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. We thank you for your interest.

Have a great fall!

Rebecca Staines

Profile of a Charity: Beagle Paws

Got time for a beagle?

Space and Animal Space – a Personal Reflection

by Anna Chilewska

When I worked in
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!

* 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

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,
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 or go to our website at www.beaglepaws.com.

Thank-you for your
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.

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**Chickpea Soup with Olive Oil Drizzle**

(makes 4 servings)

1 tsp plus 2-3 Tbsp olive oil
1 med onion, chopped
1 clove garlic, chopped
1 bay leaf

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**Another Fork in The Trail: Vegetarian and Vegan recipes for the back country**

**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.

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**Thanking The Monkey: Rethinking The Way We Treat Animals**

**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
½ cup veg stock, plus extra to cover chickpeas
3 ½ cups canned chickpeas, rinsed & drained
½ - ¾ 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 ½ 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.

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.