

Benjamin and Friends

a Canadian magazine for animal lovers

Vol. 1 - October 2024

In This Issue ...

- The Benjamin Project
- Who Is Benjamin?
- Growing Up Loved ... an ongoing tale
- Animals and Our Emotional Wellbeing
- Ring-Tailed Lemurs

... and much more!

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Email lisa@onethousandtrees.com.

Publisher and Managing Editor:

Lisa Browning
lisa@onethousandtrees.com
519-362-5494

Acquisitions Editor and Contributing Writer:

Katherine Weir
katherineaweir@gmail.com

Mailing Address:

Benjamin and Friends
c/o One Thousand Trees
3-304 Stone Road West, Suite 338
Guelph, Ontario N1G 4W4

On Our Cover

This is Benjamin, the dog who started it all! Benjamin was adopted by Malcolm and Helen Bernstein in 2000, and spent 13 1/2 very happy years with them. See his story on page 3.

Photo credit: David Shaul



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Malcolm's Message

It was a beautiful spring day in May 2000 when my far better half, Helen, mentioned over breakfast that she had been looking for a dog for me for my 50th birthday. Two minutes later, we were in the car heading to the OSPCA shelter in Newmarket, where they had a little boy on hold for us!

The dogs were in outdoor cages, there were people everywhere, the barking was deafening. And there he was, lying on the floor of his cage, wagging his tail, looking at us with these big brown eyes, and not a peep! We went for a walk on the huge property, and thus began a journey together that lasted 13 ½ wonderful years.

He didn't have any tags nor a chip and was several pounds under his normal 42-43 pound weight. He had very long thick fur, having never been groomed. And the most beautiful grissol and tan coat with a grey ring around the tail, which we learned years later were classic border terrier colours. Except in his case, a terrier mixed with something much bigger! It was love at first sight, and the formation of an indelible bond on that first walk. Our new vet estimated his age at about 18 months.

He as an energetic, athletic, sensitive, endearing little boy and a true little gentleman. He loved everything that moved, and everyone and everything loved him. Helen wanted a distinguished name to suit his temperament, and suggested Benjamin.

I started writing a book about him when he was about eight, and finished it several years later, shortly after he passed. Just as I chronicled all the wonderful times we had, I also wrote about the extremely difficult times as he contracted lymphoma and, after a period of remission, experienced a recurrence. Losing Benjamin was the darkest chapter of our lives, and we still feel the void.

It was important to Helen and me to do something to honour him, so we started The Benjamin Project in 2014. Its mission is to educate children on responsible pet ownership and animal stewardship, and raise funds for shelters, sanctuaries, and rescues. The proceeds from my first book about Benjamin, my children's book published in 2018, and

our annual calendar, are donated; as are funds from a third book about animals and our emotional wellbeing written by me and 20 other authors across the country. To date, I have spoken to over 1,000 kids in schools and shelter kid's camps and raised and donated approximately \$30,000.

I would not be able to do these things without the selflessness, dedication, and incredible skills and abilities of Lisa Browning, publisher of One Thousand Trees Publishing and its children's division, Saplings. Lisa has embraced The Benjamin Project as her own and published my kid's book, and the book authored with others, pro bono. This year, Lisa has led the way for us to launch a series of books written by kids about their pets, which we are doing with schools across Ontario, with proceeds from these books going to shelters in their respective communities. To date, we've produced four books, and our goal is to take this program across the country – building legions of *Benjamin Boosters* who will be enriched by the experience and who will, in turn, I am sure, make the world a better place. These books too are being published by Lisa pro bono.

This magazine is another first for The Benjamin Project, also of Lisa's creation and benevolence. I am grateful to her for everything she is doing, thankful to my donors for their unwavering support, and indebted to Helen who brought Benjamin into our lives.

Woof!

Malcolm



Who is Benjamin? by Katherine Weir

For our first edition, I thought it would be great to look at Benjamin and figure out who is Benjamin. You see, Benjamin is what some people call a mutt, but for the most part he was a border terrier who was right off the screen of *The Lady and The Tramp*. Wonder if he liked eating spaghetti?



Benjamin was a sweet cuddly sentient boy who loved his dad and his mom. Why? Well, probably because they thought he was as they say in animal talk, “the cat’s meow.” Which for the most part means they only saw and experienced Benjamin as perfect. And yes, pets can be perfect.

Now before I write more, I need to tell you what it means to be a *sentient being* because as you read this magazine going forward, you will hear us, The Benjamin Project crew, talk about animals as sentient beings a lot, I mean a real lot.

What does it mean to be a sentient being?

According to the Oxford English Dictionary, “sentient” means “capable of sensation; conscious or aware.” What this really means is that beings, like animals, are able to experience a wide range of feelings and emotions: happiness, pain, fear, sadness, and excitement.

When we talk about animals as being sentient, what we mean is that dogs, cats, birds, and many other animals and living creatures are capable of having emotions just like humans. Now some animals, like dogs, cats, horses, dolphins and so on, have more developed brains and that is why they are able to have more emotions. Many scientific studies have shown this to be true, and if you ask anyone who works with animals, from rescuers to researchers to farmers and zoo keepers to all loving pet owners, they all would agree with this.



Benjamin, the sentient dog

Benjamin was a little dog rescued from the streets of Newmarket by the SPCA. From there he was adopted by Malcolm and Helen who had been planning on finding the right furkid just for them. Luckily, Benjamin was waiting for them, a match made in heaven.

So, what about Benjamin? If he really was mostly *border terrier* then what does this mean?

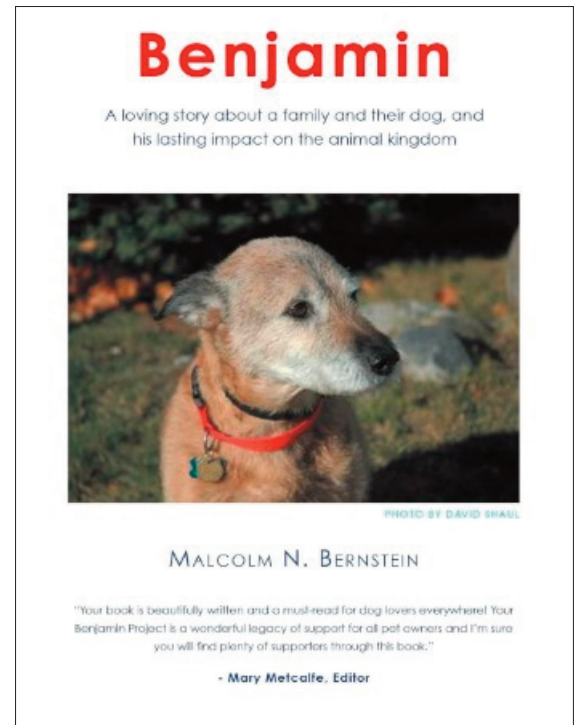
According to the Canadian Kennel Club (CKC), border terriers are “good-tempered, affectionate, obedient and easily trained, and they are at home with their family,” which is exactly what was true for Benjamin. For this boy, he seemed to live up to his heritage, even if that is only a part of who he was.

Now border terriers originated around the mid-1800s in the Northumberland valley of Coquetdate, and was once know as the Coquetdate Terrier. They were bred for fox

hunting because they were small enough to go in fox holes, while keeping up with the horsemen and their horses who were chasing the foxes.

The CKC site also notes that the Border Terrier is active and agile, and they are always full of determination and fearlessness. They are smart little bundles of wire-furred activity, and they like to always have their brains and body challenged. What this means for border terriers is they like to be active and they like to be mentally challenged so their brain cells work all the time.

Benjamin was very much like this. He loved going on adventures with his parents and always liked new activities and meeting new people. After all, he had an amazing personality and if you read Malcolm's first book, *Benjamin: A loving story about a family and their dog, and his lasting impact on the animal kingdom*, you will learn just how much Benjamin was very much like a border terrier. [insert image of Benjamin book]



The most lasting impact of Benjamin is his legacy and what has inspired The Benjamin Project crew to start this magazine. We are about raising awareness of all sentient beings: their teachings, legacies, hugs, kisses, kindness, humour, and abilities to teach humans how to love themselves and all the creatures of the world.



From The Benjamin Project crew to you, welcome to the beginning of a great adventure!

Did you know?

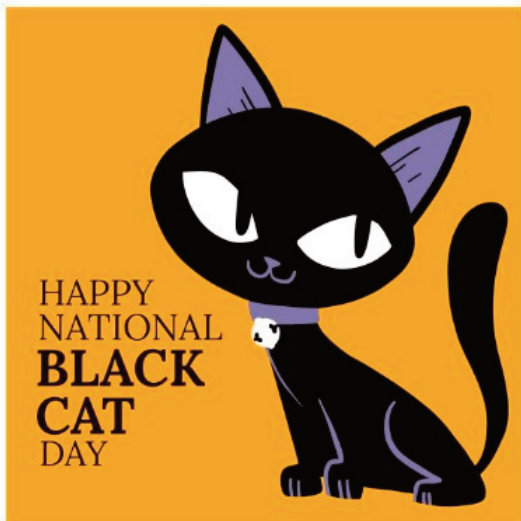
October 29 is National Cat Day

While dogs are the most popular pet in the world (65.1 million households), according to Forbes, cats come in second residing in 46.5 households. What this means is cats are of great importance to people. Peta, People for the Ethical Treatment of Animals, notes that cats are great for people for 5 reasons:

1. They're good at breaking the ice, which means people feel comfortable in any situation when a cat is present because they focus on the cat and their fears get set aside. (Unless they are unnaturally afraid of cats or are allergic.)
2. They can tell the future. Truth is, if a cat does not like someone there is a good reason and you should listen to what the cat is telling you. They are good testers of friends and family.
3. They help you sleep better. When you have a warm cat beside you, even if they are lying on your head, you are 68% more likely for fall asleep. So, if you are having problems sleeping ... get a cat.
4. They will wake you up! Cats are the best alarm clocks. They like routine and know when you need to get up, which means eventually you can shut your alarm clock off for good.
5. They keep your ego in check. A cat does not care about how terrible or awesome your day went. When you are with them you are on their time, their schedule, and they just don't care about anything other than you adoring and loving them. After all, cats are gods and goddesses, or so they believe.

The moral of the story is, when you ask people who are cat lovers they will say that cats are the best pet or furbaby in the whole world. Yes, they know that these crazy furballs are elite beings who know more than humans, and just like the Egyptians believed, yes, they are superior beings.

And when you hear the phrase “cat lady,” just think of them as a lovely older woman who loves to look after cats. Not only is she happy, but she is also living longer because she has someone to care for and keep her away from the lonely blues.



October 27 is National Black Cat Day

Sad to say, but black cats are much less likely to be adopted than cats of other colours and breeds. So why is that? Well, for you if you look way way back to the Middle Ages times when the Catholic Church hunted witches, the religion supported the idea that black cat were shape-shifting entities that brought bad luck. And as history has shown us, witches, at least the idea that Christian religions had of them at the time, were just women who people wanted to get rid of – seniors

and women who were connected to nature. So, it just goes to show that history changes as we use our common sense and brains more.

National Black Cat day was established in the United States in 2011, to celebrate all cats that are black. Black cats have beautiful rich fur that is glossy in the light. They have eyes that can be many colours, from green to yellow. And just like other cats, they are friendly, loving, and true companions.

If you are thinking of adopting a cat, consider a black one, because they need a home just as much as any other type of cat, and I promise you will love you just as much. Hug a black cat today.



**Do you have a story
to tell?**



Do you have a black cat? Tell us their story. Send a photo and their bio for publishing in future issues. Email katherineaweir@gmail.com.

For the Love of Animals **by Lisa Browning**

This project, started at the beginning of 2024, partners elementary school-aged children with a local humane society or animal shelter. The students write a short (300 words approx) story about their pet or other animal, and also provide a line drawing to accompany their story. Books (which can also be used as colouring books) are published by Saplings, the children's book branch of One Thousand Trees, and sold to raise funds and awareness for the local humane society or shelter.

Complimentary copies are provided to each participating student, the supervising teacher, and the school library, and copies are made available for sale on Amazon.

A presentation by Malcolm Bernstein can be arranged either in person or virtually, to coincide with the presentation of the books.

To date, five books have been published as part of this project:

- For the Love of Animals (Guelph edition), in support of the Guelph Humane Society
- For the Love of Animals (Georgian Bay edition), in support of ElderDog Canada.
- Mother Earth Helps Us (Tyendinaga), in support of the Ontario SPCA Lennox & Addington Animal Centre
- For the Love of Animals (Peterborough edition), in support of the Peterborough Humane Society
- For the Love of Animals (Toronto edition), in support of Toronto Humane Society

The books are a source of pride for the students involved, as well as their schools and communities, and have already raised over \$1,000 which has been donated to shelters of the children's choosing. Our plan is to take this new program across the province and the country over the coming years.

Do you want to get involved?

Email lisa@onethousandtrees.com for more information.

Five Books and Counting!



the
Benjamin
Project

For the Love of Animals
a partnership in action



Saplings
a branch of One Thousand Trees

*Where there is love
for animals, there is
love for life.*

World Animal Day by Lisa Browning



Attention Animal Lovers ...

Did you know?

World Animal Day is an international day of action for animal rights and welfare celebrated annually on October 4, the feast day of St. Francis of Assisi, the patron saint of animals.

We're celebrating, with a free event!

Saturday, October 5, 10am-5pm
Harcourt Church, 87 Dean Avenue, Guelph

- * Presentations
- * Vendors
- * Children's activities

Food, cold drinks and coffee will be available for purchase (cash only).

 **ONE THOUSAND TREES** A collaborative project of The Benjamin Project and One Thousand Trees 

World Animal Day is an international day of action for animal rights and welfare celebrated annually on October 4, the feast day of St. Francis of Assisi, the patron saint of animals. On Saturday, October 5, we celebrated with a free event.

From children's crafts to storytime, to vendors, presentations about animals, and awesome food, about animals, we did all that we could think of to raise awareness, not only of the work of The Benjamin Project, but also about the amazing animal-loving individuals and organizations in Guelph and beyond.

Did you miss out? Not to worry. Our plan is to do a similar event each October. But for now, please see the following pages for photos and more information.



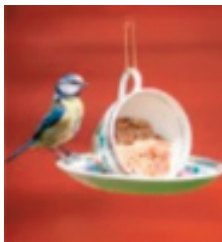


Children's Crafts and Activities

World Animal Day

Harcourt Church, 87 Dean Avenue, Guelph
 Saturday, October 5, 2024, 10am-5pm

Children's Crafts & Activities



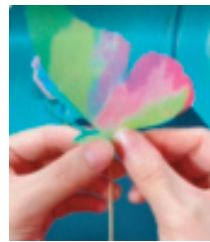
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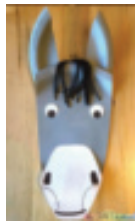
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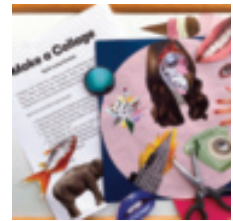
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8



9



10

- 1 - Bird Feeder
- 2 - Create Your Own Animal
- 3 - Dogs and Cats for Pantomime
- 4 - Rainbow Flying Butterfly
- 5 - Paintable Figurine

- 6 - Celebrating the Winged Ones - bookmark
- 7 - What Colour Is Your Butterfly?
- 8 - Paper Plate Donkey
- 9 - Affirmation Bracelet
- 10 - Why I Love Animals - collage

World Animal Day - Presentations



Horses - The Natural
Truth Detector
by E. Anne Porteous, MScN, EALF,
of Sierra Acres Equine Assisted
Learning Centre



The Coyotes of Inverhuron
by David Rankine,
Artist, Musician, and Educator



GHS Youth Apprenticeship Program
by Katherine Leonard,
Manager, Community Programs
& Outreach, Guelph Humane Society



It's Impossible to Be Sad
Around Alpacas!
by Penny Burton
of Brae Ridge Farm

In addition to Malcolm, who spoke about The Benjamin Project, we were honoured to have some amazing presentations throughout the day, and look forward to ongoing collaboration with each of our presenters. Here's what was covered:

***Horses, the Natural Truth Detector
Presented by E. Anne Porteous***

- Horses are very sensitive to the energy we bring into the environment, which is not a bad thing, rather it is a learning opportunity. As prey animals, they see all emotion as information.
- Horses are very sensitive to the energy we bring into the environment, which is not a bad thing, rather it is a learning opportunity. As prey animals, they see all emotion as information.
- Horses are well attuned to their immediate environment making them both intuitive and emotionally sensitive to the most minute gesture, posture, tension, tone, or "look" they receive.
- Horses respond to non-verbal stimuli including behaviors and feelings which we might not even be aware of in ourselves. They are in the moment, which provides useful feedback and the chance to learn new and healthier responses in our relationships.
- Horses give real-time feedback on every interaction offering you a perfect opportunity to increase self-awareness and see yourself in a more realistic, authentic way. They are nonjudgmental, making the environment safe for exploration. They notice everything criticize nothing.

***The Coyotes of Inverhuron
Presented by David Rankine***

Join David as he mixes amusing anecdotes and cutting edge research in this introduction to the personalities and ways of the Two Bays Coyote Pack.

Over a period of 4 years, David has walked thousands of kilometres on coyote trails learning first hand about the behaviour and ways of this coyote pack. Exciting face to face encounters, howls and many trail camera photos have led David to a greater understanding of himself as a human being and a deeper understanding of these magnificent creatures.

***Guelph Humane Society - Youth Apprenticeship Program
Presented by Katherine Leonard***

Through interactive animal experiences and hands-on learning, GHS's YAP program, offered for youth in grades 7 to 10, provides an opportunity for young people to develop leadership skills and build knowledge of animal welfare best practices, with the opportunity to earn volunteer hours through exclusive experiences

***It's Impossible to Be Sad Around Alpacas
Presented by Penny Burton***

Come explore the enchanting world of alpacas and their fibre. Discover the secrets of alpaca communication and behavior, immersing yourself in their fascinating world. From the unique sounds they make to the secrets of their fabulous fiber, learning about it's remarkable qualities and feeling the softness firsthand. Learn why Serenity is Alpaca: Soft, Calm and Always in Style.

World Animal Day - Thanks to our Vendors ...



What Is Scentsy?

Scentsy offers a safer alternative to traditional candles.

NO Flame - NO Smoke - NO Soot - NO Toxins

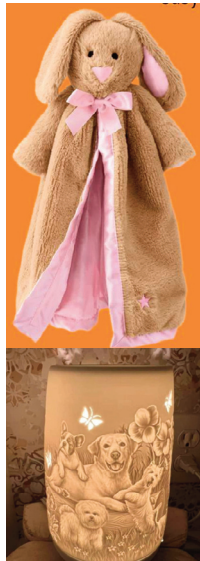
Scentsy uses decorative warmers, which use a heating element to slowly melt specially formulated wax, making your home smell Scent-Sational!

The wax is only warmed so it will not reach a temperature that will cause harm!

Scentsy wax bars are made from food grade paraffin wax & all products are gluten, toxin & cruelty free!

We have a wide range of products to scent your entire world including:
Skin, Kids, Groom, Clean, Laundry & our gorgeous Diffusers and Oils

Lifetime Warranty against manufacturers defects!



Animal Healing Course



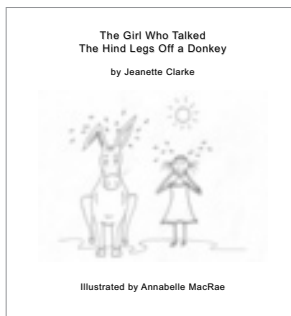
World Animal Day - Saturday, October 5 Storytellers



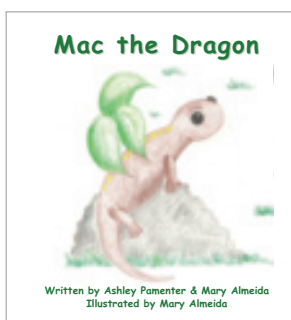
Benjamin – A loving story about a dog and his lasting impact on the animal kingdom teaches children about the responsibilities of taking home a new pet and the core essential aspects of pet ownership while encouraging them to consider adoption from a local animal shelter.



The adventure never ends as Johnny and Veronica meet new animals in the forest. Can they trust their new acquaintance? And who are the planters?



Keira is a little girl who likes to talk, a lot ... so much so that her grandma told her she could “talk the hind legs off a donkey.” Keira thinks this is funny, but after a donkey ride on a hot day she thinks she has actually caused the donkey to collapse. Keira is so upset that she stops talking.



Mac is a salamander who wants to be a dragon! As he journeys through the reptile house meeting all the other creatures, he learns that sometimes, all you really need to be is yourself.

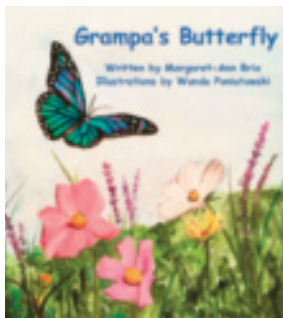
World Animal Day - Saturday, October 5

Storytellers



“Holy moly, what’s that?”

Come along on an adventure with Huxley and Roscoe, two curious characters who meet new friends as they explore and learn about the forest. A lively story to read aloud on its own or with fun forest facts offered when you peek through the magnifying glasses.



Margaret-Ann Brooks wrote *Grampa’s Butterfly* several years ago when she realized how few books exist to help children deal with grief. Her own children were struggling with the loss of several grandparents and so *Grampa’s Butterfly* was born. In this poignant story, Lilly learns the true meaning of the “story of the butterfly.”

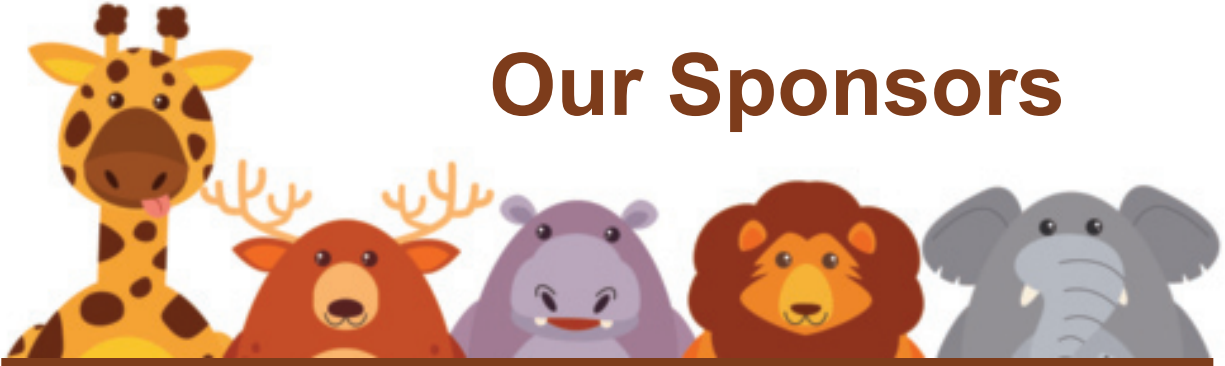


This beautiful story of Willow and Douglas is true. It is a tale about compassion, understanding and acceptance, reminding us that even in the most unexpected places, we can find the truest form of friendship. The story imparts a valuable lesson about the beauty of diversity, the power of kindness and the importance of keeping your heart open when everything seems at a loss.

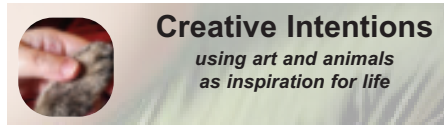


This is the story of Zola, an ambitious, zealous pig who wears aviator glasses and designs over-the-top adventures for herself. Her zany personality sparkles in the sequined outfits she adores. Zola is an inspiration as she overcomes obstacles and discovers a way to accomplish her dreams.

Our Sponsors



We extend heartfelt appreciation to the following sponsors. None of this would be possible without them!





Growing up loved: An ongoing tale ... by Katherine Weir

This month's story comes from Barack and Demir, two 6-month-old kittens who have much to say.



Hi, my name is Barack and my brother, the white one, is Demir. We were born on January 28, 2024, to our mother, Daisy, a purebred Turkish Van. We have two other siblings, Emine and Efe, who were adopted by other families. And Daisy our mother was also adopted. We were surrendered by our mom's first mom to New Hope Animal Rescue outside Guelph. There is so much to tell you about us and eventually we will tell you everything, but for now we want to talk about how amazing we are.

At 6 months we are able to do remarkable things. Our mom, a furkid-obsessed lady, looks at us with stars in her eyes, which is probably right, because we are stars. I mean, Demir and I are wonderful.

We are sooo soft and huggy. We love as many kisses as we can get and we love being told how much we are worthy of love every day.

My mom says that there is nothing we can't do. With the bangs, smashes, and crashes that happen, Mom doesn't even move. As she says, "It's the boys." She figures she will

find out soon enough what has changed in the house, so why panic when it is just a waste of energy. Mothers will understand this response.

One of Mom's favourite things to do is to get up in the morning and come down to see the living room. As she says, she never knows what to expect. We are really good at decorating. We move the cushions off the chesterfield to make bouncing mats. We rearrange the pillows and blankets so that they look better to us. Remember, mom says we are really smart so what we do must be right. We carry around the dolls and toys of the grandbabies, because we are babies too and the toys are for everyone to play with. We also are so good at investigating places and we find old tissues in the cushions and tiny papers hidden under places that no one sees.

What is best about all this is that because we are so good looking and so cuddly our mommy never gets mad at us. She just sighs or laughs and moves everything back to the way she likes it. Mommies are so great, aren't they? Did I tell you that we were loved? Can't remember, sorry I have what Mommy calls "baby brain." Don't know what that is, but it means I can repeat myself and people will still listen. Both Demir and I are learning this might be a good trait to keep. Hmmm ...

I am going now, because I need to tackle my brother, it has been a few minutes since our last wrestling, but don't worry, we will be back. We have so many stories to tell you about being babies, and loving and entertaining Mommy. It is a good read.

This month's story is brought to you by





Community Spotlight

New Hope Animal Shelter

In 2010, a small group of passionate citizens in Guelph along with Dr. Kate Flanigan, a long standing veterinarian in Guelph, had a vision of an alternative animal rescue organization that would give more animals in our community an opportunity for a better life. The group met to officially establish New Hope Animal Rescue. This dedicated group's objective was to establish a new complimentary organization that would provide a low-cost spay/neuter program that would create affordable adoption fees for animals under New Hope Animal Rescue's care. A fostering program would be developed to include approved foster homes as well as promote the opportunity for owners to keep their pets until a forever home is found. This newly created organization was dedicated to protecting and enhancing the quality of life for animals in Guelph and the surrounding area.



New Hope Animal Rescue's mission is to provide the City of Guelph and surrounding area with an alternative animal rescue organization. They are dedicated to enhancing the welfare of all animals that come into our care. They will provide these animals with every opportunity to live long and healthy lives by fostering, finding forever homes, and contacting other rescue groups and original breeders. They are committed to creating an environment where the relationship between animals and humankind is guided by compassion.

Goals:

- Provide compassion, safe housing, nurturing, healthcare for the animals in our care
- Develop foster program initiatives within the community. To be the liaison for foster homes and adoptions
- Provide a low-cost spay/neuter program for animals that come into New Hope Animal Rescue's care to help create a more affordable adoption process
- Initiate fund raising and public awareness to provide sustainability of our organization and to successfully meet our goals
- Establish and maintain a working relationship with reputable Animal Rescue Groups to increase companion animal adoptions into forever homes
- Develop and raise community awareness through education and media about animal issues



For more information visit their website at www.newhope.com.



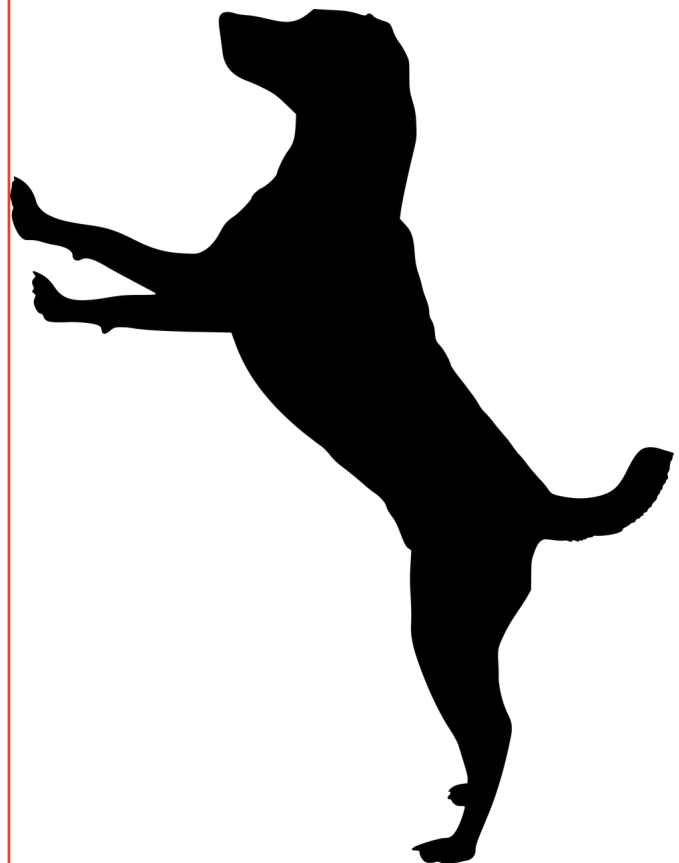
What's your question?

If you want *Benjamin and Friends* to research something about any animal, pet or wild, or if there's something you'd like to see in an upcoming issue, send Katherine an email at katherineawear@gmail.com. Deadlines for questions is the 1st of each month.



Dogs, in Canadian languages ...

English	dog
French	chienne/chien
Anishinaabe/Ojibwe	animosh
Cree	atim
Mohawk	érhar
Inuit	qimmiq/qimmit
Michif/Métis	shyaēn





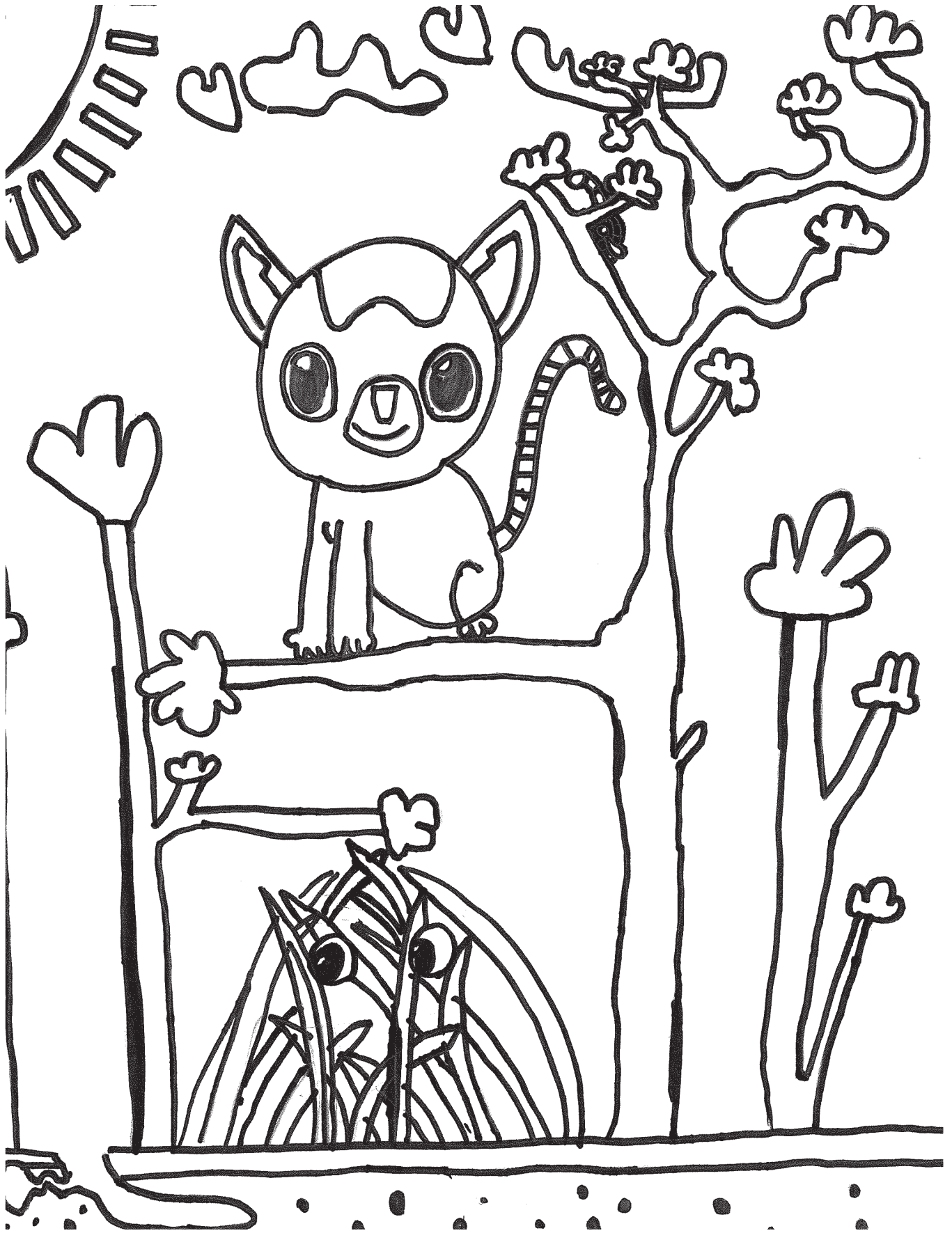
We've already told you about our *For the Love of Animals* project (see page 8). In this section, we will reprint a story from one of the books published as part of that project. This month's story comes from Kiran from Guelph, and it is about ring-tailed lemurs. We thought this was perfect for this month, because October 25 is World Lemur Day.

My story is about ring-tailed lemurs. They are white and black and striped, and they are fast. They have big eyes that are yellow. I think it's interesting that males have stink fights. I think that ring-tailed lemurs are cool, but sadly they are soon going to be extinct. But if we stop destroying Madagascar like we have been doing for thousands of years, together we can make a difference. The population of all the wildlife in Madagascar is getting smaller, and that needs to stop.

To me, ring-tailed lemurs are really cool. There is still a lot we have to learn about them. I personally like all the weird and interesting facts that they have and that we can learn about. We can learn about stink fights and meditating. They are weird but amazing. They are also very crazy. They have big yellow eyes and big smiles. They have lots of great qualities. This brings me to my conclusion, ring-tailed lemurs are the coolest animals on this planet called Earth.

I first learned about ring-tailed lemurs on a Netflix show called, "72 of the Earth's Coolest Animals." I said to myself, "I love this creature and I wish I could have it as a pet!" Since they are wild creatures, I will just have to continue to learn about them!

We hope you enjoyed Kiran's story. On the next page is a picture of a lemur, drawn by Kiran, for you to colour!



Mix & Match - Dogs & Places

The left column represents places in the world, and the right column lists dog breeds. Draw a line to match each word in the left column with the correct word in the right column.

Alaskan	Hound
Siberian	Shepherd
Scottish	Setter
German	Shepherd
Irish	Bulldog
Shetland	Retriever
French	Malamute
Irish	Terrier
Labrador	Wolfhound
Australian	Husky
Afghan	Sheepdog
Yorkshire	Deerhound



Word Search - breeds of cats

S S D D L Y Y V N R O X X L G
S H M E J R T S F O U U G E R
S C R U V O H V Q G W A D R A
Z H O U N O N Y X X E M S J G
H F O T S C N A H S E A R O D
B S G R T S H R Y Q A N L Y O
N E S N T I I K E A X X R U L
O S N I A H S A I X L A G T L
O P Q G A I A H N N B A Z C Z
C H B E A M S I F B S Y M S L
E Y H H N L E R R O L M I I Q
N N S K Y Q F S E Z L U C L H
I X U Z M U S M E P M D E O S
A T U R K I S H A N G O R A P
M E B U T U R K I S H V A N F

Siamese
Maine Coon
Persian
Ragdoll
Scottish Fold
Munchkin
Shorthair
Himalayan

Turkish Van
Bengal
Devon Rex
Manx
Russian Blue
Sphynx
Turkish Angora

Canadian Animals - fill in the blanks

- | | | |
|-----|---------------------------------------|----------|
| 1. | __ O L __ __ __ E __ R | AABPR |
| 2. | C __ N __ __ A __ O O __ E | AADGS |
| 3. | B __ __ H __ R __ S H __ __ __ | EEIGNOP |
| 4. | __ R C __ __ C F __ __ | AIOTX |
| 5. | CA __ __ B __ __ | IORU |
| 6. | __ __ N __ D I __ __ L __ __ X | AAACNNY |
| 7. | A __ LA __ T __ __ __ U F __ __ N | CIIFNPT |
| 8. | M __ __ AR __ H __ U __ TE __ F __ __ | BCLNORTY |
| 9. | BE __ __ G __ __ H __ L __ | AAELUW |
| 10. | __ R __ __ Z __ Y __ EA __ | BIGLRZ |
| 11. | G __ R __ __ R __ N __ K __ | AAEEST |
| 12. | __ A __ O O __ | CNR |

- | | | |
|-----|-------------------|--|
| / | | |
| 7. | Atlantic Puffin | |
| 8. | Monarch Butterfly | |
| 9. | Beluga Whale | |
| 10. | Grizzly Bear | |
| 11. | Garter Snake | |
| 12. | Racoon | |

- | | | |
|----|---------------|--|
| 1. | Polar Bear | |
| 2. | Canada Goose | |
| 3. | Bighorn Sheep | |
| 4. | Arctic Fox | |
| 5. | Caribou | |
| 6. | Canadian Fox | |

Answers:

Word Search - pets Canadians love

R A T R G I P A E N I U G
T W P A R R O T U N Y F Z
R A Y T B R E D I P S F B
E L L E R E T S M A H U F
D L H R S N A K E S D N M
I I E R K C U D I G E I C
L H D E D L M F I K N G T
G C G F F Y D E C I V O I
R N E N R L T I P W B A B
A I H V O A H I E V T T B
G H O G G C G D Z S G D A
U C G T A C M C H J J O R
S H O R S E L T R U T Y D

Cat
Dog
Guinea pig
Gold fish
Hamster
Rabbit
Ferret
Horse
Turtle
Hedgehog
Chinchilla

Mini pig
Sugar glider
Goat
Budgie
Frog
Rat
Chicken
Duck
Snake
Spider

Canadian Birds - fill in the blanks

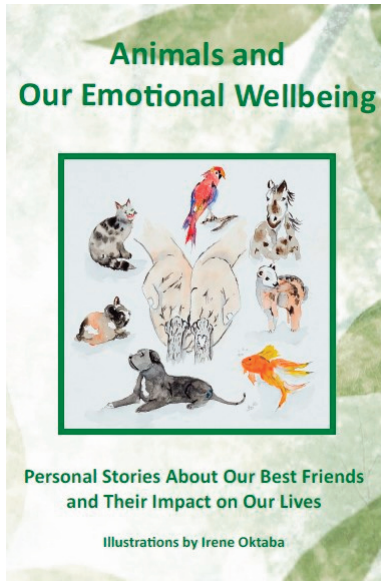
- | | | |
|-----|----------------------------------|----------|
| 1. | K _ _ _ _ D _ _ _ R | EEILL |
| 2. | _ M _ R _ C _ N _ O _ I _ | AABEINR |
| 3. | _ _ _ _ E _ A _ | LBJUY |
| 4. | _ _ L _ E _ G _ _ _ | ALEABD |
| 5. | GR _ _ _ _ _ OR _ E _ _ W _ | ADEHLNOT |
| 6. | _ ER _ _ _ R _ _ _ E F _ L _ O _ | ACEIGNNP |
| 7. | T _ U _ _ _ E _ T _ R _ W _ N | AMPRRST |
| 8. | S _ _ _ D _ I _ _ _ C _ A _ E | AHLLNNR |
| 9. | _ O _ D _ _ _ C _ E _ | EKOPRW |
| 10. | _ U _ _ _ IN _ _ _ _ RD | BGHIMM |
| 11. | R _ _ _ FL _ _ _ _ R _ _ _ S _ | DEEFGOUU |
| 12. | _ R _ _ _ | WCO |

7. Trumpeter Swan
8. Sandhill Crane
9. Woodpecker
10. Hummingbird
11. Ruffed Grouse
12. Crow

1. Killdeer
2. American Robin
3. Blue Jay
4. Bald Eagle
5. Great Horned Owl
6. Peregrine Falcon

Answers:

Book of the Month



Animals and Our Emotional Wellbeing is the third book that was published in honour of Malcolm's dog Benjamin. The idea for this anthology was born in a chance encounter on a walk last winter with Robert (Bo) Davey, a friend of Malcolm's who lives in the hood with his best pal Farley. They were commiserating about the pandemic and Bo shared how Farley had been instrumental in helping him get through it. This is something Malcolm could well understand; as he writes in his story about Benjamin, he was also key to Helen's and Malcolm's enjoyment of life and to getting through difficult

times. Malcolm knew in that conversation with Bo that he wanted to do a book of stories about the impact of animals on our mental health – that there was something important here, that if the world ever needed such a book it was now. (Bo's story about Farley is in the book.)

He reached out to Lisa Browning, publisher at One Thousand Trees, who had published his children's book pro bono. Lisa has published a series of 'Sharing' anthologies and was taken by the idea. She agreed instantly. They say it takes a village, and this one is made up of the 23 writers (including Lisa, Malcolm, and Katherine) who contributed to this beautiful book. But a village also needs a leader, and the best ones are selfless.

Several years ago, Malcolm presented in the spectacular atrium of the Sault Ste. Marie public library where he met a local artist, Dr. Irene Oktaba, who was at the event. Irene and Malcolm developed a friendship, and when Malcolm told her about this book, she immediately offered to illustrate it, also pro bono. Malcolm had seen Irene's work and knew it was exceptional. Her offer was the proverbial icing on the cake. Irene's work is exquisite – done from the heart, a tribute to Benjamin and a gift to the world.

Their stories in this anthology are ones of love, courage, hope and redemption. They are testament to the human and animal spirit, and the sentience of the animal realm.

***Animals and Our Emotional Wellbeing* is available through the One Thousand Trees online bookstore at www.ottbookstore.com.**

A Unique Christmas Gift Idea



**Just \$20 including shipping
Available at www.ottbookstore.com**

We hope you enjoyed our first issue.

**Just a reminder that the deadline for
submissions for our November issue is November 1,
and the magazine will be available on November 15.**

See you then!