

DAIRY COWS



CRAFTS FOR CATS



4-H DOG CLUB

kids speaking for animals Vol. 20 • No. 1

BCSPCA

# Bark!



**YEAR  
OF THE  
RABBIT!**



# High Paws

## KIDS HELPING ANIMALS!



**Shelve** raised money for the Nelson SPCA for her 10th birthday. Thanks to Shelve's thoughtfulness and her party guests' generosity, the shelter received a donation of \$310.50.



**Liz, 11**, hosted a lemonade stand with proceeds going to the Burnaby SPCA. Thanks to Liz's hard work and some thirsty customers, the sale raised \$45 to help care for the animals.



## Letterbox

(letters to the editor)

To the BC SPCA,

How is Kiki? I hope she is happy! I LOVE animals. I hope that all animals find *forever* homes (get it – FUR ever). Anyway I hope you have a good day!  
Love, Ada Lawrence



**Lexi** made and sold bracelets at the Pass Creek Fall Fair, raising funds for the West Kootenay SPCA. She also ran the fair's Dirty Diggers station by donation from riders. In total, Lexi donated an incredible \$508.60 to help animals.



**Luciana** participated in her school's young entrepreneur fair, then chose to donate \$50 from her sales to the Coquitlam SPCA. Pawsome!

Thanks for asking about Kiki! After a stay at the Vancouver SPCA (where she met some amazing BC SPCA summer campers) this lovable bunny found her forever home last year.

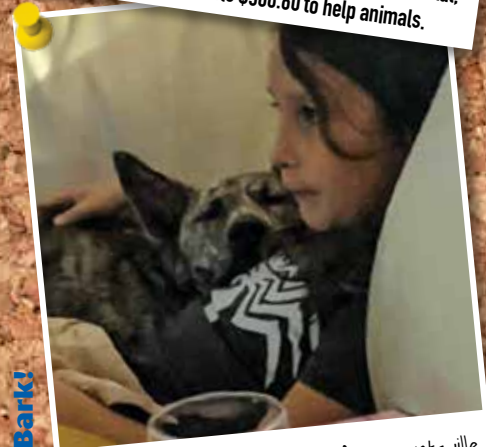
## Pet Pals



Thank you to Evelyn Robertson, 6, from Powell River for sending in this beautiful drawing.



Paris, 10, Jeannie, 10, Sascha, 8, and Cecily, 6, held a pet show in their neighbourhood and donated the money they raised!



Grayson, 10 with Anyong, 2.5, from Lantzville – what a cozy-looking pair of pals!





Sierra visited the West Vancouver SPCA to deliver \$301 from a lemonade stand fundraiser. What a kind thing to do!



The 1st Promontory Sparks took it upon themselves to make toys for the cats at the Chilliwack SPCA. Acts of kindness like this one make a big difference for our furry friends as they await adoption.



Mark and John are longtime supporters of the Kelowna SPCA. For years they have hosted a toonie party for their birthday. Most recently Mark and John turned nine and raised \$50. High Paws!

Turn to page 10 to see how you can make toys - either for your own cats, or to share with furry friends at your local animal shelter!



Let's hear it for Ava, Fiona, Annie, Theo and James! Last summer, this awesome group of kids spent time selling lemonade and painted rocks by donation. They raised \$300 for the Sunshine Coast SPCA.



Emily celebrated her seventh birthday by asking for donations to the Shuswap SPCA instead of presents. This thoughtful request raised \$250 to help care for animals like Fudge the kitten.



Shanali held a bottle drive to benefit the Coquitlam SPCA and raised \$500. That is a LOT of recyclables and a ton of hard work. The animals (and environment) are grateful!



Kaitlyn turned 11 and celebrated by asking for donations to the Vancouver SPCA. The party raised \$220 to help with the care of the animals. Kaitlyn delivered the donation to the shelter along with Nathan and Tyler.



Daxton, Payton and Sierra built their own lemonade stand and sold refreshments to their neighbours! They then donated all of their sale's proceeds to the animals at the Dawson Creek SPCA.



Check this out! Eleven-year-old Luca combined an entrepreneurial spirit with a giving one at his school's young entrepreneur sale. Luca sold 3-D printed fidget rings with 40 per cent of sales going to the Cowichan SPCA.





# 2023 YEAR OF THE RABBIT

According to the Chinese zodiac (Shēngxiào), 2023 is the Year of the Rabbit. The zodiac is based on the lunar calendar with the years rotating through 12 different animals. People born in the Year of the Rabbit are considered to be kind, responsible and skillful, among other personality traits. The BC SPCA hopes that 2023 will also be a great year for rabbits in need of homes!



## Bunny boom

The number of rabbits arriving at the BC SPCA has been increasing – something that has been called a “bunny boom.” Some are taken in after investigations by animal protection officers. Others are surrendered as kits from accidental litters. Whatever the reason, someone is unable to care for them, and BC SPCA staff and volunteers are there to help.

## Why foster?

The ultimate goal is to adopt rabbits into loving, permanent homes. Unfortunately, bunnies’ stays at the shelter can be longer than other animals. To make the wait more comfortable, foster families step – er, **hop** – in give them a temporary home until they are adopted. Here are some ways fostering makes a difference:

- Many rabbits are “**bonded**” in pairs and need to stay together. This can make finding an adopter more challenging. Foster families give bonded bunnies the time they need to find the right home.
- Like black cats, some types of rabbits – such as white bunnies with pink eyes – take longer to be adopted than others. Foster families give these rabbits a comfy place to wait.



- Home life is the good life! Fostering helps young or shy rabbits learn what it’s all about

Big Wig has been in a foster home with volunteers for more than a year but has not yet been adopted.

Why do you think this might be? Write to us at [kids@spca.bc.ca](mailto:kids@spca.bc.ca).

before adoption, and bunnies who were previously neglected get much-needed socialization. Rabbits also tend to show more of their **personalities** in foster homes!

- With many rabbits in foster homes, space is opened up to help more bunnies at SPCA facilities – and the ones in care there get even more attention.
- Fostering can be super fulfilling for people who haven’t been around rabbits before, allowing them learn about a new pet, in a new way.



**Hop to the next page!**

Whether you already have a rabbit or two, or your family is considering fostering or adoption, our rabbit care guide is your go-to for the bunny basics – and then some.

**Bark!** If your family is interested in becoming a foster home for rabbits, email [volunteers@spca.bc.ca](mailto:volunteers@spca.bc.ca) for more information or an application.



# Rabbits

Thinking of adding a rabbit (or two!) to your family? Rabbits are the third most popular furry pet after cats and dogs. But with unique care needs and behaviours, they're definitely not the same as cats or dogs! Before you bring your new companion home, it's important to know what to expect from living with rabbits.

**Rabbits are a long-term commitment.** Are you prepared to feed, clean up after and spend time with your rabbit every day for up to 15 years?

**Rabbits should be a part of your family.** Your rabbit should be kept in an area of your house where people hang out – ideally in a large, enriched enclosure or with free run of an entire room.

**Rabbits behave a lot like wild rabbits.** And two things are very important to wild rabbits: security and companionship.

**Security.** Rabbits are a prey species. In the wild, they either **freeze** on the spot or **RUN** for cover when they're frightened. As pets, they do the same. To feel secure, your rabbit needs a shelter they can retreat to, whether they are in their enclosure or out free in a room.

**Companionship.** In the wild, rabbits live in large groups. They keep watch over each other for predators, eat together and even groom each other. Consider adopting more than one rabbit so they can keep each other company when you're not home.

## **Rabbits have unique personalities!**

Some are shy and will take more time to relax and feel comfortable in your home. But once used to people, rabbits can make fun, affectionate pets.

So remember: **commitment, patience and an appreciation for rabbit behaviour** are important in becoming life-long friends with your new companion.







# Are you ready to hop to it?

It takes dedication and hard work to be a fantastic rabbit guardian! Here are just some of the care and welfare needs of rabbits. The BC SPCA website – [spca.bc.ca](http://spca.bc.ca) – has more rabbit care tips.



**1 + 1 = 144?**

When it comes to rabbits, this math is right on the nose! In just one year, a female rabbit could have as many as 144 baby bunnies! To help prevent pet overpopulation, all BC SPCA rabbits are spayed or neutered. Yours should be too! Spaying and neutering can make litter box training easier and keep your companion healthier.

## What's up, Doc?

Spending time with your rabbit will show you how they normally look and behave. When you notice something unusual – like diarrhea or loss of appetite – you'll know to take them to the veterinarian right away! Rabbits also need vaccines to protect them from disease.



## PLAYTIME!

Rabbits require plenty of exercise to stay happy and healthy – at least four hours each day outside of a cage! You can let your rabbit hop around part or even all of your house. Be sure to “rabbit-proof” your home by covering electrical cords, moving household plants out of reach, and keeping your rabbit safe from other animals. When the weather is nice, you can also take your rabbit outside for some supervised playtime inside a pen.



## Pile on the hay

Grass hay should be the staple of your rabbit's diet. Feed them a variety of grass hays such as Timothy hay, orchard grass and oat hay – as much as they want. Hay helps with digestion. Avoid alfalfa, though. It's too rich for most rabbits.

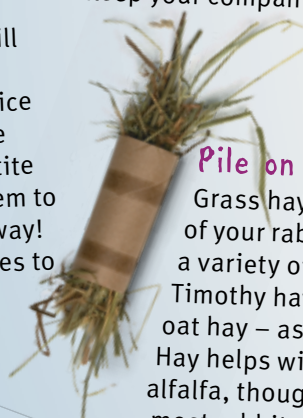


PHOTO: KENDRA GRAHAUER



## Prevent bunny boredom

Keep your rabbit entertained with puzzle feeders and toys such as paper bags and hard plastic baby toys. To wear down your rabbit's constantly growing teeth, give them things to chew on like grass mats and untreated willow or apple tree branches.





## Not just carrots

Rabbits are herbivores, meaning they only eat plants. Feed your rabbit plenty of fresh vegetables every day – especially leafy greens like kale, bok choy, parsley and romaine lettuce. Only feed fruits as a treat and in very small amounts. Your rabbit can also have good quality, high fibre rabbit pellets. Rabbit pellets are a complete, balanced diet. Just don't feed too many or you'll end up with an overweight rabbit.

## Bunny bedding

Habitat bottoms should be solid, not mesh or wire, which can hurt rabbit feet. For bedding, use a thick, clean blanket. Recycled paper bedding or wood shavings such as aspen (not pine or cedar) can also be used. Just watch your rabbit to make sure they aren't eating it.

## Keep your bunny grounded

Most rabbits don't like to be picked up. If you do, always use two hands: one under the hind end and the other around their chest. It may be best to have an adult pick your rabbit up for you. Rabbits have strong back legs and can jump quickly. Not only could you get scratched, your rabbit could be seriously injured. Instead of carrying your rabbit around, try playing with them on the floor, and letting them hop on and off your lap as they like.



## Hare salon

Rabbits are great groomers, so they don't need baths. But they do need brushing – especially long-haired rabbits – to prevent matting. Rabbits need their nails trimmed every four to six weeks by an adult. Cutting nails too short can be painful and cause them to bleed.



## The scoop on litter box training

Rabbits can be trained to use a litter box so they won't make a mess in the house. A large plastic cat litter box works well, as long as your rabbit can fit completely inside. Make sure your rabbit has one in their cage, and at least one to use during playtime. Keep the litter box topped with fresh Timothy hay to encourage your bun to use it. Clean the litter box every other day and the entire cage once a week.

## Some-bunny to LOVE

Rabbits love company. For all those hours people are at work or school, think how happy your rabbit will be having a rabbit friend around! They'll eat, play and sleep together, and groom each other.

## Condos for "cottontails"

Rabbits are best kept indoors as part of your family. Your rabbit's habitat must be big enough to fit food and water bowls, a litter box and a shelter for resting and hiding – while still allowing them to take several hops in a row. The more space, the better!





## BCSPCA Small Animal Care Series

The British Columbia Society for the Prevention of Cruelty to Animals



PHOTO: HOUSE RABBIT SOCIETY

A 4 foot by 4 foot dog exercise pen like this one provides 16 square feet of room and costs about \$130.

A pack of 16 cubes is about \$45 to get 16 square feet. You would need a minimum of three packs to make a secure pen.



Wire storage cubes measure just over 1 foot by 1 foot each and you can connect as many together as you like!

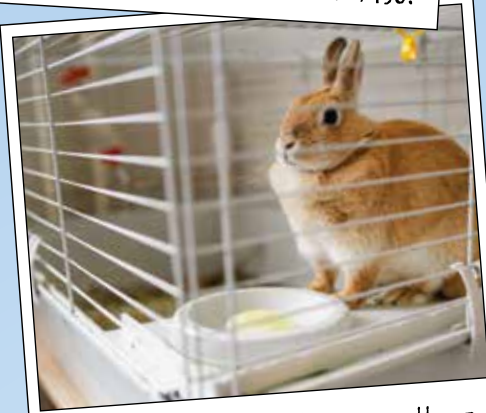
PHOTO: KENDRA GRAHAUER

## What's the deal with pet store cages?

Even though they're sold as complete rabbit "starter kits," most pet store cages are not a deal at all! For what you pay for them, they're way too small to properly house a rabbit. Once outfitted with a litter box, food and water bowls and a shelter, you'll find there's barely any room for your companion!

You can easily make a large habitat from inexpensive materials. Two designs that cost about the same as an "extra large" pet store cage can be made from either a dog exercise pen or wire storage cubes. Either design provides three times the bunny space!

Larger cages give you a lot more room to "decorate" by adding toys and places to perch and hide. Rabbits are more active and playful when they're given extra space. Not only do larger cages keep your rabbit happier and healthier, they also make your job a lot easier because they don't get dirty as quickly!



This pet store cage is too small — around 2 feet by 3 feet (6 square feet) — and costs about \$175.

### The rabbit guardian pledge

As their guardian, you are responsible for your rabbits' health and well-being. You should make sure:

1. **They never go hungry or thirsty;**
2. **They are taken to the vet when they are sick or injured;**
3. **They are not afraid all the time;**
4. **They are comfortable in their surroundings;**
5. **They are free to behave like rabbits!**

For more information on providing these "Five Freedoms," check out [spca.bc.ca](http://spca.bc.ca).

### An a-bun-dance of rabbit resources!

This guide provides basic care information. Please visit [spca.bc.ca](http://spca.bc.ca) for more rabbit care tips. You can also follow your nose to these other great rabbit resources:

**The House Rabbit Society**  
[rabbit.org](http://rabbit.org)

**House Rabbit Handbook: How to Live with an Urban Rabbit**  
By Marinell Harriman

Published by Drollery Press

**Understanding Your Rabbit's Habits**  
By Tamsin Stone  
Published by T-Squared



Make the **BCSPCA** your first adoption option! Visit [spca.bc.ca](http://spca.bc.ca) to view all adoptable rabbits.



# High five for pet ID!

Put up posters. Contact animal shelters. Post on social media. These are all actions that we can take if our pet goes missing. But the best thing to do right now is to make sure they have two forms of identification – a permanent microchip or tattoo AND a collar with an ID tag.

## WHY PERMANENT ID?

### Because a collar can slip off!

A microchip (rice-sized implant under your pet's skin) or tattoo (numbers and letters marked in their ear) stay put. However, they only work if the guardian's contact information is saved somewhere.

This is where the **BC Pet Registry** comes in! Register your pet's ID number with your family's phone number. Then, if the pet is ever lost, any veterinarian or animal shelter can look up the ID number in the database and contact you!

Learn more about the **BC Pet Registry** at [spca.bc.ca/pet-ID](http://spca.bc.ca/pet-ID).



## WHY AN ID TAG?

**Because a microchip isn't enough!** Not everyone who finds a lost pet knows to look for a tattoo or microchip. Unless an animal is brought to a veterinarian or animal shelter, their permanent ID cannot be traced. This is why it is so important for pets to have a tag with a phone number. You can buy an ID tag, or make your own using a few supplies and an oven!



## "BAKED" ID TAG

### Supplies:

- Shrinky Dinks® sheet or clear #6 plastic (such as take-out food containers)
- Permanent markers
- Scissors
- Single-hole punch
- Baking sheet
- Tin foil or parchment paper
- Key ring

### Instructions:

1. Pre-heat the oven to 350 °F.
2. Cut out a piece of plastic in the shape you would like your pet's ID tag to be. Keep in mind that the plastic will shrink to a third of the size!
3. Punch a hole where the top of the tag will be.
4. Decorate your plastic shape with coloured markers. Include your pet's name and your family's phone number. Use large lettering so you can still read it once the plastic has shrunk.
5. Put your tag on tin foil or parchment paper on a baking sheet and place in the oven.
6. Watch through the oven door as the plastic curls up and flattens out again – about 2 to 3 minutes.
7. When the plastic flattens out, remove the baking sheet from the oven with oven mitts.
8. Let the ID tag cool completely, then attach it to a key ring and then to your pet's (quick-release) collar!







# DIY cat toy fun

Cats are famous for their love of lounging – they sleep an average of 16 hours a day! In between their many cat naps, however, our feline friends also love to play.

Daily playtime with your cat is a great way to bond while giving them a chance to get some exercise. Cat toys are readily available at pet supply stores, but you can also make your own with a few simple supplies. Even if you don't have a cat in your family, you and your friends might consider making and donating toys to your local animal shelter!



## Magic wand toy

A homemade fleece wand toy can magically bust boredom by triggering your cat's natural instinct to stalk and pounce. All you need is some **fleece fabric** and a **chopstick** – and two easy steps:

1. Cut the fleece into strips.
2. Tie or hot glue the strips to the chopstick.

Voila! An instant, irresistible cat toy! Now you can make playtime magic. Hold the chopstick and dangle the fleece strips in front of your cat. When they lunge for the toy, pull it away. Then let them lunge again. This game of keep-away can keep your cat entertained for a long time. Just remember to let them "win" occasionally to keep them from becoming frustrated and bored with the game!

## Surprise treat toy

This toy is super simple (but effective!), using materials you already have: an **empty toilet paper roll**, **scissors** and your cat's favourite **treats** or dry food.

1. Cut a toilet paper roll in five equal rings. (Mark with pencil first if you like!)
2. Insert one ring into a second ring to form a "t." Continue inserting all the rings until you've formed a ball.

3. Push treats inside for your cat to find.

Food puzzles help cats engage in their natural instinct to find food. Batting the toy around the room not only helps your cat physically, but mentally as well! Coaxing the treats out of the ball is a rewarding challenge for them – and fun for you to watch and engage in, too.







## MAKE THE BURGER SWAP TO FIGHT CLIMATE CHANGE

It seems climate change is always in the news. From winter blizzards to summer droughts, extreme weather events are becoming more common.

**W**hat causes climate change? The release of too much carbon dioxide and methane gases into the air traps heat around the earth. It is like a greenhouse that traps heat so we can grow tomatoes even in winter. This “greenhouse effect” is changing weather patterns.

Our activities, like burning fossil fuels in cars and using coal to make electricity, are producing greenhouse gases like never before. Yet, people sometimes overlook one of the biggest contributors to global warming: animal agriculture.

Estimates are that between 14 and 17 per cent of all greenhouse-gas emissions come from raising animals for food. The worst contributors of greenhouse gases come from sheep and cattle. Why? It has to do with how cows and sheep digest their food. The grasses they eat ferment in their stomachs, producing methane gas. **Cattle and sheep burp (and fart) methane gas all day and night. Methane gas is the most harmful to global warming – 30 times worse than carbon dioxide gas.**

Raising animals for food has other environmental concerns. **It takes nearly a third of the world's fresh water supply to support animal production.** Plus, about a third of the world's farm land is used just to grow animal feed. There are also concerns of animal waste polluting land, rivers and oceans.

There are huge animal welfare concerns too. In Canada alone, 800 million farmed animals are raised for food every year. That equates to 20 animals per person. **Most farmed animals live in crowded conditions and have a poor quality of life.**

Thankfully, there are actions we can all take to stem global warming. Along with cutting the use of fossil fuels and planting more trees, one simple action is to eat less meat. Switching to more plant-based foods is good for both the planet and animals. **Experts say if everyone were to reduce their meat eating to two burgers a week (or fewer), we can reach world temperature targets set for 2030.** (See the back page of *Bark!* for a delicious plant-based burger recipe.)



**Consider making a family pledge to eat more plant-based meals in 2023. Do the burger swap and fight climate change one bite at a time!**







# *Life's a barn for dairy cows*

Everyone knows that milk comes from cows. Milk is also turned into products such as cheese, butter, ice cream, yogurt and cream cheese. But what do you know about dairy cows? Did you know, for example, there are close to a million dairy cows in Canada? Or that almost all dairy cows spend their **entire lives inside barns, never getting to walk on grass?**

## **Cows are social animals**

Cattle are gentle, friendly animals who prefer to live in social groups – herds. Like you and your friends, cattle form close bonds with some members of their herd. Cows are so social that when left all alone, a cow can get quite distressed. She will vocalize, calling out to other cattle for connection.

## **Milk machines**

Dairy cattle have thin, tall, bony frames while beef cattle are shorter and stockier. Dairy cows have been specially bred to produce large quantities of milk. Fifty years ago a dairy cow produced only a quarter of what a cow does now. Today's cows produce about 45 litres of milk a day – that's 200 glasses. This is much more than they would need to raise a single calf.



## **Life for a dairy cow**

When your grandparents were kids, dairy cows grazed all day on pasture. They would be let out of the barn after morning milking and brought in for a second milking in the evening. They would spend the night in the barn. Today very few dairy farmers let their dairy cows outside, even if the weather is good. Instead, they live their entire lives in barns. Cows are fed a mixture of dry grass hay, dry alfalfa hay, grains as well as corn and grass silage (cured cut grass that is still moist and green). The average dairy farm in B.C. has 120 milking cows.



## Life in the barn

There are two main types of housing systems for dairy cows. In tie-stall barns, each cow is tethered by the neck in their pen. They eat, sleep and are milked all while being tied in their stalls. Cows can't groom properly and have limited social contact with other cows. Cows in these systems tend to have higher rates of lameness. Tie-stall pens are harder to keep clean and this can lead to cows getting infections in their udders, which are very painful. The stress of being tied to their stall makes their quality of life poor. Dairy farms in B.C. don't use the tie-stall system. Animal welfare groups like the BC SPCA are calling for an end to the use of tie-stalls all throughout Canada.



Most B.C. dairy farms use the free-stall system.

A better housing system, which is used in most of B.C., is free-stall barns. The cows eat in individual stalls but rest in a group area where they can walk, socialize and go into bedded stalls to rest. Generally, cows spend six hours a day eating, eight to 10 hours lying down resting and eight hours sleeping. Usually twice a day (sometimes three times) cows move through the milking parlor. Cow quality of life is better when given comfortable bedding like sand, but cows still don't get to graze in fields.

## Welfare issues for dairy cows

Since cows don't get a lot of exercise and have such big, heavy bodies they are prone to foot and leg injuries. These injuries, known as lameness, are a huge welfare issue. In Canada, 35 per cent of dairy cows suffer from lameness. Cows get up and down up to 14 times a day. Injuries occur when they slip on the cement barn floors or from lying on hard surfaces such as concrete or rubber mats. Sometimes these injuries aren't noticed right away, causing cattle pain and discomfort. Straw, sawdust or sand bedding (best) can provide some comfort but not all farmers use bedding. Rubber mats are common because they are easier to keep clean.



Cows get to socialize, graze and explore on certified organic dairy farms.

## A better life for cows

The best operations, such as certified organic farms, meet standards that require that cows get to roam and forage on pasture (weather permitting). Alternatively, they are provided a large covered exercise area. The desire for cows to explore and forage is a strong biological need. Animal welfare research has also shown that cow lameness is reduced when cows have even some time on pasture. It also makes life more interesting for the cows.

After reading this, what system do you think is better from a cow's point of view – tie-stall, free-stall or pasture?



Humane societies want to see an end to tie-stall dairy systems.





# The tricks of happy training

**Miriam** and **Elyssa** of Duncan on Vancouver Island, are two dynamic sisters with a passion for animals – especially dogs. Their family adopted three dogs, Tippy, Fenny and Loki, from the BC SPCA.

**Miriam** and **Elyssa** are also members of their local 4-H dog club, sponsored by Cowichan Canine dog behaviour and training services. Cowichan Canine offers workshops and

training using BC SPCA-accredited AnimalKind methods. This means they use positive reinforcement, such as treats and praise, rather than punishments or fear.

This past year the sisters challenged themselves to teach their dogs basic manners and agility skills using kind methods. *Bark!* sat down with **Miriam** and **Elyssa** to find out more.



**What inspired you to take on the project of teaching your dogs using kind methods?**

**Elyssa:** When I was younger I watched the 4-H dog club at the fall fair and



wanted to join, but had to wait until I was old enough. Cowichan Canine sponsors the dog club, so I joined to learn how to train my dog Fenny to do agility. I also wanted Fenny to enjoy it, so it was important to use kind training methods. Fenny loves it.



**What are some challenges you faced with teaching your dogs?**

**Miriam:** I learned to be patient. At first I felt frustrated, because Tippy had some challenges learning to lay down and would lose focus. So, we taught her to go to her mat first. When she went to her mat, she would lay down. Then we gradually separated the two behaviours, using one



## What is 4-H?

The 4-H Program was started in 1914 to encourage kids in British Columbia to learn about new farming practices. The name “4-H” stands for head, heart, hands and health. In the beginning, club members learned how to grow crops like potatoes and corn. Later they added ways to take care of farm animals like chickens, pigs, cows or horses. The program has expanded to teach crafts, outdoor skills, public speaking and global citizenship, as well as how to take care of pets like rabbits and dogs.





Agility is an obstacle course for dogs. It is a fun way to work with your dog to complete the course in the shortest amount of time with the fewest mistakes. Elyssa is pictured working with her dog Fenny on three different obstacles.



**Is there an achievement that you are particularly proud of?**

**Miriam:** I'm proud of teaching Tippy to walk on a loose leash. At first she wanted to smell everything, but I worked really hard on teaching her to stay by my side. I also graduated early from my foundation program, because I practiced a lot. My dog had fun, too.

**Elyssa:** I won first prize for dog obedience at the Cobble Hill fair this summer.

**What advice can you give other kids who want to learn how to train their dog companions with positive reinforcement?**

**Miriam:** It takes time, and you want to make sure that your dog is having fun.

**Elyssa:** Dogs are happy to do things for a good treat, so use lots of treats. Don't give up. Some days are frustrating, but keep trying. If your dog becomes confused, switch to something your dog finds easier.

*[Note: Don't forget that trainers need training, too. You can join a 4-H dog club in your area, or take a workshop or class. Ask if they are AnimalKind accredited, to be sure they only use kind training methods.]*



Miriam trained Tippy to go to her mat and Tippy would lie down. Tippy then got a treat as a reward.



Eventually, Miriam was able to use just the words "lay down" to teach Tippy to lay down anywhere without the association of her mat. Giving a treat each time was Tippy's reward.



Miriam and Tippy are best buds. They just completed a great time at a Cowichan Canine training session.

cue [signal] for going to her mat and teaching her a different cue for laying down. Then I felt happy, confident and motivated.

**Elyssa:** I learned that if your dog doesn't understand something, be patient and try a different thing that is easier for them. You don't want your dog to practice the wrong behaviour. Use lots of treats. Dogs are very food motivated!

**What are some highlights of training your dogs?**

**Elyssa:** Fenny loved agility. He had so much fun and was naturally good at it. So, I had fun teaching him. The process of teaching Fenny was gradual. It takes practice. Fenny loved the teeter-totter obstacle. He was really confident and quick to learn, so then he wanted to learn more.

**Miriam:** Tippy had really good control with some of the behaviours I was teaching her and is very food motivated, so she learned quickly too.



## AnimalKind dog trainers

AnimalKind is a BC SPCA program that accredits dog trainers who only use kind, positive reinforcement methods. AnimalKind trainers, like Cowichan Canine, must follow the BC SPCA's science-based, animal-friendly standards. Learn more at [AnimalKind.ca](https://www.animalkind.ca).



# Plant-Based Possibilities



On page 11 we explored plant-based cooking and its benefits for animals, humans and the environment. Take a step down the plant-based path with this tasty veggie burger recipe!

## INGREDIENTS:

- 2 cups no-salt-added canned black beans, drained (save the liquid in a small bowl)
- 1 medium onion, cut into quarters
- ½ cup quick-cook rolled oats
- 1 tbsp. lime juice
- 2 tsp. chili powder
- Salt and pepper to taste
- Your favourite burger buns and toppings

Make sure you ask for an adult's permission and help before you get cooking.



## STEPS:

1. In a food processor, combine black beans, onion, rolled oats, lime juice and chili powder. Cover and pulse until the ingredients are chunky and mixed (not puréed). If your mixture is dry or isn't sticking together, add in a little bit of liquid from the black beans. The mixture should be moist but not wet. Season with salt and pepper.
2. With wet hands, shape mixture into burger patties. Chill patties for at least 20 minutes.
3. In a non-stick pan, cook burgers over medium-high heat for 8 to 10 minutes or until your burgers are lightly browned and cooked through. Flip burgers once while cooking.
4. Build your burgers with your favourite buns and toppings! From **lettuce**, to **tomatoes**, to **kimchi**, to **grilled pineapple**, the possibilities are endless! You can even find plant-based mayonnaise and cheeses at many grocery stores.

Recipe courtesy of [forksoverknives.com](http://forksoverknives.com)



**If you're not already a BC SPCA Kids Club member, what are you waiting for?**

The Kids Club unites youth like YOU who **LOVE ANIMALS**. You'll get **Bark!** magazine delivered to your door four times a year, plus other **awesome membership perks**.



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## BCSPCA

Some-bunny who cares about animals wrote **Bark!**:

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