

# Voice For Animals E-Newsletter

July/August 2012



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**Voice for Animals**  
**v4a.org**

Your donations are important because they enable us to keep on top of the crucial animal rights issues in your community, so please [DONATE TODAY!](#)

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

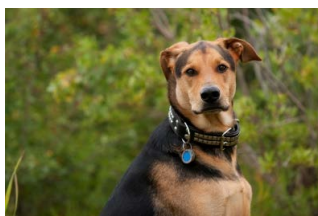
Hello! We're already having a blistering summer and with the high temperatures we must always keep in mind how to best protect ourselves and our pets, therefore this issue of the Voice for Animals newsletter focuses on pet care. This a very personal topic to our contributors and their articles are written from the heart. They share their experiences of raising their animals and the joy (and difficulties) they have encountered.

In this issue we have articles on the struggle that some vegetarians face when feeding their companion animals and the responsibilities we have as pet parents to take proper care of our pets. Along with these articles we also have a list of local animal rescue shelters for those of you thinking about adopting an animal and a special section featuring an adorable kitty who needs fostering, or even better, adopting so please check him out! Finally, you will find a book review as well as two recipes (one for dogs and one for cats) to tide you over until the next issue. As always we have a list of upcoming events being held by Voice for Animals.

Again, if you have any thoughts or feelings that you would like to share with me regarding our newsletter, or you wish to only receive this newsletter with no other notifications from Voice for Animals, or even if you no longer wish to receive this newsletter please email me at [newsletter@v4a.org](mailto:newsletter@v4a.org) - I'm always happy to hear from our readers!

Thanks again for your continued interest in our cause and have a fabulous summer!

*Rebecca Staines*



### Feeding the Dog: A Vegetarian's Struggle

*by Anna Chilewska*



### The Responsibilities of

## 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 has a couple of protests for Lucy the elephant in the works as well as a possible fundraising walk so 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!



I must admit - I love almost everything about my dog Timur. I love his beautiful eyes, I love his sense of humour, I love his habit of sleeping with my smelly slippers, and I even love the way he runs into things when he is too excited to pay attention. But there is one thing that I don't love when it comes to my dog: his food. As I put his food into a metallic dish and sprinkle it with nutritional yeast or calcium, I say the same thing I have been saying for the past four years:

To the animal whose life was never your own, who lived in miserable conditions, and who died a brutal death so that my dog can have a meal, I say, I am sorry and please forgive me.

Welcome to my world: a vegetarian who lives with a hound that refuses to eat vegetables, quinoa or couscous unless they are smeared in some dead flesh. You might ask: How can I be a vegetarian and buy meat for my dog? Why should a cow die so my dog can eat her flesh? Does feeding my dog animal flesh make me a terrible person? These are the questions that I have been asking myself for years in an attempt to find a way that would both satisfy my dog's nutritional needs and my own need to not feel guilty every time I cook a carcass. But I have almost given up on finding a solution to my problem. I have talked to many people, read many books, asked veterinarians, dug deep into Cyber space, and so on. The militant vegan tells me that we should not keep animals as companions, that we

## Pet Ownership

by Natalie Forman

In many ways, caring for your pet is not that much different from caring for yourself. Just as there are basic necessities required to keep our human selves healthy and happy, so is there a similar list to ensure the same for our four-legged companions.

**Water:** It is highly unlikely for your pet to drink TOO much water, so always make sure that a hygienic container filled with cool, fresh water is constantly available to your pet. Hydration is extremely important. Pay attention to your pet's water dish as well, and keep it clean and free of hair, dirt, etc.

**Food:** There are several things to consider when choosing a dietary routine for your pet: what to feed, when to feed, how to feed, and how much to feed. Often, these questions can be answered by your pet's breeder (or animal shelter), former caregiver, or veterinarian. Try to choose a food that fits your pet's age and size, and follow the quantity guidelines on commercial pet food packages. A handy guide to popular food brands can be found at <http://dogs.about.com>. If you decide to take a more alternative route in feeding your pet and opt for a raw food diet, there are several resources online to aid you, including

## Grayson

This adorable little kitty was recently rescued by Voice for Animals. He needs a loving foster or adoptive home. If you feel that you are the person to care for little Grayson please contact Tove Reece at [info@v4a.org](mailto:info@v4a.org) or at the following phone number: 780-490-0905. Thank-you for your interest and for your compassion.

should let them go and be on their own, and that we should undo domestication. The environmentalist tells me that I should do as little harm as possible, and thus I should buy meat for my dog from a local farmer where chickens are free-range and cows are not raised in factory farming conditions. The tired and resigned vegan tells me that I should order vegan dog food on line - that this will make me feel better. And the local dog breeder tells me that I should get over it. I like the militant vegan's advice best, but it is not doable. So I march on.

As I keep questioning myself, I do a combination of many things, none of which makes me feel completely content. I do not buy commercial dog food. This is for many reasons. I don't know what the ingredients are and if I can trust the labels. I get worried by the constant recalls and the on-going problems that animals get from various commercially-produced foods. Moreover, there is too much sugar in pet food, leading many to diabetes, not to mention the fact that dog food does not look or smell like food and tastes like sand. I know, I've tried it. So instead I cook all the meals for my 100 lbs friend. That way I know what's in them. I also think that preparing his meals at home is more honest because I see the blood dripping from beef liver or I see the ammonia-scarred legs of the chicken carcasses that I buy. Sounds gross? Well, it should not. This is what food looks like.

I make many different things for him, including vegan cookies and vegetable stews. When his food is vegan, it takes a

[www.rawfeddogs.net](http://www.rawfeddogs.net). When feeding your pets, you may choose designated meal times or you may choose to free-feed. While both options have their advocates, having a strict feeding schedule does allow you to better monitor your pet's eating habits, which may help identify any health problems that arise. Just a tip: feed your pet about 30 minutes before your own meal time and you are less likely to have a fluffy little mooch at your feet!

**Shelter:** Whether you consider your pet 'indoor' or 'outdoor' it is important that your animal has access to somewhere warm, dry, and safe. Ensure your pet has ample room to move and stretch their legs, clean air to breathe, and somewhere comfortable to rest. Also, wherever your pet's play area happens to be, try and include in it some toys or chewing treats to keep them occupied when you're not there. Always, make sure that there are designated spots for your pet to relieve itself if you plan on being away from them for an extended period. With cats and creatures that are contained, keep litter boxes and cages/aquariums clean and fresh; with indoor dogs - either make arrangements for a friend or family member to check on your dog when you're unable to or train your dog to use pee pads.

**Love:** As John Muir once said, "Any glimpse into the life of an animal quickens our own and makes

while for him to eat it. Sometimes he won't eat it at all. So I experiment with ingredients, sauces, and spices. But I do have to be careful with what I give him as I am his sole nourishment provider. I want my dog to be healthy. Therefore, I have first relied on Ann N. Martin's book *Foods Pets Dies For: Shocking Facts about Pet Food* and Lowell Ackerman's *Canine Nutrition*, and then gradually expanded my collection to Deva Khalsa's *Natural Dog: A Holistic Guide for Healthier Dogs*, Rudy Edalati's *Barker's Grub*, and Michelle A. Rivera's *The Simple Little Vegan Dog Book*. I must admit that, at times, these books made me more confused about what to feed my dog, but for the most part they made me more aware and much more knowledgeable on the subject of canine nutrition.

So is there a solution to my problem? I don't think that my dog cares. After all, in the wild he would kill an animal and eat it. He wouldn't do it out of spite, anger, or rage. He would do it out of necessity and not feel guilty about it. Domestication came with a price. However, I have never been able to explain to myself how much of that price I am willing to pay.

Recommended Resources  
and Favourite Vegetarian  
Recipes from Each Book:

Ackerman, Lowell. *Canine Nutrition: What Every Owner, Breeder, and Trainer Should Know*. Loveland, CO: Alpine Publications, 1999. This book is a great starting point to understanding canine nutritional needs.  
Edalati, Rudy. *Barker's Grub: Easy, Wholesome Home Cooking for Your Dog*. New York: Three

it so much the larger and better in every way."Our pets are like members of our family, so treat them as such. Give affection freely, use discipline sparingly and only when other training techniques are ineffective, and spend time with your pet. Cuddle them, take them for walks, and engage them in play. This will make for a happy pet, and a happy you.

Please remember that taking proper care of your animal friend is not limited to the day-to-day routines. Make sure to take your pet for regular vet visits, keep your pet's shots up to date, and keep your pet licensed and wearing proper identification at all times.

Rivers Press, 2001.  
"Charly's apple-peanut  
butter treats" on page 186  
Khalsa, Deva. *Natural Dog:  
A Holistic Guide for  
Healthier Dogs*. Irvine, CA:  
BowTie Press, 2009.  
"Thanksgiving muffins" on  
page 230  
Martin, Ann N. *Food Pets  
Die For: Shocking Facts  
about Pet Food*. Troutdale,  
Oregon: NewSage Press,  
2008. "Peanut treats" on  
page 159  
Moore, Arden. *Real Food  
for Dogs: 50 Vet-Approved  
Recipes for a Healthier  
Dog*. North Adams, MA:  
Storey Publishing, 2001.  
This book has a separate  
section devoted to  
vegetarian meals. I  
recommend them all.  
Rivera, Michelle A. *The  
Simple Little Vegan Book:  
Cruelty-Free Recipes for  
Canines*. Summertown,  
Tennessee: Book Publishing  
Company, 2009. "Snoopy's  
Great pumpkin, rice, and  
beans" on page 54

### Valuable Adoption Resources

*by Tove Reece*

Sadly, there are an overwhelming number of unwanted and forgotten companion animals in and around Edmonton. Colonies of cats can be found in almost every neighbourhood and abandoned dogs roam the countryside and reserves around the city.

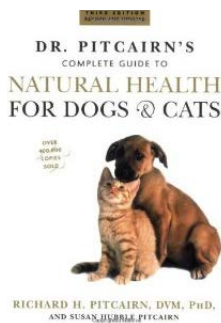
Although every homeless animal has its own story, the main reason these animals end up on the street is due to human irresponsibility, thoughtlessness, and cruelty. Sometimes people move and simply leave their pets behind to fend for themselves, others drive them far from home and dump them, many others just don't bother to neuter or spay their cat or dog resulting in a population boom and overflowing shelters. The fact is that many of these animals are bought on the spur of the moment as adorable kittens and puppies with very little thought given to the long term commitment of having a pet.

Thankfully there are also many people who do care and who are devoted to helping these homeless cats and dogs (or rabbits, horses etc.). Edmonton and area has seen the blossoming of a number of smaller rescue organizations many with progressive ideas and innovative methods of tackling the problem of saving lives or finding homes for innocent animals in need. Following is a list of organizations that are dedicated to rescuing animals and finding alternatives to euthanasia. They can all use donations, volunteers, and adoptive homes.

- Barrhead Animal Rescue Society - is proud to help the stray, unwanted, or abused cats and dogs in their area. 780-307-6590
- Beagle Paws Rescue - working to find loving homes for beagles. 780-488-4636



- Duke and Duchess Animal Rescue Society - Rescue abandoned, stray and homeless dogs and find them loving forever homes. 780-963-9680
- Grande Prairie SPCA - rescues cats and dogs. Big or small we love them all.780-538-4030
- Hinton and District SPCA - Hinton S.P.C.A. is a NO KILL shelter for cats and dogs. 780-865-2800
- Little Cats Lost - Trap-Neuter-Return (TNR) Society. 780-937-4781
- New Beginnings Rabbit Rescue - Edmonton's only all rabbit's adoption center. 780-307-6590
- Northern Alberta Society for Animal Protection - rescues cats and dogs. 780-922-0250
- PAWS For Life - Providing Animals with Safety for Life Foundation (PAWS). 780-471-2275
- Rescue 100 - offers care, love and healing to animals that have survived abuse. (780) 464-9988
- Rescue for Life - animals come from dumps and the side of highways. 780-702-6151
- Saving Animals From Euthanasia Team - rehabilitating and rehoming animals who are stray, unwanted or facing euthanasia in Edmonton, AB area shelters. 780-819-2679
- Second Chance Animal Rescue Society - to promote the humane care and protection of all animals and to prevent cruelty and suffering. 780-466-7227
- Spay Neuter Action Program - rescue, rehabilitate and place animals in need. 780-968-0025
- Sundance Canine Rescue - Provide a safe haven for all of Alberta's abused, neglected, and unwanted canines. 780-892-3512
- Whitecourt Homeless Animal Rescue Foundation - rescues cats and dogs. 780-918-8588



*Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (Third Edition: Revised and Updated)* by Richard H. Pitcairn, DVM, PHD, and Susan Hubble Pitcairn. Published by Rodale in 2005  
Review by Rebecca Staines

Behind this adorable cover is a true treasure trove of information on how to care



### Veggie Bones

(editor's note: I have personally not tried this recipe on my animals, so, as with anything, always use your own judgment to decide what is best for your pet)

(Obtained from: <http://www.all-natural-dog-treat.com/dogtreatrecipes.html>)

### **Ingredients:**



### Kitty Treats

(editor's note: I have personally not tried this recipe on my animals, so, as with anything, always use your own judgment to decide what is best for your pet)

(Obtained from: <http://www.simplypets.com/pet-recipes/Cat/Treat/311>)

### **Ingredients:**

1 Can Salmon or minced turkey  
(about 210g)

for your dog and cat naturally.

In this third edition, Dr. Pitcairn illuminates the reader to what ingredients are really in commercial pet foods, but he doesn't leave you hanging! He also provides options for the average pet owner to change things up by including information on natural diets with accompanying recipes (some of which are vegetarian) and he gives tips on how to make the switch from commercial to home made.

For first time pet parents he presents guidelines for choosing your pet and for making their environment as safe and healthy as possible (including how to make your own natural cleaning products).

The kind Doctor also gives a guide to holistic and alternate therapies and a quick reference covering the most common diseases and illnesses while providing information on how to care for an ailing animal (with details on first aid).

For those of you who are frequent travelers, he even covers how to travel with your pet so that they are safe and relaxed. He also explains how to cope with special situations that arise, like moving and remodeling, that can cause chaos.

Finally, he offers a chapter on dealing with the grief associated with the loss of a beloved pet.

In my opinion this is an invaluable resource and every pet parent should have a copy on their bookshelf. If you are

2 3/4 C. Flour

2 Tbls. Bran

2 Tsp. Baking Powder

3 Tsp. Minced Fresh Parsley  
(good for doggie breath)

1/4 C. Shredded Carrots

1/4 C. Shredded Cheese (your  
choice--mozzarella, cheddar)

2 Tbls. Olive Oil

1/2 Tsp. Flaxseed (optional)

1/2 C. Water

**Directions:**

Preheat oven 350 degrees.

Lightly grease a cookie sheet.

Mix together parsley, carrots, cheese and oil. Combine the dry ingredients separately from the veggie mixture. Slowly add 1/2 c. water and mix well. Dough should be moist but not wet.

Knead for a minute.

Roll out dough to 1/4" thickness. Using cookie cutters of your choice, cut out shapes and place on baking sheet.

Bake 20-30 minutes until biscuits have browned and hardened slightly. They will continue to harden as they cool.

Store in an airtight container once thoroughly cooled.

Makes 2 to 3 dozen

1/2 Cup Mashed cooked  
pumpkin

1 tsp Cold pressed oil

1 tsp Kelp

**Directions:**

Mix together and roll into balls.

Feed as treats.

interested in this book it is currently at an amazing price on Amazon.ca (\$6.64 at the time this article was written)!

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