



SAVE OUR STRAYS OF HUNTINGTON BEACH

# Stray News

Issue #58

Fall 2017

*SOSHB is a non-profit organization dedicated to improving the lives of lost and stray pets of Huntington Beach.*

## Happy PAWLidays 🐾

It's hard to believe another year has passed but the close of 2017 is just around the corner. It is time to take a look back on the accomplishments of this past year and think about what 2018 may have to offer.

Because of supporters like you, hundreds of animals in our community received life-saving veterinary care, were prevented from having unwanted litters of puppies and kittens and were placed in their forever homes. Cats like Maia, a foster kitten whose foster Mom fell in love with her and decided to keep her but couldn't afford to have her spayed. Cats like Baxter, who was rescued from a hoarding situation and was diagnosed with an auto-immune disease and needed expensive treatments to preserve his teeth. Dogs like Chanel and Chiquita who, after months of languishing in a terrible shelter environment found their loving families.

Several kittens were rescued from an abandoned home in Huntington Beach. They were all spayed, vaccinated, tested and placed in their forever homes.

I am proud of what we have accomplished.

We will continue our work into 2018 to ensure that all animals, wild or domesticated, are treated with kindness and compassion. There are still so many animals who need our assistance.

None of this could have been accomplished without your generous support! Thank you for recognizing the worth of our work and supporting what we do.



## Huntington Beach Auto Dealers Give Back

The Huntington Beach Auto Dealers gave back to the community in a big way.

In August, Save Our Strays was contacted by Kirk Preiss, general manager of Huntington Beach Hyundai. The Huntington Beach Auto Dealers Association had some excess funds in their budget and they decided to give it back to the community. Each of the ten auto dealerships in Huntington Beach selected a local charity to make a donation.

Huntington Beach Hyundai selected Save Our Strays as their preferred charity. President Karen Chepeka attended an awards luncheon at the Huntington Beach Hilton in September. There she was presented with a check for \$5,000.00 which she gladly accepted on behalf of the animals. The funds will be used to support our low-cost spay/neuter program and to assist residents who need financial assistance to provide life-saving veterinary care for their pets.

Wags and purrs to the Huntington Beach Auto Dealers for their generosity and especially to Huntington Beach Hyundai for supporting the animals in our community!



# Keeping Your Membership Current

When we mail you your newsletter, we have a date just below your name. If your date is highlighted, it means it's time to renew your S.O.S. membership. Your membership fees helps to cover printing and mailing costs of the newsletter and misc. other fliers throughout the year.

## Stray News - Publishing Info

*Stray News* is published quarterly as a newsletter for members of SOSHB. You may reach *Stray News* at:

**Save Our Strays of Huntington Beach**  
**PO Box 4083**  
**Huntington Beach, CA 92605**  
**SaveOurStraysHB@aol.com**  
**www.SaveOurStraysHB.org**  
**(714) 442-1446**

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 SaveOurStraysHB@aol.com

### SOSHB Board of Directors

*Karen Chepeka*, President  
*Hank Beach*, Treasurer  
*Anna Monaco*, Director  
*Beverly Wallace*, Spay/Neuter Program Director

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## SOSHB Membership Information

### INDIVIDUAL MEMBERSHIP \$15

Includes a year's subscription to *Stray News* and discounts at SOSHB events throughout the year.

### FAMILY MEMBERSHIP \$25

Includes a year's subscription to *Stray News* and discounts for the whole family at SOSHB events throughout the year.

### PATRON \$50

Patrons receive all the benefits of a Family Membership and are listed in *Stray News* and on the SOSHB website.

*Save Our Strays offers numerous membership levels. To join or renew, please use the form below. Your membership expiration date appears on the address label of the SOSHB newsletter.*

### SPONSOR

Sponsors receive all the benefits of a Family Membership and are listed in *Stray News* and on the SOSHB website. Five levels of sponsorship exist:

<b>Sponsor</b>	<b>\$100</b>	<b>Gold Sponsor</b>	<b>\$500</b>
<b>Silver Sponsor</b>	<b>\$250</b>	<b>Platinum Sponsor</b>	<b>\$1000</b>
<b>Diamond Sponsor</b>	<b>\$5000</b>		

## SOSHB Membership/Order Form

*Use this form to pay SOS dues and/or to order shirts & frames.*

### Membership:

- |  |  |
|--|--|
| <input type="checkbox"/> Individual \$15 | <input type="checkbox"/> Sponsor \$100           |
| <input type="checkbox"/> Family \$25     | <input type="checkbox"/> Silver Sponsor \$250    |
| <input type="checkbox"/> Patron \$50     | <input type="checkbox"/> Gold Sponsor \$500      |
|  | <input type="checkbox"/> Platinum Sponsor \$1000 |

**T-Shirts:**  \$10 member  \$15 non-member

Select T-shirt color:  White  Grey

# of shirts requested in each size: \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

**NEW T-Shirts:**  \$15 member  \$20 non-member

Select T-shirt color:  Purple  Navy  Turquoise

# of shirts requested in each size: \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

**Crewneck Sweatshirts:**  \$20 member  \$25 non-member

Select color:  White  Grey

# of shirts requested in each size: \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

**Hooded Sweatshirt:**  \$25 member  \$30 non-member

Select color:  White  Grey

# of shirts requested in each size: \_\_\_L \_\_\_XL \_\_\_XXL

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email (optional):** \_\_\_\_\_

**Phone (optional):** \_\_\_\_\_

**Total Amount Enclosed:** \$ \_\_\_\_\_ (Add \$7 per shirt for shipping/handling, or call 714-442-1446 for pick-up.)

Mail this form with your money order or check (payable to SOSHB) to:

**Save Our Strays of Huntington Beach**  
**P.O. Box 4083**  
**Huntington Beach, CA 92605-4083**

# Massive Study Says Dog Ownership Increases Lifespan

Many studies have suggested that owning a dog is good for your health. One found that newborns who grew up with dogs were less likely to get sick, while another revealed that children with dogs in their households are less stressed. Dogs can apparently improve the health of senior citizens as well, largely because of the active routine that comes with pet ownership.

Most of these studies were met with skepticism due to a variety of factors, such as length or size.

The latest study on dogs and health benefits, however, is far more difficult to refute, which is extremely satisfying considering the significance of its conclusion.

## No Room For Rebuttal

Swedish researchers monitored the health of over 3.4 million adults over the course of twelve years. The participants were between 40 and 80 years of age and had no prior history of heart disease.

Compared to participants who didn't own dogs, those who did own dogs were discovered to have a lower risk of death as well as a lower risk of developing any cardiovascular condition.

"A very interesting finding in our study was that dog ownership was especially prominent as a protective factor in persons living alone, which is a group reported previously to be at higher risk of cardiovascular disease and death than those living in a multi-person household," wrote researcher Mwenya Mubanga.

"The results showed that single dog owners had a 33 percent reduction in risk of death and 11 percent reduction in risk of myocardial infarction during follow-up compared to single non-owners."

## The Best Breeds For Extending Your Life

Single pet owners were also 8% less likely to develop cardiovascular disease than single people without dogs. Married participants with dogs had a lower risk of death and cardiovascular disease than married participants without dogs, especially if the married participants owned dogs originally bred for hunting, like terriers or retrievers. As for specific breeds, single owners of Retrievers and English Springer Spaniels were 26% less likely to die, whereas owners of Beagles or Bloodhounds were 37% less likely to die. The breed that appeared to cause the largest reduction in early mortality, a whopping 40%, was the English Setter.

## Is It All Just About Going Outside More Often?

While the researchers cannot safely conclude that dog ownership was the reason certain participants had better health, they noted that this is far from the first study to suggest such a relationship.

Senior study author Tove Fall provided numerous potential explanations for why owning a dog can improve your health.

The most plausible theory stems from the increase in physical activity due to consistent walking or playtime sessions. Dog owners are likely stronger when it comes to emotional health as well, possibly because pets provide unconditional love in addition to more gateways for friendship.

The researchers said their study is the largest in history to investigate dog ownership and human health benefits.

# Be Ready for Any Emergency

One never knows when the next earthquake, flood, wildfire or other natural disaster may strike. The recent wildfires in our state are evidence of that. These events can be traumatic for families- but they can also be traumatic for pets.

That is why it is so important to make sure your family and pets are ready for a disaster by putting together a disaster-preparedness kit.

Some basic items to consider for your basic disaster kit might include:

- ❖ Food and water for at least five days for each pet, bowls and a manual can opener if you are packing canned food. People need at least one gallon of water per person per day. While your pet may not need much, keep an extra gallon on hand to use if your pet has been exposed to chemicals or flood waters and needs to be rinsed.
- ❖ Medications and medical records stored in a waterproof container and a first-aid kit. A pet first-aid book is also a good idea.
- ❖ Cat litter box, litter, litter scoop and garbage bags to collect your pets' waste.
- ❖ Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets can't escape. Make sure that your cat or dog is wearing a collar and identification tag that is up-to-date and visible at all times. Carriers should be large enough to allow your pet to stand comfortably, turn around and lie down (your pet may have to stay in the carrier for hours at a time). Be sure to have a secure cage, with no loose objects inside it to accommodate smaller pets, who may also need blankets or towels for bedding and warmth as well as special items, depending on their species.
- ❖ Current photos of you with your pets and descriptions of your pets to help others identify them in case you and your pets become separated and to prove they are yours once you are united.
- ❖ Written information about our pet's feeding schedule, medical conditions and behavior issues along with the name and number of your veterinarian in case you have to board your pets or place them in foster care.
- ❖ You may consider having other useful items such as newspapers, paper towels, plastic trash bags and grooming items or pet toys.

## Shop with a Smile



Start with a Smile at [smile.amazon.com](https://smile.amazon.com) this Holiday Season!

Support us and find all your holiday essentials, including gifts, decorations and more.

#StartWithaSmile at [smile.amazon.com/ch/33-0911076](https://smile.amazon.com/ch/33-0911076) and Amazon donates to Save Our Strays of Huntington Beach

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**gives back to SOS**

## Letter From A Friend

Hi Karen,

I just wanted to show my appreciation and say Thank You for donating in helping my Molly. She's currently still in the hospital with pneumonia. Today I found out she has a heart condition as well. I'm probably bringing her home tomorrow with heart medication. I'm praying she's strong enough to fight through this and be with us for a little bit longer. Here is a picture of her at the hospital, thought I would share it with you. Again, thank you again so much for the donation to her care.

Cheryl



## Four Reasons to Adopt a Senior Dog or Cat

- ✦ **Senior doesn't mean problems** – From allergies to the death of a guardian, older dogs or cats often lose their homes for issues that don't involve their health or behavior.
- ✦ **They make fewer demands** – A senior dog or cat will likely be less needy than an untrained ball of energy puppy or kitten.
- ✦ **Training included** – Most adult cats or dogs have learned basic commands. They also have longer attention spans, so teaching new behaviors should be easier.
- ✦ **Instant BFF's** – Older cats or dogs, especially rescues, usually come ready to snuggle and show their appreciation for being rescued by wanting to hang out with you.

It's easy to find healthy, active senior pets who are more than willing to lap up your companionship.



HAPPY  
paw-lidays!

### Save Our Strays



P.O. Box 4083  
Huntington Beach, CA  
92605-4083

ADDRESS CORRECTION REQUESTED