

Among Friends

Winter 2010/2011

Volume 6, Issue 2

News, views and updates on animal issues in Antrim County



**WITH
a LITTLE
HELP FROM
MY FRIENDS**

WITH a LITTLE HELP FROM MY FRIENDS, INC.

A non-profit corporation dealing with animal issues in Antrim County
Organization identification number 38-3605652 section 501C (3)

3820 Ritt Road · Bellaire, MI 49615
(231) 533-4070
walhfmf_4@hotmail.com
www.walhfmf.org

Mission Statement

Protecting and teaching compassion for the animals in Antrim County.

Meetings

Meetings are held the third Wednesday of every month from 7:00pm-8:30pm. For information please call (231) 533-4070.

Annual Events

6th Annual Christmas Pet Photos
Saturday, November 6th, 2010

8th Annual Garage Sale
Saturday, May 28th, 2011

2nd Annual 5K Pet Walk
Saturday, August 20th, 2011

11th Annual Chili Cook Off & Silent Auction
Sunday, Oct. 30th, 2011

Look for other WaLHFMF events throughout the year.

WaLHFMF loves to hear from adults and kids! Send us your stories, jokes, drawings, and pictures.

WaLHFMF reserves the right, without further consideration, to use all entries in any publication, media and related promotions.

Keep a copy for yourself, entries can not be returned.



VISIT OUR GREAT PETS AT
Petfinder.com
ADOPT A HOMELESS PET

Finishing Touches!



WaLHFMF's sanctuary is truly a labor of compassion. Volunteers are working numerous hours getting the sanctuary ready to open. Many generous people have donated even through these tough economical times so WaLHFMF can purchase building supplies.

This wonderful place, when open, will offer a safe place for pets in true emergency situations. They will be given care and love while they wait for their owners to overcome their crisis and can come back for them. In some cases when they can't be reunited, a new loving home will be found. This building will also offer classes and workshops for community groups.

Please, consider making a tax-deductible donation today. If you would like to schedule a tour of the sanctuary, like more information or would like to receive our email updates, please call 231-533-4070 or email WaLHFMF with your request at walhfmf_4@hotmail.com.

With a Little Help From My Friends is a public charity. Organization identification number 38-3605652 section 501C (3). As a nonprofit, WaLHFMF works on donations with no funds from county, state or federal funding.



ADOPT-A-PET!

Putt Putt was born April 10, 2010 to a stray Mama cat found just in time for delivery. She has been raised in a home with other pets and is very sweet. Putt Putt has been spayed and is looking for that forever best friend.

If that might be you please contact WaLHFMF at 231-533-4070

President's Corner



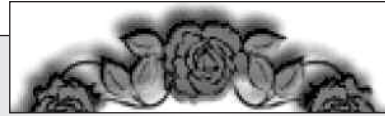
I was just pondering one of my pet peeves of pet owners which is not spaying or neutering their animals. Such a large percentage of the heart

breaking problem of having to euthanize healthy and good pets. There are still no homes for them, due to the huge over population problem. How much does this county have to spend to house and humanely care for these unlucky creatures that end up on the loosing end through no fault of their own? ASPCA figures say 2 out of 3 animals that enter a shelter never come out. We have tried begging and pleading; we have tried informing of the health risks of not spaying or neutering; we have tried low cost spay neuter clinics.

I am not sure we are even putting a dent in the numbers. To me it seems so simple. Stop the population growth, stop the suffering. Spay/neuter must be the number 1 priority. With all the animal lovers I have had the pleasure to come in contact with in Antrim County, why is this such a difficult problem to solve? I think a lot of people feel like I do sometimes, powerless against this epidemic.

I sometimes feel powerless against this but I will never stop fighting for it! People seem to notice when you hit them in the pocketbook. Would it work to charge \$75.00 per year for every nonfixed dog and cat? Would the money earned pay for someone to do the animal census and also help to support Antrim County Animal Control? What do you think would work? Do you have any thoughts on this? Maybe the answer lies in the hands of our county commissioners. They set policy for Antrim County. Let them know this is a high priority with you and your thoughts on solving this. The animals of Antrim County deserve to be wanted. God put us on this earth as care takers of the animals. Don't let God down. Let your voice be heard!

Thanks for listening
Heather Knust
President



In Memory Of

Scout

Meredith Kadlec

Earl – Lisa's beloved kitty

Denny & Sheri Thompson

Skeeter

my cat who lived to be 19 years old.

Vickilyn Olsafsky

Cubby

Loving companion

From Jo Paulshock

Cubby

Jo Paulshock's best friend

& companion

From Ben & Celi Benavidez

Cubby

Jo's beloved dog

From Mona Minish

Debbie Shannon

From Sandi Shannon

Debbie Shannon

From Marlene Attridge

Sophie Catz

Lucia Danes

Shempi

Dave & Joyce Looman

Kat Fox

Lunchroom ladies at

Central Lake School

Kathy Fox

Bill & Mona Minish

Spike

Our kind & gentle family

member for 14 years.

Minish family

My Parents

Webb & Jeanne Templin

Heather Knust

My Brother Scott Webb

Heather Knust

Zsa Zsa and Hootie

Our two old Persians who were best buddies. They died within 24 hours of each other.

Heather & Jim Knust

Fluffy

An abandoned piranha loved for 8 years after his rescue. Fluffy's friends from Alden State Bank

Buster – Tom Lanes Cat

Loved by his family for 19 years.

Heather Knust

Lollipop

My cute little Ragdoll kitty cat

Kathy McKeoen

Mary Beaumont

Love Herbie

Scott Hahn

From all the people & animals in Alden who loved him!

In Honor Of

Elmo

Gary & Vicki Gilbert

Nat Adamsom

Father's Day 2010

Sally Adamsom

**Want to show your support for
With a Little Help From My Friends
as well as compassion for a loved one
or beloved pet?**

**Send your donation
and In Memory Of or
In Honor Of to:**

**With a Little Help From My Friends
3820 Ritt Road
Bellaire, Michigan 49615**

*I get by with
a little help from
my friends...*



~John Lennon

Miracle for Lost Dog

By Connie Kobel, Bellaire

From my sister Barbara in Ft. McCoy, Florida

Not sure how many of you I told about the very cute little dog running loose in our neighborhood....Seen her for the first time about 5 weeks ago and wanted to take her in but she was so afraid and would run. I put food and water out by our walk thru gate and therefore see her off and on.

Then we realized she was living under the neighbors house, so I told that neighbor if he could catch her I would take her in. On Sunday in pouring down rain, I heard the little neighbor girl hollering, "Miss Barbara", she had the dog on a lease. Poor little thing was so full of fleas and so dirty, couldn't let her near our dog, so we put her on our porch, on Monday we gave her a bath and she was really a pretty white and brown terrier type dog. We took her to the only vet that was open on the 5th. Low and behold she had a chip but it had never been registered so they couldn't tell me anything. We had her checked out and she was in excellent health, just had a flea allergy.

Tuesday, I called our animal control and they were the ones that put the chip in 5 years ago. I got all the information on the owner at that time. I called the telephone number but knew by the answering machine it was not the same name, so I looked the guy up on facebook, as he had an unusual name. He was on there so I sent him a message and 20 minutes later he called and was crying so hard he couldn't talk.

Long story with a happy ending, he came and got her last night and she cried and jumped and he cried. In fact we all cried, little dog even gave me a kiss. The young man said he has been coming out here every night parking and calling for her, he felt at night his voice would carry thru the woods. Seems he was up here fishing and since she never would leave his side she was not on a leash. She saw an animal and chased it and that was the last he seen of her.

My advice to all you pet owners, get a chip in your pet, but then keep the info up to date. This young man had moved and changed telephone numbers. Without facebook, I would have never found him.

Top Tips for Overcoming Separation Anxiety

For many dogs, even the slightest change in daily routines can be upsetting. In response, poor Fido may start acting disruptive or destructive, especially when left home alone. He may resort to urinating and defecating indoors, howling, chewing, pacing or trying to escape from the house or yard. When these issues are accompanied by signs of panic, distress or depression, they may indicate your pooch suffers from separation anxiety.

But don't fear—we're here to help! When treating a dog with separation anxiety, the goal is to resolve the underlying issue by teaching him to enjoy—or at least tolerate—being left alone. Our experts have put together a list of top tips for helping your pooch overcome separation anxiety.

Doctor Knows Best: The first step in tackling behavior issues is to rule out any underlying medical problems that might be causing your pet's behavior. For example, if your pet is urinating in the house, he might be suffering from a urinary tract infection, bladder stones, diabetes or kidney disease—all of which can cause urinary incontinence in dogs.

Conquer Fear: If your pooch suffers mild separation anxiety, counter conditioning—or helping your dog associate being alone with something good, like a tasty treat—might reduce or resolve the problem. To develop this kind of association, offer your dog a food-dispensing toy every time you leave the house.

Dogs Need Jobs: Providing lots of physical and mental stimulation is a vital part of treating many behavior problems, especially those involving anxiety. Exercise can enrich your dog's life, decrease stress and provide appropriate outlets for normal behavior. Plus, a tired dog doesn't have much excess energy to burn when he's left alone!

Prepare for Departure: Many dogs know when you're about to leave the house and will get anxious or prevent your departure altogether. One way to tackle "predeparture anxiety" is to teach your dog that when you pick up your keys or put on your coat, it doesn't always mean you're leaving. For example, put on your boots and coat, and then just sit down and watch TV instead of leaving.

Take Baby Steps: If your dog's anxiety falls more on the severe side of things, try getting your pooch used to being alone by starting small or "desensitizing" him to the cause of his fear. Begin by introducing several short periods of separation that don't produce anxiety, and then gradually increase time spent apart over the course of a few weeks.

— Continued on page 6



WaLHFMF' Events Scrapbook



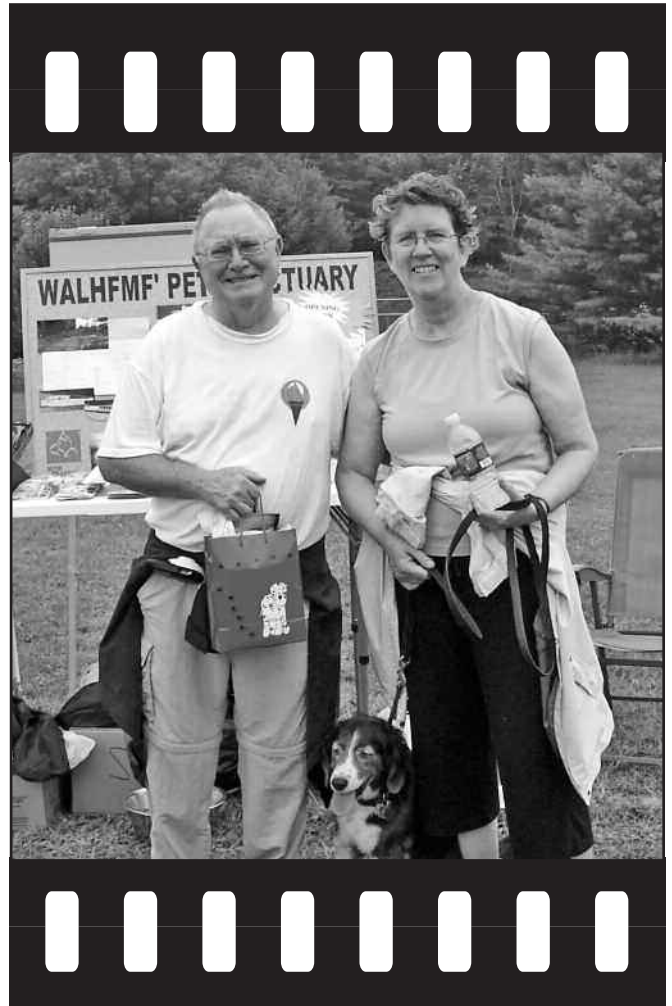
The Texas Hold-'Em Poker Tournaments put on by Mike Gibbard helps raise funds for the sanctuary



The Annual Chili Cook-Off is a Fall favorite and always a great time to try the various chilis from the area's restaurants



Great weather and a nice selection of merchandise made this year's garage sale a huge success!



*Winners of "WaLHFMF' 1st Annual 5K Pet Walk"
Bob & Carol Milstein of Ann Arbor.*

Don't miss out on the fun!! Join us for these upcoming events...

6th Annual Holiday Pet Photos Nov 6th (Bellaire Library ~ 10am-2pm)

Texas Hold'Em Tournament Nov 13th (Bellaire Lanes ~ 5:30pm-??)

"A Christmas Carol" Dec 5th (Bellaire Community Methodist Church 4pm-6pm)

Health Benefits to Having a Pet

About 65 percent of American households have pets, and we spend nearly \$35 billion dollars a year on these companion animals. Our pets clearly have us wrapped around their little paws, but what do we get from them in return? There are the obvious answers—companionship, unconditional love, a best friend, some slipper-fetching. But there are also a number of unseen benefits with far-reaching effects: Pets are great for our health. Here are some of the ways pets can have a positive effect on our health.

1. Pets Lessen the Risk of Allergies & Asthma

Counterintuitive, at first, but it makes perfect sense. “The old thinking was that if your family had a pet, the children were more likely to become allergic to the pet. And if you came from an allergy-prone family, pets should be avoided,” says researcher James E. Gern, MD, a pediatrician at the University of Wisconsin-Madison, in the *Journal of Allergy and Clinical Immunology*. But a number of new studies suggest that kids growing up in a home with “furred animals”—which can include cats and dogs, as well as farm animals—will have less risk of allergies and asthma.

In his recent study, Gern analyzed the blood of babies immediately after birth and one year later. He was looking for evidence of an allergic reaction, immunity changes, and for reactions to bacteria in the environment. If a dog lived in the home, infants were less likely to show evidence of pet allergies. They also were less likely to have eczema; and they had higher levels of some immune system chemicals—a sign of stronger immune system activation.

2. Pets Reduce Stress

This one is kind of a no-brainer: a survey by Mindlab International found that 55 percent of people were more relaxed after spending time with their pets—44 percent were also less worried about specific problems such as job security and finance.

One quarter of respondents described their dog as their best friend while one in six women said they confided their deepest thoughts only in their pets—and walking the dog was also found to be a more effective means of spending quality time with the family than even mealtimes or holidays.

3. Dogs Lower Blood Pressure and Cholesterol

Taking care of a dog can often lead to increases in physical activity and facilitates the development of social contacts, which may enhance both physiological and psychological human health. As well as lower blood pressure and cholesterol, dog-owners suffer fewer minor ailments and serious medical problems.

4. Cats Lower Risk of Fatal Heart Attack

Researchers looked at nearly 4,500 adults and found that cat ownership was related to a 40 percent lower risk of suffering a fatal heart attack. The team speculated that having a cat may reduce stress and anxiety, and thus protect against cardiovascular disease. For example, the mere act of petting your cat can lower your blood pressure!

5. Pets Can Help People with Serious Illness

Some medical doctors recommend “pet prescriptions” to their patients who are alone and need companionship. That’s because physicians have discovered that a family pet can actually motivate some patients to give their best effort when dealing with serious illness such as cancer. Having a pet to care for and feed can stimulate ailing individuals to take better care of themselves.

6. Dogs Help with Weight Loss

According to a story published in *The New York Times*, research from the University of Missouri found that people who walk dogs are more consistent about regular exercise and show more improvement in fitness than people who walk with a human companion. In the 12-week study of 54 older adults, 35 people were assigned to a walking program for five days a week, while the remaining 19 served as a control group. Among the walkers, 23 selected a friend or spouse to serve as a regular walking partner, another 12 participants took a bus daily to a local animal shelter where they were assigned a dog to walk.

The researchers were surprised to find that the dog-walkers showed an impressive improvement in fitness, while the human walkers leaned towards making excuses to avoid the workout. Also walking speed among the dog walkers increased by a whopping 28 percent, compared with just a 4 percent increase among the human walkers.

A University of Missouri-Columbia study showed that people who did not walk regularly could lose an average of 14 pounds in one year by walking a dog 20 minutes a day, 5 days a week!



*“Ce Ce” (above) belongs to
Michael & Lori Brandt
Torch Lake Tree Pro, Mancelona*

*“Elmo” belongs to Gary & Vicki Gilbert of
East Jordan*



Progress Update: Animal Related Bills in Lansing

Animal Cruelty

Requires person convicted of animal cruelty to pay the costs of care for the animal; requires the defendant to forfeit ownership of the animal involved in the case; establishes specific time periods for which someone convicted of animal cruelty cannot own another animal.

Bill Number: MI S.B. 1122

Bill Sponsor:

Sen. Jim Barcia (D, 31)

Bill Status: Pending

Legislature Status: In Session
Text and Status of S.B. 1122

Animal Fighting

Allows the forfeiture of real property used in the commission of animal fighting; includes animal fighting as predicate offense in the racketeering statute and revise certain in rem forfeiture provisions; declare to be a nuisance the property on which animal fighting is conducted.

Bill Number: MI H.B. 5655,
5656, 5668

Bill Sponsors:

H.B. 5655 & 5656:

Rep. John Espinoza (D, 83)

H.B. 5668:

Rep. Bert Johnson (D, 5)

Bill Status:

Passed House

Legislature Status:

In Session

Text of H.B. 5655

Text of H.B. 5656

Text of H.B. 5668

You can contact any of these elected officials at www.michigan.gov

Carl Levin, Senator

Debbie Stabenow, Senator

Bart Stupak, Representative

Class B Dealers

Prohibits dealers from obtaining animals from shelters and reselling them to research facilities; prohibits shelters from providing animals to dealers; prohibits shelters from providing animals to research facilities directly unless the owner has designated, in writing, that the animal may be used for research.

Bill Number: MI H.B. 4663

Bill Sponsor:

Rep. John Espinoza (D, 83)

Bill Status:

Passed House

Legislature Status:

In Session

Text of H.B. 4663

Primates as Pets

Prohibits keeping nonhuman primates as pets.

Our Position:

Support

Bill Number: MI H.B. 5762

Bill Sponsor:

Rep. Andrew Kandrevas (D, 13)

Bill Status:

Pending

Legislature Status:

In Session

Text and Status of H.B. 5762

Just A Dog



submitted by
JoAnne Thomas
East Jordan

From time to time people tell me, "Lighten up, it's just a dog," or, "That's a lot of money for just a dog." They don't understand the distance traveled, time spent, or costs involved for "Just a dog." Some of my proudest moments have come about with "Just a dog." Many hours have passed with my only company being "Just a dog," and not once have I felt slighted. Some of my saddest moments were brought about by "Just a dog." In those days of darkness, the gentle touch of "Just a dog" provided comfort and purpose to overcome the day.

If you, too, think its "Just a dog," you will probably understand phrases like "Just a friend," "Just a sunrise," or "Just a promise." "Just a dog" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a dog" brings out the compassion and patience that makes me a better person. Because of "Just a dog" I will rise early, take long walks and look longingly to the future.

For me and folks like me, it's not "Just a dog." It's an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment. "Just a dog" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday people can understand it's not "Just a dog." It's the thing that gives me humanity and keeps me from being "Just a man or woman."

So the next time you hear the phrase "Just a dog," smile, because they "Just Don't Understand."

~ Author Unknown



"Cha Cha", adopted from
WaLHFMF in 2010, loves to play
with her owner, Connie Gorsline
of Zeeland, Michigan.

Separation Anxiety

— Continued from page 3

Together We Stand: Any treatment for separation anxiety requires that your dog never experiences the full-blown version of whatever provokes his anxiety or fear. Avoid leaving your dog alone except during desensitization sessions. If possible, take your dog to work or arrange for a family member or dog sitter to come to your home during the day.

Keep it Mellow: All greetings—hellos and goodbyes—should be conducted in a very calm manner. When saying goodbye, just give your dog a pat on the head, say goodbye and leave. Similarly, when arriving home, say hello to your dog and then don't pay any more attention to him until he's calm and relaxed.

Say No to Tough Love: Anxious behaviors are not the result of disobedience or spite, so please don't scold or punish your dog if he doesn't overcome his fear quickly. If you punish him, he may become even more upset and the problem could get worse. Be patient, and work with your pet until he feels comfortable and enjoys spending time alone.

Reprinted from ASPCA ©2010

Many Thanks to our Hardworking Volunteers for all the time, love, and tears they give for the cause.

And to the following businesses and individuals.

- **Antrim County Animal Shelter** for their continued support to WaLHFME.
- **Antrim County Review** for their help with PR.
- **Antrim County Veterinarians** and their caring staff for taking care of the animals.
- **Helena Township Hall** for the continued use of their facility.
- **Antrim County Businesses** for their support of the Silent Auction and other events.
- Jack Bodis of **Creative Characters** in Central Lake for his help in the formatting and printing of this newsletter.
- All the **Antrim County Restaurants** that kindly donate chili for our cook-off every October.
- **Tammy Stead** for her emergency grooming.
- **Mike Gibbard** for Texas Hold'Em Tournaments.
- **Bellaire Lanes & Lounge** for Texas Hold'Em Tournaments.
- **Antrim County Residents** for their out pour of support!

A Very Special Thank You to those who have made donations and worked hard getting the sanctuary ready to open!

Always on Call Ellsworth, plumbing
Buffman Excavating Central Lake, excavating and septic
Brewer Construction Central Lake, supplies
Carpet Barn Central Lake, flooring
Dave Conlin Rapid City, donated the handicap ramp
Dipzinski Painting & Wallpapering Gaylord, painted walls
Ferguson Supply Company Traverse City, donated drinking fountain
Knust Masonary Rapid City, foundation
Jim Knust Rapid City, general labor
L & R True Value Hardware Bellaire, discount on ceiling paint
Lee Electric Rapid City, electrical
Bill Minish Bellaire, general labor

Bill Minish Jr. Bellaire, general labor
Don Minish St.Clair Shores/Central Lake, general labor
Northern Heating & Refrigeration Bellaire, heating
Dave Passeno Alden, flooring
Dave Peterson Alden, painted ceilings
Radio Distributing Company Taylor, discount on flooring
Ray Hall Roofing Central Lake, roof
Rich Charbonneau Rapid City, general labor
Schultz Drilling Bellaire, well
Sherwin -Williams Co. Gaylord, wall paint
Tuttle Enterprises Bellaire, plumbing

"I shall pass through this world but once, if therefore there be any kindness I can show, or any good thing I can do, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again."

Stephen Grellet (1773-1855)

Donors '10 Summer Fifty dollars +

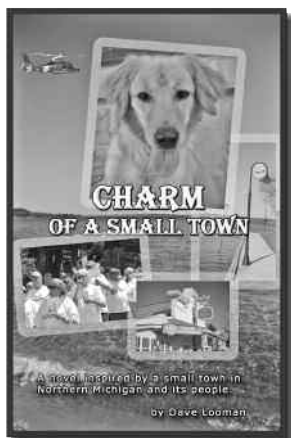
Armor Express Central Lake
 Marlene Attridge
 Martha Baldwin

Ben & Celi Benavidez
 Richard Bingham
 Central Lake
 Lunch Room Ladies
 Dave Conlin
 Sophie DeWitt
 Larry Fyan

Gary & Vicki Gilbert
 Scott Hahn
 T.A. Jacob
 Meredith Kadlec
 Jim & Heather Knust
 Dave & Joyce Looman
 Bill & Mona Minish

Maxwell Medals/
 Cathy McAuliff
 Jo Paulshock
 Gilbert & Mary Richards
 Sandi Shannon
 E.J. Sullivan
 Denny & Sheri Thompson

Thank You For Your Continued Support! Please accept our sincere apology if your name was inadvertently omitted.



Thank You Dave Looman for including WaLHFME in your storyline!

Just east of Traverse City, located on the southeast shore of Torch Lake, is the town of Alden. From the first time we set foot in the town, my wife Joyce and I were impressed by the quaintness of the stores and the kindness of its people. We soon learned that the town motto, "Where Neighbors Care", is not just a saying on a sign. In this book, many people and places may seem fictional, but are real. From storeowners to rivers and lakes, the town comes to life in my stories. Charm of a Small Town not only describes the main character, but the small town as well.

This fictional story revolves around a young dog that is abandoned in the wild. He learns to fend for himself, making him strong and resourceful, yet gentle and caring. Meanwhile, a young boy struggles to impress his father, who refuses to accept the young man for who he is. The father has a quick temper, which further strains the relationship. The book simultaneously tells the stories of the young man's struggle to win the admiration of his father, while the dog searches for a place he can call home.

Charm of a Small Town

by Dave Looman · djlooman@charter.net · www.buybooksontheweb.com · amazon.com

Remember when you have
shopping to do –

www.igive.com

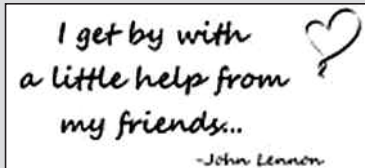
With a Little Help From My Friends receives a portion
of the sales from this site. Please give it a try, it doesn't
cost you anymore and WaLHFMF gets a donation!

You'll also find a link to this site on
www.walhfmf.org

Also

For those in the Antrim County area...

If you save your receipts including gas receipts from
the Elk Rapids and Rapid City Village Markets and
mail them to With a Little Help From My Friends a
portion will be donated to WaLHFMF.



Please recycle, pass this newsletter on! ☺



**IN MEMORY OF
MAX
1997 - 2009**

To contact us:
With a Little Help From My
Friends
3820 Ritt Road
Bellaire, MI 49615
1-251-533-4070
walhfmf_4@hotmail.com
<http://www.walhfmf.org>

**In Memory / In Honor Of
BRICK PAVER FUNDRAISER**

☐ \$50 ea – 4 x 8 Brick (up to 3 lines of copy)

☐ \$100 ea – 8 x 8 Brick (up to 6 lines of copy)

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please make checks payable to: **With a Little Help From My Friends**

No. of Bricks

☐

No. of Bricks

☐

For a full size order form, visit us at www.walhfmf.org



**WITH
A LITTLE
HELP FROM
MY FRIENDS**

3820 Ritt Road
Bellaire, Mi 49615

PRSR STD
NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Central Lake, MI
PERMIT 22