KINDNESS FOR ALL () CAT WALKS () ANIMAL LIVE CAMS

BCSPCA

kids speaking for animals Vol. 18 . No. 2

THE MIRACULOUS MONARCH MIGRATION





Marina visited the Abbotsford SPCA to donate \$500 that she raised by holding a bottle drive in her neighbourhood. Not only has Marina's kindness made a big difference in the lives of many animals, she also made a big difference for the environment! When a member of the public learned about Marina's efforts, she was so inspired that she donated \$1,000 to further help the animals of the BC SPCA. Talk about a ripple effect of kindness!



Ten-year-olds Eleanor and Quinn created a company with a mission — to help animals! Through their company. Eleanor & Quinn Sticker Co.. these talented entrepreneurs have raised more than \$1.000 which they donated to the Vancouver SPCA. What's more, they produce newsletters for their family and friends with inspiring ideas on how to make a difference. What an awesome way to spread the kindness!



For the sixth year in a row, Jeevan and Naveed stopped by the Shuswap SPCA to deliver food, treats and toys to bring some holiday cheer to the animals in the shelter. They also included a generous cash donation they raised by drawing portraits of family and friends.

It's (always) cool t ♥ be kind!



Dylan, 11, wanted to make a difference in his community, so he organized a pet supply and donation drive in support of the BC SPCA's Charlie's Food Bank program. With the support of his Scouting community, family and friends, Dylan collected a mountain of much-needed pet supplies, plus more than \$100 in cash.



High Paws to Kelsey and Charlaine! The pair collected more than 50 towels and blankets and donated them at the Richmond SPCA.



Alexa and JJ visited the Surrey SPCA to deliver their generous donation of pet food, in support of the BC SPCA's pet food bank program



Ryder and Hunter delivered pet food and treats to the Parksville–Qualicum SPCA in support of their community's pet food bank.

Woo-hoot! BC SPCA kids show us there are many different kinds of #kindacts



BOOMERANG KINDNESS!

(Because kind acts will come back to you.)



Andrew, 11, has a passion for LEGO® and a love for animals. Driven by these two important parts of his life, he founded an initiative called LEGO® for Charity. Andrew collects unwanted LEGO® from sellers and donors, and repurposes it into new sets that can be purchased and enjoyed. Andrew's sister Annora, 14, has taken responsibility for outreach and online management of the initiative, and together their sale proceeds are all donated to help animals in need at the BC SPCA. How *paw*some is that?!



Maiya, Roslyn and Ellie held a painted rock sale. They used the funds they raised to buy food to donate to the pet food bank at the South Peace SPCA!



A single act of kindness, no matter how big or small, can go a long way. May is Be Kind to Animals Month at the BC SPCA. To celebrate, this issue of *Bark!* is packed with ideas to make the world a better place for animals, people and nature.

Kindness for our companions

There are lots of ways we can be kinder to our pet friends. Here are three to get you started:

- 1. ID is key. Getting your cat or dog an identification tag and microchip may save their life. If your dog or cat gets lost, their ID tag will help bring them home. Recently, a lost cat was brought to the Nanaimo SPCA community centre. SPCA staff found an ear tattoo and were able to return the cat, named No-no, to his family. No-no had been missing for three years!
- 2. Donate pet food and supplies. During COVID, many families struggle to afford pet food. The SPCA set up pet food banks all across B.C. Kind people are donating pet food and supplies like dog toys and cat litter. Hmmm... maybe your class could do a pet food drive?
- 3. Who doesn't like toys? Being kind to your pets can be as simple as spending extra time with them. Play fetch or go on extra walks with your dog. You can also make pet toys. If you have cats, make a fleece wand or a treat toy. For small animals, you can make a toilet paper hay bale or a puzzle box. Check out the BC SPCA website at spca.bc.ca/learn-at-home for step-by-step directions.

- Cut the ties. Dispose of singleuse masks properly. Disposable masks contain plastics which pollute the environment. If they get in waterways they harm fish, turtles and shore birds who eat them or become entangled. If you use disposable masks, cut the strings before discarding in the garbage. Better yet, switch to washable masks.
- 2. Be plastic free. Plastic waste is getting out of control. Many cities, for example, are banning plastic grocery bags because they are polluting the planet. You can do your part. Use refillable containers for your lunch and bring washable cutlery instead of throw-away plastic. When you have no choice, be sure to recycle all the plastic, metal and page



recycle all the plastic, metal and paper possible.

3. Walk or bike! Driving less helps reduce pollution that contributes to global warming. More and more kids are walking and biking to school to do their part to be kinder to the planet.





Go WILP with kindness

One of the kindest things we can do for wild animals is to peacefully coexist. Here are three wild ideas to help wildlife:

- 1. Be be^rry nice. Have some frozen berries in your freezer? Donate them to your local wildlife rehabilitation centre. Berries make up important parts of many of their wild patients' diets. By the way, the birds don't mind if they are a little freezer burned.
- Dig deeper. This spring, plant flowers and berry bushes just for wildlife. Choose plants that pollinators such as bees, butterflies and hummingbirds will love.
 Sunflowers, zinnias and yellow coneflowers, just to name a few. Elderberry, hawthorn and chokeberry bushes will attract robins, cedar waxwings, Steller's jays and catbirds.
- 3. *Bird-proof* windows. Help save birds from flying into glass windows by decorating your window with decals. These will help birds see your windows are no-go zones! You can find specially designed decals online at **shop.spca.bc.ca**, or get creative and make your own.



At the BC SPCA, we're all about kindness to animals. But a kinder world means **kindness to EVERYONE**. Every day, we have lots of chances to choose kindness. So...



What will you choose?

Making the kindest choice of action towards others is often as simple as choosing for yourself. Imagine being in each of these situations – whether you've been there before or not. **How would you like to be treated?**

- 1. You're the new kid at school. You don't know anyone and during recess you're sitting alone. Would you like other kids to:
 - A) Ignore you and play like usual until you ask to join.
 - **B)** Approach you, tell you their names, and invite you to hang out.
 - **C)** Make fun of you for sitting alone.
- **2.** You ask your sibling to help film your school project. Would you like them to:
 - A) Roll their eyes then say, "Yeah, sure, I guess so."
 - B) Say they'll help when they're done their homework.
 - C) Slam their bedroom door and tell you to get lost.





- You're riding your bike and you take a bad fall. A neighbour you know is walking nearby. Would you like them to:
 - A) Shout, "You're okay?" across the street, then wave and walk off when you give a slight nod - even though you're crying.
 - B) Come over to see if you're hurt and need help.
 - C) Laugh and say, "Wipe out!" then keep walking.

It's likely you picked all Bs. Chances are, everyone you know would pick all Bs, as well. Use that as your guide on how to treat others. While this may seem obvious, sometimes we still make other choices. If you make a choice you aren't proud of? It's never too late to apologize, and choose the kinder option next time.



There are lots of ways we can all be a little kinder, every day. With each kind choice a single person makes, the world becomes a better place. Take a spin-How many of these kind acts can you check off this week?



of the month and make yourself a "Kitachess Galendard"

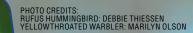
Email your best ideas to us at kids@spca.bc.ca. We may share your kind act in the next issue of Bark!.

Animals on the

ucks, geese and shore birds are well known for their incredible migrations each spring and fall. Millions of snow geese (pictured above) fly along the coast of North America from Mexico to Alaska. There they nest and raise their young. They return in the fall to the warmer climates of Mexico.

Song birds such as swallows, hummingbirds and warblers also migrate thousands of kilometres. Some travel from the northern forests of British Columbia to spend winter in tropical rainforests. They mostly travel at night, when it's cooler, the air is calmer and there are fewer predators. By day, they eat and rest up for the next leg of their journey.

Migrating birds follow two main routes, called flyways. One is along the coast while the other is in eastern B.C. During migration, birds face great risks, including poor weather, dangerous wind turbines and loss of habitat. Play the board game **Flight Risk** (next pages) to see the kinds of obstacles migratory birds face.





Many land mammals follow the seasons

Did you know land animals such as caribou, elk and even some bats also migrate? They don't travel the same distances as birds, yet each spring they follow the budding plants and grasses as they head north.

Do insects migrate?

Surprisingly, yes! Some species of dragonflies, beetles, aphids, moths and butterflies migrate. Monarch butterflies are famous for their incredible migration.

Each spring, millions

of monarch butterflies begin an epic 4,500 km journey from Mexico north into the United States and Canada. It takes several generations for monarchs to complete the trip north. But they make the journey back to Mexico in one generation! Monarchs use an internal "solar compass" and a "clock" in their antennae to find their way back. Watch the video The Mystery of the World's Greatest Butterfly Migration to learn how they do it (visit PBS.org and search monarchs).

Unfortunately, monarch numbers are in a steep decline. Why? Mostly it is from habitat loss, or more precisely, the loss of the milkweed plant. Monarchs feed and lay their eggs only on this plant. Droughts, fires, pesticide use and human development add to the monarchs' challenge for survival.





Marine animals migrate

Humpback, orca and gray whales all migrate up and down the coast of North America. In spring, about 20,000 gray whales travel along B.C.'s coast heading north to their summer feeding grounds in the Bering Sea near Alaska. Seals and sea lions also migrate up and down the coast. Leatherback turtles migrate an amazing 18,000 km, crossing both the Atlantic and Pacific Oceans.



Tracking birds, butterflies and bison

How do we know so much about migrating animals, including monarchs? Volunteers. Ordinary citizens, like you, are recording their observations using apps like **iNaturalist**. It's called **citizen science**. It's a way for scientists to collect millions of observations of plants and



animals. The data helps scientists protect natural habitats for species like the monarch butterfly.



Download (with your parents' permission) the **iNaturalist** app on your phone. Take pictures of the animals and plants you see. Your observations are automatically added to the pool of data. Go to **iNaturalist.org** to see data collection projects you can join.

Plant a butterfly garden

Yon can help monarchs and other butterflies by planting a butterfly garden in your yard or patio planter. You'll be helping other important pollinators too, such as bees, moths and beetles. Try to include milkweed plants in case a monarch butterfly comes to your backyard!



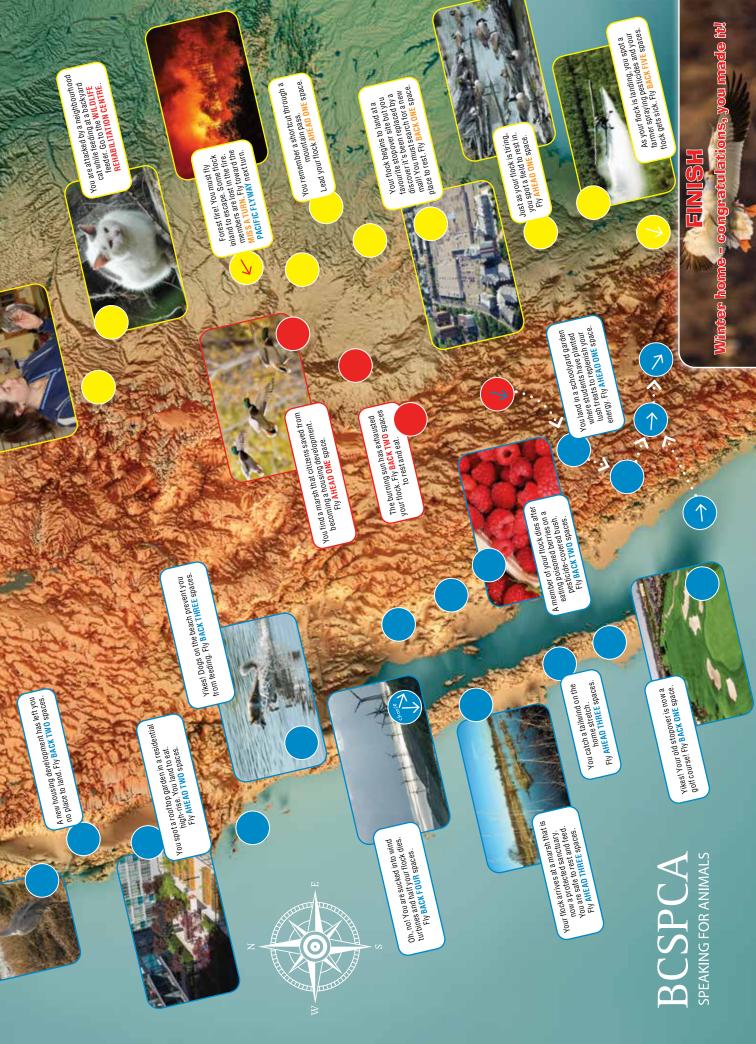


Migration videos and websites

The **Journey North** website tracks all kinds of animal migrations, including the monarch butterfly. Visit **journeynorth.org/monarchs**.

The video Animal Migration: Move It! shows lots of different animals who migrate: youtube.com/ watch?v=BNEKNgOUCol.





F PPD So THQUGHT

Animals are closely connected to the food we eat. Meat, eggs and dairy products like milk and cheese all come from animals. But did you know that reducing the amount of animal products we eat can make a big difference for animals and the planet?

Climate Considerations

More than 80 billion farm animals are raised for food each year. The world produces three times the quantity of meat now as it did when your grandparents were your age. As a result, the food animal business has a big impact on the environment.

Cattle, for example, produce greenhouse gases that add to global warming. Just imagine those billions of cows burping and farting methane gas all day and night! Food animals also drink lots of fresh water, affecting supply around the world. Rainforests are being cleared to grow animal feed and for cattle pasture land. Also, the waste from animal farms is causing pollution of rivers, lakes and oceans in some areas.

Now here's something to chew on. When we eat fewer animal products, it results in less demand for these foods. Plus, if every North American went meatless just one day a week for year, about 1.4 billion animals would be spared. In the long run, this will help take a serious bite out of global warming.





You've probably noticed many fast-food restaurants now offer "plant-based" burgers – the Beyond Burger and the Impossible Burger, to name just two. These are made with vegetables and grains instead of meat. Plant-based

cooking puts the emphasis on foods that do not come from animals.



ATION: SCOT RITCHIE

For many families, plant-based cooking has always been on the menu. For others, it's new, but there are now lots of non-animal substitutes available at local grocery stores, to help make animal-free cooking easy. Examples of meatless meats include veggie ground round, no-meatballs, chick'n tenders and fishless filets. There are also many alternatives to cows' milk, including milks made from soy, oat, coconut, almond, rice and cashew. Not only that, check the aisles for dairy-free cheeses, yoghurts, sour creams and even eggless eggs!

etCooking Plant-based products like "veggie meats" can be

tasty and convenient, but you can also make your own healthy and delicious plant-based meals.



Stither 18 to the point young If you're new to plant-based cooking, it can help to pick a meal you're used to and think of ways to replace the animal products. For example, use beans, chickpeas or tofu instead of meat.

Here are a few ideas, but you can make a meatless version of almost any meal.

O Homemade pizza topped with your favourite veggies and "meaty" mushrooms or smoked tofu. Or, get really colourful with a "rainbow" pizza by adding a variety of different coloured vegetable toppings. You can even try veggie pepperoni.



- Pasta combined with steamed broccoli, green peas and pesto.
- Black bean and sweet potato quesadillas with guacamole and salsa.

Summy Lentil Bites

Instead of chicken nuggets or meatballs, try these lentil bites, which are tasty and easy to make.

Ingredients:

- 2 cups cooked lentils (or canned, well-rinsed) 1 ½ cups cooked brown rice
 - 1/2 cup onion, chopped 2 tbsp tamari (or soy sauce)

 - ½ tsp ground sage
 - Dash of ground pepper

Steps:

Preheat oven to 350F. Line a baking sheet with parchment paper. Using a blender or food processor, blend all ingredients together so the mixture is thick enough to shape into nuggets. Place the nuggets or small patties on a parchment-lined baking sheet. Bake in oven for 30 minutes, taking out to flip halfway through (larger patties may take longer). Let cool then serve up your way!

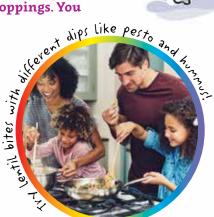
*Version of recipe published by Choices Markets

Serving ideas:

- Dish up lentil bites with coleslaw, oven fries and ketchup.
- Stuff them in a pita with veggies and tzatziki or ranch.
- Make bigger patties and turn them into veggie burgers.







olppol

EXPLORES

AN ONLINE WINDOW INTO THE LIVES OF ANIMALS

You don't need a zoo to see elephants in action. Check out explore.org's African Wildlife livestreams to see these animals and more expressing real, natural behaviours, day and night.

ant to know what elephants in South Africa are up to right this minute? Wish you could watch some precious puppies or sweet senior dogs – anytime? Now you can!

With views on land, underwater and up high in the sky, explore.org is home to the world's largest nature live cam network. You can see wild, farm and domestic animals as they go about their lives in natural habitats, sanctuaries and rescues.

Do your own exploration to find a favourite feed, or check out one of our top choices:

OrcaLab

Bark!

See stellar sea lions on the shores of Hanson Island, British Columbia, and glimpse orcas and humpback whales as they travel B.C.'s Inside Passage. OrcaLab is a land-based research station where scientists learn about whales through hydrophones that detect underwater soundwaves, as well as visual observations from a distance.



Did you know that the BC SPCA Wild ARC has a Critter Cam? See rotating views of wild patients as they are prepared for release back to the wild: spca.bc.ca/crittercam.

M. J. Market and Stranger and Str





Farm Sanctuary

Check out the animals at Farm Sanctuary as they eat, play and rest. Flip between barns and pastures, each offering a different view of life on the farm. Sheep, turkeys, pigs, cattle, alpacas and more all live at this sprawling, tranquil haven in Watkins Glen, New York.

Kitten Rescue

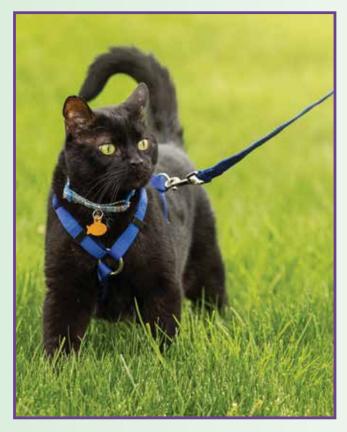
Those little paws! Those noses! Make sure you've finished your homework and chores before you view a feed from Kitten Rescue in Los Angeles, California. From playful pouncing to *snoozing* together in a big, fluffy pile, this footage is so adorable you may not want to leave. You could even catch a volunteer feeding, weighing or chatting with the kittens!



" And and they were the more mark

Feline Freedoms

What does it take to keep our cat companions happy, healthy and *feline* fine? The Five Freedoms are the place to start!



Take a walk ... with your cat!

Some cats enjoy walks with a harness and leash, like we do with dogs. This allows them to experience the sights, smells, textures and sounds of the outdoors – **safely!**

Getting your cat comfortable with walks may take some patience. Also, practise indoors before going outside. Check out the **BC SPCA's YouTube video** to learn how to put a harness on your cat: **youtu.be/mNGoopkEJJA**.

Start your outside walk in a quiet place away from cars, dogs and other distractions. Watch your cat's body language closely. If she looks scared, with her ears **back and crouched low**, it's time to head back in. If she is relaxed and exploring, enjoy your outside time together.

Keep in mind not all cats enjoy walking on a leash. It depends on your cat's individual personality. Never force your cat to walk on a leash. **There are other ways to provide your cat with fun times inside or in an enclosed outdoor area – a "catio."**

Remember ID! Before your cat goes outside, it is important to make sure she has proper identification, including a microchip, plus an ID tag on her collar.





- 1. Freedom from hunger and thirst
- 2. Freedom from pain, injury and disease
- 3. Freedom from distress

utdoor cats face

lots of hazards

like traffic and

predators, including neighbourhood cats and

dogs. They are also at

Still, caring for an indoor cat has its own challenges. Indoor cats still need to be active. We can achieve this by giving cats opportunities

express natural behaviours – **freedom five**. This includes

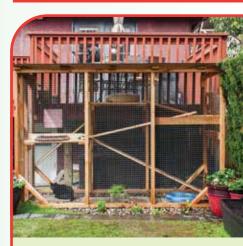
exploring.

things like scratching, climbing, pouncing and

risk for getting diseases

and parasites, like fleas, ticks and worms. Plus, outdoor cats often prey on defenceless birds and other small animals.

- **4.** Freedom from discomfort
- 5. Freedom to express behaviours that promote well-being



Check out the BC SPCA's Pinterest account for some catio design inspiration: pinterest.ca/ bcspca/catio-inspiration.

Cool Catios!

"Catios" are patios for cats. Here cats can safely jump, perch, hide and explore outside. They can include many different forms of **enrichment**, like **ramps**, **shelves**, **hiding spots**, **hammocks**, **scratching posts** and **grassy patches**.

Let your imagination run wild and take the Mini Catio Design Challenge!

Make a **diorama** or **sketch** out your idea for the **ultimate catio**, and send it (or a photo) to us at **kids@spca.bc.ca**, or mail it to **1245 East 7th Avenue**, **Vancouver, B.C. V5T 1R1.** We may include your design in a future issue of *Bark!*



>> If you're not already a BC SPCA Kids Club member, join today! You'll receive a Bark! magazine subscription, posters, a fun welcome package and e-Kids Mews!letter.

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BCCSPCCA ())))))))))))))))))))))))))))))))))))	Who migrated with positivity and kinder Bark! • KIDS SPEAKING FOR ANIMALS SPRING 2021 / VOLUME 18, NUMBE ART DIRECTOR Laurel Ettinger / BC SPCA CONTRIBUTING EDITORS Pamela Gillian Ickert Plett, Craig Naherniak / COVER PHOTO YHELMAN/ISTOCI CONTRIBUTING ILLUSTRATOR Scot Ritchie / ELECTRONIC IMAGING Mandy PRINT PRODUCTION MANAGER Landon Spenrath Bark! is published for the BC SPCA by Canada Wide Media Limited, 230 – 4321 Still Creek Drive, Bur Telephone 604.299.7311. We welcome your comments on Bark! magazine. Please write to us. Send undeliverable copies to: BC SPCA, 1245 East 7th Avenue, Vancouver, BC VST 1R1, or e-mail: kids@ Telephone: 604.681.7271. No part of this magazine may be reproduced without written permission To receive a copy of Bark! call 604.681.7271. Canadian Publications Mail Product Sales Agreement Printed on recycled paper.	ER 2 Bean, K Lau naby, BC, V5C 6S7. change-of-address noti spca.bc.ca. Web site: sp of the publisher.	oca.bc.ca/youth.

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