

Ms. Wilson's class at Summit Elementary took part in a pop-up museum project while raising money for various charities. Each student chose a different topic to research and present on, such as one project on the history of dogs becoming pets. The class set up the exhibit in their school gym for fellow students and families, along with filming it to be viewed in virtual reality. A video about the project was even screened at the Kamloops Film Festival. Thanks to their efforts, these kind, creative kids raised \$172 for the Kamloops SPCA.

CLEAN CAGE

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ANIMALS

Letterbox (letters to the editor)

Dear BC SPCA,

igh Par

Thank you so much for including my picture in the next Bark! magazine. At home I have three adorable "ratties," Kiki, Miki and Riki. They are all girls! What pets do you have?

Sincerely, Marfa Alikova, 10, Richmond

Thanks For this amazing drawing, Marfa! At the Kids Club, we have DONATE HONGLOR SUPPLIES TO BESPEA dogs, cats and guinea pigs. We love them all!

Party alie and alie

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73/4865



Josh is a big animal lover who has attended BC SPCA summer camp in the past. Through the pandemic he has continued to think of the shelter animals.

He still remembers the names of all the animals he met at camp! Plus, he has donated his birthday money toward the care of even more furry friends, like Tarot the mouse, who he met during a recent visit to the Surrey SPCA.



CHAMPION because ...

RAISED \$105" FOR THE ANIMALS!

HAMPIONS

By combining her birthday money with donations from family, Ashley was able to collect \$105 for the Tri-Cities SPCA. What a thoughtful gift!

Check out this cozy way to help animals! Students in grades 1, 2 and 3 at Westside Montessori Academy made a quilt, then sold raffle tickets as a fundraiser for the BC SPCA. They made one lucky raffle winner very happy – and raised \$744!

AD CA Write to us! Send artwork, tell us a joke, share your kind acts - we can't wait to hear from you! BC SPCA Kids Club, 1245 East 7th Avenue, Vancouver, BC V5T 1R1 or kids@spca.bc.ca.



Wildlife hero Isla donated \$100 in birthday money to help care for patients at BC SPCA Wild ARC near Victoria. Thank you, Isla, for your support!

CHAMPION 1 am a because ...

Saving up paid off fo<mark>r Ryan, Clark</mark> and animals at the Vancouver SPCA. Together these awesome kids stashed away \$52 in allowance money, then donated it all to the shelter. Office pup Biggie joined for a photo to celebrate this great act of kindness.

Here's a sweet idea. Kaylie baked cinnamon buns with her dad and sold them to raise money for the Maple Ridge SPCA. She also dropped off some much needed items to help care for the animals. Now that's EXTRA sweet!

MY ACT OF KINDNESS IS ...



Oriana, 9. from North Saanich celebrated animals through her art. This beautiful pig painting was inspired by the cover of an issue of Bark! magazine that Oriana received with her Kids Club welcome package.



Five-year-old Ari's birthday celebration included bringing pet food donations for the food bank to the Burnaby SPCA. Ari also participated in BC SPCA Treat Week last year!





Why stop by the animal shelter? Why not?! Ava and Oliver visited the West Vancouver SPCA "just because" they wanted to spread some joy and make a donation to help the animals. That's a great reason!



Ms. Zettergreen's grade 5/6 class at Kamloops School of the Arts spent a whole month learning about animal health and welfare! Then, they raised money and collected items including toys and a crate for the Kamloops SPCA.

Friends Ellie, Sophie, Katija and Kinley drew pictures of animals to sell to their grade 4 and 5 classmates. On behalf of the group, Ellie delivered their donation of \$67.55 to the Campbell River SPCA and gave Kit the cat some cuddles for everyone, too.

For his birthday, Rylan decided to collect donations to help animals in need. Thanks to Rylan's thoughtfulness and his friends' generosity, he was able to make a wonderful donation of \$32.60 to the Kamloops SPCA.

lyla celebrated her birthday by collecting donations for animals in need. She raised \$26 for the Nanaimo SPCA.

CSPCA

High Paws to Iyla!



What exactly is a dog agility course?

Agility courses are set up in a yard, park or even a gym. Courses typically have tunnels, weave poles, teeter-totters, various jumps, tire hoops, A-frame ladders, ramps and a "pause" mat or table.

DOG FUN AND GAMES! Dog agility is an obstacle course

game you can play with your dog. Agility is a fun way to satisfy your dog's desire to think and play. Plus, your pooch gets great exercise and you become closer pals.

set up your own dog agility course

You don't need every obstacle to have fun. Try making your own simple, short course. Start with a jump, a tunnel and maybe some weave poles. Space the items in a circular route.

While you know it's an agility course, your dog has no clue what you are planning with all the "yard art." Walk her through the course so she gets familiar with the obstacles.



Know your dog's abilities

Your course should be appropriate to your dog's size and abilities. A short-legged corgi can't jump very high, nor can a dog with back issues weave through poles. Also, old dogs and young puppies shouldn't be doing obstacle courses because they could get injured. Dogs should be about a year old before doing agility.

Tips on guiding your dog

Treats are a good way to teach your do<mark>g how to do the obstacles. Start by using</mark> a tasty treat (maybe a tiny piece of hot dog or cheese) to lure your dog through a tunnel, between weave poles or over a jump.

Lead with a treat. Point and say "through" when you want her to go through a tunnel. Give the treat at the tunnel exit. Practise again and again.

Try a hoop jump. As your dog jumps through, say "hoop." Then give the treat. In time, your dog will learn to leap through when she just hears "hoop." Eventually you may be able to just point, and your dog will know what to do.



Dog tips and rules

- I. Be super patient with your dog.
- No yelling, scolding or forcing your pooch. Agility should be fun for you *and* your dog.
- Keep in mind, not all dogs like to do obstacle courses. That's okay. Play fetch or go on a dog walk instead.
- Keep agility training sessions short 10-15 minutes – then take a break.
- 5. Before doing any training, make sure your dog has had a bathroom break. Can't learn when you gotta go!





The sport of dog agility

Did you know that dog agility is also a competitive sport? In agility trials, dogs and their handlers compete to see who can complete the obstacle course the fastest and

with the fewest mistakes. There are competitions for both adults and youth. Search "dog agility competitions" online for more info.



Make your own obstacles

Official dog agility equipment can be expensive. But you can make an obstacle course out of some common household items.



- Easy **jumps** are made with a broom handle balanced on some blocks.
- For weave poles you can use pylons or wooden stakes pressed into the ground. Check out this YouTube video on how to use pylons with your dog: youtube.com/watch?v=6Y13bi3PG9I. You will see how voice and hand signals help direct the dog.
- Try using a **hula hoop** or an old tire for your dog to jump through.
- **Tunnels** can be made with a blanket and chairs or play tunnels made of fabric.



• Make a **tester-tottor** with a board over a plastic pipe.

Online, search "making dog agility equipment" for lots of other ideas.



Help protect elephants and great apes

ave you ever seen an elephant or chimpanzee in a zoo? We can all agree they're amazing animals.

Yet, many people think that life for elephants and chimpanzees in zoos is really no life at all. Why? Because their true needs can't be met in captivity. This is why a proposed new law – the Jane Goodall Act – would make it illegal to keep elephants and chimpanzees in captivity in Canada.

Elephant needs are vast

Elephants are one of the most intelligent, social animals on the planet. They have the largest brain among land animals – three times larger than the human brain.

In the wild, elephants live in large family groups – up to a 100 animals. Elephants need space – lots of space. Wild elephants travel great distances to forage for food, play and explore. They walk 25 kilometres a day on average.

Elephants also form tight social bonds like we do with our families. They have a huge extended family, and when danger is present, they look out for one another. The whole herd also plays a role in helping to raise and teach the

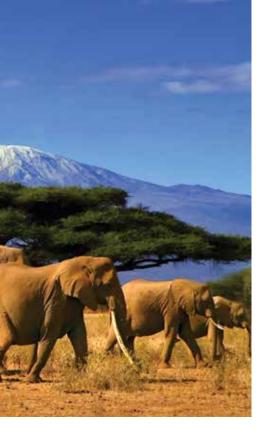


young elephants. Elephants display complex traits such as **using tools** and **displaying grief** when a herd member dies. They are great problem solvers, can understand human body language and show empathy for other elephants if they are sad or distressed. **They also have extraordinary memories**.



In zoos, elephants are usually kept alone or with just a few individuals. Although many zookeepers try, they can't meet the elephants' emotional and social needs. There just isn't the space elephants need for their natural behaviours. Also, the climate in Canada means that zoo elephants must be kept in even smaller indoor enclosures in winter.

Frustrated and bored zoo elephants display repetitive behaviours like circling, pacing, swaying and weaving. These behaviours serve no purposeful function and are called stereotypies [stare-e-o-tip-ees]. These elephants are alive, but have a poor quality of life.



Time for change

If passed, **Bill S-218 – the Jane Goodall Act –** would make it illegal to keep elephants and great apes in zoos or private collections. The new law would also ban the importation of elephant ivory and hunting trophies like lion and tiger heads into Canada.

Take action to help!

Learn more. Find out more about elephants and great apes by searching online.



This orangutan has nothing to do all day but wait to be fed. Bored zoo animals' eyes get glassy as they stare off into space.

Pass on zoos. You can speak for zoo animals by **not visiting attractions** where animals are on display just for our entertainment.

Send a letter. Make your voice heard by writing to the Canadian Senate



JO-ANNE MCARTHUR / WE ANIMALS MEDIA

The great apes are smart like us

There are four species of great apes including **chimpanzees**, **orangutans**, **gorillas** and **bonobos**. Like elephants, great apes are among the smartest and most socially complex land animals. They are also our closest living relatives.

Even though they look entirely different than us, we share 98 per cent of our DNA (genetic makeup). They have a rich culture and complex emotions just like us. They care about family members and help each other. They laugh and play. They communicate with one another much like humans do – by hugging, touching hands, kissing and tickling each other. They also use tools and solve problems other animals can't. In fact, chimpanzees use more tools for more purposes than any other creatures except humans. urging them to pass Bill S-218. Explain why keeping animals like elephants and great apes in zoos concerns you. Tell them you hope they will vote in favour of the Jane Goodall Act. You can find a list of senators at **sencanada.ca**/ **en/senators/#**. You can also send a message directly to **Senator George Furey**, the Speaker of the Senate, at **george.furey@sen. parl.gc.ca**.

Why is it called the *Jane* Goodall Act?



JO-ANNE MCARTHUR / WE ANIMALS MEDIA

Dr. Jane Goodall is a world famous primatologist who has dedicated her life to studying chimpanzees. She also campaigns for the protection of chimpanzees and other wild animals. She is best known for her 60-year study of the social and family interactions of wild chimpanzees in the Gombe nature reserve in Tanzania, Africa. Today, at 87 years old, Jane still works tirelessly to help animals. The Jane Goodall Act is named in her honour.

Bark!

Friends, freedom, food Enrichment for farm animals

A good life for our cats and dogs means more than putting down food and water bowls and offering a comfy place to sleep. We also provide them with different activities, toys and space to exercise and play. All of these things enrich our pets' lives. Farm animals have these same needs.

Enrichment is about improving the quality of an animal's environment. Unfortunately, most farm animals receive little or no enrichment. This results in animals who are bored, frustrated and stressed. Yet there are some simple ways to encourage natural behaviours to make them happier and healthier.

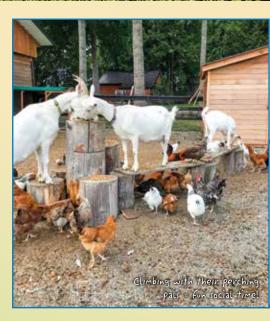
Enrichment at the BC SPCA

For Leiki Salumets, manager of equine and farm animal care at the BC SPCA, providing enrichment is all about "friends, freedom and food" — offered in different ways depending on the species and each animal's unique personality.

When farm animals come into BC SPCA care, for the first couple of weeks the main focus is on providing a safe environment and regular feeding routines. "It feels like you're not doing much, but you need to give them time and space," says Leiki. Adding enrichment comes next. "Each time we try something, we give them time with it and observe," she says. "Some animals may be overwhelmed and fearful of new people, places and enrichment items and activities, while others may be curious and excited and want more."

Gleeful goats

Goats have a strong desire to leap and climb. "We had a goat with arthritis. He couldn't jump up easily, but we were able to give him a lower, wider platform to climb," says Leiki.





Cheerful chickens

For chickens, Leiki explains, usually once medical treatments are done the birds return to their natural behaviours. "They begin running around, hopping up, perching, chatting and wanting to explore." For enrichment, play items are added, like bailing twine. They are also given some veggies to add variety so they have new items to peck at and explore.

Key chicken needs: Places to forage, perch and dust bathe.

Enrichment ideas:

- Sprinkle treats in a pile of leaves or grass clippings. Scatter ground flax on the grass.
- Provide nest boxes with little curtains for extra privacy.
- Build a hiding area in their yard for cover, shade and perching. Cover gives birds a sense of safety and a transition space from inside to outside.
- Fill a kiddie pool with sand to dust bathe.

Playful pigs

"Pigs are all so different," says Leiki. "Some really hate water and mud and getting dirty. Some spend all their time building nests with a huge pile of straw. Others only like blankets and towels. We had a pig that loved oranges. He'd eat the fruit and leave the peel. Others don't like citrus at all."



Important goat needs: Space to explore. Items to climb.

Enrichment ideas:

- Provide stumps, rocks, wooden platforms or other safe items to climb.
- Hang hay feeders and branches for browsing and freedom to move around.
- Give whiffle balls or other goat-safe balls filled with treats that fall out as the goat plays.
- Attach large brushes to posts for back scratching.



Primary pig needs: Ways to root and nest.

Enrichment ideas:

- Hide produce treats throughout the living space or in a kiddie pool with stones, dirt, straw and branches, to root and dig up.
- Provide straw for pigs to make their own nest.
- Add a mud wallow!
- Give them a heavy duty rolling treat ball.





Happy horses

"With horses we do clicker training and scent work with treats," says Leiki. "Often new things are scary for horses and they are not given the opportunity to be curious and explore novel things in a positive way. At the SPCA we help horses relax and feel safe and comfortable."

Main horse needs: Space to move, play and graze.

Enrichment ideas:

- Set up a "trail" with temporary fencing to encourage moving and grazing.
- Provide a soft place to roll around.
- Offer hay balls and treat balls, or a special ball with a handle they can pick up with their mouths.
- Cut holes in a four-litre milk jug, fill with feed and add carrots poking out.



Don't forget friends!

Chickens, goats, pigs and horses are all social animals. If they can't be housed with others of their species, enrichment options include providing a view of each other, putting a mirror safely in the living space or playing "happy" sounds of animals like them.



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Small pets, BIG SUMMER!

ith plenty of fresh grass and dandelions to eat, summer is a great time for your guinea pigs or rabbits to enjoy an outdoor adventure. With some special planning and attention, guinea pigs and rabbits can enjoy safe, supervised outside time. You'll want to avoid bringing smaller pets like gerbils, mice or hamsters outside. They can easily get lost and they will be nearly impossible to find again.

Safe zone

To bring your guinea pig or rabbit outside, you will need to create a safe space for them to explore. Even within a fenced-in yard or patio, it is important to set up a secure exercise pen or enclosure where you can keep a watchful eye.



When choosing an exercise pen, make sure it is tall enough so your animal can't hop out, and sturdy enough that they can't dig underneath. Some types of outdoor or travel pens may have an enclosed bottom. If on a patio, line the play area with a soft blanket.

If you are going out on the lawn, choose a

nice, dry spot with enough shade so your animal can take a break from the sun when they want to. Double check that the grass has not been treated with any fertilizer or chemicals. These could make your pet very sick!



The poop scoop

Your guinea pig or rabbit will love to munch on the fresh grass and dandelions outside. But if these aren't regular parts of their diet, it's best to limit the amount they eat at first. Keep an eye out for soft or liquidy poops, which can be a sign of an upset stomach. As your pet gets used to these new additions to their diet, you can increase the amount of time they spend grazing.





Hideaway

Never leave your guinea pig or rabbit unattended outside, to avoid an unwanted visit from a predator, like birds of prey, coyotes or neighbourhood cats and dogs. Even under your watchful eye, small pets can get spooked by barking dogs, or by other loud, unfamiliar sounds. It is important to provide hideaways like a pigloo or tunnel where they can tuck away and feel safe. Place these hideouts in shady spots within the exercise pen. The summer sun can cause these covered spaces to heat up quickly!

10



B. AIKENHEAD

Temperature check

Yummy snacks

While you're enjoying the outdoors together, keep your pet's body temperature in check. Avoid being out in the top heat of the day, or in the evenings when it's too cool.

Watch for any signs that your small pet is feeling overheated, like panting or shallow breathing, drooling or moving slower than usual. Always provide plenty of fresh, cool water to keep your companion feeling hydrated and refreshed. When it starts feeling cool outside, watch for signs your small pet is too cold, like shivering or curling up to stay warm. Be ready to bring your animal back inside if the temperature isn't right.

Outdoor adventures aren't for all

Your pets will likely love their outdoor field trips. But since every animal has their own unique personality, if being outside is stressful, don't force it! There are many fun ways



to create enriching experiences inside. Check out our small animal care guides to learn more: spca.bc.ca/ for-kids.

Get growing!

Fresh water

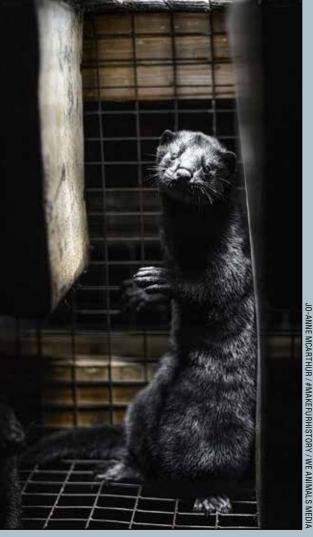
Summer is a great time to plant a garden for your guinea pigs or rabbits. They will love to gobble up greens like kale,

Toys!

mint, cilantro, spinach and carrots. These can make for delicious additions to your family's mealtimes, too!

You don't need a lot of space to get growing - a window box, patio planter or backyard garden all make for wonderful spaces to start planting.

No pets at home? No problem! Contact your local BC SPCA branch, animal shelter or wildlife rehabilitation centre, and find out if you can share the bounty from your garden with their animals.



any people are surprised to learn that mink are raised for their fur in B.C. Mink are kept in huge sheds that are open to the air on the sides. There are 10 mink farms in B.C.

In the wild, mink are solitary animals with large home ranges. But on mink farms, the animals live side-by-side in individual cages or in cages with small family groups. The small wire cages are barren with wire floors.



Mink love water. Yet farmed mink aren't given the opportunity to bathe, swim, burrow or do most other natural behaviours. On some mink farms, they can't even stand up in their cages (which they like to do to stretch and observe their surroundings). Because mink can't

swim, run, stretch or climb they often suffer from frustration, boredom, worry and fear.



To make matters worse, during the COVID-19 pandemic it was discovered that mink are easily infected with the virus. The disease spreads quickly through mink barns causing tremendous suffering. In parts of Europe,



governments shut down the mink industry when COVID swept through. It is also a concern that if COVID-infected mink escape into the wild, other wild animals could catch the disease.

In B.C. there have been three COVID outbreaks on mink farms in the Fraser Valley. The suffering that mink endure in cages is bad enough. When you add the risk of COVID spreading to mink, people and other wildlife, is it time to end mink farming in B.C.?

TAKE ACTION if you're troubled by mink farming:

- 1. Refuse to buy any products made from mink.
- 2. Share with friends and family about the **suffering of mink in B.C.** Learn more at spca.bc.ca/mink.
- 3. Write a letter to the Honourable Lana Popham, B.C. Minister of Agriculture, to voice your concerns (email her at AGR.Minister@gov.bc.ca). For letter writing tips and more mink facts visit spca.bc.ca/mink-letter.

Grieving the death of a pet

For most people, a pet is a best friend, a loyal companion and a member of the family. It is heartbreaking when a beloved pet dies, and it can be very difficult to accept that they are gone. This kind of loss can leave us feeling many different emotions. Some people may feel deep sadness or loneliness. Others may experience feelings of anger or guilt, wondering if there was anything they could have done to stop their pet from dying. Sometimes, the death of a pet can leave a person feeling numb or empty.



Oh, Fin, I'm so sorry! Doc was such a great hamster. He lived a great life with you.



It is very normal to feel a mixture of these emotions and more, as we grieve the death of a pet. And our feelings will likely change from day to day. There may be days when we don't feel so heavy and sad anymore, and other days where we feel the sadness wash over us all over again. With time, we begin to move forward through our feelings of grief. And we can experience joy in the many good memories we have with our pets, even when we still feel sad sometimes.

As we grieve, it can be helpful to talk with a loved one about our feelings, and to ask questions we might have. It can feel good to share stories and memories of a pet together.

There are many ways we can honour the memory of a beloved pet. Holding a funeral or service can be a special opportunity to grieve together with loved ones. It may be comforting to hold on to keepsakes, like our pet's favourite toy or blanket, or a collar. Being creative and writing a poem, drawing pictures or putting together a photo collection can be a meaningful way to honour an animal's memory, and to help us grieve. Planting a tree or making a donation in a pet's name can allow us to see the memory of our pet continuing to make a positive impact in the world.

Let's celebrate Doc's life by making a photo collage. You know, Kat, he really did have a good life.

ILLUSTRATIONS: SCOT RITCHI

animal yoga

Did you know that many yoga poses were inspired by the behaviours of animals? Yoga was developed in ancient India. Today, many people around the world do yoga as a spiritual practice and as physical exercise.*

It helps build strength, flexibility, balance and mindful breathing. It can also be fun!

Try these yoga *asanas* (poses in the Sanskrit language) to get into the minds and bodies of different animals—and to celebrate their unique abilities.



CONTENT COW

Cows in India are considered sacred, and people take good care of them.

For *Bitilasana* (bih-tee-LAHS-ah-na), or **Cow Pose**, start on your hands and knees. Drop your belly as you breathe in and lift your face to look up. Imagine you are a contented, well-fed cow, resting in a pasture of lush green grass, enjoying all of the Five Freedoms of Animal Welfare.

ARCHING CAT

Cats arch their backs during play, when threatened or to stretch after waking from a nap.

For *Marjaryasana* (mar-jar-ee-AHS-ah-na), or **Cat Pose**, start on your hands and knees. Imagine you are a happy cat who has just woken from a nap. Breathe out and arch your back for a good stretch.

Breathe slowly in and out as you alternate between cat and cow poses.

PLAYFUL DOG

Have you ever seen a dog bow down with her head low and her backside in the air? This is a posture dogs take when they are happy and want to play.

> For Adho Mukha Svanasana (AH-doh MOOkah shwah-NAHS-ah-na), or Downward Facing Dog Pose, get onto your hands and knees. Curl your toes under, lift your hips and slowly straighten your legs. (Keep your knees bent if it's not comfortable to straighten your legs when you try this pose.) Keep your head between your arms.



STRIKING COBRA

Like most snakes, cobras like to curl up or stretch out in the sun. Cobras aren't usually aggressive. But if threatened, a king cobra will lift the front part of his body off the ground,

extend the "hood" around his head, show his fangs and hiss!

For *Bhujangasana* (boo-jahn-GAHS-ah-na), or **Cobra Pose**, start flat on your belly with your legs stretched out long. Bend your elbows and place your hands on the ground under your shoulders. Slowly push off your hands and lift your head, chest and shoulders as far as is comfortable. Give a big hiss! Then settle back down to lying flat.





ROARING LION

A lion roars to communicate with other members of the pride – and to warn lions from other prides to stay away. A male lion's roar can reach a remarkable 114 decibels (as loud as a rock concert) and be heard eight kilometres away.

For *Simhasana* (sim-HAHS-ah-na), or **Lion Pose**, kneel down and sit back on your heels. Place your hands on your knees, spreading your fingers, and breathe in. As you breathe out, open your mouth, stretch out your tongue, make your eyes wide and ROAR!

FLOATING BUTTERFLY

Butterflies are incredible flyers! Though slower than other insects, they can still beat their wings 10 times a second. Some butterflies also fly great distances during migration.

For *Baddha Konasana* (BAH-dah cone-AHS-ah-na), or **Butterfly Pose**, sit on the ground. Place the soles of your feet together, letting your knees open to the sides, like wings. Imagine you are a beautiful butterfly. Gently flap your wings by bouncing your knees up and down.



YOGA FOR EVERYBODY

Yoga isn't about doing the poses "perfectly." Every body is different. **We must be kind to ourselves and do what feels right.**

If a pose hurts or does not work for you, never force it. Find a position that works for your body. As you do, you may still imagine being the animal. Use your breath – in through your nose and out through your nose or mouth – to guide your imagination.

What other animals inspire you with their behaviours? Create your own poses or learn about other asanas such as Rabbit, Dolphin and Eagle. Send a photo or write to us about your favourite animal yoga pose at kids@spca.bc.ca. *for parents: The BC SPCA recognizes and respects the deep spiritual and healing practices of traditional yoga. Western society often removes or undermines these important connections. We encourage parents to learn more about the cultural appropriation of yoga and discuss this with family members.



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