

Pet Tidings

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



Sasha's long way home

By Ann Gilson

Every inch of Sasha's little body hurt, and she could no longer remember when it hadn't.

An 8-pound Chihuahua- Shih Tzu mix, her gray and black hair was only visible as a tiny tuft at the end of her tail, which resembled an elephant's tail. The rest of her body was hairless, a mass of sores and yellow crusts.

But relief of her constant misery was in sight. Tomorrow she was to be euthanized, a decision made by her heartbroken owner, who could not bear to watch her suffer any longer.

Sasha was part of a household that contained two other pets, a pair of indoor/outdoor cats. Although their owner was poor, she had managed to take Sasha to a veterinarian who believed Sasha was suffering from multiple allergies. He had prescribed steroids, which had not helped.

Pam Winney, from Friends of Forks Animals, persuaded the owner to seek help from PFOA before putting the young dog to sleep. When Nancy Campbell, our dog adoption coordinator,



Sasha was lucky to get a second chance at a happy life with her new person.

heard Sasha's story, she agreed to try to help her.

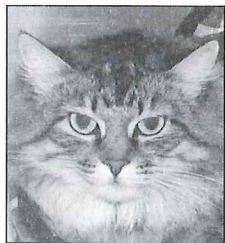
Pam brought Sasha to Dr. Linda Allen's veterinary clinic in Sequim, where she was seen by Dr. Madelaine Curl. Nancy met them there to take care of the paperwork and meet Sasha.

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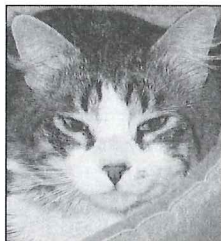
Peninsula Friends of Animals has always been and continues to be an independent group that is not associated with any other group or shelter.

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.



Sweetie

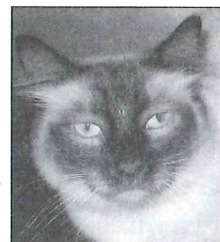


Smudge

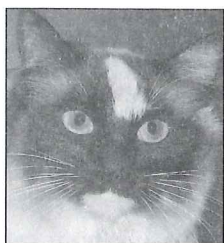
Adopted!



Mandy



Doja



Mindy



MaryLou

See
page 11 for more
Adopteds



Molly

Little Orphan Annie



See page 5

Peninsula Friends of Animals

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Pet Tidings welcomes submissions in the form of letters, photos, and stories. No payment is made for submissions. We reserve the right to edit any submission for space and clarity. Please keep letters brief; send photos in high resolution only. E-mail to pettidings@olympen.com. Other correspondence can be e-mailed to safehaven@olympen.com



From the Editor's desk

Recently, the office area at Safe Haven has been updated and refurbished, a much needed improvement. Our office was originally furnished with used furniture and equipment donated by our members when we moved in, over three years ago. One of our members has completely funded the upgrade with a donation for that specific purpose.

This gift has made me realize that much of the public, as well as some of our own members, may not realize that such gifts have funded most of our large capital expenditures. For example, I have actually recently heard someone say "I don't know why PFOA spent all that money on such a big beautiful building and 35 acres instead of getting a smaller place and spending more money on spay-neuter for more animals."

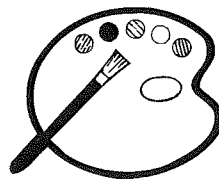
Obviously they do not realize that the building and land were a gift from one of our founding members, to be used as a wonderful shelter. We have never solicit-

ed a penny from the public toward paying for it. We are deeply grateful to the donor and applaud her generosity, and her wisdom, in choosing to make this gift.

Second, all members of PFOA are passionate about the necessity for a vigorous spay-neuter program. Their generosity plus our fundraisers including calendars, cookbooks, garage sales, etc. has ensured that we *never* turn away an animal for lack of funds. We spay or neuter pets belonging to low income fellow citizens, feral and stray cats through our Trap/Neuter/Return (TNR) program, and all animals we take in to find homes for.

Erroneous or less-than-charitable assertions are sometimes made about most organizations, and PFOA is no exception. However, all PFOA members and supporters may rest assured that their contributions, large or small, to PFOA, will be spent as *they* designate, for the benefit of the pets we love and help.

The Editors



Writers/Artists contest update

The PFOA Writers/Artists Contest ended in April with a total of 66 entries. Artwork, poems and stories are currently being judged. All those who entered will be notified in October as to whether they will be included in the book due out in fall of 2008.

Fiction writer Elizabeth Ann Scarborough of Port Townsend will be giving "four paws" designations to the best of the best—those stories and poems judged to be outstanding. Pet Tidings will keep you informed of the progress being made on our anthology as we prepare it for printing.

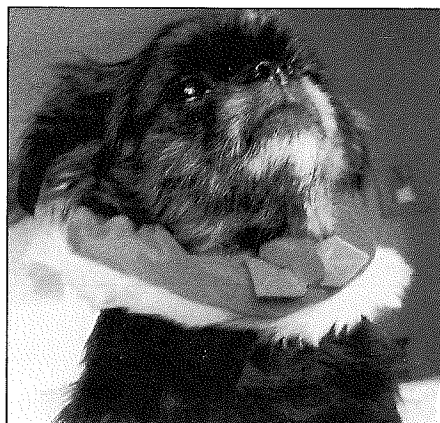
'I love her more than words can say'

--continued from Page 1

Unfortunately, Sasha had suffered so long that her formerly sweet nature had been sorely tried. The long trip from Forks and the many strangers were the last straw. She would not come out of the carrier, and growled and snapped wildly at the veterinary technician who tried to transfer her.

But Sasha somehow knew a friend, and when Nancy stepped up to the open carrier door, Sasha took one look at her, then literally flung herself into Nancy's arms and began licking her face.

Then Joan Woods, who would become Sasha's foster "mom", arrived. Joan has been a PFOA member and volunteer for several years, and has a much-loved elderly Himalayan cat named Topaz. She had never had a dog, nor ever even wanted a dog. But when her friend (and PFOA Board member) Rita Heyworth asked her, for Nancy, if she would foster Sasha while the dog's skin healed, she thought, "Why not?" and



Sasha seemed to understand that people wanted to help her.

agreed to try it.

When Joan went into the veterinary hospital to get Sasha, Sasha recognized another friend. She leaped into Joan's arms, frantically holding onto her as if to say, "Where have you been? Let's go home!"

And this they did, as soon as Dr. Curll finished examining and treating Sasha for what was determined to be a

severe flea allergy, with some fleas still present on her bare skin, among the crusts.

Joan had no intention of adopting Sasha — she hadn't even thought of it. Sasha had already adopted Joan, though, the moment she saw her. She managed to make peace with Joan's beloved old cat, and then set about persuading Joan that she belonged with them both.

Six months later, Joan capitulated and Sasha became officially hers. Sasha, now a picture of health and energy, with a beautiful, well-groomed coat of black and gray, sparkling eyes, and a heart full of love has, mercifully, forgotten the years of misery. Her days are filled with joy.

Joan has always had a special song for each one of her pets, sung to them often. Sasha's song is "Baby Face." As Joan says, "Sasha fills a place in my life I didn't know was empty. I love her more than words can say. I will always be grateful that PFOA brought us together."

Sasha would agree, with all her heart.

Ask PFOA: How can I save money on pet health care?

As the American economy, for most of us, continues to deteriorate, it becomes more and more difficult for many pet guardians to afford good medical services for our companion animals.

But there are quite a few things we can do to cut costs without cutting the quality of care our pets need. Prevention is the first line of defense against high costs.

Keep your pet confined to your home or yard unless in a sturdy carrier or on a leash. This prevents automobile injuries (very expensive!), accidental poisoning by antifreeze, slug bait, etc., injuries from other animals or people, and the transmission of disease and parasites from other animals.

Locate a veterinarian with whom you are comfortable, and take your pet in for regular annual (young pets) or semi-annual (older pets) checkups. These do cost money, and mostly do not reveal any problems. But when they do, they can save a lot of money, or

even your pet's life. Sadly, once in a while you encounter a vet who urges you to have tests that are not really necessary, so discuss any procedures or tests and be sure you understand why he/she recommends them. Most are important.

Save all medications that are not used after an animal has been treated. Do not use them unless your veterinarian prescribes them again, but if your vet prescribes 5 mg of prednisone daily for Felix and you had a half bottle left over from Fluffy (who died two years ago), the leftover ones are fine to use for Felix. The expiration dates on 98% of medications are a ploy to sell more drugs, not a matter of safety for the patient. About five years ago, the Department of Defense conducted a big study of the longevity of the medicines they buy and found that almost none had lost potency after 5 years, and most were still fine after 10 years in ordinary storage.

Turn to Ask PFOA on Page 6

Meet a volunteer: Kathy Larson

The June garage sale was just over and Kathy Larson was already talking about the next money-maker she was planning. That's the type of energy she brings to PFOA and her position as "Self-Appointed Events Coordinator."

Kathy retired to Sequim five years ago, coming from Boise, Idaho, where she'd worked in administrative assistant positions at Hewlett Packard and Boise Cascade for the past 35 years. But it was only a year and a half ago that she discovered Peninsula Friends of Animals. A friend had given her some cat food and litter. She didn't need them for her own two cats, Lucy and Mimi. So she brought them to Safe Haven, got a tour of the building and was hooked. Now, she's responsible for things like the Community

Volunteer Events Fair in February, Sequim Open Air Markets during the summer, Paws in the Garden in August and the Agnew Christmas Bazaar. She ticks them all off quickly.

"Oh, and we did the Pet Town Open House," she adds. Not to mention she was Miss July in PFOA's 2007 fundraising calendar. She also makes "cat jewelry" she sells to benefit PFOA, and she recently assumed the duties of chairperson of the newly formed fund-raising committee.



Kathy Larson

"PFOA is my only charity," she says. And she throws herself into her duties with enthusiasm.

It's hard to imagine she almost died of congestive heart failure two years ago—a result of the chemotherapy she received in battling breast cancer. A double mastectomy, chemo, heart failure—she takes it all in stride.

"I have breasts," she quips, "I just don't wear them." It's that quirky humor and forthright take on life that makes her memorable when you meet her.

And PFOA definitely appreciates the many hours she's donated and the funds she has brought in to help the animals. As for Kathy, she says she values every day she's given. "I'm happier than I've ever been," she adds.

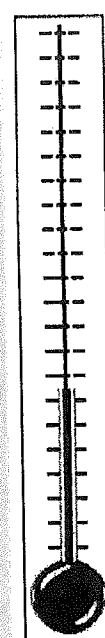
Progress inches forward on new adoption center plans

PFOA continues its drive to obtain the necessary funding to start construction of a state-of-the-art adoption center on the present Safe Haven grounds no later than 2008.

The new building will free up the current Safe Haven adoption building to be used as a lifetime care home for our feline friends whose guardians have provided for them. It will also

serve as an emergency housing center for cats whose guardians are in crisis as a result of domestic abuse, fire or other unforeseen emergency circumstances.

Donations can be made to this fund by checking "Building Fund" on the envelope enclosed with this newsletter, or by writing those words on the memo line of your check.



\$500,000

Estimated amount needed in order to begin construction

\$160,000

Funds raised as of 8/1/07

\$0

Orphan Annie finds a home

By Diane Lopez

"I'm changing her name to Annie because she was an orphan," Flora told me. "She isn't the cat I would have chosen if I'd gone to the shelter, yet she's one of the best cats I've ever had. She does everything she is supposed to do and I only need to say "no" once and she gets it. She plays and entertains herself and is the best company!"

Clearly the story of Annie (aka CiCi) has a happy ending. But there were some very sad days for the 3-year-old calico, whose ears are misshapen by an untreated ear mite infection earlier in her life, before she found her new companion, Flora Pfanenstein.

Two years ago, Flora moved to Sequim to live near her son and his family. She flew across country with her 15-year-old cat Percy, who was in a medical crisis when he arrived. With Dr. Allen's emergency intervention, he was stabilized and he and Flora settled in at The Lodge.

I immediately recruited Flora to help us with PFOA mailings. She came to the shelter and folded and stuffed hundreds of envelopes. She even had me drop off boxes of newsletters to be processed at her home so PFOA could expedite the mailings. She arranged for a PFOA presentation at The Lodge, and a visit from a group of the residents to Safe Haven.

A few months ago, when he was 17, Percy died peacefully in his sleep. Flora knew she didn't want to be without a cat, but she needed some time to grieve her long-time friend before she would be ready to choose a new companion.

Around the same time that Percy left Flora, Annie's person became ill. Her family came and placed the ailing woman in a care facility. Unbelievably, Annie, a de-clawed cat who had only lived indoors, was sent outside to fend for herself. For about six months, Annie would hide from predators at night under nearby mobile units. A kind-hearted neighbor, Mary Ann Brown, fed her. Mary Ann also protected Annie by fending off the local raccoons.

Enter PFOA volunteer, Sharon Quesnell, who assisted Mary Ann in bringing Annie back in from the cold. Annie was checked by her own original vet, Dr. Marts, and found to be in great health. Because Safe Haven was at capacity and Annie needed an opportu-



Flora Pfanenstein adopted Annie, a de-clawed cat that had been abandoned to an uncertain fate out of doors.

nity to build trust and get much-needed individual loving care and attention, she was placed with Penni Allen and her family. The Allen's have fostered many other cats and kittens, so they knew just what to do for Annie.

While Annie was learning to trust people again, I was keeping watch for a possible new companion for Flora. Annie's sad saga caught my attention. A few e-mails to Penni and an appointment was set up by Flora's son. He and his wife took Flora to visit Annie, and it was decided Annie should go home to The Lodge. At first Flora was a little unsure, especially when Annie cried throughout her first night in her new home. Now they are fast friends and close companions. "It turned out just right," said Flora.

You can tell from the photo that Annie agrees!

The purpose, principles, and policies of PFOA

A. The main purpose and objectives of the organization are:

1. To reduce companion pet overpopulation humanely through spay/neuter programs.

2. To provide homeless, abandoned or abused animals with shelter and care until they can be adopted into good permanent homes.

3. To preserve and protect an animal's right to life, and where needed to elevate their quality of life to the highest level possible within the limits of our physical and financial ability.

B. The founding members do also resolve that PFOA will be now and forever be a "NO-KILL" animal rescue group. "No-Kill" being defined as follows:

1. No animal will be euthanized to make room for another animal.

2. Euthanasia will not be used as a means to control animal population.

3. No healthy adoptable animal will be euthanized.

4. Euthanasia will not be used to "cull" or dispose of animals for reason of age, gender, color, breed, for

minor sickness, or manageable handicaps, or disabilities.

5. Euthanasia will only be employed if it is in the best interest of an individual animal as determined by a qualified veterinarian, and with the approval of a majority of the board of directors. (Example: an animal suffering from an incurable or terminal illness, one injured beyond medical help, and/or if their quality of life is greatly diminished or no longer exists.

April 2001 AMENDMENT

To insure and preserve the original intent of the founders. The organization will be established and forever remain an independent, privately held, and publicly funded animal welfare/rescue group; and will not become associated, affiliated or part of any other private, local, state, or national animal rescue society or organization.

Footnote:

Our reverence for life has greatly determined the course, direction, and policies of our organization. Individually and as a group, we will defend and uphold these policies, moral standards and principals for as long as Peninsula Friends of Animals continues to exist.

Ask PFOA: Work closely with your vet to save money

--continued from Page 3

Drugs like liquid Clavamox, which are reconstituted just before use, are an exception, when mixed up for use. Ask your vet, of course, if you are uncertain.

After using preventive measures, canny shopping and doing some work yourself will save you money, as well as will thinking ahead.

Learn to do some of the work yourself. Invest in good nail clippers, a grooming comb, a thermometer, a simple scale, a pill splitter/crusher, an Elizabethan collar (adjustable, can be used many times) and a bag of "pill-pockets." Learn to cut your pet's nails (\$10.00), groom him or her (\$20.00) and brush his teeth if needed (dental

work costs lots of moola). Avoiding one office visit can well pay for all these items. Your own Elizabethan collar can be used for years, and the first use pays for it. Your veterinarian should be glad to show you how to do a simple monthly exam of your pet, between visits to him/her.

When a medical problem does occur, if at all possible, get your medications from a drugstore or a mail order pet supply house and save big bucks. Your veterinarian keeps many medications on hand, and it is well worth the sometimes large mark-up that he must charge if you need the medicine urgently, right now. But for drugs for any long-term regimen, such as Lasix, methimazole, prednisone, etc., you can save up to 50% by ask-

ing your vet to write, phone, or fax a prescription to the drugstore or mail order prescription service of your choice.

Two such places are KV Vet Supply, at 1-800-423-8211 or www.kvvet.com and Omaha Vaccine Company at 1-800-367-4444 or www.omahavaccine.com and there are others. Most veterinarians will be glad to do this for you without charge. Also, get your flea treatments, hairball stuff and all OTC needs from these "wholesalers"—much cheaper than most retail places.

Most shots are now given every three years instead of yearly, after the initial series. Question any advice to get yearly shots.

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“Dear Peninsula Friends of Animals . . .”

Dear PFOA,

Late last fall I visited PFOA to consider an adoption. Age didn't matter, but finding a cat pair did.

My hope was to find two or more cats that would bond together and give one another company while I am away at work. I decided on a pair of young cats, Jack and Jill, who happened to be brother and sister.

Today I am a very blessed parent of two of the most wonderful cats I have had the joy of sharing my home with, Blue and Jazz (FKA Jack and Jill).

In my heart I know that this blessing comes from Blue and Jazz sharing their experience and having a companion help each through the stresses of the change in their life and the stress of adapting to a new home—and a dog! They adapted to their new surroundings almost immediately, much more quickly than a single adoption might. Both remain very playful, chasing one another about the house. Blue and Jazz are confident, loving, and outgoing. They recover almost instantly from stressful events, such as vet visits, without a care. I have gained more joy from these two cats that I ever could have anticipated, and it is times two.

Adopting a pair was the best decision I could have made. I thank you for your encouragement in keeping bonded pairs together, and I encourage anyone considering a cat adoption to take a moment and think about adopting two or more cats at one time. If they have not bonded at the shelter, that's okay because they will



Jazz and Blue, formerly Jack and Jill, are inseparable.

bond in their new experience with you. Your cats will be more content and more confident. They will provide one another hours of activity and be much more appreciative and attentive to you. And those evenings that you don't have time to spare for your cats, they'll be okay because they have had one another to play with all day to stave off any boredom or loneliness while you have been away.

Thank you, PFOA, for the work that you all do, for your support in my adoption, and for the care and love you gave Blue and Jazz before they found their way home to me. I could not have asked for more.

Adrienne H.



Vinnie loves his new life on a small farm.

Hello to all our wonderful friends at Safehaven!

As you can see, Charlie now goes by “Vinnie” and he seems to love it here on our little farm! Well, he still has issues with our Golden, Sophie, but in a bit more time I'm sure he'll work through it. She would love to be buddies with him, but he still has reservations.

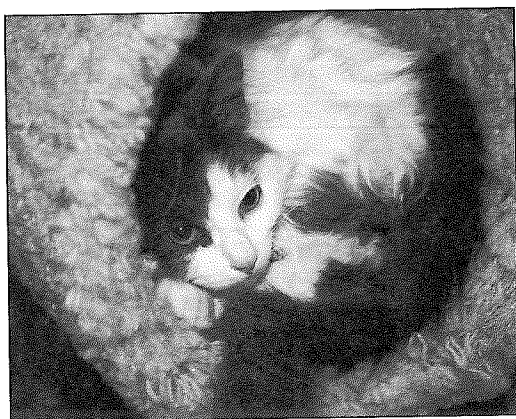
It's been just over a week since Vinnie arrived, and he's only been going outdoors a few days. Once I relaxed about it and let him explore, he really started doing well being out “adventuring”. And I must say, he LOVES being out! Kim was right, he's been waiting and waiting to get back outdoors. We have plenty of room with trees, grass and wide open spaces and Vinnie's making the most of it. It's a real joy to watch him readjust to being “free!”

So, I just wanted to share a couple photos with all of you and to say thank you so very much! I love Vinnie and am so delighted to have him in my life. I know we'll enjoy many, many wonderful years together. You're a wonderful group of people! Thanks for all you do! Love from Vinnie and his new person—**Patsy Simpson**

Safe Haven **ADOPTABLES!**

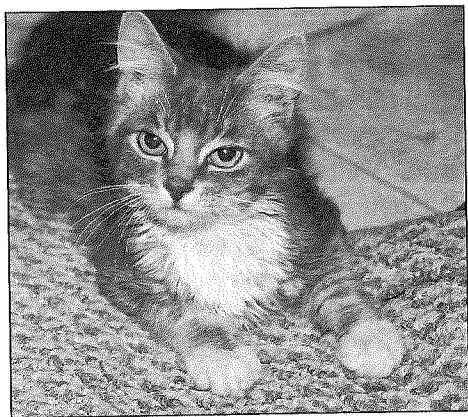
These 6-month old kittens were rescued from a desperate situation. Their owner found herself in between homes, and the kittens were living in two small metal cages with no room to even lie down. They were too old to be easily adopted to someone wanting kittens, and the owner had no way to place them.

In stepped PFOA! The young cats were tested for FELV/FIV and found to be negative, and the sick ones were treated. They are SO appreciative of their new quarters and reward us with purrs every time we approach them. However, due to their limited life experiences, they need special folks who will appreciate their sweetness, and give them some time to adjust to a normal home environment.



Baker

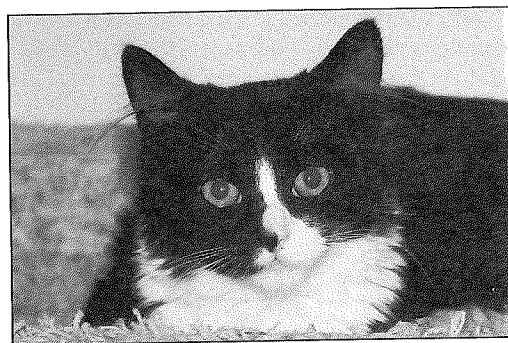
A gorgeous little cat, **BAKER** is sweet and loving, but still a bit on the shy side. He is warming up rapidly, however, and should be a lovely companion for some lucky person.



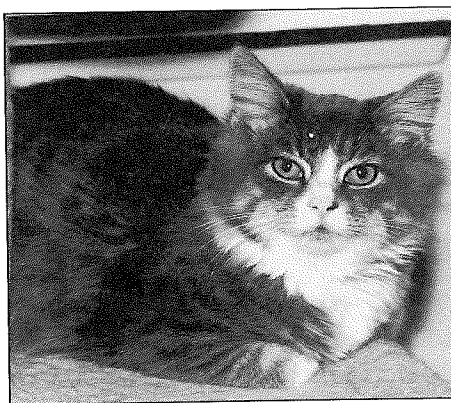
Beckett

BECKETT was under the weather initially, but he is completely recovered, and turning out to be the nicest boy! He loves to eat, play, and is right at your feet when visitors come.

JOHNBOY is the most out-going and adventuresome of the group. He purrs non-stop, and loves to play with all his new toys. He can't wait to say hello and is full of mischief!



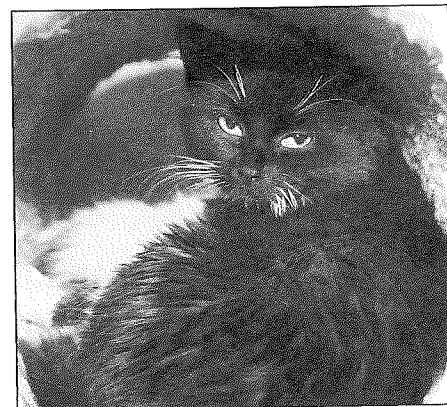
JohnBoy



Bennet

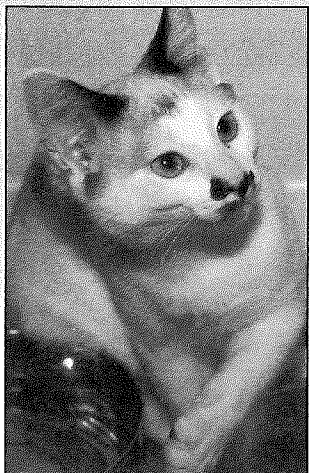
BENNET is a beautiful long-haired tabby who is friendly and sweet. He loves to hang out on the top of the cat tree watching all the action, but can jump down to participate and get rubs when the opportunity arises.

JO BETH is the shyest of all the kittens, but purrs and loves to be petted. She was waiting at the door for us last week, so she is already starting to trust her new human friends.



Jo Beth

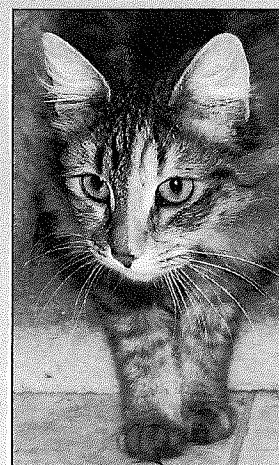
See more Adoptables on next page

**Cassie**

Adoption-Challenged

CASSIE came to us as a tiny kitten who was very ill. She had been found abandoned in an alley, and was rescued by Good Samaritans. Nursed back to health in a PFOA foster home, she has recovered almost completely, but still has a bit of balance issues, and is a little on the clumsy side. She is a bundle of energy, though, loving to play and climb. She would do well in almost any home, but should be strictly indoors and her caring new owner should understand that she is "special."

TAMARA, a long-haired tortie, was a feral kitten who was one of several rescued in a trailer park a year ago. She's warmed up some and is very sweet. Unfortunately, Tamara will always be shy and, most likely, a one-person cat.

**Tamara**

"Dear Peninsula Friends of Animals . . ."

Dear Friends,

My heart goes out to you and the little cats you so lovingly care for. I'm grateful for my "Mocha." She's a happy cat and a great companion. She knows how to tell time and wakes me in the morning. She also asks for her nightly snack at 9:00.

Jeanne Colley

Dear PFOA,

On March 10, 2006, Patty and I visited Peninsula Friends of Animals in the hope of finding a companion for Callie, our 10-year-old female tabby cat. While Callie may have preferred to be alone, we believed that she had no idea about what was missing in her life.

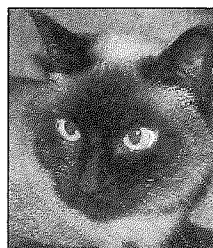
We were immediately impressed with the PFOA facility and the staff. We had visited the informative Website of this cat haven, and had seen several cats we thought might be an appropriate addition to our home. A mature male (neutered) was the focus of our search.

To make a long story short, there were several interesting and attractive candidates for adoption. It was a difficult choice, but Ahman, a 6-year-old domestic short-haired Siamese just captured our hearts. Ahman had been a resident in the facility for around two years and had

apparently experienced some emotional trauma during the loss of his human companions in his first "forever home."

The staff said it had been a long adjustment, but that the use of welding gloves in handling Ahman was no longer necessary(!).

We found Ahman (we have renamed him Beau) to be an absolute delight. After the three-week (more or less) adjustment period in his new home, Beau and Callie have learned to respect each other's spaces and peculiarities. Beau has a tremendous respect for Callie, the older dame. Callie, who first looked with disdain upon the new arrival, now is tolerant and even playful at times with her one-time intruder.

**Beau**

Like most Siamese cats, Beau is a "talker." He is especially vocal when he wants a scratch. Callie has seen the positive results of this tactic and is learning some of her own "vocabulary." There may come a time in the future when they will nap together on the same bed or chair, but that is off in the future.

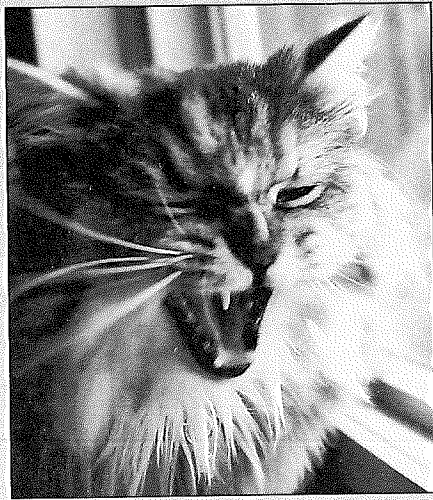
Beau, in the meantime, has filled Patty and me with joy, companionship, and laughter. We have enjoyed some wonderful cats in our lifetime, and Callie is definitely one of them, but Beau has a personality like none we have ever seen. We laugh with him, or at him several times every day, and we are so thankful we took that trip up to Sequim to take a look.

Thank you, so much, to the Staff at Peninsula Friends of Animals. . .

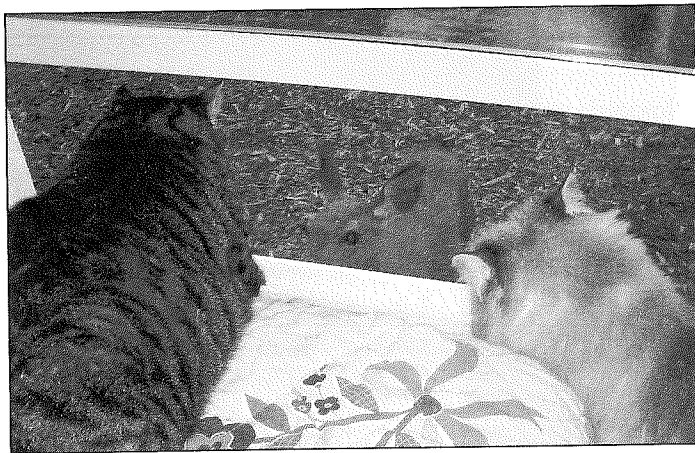
Sincerely,

**Michael Cronk
and Patty Murray**

Say "Ahhhhh"...



Kitty VonSchtupp was adopted from Safe Haven by Karen Swarm and her husband. Formerly known as "Angel," Kitty was caught on film with this endearing face, one of Karen's favorite Kitty photos.



"You rang?"

A fawn seems to be asking Rocky and Grady to come out and play at Karen Groves' house.

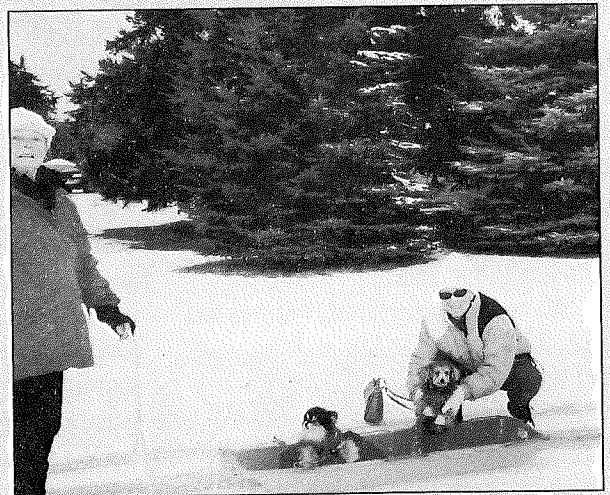
If you have an amusing or unusual photo of your cat or dog, e-mail it (in high resolution, please) to pettidings@olypen.com.

If there is room in the newsletter, we will try to print it. Please include your name, pet's name, and pertinent information, plus a phone number in case we have questions.



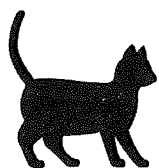
Puppy love

Bronte and Pogo are the best of friends ~~ two 3-legged Labrador retrievers owned by the Phipps family of Sequim.



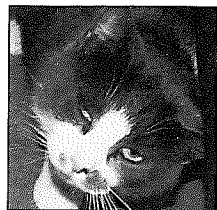
Going for a ride

Nancy Lawrence, left, was taking her pomeranian, Kiku, for a ride, when Rita Heywood joined them with her poodle, Brigit, last spring in "snowy Sequim." The two little dogs were both adopted through PFOA.

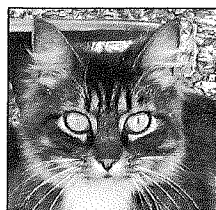


Look who's been adopted!

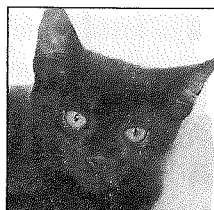
--continued from Page 1



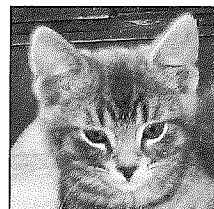
Rita



Alice



Davis



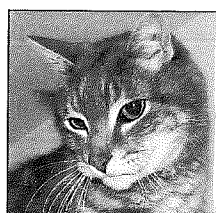
Tiger



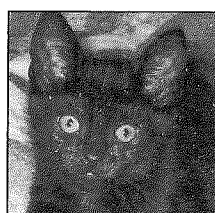
Meghan



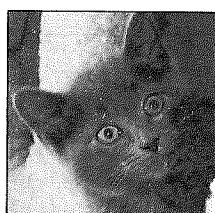
Molly M.



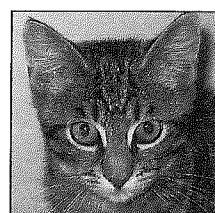
Grady



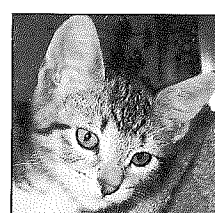
Panther



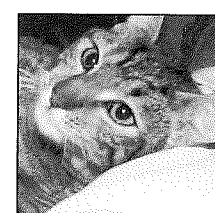
Zane



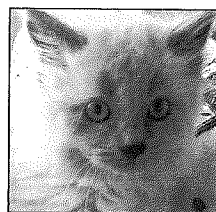
Nessa



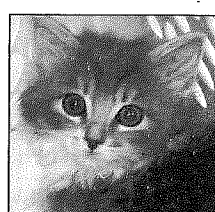
Homer



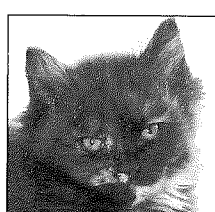
Polly



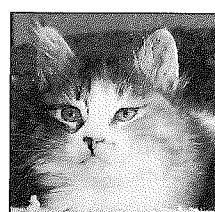
Isis



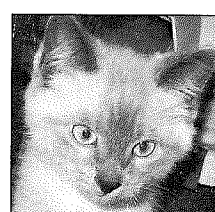
Nefertiti



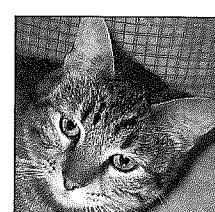
Ariel



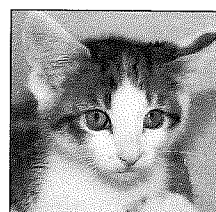
April



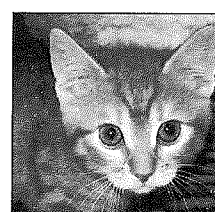
Barney



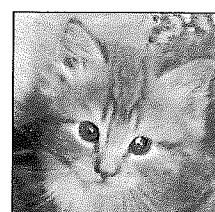
Molly Ann



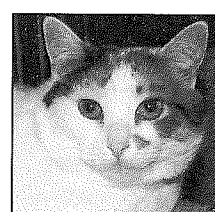
Jolly



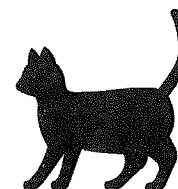
Angus



Ajax



Anna Louise



Ask PFOA: Pets' diets can make a difference in health

--continued from Page 6

You can buy and administer all vaccines except rabies yourself, and for those with a medical background it may be an attractive option. Multiple pet households sometimes go this route, though it is not popular with most of us.

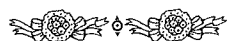
As to surgeries and very expensive procedures and regimens of any kind, always at least consider getting a second opinion before proceeding. It is helpful to have an established relationship with a doctor if the bill must be paid over time. Sometimes your vet offers senior or multi-pet discounts –

always ask.

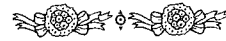
We've been asked about pet insurance, and we don't know of any we'd recommend at this time.

Last, but not least, feed your companions good quality pet food, avoid overfeeding, and above all, avoid "people food" treats.

Turn to Page 13



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 note: A few of the memorials listed here "got lost" in the transition some months ago from one Pet Tidings editor to three. We are embarrassed and very sorry that such a thing should happen and apologize sincerely to the donors of the memorials. If we have failed to print a memorial you have sent in (or fail to in the future), please notify Susan at 582-1643 and it will be printed in the next issue of Pet Tidings).

In Memory of Special People

- In loving memory of **Bob McCormack** who died in December of 2006, from **Deborah LaPerche**
- In memory of my friend, **Kay Becker**, from **Carrie** and her critters
- In memory of **Paul LaLonde**, from **Sara Ann Courtney**
- In memory of **Mary Karkeck**. She will be missed by her family, friends and her beloved kitties, from **Randy and Carol Johnson**
- In memory of **Mary Karkeck** a good friend and great person who will be sorely missed, from **Kathie and Larry Karst**
- In memory of **Mary Karkeck**, from **Joe and Sarah Dockwiller**
- In memory of **Mary Karkeck**, from the Law Firm of **Platt Irwin Taylor**
- In loving memory of **Mary Karkeck**, from **Marilyn and Bart Irwin**
- In memory of **Mary Karkeck**, from the **Superior Court and Superior Court Clerks' Office**, Clallam County
- In memory of **Mary Karkeck**, from **Verna and James Coma**
- In memory of **Mary Karkeck**, from **Mary Behnke**
- In memory of **Mary Karkeck**, from **Marjorie Wolfe**
- In memory of **Mary Karkeck**, fellow gardener, cat lover and my friend, from **Ann Gilson**
- In memory of **Mary Karkeck**, from **Nancy O'Gorman**
- In memory of **Mary Karkeck**, from **Frank and Margaret Platt**
- In memory of **Mary Karkeck**, from **Betty Everts**
- In memory of **Mrs. Mary Karkeck**, who loved all animals and all people, from **Wm. Knowles and the Knowles family**

- In loving memory of **Mary Karkeck**, beloved wife of **Paul**, and true friend to animals, from **Dallas and Nancy Campbell**
- In loving memory of **Mary Karkeck**. She truly loved her animals, from **Dan and Jackie Pretty**
- In memory of **Clara Ohmert**, from **Jack and Harriet McEwan**
- In memory of **Gordon Seward**, from **Patty and J. A. Gray**
- In memory of **Clara Petranek Adams Ohmert**, from **Keith, Laura and Chris Petranek**
- In memory of **Cherie Pickett's dad, Robert T. (Bob) Phillips**, from **Joy Costanti**
- In memory of **Andrea Swift**, from her parents, **Walter and Lori Athow**
- In memory of **Michael**, from **Lois and Don**
- In memory of **Jerry Honnald**, from **Sons of Norway Lodge and Dance Group**
- In memory of **Frank Palmer**, from **Barbara McMillan**
- In memory of **Frank Palmer**, from **Jane Kutsher**
- In memory of **Clara Ohmert**, from **Bonnie and Joseph Ferguson**
- In memory of **Jerry Honnald**, from **Peter and Darlene Granlund**
- In loving memory of **Svend Holst**, beloved companion of **Rita Heywood**, an extraordinary man and very special friend. He will be missed more than words can tell. From **Barry and Thelma Sullock**
- In memory of **Svend Holst**, from **Gro Jensen and Flemming Holgersen**
- In Memory of **Svend Holst**, painter extraordinaire, from **Sharon Quesnell**
- In Memory of **Pam Muzio**, a friend to animals and children from **Sharon Quesnell**
- In memory of **Ann Kittrelle**, from **Pamela Simning**
- In memory of my beloved daughter, **Nancy Lee Thomas**, from your loving mother, **Virginia Thomas**
- In memory of **Michael Christian**, from **Raymond Clouse**

In Memory of Beloved Companion Animals

- In memory of **Jerri and Hearst Coen's dog, Gharbeaux**, from **Vicki Webster**.
- In memory of **Pam Miller's cat, Dickens**. He was a true "Mr. Mom" and will be missed by his extended family (human and animal) and his devoted vet and friend, **Dr. Sandy Smith**, from **Susan Smith and Carol Kittrick**

Please see next page

Memorials and Honorariums

--continued from Page 12

- In memory of **Leo**, from **Gary and Lynn Anderson**
- In memory of **Pugsey**, our dear little Pekingese cross, from **Bob and Verna Resch**
- In memory of **Garfield**, from **Peggy Adams**
- In memory of **Rosie**, Sue and Jeff's dear dog, from the **Burns family—Steve, Barbara, Blair and Brooke**
- In lasting memory of **Neville and BH**, cats dealt a difficult hand who played it the best they could, from **Sharon Q.**, their food source and friend
- In memory of **Bettee Miller's cats, Sugar and Sweetie**, from her daughter, **Nancy Taylor**
- In memory of **Jesse Fuzzione**, a special cat member of the Monaghan family, from **Peggy Adams**
- In memory of **Angus Trent's and Marjorie Benning's**

beloved **Simba** and in honor of their great and deep love of cats, from **Teresa Wagner**

- In memory of **Angus' and Marjorie's Simba**, from **Susan Skaggs**
- In memory of **Jerri and Hearst Coen's wonderful Chow, Gharbeaux**, from **Susan Skaggs**
- In memory of **Erik and Caroline's dog, Milo**, from **Hal and Muffy Bryan**

Honorariums

- In honor of our cat, **Barely Brown**, from **Betty Lou Rockwell**
- In honor of **Renee Klein's 50th birthday**, from **Sondra Bond**



Mary Karreck



Peninsula Friends of

Animals lost a devoted friend and supporter with the untimely death of **Mary Karreck** in May.

From her earliest years in England, through many years in Alaska and finally her time with PFOA here, Mary loved and helped animals of all kinds. Her special love of cats drew her to PFOA.



Although Mary was still working, she volunteered her hus-

band, Paul, to serve on PFOA's Board for several years, and helped at the shelter when she could. Mary and Paul were "partners in everything we did, for 54 years," says Paul.

Mary's love for her family, their many pets, and of gardening and the world of nature was the foundation of a joyful life that enriched all who knew her.

Ask PFOA: Common sense helps in saving money

--continued from Page 11

Occasional vegetable or fruit treats are okay if your vet approves. Remember that onions and chocolate can be deadly to dogs, and there are other "no-nos" out there. Be sure there is plenty of fresh clean water, in clean bowls, available at all times. Dirty water or dehydration can trigger a visit to the vet.

For further information on saving money without

sacrificing quality care for your pet, see an excellent article, "Veterinary Care Without the Bite," from *Consumer's Reports* magazine, July 2003, at the library. You may find other information by checking with a reference librarian, or by going online. Be advised that being on the Internet does not always mean that information is authoritative or correct.

Good luck. You should be able, over time, to save hundreds of dollars on your pet's care by good planning, shopping shrewdly, and using common sense.

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CAT NIPS

Power of Cat

There's no grin like a kitty smile,
No touch like a soft kitty paw;
There's no flag like a kitty tail,
No exhausted like a kitty yawn.

By Karen Groves



There's no snug like a kitty hug,
No smooch like a wet kitty kiss;
There's no tickler like a kitty whisker,
No void like a beloved kitty missed.

Wanted:

Cotton fabric with animal or kitchen themes for the "Pot Holder Ladies." Also, flannel in solid colors (for the backs). One hundred percent of the profits from the sale of the popular pot holders goes to PFOA. Leave fabric at the Safe Haven shelter, or call Laura Miller at 360-417-2701 or 360-461-0348 to donate.

For sale:

Maytag freezer, 15 cu. ft. upright. White. Interior light, Energy Star qualified, fast-freeze setting. \$200 or best offer. All proceeds go to PFOA's spay/neuter fund. Call Janet at 360-452-0414.



PFOA's famous garage sale drew raves from the shoppers.

Garage sale treasures

Thank you to everyone in the community and to PFOA members who donated to the June garage sale, and to all who worked to make it a fantastic success. The quality of the merchandise was excellent, and the organized way it was displayed

drew raves from the shoppers. In addition to used items, we had a table of fundraising goodies and lots of information about our organization.

Total profit from the sale was \$5,832!

Thank you
to **Penni Allen**

who has been bottle feeding all our youngest kittens this spring. And a **big thanks to Patrice Davis** for donating 4 step stools and for the countless things she does for us on a regular basis.

We appreciate you both
so much!

The Staff
at Safe Haven

~~~~~

## ~~ Safe Haven Wish List ~~

We always welcome gifts of such staples as paper towels, HE laundry detergent, pet food and litter for our Pet Food Shelf (for low-income community members), and larger items such as large (new) cat trees and cat furniture, electric clock radios for the cat rooms, etc.

Our biggest need, however, is for a "dare to dream" item –

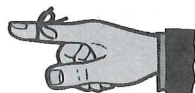
an emergency generator (LP fueled) to provide basic electricity for the cats at Safe Haven in case of a power failure due to bad weather, earthquake, or other disaster.

We'd rather not think of such unfortunate events, but it becomes more likely each year and we really need to be prepared.

# Peninsula Friends of Animals

**P.O. Box 404  
Sequim, WA 98382**

**Phone: 360-452-0414  
Fax: 360-452-0412  
E-mail: pfoa@olypen.com**



## Dates to remember:

**The general meeting for PFOA members and those interested in joining is held every fourth Wednesday of the month at Lazy Acres Mobile Home Park meeting room, from 6-7 p.m. Great eats, good company, come join the fun!**

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

**Safe Haven shelter is open Tuesday through Saturday from 11 a.m. to 4 p.m. It is closed Sunday and Monday. Please call 360-452-0414 to leave a message if you would like to visit, as appointments are required. A volunteer will return your call.**

**Web site:  
<http://safehavenPFOA.org>**

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## 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, supplies, utilities, insurance, etc.)  
\_\_\_\_\_ Building Fund; \_\_\_\_\_ Spay/Neuter Program; \_\_\_\_\_ T-N-R program;  
\_\_\_\_\_ Emergency Medical Fund \_\_\_\_\_ HOPE Fund for PFOA's handicapped pets

I would like to sponsor an adoption-challenged pet who is currently in your care.  
I will receive a photo and history of that animal.  
\_\_\_\_\_ \$10 per month; \_\_\_\_\_ \$120 per year \_\_\_\_\_ \$500 for the animal's lifetime

I would like to become a member. Please send me the Membership Application.  
\_\_\_\_\_ I am prepaying my \$20 yearly membership fee.

\_\_\_\_\_ I am renewing my membership.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
E-mail \_\_\_\_\_

***Peninsula Friends of Animals, P.O. Box 404, Sequim, WA 98382***