoming a city ordinance that will eliminate circuses of this kind from the city limits entirely.

JAPAN (7/21) — 1986 Kentucky Derby winner Ferdinand is reported to have been killed in a Japanese slaughterhouse. He was sent to the slaughterhouse by his Japanese captors after a reportedly "unsuccessful" career as a stud.

# SNITCH LESSONS

It's useful to examine a case like that of Tami Wheeler to see how a seemingly well-intentioned activist can be reduced to testifying against her friends. This represents a series of painful lessons all activists should heed. The good news is that the vast majority of activists recognize the inherent harm in talking to law enforcement. But when even one activist becomes a snitch, it's one too many.

## LESSON 1: LOOSE LIPS SINK SHIPS

Wheeler's decision to take her attorney's advice to consider a deal with prosecutors that would involve her providing any kind of information to them violated one of the most fundamental rules of activism - the golden rule of Silence.

It simply cannot be stressed enough that, other than identifying yourself if arrested, you are under no obligation to talk to law enforcement agents. You have a right to remain silent, so use it! Failing to do so not only jeopardizes yourself but also puts your fellow activists at risk, and can end up having an impact on our entire movement.

Even answering questions that seem completely harmless can end up landing people in jail or can assist the agents in developing personality profiles of activists and structural diagrams of activist groups. But the full scope of the damage you may do simply can't be known. For example, confirming that an activist was in town attending a protest on a particular day may turn out to be a key fact in building a case against her for having taken part in a separate action under investigation.

Even if the information you give to law enforcement agents is not used as evidence, it can still be very damaging. It can give law enforcement leads, provide the basis for issuing a subpoena to another activist, or be used to help construct "intent" for an activist facing trial. Another common ploy used by law enforcement is to try to convince an activist that the agents already know everything. Don't believe the hype! Even if agents do "know" something, that doesn't mean it will necessarily be admissible in a court of law (unless, of course, you help them corroborate it!).

## LESSON 2: DON'T PUT TOO MUCH TRUST IN LAWYERS

When facing serious charges it is, of course, important to retain legal representation. At the same time, it's also important to recognize that most lawyers will not give a second thought to the good of the movement or your fellow activists. Many won't even put your own interests ahead of their own – many attorneys will simply look for a quick settlement so they can move on to other cases; others may try to pressure activists into testifying against their comrades "for their own good."

Finding a lawyer who will respect your desire to protect your colleagues and stay true to your beliefs thus becomes essential. Attorneys for the National Lawyers Guild tend to understand this, and they are generally worth contacting. Alternatively, you can contact No Compromise at 831-425-3007 for assistance in finding a movement attorney in your area.

## LESSON 3: REACH OUT TO MOVEMENT EXPERTS

There's a natural desire, when facing government harassment, to reach out to your friends and comrades for

## *From the Snitch's Mouth: Tami Wheeler*

*Note: The information detailed below is based solely on information provided to No Compromise by Tami Wheeler and Nathan Brasfield. No Compromise was unable to review any transcripts, court papers, or other documents before going to press. The third individual allegedly involved in the incident was not reachable for comment.*

Tami Wheeler and Nathan Brasfield were arrested on felony charges of "Theft of Telecommunications Services" in October 2002. Few details as to the specificity of their actions were available immediately after the incident. As weeks passed, word spread that Tami Wheeler had talked to the FBI. Nate served several months in jail. Until now, neither Wheeler nor Brasfield have disclosed publicly the details of their arrests and the subsequent interactions with law enforcement.

In early August, No Compromise volunteers had the opportunity to sit down with Tami Wheeler and Nathan Brasfield with the goal of learning what exactly happened in their case. Their account follows.

On an evening in October 2002, Wheeler, Brasfield, and another individual set out to send black faxes to Corus Pharmaceuticals, a company whose board of directors employed an individual from Huntingdon Life Sciences. According to Brasfield and Wheeler, Nate indicated that if they were caught, the other two could "snitch" on him, because he already had an extensive criminal record. The three also apparently believed that at worst, their actions would constitute a misdemeanor offense. The idea that they would be charged with a felony never entered their minds. In order to remain anonymous, the three elected to plug into the phone line of an unrelated company. However, while attempting to send the faxes, Brasfield and Wheeler were arrested by the police. The two were charged with theft of telecommunications services, a felony.

Wheeler spent two nights in jail and was then bailed out, while Brasfield remained in custody. Brasfield could not be bailed out because of a hold the county jail had on him from an unrelated charge. Negotiations between Wheeler's attorney and the prosecution ended with the agreement that if Wheeler talked to local, state, and federal authorities, her charge would be reduced to a gross misdemeanor, and she would not serve any additional time in custody.

A two-hour interview with the FBI ensued. Federal agents asked her to identify, to the best of her knowledge, the attendees



CANCUN, MEXICO (7/22) — Twenty-eight bottlenose dolphins arrive at the Parque Nizuc, after being shipped thousands of miles from the Solomon Islands. One is later revealed to have died during the flight. Fishermen were paid about $400 for each captured dolphin, who will be resold to marine parks for about $30,000 after they are "trained."

SAN JOSE, CALIF. (7/24)—An appeals court upholds the 2001 animal cruelty conviction of Andrew Burnett, who killed Leo the dog by throwing him into freeway traffic. Burnett argued Leo played a part in his own death by running back into the roadway after almost making it to the other side of the road. The court calls his reasoning absurd.

SALT LAKE CITY, UTAH (7/25) — A rodeo bull named Fear Factor escapes his holding pen and bolts for the streets, surprising late-night visitors to the Gateway Center, an upscale shopping center across the street from the arena. He destroys a table at an outdoor cafe after jumping down a 6-foot ledge. After a few minutes, the bull is recaptured by rodeo workers.

RIKERS ISLAND, N.Y. (7/26) — Josh Schwartz is released from jail after serving nine months of a one-year sentence for criminal mischief related to anti-HLS protests.

WOODSTOCK, ONTARIO, CANADA (7/29)—Den Dekker Meats pleads guilty and is fined $3250.00 to charges that workers caused pigs undue suffering. The charges relate incidents (on Union Road in the Township of South-West Oxford, Oxford County), in which workers placed a metal hook in the rectum of a live pig, used an electric prod on the facial, and anal areas of live animals, improperly stunned animals, and failed to have a government inspector inspect a non-ambulatory pig.

advice about how to deal with the situation. However, it's incredibly important to make sure you not only talk to people you know and trust, but also to our movement's experts in dealing with these types of cases. For referrals to movement experts to consult with, please contact No Compromise (see above).

## LESSON 4: AGREEMENTS TO SNITCH CAN HAVE DEVASTATING EFFECTS

Another clear lesson from Wheeler's case is that, once you are arrested, circumstances may change dramatically. Wheeler and Brasfield had no idea prior to their arrest that they might be charged with felonies for their actions. Thus, making an agreement to let others testify against you if they're arrested may turn out to have effects you never dreamed of.

While Brasfield's eight and a half months in jail was no picnic, many activists are sentenced to far worse. Imagine for a moment that you and a couple of friends had decided to torch a few SUVs. Unfortunately, you are all arrested and find yourselves facing Criminal Mischief charges, which carry a maximum sentence of one year. Feeling noble, you volunteer to take all the heat for it and urge your friends to testify against you. The next thing you know, you find the charges against you have been changed to include multiple felonies. Suddenly the maximum possible sentence changes to over 100 years!

The bottom line? The facts of a case can change, and to make an agreement ahead of time that it's OK for others to testify against you is to invite disaster.

Furthermore, without a clear 'No Compromise' mind-set, it becomes far too easy for the police or F.B.I. to intimidate a person into making decisions under duress while his or her judgment is impaired. Our movement-wide policy of no snitching– ever —no matter the circumstances, precludes such dilemmas and their potentially devastating fallout when mistakes are made.

## LESSON 5: AGREEMENTS TO SNITCH HURT OUR MOVEMENT

Beyond potential grievous personal effects from so-called snitch agreements, our movement cannot afford to accept such agreements. If a person who is arrested claims to have been granted permission to snitch on a friend, there's no way for us, as a movement, to verify this while that friend is on the run. This could then pressure the activist who is not in custody to come out of hiding long enough to verify or debunk the alleged agreement. An activist might even feel guilted into saying it was alright for a comrade to testify against him or her. Allowing such pressures would hinder direct action, and this is simply unacceptable.

When law enforcement agencies see us give up our friends, they see it as a weakness they can exploit. Accepting 'agreements to snitch' would make us appear a weak movement of snitches, whose activists only need to be leaned on harder to make them cave. It is only by embracing a security culture over a snitch culture that our movement will successfully continue its brilliant history of carrying out liberations and economic sabotage actions.

## LESSON 6: IF YOU CAN'T DO THE TIME, DON'T DO THE CRIME!

If you're going to participate in illegal action, you have to go into it with the understanding that the action may fail and that you may end up in jail for years. With careful planning this isn't likely, but it's still something one must prepare for. If you can't even stomach the thought of spending a few months in jail, you do not belong in a campaign group in this day and age of government repression.

So shape up, and think about why you're really in this movement and what it really means to you. Isn't helping to save animals from torture worth spending some time in jail? But, don't kid yourself about it. If you aren't willing to do the time, don't do the crime!

## LESSON 7: THERE'S NO PLACE IN THE MOVEMENT FOR SNITCHES

Sadly, someone who becomes a snitch by implicating other activists to law enforcement agents as having participated in illegal/underground actions simply can never be trusted again. Violating such a deep-seated trust demonstrates a fundamental lack of com-

of several demonstrations in the Seattle area. Wheeler offered the names of individuals she knew to be present. A list of activists from around the country was read to her, and she was asked to state whether or not she knew any of the individuals. She complied. Up until this time, according to Wheeler, she did not believe any information she disclosed was detrimental in any way.

Agents then asked her to relay exactly what occurred the night she and Brasfield were arrested. Initially, she offered the account without mentioning the involvement of the third person who was not arrested. When asked if there was a third party involved, she stated that she did not recall. Dissatisfied with her response, the agents pressed for the identity of any other individuals involved in the incident. Wheeler left the interview room without disclosing that information.

The next day, she returned for further questioning by the FBI. Wheeler's attorney reportedly urged her to disclose the name of the third individual, arguing that if she did not, she would serve a significant amount of time in custody on perjury charges. After a lengthy discussion with her attorney, Wheeler returned to the interview room with the federal agents and disclosed the identity of the third individual allegedly involved in the action.

While Wheeler avoided jail time, Brasfield served several months in jail and prison because of his extensive, unrelated criminal record, and charges have been dropped against the third individual because of lack of evidence.

Throughout the duration of her cooperation with authorities and, now in retrospect, Wheeler says that she has felt remorse for her actions. She has further indicated that she is now working for animals in ways that will not put her in a position where she will be as susceptible to questioning by the authorities.



NEW YORK, N.Y. (7/30) — Jen Greenberg, who was serving one year for actions against Marsh executives as part of the HLS campaign, is released from jail. She was transported to Boston, Mass. to deal with another case pending there, but was released on her own recognizance to her mother.

FINLAND (7/30) — A group of five suspected animal rights activists are arrested in the early morning after allegedly attempting to raid a fur farm in the community of Maalahti near Vaasa on the west coast. The farm where the attempted raid was carried out was the target of another raid just over a year ago.

TOKYO, JAPAN (7/31) — British activist Dawn Hurst is rearrested, along with two Japanese activists, on suspicion of intruding into a Tokyo university in April last year and taking away a dog used in laboratory experiments.

SAN DIEGO, CALIF. (8/2) — The AP reports on a fire that swept through an unoccupied five-story apartment complex, causing more than $20 million in damage. A banner reading "If you build it, we will burn it," with the initials "E.L.F.," was found next to the burning building still under construction in the University Town Centre residential neighborhood.

TULSA, OKLA. (8/2) — Activist Chris Green is handed a Grand Jury subpoena by feds, while leafletting outside of Legacy Trading. The agents called him by name and indicated that they knew why he was there, leading Green to believe that the FBI had read e-mails he exchanged with SHAC.

CREMONA, ITALY (8/5) — Italian scientists report in the scientific journal Nature that they have for the first time cloned a horse. The filly, named Prometea, was born naturally May 28 at the Laboratory of Reproductive Technology, a cattle breeding company.

mitment to the movement. Once such a trust has been violated, there's no way to ensure that it will not happen again, unless we ostracize the snitch from our movement.

While in some cases it may be tempting to afford a remorseful snitch the benefit of the doubt and give him or her a second chance, it is imperative that we recognize how much harm this could do. Letting a snitch back in the movement could jeopardize other activists who don't realize what s/he is capable of. Even if a snitch sticks purely to above-ground activism, it's all too likely s/he will end up passing on harmful information yet again. After finding initial success with a particular source, law enforcement agents will likely continue to work on prying more information out of the snitch.

Furthermore, forgiving snitches would send a message that one can simply testify against a fellow activist to get a lighter sentence, and then simply be forgiven afterwards with no real consequences. Not only would this promote a 'snitch culture,' but it would also send a message to underground activists that the above ground movement won't be there to support them and do what little we can to try to prevent anyone from snitching on them.

Law enforcement agencies certainly believe the old adage "once a snitch, always a snitch," and we would be foolish not to take it very seriously ourselves.

## ANIMAL LIBERATION PRISONERS

**Dave Blenkinsop**, EM7899, HMP Bullingdon, Oxfordshire OX6 0PZ England. Serving ten years. 1) Three years for a stave attack on the Managing Director of HLS. 2) Eighteen months for rescuing 600 guinea pigs from a lab supplier. 3) Five and a half years for planting incendiary devices under abattoir vehicles.

**Benjamin Persky**, DIN: 03R3916, PO Box 800, Napanoch, NY 12458, USA. SHAC activist serving 2-6 years for "Criminal Mischief."

## ECO-DEFENSE DIRECT ACTION PRISONERS

**Dr. Yurl Bandazhevsky**, Ul. Kalvarijskaya 36, PO Box 35K, Minsk 220600, Belarus. Serving eight years for telling the world that the nuclear radiation around Chernobyl is worse than the Belarus Government has admitted.

**José Bové**, N° d'écrou 22377 Y, Bloc A 07, 34753 Villeneuve-les-Maguelone, France. Serving ten months for trashing GM crops.

**Jen Bradley**, (CS# 057 454 68), Burnaby Correctional Centre for Women, 7900 Fraser Park Drive, Burnaby, BC V5J 5H1, Canada. On remand for forest defense activity.

**Marco Camenisch**, Sennhofstrasse 17, 7000 Chur, Switzerland. Serving ten years for anti-nuclear eco-bombings. In 2002 he completed a twelve-year sentence in Italy for similar actions. Charges relating to his escape from prison in the 1980s are also expected. Marco reads French, German, Spanish & Italian.

**Iñaki Garcia Koch**, Carcel de Pamplona, C/San Roque. Apdo. 250, 31080 - Iruñez - Pamplona, Navarra (España), Spain. Serving just under five years for sabotaging a dam construction site.

**Betty Krawczyk**, (CS# 037 939 24), c/o Burnaby Correctional Centre for Women, 7900 Fraser Park Drive, Burnaby, BC V5J 5H1, Canada. On remand for forest defense activity.

**Jeffrey Luers**, #13797671, OSP, 2605 State St. Salem, OR 97310, USA. Serving twenty-two years & eight months for arson on a car dealership & attempted arson of an oil truck.

**Craig Marshall**, #13797662, SRCI, 777 Stanton Blvd, Ontario, OR 97914 USA. Serving five years & five months for conspiracy to commit arson and possession of incendiary devices, having used the devices to destroy SUV's to raise attention to the environmentally destructive nature of these vehicles.

**Fran Thompson**, 1090915, Chillicothe Correctional Center, 1500 W. Third St, Chillicothe, MO 64601, USA. An eco-activist serving Life for killing, in self-defense, a stalker who had broken into her home.

**Helen Woodson**, 03231-045 FMC Carswell, POB 27137, Fort Worth, TX 76127, USA. Serving twenty-seven years for: 1) Robbing a federal bank of $26,000 and burning the money whilst distributing a statement denouncing materialism, wealth and power that caused environmental destruction. 2) Mailing .38-caliber bullets with warning letters to various government & corporate officials stating that their actions were like bullets fired into the heart of creation. 3) Using a jackhammer to carry out a Ploughshares direct disarmament against a Mintueman II missile silo.

**Raul Zapatos**, Dorm 6-C, Maximum security compound, Bureau of corrections, Muntinlupa City, Metro Manila, Philippines. Serving Life for shooting dead, in self-defense, armed men connected with illegal logging after they tried to attack him.

**Prisoner Information provided by the Earth Liberation Prisoners Support Network - www.spiritoffreedom.org.uk**

# Behind the Scenes:

**By Kim Berardi**

Unfortunately, not all of us are able to work full-time for the animals. We have jobs, school or obligations that probably require a hefty portion of our time and energy, and sometimes tasks associated with our activism may slip through the cracks. When time is limited and push comes to shove, the chances that one or more of these tasks being administrative in nature is pretty high.

And why shouldn't they be? No one likes the administrative aspect of running an organization. First, there are a lot of papers with fields like "Name," "Phone" and "Amount." There's the protocol to fill it out – having to specify what money was spent on and filling out forms completely. And there's the responsibility of completing the tasks in a timely manner. This is probably where most of us – myself included – fail, which can lead to the dangerous mentality of not even bothering with the paper step in the first place, since it will only end up in the 6-inch tall pile of other miscellaneous papers on my – I mean, YOUR – desk. And plus, when was the last time you were thanked for updating the phone tree?

Administrative practices can be tedious,



DURBIN, W.VA. (8/6)—A hunter is mauled by a black bear while chasing the bear with a pack of dogs. 26-year-old Philip Propst incurred broken bones in his hands and puncture wounds. "This might well be the first-ever confirmed, documented case of injuries due to an attack from a West Virginia black bear," said a DNR official.

HUNKER, PENN. (8/7) — 1,048 hens from Buckeye Egg Farm in Croton, Ohio, arrive at their new home at Oohmahnee Farm, an 86-acre farmed animal sanctuary. The hens were released by Buckeye, which is under state order to shut down its 15-million hen operation.

KENYA (8/8) — Britain's Prince William uses a two-metre spear to kill a small antelope during a holiday trip in Kenya. The prince is a known animal killer, and has also been on English fox hunts with his father in the past.

MOUNT VERNON, N.Y. (8/9) — Animal killers Glen Scuderi (319 MacQuesten Parkway, Mount Vernon, NY) and Jeries Nesheiwat (69 Homecrest Oval, Yonkers, NY) are charged with misdemeanor animal cruelty for abandoning hundred of animals in their pet shop to die. At least 150 animals starved to death as a result.

NAIROBI, KENYA (8/11) — A man is trampled to death by an elephant while trying to poach timber. The attack happened in a forest in Laikipia district, northwest of Nairobi. Marauding elephants cause havoc in Laikipia when their traditional annual migration routes take them through farmed areas that were once forested.

ISRAEL (8/11)—The Israeli Supreme Court, rules that foie gras production is cruel, and that the Health Ministry regulations permitting them are illegal. Israeli law prevents unnecessary cruelty to animals. The geese farmers have until March 2005 before the forced-feeding of geese becomes illegal.

# Administrative Tasks We Try to Ignore

thankless and downright painful. However, as monotonous as they may be, it is more painful to realize that without some basic structures in place, your organization is not going to grow (and may even cease to exist). So, pull out an ice-cold soymilk, sit back and read on while I present you with a "starter kit" of the most basic business and administrative tasks your organization can implement easily. In fact, some of them may actually be fun!

## Bling Bling – Where is The Money?

Money. You may hate it or you may love it, but the bigger issue is that your organization probably needs more of it than it currently has. Your group needs to track both spending and revenue. It's almost miraculous how groups are more spending-conscious once they see the numbers in black and white.

If you have the bucks to shell out for some financial software, go for it (you can feel free to contact me personally for some advice in this area). Alternatively, you can use a spreadsheet program or even a notebook to record your transactions. Set up accounts for your income (like donations) and expenses (postage, printing, website costs, etc.). At the end of every month, add up the amounts for each of your accounts and subtract the expenses from the income. This will give you an idea of your current financial resources. If you are not incorporated and want to head that way in the future, setting up a basic accounting system like this will make the transition smoother for you. (Note: If you ARE already incorporated and do not have an established accounting system… well, stop reading this right now and do it, because you should have had it done already.)

Once you have your basic system in place, you can decide whether it would be useful to adopt other commonly-used practices, like expense reports. But we'll save that fun for another day.

## Where My Peeps At?

Developing a system to track your members can be as simple or as detailed as you'd like. The system should be accurate and reflect not only the structure, but also the capabilities of your organization.

First, determine what kind of system you will have. Will it be located on a computer? Will it be a box of individual index cards? A notebook? Decide who will be responsible for maintaining the system, who can have access to it, and where your information will be stored. No matter what system you use, you will need to back it up frequently so you don't lose any information.

Next, determine the information you want to track. This is especially important, as the last thing you want to do is establish a membership system and realize down the road that you should have been tracking certain member information all along. You can always add or change what information is tracked, but depending on your membership, this has the potential to be a daunting task.

The most basic information you will want to track is the member's name, mailing address, phone and e-mail. It is also useful to record the date you added the member's name to make clean-up and maintenance easier. Using these basics, you can then decide where to go from here. You may want to track what the member is interested in – Tabling, Public Speaking, Protests, Fundraising, etc. Additional considerations should include tracking a year-round address for students, donations, the last date the member was "active," availability and a field for miscellaneous notes. Then determine who you will track. Will you enter everyone who contacts you, just donors, or activists? If you track more than one type of person, you may want to include fields that define their membership type.

Now that you have your system of existing members up and running, create a form that reflects the database fields. If you make this your standard sign-up sheet, the transfer of information from the form to the system will be seamless.

## Can You Hear Me Now?

Members are in invaluable asset to an organization – without them, you would be a solo act (and that can be pretty lonely, not to mention ineffective). Although one key to retaining membership is to participate in or wage effective campaigns, another is to simply keep in touch with them and make sure to communicate to them just how invaluable their participation is.

In this day and age of computers and e-mail, it can be pretty simple (not to mention cheap) to send out a weekly/bi-weekly e-mail and call it a day. E-mail lists are a great and easy way to communicate with people immediately without taking up lots of time. However, take into consideration the inherent classism related to technology and remember those folks without an e-mail address as well. You may be losing dedicated members by not keeping in touch with them!

Although more time-consuming, phone trees are a great way to outreach to your members about upcoming events. Taking the time to talk to people individually and ask them to attend events can really leave a positive impression on members. Using phone trees are also a great way to maintain your membership system at the same time. Once you are on the phone with the member, it only takes a few extra seconds to confirm their contact information, e-mail and other details. If you have money for postage, printing out postcards can also be an effective way to outreach to members (be sure to track how much money you are spending on membership outreach to ensure that it is cost-effective).

Another important detail is to respond to all inquiries that may come in to your organization through e-mail, voicemail or postal mail. Find someone dependable to be responsible for this and set up reasonable deadlines for responses (i.e. all postal mail inquiries should be answered within one week).

## You Can Do It!

Many of these suggestions, of course, will vary according to your organization's size, structure and capabilities. But they will hopefully be a starting point for your group if you don't already have any structures in place. Administrative systems can be mundane, but the effects can save your organization time and money that can be better spent helping animals. Go ahead! Get started!

Kim Berardi is a volunteer with No Compromise and can be reached at kim@nocompromise.org.



ICELAND (8/14) — Whalers prepare to launch the resumption of commercial whaling, dubbed "scientific whaling" by officials. Iceland officials say whalers will kill 38 minke whales between August 15 and September 30, 2003, and it intends to continue with a plan to kill 500 whales over the next two years.

WASHINGTON (8/14) — Allison Lance is re-subpoenaed to appear on Sept. 10 before a grand jury operating in Washington state. In addition to their prior demands that she submit a handwriting sample, hand prints, and finger prints, this subpoena also calls for her to testify.

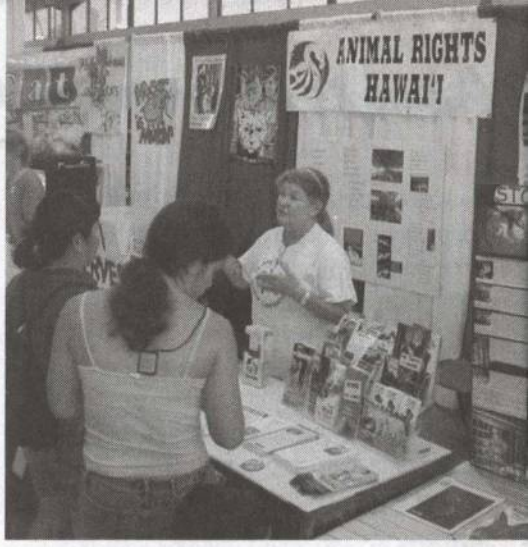
SAN DIEGO, CALIF. (8/14) — With guns drawn and a search warrant in hand, fifteen ATF, FBI and DOD agents raid the home of activist Dave Agranoff. The agents steal a new computer, a video camera and piles of leaflets and zines.

ICELAND (8/17) — Icelandic whale hunters leave port for their first whale kill in 14 years, after stormy winds prevented them from sailing the day before. "We are out," said Gunnar Johannsson, captain of the "Sigurbjorg," one of the three vessels commissioned by the Icelandic Marine Research Institute to catch minke whales.

ICELAND (8/18) — Icelandic whaling ships kill their first victim, a 17-foot, juvenile minke whale.

WASHINGTON, DC (8/12) — The Fund for Animals files a lawsuit in federal court to stop the U.S. Department of Interior shooting thousands of mute swans along the east coast. The DoI plans to kill off 2/3 of the mute swan population in seventeen states over the next decade, supposedly to help preserve bay habitat.

# TRENCHES SPOTLIGHT: ANIMAL RIGHTS HAWAI'I




It all started in 1975, when an author named Peter Singer traveled to Hawai'i to speak about his new book, Animal Liberation. Inspired by Singer's work, a small group formed to work on animal issues, in affiliation with a national animal-protection group. Very quickly, however, the small group realized that it wanted autonomy, and one of the most well-respected and proactive grassroots animal liberation organizations was born: Animal Rights Hawai'i.

Cathy Goeggel, president of Animal Rights Hawai'i (ARH), is one of the founding members. Cathy remembers a time when "Beauty Without Cruelty was the only source of cruelty-free personal care products, a vegetarian meal on [United Airlines] was an apple, and the only non-leather shoes available were rubber slippers." And although times have changed in many respects, ARH continues to spearhead campaigns that raise awareness in the community and demand liberation for animals on the islands.

Melissa Rosenberger and Dan, relative "newbies" to the group, are determined to make just as many waves as the more experienced ARH activists. Recruited at an event where ARH was tabling, Melissa and Dan had little prior experience with animal rights groups but have found ARH to be very welcoming.

"ARH has some of the kindest, most sincere and humble people we have ever come into contact with," Melissa told No Compromise.

Animal Rights Hawai'i has a board of directors that meets bi-monthly. They recruit their members through a variety of means: tabling, a weekly public access television show and school education programs.

The reputation Animal Rights Hawai'i has built over the years is impeccable. ARH has become a safe haven for those working in animal industries who want to come forward to help expose the abuses they face every day. They trust in ARH to never reveal their identities. They are the first stop for media who want comments on animal issues.

"We have established ourselves as honest and thorough, and we check our facts," states Cathy.

ARH's primary focus as of late has been on promoting veganism and opposing animal agriculture. In addition to factory farming issues, they have also defended feral animals by opposing snares, poisons and other cruel population controls. Members of ARH regularly speak on behalf of animals imprisoned in zoos, marine "parks" and labs as well, by working on both local campaigns and (when there is a target in Hawai'i) participating in campaigns that are active on the mainland.

"One aspect of our work here, of which I am very proud, is our research & investigation. We have exposed massive violations at the labs at the University of Hawai'i; our investigation of abuses at Moloka'i Ranch was followed by the Ranch closing its safari park. Our probe of the Maui Zoo hastened its closure," says Cathy of ARH's accomplishments. "We are currently scrutinizing the government support of the livestock industry and the horrible cruelty committed by government agencies in the name of endangered species conservation."

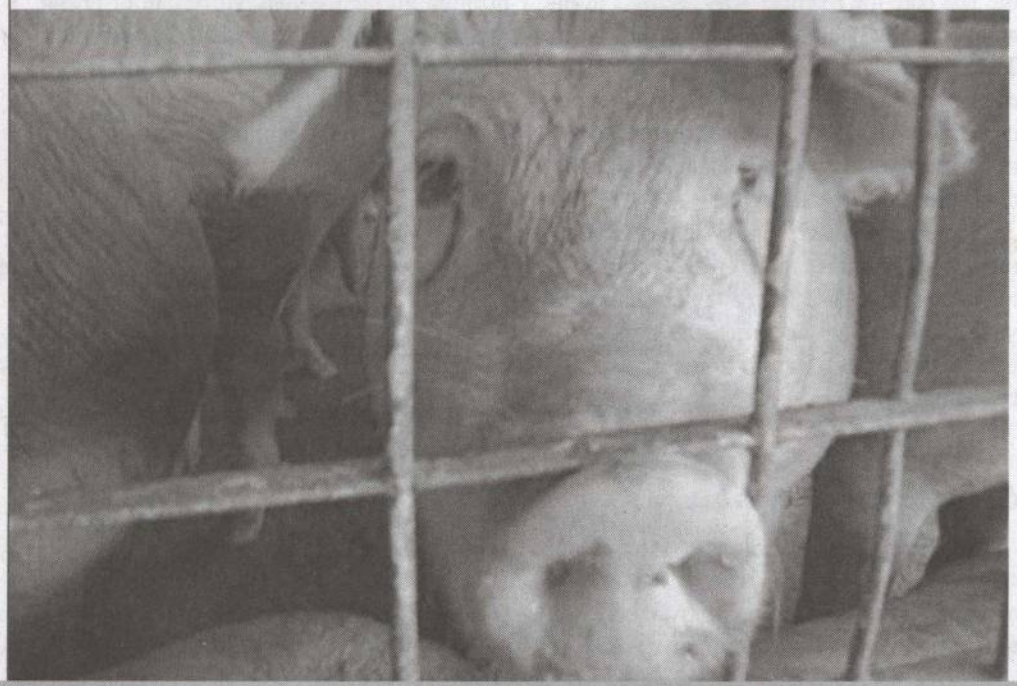
Like most groups, Animal Rights Hawai'i is always trying to seek out more money and more people. Unfortunately, because of its somewhat isolated location, it doesn't have the advantage of being able to rely on large numbers of activists from other areas to attend events. And they still face the same problems that are plaguing many groups, especially in terms of governmental repression.

"Oahu, Hawai'i is about as close as you get to a police state; in fact, it is the only state that has ever been under Marshall Law (after Pearl Harbor)," states Melissa. "We have an astronomical amount of military presence, which often brings major aggression at tabling events. It takes three hours to drive the circumference of the island, and there are well over ten military bases."

Despite these hardships, however, Animal Rights Hawai'i continues to battle for animal liberation.

When Cathy was asked what she would like people to know about ARH, she offered this: "We are a small group – we have no office; we are all volunteers; we have taken on government agencies, multi-national corporations; we have litigated against the circus industry, the local meat industry and others. We don't win often, but we are a force with which to be reckoned."

Animal Rights Hawai'i has been a major force in the movement for animal liberation for over a quarter of a century. Here's to another twenty-five.



SANTA RITA, GUAM (8/13) - More than 100 people and three carabao (water buffalo) protest outside a Navy base in Santa Rita, in opposition to the military's decision to begin shooting the carabao who graze on the Navy's property. The Navy began culling the herds of water buffalo with sharpshooters in May, and as of August 10, they had killed 63, according to USDA officials.

CANCUN, MEXICO (8/21) — After a flood of protest letters and an official request by New Zealand, Mexico agrees to stop importing wild dolphins captured in the Solomon Islands (off New Zealand's coast). The move came after 28 captured dolphins (one of whom died) were shipped into Cancun earlier in the month.

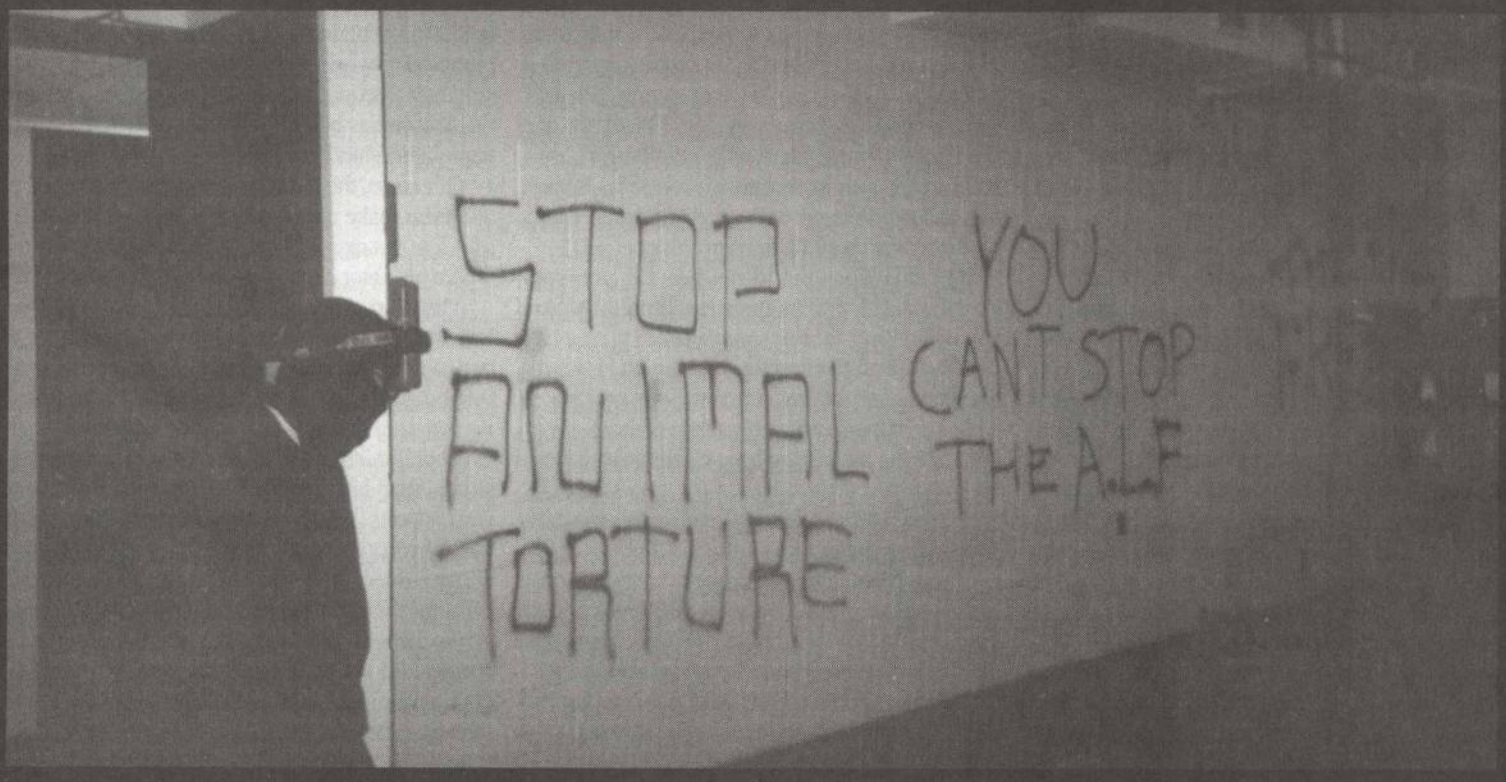
THANJAVUR, THAILAND (8/21) - A young female-elephant runs amok at the famous Vaitheeswaran temple in Mayiladuthurai yesterday, lifting and throwing her 50-year-old mahout, Vijayan. The elephant is later prescribed medication to calm her.

HUMBOLDT COUNTY, CALIF. (8/22)—It is reported that Pacific Lumber, one of the most reviled logging companies in the U.S., is trying to give itself a green makeover. It has renamed itself Palco, has a new logo featuring a recycling symbol shaped like a tree, a new mission statement in which it commits to being "a leader in environmental stewardship," and new newspaper ads featuring workers planting trees.

SCOTLAND (8/25) - Hospitals in Scotland announce that they will ban the Atkins diet (which emphasizes high animal-flesh intake) from ward menus. The Atkins diet has also been condemned as "pseudo-science" by the Government-funded Medical Research Council amid concerns that it could lead to serious health problems.

# Focus: Are You Ready to Go the Distance for Animal Liberation?

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Going the Distance for Animal Liberation

# Staying on Target and Going the Distance:

## An Interview with U.K. A.L.F. Press Officer Robin Webb

*NC: How long have you been involved in animal advocacy, and how did you first get involved?*

I became involved well over twenty years ago; it must be approaching the quarter-century soon.

The catalyst occurred shortly after taking a new job at an electronics company that, unrecognised by me at the time, was next door to a small slaughterhouse. Seeing the trucks began to play on my mind until, one day, I went for a lunchtime walk and saw some pigs being unloaded. Sitting at my desk during the afternoon I could smell them and hear them. That evening, I arrived home and found my partner, Margaret, had prepared pork chops for dinner. I made the connection; the blinds were torn from my eyes . . . I couldn't eat a part of what I at last perceived to be an individual with their own feelings and needs.

There and then we became vegetarian. With Margaret coming from a rural farming area, so that we had some dormant knowledge of the agricultural scene, progression to the vegan way of life, although not easy back then, took just three months. Finding out also about the horrors of vivisection and perceiving, at last, the many other abuses made that a pretty traumatic time for both of us.

*NC: How did you end up taking on the role of being the British A.L.F. Press Officer?*

Ronnie Lee, co-founder of the A.L.F., was the first press officer. At that time the press office was part of the A.L.F. Supporters Group (the SG). In 1986, Ronnie was tried at Sheffield Crown Court, in the U.K., and convicted of conspiring to incite persons unknown to commit criminal damage and arson. When Ronnie was arrested Robin Lane took over the role of press officer, still a part of the SG, which lasted until his conviction – despite me being a defense witness! – on similar charges at Cardiff Crown Court in May 1988.

To protect the essential work of the SG, prisoner welfare, etc, it was thought unwise to maintain a formal spokesperson following Robin Lane's arrest in 1987. Unfortunately, this gave free rein in the news media for anti-A.L.F. quotes from animal abusers. Unsympathetic national 'animal rights' groups also took advantage with comments such as the now-infamous "setting the movement back ten years." Pro-A.L.F. voices came only from those who had been convicted of A.L.F. activity, served a sentence, and could thus be presented as 'ex-A.L.F. activists.' The main problem with that was the media wanted immediate access to a spokesperson without having to track down one of several people who may or may not be available at that time!

Sometime during 1991 it was decided that it would be a good thing to once again have a formal spokesperson to put the A.L.F.'s point of view across. But who? And how to protect the SG from charges of conspiracy and incitement?

At that time I was, among other things, a member of the RSPCA's (Royal Society for the Prevention of Cruelty to Animals) ruling council, therefore enjoying a so-called respectable, responsible image. I had also, for example, known Ronnie for around ten years and had defended the A.L.F.'s philosophy and actions on several occasions.

To cut a long story short, on 31st October 1991... Hallowe'en ... it was announced that the A.L.F. Press Office had been created as a unit independent of the SG, with myself as press officer. One of my main policies from that time on has been never to criticise any action, whatever it may be, so long as it has been undertaken with the sincere intention of furthering animal liberation.

*NC: What role do you see direct action groups like the A.L.F. playing in the Animal Liberation Movement?*

The Animal Liberation Front, together with more radical groups such as the Animal Rights Militia and Justice Department, is the hard cutting edge of the war against abuse and exploitation of the weak and innocent, irrespective of gender, race or species. Education, outreach, lobbying politicians, sanctuary work and similar paths of action are all important in their own ways. But, history has shown, with the struggles against slavery and for the emancipation of women as two examples, that saying "Please" for change is rarely sufficient. The State and the Establishment have to be challenged; they have to be fought, because change to benefit the underprivileged will never be given freely by those who benefit from privilege.

The question should not be "Do you support the A.L.F.?" The question should be "Are we all fighting for the same ends?"

If we are all fighting for the same ends, animal liberation, then we must expend our energies in criticism of the abusers rather than of those whose goals are the same but whose tactics may differ.

*NC: How would you deal with someone who says they want to "join" the A.L.F.?*

It may be reasonably argued that one is only a member of the A.L.F. whilst actually undertaking an A.L.F. action. There is no membership list of elite compassionate commandos.

The A.L.F. has had, and retains, an unchanging triad of policies. One, to rescue individual animals from suffering or potential suffering then place them in good, permanent homes or, where appropriate, release them into their natural environment.

Two, to damage or destroy property and equipment associated with animal abuse. That has a dual effect. It takes that property out of the arena of animal abuse, so that it can no longer be used to cause harm. Also, it compounds the economic loss by increasing insurance premiums and security costs not just for the company or institution attacked, but also across that whole discipline of exploitation. The simple intention is to price them out of business.

The third policy is to take every reasonable precaution not to harm or endanger life, either human or non-human.

Anyone, so long as they follow at least a vegetarian—but preferably vegan—lifestyle, can go out and undertake an action that falls within those policies and claim it as the Animal Liberation Front. There is no hierarchy; there are no leaders. There is just a compulsion to follow your heart in pursuit of justice. That is why the A.L.F. cannot be smashed, it cannot be effectively infiltrated, it cannot be stopped. You, each and every one of you: you are the A.L.F.

And if someone wishes to act as the Animal Rights Militia or the Justice Department? Simply put, the third policy of the A.L.F. no longer applies.

*NC: What value do you see in talking to the media about A.L.F. actions, and what is the media image of the animal liberation movement like in England?*

The value in talking to the news media lays not just in explaining why some good people are prepared to work outside current legislation and risk their freedom but also in being able to reveal the obscenities behind whatever area of abuse or exploitation has been attacked and highlighted.

Of course, the news media will misquote, edit and even make up what one is supposed to have said. For that reason I prefer live radio or television where no editor can interfere with my words.

The media image of A.L.F. activists in the UK was originally one of "typical British animal welfarists who, being a bit eccentric, are maybe going a bit far – but, after all, eccentricity is a national trait to be proud of."

Then, during the mid-1980s, department stores that had refused to remove fur from their stocks began to burn down. The great god 'Profit' was really under threat. Suddenly, almost overnight, these "cuddly eccentrics" became transformed by the media – no doubt at the behest of those behind their financial considerations – into "axe-wielding, baby-eating maniacs" who were a threat to the very fabric of society!

From a personal point of view, I seem to have settled into a role of 'the acceptable face of terrorism' but I'm not too sure what they mean by that. Certainly I'm the only person within the U.K. who's been the victim of quadruple jeopardy! I guess that's some kind of compliment?

*NC: With those last comments in mind, how have the authorities viewed the press office?*

A couple of brilliant activists, Keith Mann and Vivien Smith, were arrested on active service, so to speak, two weeks before the new press office was introduced. They had information with them about the forthcoming launch so my home was raided almost immediately, which was a pretty good start! I've been arrested many times by various police forces including the anti-terrorist squad (SO-13) and one time I was imprisoned for seven months without trial having been told by a senior police officer, "we're going to lock you up to shut you up" ... that, together with travel restrictions, gagging orders and, on one occasion, police forces so eager to get 'evidence' against me that one force which raided my home subsequently seized more of my property from another force that had beaten them to it. The National Union of Journalists described some of this as "an extraordinary vendetta" against me. And the secret service working with the security forces tried to set me up with a sawn-off shotgun, presumably to portray the movement as violent. That took two years to get the case thrown out ... and that was only achieved because the State wanted to avoid disclosing its role in the conspiracy.

Of course, late last year I undertook my first visit to the United States, intending to stay for just five days. Eight days in the County Jail and four months without my passport later... for simply walking across some grass... I finally got home owing U.S. lawyers several thousand dollars and thinking maybe the U.K. isn't so bad after all! Thanks are due the FBI for being so concerned about me whilst a guest in your country by accompanying me almost everywhere I went.

*NC: How do you deal with questions that suggest the use of arson is dangerous, or that economic sabotage is violent? And what do you say when asked about non-A.L.F. actions that involve real violence (or the threat thereof)?*

The A.L.F, as well as its predecessor, the Band of Mercy, has used arson as a tactic for some thirty years with no one having been seriously harmed. The suffragettes used arson as a tactic and history has not condemned their actions. I believe that history will show that animal liberation, the ultimate liberation struggle, was equally justified in its use of such tactics.

Economic sabotage cannot be 'violent.' Violence can only perpetrated against a being that has awareness, who can perceive that they are on the receiving end of violence. A door, a meat truck, a vivisection laboratory: these are not sentient. How can one be 'violent' against a thing that has no feelings? Of course, there is in our society wanton, mindless violence 'just for kicks' but that falls into quite a different category from what may be termed 'constructive destruction.'

The avowed use of violence by the Animal Rights Militia and Justice Department has, so far, been more threatened than actual. The overwhelming violence is against the countless hundreds of millions of our brothers and sisters every year on the farms, in the vivisection laboratories, in the circuses and zoos and all the other hellholes. Also, let us not forget our own species' suffering while we still have child labour, slavery and prejudice in this world.

The only human deaths and serious injuries have been against animal liberation activists, against hunt saboteurs, against those fighting for a just world. I am confident that, if the animals could fight for themselves, we would have seen a heck of a lot of dead animal abusers already.

How can people in our movement have condemned the A.L.F.'s economic sabotage as violence whilst, for example, supporting Nelson Mandela during the ANC's armed struggle? To do so is speciesist. The simple question is: "Is short-term violence justifiable in pursuit of a long-term peace?" I leave the answer to each individual's conscience.

*NC: This issue's focus section is on "Going the Distance" for animal liberation. Amongst other things it examines why so many activists burnout or leave the movement. What do you feel causes this to happen, and how do you stay motivated and active?*

Why do people burn out and leave the movement? I would guess for a number of reasons. The seemingly slow rate of progress towards our goal is one. But we still have slavery, racism, sexism and all the other '-isms' within our own species after so many years of fighting such injustices. It is going to be a long, hard struggle to achieve animal liberation. All I can offer is that slow progress certainly doesn't mean defeat.

Another present-day problem, if you can call it that, is that the animal liberation movement is now established. People no longer feel they are part of building a movement. Like other long-established campaigns they can walk in at one end and walk out the other without thinking they have made a difference. But they have made a difference and I wish they would stay with it and continue to make a difference.

The proliferation of movements and concerns may be another motive, diverting people's involvement elsewhere, but animal liberation is the ultimate, all-encompassing movement. Once we respect individuals of other species we will automatically respect our own. Once we recognise that those species, those nations, so much older than ours have a right to their own air, land or ocean on this planet then we will strive harder to protect it and save it. I cannot conceive of a single human concern that the achievement of animal liberation would not solve.

How do I stay motivated? Well, my batteries do get low; sometimes the road looks too hard or the direction signs seem confusing. Then I cast into my memory for stories of suffering of individuals. I don't mean the vast horrors of vivisection or animal farming or the fishing industry that are on a scale beyond comprehension; I'm talking about the suffering of an individual mouse or an individual sparrow or an individual underprivileged person. Then I get angry; I get very angry, but that anger is channelled into energy, into determination. Once I recognised, so many years ago, the injustices of life I had to something about it. I've worked and campaigned with the physically disadvantaged, I've been a trade union activist and now I'm fighting for something that covers all the wrongs of this world. How can I stop? How can I not be motivated by what I've learned over the years?

*NC: Do you feel that the animal liberation movement has made much progress over the years? And where do you see the movement going in the years to come?*

Progress has been made but some would say it has been too slow. Think of how many tens of thousands of years we've had animal exploitation, both human and non-human. Now think of the last twenty years alone: There's been an explosion of vegan fare in major supermarkets – soya milks, tofu products, and non-dairy chocolate. Boots and shoes, coats and pants can be made free from fur, leather, suede, silk and wool. Public awareness has never been greater since the A.L.F. and undercover investigators declared war on the 'A-B-C-D' syndrome (animals behind closed doors). Yes, we've made progress and we should be pleased and proud. But, it's not enough. It's not nearly enough. As with slavery, welfare is not the answer; total abolition is the only cure. To wipe all abuse and exploitation from the face of this world must be our demand.

I try to explain that, while there's one individual anywhere in this world being abused or exploited it's one too many. The war—and it is a war—for animal liberation will continue until that one individual is free and we have a just world, a free world, a world where every individual can live in peace.

Where do I see the movement going in the years to come? Towards that very goal ... surely that's worth fighting for with every weapon at our disposal? Thanks for listening and good luck to you all. Well, go on... what are you waiting for?

Going the Distance for Animal Liberation

# Applying a Utilitarian Ethic to Activism

**By David Hayden**

In *Animal Liberation*, Peter Singer argues that, from the perspective of a Utilitarian philosophy of ethics, the interests of all sentient beings should be taken into consideration equally. Adherents to this viewpoint thus take a stand against the oppression of animals, acknowledging that their interests are as important as human interests. But an oft-overlooked corollary to this is that if the interests of each individual being are every bit as significant as our own personal interests, then it's only logical that we should sacrifice luxuries in our lives if it helps others. Sadly, the amount that even those who are activists are willing to sacrifice for the animals tends to be all too little.

But, how can this be? If we take Singer's utilitarian philosophy seriously, then we must acknowledge that our own interest in going to see a new movie is nowhere near as great as the interest a rat has in avoiding an electric shock inflicted by an experimenter. And that's just one rat we're talking about, while millions upon millions of animal are killed in an average day. How can we possibly relax while these atrocities continue? Imagine if your most beloved animal companion were locked in a lab and slated to die tonight; would you really be able to continue sitting there, just reading this article?

Of course part of the difference is that the degree of separation we have from what's being done to the animals allows us to be more strategic in deciding what to do. Similarly, since the struggle for animal liberation can't be accomplished in just a few days, we also need to be careful not to let ourselves burn out or become overwhelmed by trying to do more than we're capable of. Our commitment to helping animals needs to be a lifetime commitment, not just a passing whim.

Let's be honest with ourselves and admit the sad truth: the vast majority of us could be contributing a whole lot more to the animals than we are, both time wise and financially. Essentially, if we truly believe in the Utilitarian ethic, we should be putting whatever time, energy, and money that we have beyond what we need for the essentials in our lives toward helping those who are worse off than we are (e.g. the animals). So let's take a moment to think about what might be a base level of support we should all be able to offer the animals.

Assuming you work a 40-hour a week job; sleep eight hours a night; and spend three hours a day on preparing and eating your meals, an hour a day on household chores, five hours a week exercising, ten hours a week in transit, and fourteen hours a week recreationally, this would still leave a full fifteen hours a week to devote to activism. This isn't much, and it seems plausible that the vast majority of us shouldn't have much difficulty allotting at least that much time (and hopefully quite a bit more) to helping animals each week.

The amount of money you can afford to put into the movement varies, depending on the cost of living in your area. Let's look at an example. Teresa is a single parent living in San Francisco with one child and has an income of $60,000/year. The government takes about $20,000 off the top in taxes, and the cost of the basic necessities of life in San Francisco for herself and her child comes to $32,047 (according to the Economic Policy Institute's Basic Family Budget Calculator: http://www.epinet.org/content.cfm/datazone_fambud_budget). This leaves Teresa just about $8,000 she can put back into the movement per year.

This is just an example though. The key thing is to find the way that you personally can do the most for the animals. For some, this may mean not working at all so that they have even more time to put into activism. For others it may mean putting all their time into making tons of money to help fund others' activism.

Regardless of the choices you make in this regard, it's all too easy to for a person's time and money to slip through her or his fingers without even noticing it's happening. That's why developing a general schedule to help you manage your time and/or a budget to help you manage your money can be a great idea. It might seem a pain, but it's the least we can do for the animals. And this sort of general guidance can make it easier to see if you are doing as much for the animals as you could.

Although it's important to not make excuses for doing less for the animals than you can, it's equally important to find a level of commitment that's sustainable for you. Spending every possible moment on activism for an entire year and then burning out as a result doesn't do the animals much good.

Finding that fine line between doing too little and over-extending yourself can be extremely difficult, but it's an essential balancing act that lies at the heart of being a lifer – committed to doing all you can for the animals for the rest of one's life. A second, equally critical component to applying a utilitarian ethic to activism is selecting those projects that you can most effectively contribute to, but that's a topic for another article.

With millions of animals dying each day, and while countless more survive another torturous day of industrialized, institutionalized abuse, the animals need each of us to be doing everything we can for them. The question every person must ask him or herself is: How much of your own privilege and luxury are you willing to sacrifice to help end the abuse and killing? How far will you go?

# Words from Ernest: Burnout

Few things can match the enormous enthusiasm I felt when I first came to animal rights more than ten years ago. At my first conference in Washington D.C., I was so overjoyed with excitement that I could barely contain myself. That enthusiasm lasted for years and fueled the hundreds of demos I've planned and attended. It was the source for my willingness to put myself at risk for arrest and my willingness to endure the most unimaginable suffering for the animals.

The last couple of years my enthusiasm has waned. Though I initially did not want to admit it, burnout was responsible. Leaving animal rights was not an option because I feel tremendous passion for the cause. Here is what I was able to do to lessen burnout's effects:

• Attend at least one large or mid-size animal rights conference every year. I find that my enthusiasm goes through the roof after I've returned from one of these.

• Read something that inspires you. Martin Luther King's words never fail me. Likewise, reading *No Compromise* always returns my enthusiasm.

• Never stop being involved in some way in animal rights. Burnout made me feel like doing less and less, but I could not yield. I felt that would have made it more difficult to return to activism. Instead, I organize short, manageable campaigns, like planning a leafleting event and demo during Ringling Bros' recent visit.

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# The Psychology of Dropping Out



**By Kelah Bott**

At any given moment, many of us in the animal rights movement may be frustrated with the relatively small number of people active in the struggle. We are disappointed with the meager turnouts at our demonstrations and outreach events. We wonder why no one else seems to care. Most distressing of all, people who once fought along side of us disappear, never to attend another protest or leafleting.

So why is it that once-dedicated activists leave the movement and seemingly abandon the cause they once fought so hard for? To answer that question, we first need to examine why people become involved in the first place. Human behavior is complex, and each person has his or her own unique reason for becoming an activist, but for the purposes of this article, I will be fairly simplistic. People become activists for two main reasons.

First, people have a desire to belong. We want to be a part of something, whether it's a particular social scene or a social justice movement. Human beings are social animals, so it is only natural to seek out a community with which we share a common cause.

Second, our motivations are altruistic. Webster's dictionary defines altruism as: "1. the principle or practice of unselfish concern for the welfare of others 2. behavior by an animal that may be to its disadvantage but that benefits others of its kind." I think both of these definitions apply to animal rights activists. We merely extend our circle of whom we consider to be our "own kind."

In light of these motivations, why do people leave? I believe a person's reason for dropping-out is directly correlated to his or her reason for involvement in the first place.

For those who become activists for primarily altruistic reasons, burnout can play a major factor in their departure. Burnout is kind of a general term that refers to a state of exhaustion brought on by stress or overwork, and it can come in various forms. Some people simply agree to do more than they can handle. They become overwhelmed with obligations and end up becoming victims to their own zealousness. Their flame burns oh-so-brightly until all their fuel runs out.

"Compassion Fatigue" is a fancy term that psychologists use to describe one particular type of burnout: the fatigue and apathy that come from working in a field of high emotional stress. It is usually applied to animal shelter workers, paramedics, or other people whose work exposes them to populations in distress. I think this can accurately be applied to animal rights activists. By our very nature, many of us are acutely sensitive to the suffering of others. That is what drew us to do this work. We do what we can to alleviate this suffering, but ultimately our efforts can feel futile. In a world where the majority seems to care very little about the things that matter to us most, and where we see oppression and pain in every meal we share with non-vegan friends or family, this feeling of futility can be overwhelming. Sometimes that is enough to thwart our intentions to right these wrongs.

Another contributing factor to burnout can be doing work that we feel isn't making any difference. For instance, working on a campaign that seems un-winnable or too broad in scope, or conversely, working on a campaign that is too narrow (and therefore still may be ineffective) can leave an activist feeling useless and apathetic.

For activists whose primary drive for getting involved was the need to belong, their reasons for leaving may be vastly different from those of the altruist. The reasons for leaving may be that same need for a community that got them to join in the first place. For those of us who started out without many friends who shared our views on the world, becoming an activist meant finally feeling a sense of kinship with a larger social circle. It was an immense relief to know that we were not alone in the world, and this may have helped us adjust to our changing ideas of the world. Unfortunately, this need for community can also work against us.

While becoming part of the animal rights movement may lead to friendships with people whose values closely mirror our own, it also may lead to more distant relationships with people we once considered close friends. Our perception of the world is now viewed through the lens of an activist, which can mean isolation from mainstream society. For many, this may be a blessing. For others it may be frightening. This isolation may be unwelcome for many, and some may choose to leave their lives of activism to re-enter the mainstream.

Many activists, however, are searching for a community that does not embrace mainstream culture. The animal rights movement may be just what they were looking for. Or maybe any alternative to the mainstream will do, so once they've tried animal rights on, they move on to the next social justice movement that will have them.

Others may not have been accepted the way they wanted to be. While we may not want to admit it, we can be clique-ish and can have a hard time accepting newcomers. We may be suspicious of people eager to join the fight, or simply unsure of what tasks we can hand off to someone else. For some potential activists this can be off-putting, and just enough to keep them away.

I am not suggesting here that folks become activists merely to find a good party. As I stated earlier, human behavior is complex. Our motivations are rarely that simple. I am just suggesting that our altruistic intentions or our desire for a community may play a bigger or lesser part in one's actions depending on the person.

Now that we know why people join the movement and why they leave, how do we make them stay? I don't think it is important to examine each individual's motives in order to keep each person interested and active. Having a general idea of the reasons behind dropping out can give us a guide to retaining activists. For new activists, it's important that we break out of our comfort zone and welcome them. Give them tasks that make them feel they are involved. Make them aware that their contributions are valued.

It is also important to nurture the activists that have been around awhile. Those people who we think would never give up the fight may be just the ones who are most susceptible to burnout. Don't ask people to do things that you know will overload them. Remind your friends, too, if you know they are working too hard, that they need to pace themselves and not take on too many commitments.

For new and old activists alike, design your campaigns with a clear goal in mind. One that is winnable and yet still likely to make an impact will keep more people involved for the long haul.

It's funny; the very thing we are fighting against is the one subject that is often unlikely to come up in conversation. We already know where our fellow activists stand on the subject of animal oppression and exploitation, so it isn't something we need to discuss with them. However, this may only serve to deepen our feelings of anger and frustration at the world. It can be important to talk about this so we don't fall victim to our own rage and become apathetic and therefore inactive.

Even with all of our efforts to keep activists involved in the movement, people will continue to burn out, or simply drop out. It is important, therefore, to keep this in mind and not let ourselves become too discouraged by this inevitability. Above all, appreciate the activists we do have, who continue to fight each day for our mutual goal: animal liberation.

Going the Distance for Animal Liberation

# Avoiding Over-commitment

**By Katie Sprugle**

Too little time... Too few people... Have to do it!

Most organizers of animal rights groups (or any social justice group, for that matter) have a tendency to over-commit. There are three primary reasons why activists I know tend to take on too many responsibilities and commitments. Do any of the following scenarios fit you?

Scenario One: Your organization does not have enough people to function, even at its most fundamental level. Because of this, you are forced to take on all tasks, from organizing protests to outreach to recruitment to website work to newsletter publication to fundraising to bookkeeping and administrative tasks. Whew! Eventually, some commitments either fall by the wayside and the organization suffers, or you go insane (which, of course, also causes the organization to suffer).

Scenario Two: You have had a long streak of having other people commit to completing even the most menial tasks, only to have that person not follow through. Because of this, you lose faith in volunteers and consequently commit to doing everything. As a result, you feel that you are being proactive by avoiding the time lost to someone who doesn't follow through.

Scenario Three: You simply don't trust other people to do a "good" job on certain tasks. Actually, make that every task. Subsequently, you do everything yourself. See #1 for two possible outcomes.

So what do we do when we're overloaded and can't seem to get everything done? Here are a few pointers that may work for you.

## Set Priorities

With so much work to be done, it can sometimes be difficult to set priorities because it seems as if everything is urgent. If you are operating in Scenario One, you have to learn this: it's not all going to be done. Period. Look at it this way: do you want to build an organization that does many things but only at a mediocre rate or does a few things in an effective and successful manner? One way of dealing with this is to focus on two areas: one in which you are already skilled and one in which you need to improve. Make these two areas your primary areas of focus, and concentrate on becoming an expert in them. In the meantime, try to find volunteers who may be interested in some of the other areas. If you have six people focused and highly-skilled in six areas (while increasing their skills/cross-training in other people's areas), you will have a robust organization in no time.

## Trust People

It's not easy to build trust, especially when it seems that important factors are at stake, like an event's success, an organization's reputation or general wariness of new people due to security reasons. If you find yourself in Scenario Two, you have had your share of disappointment when it comes to others' inability to complete tasks. This sometimes is a Catch 22, since not dividing the workload does not foster growth in others, yet the group may suffer if they don't follow through. If someone new wants to take on more responsibility, consider trying the buddy system. Pair the person up with someone in your group who is reliable and who will serve as a good mentor to the newer activist. In these types of buddy system arrangements, it's generally a good idea to pair the newer person up with someone who has patience, works well with others, and is encouraging. Don't pair the person up with someone who will be impatient, won't listen to suggestions or bosses people around, or the newer activist may end up with a bad taste in her/his mouth.

If you are more often in Scenario Three, then maybe you should take a step back and consider who has the real problem: the other activists, or you. Maybe you don't fit with the group anymore. Maybe the group doesn't fit with you. Whatever the situation, there is probably a solution. You just have to slow down long enough to find it, because you can't last forever doing everything (at least, not effectively).

## Manage Your Time

Before you agree to take on a commitment, you should always be able to gauge how much you already have on your plate. Take about 15-20 minutes to sit down with a pen and paper. (I tend to actually write things out, as they are too easy to delete when using a computer.) Take a deep breath and make a list of everything you have to do, how much time they will take and the date by which they need to be completed. Now make a list of other things you have been asked to do or know have to be done, the amount of time involved in those tasks and when they are due.

From here, it's up to you to decide how much you can take on without feeling overwhelmed. Look at the two lists. You should be able to use this list as a guide as to whether or not you can take on more responsibilities as they arise. Although you will probably never have an empty list, you don't want one that resembles a novella, either.

## Help Your Group Grow

By not over-committing, you are not only forcing yourself to set limits, but you are also taking actions that will hopefully benefit the group. When restricting yourself to only what you can reasonably do, you should also make efforts to encourage and foster other activists to take a step up, emphasizing how much their help is really needed in order for the organization to be successful. Always encourage others to be more proactive within the organization.

It's a long difficult road to travel, but can be worth it in the end. By making a pledge to not over- commit, you will never let your organization – and subsequently, the animals – down.

# Words from Lauren: Burnout

I've been hearing it since I was 17 years old: "Slow down or you're going to burn out!" Back then, I thought it would never happen. Now, I listen to people and use such comments as a point of evaluation. But I never allow them to scare me away from working hard for the animals.

We know the animals need us, and perhaps that should be enough. However, I think it is important for us to follow our passions and acknowledge that our interests may change over time. We might get involved in the movement because of vivisection and later realize that we want to put our energy into other animal rights issues. But instead of re-directing ourselves, we spread ourselves too thin by trying to do it all. Two things help me avoid this: working with others and thinking critically about my goals.

Another way to prevent burnout is to be fair, both to yourself and to others. I think many of us have a tendency to expect too much from people and set ourselves up for disappointment.

Be inspired by others. Appreciate little things, from seeing a young person learn about animal rights to watching people's expressions when they meet a cute pig. Remember: what we are doing will create a better place for everyone.

*lauren Ornelas, Viva! USA, Davis, CA, www.vivausa.org*



# Junk Food Vegans: Unite and Get Healthy!

**by Jack Norris, Registered Dietitian**

Animal activists joke about all the good vegan junk food there is these days. In fact, there is so much that one could easily make junk food the majority of their diet. Activists also often neglect their bodies because they spend so much time helping animals and feel that taking time for themselves would be selfish. But it's important for the animals that we stay as healthy as possible. Each of us is a representative of a vegan diet, and whether it is fair or not, people will judge the diet based on us. Being physically active (less affectionately known as "exercise") and eating right are both important for health.

Some people think that being healthy means never getting a cold or the flu. But getting sick once in awhile is something that few people can help, no matter what their diet or other habits. Some viruses and bacteria with which our bodies are not familiar can infect us from time to time. On the other hand, moderate physical activity, a good diet, and getting enough sleep can help reduce the number of times a bug gets the better of us.

Being healthy is more about the long-term, preventing chronic diseases. As vegetarians and vegans, we have some advantages. Our cholesterol levels tend to be lower, and we have lower rates of high blood pressure and diabetes. Seventh-day Adventist vegetarians have been shown to have lower rates of some cancers than non-vegetarian Adventists (note that they tend to have healthy lifestyles and, in most cases, do not subsist on junk food).

## Physical Activity

There are enormous benefits from moderate physical activity - a stronger cardiovascular system, lower pulse rate, stress relief, improved sleep, increased immunity, increased metabolism, stronger bones, and more.

Moderate physical activity can improve our immune systems, which fight not only colds, but also cancer. Part of the reason may be by getting our lymph flowing. Lymph is a substance that contains white blood cells that fight infections and cancer. Although we have lymph vessels, just like blood vessels, we do not have an organ like the heart to pump it throughout our bodies. Instead, lymph relies on muscle contractions and physical activity to circulate it.

Few people like structured exercise, such as jogging. It's no wonder, as these activities can be boring and painful. It's best to find an activity or two that are fun, such as playing soccer or rollerblading. The main thing is to do something that requires an increased heart rate for at least 20 minutes, 3 times a week. And, if nothing else interests you, a brisk walk or jog should not be discounted.

Most activities focus on the lower body. It's also important to work the upper body. And for this, there is mainly weight-lifting (or rock-climbing). Push-ups can work your chest and arms. But it's important not to just focus on your chest through pushing exercises. Pulling exercises for your upper back muscles are also important. Dumbbells are inexpensive and can be used for working the upper body. There are many resources to show people effective exercises using dumbbells.

If you feel like you don't have time to exercise, it's a sure sign that you need to exercise in order to reduce your level of stress. Everyone can find 20 minutes a day to take a break for such an important component of health.

## Diet

There are a number of things that many vegans, especially junk food vegans, can do to improve their diets. We'll start with something straight from the Republican Party…

## Be a Patriotic American: Limit Your French Fries

Limit fully and partially hydrogenated oils, which are high in the unhealthy trans fats. Trans fats tend to be found in hydrogenated margarines, fried foods (especially French fries and potato chips), and many baked goods that list hydrogenated oils as an ingredient. One of the problems with trans fats is that they increase "bad" cholesterol levels, an area in which vegans already have an advantage. But there is some evidence that they may have other negative influences on blood vessels, increasing high blood pressure. Until we know more, it's best to limit them as much as possible.

Spectrum and Soy Garden are two margarines that do not use hydrogenated oils.

## Have a Green Party

Leafy greens are possibly the healthiest foods of all, especially those with large amounts of absorbable calcium: broccoli, kale, and collard greens. In addition to the calcium, these greens are high in potassium, vitamin K, and magnesium, which are also good for bones. They are also high in vitamin C and beta-carotene.



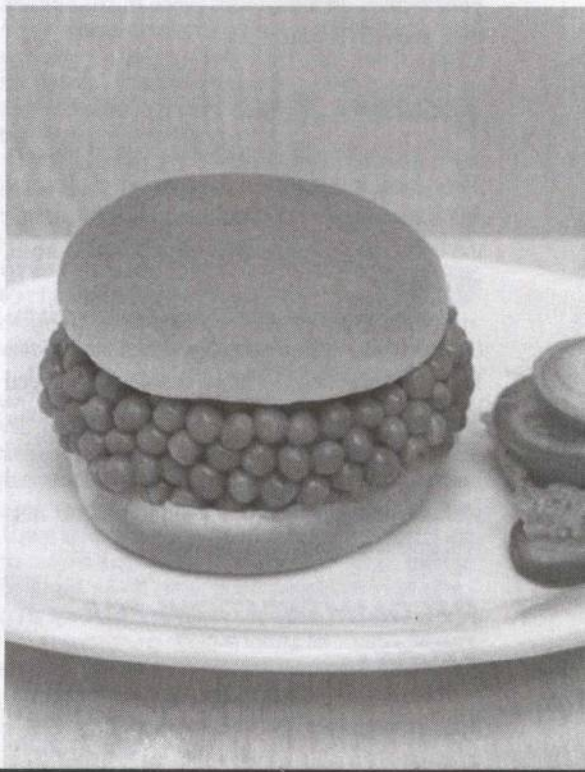
## Orange-Blooded

While plant foods do not contain any vitamin A, our bodies can make it out of beta-carotene (as well as some other carotenoids, known collectively as "pro-Vitamin A"). Recent research indicates that people do not convert beta-carotene into vitamin A as efficiently as once thought. Thus, vegetables and fruits high in beta-carotene, which often gives foods an orange color, are very important in vegan diets. They include carrots, mangos, cantaloupe melons, and sweet potatoes. Luckily, these foods are tasty; and many, such as baby carrots, are convenient to eat on the go.

## Gas Me Up

While soyfoods (like soymilk, tofu, fake meats, etc.) are healthy at about 3 servings a day, you should include plenty of other beans in your diet. Garbanzos, pinto beans, kidney beans, lentils, black eye-peas - the list goes on. Beans provide potassium, magnesium, folate, and fiber. They also provide protein, which can help prevent colds by keeping the immune system healthy.

Speaking of protein, the soyfood tempeh is one of the highest in protein of all plant foods, with a whopping 15.5 grams per 3 oz. The fermentation process used to make tempeh makes the zinc more absorbable than is typical in other grains and beans. Zinc is a potential concern in some



vegan diets, so it never hurts to get a boost from a serving of tempeh.

## Fat of the Land

Many foods high in fat are healthy. They promote higher "good" cholesterol levels and many, such as nuts, are associated with lower rates of heart disease. Nuts of all kinds, avocados, olive oil, and canola oil are fats that are healthy in moderate amounts. Fats vegans should avoid are safflower oil, sunflower oil, corn oil, and "vegetable oil" which is usually a combination of the other three oils.

Avocados are also high in potassium, vitamin K, vitamin E, and folate. They even have some carnitine, an amino acid the body can synthesize, but of which it might not hurt to get a little extra now and then.

Walnuts are one of the few plant foods high in omega-3 fatty acids. Omega-3's are important for reducing inflammation and platelet aggregation (which can lead to heart attacks). They may also play a role in preventing depression and reducing allergic symptoms.

## Peachy

Though juice comes from fruit, we should also be eating fruit in other forms. An apple has much more cancer-fighting capacity than does apple juice. And, it is convenient to carry around a snack on the go. Berries, peaches, pears, oranges, bananas, mangos, and cherries - they taste good and are good for you. Spend your money on a delicious piece of fruit rather than another Tofutti Cutie.

## Ingrain This

Whole grains protect against chronic disease. They include oats (which can lower cholesterol levels if you need them lowered), corn on (or off) the cob, barley, brown rice, whole-wheat bread, and others.

Buy some quick-oats from the bulk bin at the natural food store so you have them handy for a fast, healthy snack. To make them, all you need to do is boil water – even the most cooking-challenged of us should be able to do that. Adding raisins and bananas can sweeten the oatmeal without adding sugar. And adding some nuts will give it a, um …nutty flavor.

## Recommendations for Vegans

Here is table of other important recommendations for vegans.

| Recommended Daily Intakes for Vegan Adults | |
|---|---|
| Vitamin B12 | 3-100 mcg (µg); through supplements and fortified foods |
| Omega-3 fats | 2.2 - 3.3 g; most easily obtained through 1-2 teaspoons of flaxseed oil |
| Calcium | 1000 - 1200 mg; obtain through leafy greens, fortified non-dairy milks, and supplements |
| Vitamin D | 5-15 mcg (200-600 IU); supplement if you don't get much sun, and during the winter |
| Iodine | 75 - 150 mcg every few days; through supplements |

Vitamin B12, vitamin D, and iodine can all be obtained through a multivitamin. For more information on vegan health, see www.veganhealth.org. A regular, reliable supply of vitamin B12 is important to prevent stroke, heart disease, and dementia, among other diseases.

## Conclusion

We will be more effective for the animals if we take care of ourselves. We will be better representatives of the vegan diet, and have more energy and less stress, which can prevent burnout. So, remember, if you neglect yourself, you are also neglecting the animals.

*Jack Norris is a Registered Dietitian and Director of Vegan Outreach. Please check out the site www.veganhealth.org for information on Vegan Outreach's Adopt a College Program - an organized effort to reach all college students with the message about vegan eating. The program is for both non-students and students alike.*

# What you do

**by Zoe Weil**

Many of us have heard the story of a boy who came upon a beach peppered with dying sea stars. The boy began throwing the sea stars, one by one, back into the ocean to save them. An older, and presumably wiser, man who was watching the boy commented to him that his task was futile since he could not possibly make a difference. As far as the eye could see there were sea stars dying on the beach, and the boy would never be able to rescue them all. The boy looked down at the sea star in his hand, said "I can make a difference for this one," and proceeded to throw the sea star back into the ocean.

Many of us find validation in this story for the work that we do to help individual animals, but lurking in the back of our minds is the nagging question of whether the man is right. Are we really making a difference given the magnitude of animal suffering? We know we may be making a difference for some individuals, but when the task at hand is so enormous, we may wonder if it matters. In the face of an enormous job, what can we do that will really make a difference? What, in fact, will make the most difference?

There is a way to help animals each day of our lives, a way that forms the basis for activism, a way that makes the biggest difference of all. It is modeling our message fully. We are spokespeople for other species, and the more we make our own lives the message of compassion, the better spokespeople we become. Some of you may be thinking, "I'm already a vegan," assuming that this is the pinnacle of living nonviolently towards animals, but the message – and the task required of us – includes more.

Obviously a vegan lifestyle saves animals. But the difference between a consumptive vegan lifestyle and a simple vegan lifestyle is the dif-

# Words from Elisabeth: Burnout

Decide what you want to do and focus on that one goal. It's easy to get distracted, knowing the myriad ways animals are being exploited and hurt every day. Keep your eye specifically on what you want to accomplish, and constantly re-focus, plan, act, self-evaluate, take input from outside your "circle," and, most of all, be determined. If you don't narrow your attention to a specific, achievable goal, you run the risk of being in a constant state of "scatter," and as a result you'll likely not change anything you want to change.

While you concentrate on your chosen goal, surround yourself with positive, affirming people – those who provide encouragement for the work you're doing. At the same time, don't be afraid to expose yourself to people who are different from you, because they can challenge you to think about doing your work differently and may help you reach your goals sooner.

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# matters

ference between life and death for other species. Many of our daily choices affect animals indirectly but just as inevitably as the choice between a hamburger and veggie burger. Each product we buy uses resources. Each block of tofu came from soy beans often grown far from us, transported, cooked and processed, packaged, transported again, refrigerated at a grocery, transported again to our home. Each gallon of fuel contributes to wildlife deaths and pollution of animals' habitats. Each purchase has a price – whether or not it is vegan.

Indeed we have to eat, many of us have to drive, and we all need products to survive, but we consume so much more than we need, and we often choose vegan products thinking our work is done, failing to reflect upon the choices we could make that would minimize suffering even further. What harms less: a closet full of plastic shoes, or a closet with a single pair of leather shoes? These are certainly not our only choices, (we can have a closet with a pair of hemp shoes), but the point is that a vegan who buys cruelty-free products by the armful is a vegan who is harming animals. And a self-righteous vegan with a dozen plastic shoes that have cost many animals' lives ought not to be judging and criticizing (and perhaps yelling at) the owner of a single pair of leather shoes.

By buying locally-produced, organic food as much as possible, purchasing products we need rather than those we simply want, shopping at thrift shops rather than buying new, rejecting the messages that would have us buy more, and being respectful of others whether or not they share our views, we get closer to modeling a message that ultimately supports life and minimizes harm.

The next step is modeling the message of kindness in all our interactions: with animals, of course, but also with people, even those whom we perceive as animal exploiters. While we must never accept the abuse that some perpetrate on others, we can work to "love the sinner," demonstrating respect and compassion toward everyone so that we are the kind of people to whom others gravitate. This may seem like a minor goal in the scheme of things, but it is perhaps the most important goal. Only when we are true models of compassion and kindness will others want to join us.

The place to start is with ourselves: our individual lives, choices, and actions. When we work on making ourselves the best possible role model for compassion, we see that compassion follows in our path. Others listen to us because we are willing to listen, instead of yell, at them. Others follow our lead, because the path we have forged is meaningful, gratifying, and life-affirming. Others do not feel judged by us, but feel welcomed because we have issued invitations rather than orders. Others note our sense of self-esteem and want what we have: integrity and meaning in our lives.

What we do matters. It is never a futile endeavor to be kind. Kindness changes everything. It changes how we feel about ourselves, and how others feel about us. And kindness can be viewed broadly: we can be kind to everyone – to the people working in sweatshops to produce our clothes (by not supporting such labor practices), to the life support systems of our planet (by boycotting polluting industries and products as much as possible), and to animals (by minimizing the harm we cause directly and indirectly through our food and lifestyle choices). When we model that message of true kindness we become ever more effective agents of change, and our lives take on a meaning that keeps us going even when the task of ending suffering seems, at times, insurmountable.

*Zoe Weil is the president of the International Institute for Humane Education (IIHE), a non-profit organization that trains people to be humane educators through its M.Ed. and certificate programs and humane education workshops. If you want to learn how best to communicate to others the issues that concern you, IIHE can help. Visit IIHE at www.iihed.org, email us at info@iihed.org, or call us at 207 667-1025.*



# Battling On

It'd be great to hear one day that someone had discovered a cure for Burn Out. This is a horrible condition that affects those wonderful people we all know and love but who simply can't do it anymore. Too determined, perhaps? Trying too hard? Aren't we all? The key to the problem - and it sure is one - lies in recognizing when to take the foot off the peddle, while still doing enough to satisfy that destructive urge to do more than we can manage.

There has to come a time when we all need to take time out to sort our own lives or to re-focus our efforts on projects more manageable. It isn't a crime or un-vegan, and it doesn't make you a deserter. If that's what needs to be done so you are still an activist in 20 years time, then that is what must happen. I beat myself up mercilessly for years while resisting an increasing need to step down a little, but I have it, for the most part, controlled now (although those around me might disagree).

And there was the time I got raw at someone a few years ago because he walked away from a campaign we were working on to do something more fluffy and less confrontational. He is still campaigning for animals and likely always will be, but he left us with more to do than we could manage at the time (although we did manage and finished what we started), and it put this invaluable campaigner into a new light in my mind. I will always feel he let us down, but that's something for me to get over, even though I fully understand his not wanting to have the police on his back constantly and looking for ways to take him out or mess up his front door. That on top of all the other associated traumas, trials or tribulations that come with investigating and irritating the kind of people and institutional pastimes and perversions that we do can make life hard and wont be sustained by many for long. But then it doesn't necessarily need to be.

We need to keep ahead of the enemy by constantly changing tactics and finding new ways to expose, irritate and interfere. With some thought, the list is endless. Doing so keeps them fearful of our every move and keeps us fresh and prevents stagnation. It's stupid not to! We all have our limits and it isn't a competition to do more than someone else. All we can and should do is the best of our ability, and that in itself is an invaluable contribution.

I was lucky in an odd kind of way, because I got an enforced break from the ever-mounting responsibilities and pressure of work I'd built up for myself over a number of years, when early one morning, loaded with incendiaries somewhere remote, I ran into the law-in-waiting.

That's not to say the next eight years were a breeze. Life isn't like that wherever you are, but it had its high points, and there were successes along the way in spite of the obvious restrictions of prison. The seven years I spent in prison actually add up to eight away from home between arrest and release, due to having spent a year on the run in the middle of it following my escape. That broke up the stretch nicely, giving me other angles to approach those targets for the time I had until re-arrest (which was always just around the corner given some of the angles I opted for!), and that made dealing with that stage of my life easier. Escaping from prison after months of planning, too, also reminded me that anything is possible and achievable if you want it enough.

It is important to always look at the wider picture too, to remember that we aren't alone in this and that there are many others battling slowly on in their own way and each contributing a minute amount to a bigger picture. What we do on a day-to-day basis never seems enough, and those days that are filled with so little, yet are filled to the max, are the most frustrating. But as long as we try, or are preparing to, they are all as important as the full-on demos or the big raids, however little we achieve!

We are ahead of our time, and we are in our primacy as a movement, still finding our feet and testing the water, but how we are motoring! It would be harder for me to miss out on being involved in the advance we are seeing into the world of animal exploitation than to give it all up for something less aggro. Little of what we do is selfish, but this is the one time when we need to be, in order to survive and thrive.

Do what you do to suit yourself, and do what you are best at and want to do in your own time. We have a lot of years ahead of us, filled with the emotional trauma of seeing others suffer and feeling unable to impact sufficiently on it. We must pace ourselves now to be able to deal with that. There is no shame in managing your input; if doing so means those around you have to adapt, then so be it. If it sends other good people off in all directions that need not necessarily be for the worst.

Do something positive today. Tomorrow, think of something else.

Forever together, for the animals
Keith Mann

# Diary of Actions: Summary & Highlights

Throughout the world, A.L.F. volunteers and activists who take to the night continue to demonstrate their resourcefulness and determination in the struggle for animal liberation. From England to the United States, Sweden to Australia, animal liberationists have made the philosophy of liberation a reality for countless animals, by simply and directly dismantling the devices of animal exploitation.

In the last three months, A.L.F. volunteers and others in at least fourteen nations have claimed credit for more than 120 actions. Since the middle of May 2003, animal liberationists have freed at least 17,000 animals (including, but not limited to: battery hens, pheasants, mice, partridges, dogs, rabbits, mink, and pigs.) in sixteen separate raids or liberations.

They have etched and smashed windows, glued locks, spray-painted walls, dumped gallons of paint, smashed cages and destroyed vehicles at mink farms, slaughterhouses, and vivisection facilities. The bulk of these (approximately 90%) occurred internationally, led by Sweden and England.

And in accordance with a sound record, not a single human or non-human animal was injured in any A.L.F. action.

On top of these, effective campaigns of economic sabotage have cost animal exploiters hundreds of thousands of dollars, and there has been a steady shift towards targeting the personal pocketbooks of the exploiters. (Approximately 41% of acts of sabotage were directed at individuals' property.)

The animal liberation movement is beginning to see an increase in strategic underground campaigns that correspond to concerted above-ground animal rights campaigns. In this regard, the Dierenbevrijdingsfront (D.B.F.) is exemplary. It continues to set the pace for effective campaigning against the fur industry in Europe, with actions ranging from smashing windows to arsons to liberations.



Remains of Netherlands chicken slaughterhouse

## "We will always find new ways to destroy your property..." -D.B.F.

In May, the A.L.F. in Australia convinced a local retailer to stop selling fur after the store is spray-painted and has its locks glued and windows smashed in four previous actions. In giving up its fur garments, the retailer stated, "Jenny Hoo Australia does not support the wearing of fur, does not use fur in the manufacture of their garments."

In June, the third fur feed/ fabric storing facility was set on fire (for the second time) in Norway, windows were destroyed at the Kais fur shop and the Havgards Pals fur shop in Sweden, a car was torched at a mink farm in the Netherlands, windows were smashed (for the fifth time) at chinchilla farmer Henry Yrevnik's home,

In July, the D.B.F. liberated 3,500 mink from a farm in Tunby, Sweden; planted incendiary devices on an empty fox farm in Bjornhult, Sweden; and liberated sixty-two rabbits from a breeder outside Stockholm, covering the owner's home and sheds in spray-paint. Meanwhile, the A.L.F. in Spain liberated five mink from a farm that, two years prior, had 13,000 mink released. The action was done in solidarity with a jailed activist being denied vegan food.

In August, the D.B.F. hit seven different fur shops in Norway in a single night.

In the United States, the A.L.F. liberated an estimated 10,000 mink from the Roesler Brothers mink farm in Washington State, causing an estimated $500,000 damage. A subsequent communiqué released by the A.L.F. expressed its "utter contempt for those who cooperate with the authorities in their hunt for animal liberators - especially snitch Justin Samuel of San Diego, currently attempting to reassimilate into the animal liberation movement. May you forever live in guilt, shame, and scorn."

Other U.S. underground activists set their sights on the foie gras industry, with three coordinated actions targeting the homes and businesses of those within the industry in Northern California.

The A.L.F. also went on the offensive after an aboveground activist was arrested, jailed, and held incommunicado for refusing to cooperate with a grand jury investigation. With gallons of paint and wire cutters, A.L.F. volunteers targeted the business associates of Huntingdon Life Sciences (HLS), the company for which the grand jury had been convened. As a result of the pressure (both above-ground and underground), the jailed activist was released from custody.

## "Our wrists and shoulders stiff with repetitive cage-cutting syndrome..." -A.L.F.

In England, the A.L.F. went to work at John Parker's Poultry Farm in Hampshire, England, the same place that saw 1,000 hens liberated two months earlier. On June 10, from 10pm until 4am, A.L.F. volunteers cut cages, smashed equipment, and destroyed every piece of machinery in sight.

On June 30, activists torched a chicken slaughterhouse in Breukelen, Netherlands. And in Australia, the A.L.F. rescued two hens from a broiler farm on July 12th. One week later, the cell liberated another twenty hens from a separate battery farm, stating, "Get angry. Get active. And start liberating... now." True to form, activists in New South Wales seized the opportunity to drive off with a truck loaded with pigs destined for slaughter as the driver stepped away for a rest.

Recently, two German activists were fined for an open rescue of hens, and on July 13th, their associates took it upon themselves to rescue thirty hens and two roosters from a factory farm. And in a series of three rescues in Finland, underground activists liberated twelve hens from a battery farm on July 31st. Additionally, A.L.F. activists liberated approximately one thousand rabbits from a farm in Valencia, Spain.

### "While you were sleeping, we were creeping..." -A.L.F. to HLS customers

Like the DBF, the A.L.F. has effectively been targeting the homes of those with ties to HLS and in the last three months, well over half of all underground actions against the vivisection industry have been focused on HLS, with almost half of the economic sabotage directed at non-company property belonging to the directors of HLS' customer base.

In the early hours of August 28th, two explosions shattered numerous windows of HLS customer Chiron in central California. Responsibility was claimed by an unknown organization, Revolutionary Cells - Animal Liberation Brigade. Local police agencies stated that the buildings targeted in the blasts were unoccupied at the time, and the exact amount of damage was unknown.

On July 15th, after activists slashed the tires, glued the locks, and spray-painted thirteen vehicles belonging to Sunlight (which provided laundry service to HLS in the U.K.), the company terminated HLS as a client. And despite the fact that two individuals involved in drug licensing with HLS (Gillian Gregory and Sarah Fryer) slept with their lights on and televisions blaring, underground activists made quick work of "what were (once) very nice cars" with spray-paint and paint stripper.

Following this, a building used by HLS in England to store vehicles for primate importation was burned to the ground along with the vehicles inside.

Capping off this brilliant streak, Norwegian animal rights activists openly broke into a breeding kennel on August 13th and rescued three dogs destined for a vivisection lab, as part of an aboveground campaign to close the facility.

The underground is dependent upon the above-ground animal rights movement to publicly express its support. It is therefore our responsibility and obligation not only to make our voices heard in defense of direct action, but also to demonstrate the necessity for such radical action to the larger movement and to the general public. By actively articulating the motives, benefits, and specific victories of underground direct action, we can help such actions realize their full potential.

And until every last cage is empty, may we all experience wrists and shoulders stiff with "repetitive cage-cutting syndrome."

*This summary spans the time frame of May 21, 2003 – August 28, 2003. It must be noted that many underground actions go unreported and as a result, the Diary of Actions merely represents a portion of underground activity. Please visit our website for a full listing of the Diary of Actions.*

# SHADOW ACTIVIST: BILLBOARD LIBERATION



Ever wonder how those crazy A.L.F. activists liberate animals without getting caught, shatter windows in the blink of an eye, and leap tall buildings in a single bound? The Shadow Activist knows! And in each action-packed issue of NC will explain how intrepid activists on the front-lines are making direct action work for the animals.

This column is produced independently of No Compromise. It is intended purely for entertainment, educational and other legal purposes. It is in no way meant to encourage anyone to take illegal action. No Compromise, its steering committee, volunteer staff, and other contributors assume no liability for any such actions.

*Dear Shadow Activist,*

*I have always wanted to improve billboards, but how can I be sure that my hard work won't be taken down the next day?*

*- Ready in Reno*

Dear Ready,

Although there is no way to tell for certain when a billboard will be changed (or if that timeline will change after you complete your improvement), there are some standards you can follow, according to our friends over at the Billboard Liberation Front.

Bulletins are one type of billboard you may encounter. They are large outdoor sign structures, typically situated alongside federal highways and major urban freeways. They measure 14 x 48 feet and are usually leased in multi-month contracts, meaning that an advertisement will stay in place for at least 60 days.

Poster panels are another type of billboard and come in two varieties: the larger, thirty-sheet type, and the smaller, eight-sheet type of poster panel.

The thirty-sheet poster panels measure 12 x 25 feet and are situated along primary and secondary roadways. These are usually updated every 30 days.

The eight-sheet poster panels measure 6 x 12 feet and are usually found in high-density urban neighborhoods and suburban shopping areas. They are designed to reach both pedestrian and vehicular traffic and are leased in 30-day increments.

*Dear Shadow Activist,*

*What is the best adhesive to use if I want to improve a billboard?*

*- Adhesive-less in Arkansas*

Dear Adhesive-less,

If your improvement is something that is easily adhesive, try rubber cement, applied with house-paint rollers from a large bucket. Don't forget to wipe down any condensation that may be on the billboard before you start.

If your material is heavier and you think that rubber cement won't make the grade, you may have to employ metal hex-head screws to keep your improvement in place.

*Dear Shadow Activist,*

*What is the best resource out there if I want to learn to improve billboard?*

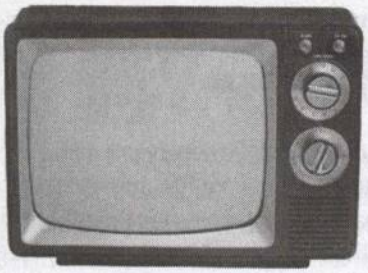
*Ignorant in Idaho*

Dear Ignorant,

The definitive guide to billboard alteration is "The Art and Science of Billboard Improvement." You can read it online at www.billboardliberation.com. The same rules apply to billboard liberation as with any type of action. Be prepared, keep it safe, and obey the guidelines of security cultre.

*That's all for now, readers. See you next issue!*





# CORPORATE MEDIA: LOVE 'EM OR LEAVE 'EM?

As activists, we are well-aware of the power of media to spread a message to the public. But does that message always get through, or is it garbled by the news stations and reporters who probably don't care about the issues and are just looking for an "angle"? Should we cater to corporate media, or take action without thinking of possible media reaction? Thanks to Paul Shapiro and Kevin Jonas for their participation in this issue's debate.

## LOVE 'EM: ANIMALS NEED MORE MAINSTEAM MEDIA

**By Paul Shapiro**

### THE DEBATE

Sometimes members of the animal movement talk about corruption in mainstream media—how it's wedded to its advertisers and routinely acts as a mouthpiece for the powerful animal-abusing industries.

Those making these arguments often use them as a justification for not trying to garner mainstream media attention for animal issues or, even worse, for not caring about what the mainstream media says about the animal movement.

### THE IMPORTANCE OF THE MEDIA

Like it or not, hundreds of millions of Americans consume mainstream media every day—along with animal products, as well. As such, virtually every person in the country is part of our target audience. In order to cause a fundamental reduction in the level of animal suffering, we need to reach all of them with the message of compassion and mercy. These are the very people who must change their eating habits in order for animal liberation to become possible.

While it would be great to wait for the public to start consuming independent media, to force animals to wait for their liberation until such a societal shift takes place is both unfair and unethical.

### EFFICIENCY

Compared to the advertising budgets of the wealthiest animal-exploiting industries, the animal movement is dirt poor. Because we can't compete by placing paid ads promoting animal-friendly living, if we want to reach the masses who cause the overwhelming majority of animal abuse through their daily diets, we need the mainstream media.

Again, animal liberation cannot be achieved without changing everyday Americans' attitudes and actions toward other animals. These are the people we need to influence, and using the mainstream media is the most efficient way of reaching them.

### WHO ARE THE MEDIA?

It's important to remember that the media is made up of human beings—different individuals with different opinions. Some reporters are animal-friendly, while others aren't. There are also those who may not be animal advocates, but still report objectively on newsworthy movement events.

The relative success of U.S. factory-farm investigations shows that garnering positive, mainstream media coverage for animals is possible. In the past two years, outlets including the New York Times, Washington Post, San Francisco Chronicle, CNN, the Associated Press, and USA Today have responsibly covered farmed-animal issues, exposing millions to the abuse suffered by animals on factory farms.

Indeed, as evidenced by favorable coverage of investigations and open rescues, positive portrayals of the animal movement in mainstream press are possible. Article titles such as "Md. Egg Farm Accused of Cruelty," "Group Alleges Egg Farms Are Cruel," and "Animal Advocates Turn Their Attention to Chickens" are not exceptions; they have been the rule and clearly show how objectively the media has handled factory-farm investigations.

### IS ANY PRESS GOOD PRESS? ASK TRENT LOTT, ENRON, OR GARY CONDIT

Some animal advocates argue either a) we should not care how the mainstream press portrays the movement or b) any media attention is better than none at all. However, common sense indicates that neither is true.

Consider Gary Condit, the congressperson from California accused of having an affair with an intern who was later found murdered. A media frenzy ensued, making Condit a political liability for the Democratic party. In the end, the negative press was enough to remove him from his long-held seat in the U.S. House of Representatives.

Similarly, when the media exposed Enron for using fuzzy accounting to overstate its earnings, the power company's name became synonymous with corporate corruption and its stock price plummeted from $88 to less than five cents, forcing the company into bankruptcy.

And, finally, consider the influence the media had over U.S. Senator Trent Lott's reputation. After commenting that the country would be better off had we elected Strom Thurmond—a rabidly pro-segregation candidate—as president, Lott was harangued by the press until he lost his position as the Senate majority leader. Is it likely Condit, Enron, and Lott think any press is good press?

### THE BOTTOM LINE

Our target audience is the overwhelming majority of humanity: those who eat meat, eggs, and dairy. They are consuming mainstream media, and it's our job to use that opportunity to reach them with a message of compassion. If we're portrayed negatively in the press, it will only mean that more people will be antagonistic toward animals, leaving them to suffer even longer.

*Paul Shapiro is the campaigns director for Compassion Over Killing and can be emailed at pshapiro@cok.net.*

## KEVIN'S RESPONSE:

Influencing the masses is of the utmost importance, and the corporate media coverage is the best way to expose our cause. We must hope for the best story, prepare for the worst, and consider it a victory whenever the press brings animal rights into the public arena.

### OUT OF SIGHT - OUT OF MIND

There **is** something worse than negative press: NO press. Positive articles ARE rare and the animals don't have the luxury of waiting for one every 4-6 months. Our exposure must be constant, and the media greatly favors "colorful" stories. Organizations waiting for favorable exposure are usually silent 90% of the year and are of NO consequence to public debate.

### AN EMPTYING ARSENAL

When our actions are determined by fear of negative publicity, we deprive the animals of a wide range of tactics. The A.L.F. cannot forgo liberations and sabotage because the press says 'no.' Historically, movements have included controversial tactics and survived adverse media - so can ours.

### ENRON? TRENT LOTT?

Give me a break! This analogy is so absurd and out of context that I won't waste any of my precious 250-word rebuttal convincing you of this.

### WAKE UP!

It's naive to think we can achieve liberation simply by exposing the sad living conditions of animals. We're talking about the most socially-ingrained prejudice ever! Challenging this will piss a lot of people off. We have to anticipate, inevitable negative media. Controversy allows us to push the animal rights message.

# LEAVE 'EM: BAD PRESS IS A FACT OF LIFE

**By Kevin Jonas**

## CORPORATE MEDIA LACKS INTEGRITY

These days, corporate media is anything but news reporting. Instead we are pitched stories aimed a marketing a message, a product, or a war. Are we really expecting objectivity from news organizations that count as their sponsors the very industries we are trying to abolish? Our tactics and what is considered success should not be determined by the opinions of those at Fox News or "journalists" like John Stossell, Geraldo, and the advertisers they represent.

While it would be great if our issues were covered fairly and at length based on their merits, this is not-- and will never be-- the case. Unless we are running naked through the streets in protest of fur coats, standing on a vivisector's doorstep screaming through a bullhorn, or doing anything else ridiculous and controversial – the corporate media will consider there to be no story to cover. This is unfortunate, but a fact: unless we make ourselves the story, the animals will receive NO attention.

There is no other social justice issue in history more relegated to the periphery, marginalized, or controversial than that of animal rights. We are attacking the very core of the status quo with our message - we are challenging what people eat, wear, are amused by, and use for medicine. If we are indeed making inroads with these messages and actually are impacting both companies and consumers, we have to expect, and accept, that in many quarters we will be treated with, at best, mockery, and, more often, outright hostility.

This will be, and regardless of whether our tactics are leafleting or liberating, the press may still paint it negatively. The animal rights cause is only a baby movement, and we need to anticipate that there will be lots of negative stories as it grows and undermines societal norms and values.

## PUBLIC OPINION DOES NOT CONTROL PUBLIC POLICY

The Fortune 500 companies do! The same companies we want to change and/or destroy have all the politicians in their pockets and either own, or significantly fund, all major news outlets. Their every destructive wish is the government's command.

So as long as there is a dollar to be made from animal exploitation, it does not matter how many people agree with some, or parts of, the animal rights message. The war in Iraq is a perfect example of this. The protests against this war set historical records for mass participation internationally, and it was not sanctioned by the United Nations. Despite this, Bush and his 'coalition of the killing' said they would not be influenced by such a 'focus group.' Instead they drew their policy support from the likes of Haliburton and Lockheed Martin. Is any of this ever reflected in the corporate media? No. The job of the press is to protect economic interests, and to this extent the animal rights movement must be guarded from letting the media stifle and/or intimidate our activism.

## BAD PRESS CAN BE GOOD PRESS

The fact that so many are involved in animal rights activism today is born out of the fact that, for years, PeTA has pulled one outrageous stunt after another. Their philosophy that the average person needs to be exposed to an issue seven times before giving it a second thought has seen them create one story after another about animal rights. Often these stories are embarrassing and offensive, but they are still stories about animal rights. The present state of animal rights demands that constant exposure be given to the plight of these animals whenever and however possible.


Paul Shapiro and Kevin Jonas

Once in a while it is possible to get a positive story in the corporate media about the animals themselves. But to hold out and wait for months on end for such stories that are few and far between not only quiets our collective voice for animal liberation, but is simplistic and naive.

Once awakened to the reality of bias in the corporate media, the movement can learn to use bad press as a tool. The SHAC campaign has demonstrated this to such an extent that its 'media bark' is far more fierce than its 'protest bite.' Monolithic companies around the world hear the words HLS or SHAC and images of screaming protestors come dancing into their heads. That such trepidation is felt within in the pharmaceutical industry is due precisely to the direct and unapologetic actions of grassroots activists. Bad press can be used to create a chilling incentive not to get into a particular line of work for fear of being exposed, targeted, and beaten.

Bad press is a fact of life for any social justice activist, one we need to learn to live with and use to our advantage. Animal rights activism is about rocking the proverbial boat and making waves of change. Splashes will happen. Whenever possible the corporate media should be used for the sake opening the eyes of as many as possible, but waiting for it to champion our cause is a detrimental mistake.

*Kevin Jonas is a spokesperson for SHAC USA.*

# PAUL'S RESPONSE:

## THE POSSIBILITY OF GOOD PRESS

The assertion that we must resort to "ridiculous and controversial" publicity stunts or "the corporate media will consider there to be no story to cover" has been proven false time and time again by the positive coverage garnered by undercover factory farm investigations, to name one example among many. Further, the thought that "unless we make ourselves the story, the animals will receive NO attention" has also been disproved by these same stories.

This is not to say that stories about animal advocates are always bad. Often, a good human interest piece can show the "face" of an animal activist and let people know that we're simply everyday people motivated into action by feelings of compassion. But, it's untrue to say we can only get stories about activists, rather than animal cruelty.

## PUBLIC OPINION

Even though we probably agree more than we disagree on this issue, the area where I think Kevin and I differ most is his claim that public opinion is not crucial. It's true that what we'd all consider bad publicity for the animal movement could scare some of our opponents. However, acting as if negative press only affects that one particular issue—and not the rest of the animal movement as a whole—ignores the fact that most Americans don't make the same distinctions that we in the movement do.

As different as we may seem to each other, the average American does not know the difference between SHAC, COK, PETA, HSUS, or even the A.L.F. To them, it's all just "the animal movement." When they hear something bad about any part of the movement, it impacts the whole. This wouldn't be so problematic if animals weren't so dependent on public attitudes for their liberation.

The only way we can fundamentally reduce the level of animal suffering is to reduce the number of animals people eat. Even if we were to completely abolish all vivisection in the United States, we would have impacted only a tiny fraction of one percent of all the animals we exploit. Since virtually everyone eats animals, it's virtually everyone whose opinions we need to change.

When the mainstream media runs a negative story about the animal movement, no matter what the issue is, many people are less likely to consider doing anything positive for animals, most importantly making dietary change. It would be great if the public could disassociate the message from the messenger, but we need to play the cards as they're dealt.

This is in no way to argue that we can control what the media says about us. Often, no matter what we say or do, we will be ridiculed and slammed by the press. But, that is not a justification to purposefully try to garner negative publicity or to concede that positive publicity is beyond our reach.

Finally, I want to thank NC and Kevin for this chance to discuss movement strategy. I wish we had more space!

# From Our Readers

Dear No Compromise Spokesperson:

First, thank you for your efforts in bringing to light the thousands of actions occurring around the US designed to put a monkeywrench into the cogs of the corporate-state machine. I encourage you to redouble your efforts at circulating journals and electronic sources documenting direct actions in defense of the Earth and its plant, mineral, and animal beings.

I am writing to keep you abreast of a subpoena served on the university at which I teach – California State University, Fresno. The subpoena was served by a grand jury in Erie, PA. It requested that the university provide copies of videotape materials filmed during a conference that was held on campus Feb. 13-14 of this year entitled "Revolutionary Environmentalism: A Dialogue Among Activists and Academics." Unfortunately, the university complied in part with the request by providing a videotape of the main round-table presentation almost immediately rather than resisting what appears to be an encroachment on academic freedom. On the other hand, I applaud the university for holding the conference despite considerable pressure from local economic interests, especially but not exclusively agri-business.

Again, I commend you for the work that you are doing in keeping the public abreast of what is, in my view, necessary resistance of a government corrupted by corporate influence and knowingly complicit in an unfolding ecological holocaust.

Respectfully,
Michael Becker
Lecturer, Department of Political Science
California State University, Fresno

To the Editor:

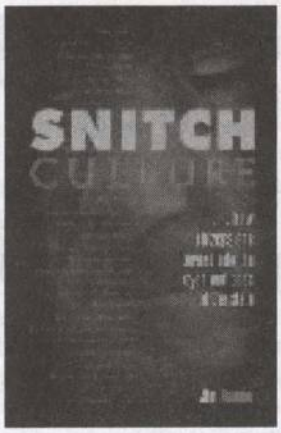
Joe Miele's premise that reform campaigns detract from the establishment of animal rights is mistaken ["An argument for rights," Summer 2003]. Rights and interests are inseparable: a right is merely the protection of a being's interest. Central to the establishment of animals' rights and the end of their status as property, then, is showing that animals can and do have interests. 'Welfarist' reforms, such as PETA's KFC campaign, have proven to be the most effective means for demonstrating that, for example, chickens prefer space to confinement and mental stimulation to environments devoid of it. Reformist movements are a key ingredient, then, in establishing animal rights.

Empathy, or the ability to feel what others – in this case farmed animals – feel, is the core of our movement. Were I one of the billions of creatures in the situations Freidrich and Miele work to end, I'd challenge the latter's assertion that the former's work has brought about no meaningful changes. The lives and deaths of animals in America have improved markedly, and though it's only a step, it certainly is an important one headed in the right direction!

Thanks for considering and all the best,
Daniel Paden

## Snitch Culture: How Citizens are Turned into the Eyes and Ears of the State

By Jim Redden (Feral House, 2000, 235 pages, ISBN 0-922915-63-6)




Plain and simple, we live in a society of snitches. From the mundane to the sinister, author Jim Redden methodically and clearly details the proliferation of an almost post-apocalyptic surveillance state in which each of us live. Snitch Culture is a thorough work of research that would do most every activist well to read, but serves more effectively as a wake-up call to those oblivious of the extent to which both government and private interests pry into the life of every American.

While at times Snitch Culture seems more the quasi-fictional work of a conspiracy theorist that one might imagine finding in the personal collection of the "Lone Gunmen" in an X-Files rerun, the text is historically accurate and dreadfully eye opening.

In addition to addressing a culture of snitching, Mr. Redden concisely addresses the role of search warrants, anti-terrorism legislation and operations, wiretaps, and grand juries, in both activist and non-activist circumstances. In fact, this is crucial to his thesis—that the snitch isn't a product of government resistance to political movements; rather, the snitch is entirely imbedded in our culture.

From that loveable giant dog McGruff taking a "bite out of crime," to "America's Most Wanted," "Gunbusters Anonymous," and school informant programs like WAVE and DARE, we see how snitching has become ingrained in us since childhood. We even look to snitching as a form of entertainment as evidenced by the high ratings of television shows like Jerry Springer and Survivor. In fact, the information-gathering occurs on each of us before we're even born, as Redden references the prenatal screening processes that were disproportionately used to criminalize women of color in the "War on Drugs."

From the Red Scare to the new domestic war, the war on crime, the war on drugs, and the en vogue war on terrorism, our culture of snitching has wrongly demonized and imprisoned countless people. In fact, "few criminals are actually caught red-handed. Many, if not most, are arrested and convicted because of tips from associates, friends, and family members." It is clear—the justice system is dependent upon snitches.

Through its exhaustive research and thorough analysis, Snitch Culture could very well fill a literary niche in this movement. Hopefully, in future editions a detailed index (which is currently absent) will be included so that Mr. Redden's work can be efficiently accessed as a valuable reference tool. Nonetheless, Jim Redden has effectively gathered a wealth of knowledge and consolidated it into 235 pages. .

Ultimately, it should be clear to anyone who reads a single page of this book that snitching is so culturally ingrained in this country that it has become epidemic. (Isn't this the opposite way around? It's the ingraining that makes it epidemic.) frighteningly clear picture of how central snitching and surveillance is to the functioning of the State has been successfully painted. For the activist, the most crucial lesson is that law enforcement can effectively operate only within a snitch culture.

*- Nik Hensey*

Editor's Note: See page 32 to order *Snitch Culture* from No Compromise.

# In The Trenches: Grassroots Animal Liberation Organizations

**No Compromise's policy for inclusion is that the groups listed in our "In the Trenches" directory must be grassroots, abolitionist organizations. Groups must be pro-direct action/A.L.F., must not denounce other groups fighting for animal liberation and must not have snitches working within their ranks. To be listed in this directory, please send an e-mail with your organization's contact information to nc-trenches@nocompromise.org.**

Animal Activists of Alachua
300-25 J. Wayne Reitz Union
P.O. Box 118505
Gainesville, FL 32611-8505
Office Phone: 352-264-9805
Mobile Phone: 352-317-5280
E-mail: fgomez@animalactivists.org
Website: www.animalactivists.org

Animal Commandos
Websites: www.LCA-Arizona.org. www.peacework.com, www.AnimalCommandos.org
Contacts: Shaynie Aero (shaynie_aero@yahoo.com) and Joe First (mediattack@lycos.com)

Animal Defense League Amsterdam
E-mail: adl_amsterdam@yahoo.com
Website: www.adl-nl.org

Animal Defense League Chicago
P.O. Box 10022
Chicago, IL 60610
E-mail: adlchicago@yahoo.com

Animal Protection and Rescue League
P.O. Box 9707
Washington, DC 20016-9707
Phone: 415-235-0106
E-mail: info@APRL.org
Website: www.APRL.org

Animal Rights Direct Action Coalition
740A 14th St. #177
San Francisco, CA 94114
Phone: 415-364-3053
E-mail: info@ardac.org
Web: www.ARDAC.org

Animal Rights Hawaii
Honolulu, HI 96816
Phone: 808-941-9476
E-mail: arh@pixi.com

Animal Watch Aotearoa
PO Box 5067
Dunedin
New Zealand
Phone: 027 415 1739
E-mail: animalwatch@paradise.net.nz

Center on Animal Liberation Affairs (CALA)
E-mail: info@cala-online.org
Website: www.cala-online.org

Compassion Over Killing
P.O. Box 9773
Washington D.C. 20016
Phone: 301-891-2458
E-mail: info@cok.net
Websites: www.cok.net, www.VegDC.com, www.TryVeg.com, www.EggScam.com

Florida Voices for Animals, Inc.
PO Box 17523
Tampa, FL 33682
Phone: 813-969-3755
E-mail: flvoices@aol.com
Contact: Gael R. Murphy

Foundation for Animal Liberation (F.A.L.)
P.O. BOX 461606
Los Angeles, CA 90046
Phone: 323-993-5720
E-mail: liberation@graffiti.net

Freedom for Animals
3001 Bridgeway Blvd. 202
Sausalito, CA 94965
Phone: 415-756-4233
E-mail: info@freedom4animals.org
Website: www.freedom4animals.org

In Defense of Animals - Silicon Valley
500 W. Middlefield Rd. # 178
Mnt. View, CA 94043
Phone: 650-965-8705
E-mail: bkind2animals@comcast.net
Contact: Alfred Kuba

In Solidarity with Animals
PO Box 980751
Houston, TX 77098-0751
Phone: 713-858-0074
E-mail: AnimalSolidarity@aol.com
Website: www.SolidaritywithAnimals.com

Mercy For Animals
P.O. Box 363
Columbus, Ohio 43216
Phone: 937-652-8258
E-mail: Info@MercyForAnimals.org
Website: www.MercyForAnimals.org, www.EggCruelty.com, www.VegOhio.com, www.RodeoAbuse.com

Northwest Animal Rights Network (NARN)
1704 East Galer St.
Seattle, WA 98112
Phone: 206-250-7301
E-mail: info@narn.org
Website: www.narn.org

Portland Citizens for the Closure of HLS
E-mail: animallibpdx@lists.riseup.net

SHAC Germany
Postfach 60 07 35
D-81207 München (Munich) , Germany
E-mail: info@shacgermany.net
Website: www.shacgermany.net

Stop Animal Exploitation NOW!
PMB 280, 1081-B St. Rt. 28
Milford, Ohio 45150
Phone: 513-575-5517
E-mail: saen@saenonline.org
Website: www.saenonline.org

2005 Primate Freedom Tour
1905 West 4700 South #255
Salt Lake City, UT 84118
Phone: 801-953-3748
E-mail: info@primatefreedom.org
Website: www.primatefreedom.org

# Activist Resources

## BOOKS

*Free The Animals*, Ingrid Newkirk
*Earth First Direct Action Manual*
*Ecodefense*, Dave Foreman & Bill Haywood
*Earth Force*, Paul Watson
*War At Home*, Brian Glick
*Agents of Repression*, Ward Churchill and J. Vander Wall
*Animal Liberation*, Peter Singer
*Vegan: The New Ethics of Eating*, Erik Marcus
*Becoming Vegan*, Vesanto, R.D. Melina, Brenda Davis
*Being Vegan*, Joanne Stepaniak
*Vegan Handbook*, Debra Wasserman and Reed Mangels
*Animal Ingredients A to Z*
*An Unnatural Order*, Jim Mason
*The Dreaded Comparison*, Marjorie Spiegal
*The Sexual Politics of Meat*, Carol Adams
*The New Farm Vegetarian Cookbook*

## DIRECT ACTION BOOKLETS

The Final Nail #2
Memories of Freedom
Against All Odds
Keep Fighting: Three Interviews with Britain's A.L.F. Press Officers
Animal Liberation Primer

## RESOURCE GROUPS

STOP HUNTINGDON ANIMAL CRUELTY (USA & UK) - Stop Huntingdon Animal Cruelty is leading the campaign to shut down Huntingdon Life Sciences. Literature, posters, videos, t-shirts and other campaign material available. In the U.S.; PO Box 22398, Philadelphia, PA 19110, Phone: (732) 545-7560, Email: shacusa@envirolink.org, Website: www.shacamerica.net; In the U.K.: 6 Boat Lane, Evesham, Worcestershire, WR11 4BP, Phone: 0845-458-0603, E-mail: info@shac.net, URL: www.shac.net

VIVA! USA - Viva! has great resources on factory farming, veganism and other animal issues. *Vegan Basics - Guide for New & Aspiring Vegans* is now available! Other resources include guides highlighting the environmental impact of a meat-based diet and the nutritional advantages of a vegan lifestyle, plus videos, posters and other materials; P.O. Box 4398, Davis, CA 95617, Phone: (530) 759-8482, E-mail: info@vivausa.org, URL: ww.vivausa.org

ANIMAL RIGHTS AMERICA - ARA maintains a directory of grassroots animal rights groups; PMB 274, 15 Starrett Dr, Belfast, ME 04915, E-mail: ara100@adelphia.net

THE FUND FOR ANIMALS - Neiman Marcus Flyers, hunting factsheets, articles and videos, etc.; 8121 Georgia Ave. Ste. 301, Silver Spring, MD 20910, Phone: (301) 585-2591, Fax: (301) 585-2595

PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS - free posters, leaflets, and stickers focused on veganism, fur, leather, vivisection, rodeos, circuses, and a free guide for grassroots activism with tips for starting a group, organizing, and more. They have graphic stickers and cards to promote vegetarianism and oppose fur or leather that you can carry in your pocket. Their new KFC leaflets, stickers, and posters show a psycho Colonel Sanders torturing a chicken and the KFCCruelty.com Web site. Web sites: www.PETA.org, www.GoVeg.com. Email: MeganH@peta.org; 501 Front St., Norfolk, VA 23510, Phone: (757) 622-7382.

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE - Nutrition and anti-vivisection info, a "Guide to Cruelty-Free Giving", etc.; 5100 Wisconsin Ave., Suite 404, Washington, DC, 20016 Phone: (202) 686-2210, x300, Fax: (202) 686-2216, E-mail: pcrm@pcrm.org, URL: www.pcrm.org

## PUBLICATIONS

*BITE BACK* - 222 Lakeview Ave, Ste. 160-231, West Palm Beach, FL 33401, E-mail: biteback@directaction.info, URL: www.DirectAction.info

*EF! JOURNAL* - PO Box 3023, Tucson, AZ 85702, Phone: (520) 620-6900, Fax: (413) 254 0057, URL: www.earthfirstjournal.org

For a list of useful web site links check out the Resources section of the No Compromise website: www.nocompromise.org

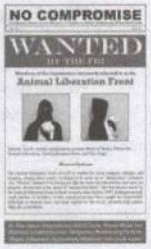
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Issue #11: Barry Horne; Starting a Grassroots group; $12M ELF Blaze. Eco-Warrior killed by logging operation.







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Issue #3: Organizing CD; Representing yourself in court; A.L.F. Press Officer, Robin Webb interview.

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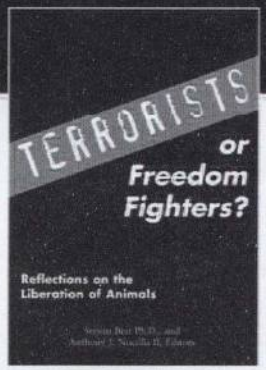
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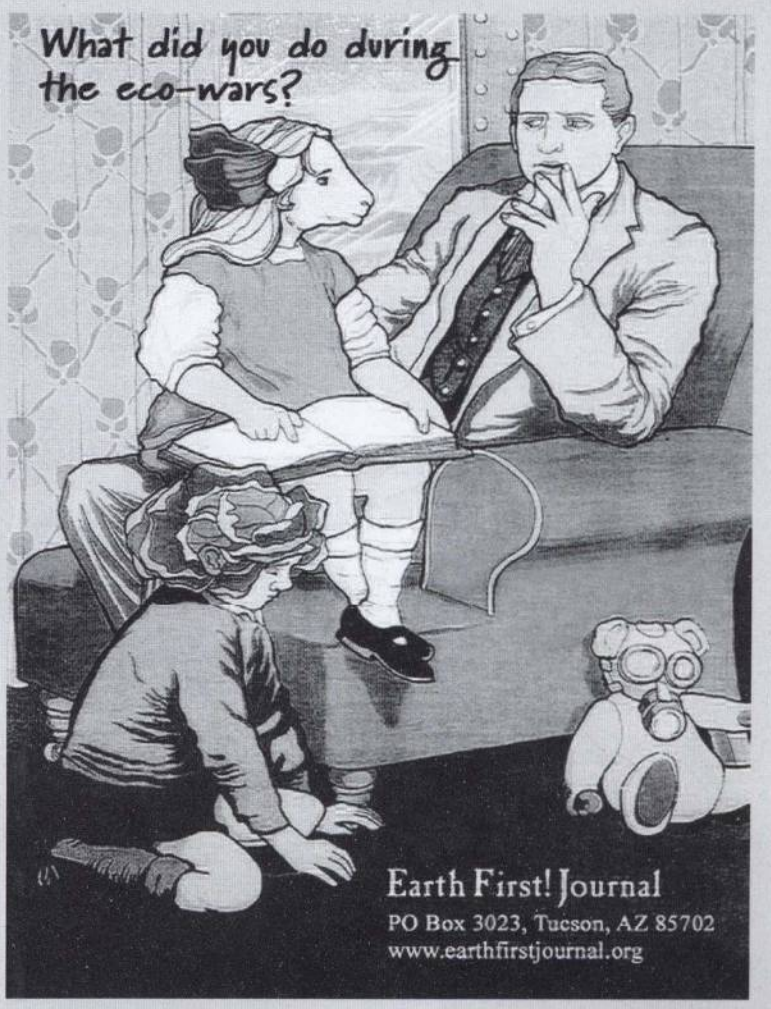
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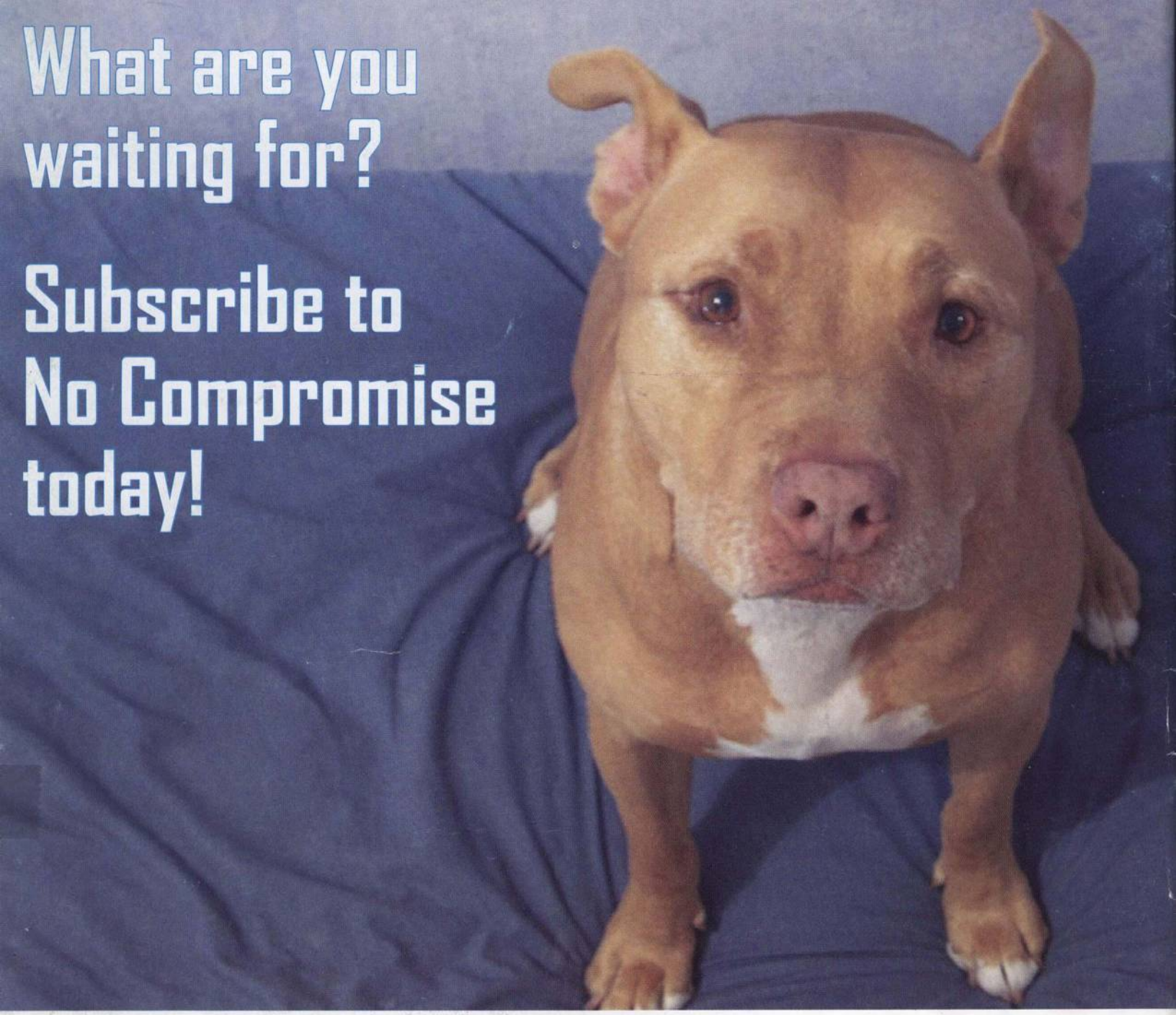
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