

*Spring 2006  
Newsletter*

# Hillside

## Animal Sanctuary



# Please consider a gift by Standing Order to Hillside . . .

Just **£3** a month will help provide us  
with regular funding to ensure continuous care  
for the animals in our Sanctuary, as well as helping  
us to campaign for animals in need.

If you would like to make a regular donation  
please fill in this form and *return to us*.

To adopt an animal by Standing Order, please fill in  
both the **Adoption Form** on page 14 and the  
**Standing Order Form** below,  
and *return both forms to us*.

Thank you for caring . . .

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## Standing Order Form

Bank Name \_\_\_\_\_

Bank Address \_\_\_\_\_

Postcode \_\_\_\_\_

Please pay Hillside Animal Sanctuary Ltd  
A/C No 70560088 Sort Code 08-90-14  
The Co-operative Bank, 69 London Street, Norwich NR2 1HL

£ \_\_\_\_\_ on the \_\_\_\_\_ day of \_\_\_\_\_ 200 \_\_\_\_\_

and afterwards on the same day each

**MONTH/QUARTER/YEAR** until further notice

*(please delete as appropriate)*

My Name \_\_\_\_\_

My Address \_\_\_\_\_

My Postcode \_\_\_\_\_

My Account No. \_\_\_\_\_ Sort Code

My Sanctuary No:

5

This Standing Order is for: **Donation**   
*(please tick as appropriate)* **Adoption**   
**Both**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please send to:

Hillside Animal Sanctuary, Hall Lane, Frettenham, Norwich NR12 7LT



## Dear Friend,

As an animal lover and regular visitor to Hillside, which is home to over 800 rescued animals, imagine my delight at being offered a position here in January 2006.

Although through visiting the Sanctuary I was aware of the great work Hillside's investigators carried out, I have now witnessed the actual reality through seeing live footage of the terrible torture animals are put through in the factory farming industry prior to ending up on our tables. One of the first investigations I became involved with highlighted the suffering of cows and calves in the dairy farming industry. Although I considered myself an informed person as regard to animal welfare, I really had my eyes opened and as a consequence found this particularly distressing. The investigation exposes the unacceptable way calves are taken from their mothers just hours after being born, to allow them to suckle would deprive us of our daily pint of milk! The sadness and confusion is apparent in the mother's eyes as she fails to understand why her healthy baby has been cruelly taken from her.

Although already a vegetarian, seeing recent footage and photographs of scores of dead calves has resulted in my questioning the origin of *everything* I eat. I believe that we should all be educated in the production of what we consume, and the appalling suffering involved. Only then can we make an informed decision whether or not we want to be part of man's cruelty to animals.

## Meet Lucky . . .

After escaping from the slaughtermen at a duck processing plant, Lucky, at only eight weeks old, was wandering bewildered and alone in the yard amongst the poultry lorries. In the morning she would have been caught up again and 'processed' with thousands of other ducks but, it was her lucky night. During the evening our investigator arrived to research evidence for a TV programme about intensive duck farming and spotted her. Lucky, *pictured right*, was brought to the Sanctuary where she quickly recovered, although we had to wait a while for her to regain her oily feathers before introducing her to the duck pond.



*Toni Lawrence*

Following lots of enquiries from our supporters, we would like to put your mind at rest by letting you know that we are taking every necessary precaution to ensure that our other feathered friends are kept as safe as possible whilst the Avian 'flu situation is being evaluated. Although our vet has advised that it is not necessary to vaccinate at the moment, we have a plan of action to bring our turkeys, hens and ducks inside should the need arise. We hope this helps to alleviate any fears you have about our family of birds.

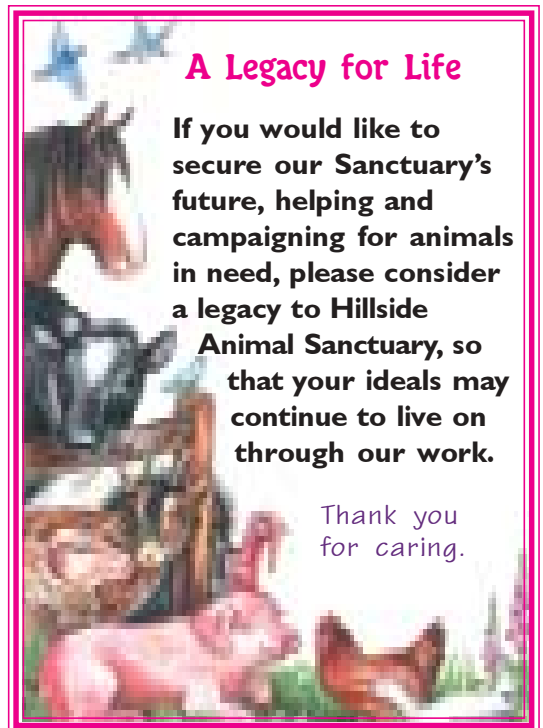


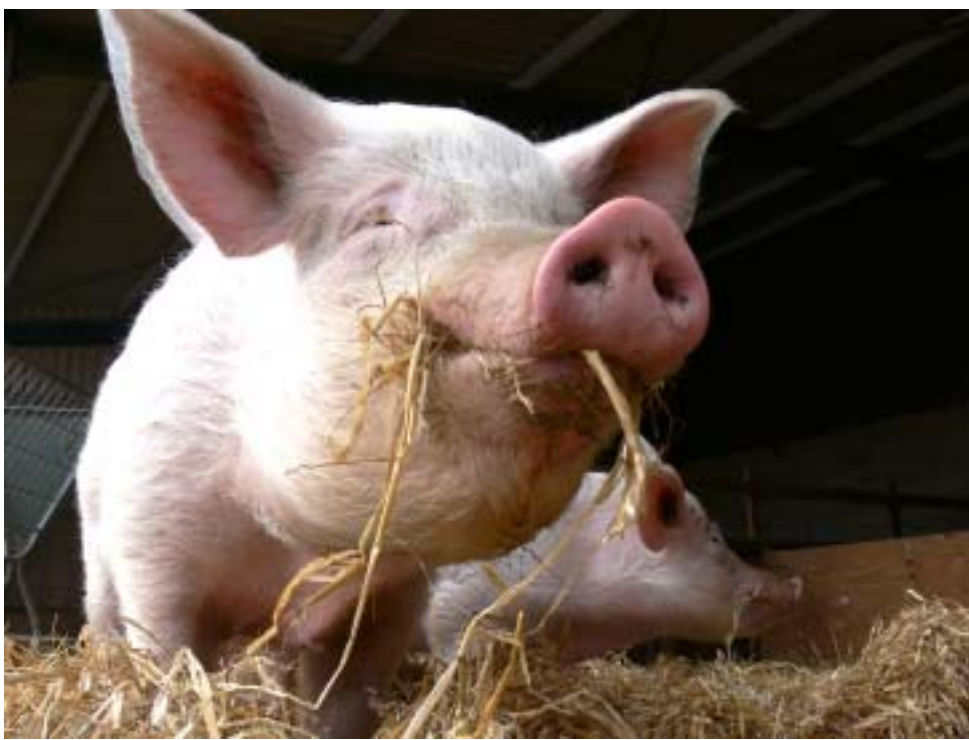
**Front Cover:** Safe at Hillside - Churchill, one of three calves who, ironically, we rescued on the same day that the live export ban was lifted. These calves were destined to be sent to Holland to spend a short miserable life in a veal crate.

### A Legacy for Life

If you would like to secure our Sanctuary's future, helping and campaigning for animals in need, please consider a legacy to Hillside Animal Sanctuary, so that your ideals may continue to live on through our work.

Thank you for caring.





*At Hillside we have over 50 pigs in our care. Our dedicated staff who feed and care for them know their individual characters, their likes and dislikes. Any concerns for our pig family are quickly reported to our veterinary team.*

## *Caring for Pigs at Hillside*

by Tracy Reeve

### **FEET**

As with our sheep, goats, cattle and horses, there are times when our pigs' feet will need trimming as they, too, can suffer with infection and lameness. We take advice from our vets who say whether trimming is necessary as some of our pigs need sedating in order for this to be carried out.

### **VACCINATIONS**

Routine vaccination prevents a disease called Erysipelas, an infectious disease of pigs characterised by high fever and reddish or purplish spots on the skin.

### **DIET**

All our pigs are fed Vegetarian Society approved food, to which we add cider vinegar, an excellent natural remedy for the treatment of arthritis. When available they enjoy the addition of root vegetables and greens.

### **SUNBURN**

Like people, pigs can experience sunburn and it is important to provide them with a wallow pool as the mud from this offers some protection. Some of our pigs have sun cream applied daily to protect them from the sun's harmful rays.

### **INTERNAL AND EXTERNAL PARASITES**

We routinely treat our pigs for parasites as part of a preventative programme. Medication is added to their food and avoids the need for injecting them. We monitor these deworming procedures with regular worm egg counts, by taking faeces samples and checking them under the microscope.

### **FLYSTRIKE**

Like other animals, pigs can suffer with flystrike during the warmer weather. Therefore, it is important that they are checked daily for wounds etc, as, if left untreated, they will soon become infected with maggots.

### **ELDERLY PIGS**

As our pigs grow older, their needs change just like any elderly animal. With the help of our vet, we monitor their health and welfare very closely, making sure they receive any treatment they need to ensure a good quality of life just as we would for any animal in our care.

### **SHELTER**

All pigs at Hillside have the benefit of shelters in the form of arks which offer protection against heat and cold, and the elements in general.

Boss Hogg at only two days old, was found alone beside a busy road. You can see above how he has grown into a handsome fellow, still in the company of his life-long friend, Flossie!





## Our first Mule . . .

We were pleased to be able to offer **Malcolm** a permanent home in the Sanctuary after his previous owners found they were no longer in a financial position to continue with his upkeep. They approached us and we were only too pleased to help.

Malcolm has a wonderful nature and is friends with Katy and Whisky.

## Molly takes the kettle off . . .

If you have visited us on one of our Open Days and enjoyed some light refreshment, you may well have been served by Molly, our chief caterer. She has been 'feeding and watering' our

visitors with animal-friendly snacks since 1999 but sadly the time has come to say farewell - but not goodbye. Molly has now retired and is looking forward to seeing the Sanctuary from the other side of the counter as a visitor relaxing with our rescued animals and

enjoying a 'cuppa' after a peaceful afternoon. We wish Molly all the very best for her retirement and look forward to catching up with her and her dog on a Sunday afternoon.



## Another Wild Boar joins us at Hillside . . .

Following the rescue of Wallis the wild boar, last year, Hillside was pleased to give sanctuary to another wild boar, McQueen II, who also arrived with his own 'Great Escape' story.

You may have heard on the news about wild boars being set free on Exmoor where, subsequently, many ended up being shot dead or involved in fatal road accidents.

McQueen II was lucky enough to navigate his way back to the farm from which he was 'released', and with the generous help of one of our supporters, was brought to the safety of Hillside.

McQueen II has settled in well and has been introduced to Wallis and they are now living together, seemingly enjoying each other's company! We would like to assure you that we won't be hearing the patter of tiny trotters as McQueen II has had a necessary little 'op'! They are being spoilt with lots of love and attention from our

caring farm staff.

The name McQueen originates from three years ago, when Hillside received a request to take a wild boar named McQueen, who sadly was shot as he roamed free. It was at the request of the supporter that McQueen II be named in memory of this wild boar.



## Open Days in 2006



**Visitors are welcome to meet our rescued animals 1-5pm EVERY SUNDAY from Easter until the end of October Also Bank Holiday Mondays and every Monday during June, July and August also Easter Friday, Saturday & Monday**

**H**ere we show a typical supermarket chicken which, clearly has not been produced to the high standards of animal welfare that Tesco, and the other supermarkets, are constantly claiming. The hock burns you can see confirm this. Hock burns are caused by a crippled or diseased bird being unable to walk and having constantly to sit in excrement. There is no doubt that this animal has suffered, from the day it was born until it was cruelly killed in the slaughterhouse.

At Hillside we are often asked if we can recommend 'humanely' produced meat and dairy products. From our experiences, we would not be happy to assure anyone that any animal product is available without cruelty. Out of the hundreds of farms we've investigated over the years, we found only one which actually did have a high standard of animal welfare. Repeated visits confirmed that these standards were being maintained. Despite this, at the end of their 'useful' life, the animals still have to endure the stress of transportation and the ultimate horror of the slaughterhouse just like their factory-farmed counterparts.

**Therefore, we believe that it is impossible to obtain one hundred percent humanely produced food from animals. For too long now, we have witnessed the misery and pain, both mental and physical, that farmed animals have to endure so that people can eat meat, eggs and dairy products.**



**Tesco and Asda have addressed the issue of hock burns - they now chop them off to remove the tell-tale evidence of appalling animal welfare standards!**

## **We report Waitrose to ASA**

In Waitrose we found shelves full of chickens with labels advertising: *'Chickens raised on Waitrose approved farms in Northern Ireland, operating to high standards of animal welfare.'* The majority of birds displayed the tell-tale signs of hock burns. Hillside considers that this statement misleads their customers and so we have reported the misrepresentation to both the ASA (Advertising Standards Authority) and Trading Standards.



# Hillside Investigations Report...



**A** farmer who advertised 'free range' eggs on his vehicle was recently the subject of a Hillside investigation. Driving past his main farm gave the overall impression that his chickens lived in acceptable conditions. However, out of sight, down a track on the other side of the farm, 'lay' another story.

Our investigator discovered three thousand hens crammed into a ramshackled poultry shed with little ventilation. The stench inside was so bad that it was difficult for our investigator to remain long enough to film. The only outlets for the hens were three tiny windows above ground level from where only around a hundred hens would venture outside.

To add to the already appalling situation the 'stockman', who lived in a caravan on site, obviously did not have access to proper sanitation. At the far end of the shed, sectioned off from the hens with straw bales, we filmed the floor literally covered (with accompanying tissue) in human faeces.

While our investigator engaged the 'stockman' in conversation he admitted that the eggs from the offending shed were taken to the main farm from where they were sold as 'free range'. This was confirmed when we were able to film the farm's truck arriving for a collection. We have informed Norfolk Trading Standards and are awaiting to see what action they take. The eggs from this farm are sold at local stores and outlets for 99p per half dozen and just goes to prove once again that consumers who buy animal produce can never be sure of what they are eating!



## Boris Case Update

You may remember the plight of poor Boris, a bull whom we tried to save last Summer when we came across

him stuck fast in three feet of excrement. Despite all efforts to save him, he sadly died.

The RSPCA became involved after Hillside investigators brought to light the appalling conditions that other animals were also living in, on the farm near North Walsham.

As a result, Norfolk farmers, Maurice Quantrill and June Furness, appeared before Cromer Magistrates on 9th December facing charges of ill-treating animals. Following a 'not guilty' plea, the case was adjourned until 16th March.

We will, of course, let you know the outcome via e-mail (if you are on our list) or in our next Newsletter.



## FREE INVESTIGATION Video or DVD

giving an insight into Hillside's undercover investigations is available on request showing:

**Factory Farming Today  
Ducks in Despair  
Pigs in Purgatory  
The Christmas Turkey  
Chicken Supreme**

These show the commonplace suffering of animals in the intensive factory farming industry

To order please use the back page stating either **DVD or Video**



# Can you place a Hillside Collection Box?

If you are able to place one of our new pig collection boxes you may order one from the back page.

Thank you.

If you already have one of our yellow collection boxes and would like to exchange it for our new piggy design please let us know when you send us your next collected donations and we will be pleased to replace it free of charge.

## NEW Hillside own design Piggy Collection Box

Suitable for shop counters & public display

Please see back page to order (£3 deposit - refundable from your first collected donation)

10" high

Artist's impression

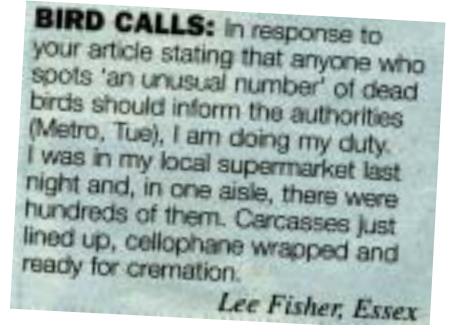


### Thinking of taking a Holiday in Norfolk?

We are pleased to offer our supporters quiet, comfortable accommodation at Hillside for self-catering holidays. If you like the idea of taking a break in Norfolk while staying in the company of our rescued animals, please write to us for further details or visit our website [www.hillside.org.uk](http://www.hillside.org.uk) for weekly prices and availability. Vacancies from April 2006

Tel: 01603 736200

### Spotted in The Metro newspaper . . .



## Become a 'Friend' of Hillside



I would like to become an

'Annual Friend' (min £5)

I would like to become a

'Life Friend' (min £50)

Name (Mr/Mrs/Miss/Ms).....

Address.....

Postcode .....

My Sanctuary Number is:

I enclose a Cheque/Postal Order for £.....



or debit my Visa/MasterCard/Maestro No.



Expiry date...../..... Issue No \_\_\_\_\_ (only applicable to Maestro)

Security Code (last 3 digits on reverse of card)

I prefer to donate by **Standing Order**  and enclose the form on page 2

Signed..... Date.....

## Please send my friends a Newsletter

To increase awareness and support of Hillside Animal Sanctuary you may have friends who would like to receive details of our work.

We will not add their names to our regular mailing list unless they request us to do so.

PLEASE USE BLOCK CAPITALS

Name.....

Address.....

Postcode.....

Name.....

Address.....

Postcode.....

Name.....

Address.....

Postcode.....

Name.....

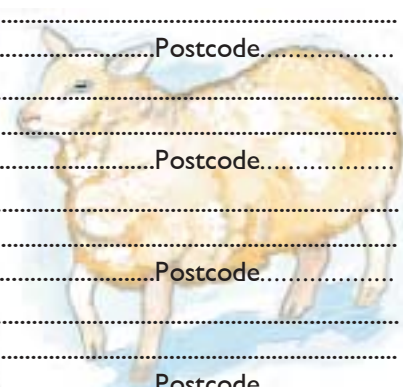
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Name.....

Address.....

Postcode.....



**In our last newsletter we printed correspondence between Grampian Foods and Hillside regarding the appalling conditions their broiler chickens, reared for human consumption, are kept in. Following on from this we received their reply . . .**



New Grampian House  
3 The Boulevard  
City West One Office Park  
Gelderd Road  
Leeds LS12 6NX  
Telephone: 0113 386 5000  
Fax: 0113 386 5130  
www.gcfg.com

30th September 2005

Dear Ms Valentine

Thank you for your recent letter responding to our invitation to meet with our Chairman. I was disappointed to read that you would not be prepared to meet as you would be shown a 'nice clean unit' which you state 'would not be typical of our farming operations'. Having discussed this with our Chairman, we would be prepared to meet with you on the farm in Norfolk that members of your group illegally entered to obtain the footage shown on the Dispatches programme. I look forward to hearing from you to establish if you would now be prepared to meet.

Yours sincerely

Alasdair Cox  
Corporate Communications Controller

**Conditions of chickens on a Grampian farm were exposed on Channel 4's Dispatches 'Supermarket Secrets'. You may request a free copy of this programme (video or DVD) on our back page.**



**And our response to this was . . .**

Dear Mr Cox

I refer to your letter of the 30th September. We note your further invitation to 'visit' a Grampian chicken unit, this time in Norfolk at St Faiths. Once more, we have no need to accept your offer because we know exactly what the conditions are like on that farm as, only last December, we were able, AGAIN, to take further footage showing your ongoing appalling standards of animal welfare. We filmed diseased, ill and dying chickens existing beside corpses at various stages of decay which should have been long since removed. Despite your CONSTANT assurances of high welfare standards, we are still regularly finding evidence to the contrary – please see the enclosed unedited footage (DVD format). Why is it, that despite your clearly unacceptable standards of poultry management being exposed in national newspapers and on national television, you are still allowing it to continue? All our footage is supported by GPS so that there can be no disputing the location.

We are sending copies of this letter to all the major supermarkets which you supply. I look forward to receiving your comments in due course.

Yours sincerely

Wendy Valentine  
Hillside Founder

## **So Illegal Disposal IS Legal!**

Last December, Hillside was again to witness the terrible welfare conditions in which some animals are kept. Over the Christmas period we filmed a dead calf which had been left in a pen with a live cow and her calf. It looked as though the dead calf had been there for some time. We didn't report it immediately as we suspected that the owner would argue that, due to the holiday season, he could not get it removed.

We returned *four weeks later*, when we were able to obtain more footage of this 'mummifying' calf, which was gradually being eaten away by rats.

We informed Norfolk Trading Standards (TS) on the 25<sup>th</sup> January 2006 who visited the farm the following day. When asked by Hillside about the outcome, TS's response was that they had asked the farmer to remove the calf, which he did that same day. When we questioned whether they would be prosecuting the farmer we were informed that no further action would be taken as they (TS) were satisfied that the carcass had been removed. We told them that we were disappointed with the outcome as the carcass had been there at least a month (legally deadstock should be disposed of properly within 24 hours of death). Their response was that 'they didn't know it had been there that long'. Surely if an experienced authority such as the TS claim that they couldn't tell from the calf's decomposing state that it had been there several weeks, we have a right to question their motives.

**If you would like to donate to our**

**Animal Investigation Appeal**



**please complete the form on the back page of this newsletter**

## **Attention!!**

### **Are you from the Newmarket Area?**

On the 3rd March we were contacted by a concerned lady in the Newmarket area, who didn't leave her details. She was worried about a pig who had been left alone in a distressed state after all the other pigs in his field had been taken away by lorry. We advised her first to contact the farmer in case he hadn't realised the animal had been left. During the phone call the lady spotted the farmer and immediately rushed off to speak to him. She phoned back later that afternoon to say that a farmhand arrived on the scene with a tractor and proceeded to tie the pig's legs together. The pig was then dragged away LIVE behind the tractor. **If you are the kind lady who reported this incident to us, please may we ask you to contact us again so that we can take the matter further? Thank you**

# Hillside's Farm Animal Investigations shown on **SIX** National TV Programmes

**I**t has been a successful year for TV coverage of Hillside's continued investigations into animal cruelty within the factory farming industry. We have already reported about Hillside's involvement with Channel Four's Dispatches 'Supermarket Secrets' programmes which were broadcast last July and August. Since our last newsletter, we have again been able to supply investigation footage for four more programmes to the BBC, Channel 4 and Sky News. These broadcasts, again, looked in-depth at the way that farmed animals are kept, our views of farming and how these animals end up on the dinner table.

## **BBC's Inside Out** Yorks and Lincs (10th Oct 2005)

Continuing with our investigations into the welfare of chickens, Inside Out looked at the £19m organic farming industry, questioning whether consumers are buying into a dream instead of a reality.

Inside Out reported that EU regulations state that for chickens or eggs to be labelled 'Organic', birds must spend a third of their lives outside, be fed certified organic feed and may only receive antibiotics when absolutely necessary. Viewers were shown Hillside's footage on one organic farm - images of chickens left untreated, dead and decomposing amongst the live birds – not exactly the 'organic' idyll that we are led to believe exists. The Soil Association (SA) wants higher standards of welfare, and feel that the EU regulations (which everyone should abide by) should be revised. For example, the SA would like to see only 500 to 2000 birds (chickens, ducks, etc) contained in one 'shed', however, the current EU standard allows a poultry farmer to keep up to 12,000 birds in one unit.

## **BBC's Inside Out** BBC East (31st Oct 2005)

This programme was based on our 'Pigs in Purgatory' investigation, a video diary of footage taken on one Norfolk pig farm over the course of a year. During the programme our investigator was interviewed and explained that the only way to gain entry to meat producers' premises, was to do so under cover of darkness as most livestock farmers would not permit filming of their premises.

The programme revealed how little the average person knows about the way their food is produced and how most still retain the nostalgic image of animals enjoying the relative freedom of farms from a bygone era. Nowadays, meat products are marketed to remove the guilt factor - for example, generally, there are no pictures of animals on the packets and any descriptions about the cuts of meat are deliberately hidden. The 'typical' family used in the programme said they were fairly confident about buying products which displayed some sort of assured scheme logo, but at the same time, suspected that these schemes probably weren't a 100% guarantee of high standards of animal welfare.



They were right to have doubts as the programme went on to show the Norfolk pig farm, this time filmed by the BBC, which is accredited by the Red Tractor Farm Assurance Scheme. By its Chief

Executive's own admission, this scheme is not working properly. **BBC Narrator:** "The assurance scheme is called 'The Red Tractor'. It is run by Assured Food Standards, a private company. Most farmers belong and pay a fee to join it. It claims to guarantee quality and welfare to consumers, because we can't see farms for ourselves."

**David Clarke, Chief Executive, Assured Food Standards,** said, "The reputation of the farming industry can be undermined by the weakest link, and so by encouraging farmers to be within the scheme, we know that they are producing to these standards and that the reputation of the industry is being supported by these schemes. Retailers, food buyers, food manufacturers who buy from producers need to know about the production standards of their suppliers, otherwise their reputations can be damaged and we believe it delivers consumer benefits too."

**BBC Narrator:** "The Red Tractor Scheme says it guarantees standards above the legal minimum: 'Floors should be well drained or well maintained with dry bedding, in order to provide dry lying areas.' Yet the pigs seen here lived on a Red Tractor farm in Norfolk. These pictures were not filmed by an animal welfare campaigner; they were secretly filmed by Inside Out earlier this month."

**Donald Broom, Professor of Animal Welfare, University of Cambridge** observed the film and said: "These are pictures of a badly-run farm in which the animals are kept in really rather bad conditions where they are not cleaned out often enough... The British legislation says that pigs should be provided with a comfortable dry lying place. Now, if they are in an area which is not cleaned out and where there is a lot of manure on the floor as is the case here, that means that – especially if it is wet – that it is going to be difficult for them to regulate their body temperature. It is perfectly OK to have a floor of this kind if it's kept clean, if there is enough space and if the animal has enough material to manipulate which is one of the major needs of pigs."

**BBC Narrator:** "These pigs have not – yet the farm is still a member of the Red Tractor Scheme. They say that conditions are acceptable."

**David Clarke:** "We have been monitoring that farm for several years. It has been a participant in the scheme, we have inspected it annually within the Scheme. We actually decided that the conditions never got to a situation where the actual welfare of the pigs was compromised to an unacceptable degree and, furthermore, the preferred course of action was to work with the producer to rectify the situation and to put it right and to make improvements, not only in the welfare of the pigs but certainly in the housing conditions and the provision of lying areas and other facilities for those pigs."

The BBC said that they asked the farm for an interview but they said 'no' and declined to comment.

**BBC Narrator:** "The Red Tractor Scheme told us they were aware of problems on the farm a year ago. So why wasn't the farm suspended from the scheme?"

**David Clarke:** "Virtually all trade buyers, all trade customers insist that their suppliers meet our standards. So if we exclude them from the scheme, we are effectively putting them out of business, because they have got nowhere else to go with their product."

## C4's Dispatches 'What's Really in Your Christmas Dinner?' (19th Dec 2005)

The viewing public was shown how factory farming has spread to the fishing industry and the unacceptable way that smoked salmon is produced, resulting in as much as 21.8% fat. And that's just for starters!

Hillside's footage, filmed on **Cherryridge Poultry** farms, was used to demonstrate the appalling lives that turkeys lead prior to them being served at the table. Cramped in sheds, with little or no daylight, beaks cruelly trimmed to prevent cannibalism, these poor creatures suffer disease, deformities and brittle bones. Also shown was our filmed evidence of the catching gang as they grabbed each bird by a wing or leg and hurled them into crates with absolutely no thought of the pain they were causing. The turkeys are then transported to the slaughterhouse where they are forced to endure the shackling line before being immersed in an electric bath which is supposed to stun them before their throats are cut.

Professor John Webster, having seen a film of wild turkeys, said that these animals have evolved from the wild but they had to look after themselves and aggression was part of their mechanism for survival. In the wild environment that extreme aggression only manifests itself into the form of ritual threats and withdrawals whereby they don't actually tear each other to pieces. In the extremely tight environment of a poultry house, there is no mechanism for recognising the pecking order, knowing who is friend and who is not and then no way of escaping from each other.

Beak trimming doesn't always prevent pecking as Hillside's footage showed. We filmed turkeys pecking the head of a bird who was clearly unable to defend itself.

We were told that our most dangerous food is shell fish, followed by turkey and chicken; one in twenty birds could have salmonella and there are 90,000 cases reported a year.

According to Professor Michael Crawford, apart from damage to the human gut, associated problems with the kidney, heart, etc. can follow months later.

Arranged around the turkey are the high-fat trimmings 'pigs in blankets' - bacon wrapped around chipolatas. Professor John Webster pointed out that pigs are friendly, sociable animals who enjoy cheery interaction with each other. However, when they are factory farmed, they are often raised in dirty and overcrowded conditions and suffer a great deal of stress. Footage (taken by CIWF) was shown of pigs in Poland in the most appalling conditions. The meat from these animals is imported to this country and labels often mislead as to its origin.

When Morrisons, Tesco, Asda and Sainsbury's were asked who supplied their meat, they responded by saying where it was packed or processed. The BBC felt this was not acceptable and wanted to know 'what farm?' Only Sainsbury's supplied this information. It is little wonder that the whole meat industry is shrouded in secrecy as, clearly, there is so much to hide. The 'meal' was rounded off with commercially-made mince pies containing trans-fatty acids as a result of the hydrogenation of vegetable and animal fats which are hazardous to health. The only part of the meal to come up trumps was the humble Brussels sprout! This little vegetable is part of the brassica family and Professor Crawford reported that eating it regularly could help reduce the risk of cancer.

## Sky News (13th Jan 2006)

Footage shown by Sky News follows our continued investigations at Manor Farm Ducks (MFD) – a supplier of poultry to several major supermarkets. Images were aired that displayed no respect for the welfare of these animals, with ducks covered in blood, deformed legs or completely blind, stumbling around or being trampled over.

Following on from these investigations, Marks & Spencer and Morrisons stopped taking duck from MFD while they launched their own investigations. Iceland however continued to trade with MFD.

Although footage taken by Hillside dated back to June 2005, Sky News was again able, to take footage in November 2005, showing the same low-level of animal welfare. Despite this, it seems that MFD aren't breaking any laws or breaching any government guidelines. There are codes of recommendations set out by DEFRA which are currently being reviewed. The case of MFD is being passed to the State Veterinary Service. Unfortunately, under these codes set out by DEFRA, there is little chance that this farm will be prosecuted.

If you missed these programmes or would like to see them again, we are pleased to send them to you (free of charge) on Video or DVD format.

We have available for you to order on the back page:

**C4's Dispatches 'Supermarket Secrets'**

**C4's Dispatches 'What's really in Your Christmas Dinner?'**

**BBC's Inside Out (about the pig industry)**

**Sky News (about the duck farming industry)**

(This Sky News report can also be viewed on our website [www.hillside.org.uk](http://www.hillside.org.uk))





# A Welcome Visitor from California

Bonnie with Rodney, who was rescued from the New Forest



In January we were pleased, again, to welcome Bonnie Stoehn to the Sanctuary. During her week's visit from California, Bonnie, who is an expert in humane horse handling, worked with some of our more nervous rescued horses and ponies while training our staff in her skills.

My association with Bonnie goes back fifteen years when I worked with her in the US setting up the administration of a horse sanctuary that she was instrumental in founding. Through the sanctuary she succeeded in having a bill passed that rendered Mexican rodeos in the state of California illegal. During these rodeos horses are galloped around an arena so that the Mexicans can demonstrate their skills at bringing the horses down at high speed by roping their legs. Horses were often hired for the weekend, as a break from their journey to Texas slaughterhouses, to give their final 'performance'! During this 'entertainment', which seems to be a Mexican national sport, horses sustain horrific injuries and broken legs are commonplace. Although these rodeos are still held elsewhere, because of fear of prosecution, they are now rare in California.

From that success Bonnie went on to fight, and bring another bill into force. Together with her dedicated friend Kathleen Doyle, she worked tirelessly to secure a state ban on the sale of horses for the purpose of human consumption. This slowed down the cruel trade of transporting horses, crammed into cattle trucks, for the several day journey to Texas.

One of the issues Bonnie and I have campaigned on together was to expose how horses suffer in order to produce Premarin, the HRT drug prescribed to 'menopausal' women. Oestrogen, which is used in the drug, is obtained from pregnant mares' urine (PMU). To produce this, around 45,000 mares are put in foal every year. We had already exposed how the mares are tethered in tiny stalls for six months of the year, unable to walk backwards or forwards or even lay down. This causes

psychological frustration and many physical problems, such as oedemas and swollen legs. In addition, reports tell how the pregnant mares are kept permanently thirsty. Their water intake, although regular, is restricted in order to produce more concentrated urine.

The company who admit responsibility for PMU production, which is marketed under the trade names **Premarin, Prempak-C, Premique and Premique Cycle** is **Wyeth-Ayerst**. In 1995 Bonnie and I met in Winnipeg to expose the fate of the 45,000 foals born to the Premarin mares. The drug company had claimed that they were all sold to 'good homes', to become riding horses. We knew there could not be a market for so many foals, except of course, for the horse meat trade. At one time many foals were killed at birth, just like the calves in the milk industry. We drove hundreds of miles around Manitoba to attend four PMU foal disposal auctions. At these sales, some organised by the PMU farmers, we saw, along side discarded PMU mares, pens crammed with three and a half thousand young foals. Despite having stood in the heat for several hours, few had access to water. Some foals were trying to suckle milk from each other.



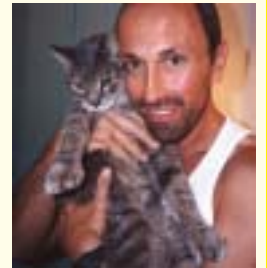
There were so many that they were sold in lots of six at a time and by the pound weight! All, except a handful, were bought by meat dealers and transported to 'feed lots' to be fattened for slaughter. Bonnie and I saved four foals who are now all living

safely in a Californian sanctuary. Calypso, who is on the right of the pictures, was rescued by Hillside and you can see her, above, still enjoying life with her friend Charisma.



**Cruelty-free plant based HRT alternatives ARE available. You may request these and/or a copy of our 1995 PMU investigation. Wendy Valentine**

During her visit, Bonnie strongly recommended that we offer our supporters the opportunity to see 'The Witness' a powerful documentary which shows a tough building contractor's 'change of perception' through his unexpected association with a cat. In the award winning documentary 'The Witness', Eddie Lama explains how he feared and avoided animals for most of his life, until the love of a kitten opened his heart, inspiring him to rescue abandoned animals and bring his message of compassion to the streets of New York. With humour and sincerity, Eddie tells the story of his remarkable change in consciousness.



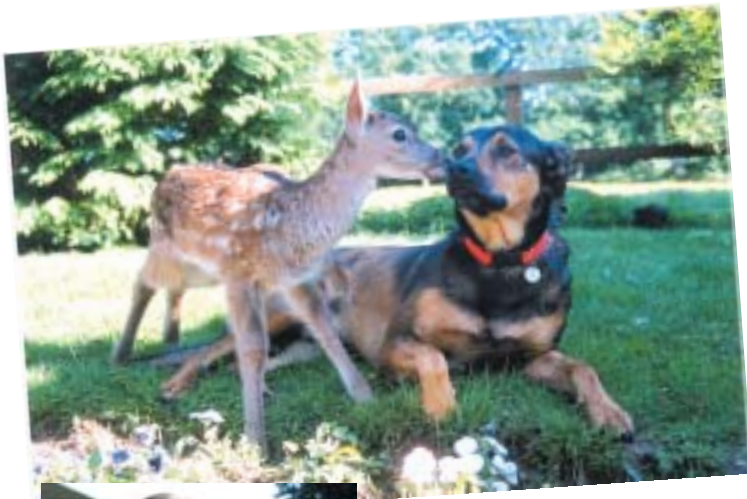
**"It was such a pleasure and a privilege to return to Hillside to work with the horses and staff. I believe the important work you do at the Sanctuary has ramifications that go far beyond what most of us could conceive of. You'll never know how many lives, both human and animal, are changed for the better through your efforts. I am heartened that you will be making the film, The Witness, available to your supporters. I strongly urge everyone to see it and show it to all their family and friends." Bonnie Stoehn**

**The Witness £11.95**  
DVD or Video  
You may order this for a  
**14 day FREE TRIAL**

after which you may either return it or send us the above amount.







We thought you might like to see Baby (who has certainly grown out of his name) four years on and still firm friends with Rambo, a rescued dog who lives with Wendy, Hillside's founder.

Due to lots of requests from our supporters we are now reprinting this picture of Baby, as a fawn, with Rambo on a greetings card in a pack of four together with the three other pictures shown here.

**DR3. Pack of 4 Birthday/Greeting Cards**  
(8" x 6" with envelopes)  
**£2.50**



Along with Baby and Rambo lives another rescued deer, Bambi, who features on our 2006 Christmas cards together with Hillside ponies Emma and Arizona.

**XM6. Pack of 8 Christmas Cards**  
two designs (8" x 6" with envelopes)  
**£3.25 or 2 packs for £5.95**



Also by popular demand, this year we are printing smaller Christmas cards which show Neddy, now two years old, who was rescued as a three week old foal and Joseph the donkey.

**XS6. Pack of 10 Christmas Cards**  
two designs (5" x 5" with envelopes)  
**£2.75 (or 2 packs for £4.95)**



# What the dairy industry won't tell you...

During Christmas, the village where I live, was resounding with the sound of cows bellowing out for their calves. People went about their business seemingly oblivious to the dreadful mental torture those animals were going through. Even Christmas Day churchgoers, in full earshot of the desperate calling, just turned the other cheek. If it had been a human mother who had been so ruthlessly separated from her child and been in such distress the whole village would have turned out, trying to help. The cows' offspring had been deliberately taken away, leaving them suffering the same anguish that any human mother would. I find it hard to believe that people can be so callous to another living creature. The cows that I could only listen to and sympathise with over Christmas were in this state in order to supply humans with beef. Dairy cows suffer the same horrific mental torture when their calves are taken away, and \*usually killed, so that humans can drink the milk intended for their offspring.

Wendy Valentine

The sound of distressed mothers calling out for their calves can be heard on our website [www.hillside.org.uk](http://www.hillside.org.uk)

To make people aware of the misery that cows and calves have to endure to produce a seemingly 'innocent' product, we have produced this poster. If you are able to display it in a prominent position we will be pleased to send it to you. They are available in sizes A4 (11"x 8") and a much larger A1 (30"x 23").

We are happy to send them to you free of charge but please remember that the A1 size costs us £5 to produce and post so please be sure that you have somewhere suitable to display it. Please request these on the back page. *Thank you.*



**To provide your pint of milk**  
new born calves are shot at birth  
and their mothers have to bear the distress of being parted from them!

**East Anglian Milk**  
Special to put local milk on local tables  
Local farms

**If you don't like these images -  
don't cause them - stop buying dairy products!!!**

**DAIRY CATTLE ...**  
A cow's udder will naturally hold about two litres of milk at any one time. However the modern dairy cow can be carrying up to TEN litres of milk. This distorts the udder and because of the unusual walking pattern, leads to lameness. These animals along with unfavourable milking conditions means that there is a high incidence of mastitis. The early signs of this disease are often treated and some milk from the infection are passed into the collected milk.  
A dairy cow gives birth to a calf every year and often has to undergo the mental distress of being separated from her offspring usually within 24 hours. The young male calves (300,000 each year) are usually desexed and killed. Dairy farms are often kept indoors during the winter months with little exercise. Chronically ill and lame

... milk, they have no choice but to invest in dairy raising their feet to become infected! These appalling practices are brought about by the huge demand for dairy products, not only in its natural forms of milk, butter, cheese, cream and yogurt, but also as an 'ingredient' ingredient (often called whey or whey) in such foods as chocolate, cereals and cakes.  
Current regulations allow milk sold to the public to contain up to 1% somatic cells - commonly known as 'pus'!!  
For ideal alternatives to cows' milk please write to:  
**Hillside Animal Sanctuary, Froxenhall, Norwich, NR11 2LT**  
for a leaflet listing dairy-free products.



\*On 8<sup>th</sup> March 2006 the ban, which stopped the export of live calves because of the BSE outbreak, was lifted. So again it is legal to ship calves to the continent where, on arrival, they will suffer the barbaric, ghastly conditions of the veal crate - a practice considered so appalling that it was outlawed in this country years ago.

**Rescued cattle relaxing in the safety of Hillside**



**SPI.**  
Pig Cruet Set  
with poppy design  
(gift boxed)  
£4.95 set



**HCI.**  
Animal Clocks  
Horse or Cat design  
(12")  
£14.50 each

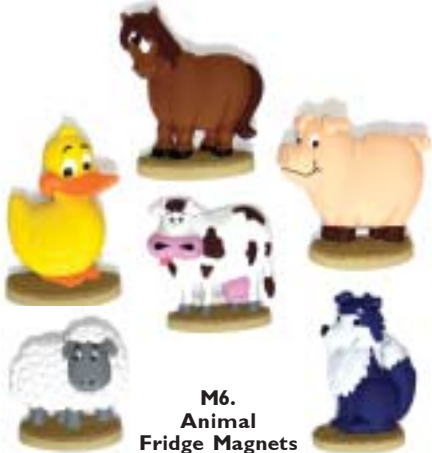


**THI.**  
Animal Thimbles  
Horse, Pig, Cow or  
Budgerigar design (2" high)  
£3.95 each or Set of 4  
£12.95

# New Gift Ideas for 2006



**HOI.**  
Mare and Foal Ornament  
(8" high)  
£14.95



**M6.**  
Animal  
Fridge Magnets  
Horse, Sheep, Pig, Cow, Duck or Dog  
£1.95 each or £7.95 set of 6



**B6.**  
Mini Bird Ornaments  
Bluetit, Blackbird, Robin, Wren,  
Thrush and Kingfisher  
£1.95 each or £9.95 set of 6

Prices  
include  
P&P



**SHI.** Whinnying Horse  
Gives a realistic whinny!  
Suitable for ages 3 and up  
(13" long - battery included)  
£11.95 each

**PBI.** Piggy Purse  
(6" long with zip)  
£2.95



**KRI.**  
Soft Toy Horse Keyring  
£2.95 each



**ABI.**  
Novelty Animal  
Handbags  
Cow, Sheep or Horse design  
(15" long)  
£5.95 each



**SN2.** Snoring Dog  
See him breathe and hear him snore!  
Suitable for ages 3 and up  
(12" high - battery included)  
£10.95 each

Gifts and adoptions can also be ordered online  
on our secure website [www.hillside.org.uk](http://www.hillside.org.uk)

# Personalised Gift Ideas

**Personalised Fridge Magnet**  
Ensure your magnet picture fits this **ACTUAL SIZE** template (90mm x 60mm) and leave the rest to us!

**£4.50** each

All we need is your chosen photo of animals or people to create your own individual keyring, magnet or glass paperweight.

If you have a favourite photo that *does not fit* within these templates for just an extra £1 we are able to amend the size for you.

**Please send original, unmarked and uncut photos. We are unable to use negatives.**

## Personalised Paperweight

(with stand)

**£9.95** each

Just make sure your paperweight picture fits this **ACTUAL SIZE** template and leave the rest to us!



## Your Own Special Personalised Keyring

**£3.50** each

Just make sure your keyring picture fits this **ACTUAL SIZE** template (50mm x 35mm) and leave the rest to us!



(Please write your name & postcode on the back of your photos. We regret we cannot be responsible for the loss or damage to photographs in the post)

To order a keyring, magnet, paperweight or tablemat please use the form on the back page

## Personalised Tablemats

Just send us your chosen picture and we will resize it to fit your 12" x 8" laminated tablemat

**£4.95** each or

**£3.95** for each extra tablemat showing the same picture

i.e. Set of 4 mats = £16.80



**MBI. Hillside Notecards/Greetings Cards**  
blank inside (6" x 4")

with envelopes pack of 10 **£2.50**

## Natural Supplements for your animals . . .

### Organic Seaweed

A natural source of iodine, amino acids minerals and vitamins, this pure seaweed is suitable for dogs, cats and all other animals from budgies to horses. Seaweed naturally enhances health and wellbeing by improving stamina and the structure of teeth, beaks and bones. It also aids digestion, helping to build muscles and keeping coats, feathers and skin in optimum condition. (500gms) **£3.95**



### Hillside's Herbal Formula

brings together the natural goodness of ancient, wild-flowering meadows to enrich your animal's diet and boost a natural defence to protect horses (and other grazing animals) against common ailments. (500gms) **£7.95**



**JNI.** These individual cards show eight different scenes of the two youngsters at play. Pack of 8 (6" x 4") with envelopes **£2.95**

**Playtime at Hillside**  
Notelets featuring Joseph the donkey frolicking with Neddy who was rescued as a young foal.





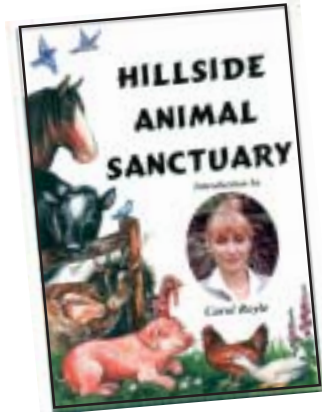
**S20. Hillside Pen** Animal design  
Fibre Tip blue ink  
£1.50p each or 2 for **£2.75**

**V3. Value Assorted FUN PACK**

with book, soft toy, magnet, ornament, keyring, notepad & more ideal stocking fillers for children over 3 years  
£11.00 **£6.95**



**PC52. Playing Cards**  
Dog or Cat design  
**£2.50 pack**  
any two packs **£3.95**



**N4. Hillside Video**  
Sanctuary Scenes  
showing our work (30 mins)  
**Reduced to £4.95**

**PC1. Hillside Postcards**  
Pack of 8 different Sanctuary Scenes  
**Reduced to £1.50**

**Gifts of your adopted animal . . .**



**TBI. Tablemat of your adopted animal**  
Laminated  
Size 12"x 8" **£2.95**

**66. Adoption Mug**  
£6.95 each  
or  
2 for **£12.95**

**53. Adoption Fridge Magnet** **£2.50**

**55. Adoption Glass Paperweight (with stand)** **£6.95**

**ABI. Adoption Pocket Address Book** **£2.95**

**51. Adoption Badge** **70p**

**52. Adoption T-Shirt/Nightshirt**  
Sizes:  
Adults M L XL **£10.95**  
Childs age 12/14 years **£8.45**

**57. Adoption Keyring** **£2.50**

**50. Adoption Framed Photograph (7" x 5")** **£3.95**

**89. Shopping/Beach Bag of your adopted animal in Cotton 18"x18"** **£5.95**

**When ordering Adoption Gifts please choose from:**  
Katy, Felicity, Rosemary, Topsy, Starlight, William, Bluebell, Dennis, Jessica Henrietta, Doris, La Vizelle, Laura, Pollyanna or Tessa



**S101. Hillside Writing Pad**  
Dog & Cat design  
(8" x 6")  
50 sheets  
with 20 envelopes  
**£3.95**

**N2. Hillside Notepads**  
Dog & Cat design  
50 sheets  
(6" x 4")  
**£1.25 each**  
or  
5 for **£4.95**



**Animal Friendly Cookbooks...**



**Cooking from Around the World**

**A Vegan Taste of . . .**  
CW1. Italy  
CW2. France  
CW3. The Caribbean  
CW4. Thailand  
CW5. The Middle East  
CW6. India  
CW7. Eastern Europe  
CW8. Greece  
CW9. North Africa  
CW10. Mexico  
**£6.50 each**  
or any two for **£11.95**



**C1. Meals without Squeals** **£3.95**  
**C2. More Meals without Squeals** **£3.95**  
or both books for **£6.95**



**S32. Animal Free Shopper (latest version)**  
for animal friendly products  
**£5.95**



**VB1. Vegan Baking**  
**£6.50**

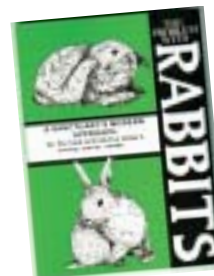


**C98. 'If you love animals' Mug**  
**£4.95 each or 2 for £8.95**



**C6. Green Harvest (vegan edition)** **£5.95**

**S44. Colourful 'Animal Friendly' Food Chart**  
for healthy eating  
**£3.50**



**S31. Caring for rabbits**  
**Reduced to £2.95**

We offer a special discounted price for purchases of ten books or more. Please contact us for details.



Hillside is a non-profit making organisation - Registered Co. No. 3027338

My Day

In case of que

**BEFORE POSTING - Please check the following:**

1. You have stated design/colour of gifts where you have a choice.
2. All amounts add up correctly.
3. You have written your 'Sanctuary Number' (*above*) on back of your cheque.
4. Your cheque is signed, dated and made payable to **Hillside Animal Sanctuary Ltd.**

**THIS WILL ENSURE PROMPT DELIVERY OF YOUR ORDER - Thank you**



Valid

**Please return to:  
Hillside Animal Sanctuary  
Hall Lane Frettenham  
Norwich NR12 7LT**

**All  
Ple**  
we  
go

**I would like to spread the Hillside message please se**

**DVD or Videos** (FREE OF CHARGE)

**Hillside Animal Investigations (Factory Farming Today)**

**C4 Dispatches' 'Supermarket Secrets'**

**C4 Dispatches' 'What's Really in Your Christmas Dinner'**

**BBC's Inside Out (Pig Industry) & Sky News (Duck Farming)**

Amount  
require


Please indicate if you would like the above on **DVD**  or **Video**