



ANIMAL TALK

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P.O. Box 14956, Portland, OR 97293

The Pet Food Crisis

The pet food recall of recent months has been an eye-opening and sometimes heartbreaking experience for all of us who care for pets and aim to provide them with a healthy diet. Even some of the foods considered to be top of the line were affected by tainted ingredients. It's still not clear exactly what caused the illnesses and deaths, but at the time this newsletter went to press, recent studies seemed to show that two of the ingredients combined to create fast-growing crystals that could cause kidney failure.

The good news is that only 1-2% of the total pet food supply has been affected by the recall. The bad news is that to prevent this from happening in the future, huge changes will have to be made in the way pet food ingredients are manufactured and inspected.

So, how can we protect our pets from bad food? There's no perfect answer, but we recommend that you talk with your vet about what you're currently feeding your pets and what symptoms to look for that could indicate a reaction to something toxic.

Then find a pet supply store with knowledgeable staff who are in constant communication with their suppliers, and who make it their business to know everything about pet food (such as Furever Pets, Western Pet, Portland Pet, and Black Dog, among many others in the metro area). A food supplier you know and trust will be your best ally; show your support by being a loyal customer. Grocery

and discount stores don't carry the food that's best for your pets, and their clerks aren't trained to advise you.

And do some research yourself on pet food manufacturers and ingredients. The website for the Natura company (which makes Innova, California Natural, EVO, HealthWise, etc.) allows you to do side-by-side comparisons of ingredients in various brands, so you can learn what the ingredients

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are, which ones are nutritious, and which ones are just filler.

We may never get the whole story surrounding the recalled food, but with education and vigilance, you have the best chance of keeping your pet safe from harmful foods.

Natura website: www.natura-pet.com

American Veterinary Medical Association website, which has the latest (and most trustworthy) recall lists: <http://www.avma.org>.

-- *Carma Crimins*





THE KITTY CORNER

It helps to know that people care

In this past quarter I have been struck by the stark contrast between good and bad – but what has really stood out for me is the good.

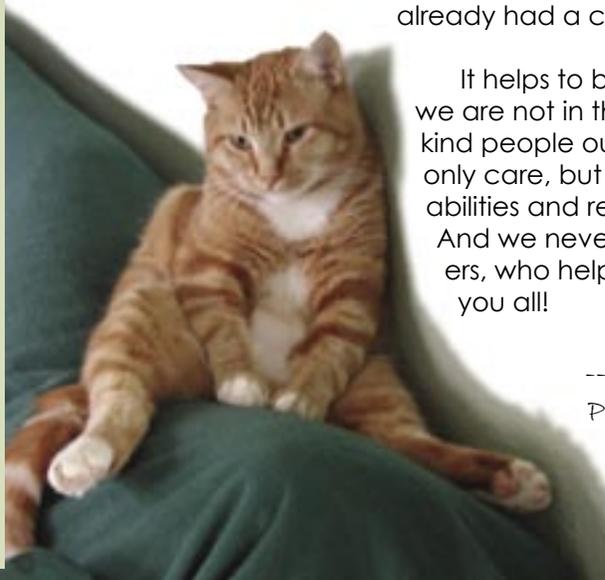
For example, late one evening one of our volunteers received a call from a woman who the volunteer has worked with in the past. A neighbor in the caller's apartment complex kicked their indoor-only cat out the door and would not let him back in, no matter how hard the cat tried to talk them into it. He stayed close to the front door all day and slept under the porch, night after night, hoping the front door would finally open for him. The neighbor hoped he would just go away and, when he didn't, planned on dumping him in the park. Our volunteer knew she wouldn't be able to sleep that night, knowing he was sleeping out in the cold, so she finally took him in herself. He is now in a wonderful foster home and will be on the website soon.

In another apartment complex, a resident has been watching the same type of situation. Sometimes the declawed, indoor-only cat was allowed to stay in and sometimes it was tossed out (and the cat is not outside-savvy). After several iterations of in-and-out, we talked to the owner, who no longer wanted the cat. We picked him up and found a temporary foster home for him. He is a total love and also will soon be on our website.

Perhaps our saddest situation of this quarter was a call from a couple asking for help for a cat that climbed the stairs up to their apartment even though he had very poor balance and seemed as if he may have been hit by a car. They had two cats of their own and were afraid for their cats' sake to bring him in. They made him a comfortable, warm bed in their garage and started calling around for help. One of our volunteers drove to Beaverton to pick him up and take him to our vet. As it turned out, he was in severe heart failure, which was why he seemed off balance. The people who found him asked that he not be put to sleep until they could be there with him. They only knew him for 24 hours but already had a connection with him.

It helps to be reminded that we are not in this alone. There are kind people out there who not only care, but do as much as their abilities and resources will allow. And we never forget our supporters, who help us help them. Thank you all!

-- Pam Brooks,
President



Animal Placement Update

In February, March, and April, we placed 24 cats in new loving, responsible homes.

Our major expenses for those three months were:

- Veterinary fees: \$15,470*
- Advertising to find new homes: \$183
- Food, meds, supplies: \$357**
- Newsletter "Animal Talk": \$893

*These expenses also include veterinary care for the cats and dogs of Portland's homeless and a few emergency care visits. We also had expenses for several severely injured pets and some very sick ones.

**Most volunteers pay for food and litter for the animals they care for.

Animal Talk is a quarterly newsletter published by Animal Rescue & Care Fund, Inc.

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Animal Rescue & Care Fund, Inc., is a private, non-profit, tax-exempt corporation funded solely by private donations. A board of directors makes decisions on policy and activities. All funds are used exclusively for veterinary care, food, classified advertising to find suitable homes to place animals, and publishing the quarterly newsletter, "Animal Talk." Volunteers provide good temporary homes until the animals are placed in responsible, permanent homes.

Lorraine Jones

With ARCF for over 30 years

Lorraine Jones has been fostering homeless cats in the Portland area for over 30 years. She started out by donating money to ARCF. Then, she says, "Before I knew it, I was on their board and had three foster kitties in my house!" She's never looked back.

"I love every bit of it, none of it feels like work to me," she says. Every day she scoops five litter boxes, fills five bowls with fresh water and another five with dry cat food, combs 10 or so cats, clips claws, and checks every cat for things like lumps, scabs, sores, drippy eyes, or dirty ears.

Usually she has two to four foster cats, in addition to her own eight. "I once had 11 kittens at once, which I think is a record," she says. "But that's highly unusual."

Jones has had "hundreds and hundreds" of success stories. Her favorite: A woman called and said she'd found four tiny, infant kittens—not even a week old. The mother cat had been hit by a car. Jones hand-fed them for weeks, and they all lived. "I had to get up all night long to feed them, every three or four hours, just like you have to do with a baby."

She points to a large, healthy-looking orange and white cat. "This is my Bartie. When he came to me he probably weighed about half what he weighs now, he was just a skeleton. His tail was a little piece of string, and he was crying—he looked so terrible. I thought for sure he was going to die. That was five years ago, and look at him now!"

Jones grew up in and around Oregon, and her family settled in Portland when she was 10 years old. She still lives in the same house today. "We always had cats," she says. "My mother was always taking in strays, even during the Depression."

Jones' own brood includes several cats over 10 years old, one with a crippled front paw, and several who are scared of their



own shadow. Her own cats all started as rescue kitties.

In her 30 years of fostering, Jones says she's seen at least a few changes. "More people are spaying and neutering now, so that's good. But the calls for help are never-ending."

A cat with long silver hair jumps onto Jones' lap. She kisses the cat on the nose and the cat rubs Jones' chin. "Hello, Miss America," she says.

"One of the best things about fostering is that I've met the best people—our other volunteers. They've become my close friends, we're just like a family." Miss America nestles into Jones' lap. "But the best part is meeting these little creatures," she says. "They are the most amazing creatures on God's earth."

Miss America closes her eyes and yawns, as if to inform us that she's known that for a very long time.

Lorraine with
Miss America
(on the floor),
Bartie
(on her left),
Daniel
(on her lap)
and Ellen
(on her right)



Sophie

On a freezing day last February, I could no longer stand to look out my window and see the little neglected calico cat who had lived in the neighborhood for years, ostensibly belonging to the people next door. No shelter from the cold, only sporadic feedings, stunted growth, never even given a name. It was awful.

The neighbors gave me permission to take her, so I brought her in and called ARCF for help. I couldn't afford all the care she needed due to her mistreatment for so many years, so ARCF generously got her back into shape. After endless rounds of treatment, she is happy and contented today.

She shows her gratitude with lots of kisses and caresses each day. My family and friends think she is one of the sweetest cats they have ever seen. I want to thank you, and so does Sophie Kate, who is, as we speak, ensconced happily on her corner of the couch on her heating pad.

-- Mary Richardson

Spay & Neuter Coupons

On request, we can provide coupons for spaying and neutering cats and dogs. These coupons make this procedure very affordable. Several good, full-service vets participate in this program. For coupons please call Pam at 503-284-8768, or download and print the coupon at: www.animalaidpdx.org/documents/coupon.pdf.

Please remember: cats and dogs are fully sexually mature at 6 months and can be safely spayed or neutered at that age.

Pierre & Meredith

--From Pierre's foster mom, Chrisi:

I started taking care of Pierre in April 2005 when he was lost or abandoned near my house, and he began eating with the little feral colony that I feed.

He was terrified of people when he arrived--nobody could get near him for a very long time. I brought him food every night and I would talk softly to him while he ate, and get closer and closer, until finally last fall I was able to touch him, and eventually pet him. After awhile, I could even pick him up.

A few weeks ago I picked him up while he was eating, wrapped him in a big bath towel, and carried him the two blocks to my house. I took him into my bathroom and uncovered his head. The poor guy was shaking all over--he was SO scared. When I put him in the room we had prepared, he immediately hid under the chair. But by the next day he was coming out a little at a time. After a couple of days, when I sat down to talk to him, he jumped right into my lap and started up his motor. There was no going back once he discovered how nice it is to be petted and loved.

Pierre turned out to be a real lap cat, full of purrs, and a major snuggler. It was love at first sight when he and Meredith met. She said she got a "squishy feeling" in her stomach as soon as she saw his photo on the ARCF website--she knew he was "the one" for her. When she came to see him, she was just beaming. He sat in her lap like he had always been hers.

"I count myself so incredibly lucky that he came into my life, and I thank you so much for bringing us together," says Meredith.

So Pierre finally has a home of his own, and I have visiting privileges, too. Yea!



SUCCESS STORIES

Lucy & Ethel

Lucy and Ethel showed up during the January 2007 snowstorm, shaking with cold and starving. Someone had dumped them outside a factory in the industrial area, where they were rescued by a good Samaritan, who called us. We took them to the vet and got them healthy again, and soon after they were adopted by a very nice woman named Tammi. They love their new home and are doing great!



IN MEMORIAM

Elaine Anderson sent a donation "In loving memory of my beautiful cat Sooty, 1995-March 6, 2007."

Anna Diaz lost her darling Mischa.

Doug and Marian lost Petunia, a cat of extraordinary intelligence and grace.

ARCF lost Beanie, a wonderful boy who had a short but precious life.

ALUMNI UPDATE

Setti

Adopted by Keith Dunbar and Maryann Haggstrom, Setti is an intelligent, playful Manx who loves lots of lap time. She is missing two vertebrae which inhibits her from jumping and affects her walk. She also has some minor bowel control problems.

My fiancé and I adopted Setti, the special needs kitty in your Spring 2006 newsletter. We adopted her in April 2006, three weeks after losing our much loved Labrador mix to cancer.

Setti is doing great. She doesn't like my very friendly and curious Balinese kitty, but they continue to adjust to each other. Shortly after Setti became our kitty, she required surgery to remove bladder stones. She has not had a recurrence; we have her on a special diet to help control this. She loves to eat, and has put on a little weight.

Setti is an indoor kitty, only going outside on her leash and harness when we are at our home in central Oregon. She loves to watch birds and other wildlife through the windows. She has lots of energy, and runs around the house chasing her toy mice.

We would like to thank Lorraine at ARCF for taking good care of Setti before she became ours. She has brought a lot of joy into our lives!

--Keith Dunbar and Maryann Haggstrom





Dogs & Chocolate

We've all heard that chocolate is bad for dogs. But what are the facts?

Even small amounts of theobromine, an ingredient in chocolate, can cause vomiting and restlessness in dogs. Larger doses can be fatal. While most owners would expect a dog to develop an upset stomach after eating a large amount of chocolate, few realize its toxic potential.

The lethal dose of theobromine depends on the size of the dog and the type of chocolate. Ounce for ounce, baking chocolate has six to nine times as much of the substance as milk chocolate does.

Estimates of the smallest amounts that can be fatal are:

Small dogs:

4 ounces of milk chocolate
.5 ounce of baking chocolate

Medium-sized dogs:

1 pound of milk chocolate
2 ounces of baking chocolate

Large dogs:

2 pounds of milk chocolate
4 ounces of baking chocolate

While a very small amount of chocolate may not harm some dogs, it's safest to avoid giving it to them at all. If an accident happens, contact your vet immediately. Treatment may require inducing vomiting, stabilizing the dog's heartbeat and respiration, controlling seizures, and slowing the absorption of theobromine. If the dog is already comatose, its stomach may need to be pumped.

Ed. note: Cats generally don't like chocolate and are seldom poisoned by it. Very few cases have been reported.

Your Cat Won't Eat?

If your cat won't eat, or is eating less, something is probably wrong. Cats are very stoic, and often won't show symptoms until something is very wrong. A good rule for cats is: don't wait. Take them to the vet now.

Anorexia is a serious symptom, particularly in older animals. It can be caused by a number of things: depression, anxiety, pancreatitis, an intestinal obstruction, or even a sore tooth. Some of these conditions are very treatable, particularly if you see your vet right away.

Your vet can perform blood and urine tests and a physical exam to determine what is keeping your cat from eating, and also check to see if your cat is dehydrated and whether she needs to be given fluids or nutrients through an IV (intravenous) or NG (nasogastric) tube. Again, this is a very serious problem. Be sure to see your vet as soon as possible.

Lily Toxicity

We all love our gardens, but did you know that some of the most common plants are highly toxic to cats?

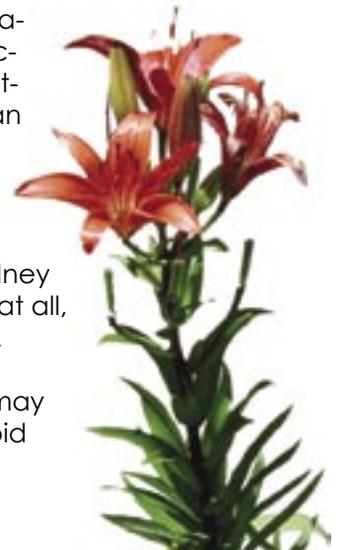
Asiatic hybrid lilies, tiger lilies, rubrum lilies, Japanese show lilies, Easter lilies, some species of daylilies, and other species of the family Liliaceae are highly toxic to cats and can lead to kidney damage. All parts of the plant are considered toxic, and intoxication can occur with ingestion of less than one leaf.

To date, the toxic component has not been determined. Within the first two to six hours of lily ingestion, a cat may manifest intestinal upset including vomiting, loss of appetite, and depression. Signs may temporarily subside only to return within 12 to 18 hours as kidney damage ensues.

Treatment consists of rapid decontamination (inducing vomiting, administration of activated charcoal) and intravenous fluid. Postponing treatment for more than 18 hours can result in renal failure and death; therefore, prompt and aggressive veterinary care is paramount. With prompt treatment, full recovery is possible. However, if treatment is delayed, varying degrees of permanent kidney damage will occur. If the cat is not treated at all, death usually occurs in three to seven days.

Cats can be extremely inquisitive, and may graze on plants in and around a house. Avoid placing lilies where cats reside.

--by Dr. Elizabeth Colleran



Medical Technology Part I

As human medicine becomes more and more advanced, veterinary medicine is advancing along with it. Many of the advanced tests and procedures used on people are now available for pets. This multi-part series will present an overview of some of the new technology available to veterinarians.

Laser Surgery

A laser is a very intense beam of highly focused light. If focused intensely enough, it can cut through tissue. It can be used for very small, precise cuts for biopsy, eye surgery, or removal of a tumor. Lasers can also be used to perform traditional soft-tissue surgical procedures such as spays, neuters, and thyroidectomies (the removal of the thyroid gland), with fewer side effects.

As it cuts, the laser automatically seals small blood vessels and nerve endings around the cut, which means less bleeding and less pain.

Endoscopy

Endoscopy allows doctors to see an animal's internal organs by inserting a long, flexible tube into the body. The tip of the tube contains a video chip and a strobe light, and it captures images and sends them to a video monitor.

The endoscope can be inserted through the mouth to look at the upper gastrointestinal tract (GI endoscopy) or the lungs (brachioscopy), into the rectum to examine the colon (colonoscopy), into the nose (rhinoscopy), or into the joints (arthroscopy). This procedure lets veterinarians see internal tissue without performing invasive surgery.

The veterinarian can also insert instruments through the tube and remove tissue to biopsy for additional information.

This is the first in a multipart series about advances in medical technology.



Jumpin' Jack Flash

"My cat jumps on the kitchen counters, the kitchen table, my dresser--everywhere he's not supposed to! How can I get him to stop?"

Cats will generally jump up on things if there is a reason for them to jump up there.

They'll jump onto counters to look for food or to look out a window. If you have a dog, a child, or another cat who bothers him, your kitty may be looking for a higher place to escape to (which is innate). If the cat is young, he's probably very curious and wants to explore things.

Try putting double-sided tape all over the forbidden area (cats hate its stickiness), or covering it with foil (another thing cats hate to walk on), or putting a plastic carpet runner upside-down on it. Your kitty could also be bored, so keep him occupied with play sessions several times a day, and make sure he has lots of toys to play with when you're gone.

If your cat is jumping on things to reach a window, cover up the window for awhile so he can't look out of it, or just accept that he is going to get up there to gaze outside.

If he's jumping onto things in search of food, don't leave any food out.

If he likes to drink water in the sink, make sure there are no dishes or bowls in your sink for him to drink from (and make sure his own water bowl is filled daily with fresh water).

For any of these methods to work, however, you'll have to keep it up for quite a while--at least several weeks. If he gets on the counter and discovers that there is no unpleasantness there, he'll be encouraged to continue jumping up there.



Have You Adopted from Us?

We are asking all ARCF alumni to check in and give us an update on your pets, no matter when you adopted from us. Send us an email, a note, a photo, whatever. We want to run some "where are they now" features in the newsletter. If you adopted kittens from us, it would be fun to see baby pictures and grown-up pictures.

Email us at arcf@pdx-petadoption.org or write us at P.O. Box 14956, Portland, OR 97293-0956.

Call for Volunteers

- Deliver the newsletter. Take copies of our newsletter to places of business. You can deliver 3 or 300 -- up to you.
- Stuff envelopes (for the newsletter). You can do this in your own home, on your own time. Stuff 5 or 500 -- up to you.
- Provide transportation. Transport cats to/from vets, deliver food & litter, etc.
- Write for us. Write blurbs for the website. Write articles for the newsletter.
- Make things for our animals. Make collars and tags, or catnip toys for foster cats.
- Do marketing/PR. Figure out ways to get our name out there and known.
- Check addresses of potential owners.
- Be a foster home or emergency foster home. (An emergency home will have the animal for two weeks maximum.)

To volunteer, contact us at 503-284-8768 or arcf@pdx-petadoption.org.

10 Things I Learned From My Cat

1. If you can't get your way, lie across the keyboard until you do.
2. When you're hungry, meow loudly so they feed you to shut you up.
3. When you miss the litter box, cover it up. Dragging a sock over it helps.
4. When in doubt, cop an attitude.
5. Nap often.
6. Climb your way to the top, that's why the curtains are there.
7. When you have something important to say, try to say it in the dead of night when you're SURE everyone's sleeping. There's no better way to get the attention you deserve.
8. Always give generously; a bird or rodent left on the bed tells them, "I care."
9. Life is hard, and then you nap.
10. When you're in trouble, just purr and look cute.

LET US HEAR FROM YOU!

We want to be more interactive with our readers. Do you have comments, questions, problems, stories, advice? Have you found a new pet-related product that you love? Do your kids have a pet story they'd like to tell us? Let us know!

Email us at:
arcf@pdx-petadoption.org

or write us at:
P.O. Box 14956,
Portland, OR 97293

YES! I want to help

Animal Rescue & Care Fund depends entirely on your donations to help the animals. Our work includes rescue, medical aid, food and shelter, humane education, neutering/spaying, and more. All workers are volunteers.

Your contribution goes directly to help the animals. All contributions are tax-deductible.

I enclose _____ for humane work.

(\$35 sponsors a cat, but of course, we are grateful for any amount.)

Sponsors can receive a photo and a story about the cat.

I'm interested in receiving a story and a photo.

I'm interested in being a volunteer. Please contact me at _____.

Name _____
Address _____
City, State, Zip _____

Mail to: Animal Rescue & Care Fund
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