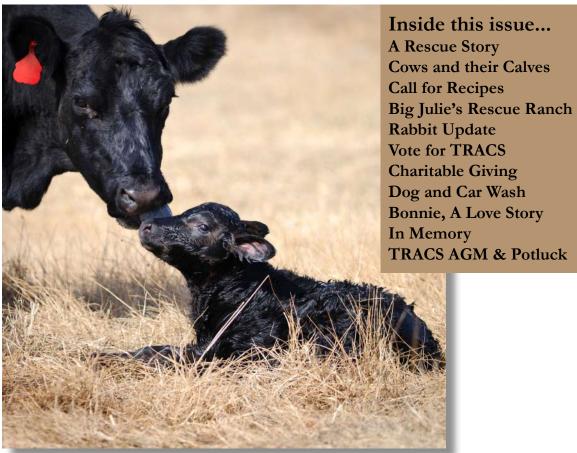
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The Responsible Animal Care Society



President's Message

What It Means to Be an Earthling

On May 6, 2011, at Kelowna's Okanagan College, TRACS did a showing of the powerful film narrated by Joaquin Phoenix, Earthlings. I'd watched the trailer previously and knew that the film would be difficult to view—and it was.

Earthlings covered every imaginable human use of animals, from circus abuses to fur farm brutality, from the transport and cruel slaughter of factory-farmed animals to the mass euthanasia of our beloved dogs and cats. There was no escaping the images of suffering and anguish wreaked upon our fellow Earthlings—primates with electrodes attached to their heads, receiving excruciating shocks in the name of medical research; a fox skinned alive and moving her bleeding head after the fur had been peeled from her body. During that hour and a half, I grieved for the animals who had suffered such torment, and I found myself mentally and spiritually apologizing to them for what my species had put them through.

We'd wished for a bigger audience (about thirty people in a theatre that could hold six times that number—and, truly, this is a film that the mainstream public needs to see). But it was gratifying to realize that many of those who were in attendance expressed a passionate resolve to make a difference. One person stated, "This film has changed my life." Some wondered what could be done to alleviate the suffering now. Others expressed a lack of faith in our legislators, who tend to support industry at any cost and are frequently resistant to change.

My view is that the fight for animal rights will be won not via a single strategy alone, but through a persistent movement beginning with public awareness. Films like Earthlings are impossible to forget. Perhaps many of us know in our hearts that once we have viewed the truth, it is not quite as easy to turn a blind eye and allow cruelty to continue unabated. Appalled by what we witness, we tell one person and then another. We search for legal avenues to find justice; we lobby our politicians for changes to animal cruelty legislation. A prime example is the gruesome story of inhumanity that achieved world-wide headlines—100 sled dogs executed last spring in Whistler, B.C., and dumped into a mass grave. Subsequently, legislation was introduced to toughen up the province's animal cruelty statutes. B.C.'s Ministry of Natural Resource Operations is also reviewing current legislation governing the fate of feral horses, and in response to citizens' concerns, the Ministry has already given a number of captured horses to Critteraid's Project Equus (www.critteraid.org). The likely alternative would have been a trip to auction, purchase by feedlot operators, and then the slaughterhouse.

Slow as it may seem in coming, there is change in the air. Many have chosen a vegetarian or vegan lifestyle in order to help reduce exploitation of our planet's fellow inhabitants as well as the natural resources shared by every living being. Others are asking questions and would like to know more. Please contact TRACS if you are interested in viewing Earthlings, as we have several copies to loan out.

For the sake of all who have the capacity to suffer, let's make sure, first and foremost, that the truth is seen and heard. Films such as Earthlings can pave the way to lasting change.

A Rescue Story

There is an empty space in Pen One at the East Kelowna Sanctuary. There are also empty spaces in the hearts of several TRACS volunteers. One of our special rescued bunnies passed away last week. There is a story to share about this bunny.

In the course of his business, one of our volunteers has occasion to be in many people's homes. At one home, he saw a large rabbit in a very small cage in a dark, cold basement. This was clearly a sad but typical case of a rabbit being purchased for a child who soon lost interest in the animal. Some food and water were provided, but no love and attention given.

Our volunteer had to act with patience and tact, since this involved a business situation. Over a few days, he finally convinced the people to surrender the rabbit to him. Ted-E Bear Bunny was taken to his new home at the East Sanctuary, quickly settling in and loving all the TRACS Volunteers who met and loved him.



He was sociable and easy to pick up and hold. He had his own special corner home, where he had plenty of fresh food. He was able to hop around and enjoy being a bunny.

Last week one of the volunteers noticed that Ted-E was having great difficulty urinating. Ted-E went off to the bunny doctor and she found that one kidney was completely shriveled up, and the other barely functioning. It was thought that his prior living conditions had a lot to do with this disease.

Ted-E Bear crossed over Rainbow Bridge in May 2011. We at TRACS know that we were able to provide this rabbit with a wonderful life for the last year. Of course, shelter, food, and veterinarian bills are part of TRACS expenses for all our rescued rabbits. Please consider making a contribution to help us continue to carry out our rescue work.

-- Bob Sherman, Director of Rabbit Programs

Are you receiving our newsletter in hard copy? Please consider sending TRACS an e-mail to sign up for our electronic version. It's in colour and saves trees and postage!

Thanks from the TRACS team....committed to helping animals and our environment. Email TRACS at tracs.bc@gmail.com.

Cows and their Calves

Many people become vegetarian as an expression of their compassion for animals. Some believe that drinking milk and eating eggs are reasonable choices, because the animals do not have to die to give us milk or eggs. While it is true that they do not have to die to produce these items, they do. Our current intensive methods of milk and eggs production occasion no less suffering and death than does meat production.

In the early 1900s, the average cow produced just over 3,000 lbs of milk in a year. By 1950 annual milk production had almost doubled to over 5,000 lbs, and today each animal produces over 17,000 lbs of milk per year. This is a biological miracle of sorts – a 6-fold increase in milk production in about 100 years. In the 1950s most farm families had at least two dairy cows to ensure year-round dairy products for their family. Typical dairy farms had about a dozen cows, and the very largest farms boasted 50 to 100 cows. Today, standard dairy farms exceed 100 cows, with many large facilities housing 700 to 1000 animals, and the largest facility accommodating 40,000 animals.

Dairy cows begin their cycle of milk production by being impregnated (generally by artificial insemination) at about 13 to 16 months of age. They give birth to a calf after a 9-month gestation period, and continue to be impregnated once a year to ensure a steady production of milk. In most cases, calves are separated from their mothers within a day of birth. While the separation is extremely traumatic for both mother and calf, it seems that allowing a few more days only serves only to strengthen the bond, and heighten the stress of the separation. Female offspring are raised to replace the "spent cows". Male calves are of no use to the dairy industry, except for a few who are used for breeding, so their story is not unlike that of the male chicks of egg layers. In the case of male calves, however, their suffering is prolonged. These animals are used for the production of yeal, and in the U.S., this generally means "special-fed yeal" (also called "white yeal" or "milk-fed yeal"). Their flesh is very light in color because the calves are exclusively fed on an iron-deficient milk replacement; their flesh is very tender because the calves are tethered at the neck in small stalls so they cannot move and develop their muscles. These animals are slaughtered at the age of 16 to 18 weeks. About 15 percent of U.S. veal is called "bob veal" and comes from new born calves ranging from 2 or 3 days to 2 to 3 weeks of age. Although rare in the U.S., about 70 percent of yeal in Canada is "grain-fed", which means in addition to milk replacer, they receive grain and forage foods. Grain-fed calves generally live in group pens and are not tethered.

Every aspect of dairy farming, be it breeding, feeding, impregnating, medicating or milking, is designed to maximize production and profit. Over 80 percent of U.S. dairies are confined in primarily indoor systems, with some having access to outdoor strawyards. Less than 10 percent of U.S. dairy cows are raised on pasture. Some cows are reared in stalls where they are tethered at the neck, while others are in freestalls and are able to roam within the barn. These methods of rearing trigger two key conditions: lameness and mastitis. Lameness occurs in an estimated 14 to 25 percent of cows, and is caused primarily by hoof lesions associated with concrete flooring and insufficient physical activity. This painful condition is the leading cause of cow deaths. Mastitis, or painful swelling of the mammary glands, is triggered by extremely high milk production and bacterial infections due to poor sanitation. It is the most common medical condition reported in U.S. dairy cows and the second leading cause of death. One factor that has been strongly associated to both lameness and mastitis is the

use of recombinant bovine somatotropin (rBst or bovine growth hormone). Bovine growth hormone is a genetically engineered hormone that is injected into cows in many of the larger U.S. dairies to increase milk yields. Most U.S. Holstein cows average about 729 days of milk production (about 2.4 lactations) before their production wanes and they are no longer of use to the industry. Most dairy cows go to slaughter at 4 years of age. Their natural lifespan is over 20 years.

What really separates a pig from a dog, a chicken from a cockatoo or a cow from a horse? The answer is simple -- in our culture, pigs, chickens and cows are considered food and dogs, cockatoos and horses are considered pets or companion animals. We have laws in place against cruelty to pets and companion animals. No such laws exist for food animals. The animal agriculture industry essentially defines cruelty to food animals. Whatever is common practice is generally viewed as acceptable. Given this logic, it is a wonder that we don't allow rapists to define "force".

-- Brenda Davis, Director of Nutrition & Food Animal Issues

CALL FOR RECIPES TRACS Compassion Cookbook

Do you love cooking? Maybe you have a recipe or two you think belongs in a cookbook for others to enjoy? It could be your favourite soup recipe or maybe the best darn chocolate cookie recipe ever. You maybe even know the best way to open up an artichoke?

The TRACS Compassion Cookbook team is asking for your recipes – all plant-based of course. That means no animal products of any kind – eggs, all dairy and fish. We are looking for your favourite vegan and raw vegan delights.

Our Compassion Cookbook needs You!

Send in your recipes that you believe will be a hit with readers. We can't guarantee that all of your recipes will be published, but we guarantee each recipe will be given serious consideration.

Here are the recipe categories:

Breakfast
Appetizers
Salads
Soups and Stews
Entrees
Desserts

Submit all recipes and questions to Daneen at tracs.bc@gmail.com by September 1. You can attach a Word document or paste your recipe directly into the email. Submit as many recipes as you'd like, but be aware that we may not be able to print all of them. We love pictures! Include a photo of your creation and if you have a family companion animal we would love to include their picture as well.

Be creative!
The TRACS Compassion Cookbook Team



The Alberta prairie rolls endlessly onward, a vast picture of windblown grass and snow that duplicates itself over and over, unfolding a tawny ice quilt toward the distant Rocky Mountains. Alberta in February, I thought—raw and bleak, but somehow primordially beautiful.

Yet even in this landscape that could be described as desolate blooms an oasis. Groves of giant deciduous trees, undressed for winter and groping randomly skyward, punctuate and brighten the flat expanse. This is the home of Roger Brincker and his large family of rescued critters—horses, cattle, dogs and cats. Slaughter-bound livestock have found their way here, as have abandoned smaller domestic animals. At Roger's invitation, I paid a winter visit to the ranch.

Roger, a former high school principal, has been giving animals a second chance for over forty years. Stricken with Brown-Sequard Syndrome after a gymnastics injury years ago, Roger is severely disabled. Crutches and good upper body strength help him to remain somewhat mobile, but it is with extreme difficulty and pain that he moves about, feeding and caring for the animals on his ranch. Perhaps it is only a combination of sheer determination, will power and love for his companion critters that keeps him going.

TRACS has helped to support Big Julie's Rescue Ranch for a number of years. We have attempted to find a permanent caretaker for the ranch—someone with a deep love for animals and no fear of living in this remote southwestern Alberta location. Many have come to try it out and, for one reason or another, have changed their minds. Perhaps they were not prepared for the routine feeding, fence-fixing, and handling of the animals that is required when one is a livestock rescuer. But we are optimistic that somewhere out there is a special person with expertise in animal handling, and a whole lot of compassion, who would be willing to brave the Alberta winters and help Roger out. There is an older mobile home on the property that would provide free accommodation, but it is in need of TLC. Additionally, Rogers offers use of a farm vehicle. Companion animals are welcome, and there are potential job opportunities in nearby Fort Macleod or farther in Calgary.

Please contact TRACS if you are a motivated animal lover interested in this challenging but unique and fulfilling opportunity. Donations to the ranch can be made out to "TRACS" and we will make sure that your contribution buys much-needed hay and supplies for the animals of Big Julie's Rescue Ranch. Veterinary and farrier services are also a part of routine care that must be covered through donations.

There is a profound sense of peace when one can observe horses and cattle in a natural habitat such as the ranch provides. Equines and bovines are herd animals and very much enjoy the company of their own kind. Our protective umbrella is additional insurance that they will continue to live without fear or harassment, starvation or pain.

Rabbit Update

TRACS is all about helping all animals. I know that many of us have our favourite species, such as horses, dogs, rabbits, cats, guinea pigs, etc. The preponderance of rabbit news is due to the sheer numbers and scope of the continuing rescue effort. So, if you are partial to another animal, please understand this. We do love and care about them all.



Lately, the focus of TRACS Rabbit Advocates has been two projects. The largest one is rebuilding

the East Kelowna Rabbit Sanctuary. The structures that were rapidly erected in the initial rabbit rescue mission were problematic in many areas, such as overall design, uneven terrain, and water leakage. Earlier in the year, the TRACS Board and TRACS Rabbit Advocate Volunteers made a commitment that this situation would be resolved this year, to prepare for the coming winter and beyond. We want to provide the rabbits with the best housing possible. We want to relieve the volunteers at the East Sanctuary of the endless "band-aid" activities that consume so much time, and create so much frustration.

We have been assisted greatly by the "Pursuit of Excellence" Hockey Academy. These students are from Canada, USA and Europe. The Academy program, besides teaching hockey skills also teaches them life values. Teachers want their students to become well-rounded students and feel that volunteering with different groups is a great learning experience. At the East Sanctuary, teenage young men 13-17 have provided help in moving rock, earth, grading, building



panels, and assisting in any way possible. I have developed great respect for this program and the students and coaches involved. The work in preparing the ground for rebuilding has been extensive, and it is fair to say that we could not be where we are without the help of these volunteers. We have been able to have a good dialogue with these volunteers and explain what it is we are doing and why we are doing it. This is important for TRACS and all animal welfare projects. I think these young men have a good understanding of who we are, what we do, and how important their help has been to the animals.

Our other project is to construct a temporary shelter for about 45 bunnies in the Peachland area. A wonderful woman who has been caring for these bunnies is moving and they need to be re-homed. Another great family has agreed to provide land and attention to these bunnies. Our construction team will be tackling completion of this shelter by the time you receive this.



Many fund raising activities are planned. The only government funds TRACS receives are for the initial spay/neuter of rabbits. All shelter

construction, food, and supplies are provided by volunteer effort and donations. Please think of us if you are considering charitable giving. Should you like a sanctuary tour and/or more information, please contact **Bob & Marie Sherman**, **250.764.0775**.

Our rabbit adoption program is moving along. Several bunnies have found "Forever Homes." Should you be thinking about becoming a "bunny parent," please contact Bob & Marie for information about what is involved, and a application.

-- Bob Sherman, Director of Rabbit Programs, TRACS

Vote for TRACS \$25,000 Pepsi Refresh Project

TRACS is currently in the running for a \$25,000 grant from Pepsi Refresh.

Pepsi gives away millions each month to fund refreshing ideas that change the world. The ideas with the most votes will receive grants, so TRACS is asking you to log onto **www.refresheverything.ca/tracs** everyday and place your vote. The top two ideas in the \$25,000 category receive funding. This money can make a huge difference in the lives of the animals we help.



Charitable Giving: It's about more than money

As the richest generation in Canadian history becomes wealthier, people are expressing their generosity through contributions to charities and philanthropic organizations in record numbers. In the past, most people struggled to keep up with the basic expenses of raising and educating their families and did not have the luxury of contemplating significant charitable contributions. Today, many families can designate a portion of their wealth to bettering the world.

Changes in tax regulations and innovative new giving platforms have also made charitable giving more attainable for a larger percentage of people. Increasingly, as these people seek the ideal way to create their legacies, they struggle to determine what they want their money to accomplish and what form their gifts should take. The process of deciding on what causes to support and how to support them can be a powerful life-affirming experience under the guidance of an experienced advisor.

Another major shift has taken place in the world of charitable giving. Traditionally, people who gave to charity most often did so at the time of their death. Today, the majority of giving takes place while the donors are still alive, allowing people to witness the results of their gifts.

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems. - Gandhi

Making your mark

Begin by asking yourself questions like, "What do I want my money to accomplish?" and, "What do I want my life to have been about?" Supporting a charity in a focused and strategic way gives our lives lasting purpose, enabling us to thank and pay tribute to institutions or people who have been important in our lives, inspiring our children and our peers, supporting important causes, and connecting us with the world at large.

Make sure you have an Investment Advisor who focuses on philanthropy to help you identify one or two causes you value most, educate you about the various modes of giving, help you choose the best option for your circumstances, and work proactively to maximize the impact of your dollars.

Guidance and planning

Most Canadians underestimate their wealth and can donate far more to charity than they ever thought possible. However, it is wise to make planned gifts within the context of a complete financial or estate plan. You need a trusted professional advisor to ensure your best interests are being served at all times and to scrutinize your gift proposals to determine if they are financially appropriate for you. This advisor should accept the responsibility of ensuring you receive full disclosure and understand all the facts and rules regarding your gifts. For example, you may not be aware that a gift annuity is irrevocable, or that insurance premiums may increase over time.

The benefits of donating securities

In the spring of 2006, the federal government eliminated the capital gains tax on donated securities. This provides a significant financial incentive to donate appreciated securities directly to your favourite charity or philanthropic organization. Gifts of securities tend to be larger donations and are often part of a philanthropic strategy or legacy. Here's how it works:

When you donate stock, you receive a charitable tax receipt:

- The value of your donation is based on the stock's closing price the day it is received by the charity.
- A percentage of the donation becomes a non-refundable tax credit, which lowers your taxes that year.
- Charitable tax credits can also be used in the future. If you wish, you can spread out your tax savings over five years.
- You pay no capital gains tax on the appreciation of the stocks; capital gains taxes are no longer charged on shares donated to registered charities.

This example illustrates how you can save thousands of dollars in taxes by donating shares directly to a charity, giving your charity and yourself a considerable advantage.

	If you sell shares & donate proceeds	If you donate shares directly to charity
Number of Shares	250	250
Current Value	\$18,750	\$18,750
Purchase Price	\$6,250	\$6,250
Capital Gains	\$12,500	\$12,500
Capital gains taxes*	\$2,732	\$0.00
Donation to charity	\$16,018	\$18,750
***Highest marginal tax rate for a B.C. resident		

The information provided above is for illustrative purposes only. Please consult your financial or legal advisor for tax-effective giving that is right for you.

OUICK FACTS

Donation limits:

All donations over \$200 receive a tax credit at the highest marginal tax rate. Annual donations cannot exceed 75 per cent of your net income.

Carry-forwards:

Excess gifts can be carried forward five years.

Willed donations:

You get the maximum tax credit of 100 per cent of net income in year of death.

Over-contributions:

Excess gifts can be carried back to the year prior to your death.

Which modes of giving best suit your needs?

Donor Advised Funds (DAFs)

Donor Advised Funds are a cost-effective alternative to creating a private foundation. They are ideal for people who want to be actively involved, or strategic, in their philanthropy. DAFs allow you to enjoy all the benefits of forming a private foundation while leaving the administration and investment management duties to the charity or institution. Donor advised funds can involve a person, a couple, a family or a corporation. Often, a family will use a DAF to decide together, on an annual basis, which charities they will donate to each year. DAFs are typically funded with periodic lump sum contributions.

Endowment funds

These are essential to any charity as they ensure a predictable income stream and the long-term success of the organization. An endowment fund is like a receptacle for gifts given in perpetuity. The capital remains untouched, while the income generated is used to finance ongoing programs and services. Endowments are an ideal gift to keep donors' visions alive long after they have passed away, and pay lasting tribute to their passions or beliefs. They are often the best vehicle to satisfy certain donors' strategic philanthropic objectives, as naming privileges often recognize the donor or family associated with the endowment.

Insurance

A gift of insurance provides donors with an opportunity to make a large gift to a charity while enjoying tax savings today and in the future. For example, you could pay a low monthly premium and designate your charity as the owner and beneficiary, claiming the cost of the premiums as a tax deduction. Insurance offers an affordable way to give a significant and lasting gift for a fraction of its ultimate value. You can donate through an existing life insurance policy or create a new policy for giving. Note there are many details to consider before putting this option into place.

Which modes of giving best suit your needs?

Testamentary trusts and bequests

These are included in the donor's will and are dealt with upon death. A commitment is made now, but the donor retains the funds through his or her lifetime. At the time of death, the donor's estate distributes the funds to the designated charity. Donors can make restricted bequests that specify what can be done with their money, or unrestricted bequests that can be used for any purpose. Your Investment Advisor can help you establish a trust or bequest with the guidance of a lawyer.

Gift annuities

The gift annuity or charitable gift annuity is a planned gift that benefits both the donor and the charity. The charity receives a minimum of 20 per cent of the annuity capital, while the donor receives lifelong tax benefits. A contract is established between the charity and the donor in which the donor agrees to give an irrevocable gift. In exchange, the charity agrees to pay a lifetime annuity to the donor or surviving beneficiary.

Gifts of residual interest

If you possess property you would like to deed to charity, you can make a gift of residual interest. You make an irrevocable gift of the property but retain your right to use it for the rest

of your life or for a certain term. For example, you could donate a residual interest in a principal residence and continue living there, or give a residual interest in a painting but continue to display it over a lifetime. When you make a residual interest gift, you are entitled to a gift receipt that reduces your taxable income.

This material is for general information only and is not to be construed as an offer or solicitation for the sale or purchase of securities mentioned herein.

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Saturday, July 16th
10 a.m. to 3 p.m.
Canadian Tire Parking lot
1655 Leckie Avenue, Kelowna



TRACS is also looking for volunteers for the event.

Call 778.754.5522 or email Daneen at tracs.bc@gmail.com
if you can help TRACS raise money for the animals.

Bonnie, A love story

We adopted our BEAUTIFUL lab cross "Bonnie" on Sept 2, 2010. Turns out our beautiful Bonnie is an AKBASH. I received a call from my mom one night after she has just watched a show about Akbash dogs..... she told me to go on line and pull up the breed and sure enough there was our girl! Her white head (which "Akbash" means in Turkish), her temperament, some of her funny quirks...it's all her, and she is amazing. I have two young girls and she is gentle and kind, loves all



people and kids, but if she is unsure of another dog she is protective of us. I have spoken to two breeders to educate myself on them and they both commented on how lucky we are to have an Akbash. We feel the same.

When Bonnie and Clyde were found they were starving, and due to chewing on rocks, Bonnie had to have 6 teeth pulled. They were broken and in very bad shape. Sad as that is, she recovered well from that surgery and is very healthy at 82 lbs! She is truly an amazing dog; she has never chewed anything, nor done ANYTHING bad. All she wants is head rubs, loving and to be comfortable, and she loves our bed! In October, we added to our family by adopting Louella from OCSSRS (Okanagan



Central Small Dog Rescue Society). She is a 7 lb chihuahua/pug cross from a puppy mill and the two of them are great together.

We couldn't be happier with our animals; we never go anywhere, but people comment on Bonnie and how beautiful and gentle she is. We are so lucky to have both of them.

In Memory...

Bobo Garand passed away on September 27, 2010. She had been a part of her friends' and family's lives for well over 22 years. Bobo (AKA Kitty) started her life in Prince Albert, Saskatchewan, in the eighties, and she semi-retired to the Okanagan with her family in the late nineties. She spent much of the last few years on her deck by the lake enjoying the view and loving her family. Bobo was not a cat who would suffer a fool gladly, yet she would share the company of any guest who would come to visit. She always enjoyed a good brushing and in her unmistakable voice would tell you so. Her greatest past time was to share a chair in the evening while listening to music or watching TV. In her last few weeks, she was in the company of her house mate, Bob, while she received loving care from Linda and Dennis. Her family is very sad at her passing but know that she will be in their hearts and memories forever.

Should anyone wish to offer a remembrance for Bobo please donate to the animal care society of your choice in her name.

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TRACS AGM & Potluck Dinner with special guest speaker City Councillor Charlie Hodge!

TRACS is honoured to welcome Charlie Hodge who will be speaking on animal welfare topics and is eager to answer any questions you may have. This is a great opportunity to share ideas and listen to Charlie speak.

Please bring your favourite vegan (plant-based) dish to share, as well as your own dishes and cutlery. A minimum \$2 donation is requested to cover the cost of facility rental.

Where: EECO Centre (Basement Room), 2363 Springfield

Road at Mission Creek Park, Kelowna

When: Saturday, June 11, 2011 Time: 5:00 p.m. - 8:00 p.m.

We look forward to seeing you there!

TRACS Directors

President: Sinikka Crosland, Vice-President: Daneen Agecoutay, Secretary-Treasurer: Stacey Agecoutay, Director of Nutrition & Food Animal Issues: Brenda Davis, Director of Publicity & Promotions: Anna Crosland, Director of Rabbit Programs: Bob Sherman Directors-at-Large: Alexis Adrienne, Cyndy Mymka, Alexandria Grunbaum

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the animals—become a member and receive our quarterly newsletter.	City:Prov:
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