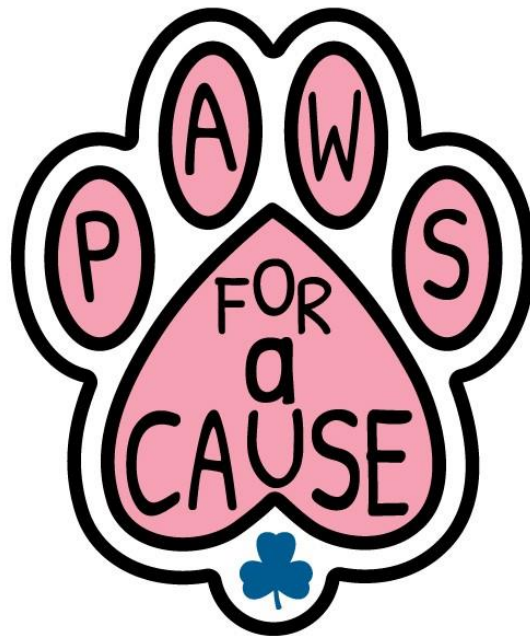




**Girl
Guides**

**Newfoundland and
Labrador Council**



Paws for a Cause Service Project

Developed by the 2023-2024 NL Youth Forum

All-Level Provincial Service Project

The Paws for a Cause Service Project can be completed by any level of Guiding! Sparks to Trefoil Guild are encouraged to participate! For this service project, we encourage members to complete at least one act of service from one of the below categories for your local animal rescue! If you have any questions, please email nl-youth@girlguides.ca. Service Project Crests can be purchased on the Girl Guides of Newfoundland and Labrador website.



Be sure to tag @NL_YouthForum in any social media posts!

List of Animal Rescues/Shelters Across Newfoundland and Labrador

*Your local rescue not listed here? That's OK!
Choose whatever shelter you would like to work with.*

Rescue	Location	Contact
Animal Care and Adoption Center	81 Higgins Line, St. John's	(709) 576-6126
City of St. John's SPCA	115 R.C.A.F. Road, St. John's	(709) 726-0301
Heavenly Creatures	292 Lemarchant Road, St. John's	(709) 739-0077
Turtle Rest and Retirement Villa	98 Watson's Crescent, St. John's	(709) 701-1770
Newfoundland Wildlife	308 Brookfield Road, St. John's	(709) 729-5384
Beagle Paws	131 Cochrane Pond Road, Bay Bulls	(709) 738-7297
The Rock Wildlife Rescue	110 Quigley's Lane, Torbay	(709) 727-0557
SEC Kat's Rescue and Rehab Centre	2 Dobbin's Rd, Wabana, Bell Island	(709) 746-5652
SPCA Baccalieu Trail	Gullies Road, Spaniard's Bay	(709) 596-7722
Greyhound Pets NL	N/A	(709) 693-8895
Clarenville Area SPCA	125 Huntley Drive, Clarenville	(709) 466-3489
NL West SPCA	15 Lundrigan Drive, Corner Brook	(709) 785-2747
Gander Area SPCA	36 McCurdy Drive, Gander	(709) 651-3002
Exploits Valley SPCA	13A Duggan Street, Grand Falls-Windsor	(709) 489-3604
Southwest Coast SPCA	169 Minnesota Drive, Stephenville	(709) 214-1750
Happy Valley-Goose Bay SPCA	Winnipeg Street, Happy Valley-Goose Bay	(709) 896-7387

DIY Animal Toys

3 Levels of Difficulty

Difficulty Level 1: No Sew Braided Toy

Materials Needed:

- old t-shirts/fabric

Directions:

1. Cut the hems off your t-shirt and cut the rest of it into strips (between 5-15 cm thick). Roll your strips into thin ropes. *To save time/make it easier, this can be done prior to your meeting.*
2. Tie 3 of these ropes together with an overhand knot (a great opportunity to teach youth knots).
3. Braid or twist the ropes into your desired length or shape, and tie at the end with another overhand knot.
4. Cut off excess if you need.



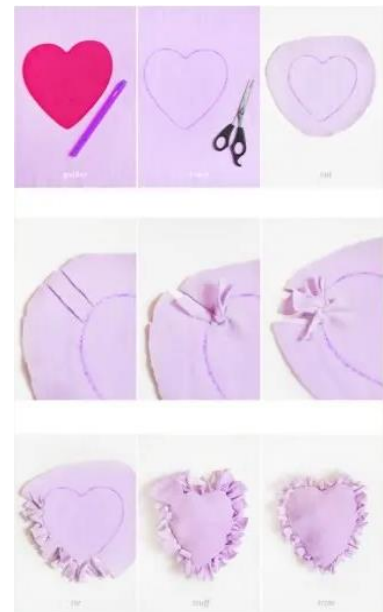
Difficulty Level 2: No Sew Heart Toy

Materials Needed:

- any fabric
- scissors (fabric work best)
- pen/marker
- heart stencil (around 6-10 cms)
- optional: catnip

Directions:

1. Place two pieces of your fabric one on top of the other on the table and using the stencil (or freehand) draw a heart shape on the top piece of fabric.
2. Then, draw a circle around the heart (leave a border of around 5 cm around the outline of the heart). Cut out the circle from both pieces of fabric.
3. Cut slits from the outside edge of the circle to the heart, around 2.5 cm apart.
4. Once the slits are cut all the way around, tie the top and bottom layers of fabric together all around the heart shape until you have a hole left.
5. Stuff your toy with the scraps of fabric you cut off before or polyfill. Tie up the last strips. If making these for cats, add some catnip!



Depending on the youth, you can do the first 2-3 steps before your meeting, or you could have the youth do it with help. You can even try a different shape, like a circle or a square!

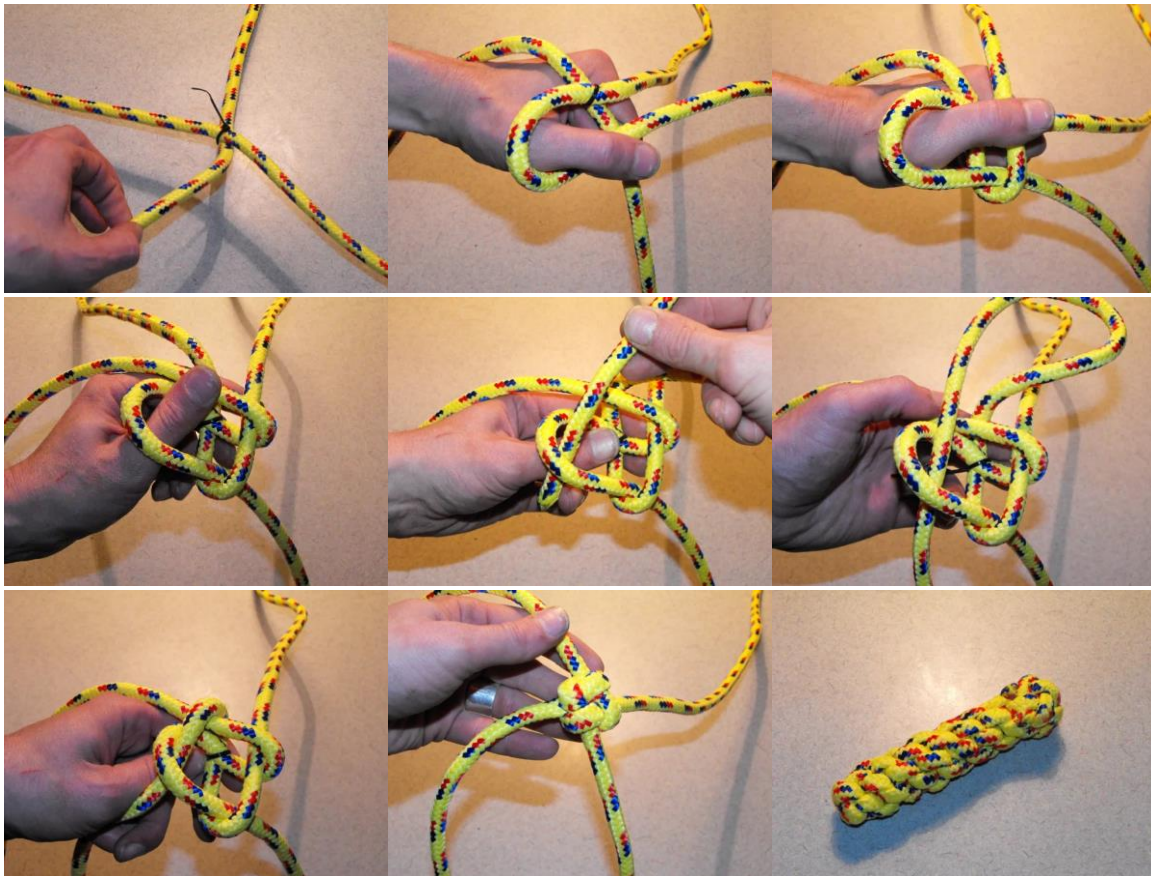
Difficulty Level 3: Heavy Duty Rope Toy

Materials Needed:

- thick cotton rope
- zip ties
- optional: pliers/lighter to finish off

Directions: *See pictures below to easily follow the instructions.*

1. Cut two lengths of the rope, about 1.5 m each.
2. Find the middle of each one and lay them on the table, crossed at the centre. Secure the centres together with a zip tie.
3. Make a fist and put the ropes on top, we will be making square knots. Make a loop with one rope and hold it in place over the rope to the right.
4. Loop the rope to the right over top of the one you just crossed and over the one to its right. Do the same with the one you just crossed.
5. For the final rope, do the same and put the end through the loop made by the first rope.
6. Pull each rope to tighten it all up until you have a four section square knot in the middle
7. Trim the zip tie. Repeat steps 3-6 until only short tails are left
8. Tuck the ends through one of the last knots with something like needle nose pliers
9. Trim the tails and melt the ends with a lighter to keep from fraying.



Bake and Make Treats

No-Bake Dog Treats: Peanut Butter Bites

Please note this does contain nuts - if your unit has a peanut allergy, consider using another nut butter (sunflower seed/cashew) or other alternative.

Ingredients:

- 1 cup pumpkin puree
- ¼ cup creamy peanut butter (no xylitol in the ingredients!)
- ¼ cup Greek yogurt
- 3 cups old-fashioned oats (divided into 2 ½ cups and ½ cup)



Instructions:

1. Blend together pumpkin, peanut butter and yogurt (or milk) using a mixer until combined.
2. Slowly add in 2 ½ cups of the oats (saving ½ cup) and mix well.
3. Using a cookie scoop or spoon, form balls and roll into the remaining ½ cup of oats to coat.
4. Refrigerate the treats until firm (about 1 hour)

Baked Dog Treats

Please note this recipe involves using an oven, adult supervision is recommended.

Ingredients:

- 2 Cups Whole Wheat Flour
- 8 ounces Sweet Potato or Pumpkin Purée (Canned or Baby food)

Instructions:

1. Preheat the oven to 350°F and coat a cookie with cooking spray or line with parchment paper.
2. In a bowl mix together your ingredients until everything is well incorporated - if your mixture is too dry to be a stable dough add a table spoonful of water, if it is too wet, add more flour.
3. Roll your dough out to be ½ inch thick.
4. Using some fun cookie cutters, cut it into biscuits! Put them onto your prepared baking sheet with a little space between each cookie.
5. Put them into the oven for 20-25 minutes or until there is no visible moisture and they're golden. After you take out of the oven let cool completely before storing in an airtight container.



Collect Donations

Is your unit looking to collect donations for your local animal rescue?

Below are some suggestions based off of wishlists from local rescues!

You may want to check with your local rescue to see what they specifically need.

Food

- Dry dog food for puppies and adults
- Wet dog food
- Dry cat food for kittens and adults
- Wet cat food
- Costco Cat & Dog Dry Food (Chicken and Rice Flavor)
- Canned pumpkin
- Food/water dishes (heavy if possible)
- Cat and dog treats (including lickable ones)

Litter

- Non-clumping cat litter
- Hardwood pellets
- Small / medium litter pans

Cleaning Supplies

- Garbage bags
- Free and gentle laundry soap
- Laundry detergent and bleach
- Dish soap (Dawn preferred)
- Paper Towel
- Disposable gloves
- Multipurpose cleaner

Other Supplies

- Blankets
- Hot Water Bottles
- Leashes
- Large / XL Dog Harnesses
- Cat & Dog Toys that can be washed / disinfected
- Windshield Wash
- Pet Friendly Salt

Visit Your Local Shelter (or have them visit you!)

People often want pets but do not understand that sometimes pets end up in shelters/rescues because not all families are prepared for the responsibilities of pet ownership. By helping youth understand why pets often end up at shelters, it will prepare them to be responsible pet owners. By learning more about animal shelters and rescues and how they work, youth can gain a better understanding and appreciation for the work that they do.

Schedule a visit to your local animal shelter/adoption center on your own or with your unit. You can even bring your donations to drop off if you collected any! Some shelters may have a limit to how many people can come at a time. If they do not have the capacity to hold everyone in your unit, invite a representative to attend your unit meeting, where they can educate on topics such as:

- Adopt, don't shop!
 - What is the process for adopting a rescue animal?
 - Why is adoption so important?
- What roles do animal shelters/rescues play in your community?
- Volunteer or employment opportunities at that shelter/rescue.
 - What kinds of roles do volunteers or staff have?
 - How do you recruit volunteers?
 - What can you gain personally by helping out at a shelter/rescue?
- How to care for certain pets and the responsibilities involved.
 - What should you consider before getting a pet?
- How to help a pet stay healthy and feel safe.
 - How do shelters and rescues help the pets stay healthy and feel safe?
- What to do if you find a lost/stray animal.
- How/why do animals find themselves in shelters?
- What are some other important benefits that shelters/rescues offer for the animals?
- What is the hardest part about working at or volunteering with a shelter/rescue?