



# Voice For Animals E-Newsletter

September/October 2012

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Your donations are very much appreciated by V4A and the animals we help so thank-you for your support!

If you have any questions regarding donations please email inquiries to [info@v4a.org](mailto:info@v4a.org), phone (780) 490-0905, or mail to P.O. Box 68119, 162 Bonnie Doon Mall, Edmonton, AB, T6C 4N6, Canada

## From the Editor's Desk

Welcome to our September/October fall issue! In this general interest issue we have articles of varying themes. For instance, one of our contributors muses about sharing space with other species while I attempt to discover why we're so afraid of black cats and dogs (just in time for Halloween of course). We also have a profile of the charity Beagle Paws along with a photo and story of one of their hopeful adoptees (see the mid-lower left portion of the newsletter for Ernie's details!). Last, but certainly not least, we have our book reviews (a recipe book with accompanying recipe and an animal rights manual).

On a different note we are currently looking for eager volunteers to contribute articles, blog posts, reviews, and recipes to the newsletter, so, if you are interested, please contact me at [newsletter@v4a.org](mailto:newsletter@v4a.org). We thank you for your interest.

Have a great fall!

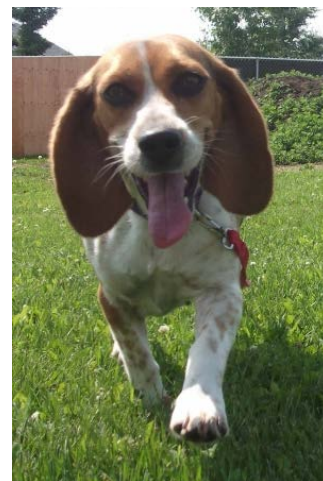
*Rebecca Staines*



### Space and Animal Space - a Personal Reflection

*by Anna Chilewska*

When I worked in



### Profile of a Charity: Beagle Paws

*By May Sutherland*

Got time for a beagle?

## What you can do to Help

- \* Visit the [V4A website](#) to find featured campaigns and action alerts that you can aid by writing letters, signing petitions, attending rallies, etc.
- \* [Volunteer](#) your time to the organization
- \* [Donate](#) money to V4A
- \* Always spay and neuter your animal companion
- \* Choose to adopt your animal companion from a shelter rather than through a breeder



Voice for Animals will be protesting the Shrine Circus on Saturday, October 13. The time will be announced later.

We will also be protesting the Canadian Finals Rodeo (CFR) in November. Dates and times will be announced as the CFR nears.

Please keep checking back with us for more details. Thank-you!

Click on the above picture to go to our updated events calendar. Check back often for newly added events/protests!

Sosnowiec (for those who have forgotten their geography, that's in Poland), I used to line up in a queue every Friday after work to buy a train ticket to my home town. And every Friday I would be greeted by a small dog that was accompanying his human friend as she, too, was lining up to buy a train ticket somewhere. The first Friday the dog came up to me and licked my calf, I squealed in delight. The second Friday he came up to me, I already knew his name (Czarek), his age (7 years) and his breed (a mongrel). The third Friday I already loved him, had treats for him and had my camera ready to snap as many pictures of him as his human would allow. You see, I didn't have a dog of my own at that time, and Czarek became the highlight of my Fridays.

Such things don't happen in Edmonton because dogs are not allowed in most places. I will never meet a Czarek in a grocery store here unless he happens to be a service dog. This gets me thinking. Why are animals so unwelcome in our society? We pretend that we share space with other species but we do not welcome them to most spaces and when we do, we often engage in some bizarre rituals or we aim to rid our space of other residents. Let me take the "beware of dog" sticker as an example. It is estimated that every fourth or fifth household in Canada lives with a dog. It is also encouraged - if not required - that we put some kind of warning on our door indicating that we have a dog. In addition, we need to include the "beware." I never understood that. I think my mother would love to have

Beagle Paws was founded in St. John's, Newfoundland (NL.) by Sheila Lewis who, in 2002, made it her mission to raise awareness of the plight of beagles in that province. Her theme of "More than just hunting dogs, they are pets too!" has attracted much attention. Many other beagle lovers have come forward to help.

Officially formed in January 2003, Beagle Paws has an established volunteer base in British Columbia, Alberta, Nova Scotia and NL. These volunteers are dedicated to finding foster and forever homes for beagles who come to Beagle Paws from numerous shelters throughout Canada, rescue agencies and families unable to care for them. This charity also promotes beagles as loving house pets and educates people about hound behavior, thereby reducing the number of beagles surrendered to shelters.

Volunteers with Beagle Paws, Canada's largest beagle rescue foundation, save abandoned, abused, unwanted and neglected beagles daily. While awaiting adoption, at any given time, foster families care for about 50-70 Beagle Paws' dogs.

**Success stories:** We were able to find a forever home for a charming little guy called Barney whose guardian became unable to care for him due to ill health and surrendered him to Beagle Paws. Recently, a dear little beagle named Maggie was adopted by a Vancouver family from an Alberta shelter. Jake, along with a beagle sister named Molly, travelled all the way from Newfoundland to find a loving home in Calgary.

**About beagles:** Delightful, well-loved and popular family pets, beagles are willing to please and are well-suited to city living. A hound family member, and originally bred to hunt, beagles follow their nose. On leash,



**Ernie**

Hello dog lovers. My name is Ernie. I'm a handsome seven-year-old beagle looking for a new home.

My family must move and they can't take me with them. I'm really a nice little boy. I love children of all ages. I'm good with other dogs and, can you believe it, I'm also good with cats.

Don't you think that just about makes me the perfect dog?

I'm housetrained of course. And I'm even crate trained. In fact I like to think I'm rather exceptional in that aspect. Just say, "Ernie, kennel" and I go right in. I even like to nap there. What more could you ask for? I'll hang out with a foster home in Edmonton for the time being but I'm willing to travel to find the right home.

Just let the people at Beagle Paws know you're looking for me. Contact [may@beaglepaws.com](mailto:may@beaglepaws.com) or go to our website at [www.beaglepaws.com](http://www.beaglepaws.com).

Thank-you for your

a "beware of husband" sign on her door. But that might make her appear eccentric to her neighbours. So this "beware" suggests to others that they should a) acknowledge the dog; b) be aware of its existence or; c) be afraid of it. This is the dog's space, so people beware! I don't need to hold up the sarcasm sign - you get my point.

I have a plump spider in my basement. I call him Frank but I don't think he cares. He goes about his business and I go about mine. I've caught him crawling up my shoulder once while I was watching TV, but that is the most interaction we have had in the 16 months I have known him. Frank shares my space, but the first time my friend saw him, she wanted to squash him. If it were not for my quick physical response, Frank would have been at the bottom of my friend's shoe. But why? Why is Frank not welcomed to share our space? He takes so little of it. What is wrong with sharing our space with a spider, a moth, a fly or another insect (or an arachnid)? Sometimes I feel that I should put a "beware of spider" sign on my front door.

I know people who put out bird feeders but hope that only certain birds come to feed. Crows need not apply. I've heard people, who live in the river valley, complain about the noise squirrels make. I've seen people chasing cats off their front lawns for just sitting there. Again, I can't help but ask - why? Why is it so difficult for us to share a little space with all those creatures who live with us? We have so much space in this wonderful country. With some common sense and good will, we can all fit comfortably. At least, that's what Frank thinks.

they're great walking partners (but watch for bunnies). Beagles love exercise, play and outdoor activities. Affectionate, friendly and sociable, intelligent and loyal, they get along well with people of all ages and with other dogs. Eye-catching, beagles keep their short, dense, weatherproof coat clean. Each beagle is distinctly colored - as unique as people and their fingerprints.

Interested in adopting one of our beagles, learning more about Beagle Paws (a non-profit registered charity) and/or becoming a foster family to a beagle in need? Visit [www.beaglepaws.com](http://www.beaglepaws.com) or phone 709.738.7297 (NL) or 780.488.4636 (Edmonton). Beagle Paws is also on Facebook: [www.facebook.com/#!/beaglepaws](https://www.facebook.com/#!/beaglepaws).

Beagle Paws is having their third annual Beagle Mania on Sunday, September 16<sup>th</sup> from 1 - 4pm in the Oliver Community Park on 118 Street and 103 Avenue, Edmonton. There will be a variety of doggie games, contests, and a silent auction. A guest speaker from the Pet Therapy Society will also be present to discuss therapy pets. It is a lot of fun so please come!



interest and for your compassion.

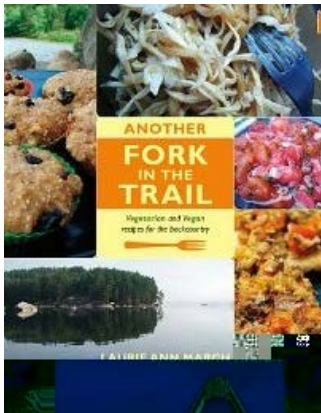
## How Our Superstitious Beliefs Harm Animals

*By Rebecca Staines*

As Halloween approaches I began to wonder about superstitions, especially those involving black cats and dogs. As I conducted my research into the topic I was surprised to learn that both sets of animals began their histories as representatives of light and protection and only through the passage of time and fictional embellishments have they become something much darker. For instance, once seen as guardians and protectors of travelers as well as spirit guides who would lead the soul to enlightenment and immortality, black dogs gradually became entities to fear and dread as tales began to refer to them as collectors of souls and portents of death. The black cat, despite being associated with mischief and promiscuity, was also believed to be good luck (represented in its nine lives) and a representative of pregnant women (in Ancient Egypt), liberty, and good humour. As the years passed however, black cats became known as the minions of the devil and symbolic of death, lust, misfortune and darkness.

Whether these negative characterizations of black cats and dogs are due to stories that parents told to warn their children from venturing into dangerous places or from fictitious stories written many years ago, the current real world consequences still remain. Individuals who work in animal rescue circles are well aware of the fact I am about to reveal, but I myself have only recently become conscious of it. Adoption rates for black cats and dogs at shelters are well below that of their lighter or other coloured counterparts. This phenomenon is sometimes referred to as "Black Dog Syndrome" and it has been attributed to the superstitions we have regarding black animals. It is most unfortunate because these animals languish in shelters much longer than they should and some never even feel the love of a good family before their lives are cut short due to the overcrowding issues experienced in many animal shelters.

So I ask that you please do not let superstition dictate what colour animal you adopt - they are all innocent, lovable beings who deserve to be cherished. Thank-you.



*Another Fork in The Trail: Vegetarian and Vegan recipes for the back country*  
By Laurie Ann March

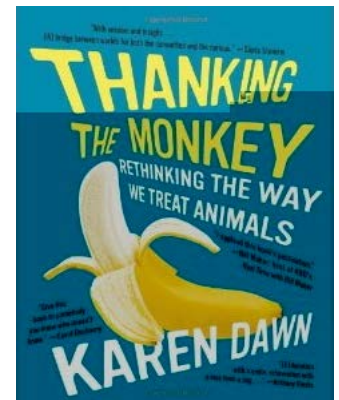
Review by Marie Staines  
*If you'd like to sit back, relax with a delicious home cooked meal and watch the animals (rather than eat them!) try out this great cookbook.*



### Chickpea Soup with Olive Oil Drizzle

(submitted by Marie Staines, taken from "Another Fork in the Trail," page 181)

(makes 4 servings)  
1 tsp plus 2-3 Tbsps olive oil  
1 med onion, chopped  
1 clove garlic, chopped  
1 bay leaf



*Thanking The Monkey: Rethinking The Way We Treat Animals*  
by Karen Dawn

Review by Rebecca Staines

No matter what page you open *Thanking The Monkey* to it is hard not to be impressed. This 386 page tome, endorsed by

This cookbook, as the title suggests, is designed for backpackers and campers and is the second for this author. Her first, *A Fork in The Trail*, had a variety of recipes for meat eaters **as well as** vegetarians and vegans. After the publication of this first book she had the opportunity to receive feedback from a variety of people which, along with her own health challenges and diet and lifestyle changes, led to the inspiration for a wilderness cookbook which catered to vegetarians, vegans and those following a gluten free diet. However the delicious dishes she created will appeal to **all** tastes. Many of the meals are dehydrated for lightweight packing and easy use when camping but can be made fresh and eaten at home or dehydrated and stored for use at a later time.

Full menus are covered in more than 160 recipes, from breakfast through lunch, mains, snacks, desserts and drinks. From Mediterranean Pizza to Lemon Ginger Scones with Cranberries, there's a wealth of flavours and inspiration in its 302 pages.

Although Ms. March has cleverly designed the recipes and menus for campers and backpackers they are wonderfully suited for those of us who have to plan ahead due to busy schedules, for when we are simply too tired to think of what to eat, or unexpected guests arrive and we have no time to visit the grocery store. I love it!

Try out the Chickpea Soup recipe in the next column. On page 217 of the book is a recipe for Quinoa Chickpea Spiced Fry

1 tsp dried  
thyme  
 $\frac{1}{2}$  cup veg stock, plus extra to cover chickpeas  
3  $\frac{1}{2}$  cups canned chickpeas, rinsed & drained  
 $\frac{1}{4}$  -  $\frac{3}{4}$  tsp Spanish paprika to taste  
Salt & pepper to taste

**Heat** 1 tsp olive oil in pot over medium heat, add and sauté onions until soft. Add garlic, bay leaf and dried thyme. Sauté, 1 min. Add  $\frac{1}{2}$  cup veg stock and simmer, 15 mins. Add chickpeas and just enough stock to cover. Simmer for 20 mins. Discard bay leaf. Blend until smooth with either a blender or an immersion blender taking care not to burn yourself. Return to pot and add paprika a little at a time until it is to your taste. Serve as indicated below or rehydrate for later use.

**If dehydrating** - at this point dehydrate on lined trays for 5-10 hours. Once dry, grind to a powder in a spice or coffee grinder or blender. Place dried soup in a medium-sized ziplock freezer bag with a note of how much water to add when rehydrating (amount of soup before dehydration - dried soup mixture after dehydration = amount of water to add).

**To rehydrate**- add enough water to the dried soup to equal the amount on the note. With this soup it is better to add a little less water, adding more as needed until the desired consistency is reached. Once rehydrated, heat until desired temperature.

**To Serve**: Add salt and pepper to taste. Pour into bowls and drizzle each serving with 1 Tbsp olive oil. Serve with your favourite pita, flatbread or bagel crisps.

the likes of comedian Bill Maher, actor David Duchovny, actress Emily Deschanel, and author Jeffrey Moussaieff Masson, covers every topic relevant to the animal rights movement and as a result is a perfect primer for those who want to learn more about this subject. Eight chapters reveal the truth about issues that tend to be largely downplayed by mainstream media, corporations and even, at times, the government. For instance, Karen Dawn provides frank discussions on the ethics of pet care, the realities of meat based diets and she gives comprehensive information on the use of animals in entertainment, the fashion industry, and medical research. She concludes with chapters on the environmental movement, the laws governing animal welfare in the United States, and a conversation on the often murky topic of animal rights freedom fighters. Despite the sensitive subjects covered, the manner in which this book is presented lends itself to being the first book an interested teenager could read without becoming overwhelmed. For example, besides being loaded with interesting and relevant information, each chapter contains cartoons along with photographs and quotes from celebrities. Finally, this book has been organized in such a way as to allow the reader to open it to whatever page or chapter they like without the

Bread which would be a perfect accompaniment. Check out Laurie Ann's website for more great recipes at [www.wildernesscooking.com](http://www.wildernesscooking.com).

need for reading it right from the very beginning. For more information on the author and activism visit the author's website at <http://ThankingtheMonkey.com>.

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**Our mailing address is:**

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