

ANIMAL *Writes*

www.vancouverhumanesociety.bc.ca

Volume 40 - Spring 2008



Any way you
slice it, meat is
BAAAAD!

... For animals
... For the
environment
... And for you!



Special issue: Pages 2, 3, 4, 11

Editorial: The skinny on fatty chickens

Health studies linking the consumption of meat with various diseases – from cancer to heart disease to diabetes – seem to appear in the media on an almost weekly basis. They usually focus on the dangers of red meat and often recommend that people eat chicken instead.

But is chicken really a better alternative? In fact, poultry consumption comes with its own health concerns, not to mention a host of ethical issues relating to the environment and animal welfare.

Chicken, long touted as a lean, low-fat alternative to beef, now turns out to be a lot chubbier than it used to be. British researchers at London Metropolitan University found that in 1970 a chicken contained 8.6 grams of fat per 100 grams, compared with 22.8 grams in a supermarket bird in 2004. Over the same period, the amount of protein fell by more than 30 per cent from 24.3 grams per 100 grams to 16.5. For the first time since records began in 1870, a typical chicken now has more fat than protein.

Professor Michael Crawford, who led

the research team said, "The public thinks of chickens as lean products and a much healthier alternative to red meat. But we found that typical supermarket chickens are very fatty."

The reason, say the researchers, is mainly intensive poultry farming. The idleness imposed by factory farming and modern feeds are producing obese birds. They just can't move around much. American scientists at the Agriculture Research Service (ARS) found the same problem. The ARS reported that "modern broiler/breeder chickens don't adequately balance their feed consumption to match their energy requirements."

This of course doesn't count the fat added when chickens are breaded, deep-fried and served up as nuggets at your average fast-food outlet. Anyone hoping that this is a healthy alternative to beef (or anything else) is kidding themselves.

For those concerned with the ethical and environmental dimensions of consuming chickens, there is, of course, even more to consider. Because broiler (meat) chickens are bred for rapid growth they

develop painfully weakened bones and circulatory problems from rapid weight gain. In 1950 it took 84 days for a broiler to reach market weight. Today it takes 38 to 40 days.

At the slaughterhouse they are hung upside down on metal shackles and dragged through an electrical stun bath, having their throats slit and put in a scalding tank for feather removal. UK poultry researchers describe the shackling as causing "inevitable stress, pain and trauma."

Animal welfare aside, modern poultry production is responsible for substantial environmental degradation. Intensive poultry rearing produces massive amounts of excess manure that can leach nitrates, phosphorus and heavy metals into groundwater. The manure also emits ammonia, contributing to air pollution. And, like all livestock production, the poultry industry produces greenhouse gases contributing to global warming.

Whether it's burgers or nuggets, the consumption of meat is not good for human health, animal welfare or the environment.

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Diane and Allan Ferrell, in memory of Ivy Fales & Alan Clarke;

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The matter with meat

It's a bigger problem than you think



The rising consumption of meat is driving the expansion of factory farming around the world. This is not only causing animal suffering on a massive scale, it is also damaging our environment and health.

Environment

Scientific research, most recently from the United Nations, has shown that modern meat production causes serious environmental damage and is a major contributor to global warming.

Despite this, some environmental groups have been slow to encourage lower meat consumption as a remedial measure. Fortunately this is beginning to change.

Greenpeace, for example, recently published a report, *Cool Farming*, which called for a reduction in meat consumption to help reduce greenhouse gas emissions. The David Suzuki Foundation challenges people to at least have one meat-free day per week. A few organizations, such as Earthsave Canada, have long championed a plant-based diet as a vital way to help the environment and animals.

Even a prestigious medical journal, *The Lancet*, has published research calling for

a ten per cent cut in global meat consumption to slow down global warming. Meanwhile, the chairman of the U.N.'s panel on climate change, recently called on the world to "please eat less meat" to address the issue.

Animal welfare

The cruelty of factory farming has long been an issue for animal welfare groups, but with global meat consumption expected to double in the next 50 years, the situation is getting worse every day. Intensive farming methods are being adopted by developing countries like China and India, where the demand for meat is skyrocketing. Billions more animals will suffer as a result.

The international animal welfare organization Compassion in World Farming (CIWF) has called for developed countries to cut meat consumption by one-third as a first step to slow the growth of factory farms. VHS supports CIWF's approach and is urging Canadians to cut out or cut down meat consumption.

Human health

Many studies have linked the overconsumption of meat to poor health, includ-

ing an association with cancer and heart disease. Most recently, the World Cancer Research Fund carried out a major study which found strong evidence implicating meat consumption with colorectal cancer.

In the U.S., the John Hopkins Bloomberg School of Public Health has launched a "Meatless Mondays" campaign, which has been adopted by 28 schools of public health.

Meatout day

Don't forget international Meatout Day on March 20. Meatout is the world's largest and oldest annual diet education campaign. The purpose is to highlight the benefits of a plant-based diet. For more information visit www.meatout.org.

Local resources

Earthsave Canada (www.earthsave.ca) has a range of materials to help people switch to a plant-based diet, including a Vegetarian Directory for the Greater Vancouver area. Call 604 731 5885.

The Vancouver Vegetarian Association (www.vancouverveg.com) operates a Vegetarian Resource Centre, with a library and store, offering advice on vegetarian diets and issues.

Save the planet, animals & yourself — eat less meat

The following article by VHS Projects and Communications Director Peter Fricker appeared in the January 23 online edition of *The Globe and Mail*.

Last week, Rajendra Pachauri, the head of the United Nation's Nobel Prize-winning scientific panel on climate change, asked the world to "please eat less meat." Speaking at a press conference in Paris he said meat was a very carbon intensive commodity, a fact established by UN research showing that livestock production creates more greenhouse gases than transport.

So the top man at the world's most important agency dealing with climate change (the planet's biggest problem) is urging us all to cut meat consumption to address the issue. Is the prime minister ordering Environment Canada to draft guidance for Canadian consumers? Is parliament debating the matter? Are environmental groups demanding action?

Unfortunately, Mr. Pachauri's plea will cause barely a ripple in political, media or environmental circles. Even being chair of the International Panel on Climate Change (IPCC) doesn't guarantee many people will want to hear this particular inconvenient truth. It's interesting to note that he followed his statement by saying: "This is something that the IPCC was afraid to say earlier, but now we have said it."

What was the IPCC afraid of? This hasn't been reported, but one could speculate that the global livestock industry and others with a vested interest in meat production will not take kindly to Mr. Pachauri's remarks. Neither will the politicians they lobby, who also hate having to tell their citizens they need to make lifestyle changes to save the planet.

Even environmental groups are shy about touching this one. Some don't even mention limiting meat consumption as a means of combating global warming. Others relegate it to a list of minor energy-saving actions consumers can take, just below keeping your car's tires properly inflated.



The suspicion is that environmentalists are afraid they'll be open to charges of hypocrisy if they raise the meat issue and get caught wolfing down a burger later.

Then there are the dreaded V-words: vegetarian and vegan. Few politicians or environmentalists want to face the jokes, media backlash and libertarian "consumer freedom" zealots that will accuse them of forcing Canadians to eat only salad. The same sort of people who fought restrictions on tobacco would shift their PR and spin machines into high gear.

Yet all the IPCC is asking for is a *reduction* in meat consumption. A recent study in the prestigious medical journal *The Lancet* called for a 10 per cent cut in meat consumption, which it said would slow global warming considerably.

It would also slow the growth of factory farming, which is alarming animal welfarists around the world. Global demand for meat is projected to double between 2001 and 2050, meaning billions more animals will be raised in intensive, inhumane conditions. While many animal activists are "abolitionists" and want a meat-free world, others would welcome anything that would put the brakes on a

trend that is resulting in animal suffering on a mind-boggling scale. For example, the international farm animal welfare organization Compassion in World Farming is calling for meat consumption and production in developed countries to be cut by a third by 2020. This would mean that someone who eats meat every day would cut back to eating meat on five days a week – not exactly a hardship.

Encouraging the public to cut back on meat would also have major health benefits. The World Cancer Research Fund recently urged consumers to limit consumption of red meat to 500 grams per week and to avoid processed meats completely. (Vegetarians and vegans figured out the health advantages of a meatless diet long ago. That's why they have lower rates of obesity, heart disease, diabetes, colon cancer, hypertension and other diseases.)

Cutting down or cutting out meat is a win-win-win policy. Not only does it help the fight against global warming, but it saves countless animals from factory farm suffering *and* it's good for you.

It's just too bad so many people are afraid to talk about it.

Cage-free takes flight ...

...in Schools:

In a landmark move, Chartwells, a division of Compass Group Canada, the largest food service provider in the country, announced that Concordia University and Simon Fraser University will begin using only cage-free shell eggs in campus food services in January 2008. The University of Ottawa will follow in September 2008. These universities join the now more than 300 schools in North America - including UBC, Langara College, BCIT and Crofton House School - that have either reduced or eliminated eggs from caged hens in their food facilities.

...in Communities:

In January 2008, VHS sent letters to the Mayors and Council Members of over 40 B.C. communities. We invited them to join the growing number of Canadian communities, including Richmond, Vancouver and Whistler, that have agreed to request the removal of eggs from caged hens from city-run facilities.

We were pleased to learn that on February 11th, the City of Duncan passed a motion ensuring City-run facilities be requested to use only eggs from free-range or free-run chickens. The motion also encourages Duncan residents and restaurateurs to follow their lead in choosing not to eat battery cage produced eggs.

Furthermore, Duncan Council has written to the provincial and federal governments, the Canadian Food Inspection Agency and the Union of B.C. Municipalities stating that the council opposes battery cage egg production based on the inherent cruelty of confining



Thanks to all the VHS volunteers who helped out at our booth at the Wellness show, Feb. 1-3 at the Vancouver Convention Centre. There was lots of interest in our work, especially the Chicken Out! Project and the issue of caged hens.

egg-laying hens in battery cages.

VHS is extremely pleased with the progressive and proactive stance the City of Duncan has taken on this issue and hopes other communities will follow suit.

...in Grocery Stores:

Following discussions with the Humane Society of the United States (HSUS), Safeway announced on February 7th that, as part of its overall commitment to animal welfare, it will implement a new policy that gives buying preference to producers who are converting away from battery-cage confinement systems.

Safeway's policy will increase the number of cage free eggs it sells over the next two years from 3 per cent to 6 per cent of

Safeway's overall egg volume. This initiative will make Safeway one of the first major retailers to undertake such an effort and sends an important message to suppliers and customers about these critical issues.

...in Restaurants:

On Feb. 14th, Denny's became the latest restaurant chain to announce that they will begin using cage-free eggs. Denny's joins competitors such as Burger King, Hardee's and Carl's Jr. in its decision to move away from battery cage cruelty.

"The day when all battery cages will be empty is getting closer," said Paul Shapiro, senior director of The HSUS factory farming campaign.

Vancouver votes to ban animal acts in city

Vancouver City Council voted on February 14 to ban exotic animal performances, a move long advocated by VHS.

The new bylaw will prevent exotic pet exhibitions, Las Vegas style animal acts and other profit-making activities involving the inhumane exploitation of exotic animals.

VHS was disappointed that exemptions to the bylaw were granted to the

Vancouver Aquarium, Science World and the children's farmyard in Stanley Park, but council's decision is an important step in the right direction. The bylaw brings Vancouver into line with many other municipalities that have banned exotic animal performances.

VHS is hoping the council will revisit the bylaw in future to accommodate changes in public opinion, which are slowly turning against keeping animals in

captivity for entertainment.

Along with Vancouver's previous ban on the sale and ownership of exotic pets, its circus bylaw and the ban on rodeos, the new bylaw has greatly improved animal protection in the city.

VHS has made submissions to the B.C. government calling for legislation that would ban the private sale and ownership of exotic species. The government is expected to reveal its plans this year.

My journey with Magoo

VHS's new Director of Farm Animal Programs, Leanne McConnachie, describes the painful process of saying good-bye to a loved one

By Leanne McConnachie

I expected my first article for the VHS newsletter would address a general animal welfare issue of common interest. Instead, I find myself writing about a deeply personal and painful experience – the recent loss of my beloved canine companion Magoo. Although his illness and death was personal, the emotional pain associated with losing our animal companions is common to all of us who care for animals.

Furthermore, it is through our love for an individual animal that we are inspired to take action for the millions of animals whom we will never know.

My husband and I adopted Magoo five and half years ago from Boxer Rescue, just before he turned three. Magoo was truly a very special soul, not only to us, but also to many who came to know him. He was my angel, as he inspired me to change careers to pursue my passion for animals. He was also an ambassador on behalf of other dogs, winning the hearts of those who had once feared dogs. One friend referred to her experience with Magoo as transformative, as not only did she no longer fear dogs, but Magoo taught her “to be more carefree and to take in life like never before.”

Magoo lived for his walks to school fields to look for soccer balls, to dig at a sandy beach, and to run around the park and wrestle with his pal Grady (a standard poodle) and “pin” his pal Callie, a boxer-pug cross. During our morning walks, Magoo always kept a watchful eye for the postal carriers, as he was convinced their job was to roam the neighbourhood delivering biscuits, not mail. He would follow them door to door for several blocks, all in the hopes of getting one more biscuit.

However, these joyful days were about to come to an end. In early December, Magoo began having diarrhea – a parasite, we figured, and treated him accordingly. However, one week later we would discover that this seemingly harmless illness



Magoo, who was just eight years old when he died, was a special soul to everyone who met him.

would be the symptom of something much more sinister. On December 17th, Magoo was diagnosed with lymphoma and leukemia. The cancer was already in its most advanced stage, and he was given four to six weeks to live without treatment. Chemotherapy *may* have given him an extra month or two, but I could not put him through weekly treatments that would only make his final days worse. Animals live for the moment, I thought to myself, the joy of now, not for future possibilities of time. It didn't take long for me to say the words “No, I won't do that to him”.

With the support of our vet, we elected to pursue palliative home care. We provided Magoo with the ultimate in comfort. His doggy beds were made extra soft to support his thinning body. We took turns sleeping by his side at night, just in case he needed to suddenly go outside. Friends and neighbors came to care for him on

days when I was unable to take him to work.

He was allowed to eat anything he wanted – Dairy Queen ice cream was his favourite, and a constant throughout his illness. However, his interest in food changed on a daily basis. What he liked one day, he disliked the next. We needed him to keep eating, as the cancer was gorging away at his body. We tried everything. We even had family and friends bring by their dogs to eat with Magoo, as seeing other dogs eat encouraged Magoo to do the same. Coming up with new food ideas, orchestrating “meal dates” and sitters, the lack of sleep and sadness was exhausting and stressful.

I checked in weekly with our vet, Dr. Sue Hughson at the Vancouver Animal Wellness Hospital, to inform her of Magoo's status. With every week that passed, I was elated

to see he was still enjoying life and that we would have him for one more week. However, I was always aware that this was one more week closer to the end. I was hoping he would pass in his own time, but as a friend reminded me, that would mean he would first enter a state of great suffering.

As part of his palliative care plan, in the fifth week we decided to pre-arrange a day in the sixth, seventh and eighth weeks of his illness as possible days for our vet to visit our home for his final day. Dr. Hughson was so supportive and understanding. She indicated I could cancel as many times and as close to the appointment time as needed, and that she would actually look forward to receiving the cancellation call. I also contacted a pet cremation service, Until We Meet Again, to ensure we would be able to conduct a private, witnessed cremation on the day of his death.

Although difficult to think about, it is vital to pre-arrange “the time” and other preparations. It forced us to address the quality of life question every week, and to ensure we spent as much quality time with Magoo each day leading up to that day. Reprieves were considered bonus time – a bit of happiness amongst the sadness. Preparing ahead for his funeral ensured we could fully mourn his passing, rather than making phone calls during the delicate time immediately after his death.

Near the end of the seventh week, we could see that he was beginning to suffer. He had lost a great deal of weight, and his abdomen and back legs were filling with fluid from his organs and lymphatic system shutting down. In his last few days, he led me around the neighborhood for hours to the houses of his doggy and human friends. He would stand on the porch and not leave until he was let in for a visit. He must have known the end was near and wanted to say his farewells.

When Dr. Hughson called on the Monday morning beginning his eighth week, I told her that we would proceed as planned as Magoo had not gotten up all day. I recall counting



Photo: Martin Dec

“I am thankful we had the time to cherish our remaining weeks with him,” writes Leanne.

down the hours and minutes to her arrival, wishing time would stop, and wondering why it was flying by so quickly. In the last half hour of his life, Magoo mustered enough strength to lift his head to eat some treats and, of course, some Dairy Queen ice cream. And then, around 4:25 p.m. on February 4th, 2008, we helped Magoo leave the physical body that was no longer serving the beauty and magnificence of his spirit.

One never feels as though the timing was “right”, but looking back, we feel his passing occurred within 24 hours of it being too early or too late. To keep him another day would have been selfish as we knew there was a risk that, any day, his lungs would be the next organ to fill with fluid – a risk we were not willing to take.

As you can see, palliative care is not easy, but I'd do it all over again in a heartbeat. It was the least I could do to repay and hon-

our Magoo for the joy he had given us over the past five and a half years. Magoo wasn't just a member of our family, he was the epicentre. We are still grieving, and a day hasn't passed that tears haven't flowed. I still agonize over being the one to sanction the ending of his life, but I know our heartache in making that decision is matched by the love we had for our boy. I know I will have to go through this decision again and again in my life. The motto “until there are none, rescue one” is ever present.

Despite the anguish of knowing we were losing Magoo, I am thankful we had the time to cherish our remaining weeks with him and properly say our good-byes. So many of us are faced with the sudden, unexpected death of a pet and are cheated of this opportunity.

Magoo was my heart, my soul, my love, my life. We miss him terribly, but our memories of him will remain forever.

Take a walk on the wild side

By **Bruce Passmore**

Living in urban environments, it is easy to become disillusioned about the state of the natural world: the concrete poured over fields, urban sprawl and more green space turned into condos. What better cure than to head into the woods and connect with some of our local wildlife directly.

As a child, I would climb up into a tree in the forest behind my parents' house, sit as still as I could, and just observe the natural world around me. It was watching birds, deer, squirrels and other animals during these magical moments that lead me to become a wildlife biologist. But you don't have to climb a tree in the forest to have these special moments. Viewing wildlife can be done almost anywhere.

Bird watching:

Of course bird sanctuaries and woodland parks are incredible bird-watching areas, but any mixed forest (evergreen and deciduous), edge forest (forests that are bordered by a field or open space) or wetland (including flooded fields), even in the middle of the city, can provide excellent bird-watching opportunities. If you do have the opportunity to get out of the city, here are a few great bird-watching locations:

Reifel Migratory Bird Sanctuary (Delta)

Stanley Park (Vancouver)

Spanish Banks (Vancouver)

Lighthouse Park (West Vancouver)

Lynn Headwaters Valley Regional Park (North Vancouver)

Burnaby Lake Regional Park (Burnaby)

Iona Beach Regional Park (Richmond)

Wildlife watching:

One of the most common arguments in favour of zoos and aquaria is that people need to see animals in order to want to protect them. Even if this were true, why



The longer you watch wildlife, the more you'll learn. Even everyday species will amaze you.

not view animals from a safe distance in their natural habitat instead of seeing them confined in cages displaying stereotypical behaviour?

Tips:

Bring the animals closer using binoculars instead of physically getting closer. Animals need their space, both for their safety and yours. If you see wildlife, stay where you are (unless you feel you are too close) and stay quiet.

Take the time to watch common species. You may be surprised at what you see. Squirrels, raccoons, skunks, deer, all act much differently in the forest than they do in the city. Watch them closely. Suddenly you will see mothers tending their young, adults building nests, young playing, amazing sights you would have missed if you just passed them by.

Get out on the water. The Lower Mainland is blessed with an abundance of water. From the calm waters of English Bay to the mighty Fraser River to the tranquil Sasamat Lake, touring our waterways by canoe, kayak or boat

will bring you closer to some of our most charismatic animals including otters and seals, or sea lions, dolphins and whales (in open water only).

Ride the BC Ferries between Vancouver (Tsawwassen) and Victoria (Swartz Bay). On this very inexpensive and gorgeous trip, you are almost guaranteed to see an abundance of wildlife right from your seat. When you travel through Active Pass (the area between Mayne and Galiano islands), look up in the sky, across to the forests or down to the water and you will be pleasantly surprised by what you see.

But like bird watching, many opportunities arise right in the city. Next time you see a squirrel, rabbit, coyote or other urban wildlife, take a minute to stop and watch their behaviours. The longer you watch the more you'll learn, and quite possibly, the more you will be amazed by even everyday species.

Do you have a wildlife issue you would like to see in *Animal Writes*? Let us know! Email info@vancouverhumane-society.bc.ca and we will do our best to cover it in an upcoming edition.

C A P E R S
COMMUNITY MARKET

WHOLE FOODS
MARKET

Thank you, Capers — it's in the bag!

Capers Community Market in Kitsilano featured VHS as a recipient of their "Bags to Charity" program and raised a whopping \$1,564.60 for animals! Thank you, Capers!

As of this Earth Day (April 22), Capers' parent company, Whole Foods, will discontinue the use of plastic bags in its 170 stores across North America as part of a campaign to protect the environment.

So long Bruce; hello Leanne

VHS's farm animal program gets a new director

As you know from our last update, we are sad that after four wonderful years as our Farm Animal Welfare Coordinator, Bruce Passmore is saying farewell to VHS.

Bruce is returning to school and will commence his Master of Arts degree in Conflict Analysis and Management at Royal Roads University this May.

Bruce was instrumental in taking our Chicken Out! Project from its grassroots beginning to not just the next level, but to heights we had only dreamed of! With his outstanding work on farm animal and wildlife issues, his computer and technical expertise, his positive outlook, and his networking abilities, he enhanced VHS's reputation as an effective, focused voice for animals, not only in Vancouver, but nationally.

Fortunately, he's dropping in occasionally, and we wish him the best in his future endeavours.

We are extremely fortunate that Leanne McConnachie is taking over the position. Leanne graduated from the University of Victoria in 1988 with a B.A. in Economics. From there, she pursued a business career in the information technology sector.

She held management positions in marketing and communications, product development, business development and sales, working for start-ups, mid-sized firms and major corporations in Canada and the U.S.



With Bruce Passmore returning to school, Leanne McConnachie has taken over as our director of farm animal programs. We wish Bruce all the best in the years to come.

After working 15 years in this sector, Leanne decided to combine her business skills with her passion for animals and pursue a new career path.

She joined UBC's graduate program in Animal Welfare in 2004, completing her Master of Science degree in 2007. Leanne's thesis focused on how donors could assess performance of animal welfare organizations in order to improve donor decision-making.

Prior to joining VHS, Leanne worked as a consultant for various animal welfare groups in the areas of strategic planning, fundraising and marketing. She also served for two years on the BC SPCA's Board of Directors. Leanne brings multiple skills and experience, combined with a keen sense of concern and compassion towards animals and their plight. Please join us in welcoming Leanne to the VHS team.

Important information for VHS donors

By Debra Probert

As you may have noticed, lots of things are changing around the VHS office these days.

Along with the staff changes, we have also upgraded to a brand new, more user friendly and supported database, which will make things easier for future VHS employees.

What does this mean for you, our supporters, volunteers and donors? Nothing, we hope!! However, sometimes things do go wrong. While we have made every

effort to transfer your information from one system to the other as carefully and accurately as possible, mistakes do happen. So please be patient with us!

If you are receiving mailings you don't want; if your change of address seems to have been ignored; or if your receipts are late, please don't hesitate to email or call the office and help us keep everything up to date.

A note on mail trades: VHS does not trade your information with other organizations or provide your information to any entity whatsoever. If we do at some

time in the future decide to do so, we are required by law to inform you and provide the opportunity for you to opt out.

Those of you who have indicated via our donation form that you do not want your information traded have already had your personal information marked as "no trade", so you do not need to indicate your wishes again.

If you have any questions at all, please don't hesitate to call (604-266-9744, Ext. 21) or email me (debra@vancouverhumanesociety.bc.ca) and I will respond as quickly as possible.



Coyotes are a fact of life now throughout the Lower Mainland.

Living with coyotes — a guide for the wily citizen

Urban wildlife is welcomed by most city-dwellers who appreciate the need to share our lives with other animals trying to thrive in an ever-changing environment.

But conflict between humans and other animals can occur, so it's best to get expert advice on how to avoid problems. One excellent resource for dealing with coyotes, which are so common in the Lower Mainland, is the **Co-Existing with Coyotes program**.

The program, a partnership between the Stanley Park Ecology Society, Vancouver Parks & Recreation and the B.C. Government, aims to reduce conflict

between people, pets and coyotes by providing accessible information through a range of media. Their services include:

A 24-hour hotline for complaints and inquiries about coyotes.

Consistent, accurate information on coyotes and how to best exist with them.

Coyote-preparedness information and resources for audiences such as elementary school children and pet owners.

On the ground, non-lethal direct response to emboldened coyotes.

If you have a problem involving coyotes contact the following:

Coyote hotline: 604 681 9453

Email: coyotes@stanleyparkecolgy.ca

Goldfish racing: that's entertainment?

A Port Moody company is promoting "goldfish racing" for corporate events.

The racing involves putting the fish in water-filled troughs and having people blow bubbles behind the fish to chase them to the finish line. The fish are then offered to clients as mementoes to take home. The company, Houle Games &

Entertainment, says the fish aren't hurt.

VHS has informed the company that this activity is stressful to the fish and that it is irresponsible to offer the animals as gifts, as they require proper care and an appropriate habitat.

The company can be contacted at: 604 469 0359 or info@houlegames.com

Pity the poor pig — used and abused

People who try to live a cruelty-free life know how difficult it can be to avoid animal products. The problem is that animals are exploited in many ways that we just don't hear about. For example, this provincial government web page reveals some disturbing hog facts:

"The list of other products which are made of hogs is long. From the fatty acids we get weed killers, rubber, floor wax, crayons, make-up, plastics, chalk and antifreeze.

The blood is used to make glue, protein for animal feed, and in leather making. The glands and organs supply insulin for diabetics and ventricles for special heart surgery. The skin of the pig is used for gloves, shoes and garments. The hair of the animal is used in artists' brushes, as insulation and in upholstery. The bones are crushed into bone meal which adds minerals to animal feed, and is used in water filters and glass making."

Fortunately, there are some resources on ethical consumerism:

www.veganstore.com

www.crueltyfreeshop.com

www.animalrightstuff.com

VHS's humane ed available online

Power of One now offers online presentations as part of VHS's approach to humane education.

The program incorporates many of the concepts of the traditional classroom presentations with one exception.

Instead of bringing in a facilitator from VHS, classroom teachers can obtain all the tools they need to facilitate the presentations themselves.

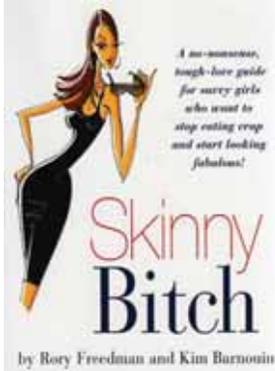
The presentations have two parts. The first is the printable Teacher's Guide that gives teachers the background information they need. The second is an interactive presentation with all the ingredients necessary to promote critical thinking. Visit powerofonehumaneeducation.org and take a look at the first in a series of presentations "Exploring Oppression".

Thought for food: New books to digest

Skinny Bitch, by Rory Freedman and Kim Barnouin. Running Press. \$18.95

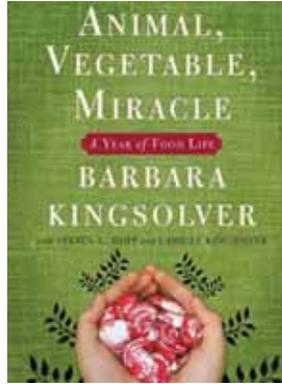
Not many diet books use profane language throughout, but then not many are pro-animal rights and totally vegan either. *Skinny Bitch* has been something of a publishing sensation, not getting much attention until celebrity Victoria Beckham was photographed carrying a copy. Then it shot to number 12 on the New York Times bestseller list for how-to books. Its irreverent style now has reviewers calling it one of the funniest and most entertaining books of its kind.

While controversial, it does tell the truth about how farm animals are treated and it promotes a cruelty-free lifestyle.



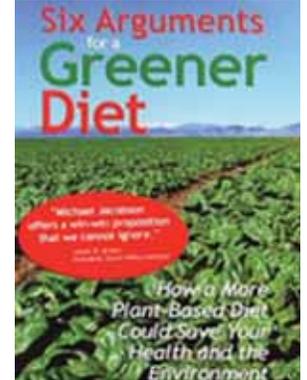
Animal, Vegetable, Miracle, by Barbara Kingsolver. Harper Collins. \$33.95

This book is an account of a year that the author and her family spent as “locavores” (those who eat only locally grown foods) on a family farm in Virginia. Aside from dealing with the attempt to live on home-grown foods, the book also examines the nature of modern food production science and industry. Although sharing many of the concerns of vegetarians and vegans Kingsolver believes it is possible to be an ethical meat eater by rejecting meats from factory farms. Non meat-eaters are unlikely to agree, but the book is an addition to a widening debate on food and ethics.



Six Arguments for a Greener Diet, by Michael F. Jacobson. Center for Science in the Public Interest. \$21.00

This examination of scientific studies finds that eating more plant foods and fewer animal products can lead to extra years of healthy living. The consequence of following such a diet also leads to less food poisoning, water and air pollution and global warming. The book is a useful guide to reducing our environmental footprint while enhancing human health and animal welfare. Anyone concerned about the future of food and agriculture would be interested in this provocative book. Jacobson is co-founder and executive director of the Center for Science in the Public Interest.



HERE ARE 4 GOOD REASONS



WHY YOU SHOULD REMEMBER ANIMALS IN YOUR WILL



Vancouver Humane Society

Please contact our office for further information.

*Against
all animal
cruelty!*



HAPPY ENDINGS

Leo thought he had a good home. After all, when he came down with a blockage in his urinary tract, his owners took him to the vet to have it seen to. But when it was taken care of, those owners refused to pick him up or pay the bill. Even when the vet threatened to put him down, they wanted nothing more to do with him.

That's when VHS stepped in. They paid the bill and found a new owner who already had another VHS-rescued cat, **Henry**. It took a couple of weeks, but now the two cats (pictured below) are getting on well, and Leo has found his "forever home" at last.



and he's now on the mend.

Luciano was having trouble adjusting to a new baby in the home and began urinating everywhere and was licking his fur compulsively. He then developed a dangerous urinary tract infection, which was treated thanks to help from VHS. He is completely cured and his family hopes he will get used to the new member of the family.

Jake (below) is a seven-month-old rottie-lab cross who had a parvovirus infection that caused his bowel to collapse. He needed expensive emergency surgery and VHS stepped in to help with the costs. Jake is now doing fine.



Thank you to all our supporters who donated to our appeal for **Furby**, the puppy who needed an operation to allow him to walk again. He had lost the use of his back legs due to a spinal condition. Surgery costing several thousand dollars was needed, which his guardian could not afford. Thanks to the generosity of VHS supporters Furby had successful surgery and is now recovering well.

Jinx, a springer-boxer cross needed treatment for a broken knee. VHS contributed toward the cost of his surgery

HOPING FOR A HAPPY ENDING

Raphi is a friendly one-year-old border collie mix. She was hit by a car, severely damaging a ligament in her hind leg. She has to be in a cast for a number of weeks and may need surgery. We have launched an appeal to cover the cost of Raphi's operation. If we raise more than necessary for her care all



funds will go to other animals in need of medical help.

Raphi is also looking for a home. If you are interested please contact VHS at 604 266 9744 or email info@vancouverhumanesociety.bc.ca

Tiny, a five-month-old kitten needs an operation to repair a broken leg. She was accidentally let out of her home, was chased by a dog and hit a railing at high speed. The operation may cost up to \$1500 so VHS is appealing for donations to help cover the bill.



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