

# Among Friends

Summer 2011

Volume 7, Issue 1

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.

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.

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 at the Pet Crisis Center from 7:00pm-8:30pm. For information call (231) 533-4070.

## Annual Events

**7th Annual Holiday Pet Photos**  
Saturday, November 5th, 2011

**9th Annual Garage Sale**  
Saturday, May 26th, 2012

**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 adoptable PETS at [Petfinder.com](http://Petfinder.com) and [WalHFMF.org](http://WalHFMF.org)  
You can also Donate Online!



Long anticipated, the wait is almost over for the Pet Crisis Center that sits on WaLHFMF's sanctuary property. With the final county inspection complete, all that's left is a visit from Michigan's Department of Agriculture for the license. A grand opening celebration is in the works for sometime in June.

You only have to see With a Little Help From My Friends' Sanctuary to understand what Margaret Mead (American anthropologist) said holds true in Antrim County. "Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever does".

This peaceful place 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.

Look for the Pet Crisis Center Grand Opening announcement soon and make plans to come join in the celebration of this new resource for Antrim County pets.

If you would like to schedule a tour of the sanctuary, like more information or would like to receive our email updates, please call or email WaLHFMF with your request at 231-533-4070 or email us at [walhfmf\\_4@hotmail.com](mailto:walhfmf_4@hotmail.com).



## ADOPT-A-PET!

*Pooh is about 4 years old and on his own again after his owner had to leave him behind when her life suddenly changed. Pooh is a lap cat who loves to be petted. He has been neutered and is looking for that forever best friend.*

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

## President's Corner



With a Little Help From My Friends is preparing to open the Pet Crisis Center early this summer. Volunteers have worked many

hours bringing the center this far, making sure everything is done with comfort and safety of the residents in mind. Many generous volunteers have donated their time to this project in addition to financial donations so that WaLHFMMF could purchase building supplies.

The plans are to open the center in June. The 2,400 square foot building has a meeting room, office and vet area with a quarantine room. There are 6'x6' dog rooms with glass doors and each with a dog door that leads out to separate kennels. The cat room will have a door that leads to an outside area for cats with a garden around it for their viewing pleasure and inside the cat room condos that have Plexiglas fronts with separate litter areas. Pets that come in to the Crisis Center will be housed together. There is also room in the center of the building for smaller pets such as birds and hamsters.

Unlike traditional type "shelters," this center is not a place where people can drop off their pets. Instead, the Pet Crisis Center will be used to assist Antrim county agencies such as animal control, fire, police, mental health and family services with emergency housing for pets in crisis such as an owner who has died suddenly or gone into a hospital. Maybe there has been a house fire and nowhere for the pets to stay while the family rebuilds.

There will, however, be hours for the public to come visit and adopt animals that cannot be reunited with their owner and there will also be opportunities for volunteers to help at the center. The center will be a resource in helping the public with pet issues and offer classes and workshops for community groups.

Future plans include a dog building to house more dogs, a possible bird building and more cat housing.



Continued on page 3



### In Memory Of

**Angeli Elie our aunt**  
*Ben & Celi Benavidez*

**My sister Angeli Elie**  
*Josephine Paulshock*

**Skeeter, Kutya, Deeter & Lucky**  
*Richard & Vickilyn Olsalsky*

**Sami**

*Mr. & Mrs. Wiliam Scadin*

**Lily Krogh**

*Pamela Krogh*

**Debbie Shannon**

*Marlene Attridge*

**Sammie, Murphy, Pebbles, Scooter, Abbey & Kayla**

*Carol & Tom Artusi*

**Philo, Sissy & Scarlett**

*Patricia Stephens*

**Deklin**

*Marne & Joann Homberg*

**My old girl Alley**

*Pat Koch*

**Reba our beautiful lab**

*Dr. Dan & Connie Thomas*

**Ginger, Holly, Kelly my Irish Setters who have crossed the Rainbow Bridge**

*Ann Devergilio*

**In Memory of all the girls**

**Moma, Spunky, Wetee, Addie, Pepper and Neko**

*Patty & Greg Smith*

**Our Beloved Pet George**

*Helen & Eric Heitman*

**Nancy Davidson**

*Shirley Jarecki*

**Edith Tjepkema**

*Stewart & Carolyn Bryce*

**Johnny**

Connie Brigham's loving cat and my adorable foster cat years ago.

*Mona*

**Spot**

Our gentle sweet cat of 14 years

*Bob & Jean Howard*

**Tweetie**

Michelle Stephens' sweet little parakeet

*Mona*

**Mildred Davis**

*Bill & Mona Minish*

**Robert (Bob) Flucht**

From:

*Kent, Karen & Blake Hurst*

*Jeff Mavel*

*Heather & Jim Knust*

*Mona & Bill Minish*

*Edwin & Elaine Labuz*

*Central Lake Education Association*

*Your friends from Cubs*

*Sandy Regiani*

*K. Hurst*

**Michelle Palgut**

*Gary & Vicki Gilbert*

**Jeanne & Scott Templin**

*Jim & Heather Knust*

**Harold (Spike) Belford**

From:

*Genieve Marien*

*Arthur Shorey Jr. & Susan Shorey*

*Judith Marien*

*Steve Marien*

*Al Marien*

*Kathy McKeon*

### In Honor of

**Animals in need and the kind hearts involved**

*Katelyn Kart*

**Mittens**

*Mildred Davis*

**Anyone grieving over a cherished pet**  
*Great Lakes Pet Memorial Traverse City*

**A great crow named Harry**

*Heather & Jim Knust*

**Lynn & John Reiter**

*Mr. & Mrs. Babcock*

**Sophie DeWitt Merry Christmas**

*Butch & Liz Bartz*

**Josie & Joe Paulshock**

*Trudy & Wil Brown*

**In Honor of Chris & Merrie Corbett**

*The Blue Pelican Staff*

**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

## President's Corner

*Continued from page 2*

The sanctuary property has five acres with more land available for expansion. It's a beautiful place for visitors and school groups to visit. Gardens around the Pet Crisis Center are being planned and planted by three MSU Master Gardeners with a gazebo in the main garden.

This center appears to be a one-of-a-kind idea and WaLHFMF is hopeful that once the center has been open a while, other counties might get some ideas for a center in their own county.

Even though WaLHFMF has many volunteers, we need the permanence of a center coordinator to be there full time and coordinate the volunteers and make sure our animal charges and building receive the best of care. This is why again I ask you to help me raise money, this time for one salaried employee for a year.

WaLHFMF needs to raise \$25,000.00 for this purpose. If you can help us reach this goal please step up.

Thank you so much. WaLHFMF is almost there thanks to all of you!

Thanks for listening  
Heather Knust  
President

### — Wish List —

*Below is our summer wish list for items the sanctuary will need to keep stocked. Any donation is appreciated and needed!*

- Pet store gift cards
- Extra large trash bags
- Thick paper towels
- Laundry soap
- Postage stamps
- 24" or larger flat screen television
- Artwork of pets
- KMR (kitten replacement milk)
- Esbilac (puppy replacement milk)
- Money for pet food
- Pet toys & slicker brushes
- Kuranda pet beds donated through website
- Motivated volunteers ☺

## Top 10 Pet Toxins of 2010

### Human Medications

Human medications are once again at the top of the list of pet toxins for 2010. Almost 25 percent of our calls concerned human medications accidentally ingested by pets. The most common culprits include over-the-counter medications (ibuprofen, acetaminophen), antidepressants and ADHD medications.

### Insecticides

About 20% of the calls to the APCC are about insecticides. Insecticides are commonly used on our pets for flea control and around our houses to control crawling and flying bugs. The most serious poisonings occurred when products not labeled for use in cats were applied to them. Always follow label directions.

### Rodenticides

Baits used to kill mice and rats are mostly grain based. Not only does this attract rodents, but it attracts dogs and cats. There are several different types of rodenticides that can cause seizures, internal bleeding or kidney failure. Always make sure these items are placed in areas that pets cannot access.

### People Food

Xylitol, grapes, raisins, onions and garlic are commonly ingested by our pets. Grapes and raisins can cause kidney failure in dogs, while onions and garlic can cause anemia if enough is ingested. Xylitol, a sugar alcohol used to sweeten sugar free gums and mints, can cause low blood sugar and liver failure in dogs.

### Veterinary Medications

Many medications made for our pets are flavored for ease of giving. Unfortunately, that means that animals may ingest the entire bottle of medication if they find it tasty. Common chewable medications include arthritis and incontinence medications. Contact your veterinarian if your pet ingests more than his proper dose of medication.

### Chocolate

Chocolate contains methylxanthines, which act as stimulants to our pets. The darker the chocolate, the more methylxanthines it contains. Methylxanthines can cause agitation, vomiting, diarrhea, high heart rate, muscle tremors, seizures and death.

### Household Toxins

Cleaning supplies, such as bleach, acids, alkalis and other detergents, can cause corrosive injury to the mouth and stomach. Other household items such as batteries and liquid potpourri can cause similar problems. Always keep these toxins behind securely locked doors.

### Plants

Both house plants and outdoor plants can be ingested by our pets. Lilies can cause life-threatening kidney failure in cats, while sago palms can cause liver failure in dogs and cats. Keep house plants and bouquets away from your pets.

### Herbicides

Many herbicides have a salty taste, and our pets will commonly ingest them. Always follow label directions and keep pets off treated areas until they are dry.

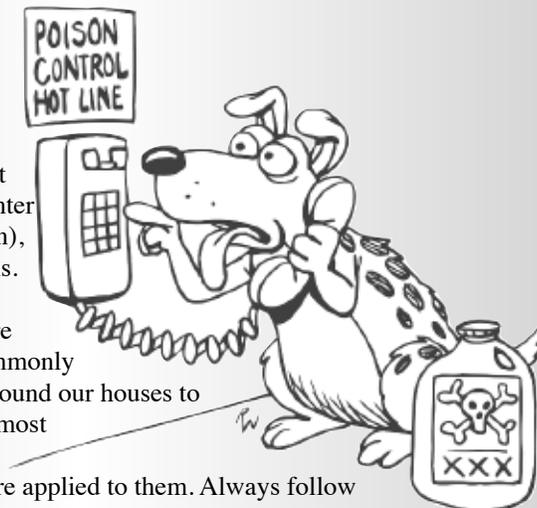
### Outdoor Toxins

Antifreeze, fertilizers and ice melts are all substances that animals can find outdoors. Keep these items in securely locked sheds or on high shelves where pets cannot get to them.

If you have any reason to suspect your pet has ingested something toxic, please contact your veterinarian or the Animal Poison Control Center's 24-hour hotline at (888) 426-4435.

*"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)*



## WaLHFMF' Events Scrapbook

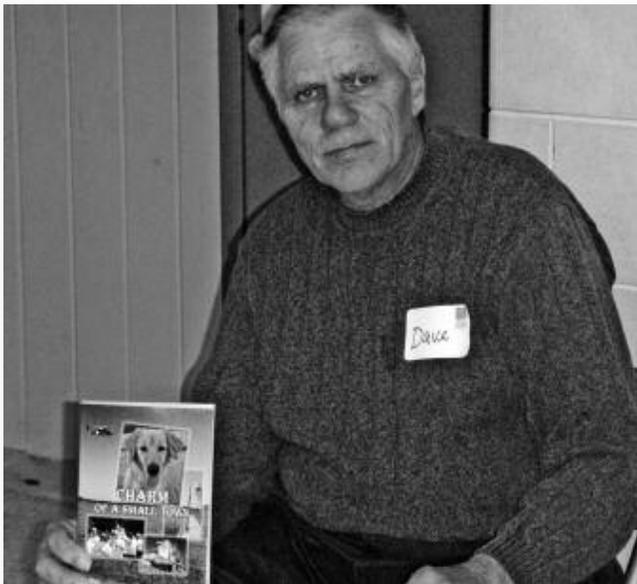
Join us for this fun event Sunday, October 30<sup>th</sup> at the Helena Township Hall in Alden.



10<sup>th</sup> Annual Chili Cook Off and Silent Auction  
October 29<sup>th</sup> 2010



Over 200 people attended with 18 restaurants  
and Chefs from all over Antrim County  
donating chili for tasting.



Dave Looman was kind enough to attend the Chili  
Cook Off and autograph his book *Charm of a  
Small Town*. WaLHFMF was included in his  
storyline and receives a portion of the sales.  
Order your copy through [www.walhfmf.org](http://www.walhfmf.org) or  
Dave's website at [www.booksbydave.webs.com](http://www.booksbydave.webs.com)



Craft Supplies Sale held April 2<sup>nd</sup> at the  
Carpet Barn in Central Lake was a huge success!  
Comments were made that it should  
become an annual event.  
Drop us a line and let us know what you think,  
should there be an annual craft supplies sale?

## WaLHFMF's 6<sup>th</sup> Annual Holiday Pet Photos



## Is Your Dog Afraid of Thunderstorms?



Picture this: As the skies darken overhead, an otherwise amiable dog is panting and pacing around the house with his tail tucked between his legs. When the first crash of thunder hits, he bolts into the bathroom and curls up tightly in the tub, where he remains, panting and trembling, until the storm passes. Sound familiar? Does your dog behave this way during storms? Not to worry, pet parents, the ASPCA has some advice for helping your pooch overcome his fear.

Any dog can develop a fear of thunderstorms, but herding breeds seem more susceptible to developing noise phobias. Age is another risk factor: Dogs who are afraid of thunderstorms can become more distressed with each successive season, so it's smart to start working with your dog as soon as you notice his fearful behavior. If your adult dog has suddenly become afraid of storms, please start with a visit to your vet. A sick dog may become more sensitive to sounds, and no amount of behavior modification will help if your dog's fear is medically based.

**Try the following strategies to reduce your dog's anxiety during storms. For dogs with mild thunderstorm phobia, these tricks may get rid of the problem entirely.**

- Let your dog take refuge inside. Storms aren't as loud and scary with four walls around you! Bringing your dog into the house also ensures that he won't try to escape from the yard.
- Having some human company often calms panicked dogs. If your calm, quiet touch brings him comfort or if he comes to you for security, it's perfectly fine to pet and reassure him.
- Try turning on some calming music, a TV or radio, or a fan to muffle storm noises. Shutting the drapes may help if lightning also frightens your dog.
- More active distractions may help, too. See if your dog will eat from a food-filled toy, such as a stuffed Kong, scatter treats in the house for him to find, or try playing tug or fetch with his favorite toy.

If your dog's quality of life is seriously impaired by thunderstorms, consider speaking with a vet about anti-anxiety medication. Medication can enhance the effectiveness of other efforts to help your dog cope with his fear. A technique called desensitization and counterconditioning can also help. This technique involves gradually increasing the volume of an audio recording of a thunderstorm to help your dog become accustomed to it, while at the same time associating the sound of thunder with good things, like treats and toys. Additionally, there are a number of products on the market that may help your dog remain calm during storms, including close-fitting body wraps, noise-reducing headphones and herbal remedies.



*Santa sure had a good time at WaLHFMF's 6<sup>th</sup> Annual Christmas Holiday Pet Photos.*

**A big thank you to photographer Trish Fox and the Bellaire Library for making that event possible.**

## Progress Update: Animal Related Legislation

December 2010 President Obama signed into law The Animal Crush Video Prohibition Act of 2010, which immediately criminalizes the creation, sale, and marketing of videos that depict the intentional torturing and killing of small animals.

**Finally!!**

### Be Prepared

In case of fire or other emergency, it's important to get out of your home—quickly. Don't stop to look for your pets. Leave that to your parents and the professionals. Tell how many pets you have and where they are in your home.

But what if you're not home when there's an emergency? You can still

let emergency workers know who's inside. Fill in the form below. Then color the rest of the form. Use bright, eye-catching colors. Laminate the form or cover it in clear contact paper. Then place it in a window or on an outside door at home. If you don't have a pet, color and give this form to a neighbor.

**In Case of Emergency, Please Save Our Pets!**

\_\_\_\_\_ dog      \_\_\_\_\_ cats  
 \_\_\_\_\_ birds      \_\_\_\_\_ other

If we can't be located, please notify  
 \_\_\_\_\_  
 \_\_\_\_\_

Our veterinarian is \_\_\_\_\_

For a full-size version of this document visit our website: [www.walhmf.org](http://www.walhmf.org)



*Willow loves her new home and new best friend Marin. Willow is Putt Putt from the winter 2010/2011 newsletter's Adopt - A Pet spot!*

## A Day In The Life of Cats

*By Julia Layton, Animal Planet*

Domesticated cats are seldom accused of overexertion. The life of a house cat basically consists of four activities: playing (perhaps patty-cake), ruining upholstered furniture, eating and sleeping — and that last activity takes up the most time by far.

Cats are among the top sleepers in the animal kingdom, and for good reason: They are, in the wild at least, predators, and their prey doesn't usually want to get caught. This means that cats have to do quite a bit of chasing, and that chasing (hopefully) culminates in a huge burst of energy for the final takedown. If they don't have the energy for a successful hunt, they don't get to eat. So they've evolved to sleep (or sometimes just rest) for most of the time they don't spend hunting, saving up the strength to catch dinner.

What they eat may contribute to their sleep time, as well. They live on protein, which packs a lot of energy into a relatively small package. They

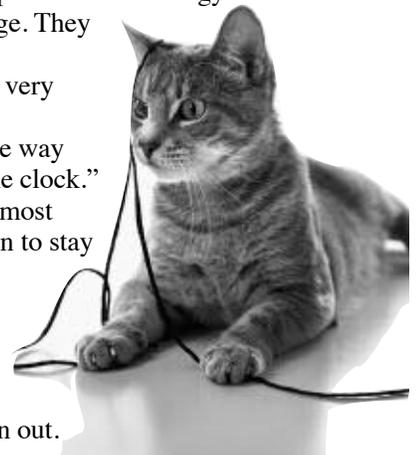
needn't spend endless hours grazing or foraging the way large herbivores do.

So, just how much sleep does a wild cat get? Anywhere from 16 to 20 hours a day, typically. For very young and very old cats, it's near the upper end of the range, and newborns sleep almost 24/7.

While cats do spend at least two-thirds of their lives asleep, they're not "asleep" in quite the same way humans are. They do experience both non-REM and REM sleep, but for cats, "asleep" is not "off the clock." Cats are always on the alert, even when they're dozing. If a strange noise wakes them up, they're almost instantly aware and fully operational. It's an ability that cats (and wild animals in general) depend on to stay safe, and fed, in nature's Darwinian existence.

House cats, of course, have left "survival of the fittest" behind. They needn't chase down their dinner. They are, on the contrary, served their meals, sometimes gourmet ones, in a timely fashion. But the instincts haven't changed; house cats have the same genetic programming as feral cats.

Domesticated felines, like their wild counterparts, sleep about 16 hours a day, on a pretty regular schedule, saving up their energy for the hunt. You never know when the gourmet food's going to run out.



# 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 WaLHFMF.
- **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.
- **Eugene H. Selden** from Bellaire for making a large part of the cat units possible.
- **Jan & Ben Proudfoot** from Bellaire for donating 2 Kuranda Cat beds at Christmas time.
- **Lori Brandt LEC Bookkeeping, LLC** of Mancelona for donating her time to set up WaLHFMF' database.
- Christian Randall DVM from **North Country Veterinary Services of Ellsworth** for signing on as the Pet Crisis Center's lead veterinarian.
- **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  
**Aaron Kinnie** Gaylord, general labor  
**Knust Masonry** 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  
**Dave Necomb** Central Lake, donating material and creating the counter and desk tops for the office  
**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

### Donors Winter 2010-11 Fifty dollars +

Sally Adamson  
 Marlene Attridge  
 Carol & Tom Artusi  
 Lynn & Ed Babcock  
 Butch & Cindy Bartz  
 Butch & Liz Bartz  
 Ben & Celi Benavidez  
 Blue Pelican Staff  
 Trudy & Wil Brown  
 Stewart & Carolyn  
 Bryce/Edith Tjepkema  
 Alan Childs  
 Chris & Merrie Corbett  
 Ann Devergilio  
 Nancy DeWeese

William & Marilyn Dewey  
 Sophie DeWitt  
 Barbara Faas  
 Deb & Steven Francis  
 Susan Gates  
 Gary & Vicki Gilbert  
 Kurt & Cathy Hildorf  
 Bob & Jean Howard  
 Kent, Karen & Blake Hurst  
 Susan Jayson  
 Shirley Jarecki  
 Wally, Victoria & Harley  
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 Patricia Stephens  
 Pat Stokes  
 Stuff & Such/Pat Koch  
 Deborah Taylor  
 Sue Thero  
 Dr. Dan & JoAnne Thomas  
 Arlene Westhoven  
 Shirley Wolfe

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

*-John Lennon*

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

