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**Newsletter**

**Fall 2018**

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One of our dedicated volunteers hard at work during the 2018 Fringe Festival!

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## *In the News*

Shark finning: Canada close to banning the import of shark fins

<http://www.rcinet.ca/en/2018/10/24/shark-finning-canada-close-to-ban-on-import-of-shark-fins/>

Senate passes bill that would ban whale, dolphin captivity in Canada

<https://www.cbc.ca/news/politics/tasker-whale-dolphin-captivity-canada-senate-bill-1.4876136>

Nearly 30,000 chicks die in N.S. barn fire

<https://www.ctvnews.ca/canada/nearly-30-000-chicks-die-in-n-s-barn-fire-1.4133692>

Nova Scotia bans declawing, ear cropping, de-barking, and tail docking!

<https://www.onegreenplanet.org/news/nova-scotia-bans-declawing-ear-cropping-tail-docking/>

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## *V4A Campaign Updates*

V4A Provides Evidence for CHDC Lawsuit



In 2017 alone, 4846 horses were exported from Canada to Japan for slaughter - many of these were shipped out from the Edmonton International Airport. On September 8th, the Canadian Horse Defense Coalition (CHDC) launched lawsuit against the Canada Food Inspection Agency (CFIA) due to the horrific overcrowding suffered by horses exported for slaughter. Voice For Animals was instrumental in securing photographic and video evidence to support the allegations.

For more on the lawsuit, visit: <https://defendhorsescanada.org/author/chdc1423>

For more information and to view and sign petitions related to the issue visit: <http://www.v4a.org/live-horse-transport>

## Voice for Animals Ad Campaign!

We will soon be launching our very own ad campaign! Please keep your eye out and share on social media when you can!

Lucy Update



Lucy is facing another cold Edmonton winter in her lonely enclosure at the Valley Zoo. Since 2006, we have used every possible angle to get her to a sanctuary, including suing the city of Edmonton to convince them to let her go. As he dismissed our court case in 2009, the judge suggested that a judicial review may be a better approach.

We filed a judicial review in 2016, claiming that the provincial government isn't enforcing the Alberta Zoo Standards regarding Lucy. To our dismay, we got the same judge who again dismissed our case due to "lack of standing".

We feel that the judge was strongly biased in his decision, so we decided to appeal. Our case was heard in the court of appeal in March 2018, and we are still anxiously awaiting their decision. Lucy can't wait much longer.

For more information on Lucy, visit: <http://www.v4a.org/lucy>  
and <https://www.leapforlucy.com>

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*Guest Contribution:*  
***The World is Full of Pre-gans!***  
by Sarah-Jean Krahn



Not sure how to approach pre-vegan friends, family, co-workers, or new acquaintances? Try these steps, based on other activist models.

(1) **INTERVIEW** - discuss topics around food and animals to get a sense of where they currently stand. Then, (2) **NARROW** in on the topic that seems closest to their heart. This could be pets' well-being, the environment, health, worker rights--anything related to veganism. You can explain how veganism provides a solution to the problem. They may not switch overnight, but (3) **VEGANIZING** can transition you into (4) **INFORMING** them about other vegan issues.

Once you've piqued enough interest, you can provide a (5) **TASK** --to try a vegan recipe, to check out a relevant resource, to come along when you volunteer with animals. This will give them a stronger sense of what this is all about, and from there it's your job to (6) **ENCOURAGE**. "How did you like that recipe?"

If they didn't, try again! The **INFORM**, **TASK**, and **ENCOURAGE** stages can be repeated until it all clicks and they're ready to give veganism a try! Once they express their intention, you can delight in having reached the (7) **SUPPORT** stage, where you make yourself fully available to them in their efforts. But the process isn't finished yet. As another vegan's mentor, you should return yet again to **Tasking**, helping them to follow these same steps in reaching out to others by helping them to identify yet another pre-gan they can connect with and begin to **Veganize**.

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## *Fun Stuff To Do!*

Great listening



**PAW & ORDER**

a podcast by



**Animal Justice**

*Leading the legal fight for animal protection*

If you're interested in the legalities of animal welfare in Canada but have a tough time sifting through all the jargon, this podcast is for you! Hosted by Peter Sankoff - author and Professor of Law at the University of Alberta - and Camille Labchuk - animal rights lawyer and Executive Director of Animal Justice - Paw & Order is informative while still being accessible.

Aside from great content, the chemistry between the hosts is another reason to listen in. Peter's wry sense of humour coupled with Camille's geniality bring the right amount of levity to depressing topics, making the podcast enjoyable as well as informative. They also keep things current with various guest contributors, weekly segments to address listener questions, and a great "heroes and zeroes" piece where they choose recent winners and losers in the world of animal welfare.

To access the podcast and find out what you can do to fight for animals in Canada, visit the Animal Justice website: <https://www.animaljustice.ca/> and be sure to check out their #Voiceless4AnimalJustice campaign!

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Great Eating!



According to their website: "Kanu Cafe (pronounced *kuh noo*) is a plant-based restaurant located in downtown Edmonton. Our global menu is inspired by the culinary genius of Matthew Kenney - world-renowned chef, author, and ambassador for what many consider the future of food. Appetizers and entrees include a wide range of both raw and cooked plant-based dishes, cold pressed juices and smoothies, as well as a robust selection of wine, signature cocktails, and Canadian craft beer. "

For more information, visit their website: <https://www.kanucafe.ca/> and Facebook page: <https://www.facebook.com/pg/KANUrestaurant/> and follow them on Instagram: @kanuyeg



According to their website: "At The Green Moustache Organic Café your health is our priority. Our recipes, the ingredients we use, the way we cook our food, are all designed to help you achieve optimal health and vitality, without sacrificing flavour."

For more information and to view the menu, follow them on Facebook: <https://www.facebook.com/GreenMoustacheJasperAve> and Instagram: @greenmoustacheedmonton and check out their website: <https://www.greenmoustache.com/>



Copper Branch just is set to open up a new location on Jasper Ave this fall! Their menu includes a fantastic-looking assortment of power bowls, burgers and sandwiches, with tons of gluten-free options.

To check out the menu and mission statement, visit their website: <https://eatcopperbranch.com/> and stay tuned to their Facebook page (<https://www.facebook.com/CopperBranch/>) and Instagram (@copperbranch) for announcements!

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Great Reading!  
by Sarah-Jean Krahn

NEW YORK TIMES BESTSELLER

# HOW NOT TO DIE

Discover the Foods Scientifically Proven to  
Prevent and Reverse Disease

MICHAEL GREGER, M.D., FACLM  
FOUNDER OF NUTRITIONFACTS.ORG  
with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN:  
WHAT TO EAT TO ADD YEARS TO YOUR LIFE

Historically, when you tell someone you're vegan, the first response has been, "Where do you get your protein?" and other such health concerns. In actuality, whole foods veganism has been proven by science again and again to be the single most life-lengthening, life-giving, life-saving diet there is. While the tiresome evidence levelled at your typical paleo is obvious by now--our teeth are for grinding, we can't properly digest meat and dairy, etc.--you can turn to "How Not to Die" for the most up-to-date compilation of all nutritional science has to say about the health imperative of veganism.

Divided into chapters detailing how whole plant foods can reverse our deadliest diseases, from cancer to diabetes to heart disease, Dr. Michael Greger MD's book is funny and informative. A personal quality radiates throughout as he shares his stories of his quest to bring the real "Nutrition Facts" to the masses after his dying, incapacitated grandmother strode away from Nathan Pritikin's plant-based health centre and flourished for another 31 years. It's readable as much as it is a reference tome teeming with over 100 pages of citations from peer-reviewed medical and nutrition journals.

If you don't have time to read it, or if you want to learn about a certain food or how to best treat a certain disease, the same information is divided into bite-sized videos on Dr. Greger's website, <http://NutritionFacts.org>. One unfortunate downside is his discussion of the Body-Mass Index that may be unpalatable and feel shaming to readers whose doctors can only focus on their weight and not their health as a whole. But remember how I mentioned earlier our good friends who subscribe to the completely scientifically faulty "paleolithic" diet, which is literally a rebranding of the failed "Atkins" diet?

NutritionFacts was just the antidote needed by my partner's acquaintance, who was stabbing in the dark for the science and ended up paleo. He eagerly overdosed on the videos and immediately changed his ways, bringing his partner, newborn baby, and other friends and family members with him. "How Not to Die" is a surefire fix for those friends who are fixated on health, fitness, or science, but just aren't aware of where to find the information. By the way, "How Not to Die" is now required reading in some medical schools. So stay on the cutting edge of medical science and the advancement of animal rights--make Dr. Greger's work part of your daily diet!

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## *Animals in Need*

**Bridget, Violet and Penny  
are looking for their 'forever' homes**



These sweet kitten sisters were born in December 2017, outside in Edmonton. They were trapped in March 2018 and are being socialized. They are coming around VERY nicely and are a fun and active little trio. They tolerate touch, brushing, nail clipping etc. and will need a little extra love, attention and understanding. Bridget is the most socialized so far and purrs when held. They have grown up so far in a bonded family unit with their Mom and Dad and would love to stay together.

All are spayed, microchipped, have been health checked and have had first set of shots.

Adoption through ***Voice for Animals***

Call Karin at **780-554-7721** for more info



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### Ika and Family!



This is the latest little family taken in by the Voice for Animals team. We received a call that a mother cat had given birth underneath a shed and was trying to move her babies to another location. The kittens

are about 2 1/2 weeks old, can barely walk and because the Mom is very small, she was having trouble. The callers scooped up the kittens as there were predators nearby, trapped the Mom and brought the little family to safety. We are again looking for a foster home or if you would like to adopt when the kittens are weaned, please contact us. Mama is feral and her name is Ika. We are contemplating baby names as their personalities emerge.

Adoption through ***Voice for Animals***

Call Karin at **780-554-7721** for more info



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