

INROADS AND CROSSROADS:
**Making Sense of
Recent Pro-Animal
Developments
North of the Border**

**Animal Law Conference,
Portland, October 26, 2019**



OUTLINE

**Section One: Recent Pro-Animal
Developments**
Section Two: Limits

Section Three: Lessons

**ANIMAL LAW CONFERENCE, PORTLAND
OCTOBER 26, 2019**

Section One:
Recent Pro-Animal Developments

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PHOTO SOURCE: MAXIME AUBIN

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Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods





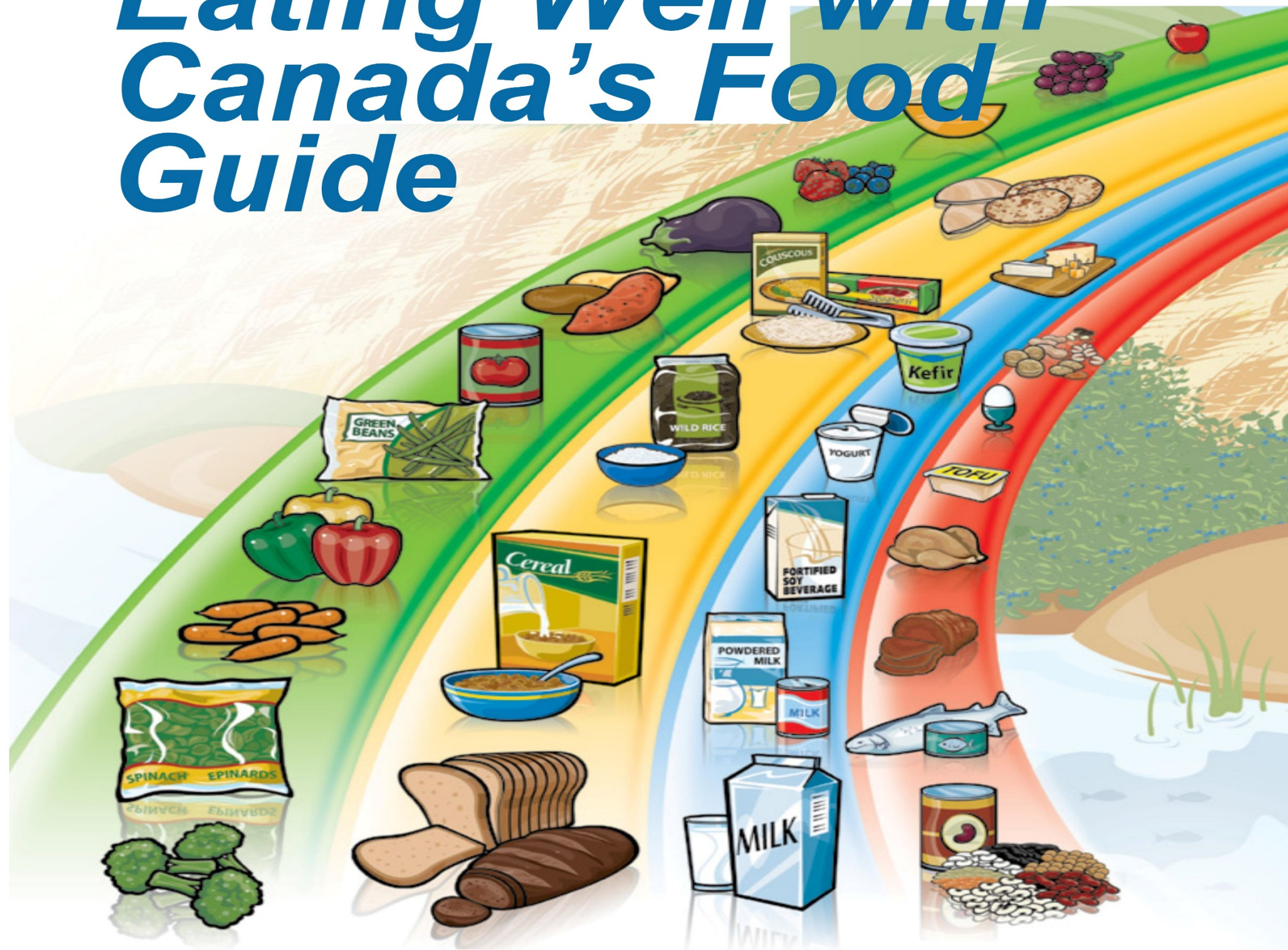
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Your health and
safety .. our priority

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide



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Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

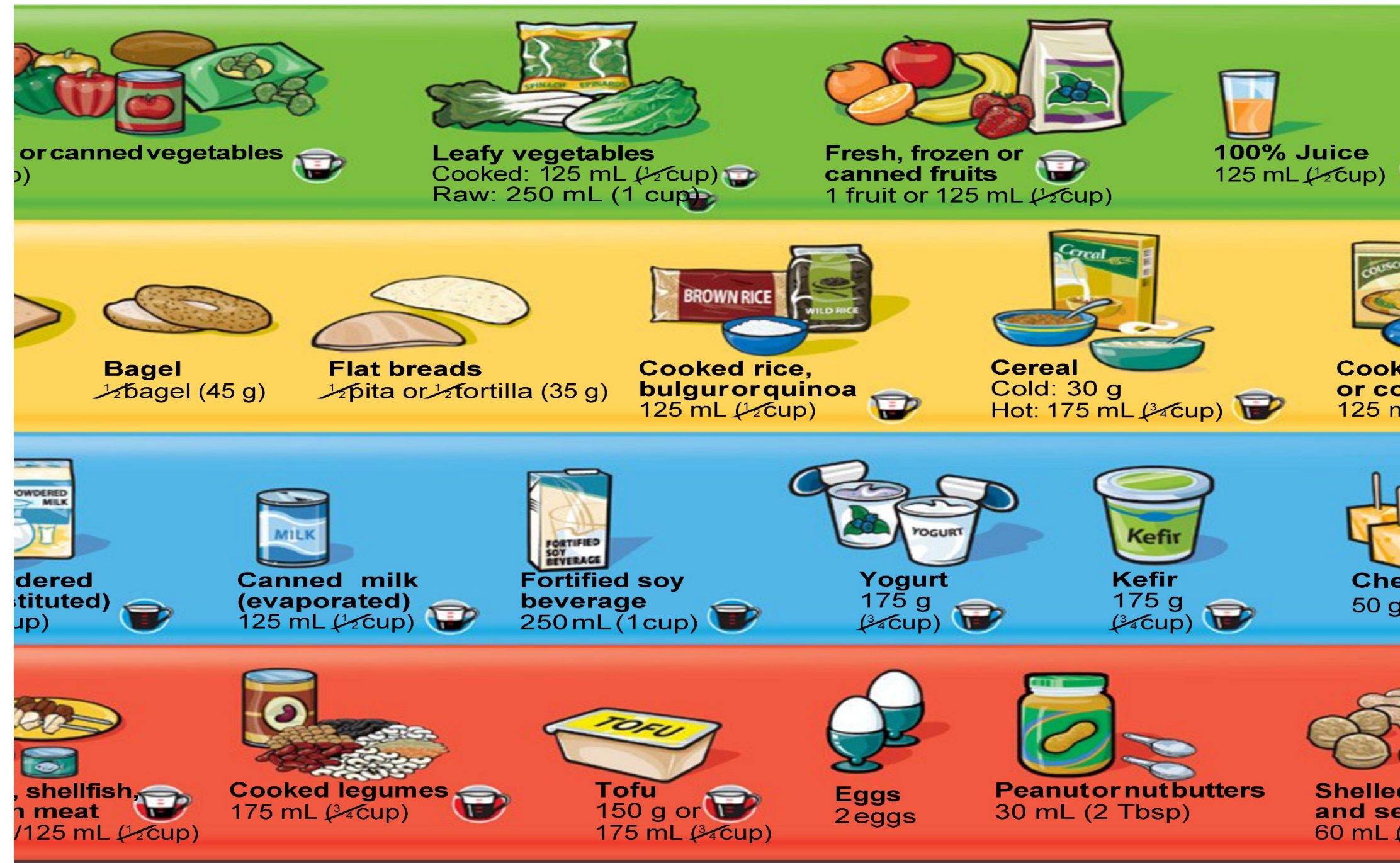
The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

One Food Guide Serving?

examples below.



Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



***Make each Food Guide Serving count...
wherever you are – at home, at school, at work or when eating out!***

4 Eat at least one dark green and one orange vegetable each day.

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

4 Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

4 Have vegetables and fruit more often than juice.

4 Make at least half of your grain products whole grain each day.

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

4 Choose grain products that are lower in fat, sugar or salt.

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

4 Drink skim, 1%, or 2% milk each day.

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

4 Select lower fat milk alternatives.

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

4 Have meat alternatives such as beans, lentils and tofu often.

4 Eat at least two Food Guide Servings of fish each week.*

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

4 Select lean meat and alternatives prepared with little or no added fat or salt.

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



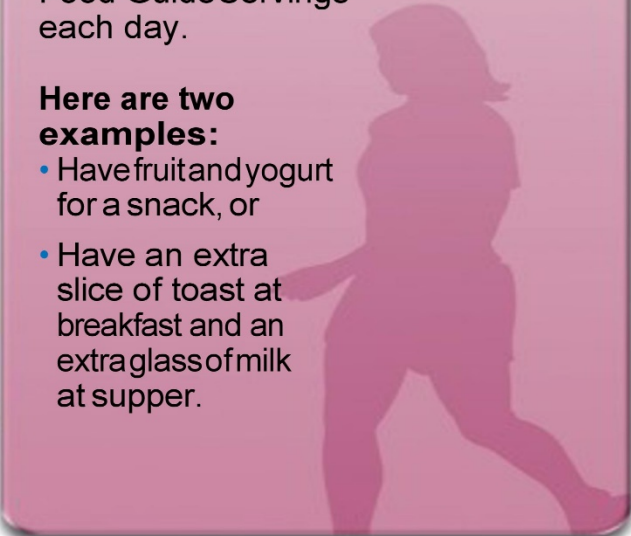
Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide Servings in a meal?

Here is an example:

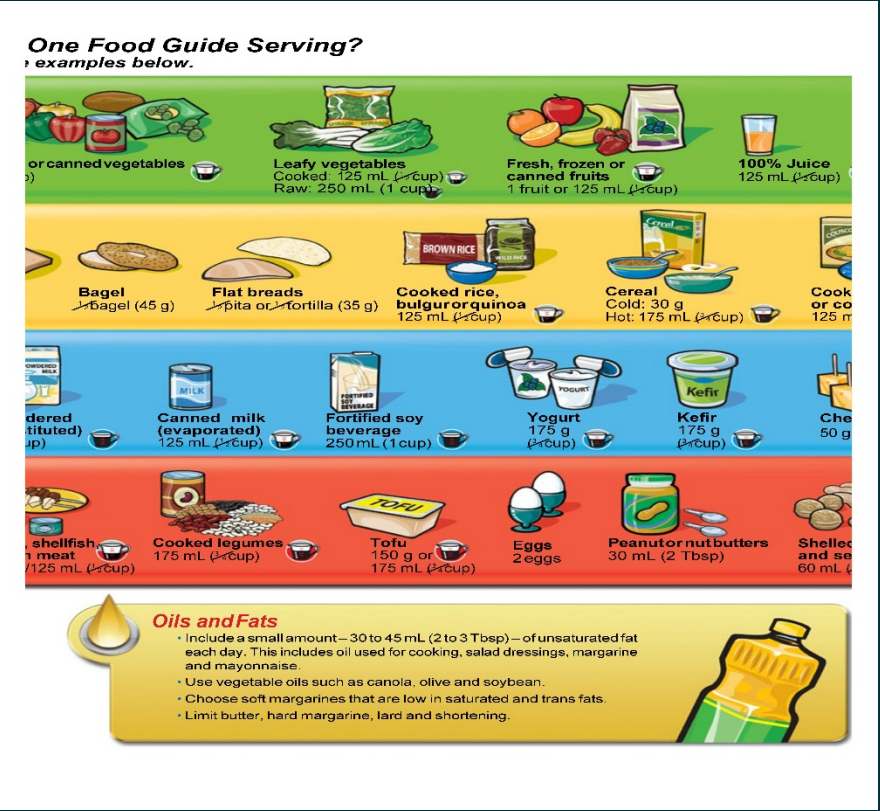
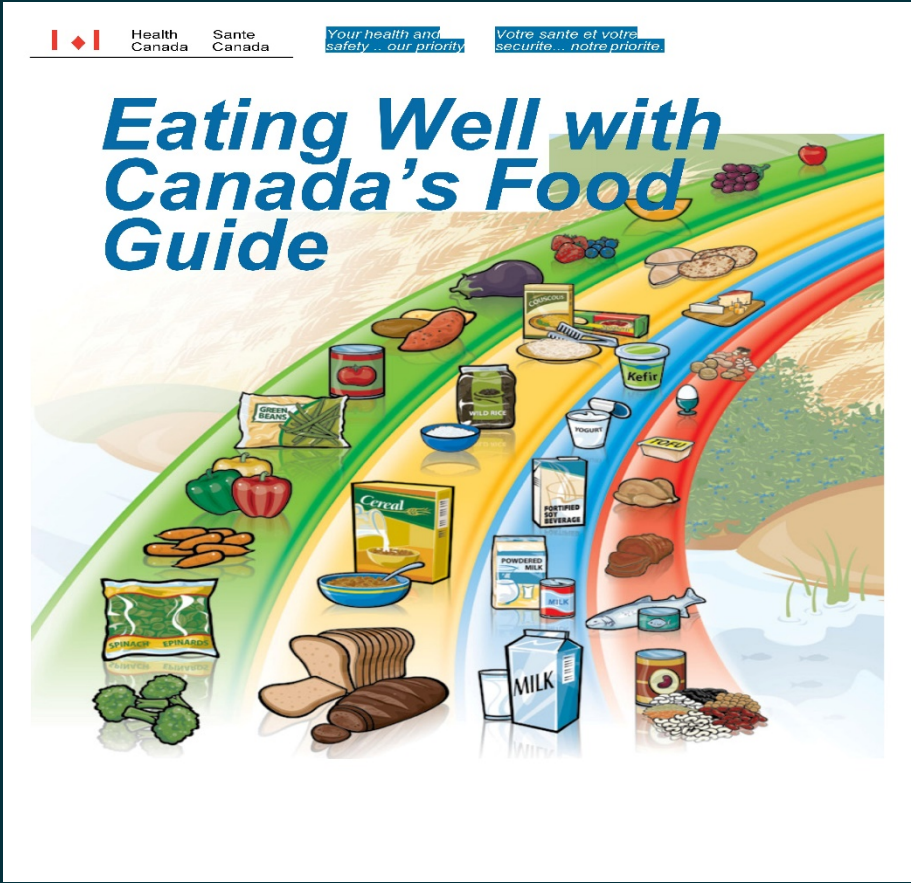


Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 Vegetables and Fruit Food Guide Servings
75 g (2 1/2 oz.) lean beef	=	1 Meat and Alternatives Food Guide Serving
250 mL (1 cup) brown rice	=	2 Grain Products Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your Oils and Fats intake for the day
250 mL (1 cup) 1% milk	=	1 Milk and Alternatives Food Guide Serving
1 apple	=	1 Vegetables and Fruit Food Guide Serving

EMPHASIS ON ANIMALS

- Standalone groups representing 50% of food categories
- “Drink skim, 1% or 2% milk each day”
- “Have 500 mL (2 cups) of milk every day”
- Milk and “Alternatives”: 1/6 is non-dairy



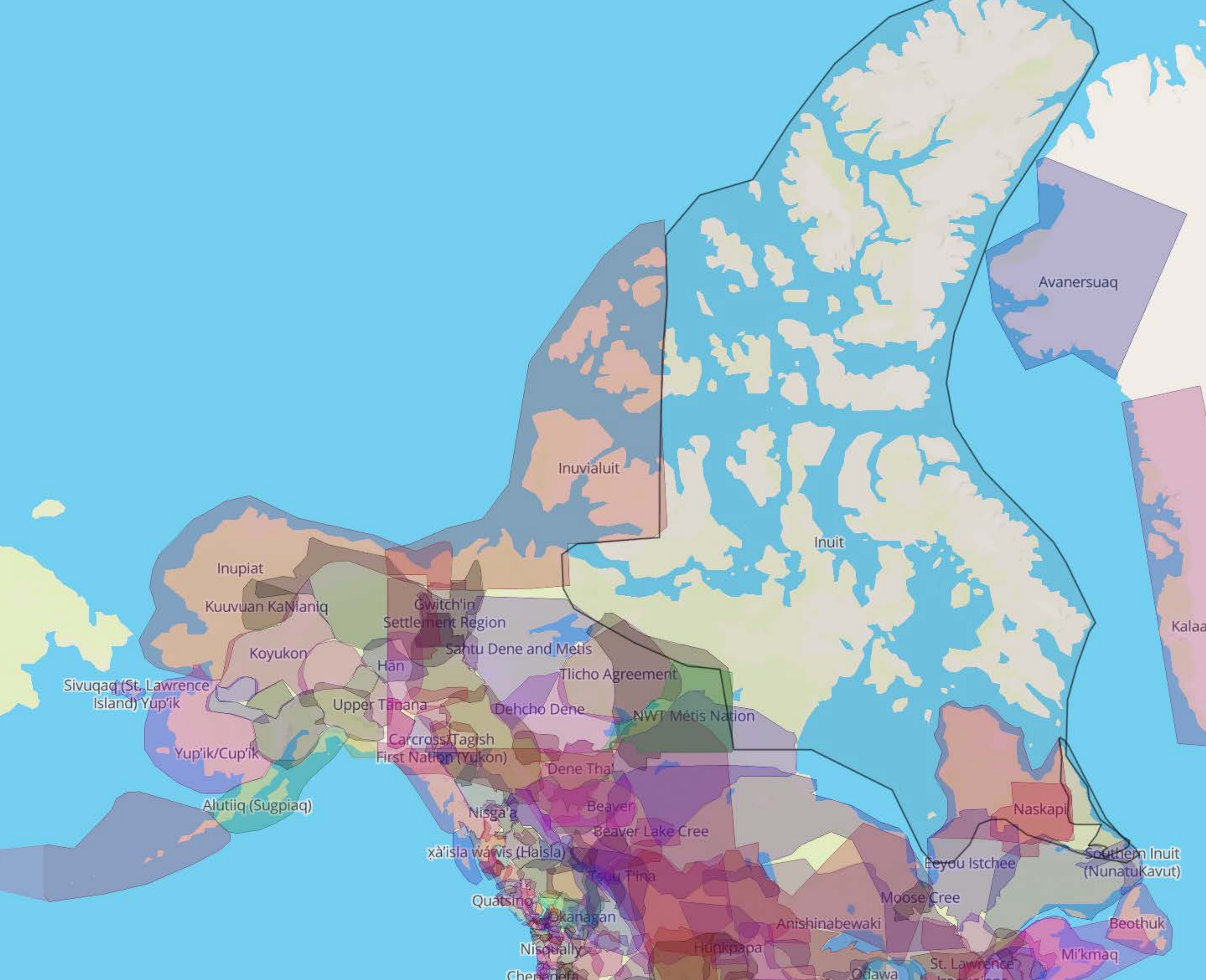
Have plenty of
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Map source: native-land.ca

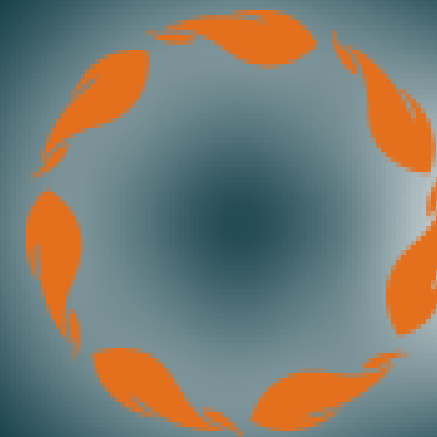
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RECONCILIATION: RESPECT FOR INDIGENOUS LEGAL ORDERS



Artwork by Dr. Val Napoleon



Truth and
Reconciliation
Commission of Canada

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First Session, Forty-second Parliament, 64-65-66-67-68 Elizabeth II, 2015-2016-2017-2018-2019	Première session, quarante-deuxième législature, 64-65-66-67-68 Elizabeth II, 2015-2016-2017-2018-2019
STATUTES OF CANADA 2019	LOIS DU CANADA (2019)
CHAPTER 11	CHAPITRE 11
An Act to amend the Criminal Code and other Acts (ending the captivity of whales and dolphins)	Loi modifiant le Code criminel et d’autres lois (fin de la captivité des baleines et des dauphins)
ASSENTED TO	SANCTIONNÉE
JUNE 21, 2019	LE 21 JUIN 2019
BILL S-203	PROJET DE LOI S-203

64-65-66-67-68 ELIZABETH II	64-65-66-67-68 ELIZABETH II
2015-2016-2017-2018-2019	64-65-66-67-68 Eliz. II

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“In considering natural law, Indigenous traditional knowledge and scientific evidence, we know that animals are sentient beings with social systems, complex means of communication, and emotions, yet they are legally marginalized and vulnerable to maltreatment and exploitation.” (ii-iii)

“So bear in mind why we are here. We are here to take care of our universe, to take care of our land, to take care of the people and to take care of all that is part of this Creation. So *n’gwamazin*: Be strong and steadfast in your beliefs. Take care of all of our relations and be mindful that reconciliation includes our relationship with animals.” (iv)

Section Two:

Limits

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Valencia – Oceanografic by Fabrizio.sciarretta



Valencia_Oceanografic_24 by Alef Igel



Valencia_Oceanografic_16 by Alef Igel



Valencia_Oceanografic_08 by Alef Igel

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We're building a model sanctuary where whales and dolphins can be rehabilitated and live permanently in their natural environment.

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Latest News

12.8.17

Morgan the Orca: a Tale of Betrayal

11.2.17

Sanctuary Groups Share Info at Marine Mammal Conference

7.28.17

Who we are

The Whale Sanctuary Project is working with you to establish a model seaside sanctuary where cetaceans (whales and dolphins) can live in an environment that maximizes well-being and autonomy and is as close as possible to their natural habitat.

Image Source: Whale Sanctuary Project Facebook Page

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Installation d’engins de pêche en période d’interdiction

25 (1) Sous réserve des règlements, il est interdit de placer des engins ou appareils de pêche dans les eaux, sur la grève ou dans une pêche durant une période d’interdiction.

Enlèvement des engins de pêche

(2) Sous réserve des règlements et du paragraphe (3), les personnes qui placent des engins ou appareils de pêche dans les eaux, sur la grève ou dans une pêche sont tenues de les enlever dès qu’elles ont cessé de s’en servir et au plus tard avant le début de la période d’interdiction.

17 Section 28 of the Act is repealed.

2012, c. 31, s. 173

18 (1) The portion of subsection 29(1) of the Act before paragraph (a) is replaced by the following:

Obstructing passage of fish or waters

29 (1) No person shall, for the purpose of fishing, place, erect, use or maintain any seine, net, weir or other fishing gear or apparatus, or any log, rock or material of any kind that

2012, c. 31, s. 173

(2) Subsection 29(2) of the Act is replaced by the following:

Removal

(2) The Minister or a fishery officer may order the removal of or remove any seine, net, weir or other fishing gear or apparatus, or any log, rock or material of any kind that, in the opinion of the Minister or fishery officer, results in an obstruction referred to in paragraph (1)(a) or (b).

18.1 The Act is amended by adding the following after section 31:

Shark finning

32 (1) No person shall engage in the practice of shark finning.

Definition of *shark finning*

(2) In this section, *shark finning* means the practice of removing the fins from a shark and discarding the remainder of the shark while at sea.

Importation and exportation

32.1 (1) No person shall import into Canada or export from Canada, or attempt to so import or export, any

Installation d’engins de pêche en période d’interdiction

25 (1) Sous réserve des règlements, il est interdit de placer des engins ou appareils de pêche dans les eaux, sur la grève ou dans une pêche durant une période d’interdiction.

Enlèvement des engins de pêche

(2) Sous réserve des règlements et du paragraphe (3), les personnes qui placent des engins ou appareils de pêche dans les eaux, sur la grève ou dans une pêche sont tenues de les enlever dès qu’elles ont cessé de s’en servir et au plus tard avant le début de la période d’interdiction.

17 L’article 28 de la même loi est abrogé.

2012, ch. 31, art. 173

18 (1) Le passage du paragraphe 29(1) de la même loi précédant l’alinéa a) est remplacé par ce qui suit :

Filets, etc. obstruant le passage du poisson

29 (1) Il est interdit — dans le but de pêcher — de placer, de construire, d’utiliser ou de mouiller un engin ou appareil de pêche — tel que filet simple, filet-piège ou senne —, un rondin, une roche ou un autre matériau qui :

2012, ch. 31, art. 173

(2) Le paragraphe 29(2) de la même loi est remplacé par ce qui suit :

Enlèvement

(2) Le ministre ou un agent des pêches peut enlever ou faire enlever un engin ou appareil de pêche, — tel que filet simple, filet-piège ou senne —, un rondin, une roche ou un autre matériau qui, à son avis, entraîne l’obstruction visée aux alinéas (1)a) ou b).

18.1 La même loi est modifiée par adjonction, après l’article 31, de ce qui suit :

Enlèvement d’ailerons de requin

32 (1) Il est interdit de pratiquer l’enlèvement d’ailerons de requin.

Définition de *enlèvement d’ailerons de requin*

(2) Au présent article, *enlèvement d’ailerons de requin* s’entend de la pratique consistant à couper en mer les ailerons d’un requin et à y jeter le reste du requin.

Importation et exportation — ailerons de requin

32.1 (1) Il est interdit d’importer au Canada ou d’exporter du Canada tout ou partie d’ailerons de requin séparés

shark fins or parts of shark fins that are not attached to a shark carcass except in accordance with a permit issued under subsection (2).

Issuance of permit

(2) The Minister may issue a permit authorizing the importation or exportation into or from Canada of any shark fins or parts of shark fins that are not attached to a shark carcass and impose any conditions that the Minister considers appropriate in the permit

(a) if the importation or exportation is for the purpose of scientific research relating to shark conservation; and

(b) if, in the Minister’s opinion, the scientific research is likely to benefit the survival of any shark species or is required to enhance the chances of survival of any shark species in the wild.

Amendment, suspension or cancellation

(3) The Minister may amend, suspend or cancel a permit issued under subsection (2).

2012, c. 19, s. 140

19 The heading before section 34 of the Act is replaced by the following:

Fish and Fish Habitat Protection and Pollution Prevention

20 (1) The portion of subsection 34(1) of the Act before the first definition is replaced by the following:

Definitions

34 (1) The following definitions apply in this section and sections 34.1 to 42.5.

(2) Subsection 34(1) of the Act is amended by adding the following in alphabetical order:

designated project means a project that is designated by regulations made under paragraph 43(1)(i.5) or that belongs to a class of projects that is designated by those regulations and that consists of works, undertakings or activities, including any works, undertakings or activities that the Minister designates to be associated with the project; (*projet désigné*)

de la carcasse, ou de tenter de le faire, sauf en conformité avec un permis délivré en vertu du paragraphe (2).

Permis

(2) Le ministre peut délivrer un permis autorisant l’importation ou l’exportation de tout ou partie d’ailerons de requin séparés de la carcasse et assortir le permis de toute condition qu’il estime indiquée si :

a) d’une part, l’importation ou l’exportation est effectuée à des fins de recherches scientifiques sur la conservation des requins;

b) d’autre part, le ministre estime que les recherches scientifiques favoriseraient vraisemblablement la survie d’espèces de requins ou sont nécessaires à l’augmentation des chances de survie de ces espèces à l’état sauvage.

Modification, suspension ou révocation

(3) Le ministre peut modifier, suspendre ou révoquer le permis délivré en vertu du paragraphe (2).

2012, ch. 19, art. 140

19 L’intertitre précédant l’article 34 de la même loi est remplacé par ce qui suit :

Protection du poisson et de son habitat et prévention de la pollution

20 (1) Le passage du paragraphe 34(1) de la même loi précédant la première définition est remplacé par ce qui suit :

Définitions

34 (1) Les définitions qui suivent s’appliquent au présent article et aux articles 34.1 à 42.5.

(2) Le paragraphe 34(1) de la même loi est modifié par adjonction, selon l’ordre alphabétique, de ce qui suit :

projet désigné Projet désigné par règlement pris en vertu de l’alinéa 43(1)i.5) ou appartenant à une catégorie désignée par un règlement pris en vertu de cet alinéa, constitué d’ouvrages, d’entreprises ou d’activités, notamment des ouvrages, entreprises ou activités que le ministre désigne à titre d’ouvrages, d’entreprises ou d’activités associés. (*designated project*)

Source: Bill C-68 Pages 15-16 (s. 32)

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IMPEDIMENTS TO DIETARY CHANGE

- **Effect of Social and Cultural forces on diet**
 - Gendered associations
 - Conservative ideologies
 - Family/friend pressures
 - Social stigma



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Section Three: **Lessons**

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Open Access Discussion

Animal Personhood in Mi'kmaq Perspective

by Margaret Robinson^{1,2} ✉

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Article

Animal Bodies, Colonial Subjects: (Re)Locating Animality in Decolonial Thought

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Beyond Meat Stock
Google Finance

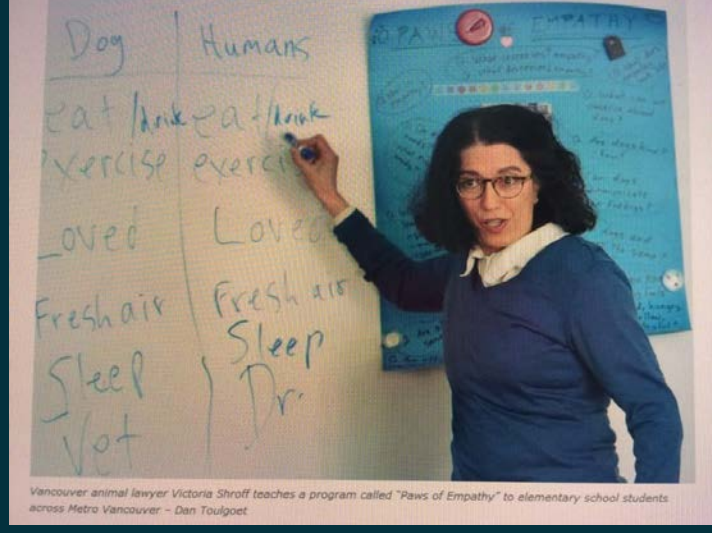


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She Glows



Image Source: FVMTL Instagram



Animals in Science Policy Institute



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Image Source: Lauren Toyota



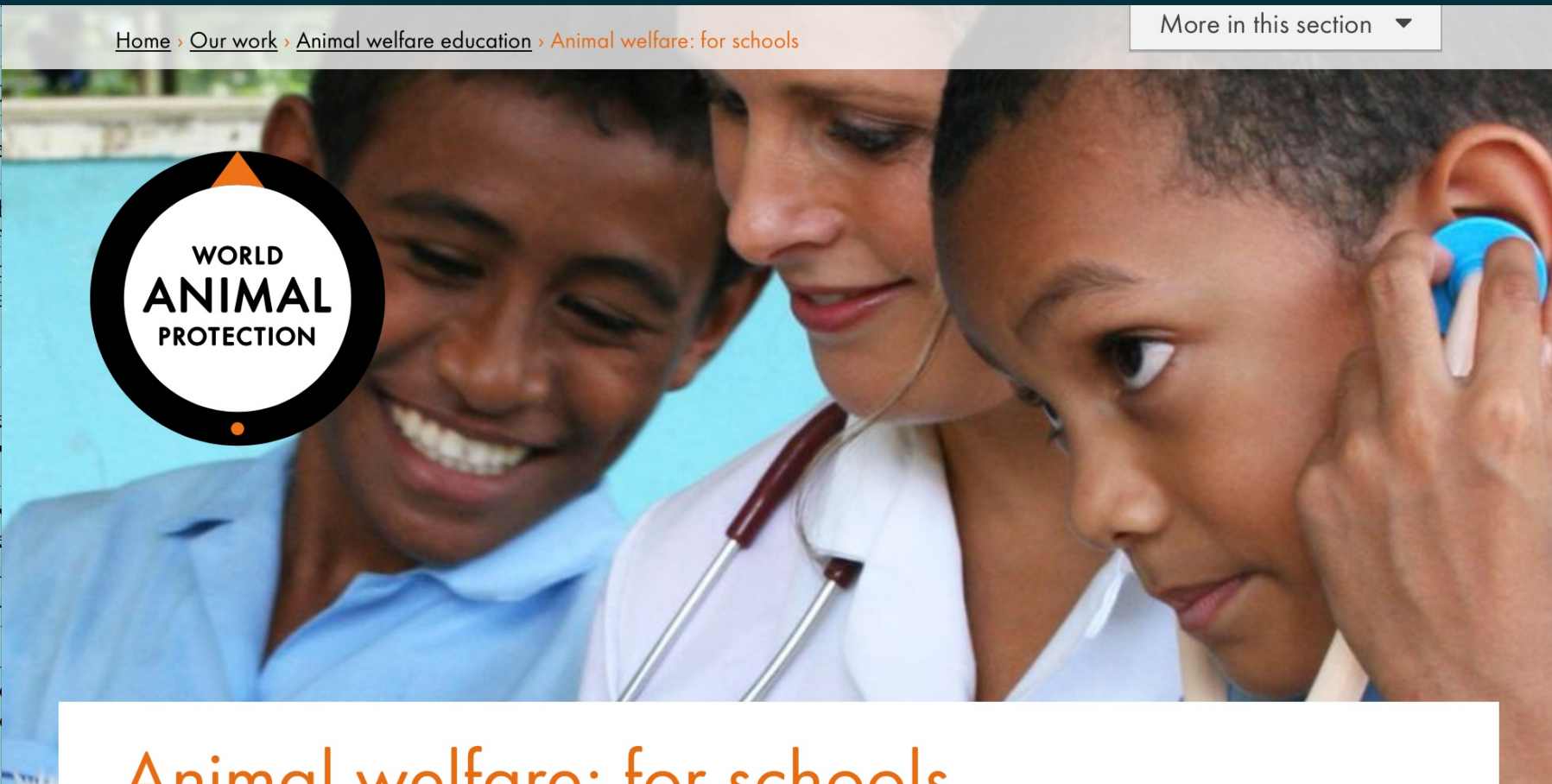
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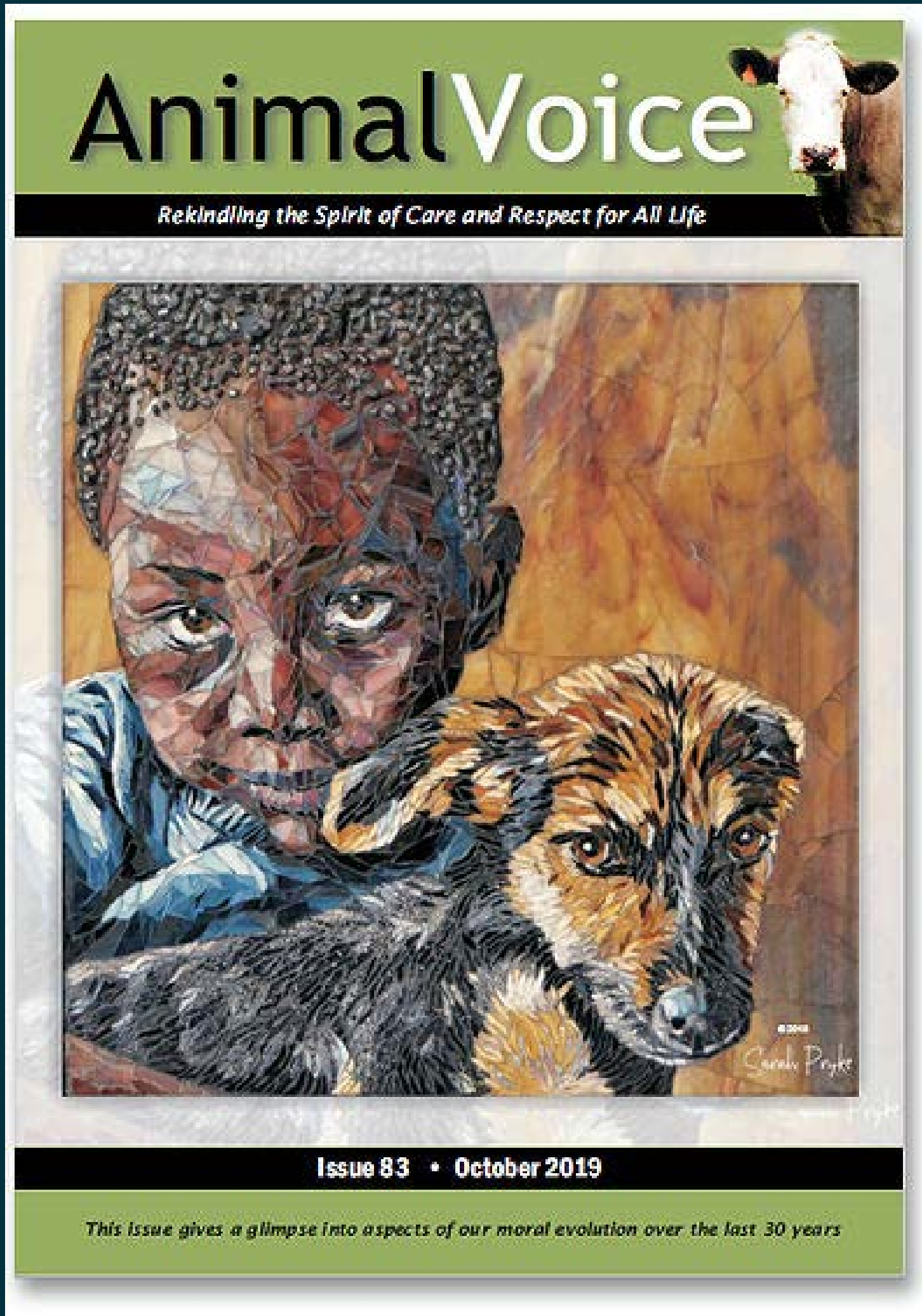


Img Source: Animals Now



Animal welfare: for schools

Img source: World Animal Protection Img Source: Animal Voice



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PHOTO SOURCE: FARM SANCTUARY

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