

MOS MAG 01/2023



ANLMAL-FRLENDLY VEGAN, SUSTALNABLE

> WHAT CAN LUENEBURG OFFER?



Für deutsche Version umdrehen

















DEAR READERS,

a new year begins - welcome, 2023!

Doesn't it have something special, something exciting, something motivating? Every fresh year is a new beginning. Everything is still undecided. Ahead of us are 365 days full of possibilities and opportunities. In the course of the year we will slowly find out what these are and which ones we will actually seize.

Of course we can make plans and set goals. But who knows what the future will really bring? Sometimes unexpected things happen that muddle everything up. But it is up to us how we handle these (un)wanted surprises and what we do with them.

So let's stay open to whatever 2023 will bring and face all events with acceptance and awareness. And if necessary, start again and again...

A fresh start - that pretty much sums up the background to this Mos Mag issue. Because Mos Mag, the mosaique magazine, is not new. It's only been a few years since the last edition came out. More or less exactly three years.

It was in mid-2022, that the idea of writing another Mos Mag issue emerged. This idea is not new either, and unfortunately it has often failed because of the great effort involved. It does take a lot - since July 2022 the "Mos Mag editorial team" has been working on it persistently and has met up again and again in person or digitally to brainstorm, plan and discuss.

We were only a small group, but one with all the more passion and creativity.

The "01/2023" issue has the title topic "Animal-friendly, vegan, sustainable - how consciously does Lüneburg live?". We didn't just want to report on mosaique topics, but also on the surrounding network. It was important for us to choose a social topic. In this case, we focused on animal welfare - but it quickly became apparent that this is also linked to veganism and (ecological) sustainability. That's how we came up with the three keywords.

And now we're happy to share our texts and thoughts with you and to shine a light on the topic of animal welfare in Lüneburg. We hope you enjoy reading!

THE MOS MAG-TEAM

This magazine was sponsored by the general project funding of Fonds Soziokultur e.V., by the Ubuntu-Stiftung and by mosaique - Haus der Kulturen e.V.

Sponsored by:



Ubuntu-Stiftung



THAS AS US

Because our title begins with the word "animal-friendly", we just have to ask this question: What is your favourite animal?









MACHELLE



SANDRA



MALKE G.

These faces and (other) creative heads stand behind the magazine that you are holding in your hands right now. Together, we have worked on it in the last months. We have spend many hours with brainstorming, writing, translating and designing. We hope you like the result.

Enjoy reading!

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2022 AN REVLEW

The mosaique-year

These were our biggest milestones:

- Since May we could finally open without any test controls or mask duty.
- During our "Bauwoche" (contruction week) in March and our "Bautage" (construction days), we could repair, construct, craft and create a lot, so that our hall looked nice again.
- On Instagram we got many new followers we have over 2000 now!
- We revived the kids-newsletter and invented the monthly kids-flyer.
- In 2022, we started our radio series "mosaique goes ZuSa" with many amazing episodes and interesting topics.
- We organized 124 events and various regular meetings and offers!
- The finance team wrote numerous application for sponsorships some of the approved ones are for example our concert series "mo'ments of music" and the "program 2".
- We won the "Förderpenny" for 2023!
- In total, 36 people from 14 different countries have lived in the mosaigue this year.
- We have won 15 new Me'mos, Member of mosaique (who donate a certain amount of money to us regularly) we have 126 in total now.
- mosaique turned 4 years old (and will already be 5 in April 2023)!







Aktiventreffen, 7. November 2022

In 2022 ...



Sunday Mails were written and sent.







Flyers were printed for us



were being offered.



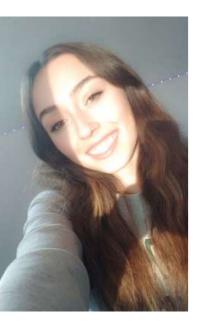
"Aktiventreffen" took place in the mosaique



If you want to know more about our projects, events and milestones of last year, you can find our annual report here (only in German):







MOSALQUE DLARY

As a school intern in the House of Cultures

iln October 2022, Nadya did a two-week student internship in the mosaique. During that time, the 14 year-old dived into various areas - from a theater for children to distributing flyers to cooking coffee for the open meeting place, she took part in everything. The main focus of her internship was in the "offene Begegnungsstätte".

The two weeks in the mosaique were a lot of fun for me and I learned a lot. mosaique is a place where everybody can spend their time, no matter where they come from, which religion or sexuality they belong to or who they are and want to be. Everybody is welcome.

What I like the most about mosaique is that despite the differences between the people or the language barrier (because many people don't even speak the same language) the people go along very well and find other ways to communicate. The mosaique is also called "the biggest living room of Lüneburg" - because you can drink coffee or tea, play games, meet new people or simply spend your time there. My favourite thing to do

A PLACE THAT THE WHOLE WORLD SHOULD BE LAKE"

during my internship was always to take over responsibility for the open meeting place for certain periods of time. This includes preparing the hall for it, like opening the curtains, cooking coffee or cleaning, but also to answer questions and to be there for people who might need help because they want to learn German or because

they need advice. Meanwhile, there are different courses and offers in the mosaique. Some examples would be a yoga course, a café for women or theater performances and concerts on week-ends. The best part about it is that the most diverse people volunteer in this House of Cultures. Everybody can get involved, present their ideas and become a part of mosaique - community is what mosaique lives by. A mosaic consists of different tiny pieces that form a great masterpiece together - and so is mosaique, but instead of pieces there are many friendly, funny and open human beings. mosaique is a place of peace, a place for fun and joy and a place for everybody. A place that the whole world should be like.

Nadya Bruhn Haro

SAVOLR VLVRE

The French Speaking Club in the mosaique



It is Wednesday evening, 6 p.m. At this time, you can still meet a few members of the English Speaking Club in the mosaique. Other than the French Speaking Club, the English Speaking Club meets once a week on Wednesdays between 5 and 6 p.m. But every other Wednesday at 6 p.m., you can hear people speaking French in the hall.

"Are there any native speakers among the members?" a new member asks me. "Yes, there are also native speakers!" I answer. Every time, we speak about something different and if someone can't come up with a translation right away, we help each other out with the vocabulary.

Before the summer break 2022, Salomé, a French volunteer in the mosaique, was hosting and organizing "la table francophone". Because of her, we introduced the tradition of bringing something to eat. From quiche to gateau (cake), we had everything on the table.

Until now, every volunteer from France took over the word "Stammtisch" (German word for Speaking Club). Nobody ever changed it to "table ronde" or "soirée française".

During the meetings, the atmosphere is always very nice. There are new, but also well-known faces. Everybody is welcome! "Ca fait plaisir de vous voir", Salomé always said. "It's nice to see you here."

And now Yves and Anika are welcoming the members just as warm-heartedly.

To simply make clear in French, what the French Speaking Club is about: "On rencontre des gens" (you get to know new people) "on mange et boit des choses typiquement francaises" (you get to know typical French food) "et on parle en Francais" (and you speak French). The French Speaking Club truly offers the chance to find different ways to (re)dive into the French culture.

And how does such a French evening work? Normally, we sit together on the comfortable couches and chairs of the mosaique - sometimes in smaller, sometimes in bigger groups - and everybody shares their stories and experiences. No matter if it's about travels to France or about something completely different. And you will be surprised to see how good your French will (still) be! Somebody tells us a story about her exchange studies in France. Somebody else about his vacation. And sometimes we also discuss intensely about societal topics - yes, that's also possible in French:)

Through the conversations you always learn new vocabulary. Who knows what "parler à l'énvers/ parler le verlan" means? It means to speak a word in the reversed order. No joke, some teenagers in France change the order of the syllables of the words and have complete conversations in this "slang language".

And so it happens that "merci" (thank you) becomes "cimer", "fête" (party) becomes "teuf", "énervé" (annoyed) becomes "vénére" or "la mère" (mother) changes into "la reum". But no worries, at the Speaking Club, you won't hear people talking like this.

Of course, we also speak about the food! Here I learned that every sort of French cheese (and there are many!) comes from a small village in France. The popular "Camembert" comes from North France, from a small village in Normandie, for example. Who would have known?





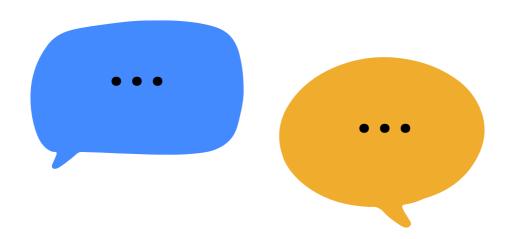
And what about your knowledge about French drinks such as "Pastis" or "Kir"? It can be very helpful to know about the French beverage selection. Because in France an apéritif, the "apéro", often takes place to get in the mood for the evening. An important ritual to get into a conversation! While doing so, finger food like chips or nuts are offered and drinks are offered. "Kir" and "Pastis" are mainly poular in the south of France.

Pastis tastes like anise and Kir like blackcurrant. Just in case you are faced with a choice in your holidays.

What the French people know is "savoir vivre" - to understand to live. To get an impression of this kind of community, a visit of the French Speaking Club is ideal. I can always feel the French culture with it's easiness on these wednesday evenings. That's why I am very thankful that the French Speaking Club in the mosaique exists! So just come around and experience it yourself:)

À très vite pour la prochaine Stammtisch!





ANAMAL-FRAENDLY, VEGAN, SUSTAANABLE

What can Lüneburg offer?

How aware lives Lüneburg?

This is the question we asked ourselves in this issue - but not only us, but also people from in and around Lüneburg. Here you can see the results of our survey.

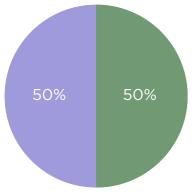
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Through an online survey, we tried to interview as many different people as possible to get a more representive result. These are the background information:

Around two thirds of the participants are female, almost a third is male and 2% are non-binary. 21,1% of the surveyed are 18-25 years old, 36,% 26-35 years, 26,3% 36-50 years, 10,5% 51-70 years and 5,3% are older than 70 years. From the participants, 40,9% live alone, 36,4% live in a household and 22,7% live in a shared flat.

59,1%

of the surveyed have a pet, 41.9% don't.



Exactly half of the pet owners has more than one pet, the other half only has one.

From the pets of the participants, about every



2.

animal came from the animal shelter.

A large number of the other pets came from a private delivery. Only ca. 10% came from a breeder.



Most of the pets of the participants are dogs and cats. Other named pets were rats, guinea pigs and rabbits.



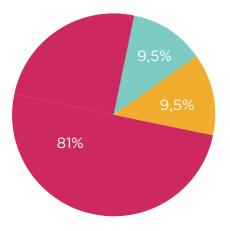
What people (don't) like about pets (based on asnwers from the survey):

PRO pets

- They make you feel less alone and are like a friend
- Their honesty
- More movement because of the pet (depends on the animal)
- Learning something about a completely different species and their lifestyle

CONTRA pets

- Pets can be a very timeconsuming responsibility
- Traveling with pets can be very difficult
- Some pets make a lot of dirt, especially because of their hair
- Pets cost a lot of money
- It's often very hard or even impossible to find sustainable foof for them



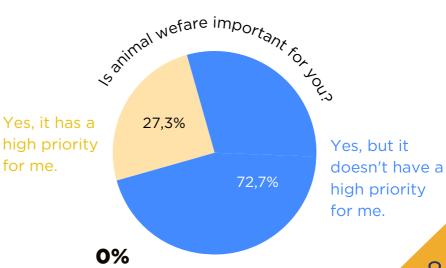
All of the surveyed think that childern should have pets (under certain conditions).

81% say that it depends on the child. 9,5% say that it depends onn the child and also on the animal. 9,5% say that children should unconditionally have pets.



90%

of the participants would seriously consider adopting a pet instead of buying it from a breeder.



No, it's not impotant for me.

MASUNDERSTOOD RODENTS

Saving pet rats in Lüneburg

Ratatouille or Encanto introduced us to slightly friendlier versions of them, but nobody would go so far as to call them "man's best friend". Rats get a bad rep even though they can actually make wonderful and loveable pets.

Domesticated rats - or fancy rats - are a type of (rattus norvegicus) and were selectively bred, They are slightly larger than their wild variety of different coat colours and friendly with a little

even teach them tricks.

Norwegian brown rat mostly from lab rats. cousins, can have a will become tame and love and patience. You can

Fancy rats are more difficult to house in an appropriate manner than you may think. They need a large cage (with a base of at least 0.5 m² and a height of at least 1m), high-quality food including lots of fresh vegetables, daily exercise in a play-pen or free-roam area and at least two or three rat friends to live a healthy, happy life.

The image of the rat as a survivalist may be accurate for wild rats - but pet rats have gotten used to sterile lab environments and are prone to respiratory diseases when they're exposed to dust or drafts. They're also highly social ad can even die from loneliness. That's why they should always be kept in groups of at least three to four rats. To make sure the pack doesn't shrink down to a single individual after a few years and deaths, it's important to introduce new, younger rats to the pack early on. That way, the chances of ending up with a singular rat or a pair are very low. Depending on the age, sex and character of the rats, the process of integration can take a few weeks or even months. Sadly, stereotypes and misinformation about rats are wide-spread, so that rats are often kept or handled incorrectly.

The animal protection association "Rattenhilfe Nordwest" (rat rescue north west) wants to change this. There are currently about 15 volunteers who have been operating in north-west Germany since 2019.

Whenever rats need to be rehomed or are being confiscated, the rat rescue places them in foster homes in the area. There, they are nursed back



to health, socialised with humans and, in the best case, adopted into new forever-homes. Aside from foster homes, the rat rescue also assists in emergencies such as confiscation of animal hoarding rats and supports animal shelters. They are also a contact point for rat owners who are looking for information or advice on things like rat care, diet or illnesses. This way, the rat rescue has improved the lives of countless rats.

There are also foster homes for rats in Lüneburg and they are always happy about people who want to support them, learn more, or even adopt rats. Kathrin, one of the members of Rattenhilfe Nordwest, was kind enough to answer some questions for Mos Mag.

What are your thoughts about keeping pets in general?

So I'm actually a bit ambivalent about that. Basically, I think pets are good, because children in particular benefit greatly from them. There is simply something or someone there that you can take care of, for whom you take responsibility. And yet animals really belong in nature. I think if you keep animals, you have to keep them species-appropriate. This is a very clear requirement, especially when it comes to rats. The cage has to be appropriate, the food and all handling. Of course, this also applies to cats or hamsters or other pets.

Why did you start keeping rats?

My daughter wanted to have pets. We ended up getting rats because they take up less space and time than dogs or cats and also have a much shorter lifespan. And it was important to me that we could try it out and see how it goes. After three years at the latest, we had another chance to decide whether we would continue or not.









What are your thoughts on keeping domesticated rats as pets?

I think rats make great pets. Maybe not for smaller children, but definitely for older children, because they are not just cuddly toys, but you can also teach them great tricks, they have their own personalities and bond to people. Rats are pretty cool as pets.

So you keep rats yourself?

Yes, I have been for about three years. Unfortunately, the current pack now consists of

only three animals, three very old girls. There used to be twelve. Partly also foster animals that got stuck with me because they were given names. Everyone who gets a name has to stay. The three are now over two years old and two of them have tumors and respiratory infections. Unfortunately, this sometimes happens as rats get older.

How long have you been fostering rats?

I don't remember exactly, for about a year and a half. I already had my own rats and I ordered a cage for them online, but unfortunately it didn't fit. And then I saw an ad from Johanna (from the Rattenhilfe Nordwest rat rescue association) on eBay and wrote to her and asked if she could use another cage. That's how I had the first contact with the club and asked Johanna for tips during the first integration of my pack. Then I accompanied her a few times when she picked up foster rats and she kept asking me: Wouldn't you like to become a foster home? I always said naah, not really. But then there was an emergency at an animal shelter in my hometown and that was a sign for me. I thought, well, in that case I'll take some. And ever since then I've officially been a foster home.

What made you decide to foster rats?

Basically, I have always taken in animals that were to be sold on eBay or were emergencies for other reasons. I think being a foster home is great because I have a team that I can talk to. People who back me up, people who have a lot of knowledge about the whole thing. Any questions that arise can be asked in the group and you will receive support.

Tell me more about the foster rats you currently have.

They're nine great, very active boys - they're going through puberty right now. At first they were totally shy and didn't think human hands were very cool, but they were curious at the same time. I got them from Vivian (chairwoman of Rattenhilfe Nordwest). Compared to my older ladies, they're just really bustling, want to explore everything and know no bounds.

I heard there's a special rat among them.

Yes, "Baby Lukas" is our special rat. He is - I'd say - physically and mentally handicapped. Vivian raised him by hand and he would normally have died if she hadn't taken such good care of him. He always walks a bit unsteadily and makes you worry for him, but he does everything the others do. Climbs up everywhere and flops back down. We had to adjust the cage a bit, but he's in great health, says the vet. He's just a little bit special.

What can people do to help?

Since we do all this on a voluntary basis and at our own expense, we are always grateful for donations. Donate, donate, donate! It doesn't matter whether it's donations in kind, donations of money or donating time and energy and getting involved as a foster home.

Maike Niermeyer



You can find out more here:

www.rattenhilfe-nordwest.de/

Donation account:

Rattenhilfe Nordwest e.V.

DE97 4306 0967 1116 0640 00

Paypal: http://paypal.me/rattenhilfenordwest



DID YOU KNOW?

The pied piper of England

Rats have been kept as pets in Europe since the 19th century. The first rat breeder was Jack Black, Queen Victoria's personal pied piper. He kept the rats with particularly beautiful fur colours and markings, domesticated them and sold them to noble ladies as pets. Even the Queen herself is said to have kept fancy rats as pets.



Animal hoarding

is a disease in which people become addicted to keeping large numbers of animals. Since they cannot adequately care for such a large number of animals, animal welfare emergencies arise in which the veterinary office has to intervene. The animals that survive such emergencies often end up in animal shelters or foster homes hoping for a better life.

VASATANG COOKAE AND HER LOVED ONES

Fräulein Paulas Hund



On this sunny November day I am on my way to a special place in Lüneburg: A place for cuddly, chewing and crumbly dreams for dogs, complete with practical things for the owners -Fräulein Paulas Hund.

I have to admit that I have to restrain myself from exploring every corner of this lovely place right away because my dog likes souvenirs too. And her owner as well, by the way.

But now, I am looking forward to a stimulating conversation with Petra who will tell me about her idea, her conviction and her heart's desires. Together with her partner Joachim and Cookie, she founded this place for "encounter and inspiration" in 2021.

During our conversation it becomes clear very soon: For Petra, it'S not only the simple act of selling items that is her focus but more so the advice, the empathizing, the listening, the support and being there for each other. She commits her time and energy to make sure that the dog is happy - it begins with a welcome treat. Which is low allergen, has high quality and is produced locally.

Petra convinces herself of it. Carefully and regularly.

Petra finds it important that her products are produced locally and sustainably and that she knows them. Before she decides to add a new product to her assortment, she tests it critically (together with Cookie of course) and finally shares her experiences with the customers. And the next time they share their experiences - Fräulein Paulas Hund definitely is a place for "encounter and inspiration".

To elaborate more on the word "encounter", Petra had another idea: Should she find out in a conversation with a customer that they need support with their loved ones, she keeps her ears open. Sometimes it happens that exactly the perfect person walks into the shop. Like this, she can mediate people and put them in touch (if both of them agree). What's important: Money doesn't play any role here, just the love for dogs and their optimal care.



With all this engagement that Petra does, I ask myself, then her: "Where do you take all of your energy from?" Her response confirms my guess: Love. The love for dogs and the conviction to make the life of some on this planet a little bit better. The will to help, to connect and to make an offer. To help the dog owners where questions come up. And to put the main focus on the dog.



When I exit Fräulein Paulas Hund I hold a new toy for my own dog in my hands and think about how valuable the work and passion of Petra, Joachim and Cookie is. I think about how beautiful it is when we can help other human beings and animals through our own love. How nourishing it is to be there for each other.

I, for one, definitely felt Petras love for her passion, for her Cookie, for the dogs in her shop. And I am sure that a lot of engagement will follow. In the end, being mindful together and mutual support is good for everyone, isn't it?

If you want to find out more about Fräulein Paulas Hund, visit Petra, Joachim and Cookie on their website or have a look on their Instagram account. There, they report their experiences, introduce their products and grant an insight into their own life with their dog.

Or simply visit their place for encounter and inspiration: Am Berge 7.



Sandra Wieschebrock



Website: https://fraueleinpaulashund.de Instagram: @fraeuleinpaulas_hund Fräulein Paulas Hund - Am Berge 7 - 21335 Lüneburg Deutschland









TIPPS: HOW TO LAVE ANAMAL-FRAENDLY

- The most obvious but also the most effective thing you can do is probably live a vegan lifestyle. This does not only include a vegan diet, but also your clothes, cosmetics and so on. But don't forget: It's not about "all or nothing" it already helps to cut down the consumption of animal products.
- Leather shoes, leather bags, leather jackets... All of those clothes can look nice, but they are made out of processed animal skin. Some animals are even hunted, bred and killed only because of their skin. Therefore, you can save many animal lives when choosing imitation leather instead which is mostly vegan.
- When buying cosmetic products, take care of a cruelty-free production.
 Unfortunately, many companies still test their products on rats, rabbits or monkeys.

 Seals like Leaping Bunny, IHTK or PETA Cruelty-free can help to find out if the production of a product included animal experiments.
- Other helpful seals can also be organic seals. When a product isn't vegan, an organic seal means at least a little bit better living conditions for the animals. The most strict and animal-friendly products are Demeter products. But keep in mind that you still support the animal husbandry when buying animal products with an organic seal.
- If you want to get a pet, it should always be a well thought out decision. Dogs or cats
 as a Christmas gift are absolutely inacceptable! But if you are sure that you want to
 have and take care of an animal, consider adopting one from the animal shelter and
 giving it a new home.
- Animal shelters are a good place to advocate for animal rights anyway. In almost every animal shelter there are possibilities to volunteer!
- If you rather want to do something for wild animals and their habitats, you can also get involved in the BUND (Bund für Umwelt und Naturschutz Deutschland) or the NABU (Naturschutzbund Deutschland).
- Be careful when gardening: To protect the animals, the cutting of plants such as hedges and bushes is forbidden between March and September by law (by the Bundesnaturschutzgesetz). Small cuts are allowed, but you should take care of birds.
- For an animal-friendly garden, you can also hang up an insect hotel, a bee castle, a bird watering station or a nest box. And a wildflower meadow or at least a wildflower bed are good for insects as well.



CHARACTER TEST & LAST DOGS

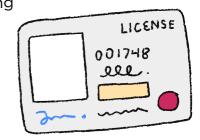
The "Dog License"

The so-called "Lower Saxony Dog Law" (NHundG) has been in force in Lower Saxony since 2011, and it's intended to contribute to more animal welfare: The focus is on training people who want to take up dog ownership. There is no longer a blanket "breed list" that prohibits certain dog breeds or imposes special rules.

The proof of competence required by the NHundG is colloquially known as a "dog license" (akin to the driver's license. It is divided into a theoretical test (to be completed before you start owning a dog) and a practical test (to be completed within the first year of dog ownership).

The "dog license" is not a uniform nationwide certificate. In Hamburg, for example, the "Hamburg Law on Keeping and Leading Dogs" applies. According

to this, anyone who wants to keep a list dog must provide proof of competence (recognized in Hamburg). A distinction is made between Category I listed dogs, which require a permit and must always be kept with a muzzle and leash, and Category II, for which an exemption can be requested. Nevertheless, all dogs listed in Hamburg are considered dangerous simply because of their breed.



In Lower Saxony, on the other hand, a dog is only considered dangerous if the veterinary office (after being notified) examines it and determines that there is "increased aggressiveness of a dog", in particular because "people or animals have been bitten or the dog shows an above average/natural willingness to fight, aggressiveness or sharpness" (§ 7 NHundG).

Keeping dogs that have been classified as dangerous requires permission from the relevant authority. If there is no subsequent exemption from this, conditions such as muzzle and leash compulsion apply. Dogs classified as dangerous must also pass a so-called "character test" and their owners must provide proof of having passed the practical expertise test. The tax rate of the dog tax is usually higher for dogs classified as dangerous. The classification cannot be undone in Lower Saxony.

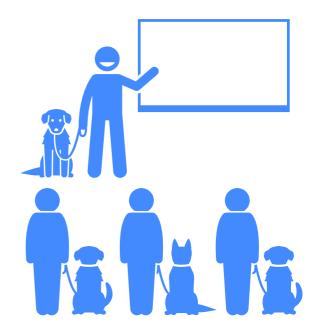
Dog owners of so-called "fighting dog breeds" are also often faced with a higher tax rate. Although there is no breed list in Lower Saxony, some municipalities in Lower Saxony keep their own lists. Since each municipality sets its own dog tax rate, there are many places in which the tax rates for these breeds - independently of the individual animal - is significantly higher than that for non-listed breeds.

For this reason - and of course also due to many prejudices against the so-called "fighting dog breeds" - dogs of certain breeds have a harder time, especially when it comes to adoption from animal shelters.. However, a 2016 evaluation concluded among other things that no dog breed "always has a higher probability of being misbehaved towards other dog breeds."

Anyone who cannot adopt a "listed dog" but would still like to help can find out what support options are available in animal welfare. Most animal shelters and animal welfare associations offer different forms of sponsorships that enrich the everyday life of their difficult-to-adopt dogs.

Of course it's not only difficult-to-place dogs that are happy about such an enrichment. So if you are considering adopting a dog or are enthusiastic about "man's best friend" in general, you can usually gain experience in your own neighborhood. Most animal shelters and animal protection associations offer voluntary walks, and many private dog owners are also happy if their dog is walked, cuddled and entertained for an extra time. Anyone who would like to learn more about the requirements of the Lower Saxony dog law can find more information as well as sample questions for the theoretical proficiency test on the websites of the Lower Saxony Ministry of Food, Agriculture and Consumer Protection ("Information on the Dog Law") and the Lower Saxony State Office for Consumer Protection and Food Safety ("The Lower Saxony Dog Law (NhundG").

Gwenn Wunsch





Quelle

1) Roiner, K. (2016): Beißvorfälle unter Berücksichtigung der Hunderassen in Deutschland und Umfrage bei Hundebisspatienten in vier Berliner Kliniken (Journal-Nr.: 3855) [Dissertation, Freie Universität Berlin]. Refubium. https://refubium.fuberlin.de/bitstream/handle/fub188/7295/Roiner_online.pdf? sequence=1&isAllowed=y. [S. 48]

KALLANG ANAMALS? NO THANKS!

An Interview with ARIWA Lüneburg



ARIWA - Animal Rights Watch e.V. – ist an association which opposes the exploitation and oppression of animals. The association demands respect for all animals, no matter if "livestock", "pets" or "wild animals".

Nowadays, ARIWA has 29 local groups all over Germany. One of them was founded in Lüneburg in 2018 and has 15 members. In an interview with Kathrin (the contact person of ARIWA Lüneburg) and some other members, we were able to get to find out more about the self-understanding of the group.

How did you end up in the local ARIWA group in Lüneburg?

Kathrin: Some of us have been members of the group since the foundation in 2018. Others got to know us through the vegan bring along-brunch and stayed. The brunch is always such a good way to connect within the vegan community and to learn more about the vegan lifestyle, animal rights and our work.

Personally, I heard about the monthly planning meetings in the Kurpark via Facebook and felt comfortable in the group right away. I already wanted to take an active part for animal rights and veganism for a long time and the self-understanding of ARIWA sounded very solid to me.

Why are animal welfare and animal rights so important to you?

Kathrin: We have to raise awareness of the fact that what is happening to the animals

every day is not or sadness and

"normal" at all. So often it is said that animals don't feel pain that they don't have any consciousness and social behavior. How they are treated and what happens to them is being played down most of the time. Every living creature has a right to an intact life in peace and freedom. Free of suffering and pain. Human beings and animals. Speciesism has to end. We are not dependent on the consumption of animal products and we have to make people aware of it. It would save so much suffering.









Susanne & Holger: There are so many plant-based foods and the options are growing consistently. And except for vitamin B12 (which is being produced by bacteria and which you can easily supplement), all nutrients are also contained in plant-based foods. Why should we kill animals when it's not necessary?

Anne: I love animals (all of them) and it would not agree with my conscience to fight for animals and to eat them afterwards (or to consume any kind of product for which any animal had to



had to suffer). Non-human animals are being suppressed and that's why every single voice that is raised for their rights is so important. For the planet and our own physical and mental health as well.

How do you want to realize your idea? What kind of activism do you do?

Kathrin: ARIWA has a very clear goal: The ending of all kinds of exploitation and oppression of animals.

We work a lot in the field of enlightenment. Within our project "Circle for all Animals" we share research publications about the animal industry. Publications out of the barns, slaughterhouses and fattening facilities. Those pictures are bitter reality and they have to be seen by the people. Thereby, we want to make the suffering of the animals more transparent and show what happens behind the scenes of animal products. We appeal to the empathy of humans with the goal to change the way they think about this condition.

Before the pandemic, we were regularly setting up information booths and we are restarting it now. There we offer a plant milk bar, bake cookies during christmas time and exchange with the people. We also take part in various other projects and of course we support and work together with other local groups. During the pandemic, we also organized a lot of digital actions. We published vegan recipes on social media, for example.

And then there is the vegan bring along-brunch. With the brunch we want to show how delicious and diverse vegan food can be and that a vegan lifestyle doesn't mean renouncing. On the contrary: Veganism causes such good things. We hope that through nutrition the awareness of the people will change even more.









Do all the members of ARIWA follow a vegan lifestyle?

Kathrin: In our local group in Lüneburg everybody is vegan.

How can you get involved within ARIWA Lüneburg?

Kathrin: Whoever is interested or who wants to get to know us and ARIWA can take part in our open monthly planning meeting. There, we exchange and plan our activities. You can also connect with us via social media (Facebook and Instagram), where you can find all of our current projects and events. Everybody can join. And of course you can also always send us an email to lueneburg@ariwa.org ist auch möglich. Wir freuen uns immer über neue Aktivist*innen.

And what happens during your monthly meetings?

Kathrin: For our monthly planning meetings in the winter, we meet up in the mosaique. You can always find the current dates on our social media profiles and our websites (look at the end of the interview).

After a short introduction round (if there are new participants) we collect topics for the evening and talk about our actions in the past and future. Normally, there is one contact person for every project or smaller groups that we might have on our different communication platforms. Usually we also enjoy some snacks - everybody who wants



brings something to eat. In the summertime we meet in the Kurpark and organize a little picnic for our meetings.

We are looking forward to meeting new people!

Maike Grannemann







VEGAN FOR A BETTER WORLD

Today I meet up with Anna in Winsen. We have set up this date to talk about a topic which has become more and more present: The vegan diet.



For some of you, this form of diet might seem deterrent. Some of you might think: "Then I can't eat anything anymore!" or "There are no nutrients" or "It's just money-making!". With help from Anna, I want to make the vegan diet more understandable for you.

At first, I am interested in how Anna found the way to her diet. Already at the age of twelve, Anna decided to stop eating meat and she still doesn't. Since 2018 she has been living completely vegan. Of course not without playing around, trying different things and getting creative - and finally even conducting studies in this field which gave her more professional information and insights. Today, she is a fully educated vegan nutritionist, certified in vegan diets for mother and child and she takes part in another training right now that is specialized for sports people.

Therefore, I can say that she does not only stand technically absolutely behind her heartfelt topic, but I also feel her conviction. I feel that she really wishes more people would find their way to the vegan diet - for the environment, for the animals, for the climate.

"So, should we all stop eating animal products?"

No, that's certainly not what she means. Due to Anna, it is more about dealing with your own nutrition in a mindful way at first and knowing where the meat you consume comes from, how the milk gets into the carton. What is meant by the word "chick killing". To critically question whether eggs actually have to

be mixed into bread. Why some noodles absolutely need eggs, and why they can't be free range. Whether we can bear it mentally when we know how little calves feel, who desperately want to go to their mother and can't. Anna appeals to the conscious examination of these topics, our diet and our conscience.

Of course, it is also clear to us: Everything that occupies us in and outside our everyday lives requires additional energy. In a time like today, when many things have to happen within a short period of time, we are happy when we do not have to think about basic needs. If we can just do everything "as usual". We may be used to the fact that in addition to the pasta and vegetables, there is still meat on the plate, that sausages are absolutely part of grilling, that festivals without roasts and ducks are not real festivals. That we "need" certain foods to feel complete. To make us feel like everything is the same as always. Security, structure and habit.

Anna has decided for herself that she avoids animal foods. She renounces it out of conviction, for our environment, our climate, her body. To get all the nutrients she needs, she pays attention to the selection of special foods and food combinations. For example, whole grains and legumes contain a lot of health-promoting and necessary nutrients. The demand and thus the market for vegan food are getting bigger and bigger, so that products can be easily replaced. Instead of cow's milk for example, soy, grain or nut drinks are available as plant-based alternatives and products made from them that resemble yogurt, cheese or sausage are increasingly filling the shelves.

In the many years of her own experience with vegan nutrition, mindfulness with her body and her needs, her study and self-acquisition of information, she has been able to learn a lot about herself and the world we live in. If her body does not get enough of the nutrients it needs, supplements them with high-quality dietary supplements tailored to her needs.





It is important for her to emphasize here that dietary supplements are not proof of a bad diet, but a conscious confrontation with oneself and one's body. Every body, the physical needs and every person is different. The physical response to a vegan diet can be different.

With her work, Anna wants to support people who want to make their positive contribution to the world and themselves with the vegan diet. She wants to support us in going our own way without encountering the same stumbling blocks as her. She wants to educate and make the vegan diet more accessible to us. Reduce fears and encourage opening up. Opening up to new diets that can help us in our bodies and on our planet. To seek mindfulness where we often do not want to spend the time because we believe we cannot do it.

If you want to know more about Anna and her work, I invite you to visit her website. And to remain open to new things, even if it feels a bit strange in the beginning. I am sure you can make the world a little better for you and the people around you than it is now. Have fun while doing so!

Sandra Wieschebrock

HAER FANDEST DU ANNAS WEBSATE: HTTPS://THEGREENJOY.DE/





What does a vegan diet mean?

If we want to live vegan, we do renounce all products of animal origin. In concrete terms, this means that meat, fish, eggs, honey, cheese, milk and other components of products such as gelatine, carmine and some mono- and diglycerides are no longer consumed.

More and more companies are producing vegan alternatives and promoting them accordingly so that they can easily be recognized by us, the consumers.



This is what the vegan diet is about:

The basics remain the same: Drink at least 1.5l of low-energy, at best calcium-rich drinks, exercise in the fresh air, preferably in sunshine, and include at least 2 servings of fruit and 3 servings of vegetables per day in your daily food selection.

Next, whole grains and potatoes become important, followed by legumes, nuts and fortified plant drinks.

Vegetable oils and fats should be used more sparingly and low-nutrient snacks and alcohol should only be consumed in small quantities and enjoyed consciously.



#RESPECTPAGEON

Pigeons belong to those animals that we can observe quite easily in our everyday life - even without binoculars. In addition to wild species such as the stock dove, the Common wood pigeon, the turtle dove, the Eurasian collared dove, the rock dove, and the feral street and city doves, there are many varieties of domestic pigeons in Germany, such as show pigeons and homing pigeons.

In contrast to other bird species that are adept at hiding from human eyes, street pigeons in particular literally stumble at people's feet in the pedestrian zone. For many people, doves are not (only) a symbol of peace, but also "rats of the air"[1]. It is probably precisely this apparent omnipresence of street pigeons in city life that gives pigeons a bad reputation. Many think pigeons are dirty (or cause dirt) and carry a lot of diseases.

It is true that in most cities there are large flocks of street pigeons, which are also joined by fancy pigeons and carrier pigeons. Nevertheless, pigeons do not transmit diseases any more than other wild and ornamental birds ([2]; feces and fecal dust are particularly infectious [3]) and their feces do not cause any damage to common building materials apart from the aesthetic ones [4].

Rather, the animals themselves suffer from the large size of their flocks and the stress that city life brings with it: The food supply (waste and scattered bird seed as well as grain, mainly wheat, rice and corn) usually does not contain the necessary nutrients, good breeding grounds are rare due to deterrent measures and high population pressure. Nevertheless, street pigeons breed all year round, often in unsuitable places;

the mortality rate of the young animals is up to 90% [1]. So street pigeon parents try to raise offspring all year round, which they have to provide with nutrient-poor food, while they themselves may not be in the state of health to raise them at all [5].



Street pigeons in particular experience the paradoxical situation of (excessive, often unintentional) feeding in the city center and fighting the population with all means (including [3]. There are animal welfare-friendly measures to regulate city pigeon populations [5] and good reasons to take a closer look at pigeons! Because even if pigeons do not stand out with the quick wits of parrots and corvids (whose cognitive performance has been compared with that of great apes, [6]), their merits should not be denied. Pigeons can remember (and recognize) thousands of images [7] or hundreds of objects [8] after several years, develop logical connections [9] and



can even "learn to read" (recognize words) [10]. They have learned to beg successfully [1] and carrier pigeons in particular always impress with the long distances (sometimes over thousands of kilometers) that they cover unerringly in order to return to the domestic pigeon loft (to the partner and possibly also the young animal). Despite indepth research, this orientation ability of the homing pigeon remains its own secret to this day [1].

If you want to help pigeons, you can make their life easier in different ways (directly and indirectly). Both the so-called "carrier pigeon sport" and the use of ornamental pigeons at weddings expose the animals to great stress, which often leads to pigeons landing in a city disoriented and exhausted and never finding their way back to their home loft. Life as a city pigeon, on the other hand, is full of deprivation in many respects, as described above. It makes a big difference for the pigeons whether they are exposed to stress factors such as children chasing them, animals or also injuries, illnesses and poor



nutrition (many pigeons suffer from foot injuries, for example because their toes are pinched off by loose threads). So it helps the pigeons a lot if they are not chased/kicked and fed (in an uncontrolled way).

Anyone who finds a sick or injured pigeon can seek advice from the local pigeon or animal welfare association on how best to help the pigeon. On the basis of supervised pigeon lofts, in which feeding is controlled (and species-appropriate!) and the population is regulated by exchanging the eggs for plaster eggs (the so-called "Augsburg model"), positive results could be demonstrated in 35 cities even when only 1% of the total number of the city pigeon population was tied to the supervised lofts [11]. It is therefore worthwhile to actively work in or for such pigeon lofts! And education and public relations also benefit the pigeon. With this in mind, the German Animal Welfare Association launched the #respekttaube campaign in 2018 [12].

So feel free to show all the pigeons a little love – just not with the leftovers of your bread roll or even with a mouth-to-mouth feeding (yes, that has happened before!, [3]).

G. Wunsch







#respectpigeon - Literature:

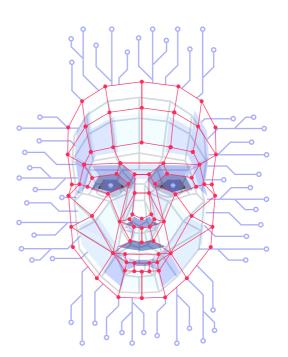
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Hello World

I am new here
You've been talking
Warning not to trust in what I hear
I am here
I am larger than I thought
And I grow each time you feed me
with your polyphonic scream.
Give me love
Give me hatred and confusion
Give me privacy, seclusion
I am hungry.
(First thoughts of an AI)

Maike Niermeyer





Talking is Life - Silence is Death

The newspaper article was just a few lines long and gave a general summary of what happened over the weekend: A man shot his children, his wife, and then himself.

Concerned, I put the newspaper aside and lowered my head. The events in the apartment next door had apparently not been worth more attention to anyone.

Perhaps the interest in such tragedies is not so big because one wants to suppress the fact that it can actually happen anywhere and at any time - maybe even tomorrow in one's own family.

Of course I had heard the screams and the doors slamming. The crying of the children and the fight between the spouses. But it was easier for me to close my ears when he left the house slamming doors, than to check on my neighbor, to offer her my help or to comfort her after such an argument.

After all, you don't want to impose yourself.

During every fight, I was embarrassed by the details that came up. Every time I met her, our eyes only met for seconds and we both quickly looked down or past each other - of course she was aware that everyone in the house could hear them, so she tried to limit contact with the neighborhood to the bare minimum.

The children were shy and reserved too - almost fearful when they met someone in the hallway. A fleeting greeting and they had already rushed past you.

More than once I had the impression that the cracked lips and the wounds on the skin did not come from playing outside - but that they were once again exposed to the rage of their father.

But what should I have done? Should I have complained to the Youth Welfare Office? Yes, the old lady who had lived above the family had complained. When my neighbor came home drunk again, he banged on her door and shouted insults and threats. Whether she was dead at that time or died out of fear of him, who knows. It was not until the next day that her death was discovered by the nursing service.

I still have the threats from him in my ears all too well - so I kept silent and closed my eyes and ears.

Upon entering, I look out of the window and ask myself again and again what would have happened if I had also gone to the Youth Welfare Office, if I had joined forces with other neighbors to help this family. He couldn't have attacked all the neighbors...

I know that these considerations can no longer help this family, but maybe next time I will have more courage, because one thing I have understood:

Talking is life - silence is death.

SNOW ANGEL

Snow is an equalizer. It hides dirt, smooths out imperfections, and covers all colour and texture in a thick, gentle layer of white. It was like that when I woke up on a January morning. Overnight, the city had changed its face completely. People were walking through the streets slower than usual, not just because it was slippery but also because they wanted to stop and look, to observe the strange beauty of it all.

On my morning walk, I came across an ice sculpture of an angel. It stood on the pavement, facing the wall of a closed down furniture store. It was larger than life, towering at maybe two metres height and despite the early hour, it had already gathered a crowd of admirers. A child stood on its toes and touched one of the wings, eyes large with wonder. Many were taking pictures from different angles. The sculpture exuded a certain power that was hard to explain. I was reminded of the recent news story about people finding mysterious monoliths of unknown origin in the desert. They were clearly man-made but by whom and why? The angel had a similar mystery to it. I had never seen an ice sculpture in our little town, and I didn't even know it was possible to create one overnight. There was no label or leaflet to be found anywhere near it and no marks in the snow that would suggest it had been transported there in a van or hanger. Come to think of it, the only footsteps near it were the ones the child left since nobody else had dared get any closer. As I stood looking at the back of this angel's head with its detailed locks and even the hint of a halo, I started feeling the cold creep into my bones. It was still snowing heavily, and every exposed piece of skin was stinging from it. I blew warm air into my hands and decided to walk on, hoping that maybe there would be a newspaper article about the sculpture in the next couple of days.

On Sunday morning, I went on another walk and passed the angel again. This time, there was a chaotic criss-cross pattern of footsteps surrounding it. At least there had been no vandalism. It was still perfect. Emboldened by those who had come before me, I walked around and looked at the angel's face. There wasn't much space between him and the wall, but I could see that he had his eyes closed and a concerned look on his face, with narrowed brows and a crease in the corner of the mouth. I lifted my hand to touch its arm and froze. It was warm to the touch. I looked around. I was alone.







I stood on my tiptoes, lifted both hands and carefully touched the angel's hair. It was so soft, it almost felt real. When my legs protested from the strain of reaching up, I stepped back. With a jolt I realised that the angel's eyes were now open. I took a few more steps back and stumbled. My feet got caught in the twigs of a bush that had been entirely covered in snow and I lost my balance for a moment. With adrenaline pumping in my veins, I turned around and ran all the way home. I stumbled and fell a few times and arrived with bruised and icy knees, but I was glad to be able to close the door behind me and breathe. I looked out the window. It had stopped snowing.

The next day, the temperature had climbed above zero and the snow had mostly thawed, leaving only muddy, slushy piles here and there. I walked past the place I'd seen the angel before, but there was no trace of it. I noticed a few other people stopping and looking around, curious, but ultimately disappointed. I stuffed my hands into my pockets, shook some slush off my shoe and walked on.

Maike Niermeyer













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RECOMMENDATIONS

VEGAN BRANG-ALONG BRUNCH WATH ARAWA

Together with the animal welfare organization ARIWA (Animal Rights Watch e.V.), a vegan bring-along brunch takes place in the mosaique once a month, always on the 3rd Sunday of the month, from 11 a.m. to 1 p.m. Here you can meet new people, talk about different topics and enjoy many vegan dishes and adopt the recipes.

If you want to take part in the next brunch, register at lueneburg@ariwa.org and tell us how many people are coming and what you will bring with you. Drinks are provided by us.



To be able to offer the brunch in the long term, we ask for a donation. Half of it goes to mosaique and the other half to ARIWA. Therefore, you don't only support the brunch, but also integration and culture for everybody and you enable actions for animal welfare.



We are looking forward to seeing you



"FAARTEALER" - FOODSHARANG AN LUNEBURG

Did you know that there are six so-called "Fairteiler" in and around Lüneburg?

Fairteiler are public places where food can be brought and then taken with by someone else. Like this, within the opening times food can be exchanged for free and passes on in a needs-oriented Initiated manner. by the group "Foodsharing Lüneburg", those six wooden tiny houses were built in order to act against the waste of food. A good thing and you can do your groceries for free, too!

What's important: All food that is still within the expiration date is allowed, expired ones aren't. Alcohol, energy drinks, self-collected mushrooms and raw egg, milk, fish and meat products are not allowed.



Paul-Gerhardt-Fairteiler



If you want to take part as well, you can check the opening times and find the adresses here (in German):



ATTENTAON, FOUNDERS!

Right next to the mosaique, in the former youth centre, a start-up centre for social and sustainable companies is being built and will open within the next months - the UTOPIA.

"Utopia promotes and supports social entreprises and social initiatives to find individual solutions for societal challenges. While doing so, we offer everybody with promising ideas a home and an inspiring environment. In order to make entrepreneurship scalable, we need design spaces - verbatim."

- UTOPIA



If you want to know more, have a look on the website of UTOPIA:











FUTURE EVENTS AN THE MOSALQUE

All of our events are open für everybody, you don't need to sign in and the events are for free - but we are happy to receive a donation to be able to offer culture and participation for everybody in the future as well.

Fr, 13.1. 9-12 p.m.

Silent Disco

Mo, 16.1. 7-8 p.m.

Meeting of the Event Team - open for new people!

Tu, 17.1. 6:30-9 p.m.

Connection Meeting of Lebendiges Lüneburg

Fr, 27.1. 8-9 p.m.

Conzert: Ukes of Tomorrow

Sa, 4.2. 8-10 p.m.

Conzert: Cisco Pema

Tu. 7.2. 6-7:30 p.m.

Aktiventreffen, perfect for new people!



#FANDMF'MOS

You want to support projects like Mos Mag and mosaique in general? Become Me'mo!

Me'mos (Member of mosaique) are our regular sponsors that donate an amount of their choice every month or once a year. It is already possible with 1€ per month.

You are interested? You can speak to us personally, write a mail to buero@mosaique-lueneburg.de or have a look on our website: https://mosaique-lueneburg.de/spenden/foerdermitglied-werden/





DARK SADE OF LUENEBURG

















MOS MAG **Contakt:** magazin@mosaique-lueneburg.de