

Pet Tidings



Volume 11, Issue 2

Published by PENINSULA FRIENDS OF ANIMALS, home of Clallam County's only cageless, no-kill pet sanctuary and adoption center, Safe Haven!

Serving the community since 2000

A girl named Nigel

By Ann Gilson

Almost every day, in newspapers and magazines, in books and on TV, we learn of the tragedies that have struck people as a result of the unbridled greed that has led to the current "recession."

But similar tragedies often befall companion animals as a "side effect," and little Nigel was one of those many innocent victims.

Nigel was only a tiny kitten when she was adopted by a loving family. (Yes, I know Nigel is a boy's name, but this Nigel is a girl cat, somewhat like the "Boy Named Sue" of the old song).

They were not well off enough to own a home, but rented a small one behind a larger house whose owners lost it in the downturn. As a result, the family— father, mother, two children, a beloved old dog, and year-old Nigel — had to move.

Besides the upset of trying to find another place they could afford to rent, there



Nigel

was the awful fear that they could not find a place that would take Nigel and the dog.

Many sleepless nights and anxious days later they did find a place. But only *one* pet would be allowed.

Continued on Page 3

Peninsula Friends of Animals has always been and continues to be an independent group.

OUR MISSION

To prevent the birth of unwanted cats and dogs through progressive spay/neuter and educational programs; and to place as many homeless, neglected, and abused animals as possible into good, safe, permanent homes.



Gillespie

ADOPTED!
SEE PAGE 10
FOR MORE



Tootsie



Tigger



Cirrus



Paisley

SEE SOME
PETS AVAILABLE
FOR ADOPTION
ON PAGE 6



Sasha

Fostering cats and kittens can be FUN!



See Page 4

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From the Editor's Desk

The editors of *Pet Tidings* are happy to have new writers on board to help us put some of our stories together — Julie Coyle and Franny Koski in this issue, along with Matthew Randazzo in the spring issue. They save us a lot of time while enhancing the publication with new voices and ideas. Julie also draws our new comic strip, “Perks and Parker,” on Page 3 — a humorous look at life with pets, and we think you’ll agree that her style and artistic flair are a wonderful addition.

We also have a typist, Lori Crow, to help us out with the nitty gritty of that chore. And we can’t neglect to mention Olympic Printers in Port Angeles, who print *Pet Tidings* for us and present us, four times a year, with a quality publication we can be proud of.

Dr. Ginny Johnson of Hadlock Veterinary Clinic writes our “Vet-Smartz” column twice a year to give us some inside answers on health concerns for our pets. We are grateful to Dr. Johnson for her contributions in making *Pet Tidings* a source of valuable information for

our readers.

In each issue, we feature one or more volunteers, partly to give them a public tip-of-the-hat and partly to show our readers the kinds of work that people enjoy doing for Peninsula Friends of Animals. On Page 5, you will read about three of them whose duties are varied and indispensable. And on Page 11, a whole story is devoted to a couple who build elaborate cat gyms and driftwood cat trees so our kitties always have interesting things to do while they wait for their forever homes.

If you would like to see a story or article appear in *Pet Tidings*, send us your ideas and we’ll try to make it happen. Send it to pettidings@olypen.com.

And if you’re looking for a way to volunteer for PFOA but can’t make an ongoing commitment, consider being an events coordinator. See Page 11 for more information.

The Editors

Mews from the board



The fact that **Safe Haven** was built in the 1970s came back to haunt us this winter when some small pipes burst, the heat pump almost died, wiring needed to be done, the sprinkler system needed tending and the irrigation pipe up the driveway burst and leaked \$1,500 worth of water before the nice guy from PUD came to tell us our water meter was on a tear.

With lots of follow-up and calling around by our business manager, Sherry Creech, and a few timely, generous donations of money and labor, all is well (for now).

A sympathetic volunteer donated a new replacement for the washing machine that died, and two caring members saw our wish list and presented us with pressure washers. In addition, some money is now set aside towards the hot water heater that is rusting under the building. It is always heartening when, in the midst of a crisis, support comes in — labor, financial contributions, love and encouragement.

Safe Haven is the “heart” of PFOA.

It is the sanctuary for the animals we rescue and the location of the office where important administrative work is done. We are grateful to those volunteers who have come to know and care for the building. It is a very important and critical way of caring for the animals!

The board of directors invited all volunteers to an Appreciation Party held on May 1. We were delighted that around 40 longtime and new volunteers were able to make it. Folks visited and ate and met those who helped on a day of the week different from their volunteer day.

In 2010, 145 volunteers donated just under 16,000 hours, plus foster care time! In the first quarter of 2011, we tallied a total of around 2,500 hours!

Since many of us forget to sign in to the shelter, or neglect to count attendance at meetings or a day selling potholders, we know that the count is low. PFOA has a very busy village, and we are all so grateful!

Diane Lopez, President

Nigel: From heartbreak to happiness, pronto

---Continued from Page 1

Nigel was now a beautiful young cat, shiny black, and very sweet and affectionate. How they did love her! But their old dog stood no chance of being adopted, and he had spent his whole life with them. They loved him dearly and could not let him go — it was impossible.

Tears and broken hearts notwithstanding, the day of the move finally came, and the next morning the dad started out to take their dear Nigel to the pound.

Nigel knew something was dreadfully wrong. All the packing and moving, a house that was strange last night, and now a trip in the carrier in the car, which she hated. She crouched down in the carrier as they drove along.

Then suddenly the brakes were on, and the dad turned abruptly off the highway. He had seen the Safe Haven sign and turned in at the gate. He said to himself, "That sign says 'appointments only' and I don't have an appointment."

"I can't help it," he thought, "Nigel isn't going to the pound without me trying everything! All they can do is tell me they can't take her. It's worth taking even a million-to-one chance



Nigel, now "Missy Girl"

to save her. These folks don't ever kill cats here."

He drew to a stop in front of Safe Haven and got out, carrier in hand, and rang the bell.

Nancy Campbell, operations officer, was on duty that day, and her heart sank when she saw him. Most people respected the notice on the gate, but every once in a while a desperate pet guardian came to the door. Then she had to watch the last hope die in his or her eyes when she had to say, "I'm sorry, we're full and can't take Fluffy."

But she opened the door, and the dad and Nigel came in. Before she could say anything, he made his plea for Nigel, barely able to speak. Then

Nigel made her own plea, coming to the front of the carrier and putting a trusting paw out to Nancy and uttering a tiny hopeful "miow" as she did.

Nancy opened the carrier and Nigel climbed straight into her arms. She said, "You know, I should never do this, but we had an unexpected adoption this morning, and there is one space right now, and it looks like Nigel is perhaps meant to have it. As young and pretty and affectionate as she is, she won't occupy it long, and another cat can soon claim it."

It was a relieved and almost joyful man who soon bid their much-loved cat goodbye and went back home to tell his family the good news. They would miss Nigel for a long time, but she was safe now.

Nigel seemed to know that this latest change was not a bad one, and even the trip to the veterinarian for exam, shots and spaying, and 10 days in quarantine didn't dampen her spirits or alter her sweet disposition.

Meanwhile, not far from Safe Haven, in a small apartment in her mother's home, a tiny middle-aged woman named Kim was grieving the loss of her longtime companion cat to cancer.

Turn to Nigel on Page 5

Perks and Parker

by Julie Coyle

www.monsterdogcomics.com



Fostering pets — both rewarding and valuable

By Franny Koski

Kitten season is upon us. The Peninsula is filled with newborn kittens and nursing cat moms in a variety of dire situations. What is it like to be a foster parent for Peninsula Friends of Animals, sharing your home to create a temporary refuge for some of these adorable, needy felines?



Little Bear

To find out, I talked to the experts, volunteers who do it and love it. The first thing I learned was: When you foster for PFOA, you have help.

“The support from PFOA is terrific,” says Carol Howard who, with her husband, Mike, fosters the cute black kitten, Little Bear.

“They’re extremely supportive to us. They supply food, litter, everything you need.”

Patti Knodel, who coordinates kitten fostering for PFOA and fosters pregnant mama cats herself, confirms this. She says, “We’ll come to your house if you want, and help you set up a confined space for the kittens. We’ll give you comfy blankets, a litter box, KMR (Kitten Milk Replacement, a formula for orphaned kittens), toys, and anything else. We transport animals to the vet. The foster parent need not have any out-of-pocket expense. And we give you all the information you need, for instance, about hand-feeding kittens. We’re always available to help.”

Helen Hille, a founding PFOA member and longtime foster parent of kittens, sums it up this way: “They [PFOA] give you anything and everything that would possibly make



Cody

can’t just stick them in a room and throw food in; they need your time, attention, and handling. When they’re old enough to live at Safe Haven, we want them to get adopted. So we want well-adjusted, people-friendly kittens and cats.”

That’s why, Patti says, fostering is a great project for kids to get involved in.

“If your kids are off school for the summer, or home-schooled, they and their friends can help you socialize the kittens.”

Retired people make great foster parents too, she says.

Patti adds that fostering kittens, which can last a couple of weeks to several months, takes commitment and flexibility.

“Usually nothing goes wrong, but things can,” she says.

“A just-spayed mama cat may pull at her sutures and need further veterinary care, postponing the time she can come to Safe Haven and extending her stay at your house.”

Other challenges? There’s the short-term nature of the relationship, a two-sided coin. Linda Hebert, Safe Haven’s caretaker who presently fosters the handsome cat Archie, says, “What’s hard for me is the mixed feelings you have about letting the kitty go. On one hand, you want some nice person to adopt him or her. But your foster kitty has become part of your own family. I always cry when I have to let them go.”

Helen, on the other hand, likes the

this thing work.”

But what does a foster parent do?

“We need you to love ‘em and make ‘em social,” Patti says.

“You



Kodi and Kona

“time-limited commitment” and says, “It’s great — you’re getting free kittens for a short period of time!”

All the foster parents I spoke with insist happily that the rewards outweigh the problems.

“Our foster boy, Little Bear, is just fun,” Carol says, “and by fostering, you feel really good that you’ve saved lives.”

Commenting on the photos and stories she’s received over the years from people who have adopted PFOA foster cats, Patti smiles and sighs a deep, contented sigh.

“The joy is to know you had a part in that,” she says.

To learn more about fostering, call PFOA at 360-452-0414. ❀

Got matching funds?

Remember, PFOA is eligible for matching funds from many companies such as Boeing, Aetna, etc., that participate in this program. This is an easy way for you to double your gift to the animals we serve. Check with your employer, even if you are retired! Call **360-452-0414** (leave a message) for more information.



Meet some volunteers: Dale, Polly and Eileen

By Julie Coyle

With hundreds of paw prints going in and out of Safe Haven, you may wonder who is responsible for keeping track of all those cats.

Meet the marvelous cat-tracking trio.

On any typical Thursday, Dale Stellman, Polly Loggy and Eileen Franson can be found at the shelter sitting behind computer screens sorting through data to make sure each kitty is accounted for. This means assigning numbers to each cat, setting up records and monitoring the progress of the cats from check-in through adoption.

Each woman comes from a unique background but has found that their deep love for animals is the glue that bonds them.

"We all work well together," states Polly, "I'm just so proud of this place for that."

Both Dale and Eileen agree that one of the real joys of volunteering for Peninsula Friends of Animals is the camaraderie and the dedication of the people.

Dale, who claims she's more of a dog person (we won't tell the cats), came to PFOA in 2001 as one of the first members, meeting at founding member Janet Harker's house before Safe Haven existed in its present form. Dale and her husband moved from California to the Sequim area after she retired as a school district bookkeeper. She initially assisted with socializing the kitties but soon found she could put her computer skills to use and still enjoy getting a little cat time.

In 2005 the PFOA team welcomed Polly just as the new building opened. A medical technician in Alaska, Polly moved to the northwest after retirement. She has always had a love for animals and nature, having studied plant science in college. Unfortunately her son's allergies prevent her from owning cats, but she states that's OK because volunteering at Safe Haven gives her her "kitty fix."



Dale Stellman, left, Polly Loggy and Eileen Franson.

Indeed, the shelter is a perfect place to spend time enjoying the cats. Eileen has enjoyed their company so much she's adopted three from Safe Haven over the years. Eli — a sweet kitty with a clubbed foot — is one she was especially fond of. Eileen spent several years working at the University of Alaska in Juno before she and her husband retired and moved to Sequim. A cat lover all her life, it made sense to become involved with PFOA. Her daughter is also involved with animal rescue work and participates in trapping feral cats for a spay and neuter program.

When asked what they enjoyed most about volunteering at Safe Haven, all three women agree it is seeing cats who have been in the shelter for some time finally going to forever homes. The satisfaction of knowing they are doing good for the animals, along with the enjoyment of working alongside amazing people, makes all those hours at the computers well worth it.

Thank you, ladies, for your hard work and dedication! ❖

Nigel: Proved to be the perfect companion

---Continued from Page 3

Although Kim loved her mother, family and friends, her cat Missy Girl had been especially close and dear to her heart for much of her adult life. Missy Girl had not only loved her, but depended on her in a way no one else ever had.

Her mother, knowing how much her daughter's loving nature needed someone to pet and hold and care for, began looking for another kitten or cat. She thought of Safe Haven, not far away, and called to talk to an adoption

counselor. By chance she reached Nancy Campbell.

As they talked, Nancy thought of Nigel and said, "I think we might have just the cat for your daughter."

So Kim and her mother drove over to Safe Haven the next day. When they were shown the room Nigel and several other cats were in, Kim and Nigel made a beeline for each other. Kim picked Nigel up oh, so gently, and happily held her close the whole time her mother and Nancy were arranging the adoption. Only reluctantly did she let Nigel go,

into her carrier for the trip home.

As Nancy stood on the steps, waving as they drove away, she knew that Nigel would bring joy and comfort to the life of someone who needed her, and that she would be surrounded by great love, care and security for the rest of her life.

P.S. Kim's mother says that Nigel, now *also* named Missy Girl, has proved to be the perfect companion for Kim, and they are happily devoted to each other. ❖

Safe Haven ADOPTABLES!

Brown is beautiful . . .

and we have the tabbies to prove it!



Grady

GRADY is about 5 years old and looks like an Abyssinian. He's very affectionate and will reach for you to pet him and will meow to be picked up. Whoever adopts him should be seeking a cat who wants lots of attention. Grady was brought to the shelter with a companion, and we'd love to see them placed together, but it isn't absolutely necessary.

SANDY is a 5-year-old female with lovely green eyes. She's talkative, playful and very loving. She wasn't able to move with her person and now needs a new home. She tells us she would prefer to be an only cat and would not like to have children in the house. She travels well and would be an ideal pet for someone who has a motor home and wants to share the vagabond life with her.



Sandy



Peggy

PEGGY is a sweet (and very vocal) tabby teenager who has white boots and bib. She was rescued from the parking lot of a big box store after someone dropped her off there. She has lots of years worth of love to give some lucky adopter.

MS. PUSS was abandoned when her owners moved. Neighbors brought her to PFOA. She's an adorable short haired tabby, about 5 years old. At some point, she suffered a broken jaw; it gives her a rakish look but doesn't affect her health. Ms. Puss is declawed and has a loving nature. This sweet gal is ready to cuddle and snuggle her way into your heart.



Ms. Puss



Smokey

SMOKEY is a gorgeous Maine Coon, long haired tabby who is approximately 10 months old. He loves to sit in your lap and doesn't mind being brushed. He was abandoned when his owners moved. Smokey is a quiet kitty but he warms up fast and gives lots of love.

LINDY LOU is a sad girl who is missing her beloved owner who had to give her up due to ill health. This beautiful brown tabby-calico would prefer a quiet home with no other pets and no children. She is learning to trust us and rewards our attention with her deep purr, but at almost 12 years old, she will need a patient, gentle caregiver. If you are a person with the time and desire, you could be the one to help this beautiful little soul find happiness again in a forever home.



Lindy Lou

Please call PFOA's message line at **360-452-0414** to talk about any of these featured pets; a volunteer will return your call. Or go online to see many others at www.safehavenPFOA.org

Vet-Smartz



By Virginia M. Johnson DVM
Diplomate, American Board
of Veterinary Practitioners

A CAT'S DIETARY NEED FOR PROTEIN DIFFERS GREATLY FROM A DOG'S

When we talk about diets in our animal friends, there is an important distinction to be made between cats and dogs. Dogs, like humans, are omnivores. This means that these species eat animal flesh and plants. Dogs have few limitations on what they eat. They can eat both vegetables and meat. There are a few foods that I recommend *not* be fed to dogs — garlic, tomatoes or onions. A little might be OK, but not in large quantities. Dry food or canned foods are okay. Look at the ingredients and feed the best quality food you can find to give your dog the best ingredients for good health.

The rest of this article is devoted to our cat friends because they have some distinctive differences in their system. Cats are obligate carnivores which means that in the natural world, cat species eat large amounts of animal flesh and therefore, large amounts of protein. In the natural world, cat species are hunters and may eat up to 70 to 80 percent protein in their diet.

Cats are especially adapted to process this much protein. Their livers are very different from other species. They are missing a number of enzymes and do not metabolize foods and some drugs like other species do. Cats are uniquely adapted to their high-protein diet and they maintain glucose levels from amino acids found in protein rather than from carbohydrates in the diet. Because of this, cats in the wild do not need nor are they adapted to eat a high-carbohydrate diet.

In our domestic cats, many people feed dry food. We do this for convenience in feeding, to clean their teeth, and because canned cat food is expensive. Dry foods are not all that good in keeping our cats' teeth clean. Dry foods are almost always much higher in carbohydrates than the natural diet found in the wild. When we feed our cats dry food, we are altering their metabolism and giving them a food that is not the high-protein diet found in wild cats.

There are a number of research projects done in the

last few years that link high-carbohydrate diets in cats to an increase in obesity and diabetes mellitus. One diet recommended for treatment of diabetes in cats for many years has been a high-fiber diet. Now more recent studies are showing that diabetic cats may do better on a high-protein, low-carbohydrate diet, similar to their diet in the wild, such as mice. There are a number of commercial diets that fit this description and there are prescription diets formulated to meet these specifications. In my opinion the best prescription diet for diabetic cats is Purina's DM/Dietetic Management.

Another formulation that is high-protein and low-carbohydrate is found in most kitten canned foods.

Does this mean that our cats should all be eating high-protein canned cat food? It is a more natural way for cats to eat, but this may not fit into a person's budget for their cats. What it does mean is that we should all look at the ingredients and analysis of what we feed our cats. Look at the carbohydrate content. If it is 30 to 40 percent, your cat is more at risk for obesity and diabetes.

If your cat is healthy but obese, try to get his weight down to the normal range. Look for dry and canned food with a lower carbohydrate and fat level. Play with your cat to increase the amount of exercise he or she gets. Ask your veterinarian for recommendations that fit your cat's age and health status.

There are occasions when a high-protein diet may not be the best for some cats. Cats with kidney problems may not be able to handle a higher protein diet. Ask your veterinarian if your cat can eat a high-protein diet. Get a blood test to screen for elevations in blood sugar and kidney function.

Research studies are showing that weight loss and diet change can lessen and even end the need for insulin therapy in some cats. Their disease appears to be like adult onset/ Type II diabetes in people. If your cat is already diabetic, talk to your veterinarian about whether these changes are right for your pet. ♣



A special thank you goes out to Dave and Diana Hough and Carol Temte

for responding to our "Dare to Dream" item in the last issue of *Pet Tidings*. Safe Haven was in need of a power washer and these three came through for us, bringing one new,

and one gently used, power washer to the shelter at the end of March.

Peninsula Friends of Animals continues to be awed and humbled by the generosity of our friends and neighbors in the community, always thinking of us and the animals in our

care and finding ways to help us do our job the best ways possible. We truly do live in a wonderful place and we appreciate *all* the support we receive from so many sources, large and small, on a daily basis. **Thank you, Dave, Diana, and Carol!**



“Dear Peninsula Friends of Animals . . .”

Dear PFOA,

Enclosed is our donation to be used in whatever way that you would like. We just wanted to update you on our little kitty, Meghan. We have renamed her Maggie.



She is slowly coming out of her shell and fitting right in with us. It's taken over a month for her to feel safe and not be afraid to come out of the dark and be with us during the day. What a joy to have around. Again, thank you for the joy we now have and for years to come.

Robert and Lori Purser.

Dear PFOA,

Kit Carson (now Great White), and Spot (now Mr. Nibs), are doing well! We adopted them last summer. Their “perch” is near a free standing wood stove we have. They both love to stretch out on their backs, with front paws over their heads and back paws stretched to hang over the edge, to be nearer the heat. Thank you for the loving work you do.

Deborah and Dan Wilson.

Dear Sharon (Palmer) and PFOA,

I appreciate winning a free spay for Rose more than I can say. It makes a big difference in both our lives. Thanks for all the good work you do. Thanks for reaching out a helping hand!

Sincerely,

Debbie Wakely and Rose, the newly spayed cat, and Olivia, my other already spayed adopted cat who will be very happy not to have to deal with Rose in heat!



Dear PFOA, Your printed information is so wonderful and positive. We all know the sadness and difficulty associated with animals, but PFOA does a great job in keeping the tone as optimistic as is realistic. That's the only way I can even think of opening the newsletters. Thanks!

Terry and Louise Carson

Dear PFOA, This is for Rosie's (Primrose's) keep. From Saffron Lewis, fourteen year-old cat of **Carolyn Lewis.**

Dear PFOA, Thank you for the work you do. From **Michael Snyder** and The Princess Mew.

Dear PFOA, Here is my birthday money! Please use where needed most. From **Denise Cornell.**

Dear PFOA,

Thanks for our new friend; she is a doll. You named her Sasha. Well, Bob calls her Babie. She sleeps with us every night. We got her good food. She has the run of the house and she gets a brushing every day.



Billie Jo and Bob Jones.

“Dear Peninsula Friends of Animals . . .”



Dear PFOA,

We wanted to share an update on Jacob, the kitty from LaPush that we adopted a bit over a year ago. We are so glad to have him and his distinctive ways.

Betty and Therald Todd

Dear PFOA,

Just want to let you know that Opal is happy in her new home. She loves to watch the birds, squirrels, and deer through the windows. Thank you!

Kathy and Roy



Hello Jan and Jen (Cabbage),
 Well we just wanted to let you know how the kitties are doing. What can we say, they are wonderful. They have filled our hearts to overflowing. They are so sweet. They seem to be adapting to being alone while we are at work. When I (Mandy) come home they are excited to see me, and we begin a time of hugs and play. Jerry (Dad) doesn't usually get home until later. But they are waiting at the door for him. The smile on Dad's face tells it all. Sam and Lucy have gotten into the routine of going to bed when we are ready, unless of course they are running and playing. All in all, things are going great. We hope all is well with your kitty family. Once again we thank you for all your help in caring for Sam and Lucy.
 Love, **Mandy and Jerry, with Sam and Lucy**



Shelf maker heads south



Hal Clark completed several projects around Safe Haven, including the shelves in the garage. His wife, Susan, worked on e-thank you notes and picked up donations from around town. They were both a joy to work with, but have now headed south to warmer climates. We will miss them but appreciate all their hard work. **Thank you, Hal and Susan!**

Look who's been adopted!

See some of our adoptable pets on Page 6

---Continued from Page 1



Katie Mae



'Stache



Opal



Jasper



Phoebe



Gidget



Leah



Lisa



Antonio



Guido



Tommy



River



Sophia



Junior



Pet food drive helps feed cats, dogs in need

Dr. Nicole Burton of Blue Mountain Animal Clinic, left, and Sherry Creech of Peninsula Friends of Animals, display a sample of donated pet food. During the month of March, 211 pounds of pet food were collected to benefit the emergency pet food bank maintained by PFOA.

As an incentive to have their customers donate to the drive, Blue Mountain Animal Clinic and Old Mill Café, both in Sequim, sponsored a drawing for a \$75 gift certificate to the Café; the winner was Joan Taylor.

In 2010 there were 218 people who were helped by the PFOA emergency pet food bank so we are very grateful for this donation. PFOA appreciates all the time and hard work given from the Blue Mountain staff for this event. Because of them, many families who adore their pets, but have fallen on hard times, will continue to be able to feed them in the months ahead. Thank you for a job well done! ❖

Flowing, freeform, wild — behind the designs

By Julie Coyle

When it came to building cat-climbing gyms for the outdoor enclosures at Safe Haven, creative volunteers Dave and Connie Holtz put their designing expertise to good use.

Flowing, freeform and wild — words you would more commonly hear in association with art — are exactly how Connie describes one of the newest wood play structures installed for the cats. Made completely of driftwood, the design has a feeling of fun and whimsy.

“Its fun to do,” says Dave. “And it’s a learning process.”

Having owned nine cats throughout their lives, this couple knows what cats love and need when it comes to entertainment. Combining that with the 30 years of design experience in the entertainment field of theme parks, Connie saw an opportunity to enliven the lives of the cats at PFOA’s Safe Haven. Sparked by the idea, Dave used his skills as a carpenter and designer to develop the first cat gym and found it was a huge success. Now there are four structures at the shelter, all unique, and one specifically designed for hefty kitties and older cats that may be reluctant to jump too high or climb too much.

Each structure takes approximately a week to design and build. The gyms are then taken apart and reassembled at the shelter. As we visited each gym it became apparent that Dave and Connie consider these projects to be works in progress. Dave pointed out features he would like to improve on — adding platforms and lowering the angle of some of the ramps. Watching the cats use the structures provides a better understanding of what is working and what isn’t. It also provides fodder for new ideas. Dave dreams of building a catwalk suspended overhead, allowing the cats to roam from one side of the outdoor kennel to the other.

Thanks to generous donations of building supplies from various friends and supporters, the Holtz’s enthusiastic ideas have become reality.

With cubbyholes, catwalks and crawl spaces, not only do these gyms provide amusement for the cats but they are



Safe Haven kitties enjoy a driftwood play structure, top, and a cat gym, built by Dave and Connie Holtz.

amazing to behold!

If you are interested in donating building materials to the Holtz’ designs, please contact PFOA at **360-452-0414** and leave a message. ♣

Wanted: Events coordinators for summer, winter

Three people (or teams) are needed to take charge of three different upcoming events on the Peninsula.

Three Open Aire Markets on Saturdays are held in Sequim (June 11, July 9, Aug. 6); one person is needed to be in charge.

Paws in the Garden (Aug. 13 & 14)

and the Dog Show (July 29-31); one person, each, is needed to be in charge.

Six Christmas Bazaars in November and December, one person is needed to be in charge.

Coordinators’ duties are to schedule workers, supervise the event, set up and take down booths or tables (Paws in the Garden and the Dog Show

include setting up a canopy), plus record keeping and inventory. Two of our past coordinators are willing to mentor, and helpers are available.

If you can help out with any of these events, please call Safe Haven at **360-452-0414** and leave a message that you are interested in helping out.



Memorials and Honorariums



Memorials given in honor of a deceased pet, in memory of a friend or family member, or Honorariums to thank special friends are a lovely way to say "Thank you" or "I love you" or "I miss you." A public statement of remembrance can help bring closure or soften grief, as well as honor a loved one. (Please try to keep memorials to three or four lines or less — about 15-35 words — for space consideration. We do not publish photos of pets here, but invite you to submit photos and poems for our online memorial page — for a donation — by logging onto www.safehavenpfoa/memorials.html).

In Memory of Special People

- In memory of **Dorothy Lewis**, from **Clyde Stice**.
- In memory of **Allen Banick**, an exceptional friend of cats. From **Pat Perry Nix**.
- In memory of our friend and neighbor, **Allen Banick**, from **Lael and Maytha Kilgore**.
- In memory of **Allen Banick**, from **Linda Sue** and **Vernon Reidel**.
- In memory of **Allen Banick**, from **John Pruss** and **Margo Petersen-Pruss**.
- In memory of **Michael**, our nephew. From **Donald** and **Lois Sorg**.
- In memory of **Nellie Weaver**, with love from **Margi Renken**.
- In memory of **Donna Jaeger**, from **Katherine Wagoner**.
- In remembrance of my son, **Bruce Phillips**, who passed away Sept. 10, 2009, in Port Angeles. From **Barbara Phillips**.
- In memory of my mother, **Mabel Burton**, from **Kathy Larson**.

In Memory of Beloved Companion Animals

- In memory of **Murphy**, the beloved Shih Tzu of my son and his wife, Reynaldo and Rosita Lopez. Murphy shared their lives for 17 years. From **Diane** and **Leon Lopez**.
- In memory of the many **Japanese cats and dogs** lost in the March disaster, from **Susan Kreml**.
- In memory of **Catrina** and **Marilla**, who were our cats. From **Donald** and **Lois Sorg**.
- In memory of **Amanda Whitehead**, beloved kitty who lived with Grace Marton and Lance Hardy in California. From **Pat Perry Nix**.
- In memory of **Jerry**, much beloved companion of Jan and Jen Cabbage, from **Diane Lopez**.
- In memory of **Maggie Kaulakus**, beloved dog of Mike and Cookie Kaulakas. From **Bruce** and **Karlette Winters**

and **Maridee Gregory**.

■ Eric and Kathy Mahnerd had to say goodbye to their precious kitty, **Auggie**, just four months before his twenty-first birthday. He was such a great little soul whose love, kisses, and constant purrs will never be forgotten. I feel so blessed that I was able to share in Auggie's care whenever the Mahnerds were away. Bless you, little Auggie, and rest in peace. From **Connie Rene Smith**.

■ In memory of Jennie and Sheldon Skaggs' **Rocky**, a sweet kitty who is dearly missed. From **Susan** and **Chuck Skaggs**.

■ In memory of **RCA**, a sweet little dog who had a rough start in life but spent her last years in the loving home of Jim and Wilma Schilling. From **Chuck** and **Susan Skaggs**.

■ In memory of **Skitters**, Ann Gilson's "wild boy." Such a special, precious kitty. From **Susan** and **Chuck Skaggs**.

■ In memory of my clients' cats: **Elise** and **Rainbow**, who were loved dearly by Elsbeth McLeod and Jim Arnold; **Abby**, elder kitty in the household of Jenny, Becky, and Scott Schaefer; **Ozzie**, who loved Francis and Mary Busch;

Bucket Carlile, whom Dawna Zullo and Kathy Godbe loved; and Thelma Sullock's beautiful Golden Retriever, **Hannah**. Also, **Ginger Honey** was so lucky to have had such a wonderful home and family with the Allens. Thanks to all of you for making that happen for her as she neared the end of her life. And my own sweet girl, **Tasha**, whom I miss but know is in a better place. From **Tammy White**, cat sitter.

■ In memory of **Maisey**, sweet Golden companion to Barbara and Jim Emerson, from **Diane Lopez**.

■ In memory of two wonderful cats, **Angel** and **Pebbles**. They had a long, loving life with Nancy Thomas and then with Marie McCooey. They will be missed. From **Faye Hayden**.

■ In memory of **Cooper**, my gentle giant. My teddy bear. From **Sarah Bird**.

■ In memory of **Shermie**, an adorable little dog of Dallas and Nancy Campbell's. Shermie was famous as a calendar dog and will be forever remembered for his spritely personality and photogenic qualities. From **Nancy O'Gorman**.

■ To remember **Shermie**, Nancy and Dallas Campbell's beloved "little golden jewel," from **Helen Hille**.

■ In memory of Nancy and Dallas Campbell's beautiful golden dog, **Shermie**. Such a happy, loving little guy who passed away far too soon. From **Chuck** and **Susan Skaggs**.

■ In loving memory of **Sherman**, beloved little dog of Nancy and Dallas Campbell. He was their only puppy and the joy of their life. He will be missed, but never forgotten. From **Jess** and **Janet Harker**.



Memorials and Honorariums

■ In memory of Eileen and Dennis Franson’s kitty **Eli**, who was dearly loved and will always be remembered. From **Jess and Janet Harker**.

■ In memory of my two foster kitties, **Little Joey** and **Rocky**. An unwanted feral kitten, Joey spent his entire life with me and we shared a mutual love. Rocky was old, sick, and abandoned, rescued by Hadlock Veterinary Clinic and given the medical care he needed. He spent the sunset of his life with me. He was a grand old gentleman, and a very good kitty that didn’t deserve to be abandoned. I will miss both of these kitties very much. From **Janet Harker**.

■ In memory of Jen and Jan Cabbage’s **Jerry**, a great, loving fellow who is sorely missed. From **Susan Skaggs**.

■ In memory of sweet **Shermie Campbell**, who I first met when he came to the membership meetings as a pup and won our hearts. He was a very special companion to Nancy and Dallas Campbell and will always be their “golden boy.” From **Diane and Leon Lopez**.

■ In fond memory of Karen Klien’s beloved **Maxx Cat**, store cat extraordinaire for eight years at Twice Loved Books, who leaves behind many devoted friends and admirers. From **Ann Gilson**.

■ To remember Nancy and Dallas Campbell’s beloved **Ollie**

and **Shermie**, who spent such happy years with them, most recently and joyfully at “Campbellot.” From **Ann Gilson**.

■ In memory of the long and loving years that their **Bonnie, Jonathan, Nanna, Little Joey, Rocky, Angel, Tory, Lady,** and **Spirit** spent in the devoted care of Janet and Jess Harker. Each one was very precious and very special to them, and lacked for nothing that they could provide. From **Ann Gilson**.

Honorariums

■ In honor of the birthday of **Denise Cornell**, from **Julie and Leland Harris**.

■ In honor of **Paula and Paul Creasey**, dedicated helpers of homeless companion animals. From **A Secret Admirer**.

■ In honor of **Terry Kilgore**, who takes real good care of us. From **Nama and YoYo**, with **Richard Serkes**.

■ In honor of **Joe and Bobbie Hairfield**. From **Linda Jean and Adrian Livingston**.

■ In honor of **Judy Maxhimer**, from **Jennifer Hawley**.

■ In honor of **Jack Hughes and Janet Kailin**, who rescued two neighborhood cats in dire need of a loving home and have given them that love — first Moonlight, and now Nutmeg. Lucky kitties indeed! From **Nancy O’Gorman**.

Don’t lose your pets to Fourth of July celebrations

By Ann Gilson

There is probably nothing that a pet guardian dreads more than a beloved dog or cat becoming lost. July 4th is the day when many do disappear, some forever. There are more “Lost and Found” notices for pets on July 5th and the next few days than at any other time of the year.

Some animals seem unbothered by the terrific din of explosions great and small, or the shrill shrieks, roars and squawks that go on for hours in many neighborhoods on the Fourth. But for many pets, especially the young, shy or nervous ones, the afternoon and evening seem a foretaste of hell, and they are terrified and frantic.

They want only to get away, and some do – tearing screens or dashing through any door that seems to offer escape.

For most of these, increased security works fine. An inside room, all doors and windows closed, white noise or other soothing sounds to counteract the din outside, and the company of a trusted person often work wonders.



However, some few are so scared that they are beside themselves, and may even, in their terror, pose a threat to their owner or to other family pets. For these, the only safe and humane recourse is to consult your veterinarian about the proper sedation to relieve at least the worst of their misery.


There are sedatives that vary from fairly mild to complete sedation. Note: **DO NOT USE ANY SEDATIVE WITHOUT VETERINARY OVERSIGHT. THESE CAN BE LETHAL IF IMPROPERLY USED. SEE YOUR VETERINARIAN AND FOLLOW DIRECTIONS EXACTLY.**

If this year’s Fourth is the first for your pet, be sure you keep him inside from around noon until the noise is all over, after midnight.

Do not leave dogs outside, even in a fenced yard. Bring cats inside, even indoor/outdoor ones (and provide a cat box). Talk to your veterinarian ahead of time if your pet is especially shy or high strung.

Hopefully, July 5th will see all your pets present, happy, and un-traumatized. They, and you, will have escaped the dangers of July 4th for another year. ❖

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It's party time!



More than 40 people attended the PFOA Volunteer Appreciation Party on Sunday, May 1, at Sunland in Sequim. Door prizes, raffles and lots of good food highlighted the event, but the best part of the afternoon was taking time to say thanks to those who make PFOA so special — and to give everyone a pat on the back for a job well done. Thank you, volunteers!

A
meow massages the heart.
- Stuart McMillan



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- **HE laundry detergent**, paper towels, computer paper, Scotch tape refill rolls.

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- **Lumber:** Two pressure treated 4" x 4" x 8' poles to replace deck supports that are rotting.
- **New 2" x 4" lumber** for miscellaneous odd jobs.
- **Plywood.**

WANTED:

- **Events coordinators** — Three people or teams to be in charge of some very fun events on the Peninsula this summer and Christmas Bazaars. Our participation in these events gives PFOA a wonderful presence in the community and they are enjoyable social opportunities for our volunteers. Please see box on **Page 11** for more details.

- **Wanted—Foster homes for small dogs:** We are looking for a few nice people who can provide a safe, happy, temporary home for a little dog while it waits for a "forever home." Length of time is variable (perhaps weeks to months); all food, supplies, and veterinary visits are provided. Must be experienced dog owner. Please call PFOA at **360-452-0414** and someone will return your call to chat about the foster dog program.

AVAILABLE TO PURCHASE:

- **PFOA potholders** are available at **Hair Trix Salon**, 21 Valley Center Place in Carlsborg (Mon.-Fri., 9 a.m.-12 p.m., 360-681-3749); the **Washington State Department of Labor and Industries**, 1605 E. Front St., Suite C, Port Angeles (Mon.-Fri., 8 a.m.-5 p.m.); **Safe Haven** (Tues.-Sat., 11 a.m.-4 p.m.); and at **The Red Rooster Grocery**, 134 1/2 W. Washington St., Sequim (Monday through Friday from 8:30 a.m. to 6:30 p.m.; Saturday from 9 a.m. to 5 p.m.; Sunday from 10 a.m. to 4 p.m., **360-681-2004**; website: www.theredroostergrocery.com). You can purchase these wonderful potholders in many colors and patterns for only \$12.

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Ladybug checking her e-mail



Dates to remember:

■ **The PFOA Board** meets at Safe Haven from 11:30 a.m. to 2 p.m. on the third Wednesday of every month. The public is welcome to attend. Members who are interested are encouraged to come and observe.

■ **Safe Haven shelter** is open Tuesday through Saturday from 10 a.m. to 4 p.m., closed Sunday and Monday. Call **360-452-0414** to leave a message; appointments required.

■ **Paws in the Garden: Artists for Animals Benefit**, Aug. 13 & 14, at Vision Landscape Nursery, 131 Kitchen Dick Road, Sequim. Don't miss this annual event that brings local artists and animal welfare groups together for music, art and fun!

<http://safehavenPFOA.org>

I WANT TO BE PART OF THE SOLUTION!

I am making a tax-deductible donation in the amount of \$_____ to be used for:

_____ Daily expenses (food, litter, medical care, shelter operations, supplies, foster care, etc.)

_____ Programs (Spay/Neuter, T.N.R.)

_____ I would like to sponsor an adoption-challenged or handicapped animal who is currently in PFOA care, and I will receive a photo and history of the animal.

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I am renewing _____ or prepaying _____ my/our membership at \$20 per person per year. I am enclosing \$_____ for _____ person(s) for _____ years.

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