

## KIDS HELPING ANIMALS!

The Queen of All Saints BC SPCA Club is committed to making a difference for animals, so they held events throughout the school year to do just that. The club hosted a QAS BC SPCA Day, raising more than \$1,500! They also held a drive-thru donation event, where families could drop

off items such as food, blankets and toys for the animals. The club members visited the Tri-Cities SPCA to make their generous delivery. High paws!





BC SPCA CLUR.

And a second second



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MY NOMENTS

Ye.



Magnus joined the BC SPCA for a week of summer camp. Inspired, he wanted to take action to make a difference for animals. Magnus decided to spread the word in his community about the camps so more kids could learn about animals and how to care and advocate for them. Thanks to Magnus, kids from his neighbourhood were able to attend camp to have fun and learn together.

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toper SPLa I an Magnus hi Ine animats go to a club il netowna it's called Club in a it a aniMal Shouters for doing . Shellter - GT ----Pol Dogs Gois Dius and rots you fet cots feed t Bunds and get that from 50 turs Sigs up Por spra tuenve al 693 the Staff gun tine and they (APPA) one ang a.t to 300

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Shayne sent us a wonderful letter, a delightful drawing and a generous donation to support animals in need. High Paws, Shayne! Your kindness means so much to us!

> LA BY BEARING e

SPEA

This \$20 Is For Per

When Brady celebrated cats at the North Peace SPCA.





Sammy and her Friend Keira held a lemonade stand and raised \$50 For the Vancouver SPCA! Bob the cat was especially happy to get some play time with Sammy during summer camp at the shelter.



Fila helped her community beat the summer heat all while making a difference for animals in need. She held a freezie stand and used her earnings to purchase toys which she donated (plus cash!) to the Nanaimo SPCA.



his birthday, he asked his birthday, he asked his Friends and Family for donations to support animals in need. He visited the Tri-Cities SPCA to deliver pet food and \$88 in cash that will be used to care for the animals.



Along with their Bug Club at school, Raina and Kiara raised \$100 to help animals in need. They visited the Tri-Cities SPCA to deliver their generous donation. High Paws!



Hey Kids! Send your letters, photos and artwork For Pet Pals, High Paws or Litterbox to: BC SPCA Kids Club 1245 East 7th Avenue Vancouver, BC V5T 1R1

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High Paws and happy birthday to Hailee! For her ninth birthday she asked her friends and Family For donations to help animals, instead of presents for herself. She collected \$111.35 For the Parksville-Qualicum SPCA!

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Inspired by his beloved dog Tom, Ben raised \$123 to help animals in need. He dropped by the Victoria SPCA to make his donation, and took time to meet the bunnies at the shelter.



Meet the "Sipsters"! During the summer, Mielle and Azlynn hosted their annual iced tea and lemonade stand to raise money to help the animals. They visited the Kelowna SPCA and generously donated their cale proceeds.

Gracie and her mom visited the Campbell River SPCA to donate \$40 that she raised by holding a lemonade stand! Along with the staff and other animals at the shelter, Wally the cat was grateful for Gracie's kindness.



Abby, 10, held a bake sale for the Cowichan SPCA. She raised \$120 to help animals like Hawkeye, seen here. What a delicious way to make a difference!



# A Dog's World Be a great dog guardian inside and out! Here are some essential things to

keep at home - and take with you when heading outdoors with your pup.



### POOP BAGS

Picking up poop? It's a smelly but necessary responsibility of having a dog. Make sure you always have bags (bring more than one just in case) when taking your dog for a walk. Tie a new bag to your dog's leash each day so you're never caught without one!

## TOYS, TOYS, TOYS!

Go to a pet supply store and you'll find hundreds of different dog toys. It's possible to get carried away, so start with a few basics, like a Kong™ (to make feeding fun), a chew toy (so your shoes don't get eaten) and a Chuckit!™ (for hours of outdoor play). A Frisbee or rubber ball are also good choices for playing fetch. Remember to wash toys regularly.



**JTION** CAUTION CAUTION

CAUTION



Hanging out at home or living it up outside, dogs can get into all 崔 sorts of trouble! Stay 🖁 safe with these tips.

#### In the paws (or the jaws) of a playful pup, toys can quickly fall apart. If swallowed, string, stuffing and squeakers can all cause major health problems - and big vet bills. Buy good quality toys, supervise play and, when something looks like it might fall apart, replace it.



CAUTION

You name it, there's a dog who has found it - and eaten it - while walking or playing outside. Watch out for items your dog may pick up off the ground. Never allow stick chewing or give dogs cooked bones. The sharp splinters can cause mouth and internal troubles. If they do get a hold of something, do not reach into their mouth to try to remove it. Instead, tell an adult and, if swallowed, visit a veterinarian.





TIP: Most dogs need as com

### COLLAR AND LEASH

Every dog needs daily exercise. Trotting around the house or yard isn't enough exercise for most dogs. They also need daily outdoor walks and, in most cases, playtime with other pooches. Be prepared to go out rain or shine! Start with a standard flat collar with ID tag and a six-foot leash. Check out page 15 to learn about the best and worst dog collars and harnesses.



## PLACES TO REST

Even the most playful, energetic dogs need some downtime at home. Dogs should have their own comfortable beds and a kennel. A kennel is a dog's safe, private space. It's like a den canine ancestors used, or like your bedroom is to you. Dogs should be able to stand, sit, stretch and turn around in their kennels. Be sure to regularly clean your dog's bed and kennel.

## FOOD, WATER... AND A FEW TREATS

All dogs need dishes of food and fresh water every day. Feed good quality kibble twice a day (follow the package label for portion sizes). Refresh water regularly and wash your dog's dishes every day. Treats can be great to help train your dog using positive reinforcement, but feeding too many can lead to health issues. Going for a walk? Make sure water is available during or soon after exercise.



CAUTION CAUTION CA

#### l'o leash or not to leash?

Heading into public with your dog? Unless you're in a special off-leash area, your dog should always be leashed. This is for the safety



of your dog. It also assures other people your dog is under control and won't run toward them. It's also the law!

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doesn't mean they should! Certain foods, medications, garden products and indoor and outdoor plants can be poisonous for pets. Visit the Animal Poison Control website (aspecters) appect for a complete list.

#### **CAUTION** CAUTION

Some dogs

will eat

anything,

but that

Tip: Look for stainless steel

#### A walk in the dark

Be extra careful walking your dog when it's dark outside. Reflectors (for both you and your pet) make you more visible to cars, bikes and other walkers.



## **Companions** for Life 10 questions to ask yourself before you get a dog

Bringing a dog into your family is a big decision. As their guardian, you will be responsible for taking good care of your dog for their whole life - 11 years on average. It means going for daily walks even in the pouring rain. Cleaning up messes. Waking up early on the weekends to let your dog out.

It also means playing hide-and-go-seek together. Reading a book while they doze beside you. Watching them having a blast with their favourite dog friends. And coming home each day to an excitedly wagging tail.

Being a dog guardian is both hard work AND so much fun. Before getting a dog, ask yourself these questions and decide - is your family ready to make the commitment?



Dogs need a dependable routine. They have to be fed, walked and played with every day. Families that are gone all day and then out again in the evening would leave a dog home



#### Does your family know how to care for a dog?

Learn as much as you can before you bring a dog home. This quide provides some basic care information. You can find out more from care books and trustworthy websites. Talk to animal shelter staff and people you know who have dogs.

#### Are you allowed to have a dog where you live?

Unfortunately, not all living spaces allow dogs. Some places are pet-Friendly but may have restrictions on how big a dog you can keep. It is important to check with your landlord or strata to find out if dogs are allowed where you live.



#### Do you have any other pets?

Not all dogs get along with animals such as cats and vice versa. Your home should be a safe and comfortable place for all pets.



### Do you have a particular breed in mind?

Some people are drawn to a particular breed because they have seen them in a movie, or on television or read about one in a book. Do your research First! Talk to people who have the breed you are interested in. Find out what the dogs are really like to live with. See whether the breed has any health issues. Above all, keep an open mind! Mixed-breed dogs make awesome pets, too!

## Have you considered the costs?

There are many costs associated with having a dog. Adoption fees, food, toys, ID, Leashes, supplies and license fees are expenses to think about. What's more, ongoing veterinary costs - and possibly some unexpected ones should be considered.



#### How old a dog should you get?

Puppies are a blast! They are also a **TDN** of work to socialize and train. As a dog grows up, their personality develops. So you may know a little more about what you are getting into with an older dog compared to a puppy.



#### What dog personality will suit your family?

Dogs have different personalities. Some are shy and anxious, while others are excitable and outgoing. Some are very people-focused. Others are more independent. Choosing a dog whose personality and energy level is a good match for your family is key to a lifetime of awesome canine companionship.







#### Where should you get your dog?

Make the **BC SPCA** your First adoption option! BC SPCA shelters have dogs of all different ages, colours, sizes and shapes to choose from. Check out our adoptable animals at spca.bc.ca/adopt.

You can also find your new companion through a rescue or reputable breeder. Visit spca.bc.ca/finda-good-breeder to learn how to recognize a good breeder — and avoid puppy mills. Puppy mills are places where dogs are bred in large numbers and sold through pet stores or on the internet just to make money. The dogs are often kept in very poor conditions. Most do not receive the medical care or socialization they need to be good companions.



## Healthy hounds, happy hounds

Being a great dog guardian means doing what you can to help them live a long, healthy life. How? Spend time with them! Get to know the way they normally look and behave. Then, when you notice something unusual, like a sore paw or an upset stomach, take them to the vet right away. Here are some other important health care tips to follow.

#### **Mouth matters**

Your dog's teeth should be white and shiny. The gums should be bright pink and moist to the touch. Bad breath, bleeding gums and brownish teeth could all be signs of painful gum disease.

Brush your dog's teeth every day or every other day. Vet clinics and pet supply stores sell toothbrushes and special pet toothpaste. (Human toothpaste contains ingredients not meant for dogs.) The vet can show your family the best brushing method. Chew toys can also help keep your dog's teeth clean. Look for nylon or rubber toys recommended by vets. Hard plastic toys could actually break their teeth!

Even with regular brushing, dogs may still develop gum disease. Take them to the vet at least once a year to have their mouth checked as part of an overall health exam. Your vet may recommend teeth cleaning under general anaesthetic (while asleep). Your vet may also suggest a special teeth-cleaning diet.

#### **Tick talk**

Your dog could pick up ticks – small, eight-legged parasites that feed on blood – when out for walks in tall grass. Removing ticks can be tricky, so have an adult or your vet pull them out. Vet clinics also carry tick medication.

#### Yuck, worms!

Dogs can carry worms that live, feed and reproduce inside them. Yikes! Common types include hookworms, roundworms, whipworms and tapeworms. Worms can cause a variety of symptoms, including diarrhea, vomiting and weight loss. Luckily, medication for worms is easy to get from your vet.

#### **Disease-proofing**

Vaccines help protect dogs against diseases that can make them very sick. Dogs are usually vaccinated three times as puppies, then once every one to three years as adults. Your vet can recommend what vaccines your dog needs.



#### Sound advice

Your dog's ears should be pale pink, clean and odourless. Beware ears that are red and swollen, smelly or filled with dark, waxy buildup! Take your dog to the vet to have them checked for infection.

Itchy ears could mean your dog has ear mites. Ear mites are tiny, eight-legged parasites that feed on the wax and oils in a dog's ear canal. Visit your vet for medication to treat the mite problem.

Dogs have sensitive ears. Ask the vet to show your family the best way to keep your dog's ears clean. Done improperly, cleaning can actually make ear problems worse.

#### Nailed it!

Have your dog's nails trimmed by an adult or your vet. Cutting them too short can be painful and cause them to bleed. Letting them grow too long causes discomfort.

#### Pampered pooch

Brush your dog to help remove tangles and loose hair. Short-haired dogs can be brushed a few times a week. Brush longhaired dogs daily to help prevent mats. Regular haircuts can make long hair easier to manage. You can bathe your dog every few months using a pet-safe shampoo. Your family may also choose to have a professional groomer care for your dog's coat.





#### Eye spy

Normally, dogs have bright, clear eyes. Watch for redness, swelling or goopy discharge. Your dog could have an eye infection. Eye infections require treatment with medication from the vet. Keep your dog's eyes clean by gently wiping them with a damp, soft cloth.

#### Flee, flea!

Is your dog scratching and chewing at their fur? It could be fleas! Fleas are small, wingless insects that feed on blood. The best flea control medications are available at your vet clinic.

#### Can I see some ID?

In case they get lost, dogs need at least two forms of identification: a tag on their collar and an ear tattoo or microchip. The law requires that you license your dog, too. Their license number traces back to your family. Learn more at **bcpetregistry.ca**.

#### **Fix before six!**

Have your dog spayed or neutered before six months of age. Spaying and neutering are surgical operations performed by a vet to prevent animals from reproducing (having babies). That way, you can help prevent unwanted litters.

**Bonus!** Spaying and neutering also help keep dogs from roaming, prevent certain cancers and make dogs less aggressive.

## What is My Dog Trying to Tell Me?







Tail is high and may be wagging

Rear is high

in the air

Dogs may not talk, but they say a lot. Dogs use the position of their bodies and their eyes, ears, tails, even the hair on their necks and backs to communicate. Reading a dog's body language helps to know what they are thinking and feeling. See if you recognize what these dogs are saying:

> Ears are up and alert

Body is relaxed and the weight is even on all feet

> Mouth is open slightly. No growl or snarl

> > Mouth is open and may have tongue out — May make short "bark" to get your attention

Head is held high

Front legs are down low

#### Tail is loose and down. May be gently swaying

#### I'm chill

A happy, relaxed dog will have their head up, ears and body loose, and may have their mouth open slightly, almost in a smile. Relaxed dogs' tails are usually down or swaying loosely from side-to-side.

Ears are up but not pointing forward

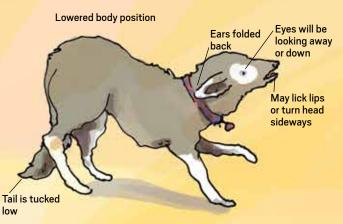
#### Let's play!

Dogs love to play. To start play time, dogs often do a play bow. They bend down low with their front feet and wave their tails in the air. Dogs play bow with other dogs or with you when they want to have some fun!

#### Looking small!

Dogs who feel uneasy or unsure will lower their heads and drop their tails. They will likely turn their heads and look away, and may lick their lips. Their ears will also pull back. Often they will turn their bodies sideways.

Really scared dogs will cower even lower, tremble and completely flatten their ears back against their heads. They also pull their tails tightly under their legs. They try to look small, hoping they won't be noticed.



**Bark!** 

#### **Confident and alert**

Confident dogs are curious and want to check things out. They will walk directly toward you with ears forward and with their body weight on their front feet. Tails may be stiff and pointing straight back.

Tail sticking straight back with slight side-to-side movement Eyes wide open – looking curious

Mouth is closed

Body weight is leaning forward. Body muscles are stiff

#### Watch out! Don't mess with me

Beware of two types of body signaling that mean a dog may bite. One is the offensive aggressive dog, the other the fearful aggressive dog. Never approach dogs displaying these signals.

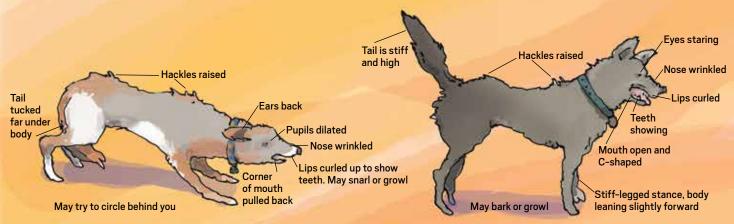
#### **1. Fearful aggression**

When feeling threatened, fearful aggressive dogs will get very low, put their tail between their legs and snarl. Ears will be pulled flat against their heads. These dogs often bite without a lot of warning. Because they are very scared, they will try to sneak up behind you to bite.

#### 2. Offensive aggression

Confident, aggressive dogs give warning signals that they might bite. Signals include barking, raising hackles, showing teeth and glaring eyes. Their muscles will be tense and their weight will shift forward. Ears will usually be alert and forward. They may also growl or snarl and their noses will be wrinkled. They're saying "back off" or risk attack.

Ears forward and alert



Never run away or scream! This will excite the dog even more. Instead, back away slowly. Don't stare into the dog's eyes. Look down and away. The dog will calm down the further you get.



## The importance of training

veryone wants to have a great relationship with their dog. Whether you have a small or large dog, a training class will help. Here are four reasons why:

- 1. It's fun both for your dog and for you!
- 2. Training helps dogs know their boundaries (and yours!).
- 3. A well-behaved dog is easier to live with and can go out places with you.
- 4. A good trainer will help your family build a great friendship together.

The best dog trainers use positive reinforcement and force-free methods. Positive reinforcement is a training method using praise and rewards for desired behaviour, not punishment. Dogs listen better when they expect something good to happen, not when they constantly fear being punished.

## How to find the best 🧳 🕯 dog trainer 👘 🚙



Look for an AnimalKind trainer. AnimalKind dog trainers have the BC SPCA's stamp of approval. They only use kind, gentle methods. Learn more at AnimalKind.ca.



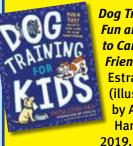
### Test your dog smarts

See how much you know about dog behaviour by answering these true or false questions:

> 1. True or False: If my dog Buster does something bad, I should punish him by velling at him.

> > False! It is frustrating when Buster chews your slipper. But punishing, even by yelling, teaches fear. Buster doesn't

#### Need help with dog training? **Check out these books:**



Doa Trainina for Kids: Fun and Easy Ways to Care for Your Furry Friend by Vanessa **Estrada Marin** (illustrated by Alisa Harris),

**Puppy Training for Kids** by Colleen Pelar, 2012.



know the slipper is special to you. To Buster, it's just another chew toy. Instead of shouting, offer Buster a dog toy in exchange for the slipper.

Tip: Next time you see Buster grab one of his toys, praise him for making the right choice. Dh, and go put your slippers out of Buster's reach!

2. True or False: Giving Sadie a big hug when I get home from school shows how much I love her.

This is false, but is likely true for you. People often show their love with hugs. Yet, in a dog's world hugging means the opposite. Dogs

feel uneasy when someone wraps their arms around them. They feel trapped. It is true that many dogs will tolerate hugs. But they don't like being squeezed. Dogs often show affection by coming and pushing against you. Instead of hugging, give your dog a rub behind the ears or a rump scratch – they'll love you for it.

Dog Fact: Many dog bites happen when people try to hug their dogs.

> 3. True or False: When my dog Molly licks her lips and looks away, it means she is feeling uneasy or anxious.

This is true. Here are some common signals dogs give when they want to be left alone:

• Folding their ears back and looking to the side. • Yawning, narrowing their eyes and licking their

lips. They may do one or all of these signals.

• Turning their back on you and sitting; or sneaking away to hide.

• Body shaking (unless they just got out of the bath!).

- Growling, wrinkling their nose, snarling or showing teeth – this really means stay away or I'll bite!
- 4. True or False: Old dogs can't be taught new dog tricks.

False! Just like people, all dogs learn new things all the time. In fact, every interaction you have with your dog shapes



their behaviour with you and your family. To help an older dog learn new things, do short training sessions every day to practice "sits," "stays" and "comes." Practice in the house, at the park and other places. Give a small treat

and praise to reward their behaviour.

5. True or False: You should NOT dress up your dog in clothing or costumes.

True! Please don't

dress dogs in clothing for fun. While some dogs may need extra warmth in winter, clothing isn't usually necessary. Costumes and clothing restricts their movement. As well, clothing takes away their ability to

communicate using body language. If you watch a dog closely when dressed,

they likely will show the same signals as when they are feeling uneasy or anxious (see #3 above). Respect your dog (and cat) for who they are as separate species and don't dress them up!





Caring for a puppy takes time, effort and patience. How they are raised shapes the dog's personality when they become an adult. Feed, train and socialize them. Play with them and keep them safe. In return, they will give you a lifetime of companionship. Talk about time and effort well spent!

Below are some tips to help you care for your growing puppy.

#### Food for thought

Puppies should be fed high quality puppy food three to four times a day. Once they are about six months old, they can be fed twice daily.

At around one year of age, gradually switch to high quality adult food. Adult dogs should be fed two meals a day. Leaving food out all the time can make them overweight.



#### **Bathroom breaks**

Housetraining means teaching puppies to go to the bathroom where you would like them to go – usually outside, on the grass. Puppies have very



little bladder and bowel control. They need to be taken out often. Usually, a puppy can hold their waste for approximately the same number of hours as their age in months. So, as they get older, puppies can go longer between potty times.

Use positive reinforcement to help your puppy learn! That means praising them for going in the right spot. Never hit or yell when they have an accident in the house.

#### **Play on!**

Puppies are super playful. Use toys, not hands and feet, to play with them. Otherwise, you might encourage play biting. Also, keep playtimes short. Puppies can easily get overexcited and accidentally nip. Ouch!

Adult dogs like to play, too. Take them to a dog park to romp with other dogs. Play games like fetch and hide-and-go-seek. Try out agility classes where they can practice obstacle courses made just for dogs. Playing keeps older dogs active.



#### Social skills

Positive experiences early on in life teach dogs to face

new situations with confidence. Introduce puppies to new people, pets and experiences like nail trims,

teeth brushing, grooming, car trips and visits to

the veterinarian. Going to "puppy classes" is also a great way for them to meet people and other dogs.

Always reward puppies with praise and treats to encourage friendly and outgoing behaviour.

#### Visit animalkind.ca for help

choosing a trainer.

#### Puppy proof

Puppies explore the world with their mouths and can easily get into dangerous situations. You name it –

electrical cords,

table legs, books, shoes – they will try it! Keep anything that you do not want chewed out of reach.

Chewing is a natural behaviour, though, so make sure dogs of any age have plenty of safe toys to gnaw on.



## CHOOSING THE RIGHT CŞLLAR

All dogs need a collar to attach their leash, ID tag and dog license. But some collars can harm your dog, so choose wisely.

#### S Flat collars

Flat collars are good all-around collars. Pick one that is sturdy and fitted for the correct size and weight. The downside to flat collars is that they can harm a dog's neck if they constantly pull.

#### Harness the comfort

The best choice for most dogs is a harness. Harnesses provide comfort and security particularly for small dogs. Some can also aid in reducing pulling. Below are two options:

#### Front-attach harnesses:

These harnesses allow you to attach a leash under your dog's chin. If they pull, their body turns sidewise. The best ones are well padded with wide straps. Dogs are less likely to get hurt if they suddenly dart out to a



hurt if they suddenly dart out to chase something.

Head turners: If your dog pulls, a head halter might be a good choice. A strap across their nose turns the dog's head toward you if they pull. This is unrewarding for your dog so they stop pulling. Not all dogs like head halters. Also, to prevent injury they must be fitted correctly.

#### **Collars to avoid**

Choke, prong and shock collars all cause discomfort and pain to stop your dog from pulling. They are designed to hurt your dog so they stop pulling. These devices may work, but they damage the trust and bond between you and your dog.



**Pulling dogs need humane training!** Using a harness won't stop dogs who pull hard while walking. Training does. The front-attaching harnesses can help, but the real solution is a good training program based on positive reinforcement.



#### The Two-finger Test:

As puppies grow you must adjust your dog's collar so it doesn't dig into their neck. You should be able to easily slide two Fingers under your dog's collar or harness.



# The 5 Freedoms

Pledge To show how much you love your dog, take the Five Freedoms Pledge!

The **Five Freedoms** are used around the world to ensure all animals in our care get what they need to be happy and healthy. With all you have learned in this dog care guide, you are ready to take the Five Freedoms Pledge!

Don't have a dog of your own right now? You can still pledge to encourage others to provide the Five Freedoms for their pets and farm animals.

To be best of my abilities, I pledge to provide my dog – now or in the future – with the Five Freedoms:

- 1 Freedom from hunger and thirst by giving my dog the correct food and fresh water every day.
- ② Freedom from pain, injury and disease by providing my dog with regular veterinary care and a safe environment.
- 3 Freedom from distress by making sure my dog is never neglected or abused, and does not feel scared, anxious, frustrated or depressed.
- 4) Freedom from discomfort by providing my dog with a comfortable home that is warm, dry, clean and quiet.
- 5 Freedom to express behaviours that promote well-being by giving my dogs the chance to play, explore, groom, eat, drink and rest as they choose.



Tell us you've taken the pledge by writing to the BC SPCA Kids Club at 1245 East 7th Avenue, Vancouver, BC V5T 1R1 or emailing kids@spca. bc.ca. You'll be entered to win 1 of 5 signed copies of What Animals Want: The Five Freedoms in Action, by Jacqueline Pearce.





Get Bark! four times a year, monthly eNews, and a fun Kids Club package with posters and activities when you join! Sign up here: spca.bc.ca/kidsclub.

### BCSPCA

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