



SAVE OUR STRAYS OF HUNTINGTON BEACH

Stray News

Issue #36

Spring 2010

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

First Annual Save Our Strays of HB Yoga Event!



cloud nine yoga
studio & school

Have you ever thought about trying yoga but thought you were not flexible, strong or balanced enough? Well, here is your chance to try something new while supporting your favorite local charity. The Cloud 9 Yoga Co-op in Huntington Beach is hosting a Karma Yoga class on Saturday, March 20th from 10:00 am to 11:30 am to raise money for Save Our Strays of Huntington Beach.

This donation-based (whatever you would like to donate), soft and gentle class will be led by Save Our Strays volunteer and Cloud Nine Yoga teacher, Linda Crossley. Just come with an open mind and heart.

Research has shown that both owning a pet and yoga have many of the same health benefits: social support, stress relief, improving your mood and controlling your blood pressure. And it is not a coincidence that many yoga poses are named after animals, such as cat, dog, horse and fish.

Many people are first attracted to yoga because of a desire to feel better, be more energetic, and be happier and more peaceful. However, many people believe that they are too inflexible to do yoga because they think they have to stretch like a gymnast. The truth is no one is too inflexible to practice yoga. The yoga poses, called asanas, work to safely stretch all of the soft tissues of the body, increasing the range of motion and increase lubrication of the joints. The outcome, with practice, is a greater sense of ease and fluidity in the movement of the body.

A regular yoga practice helps you to become more aware of your body. Even beginners tend to feel less stressed and more relaxed after their first class. Most yoga classes also focus on deepening and lengthening your breath, which stimulates the relaxation response in the body. And because of this deep, mindful breathing, lung capacity, mood and concentration often improve as a result of increasing the amount of oxygen brought into the body.

Along with our pets, a regular yoga practice is a wonderful way to balance the fight-or-flight adrenaline boost response to the stressful lives we live today. So mark you calendars now to join the Huntington Beach community at the Cloud 9 Yoga Co-op, (located at 18351 Beach Blvd., Ste H.), for a fun, stress-free way to integrate your mind, body and heart into your love and support of our pets. **Save The Date, Save Our Strays and Save Your Peace Of Mind!**

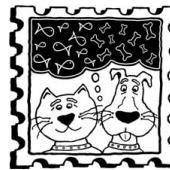
Facts About Pet Overpopulation

Pet overpopulation is the biggest problem facing shelters and animal rescue groups. Clearly, we must encourage more shelter adoptions. Reducing the number of unwanted puppies and kittens is one of the goals of Save Our Strays of Huntington Beach. Here are some important statistics:

- Seven dogs and cats are born every day for each person born in the United States; only one in five puppies and kittens stay in their original home for his/her natural lifetime; the other four are abandoned to the streets or end up at a shelter (Source: The Humane Society of the United States).
- An unspayed female dog, her mate and all of their puppies, if none are ever neutered or spayed, amount to 67,000 dogs in six years (Source: Spay USA).
- The public acquires only 14% of their pets from shelters; 48% get their pets as strays, from friends, from animal rescuers, 38% get their pets from breeders or pet stores (Source: The Humane Society of the United States).
- For every one dollar invested in municipally operated spay/neuter clinics, taxpayers would save \$18.72 in future animal control costs over a ten-year period (Source: Animal Population Control Study Commission-Minnesota Legislature).

Please Don't Litter-Fix Your Critter

Since 1990, spay/neuter incentive legislation has passed in many cities and counties throughout the United States. These insightful communities have seen a significant reduction in shelter admissions.



Without a doubt, spaying and neutering reduces pet overpopulation and the number of animals being killed in shelters. PLEASE spay and neuter and encourage everyone you know to do the same. Since 2003, Save Our Strays of Huntington Beach has operated a successful low-cost spay/neuter program for Huntington Beach residents. We have provided financial assistance for spaying and neutering to over one thousand Huntington Beach residents. For more information, visit our website at www.SaveOurStraysHB.org/spay/neuter, email SaveOurStraysHB@aol.com or call 714-442-1446.

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.

THANKS to our Sponsors & Patrons!

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SOSHB Membership Information

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.

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.

SPONSOR

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

Four levels of sponsorship exist:

Sponsor	\$100	Gold Sponsor	\$500
Silver Sponsor	\$250	Platinum Sponsor	\$1000
Diamond Sponsor	\$5000		

SOSHB Membership/Order Form

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

Membership:

- Individual \$15 Sponsor \$100
 Family \$25 Silver Sponsor \$250
 Patron \$50 Gold Sponsor \$500
 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

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

of shirts requested in each size: ___M ___L ___XL ___XXL

Available in several shades of pure white.

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

of shirts requested in each size: ___L ___XL ___XXL

Available in Westie White, Bichon White or Samoyed White.

License Plate Frames: 1 for \$5 2 for \$8

SOSHB will not mail frames. Call 714-442-1446 to arrange pick-up.

Name: _____

Address: _____

City/State: _____ Zip: _____

Email (optional): _____

Phone (optional): _____

Total Amount Enclosed: \$ _____ (Add \$5 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

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Back in the Box: Solving Litter Box Problems

By Mary Fuller, DVM

One of the most common complaints and biggest reasons that cat owners turn their pets over to shelters is inappropriate urination or inappropriate elimination (also known as urinating outside the litter box). What possesses an otherwise well-behaved cat to urinate in your shoes? Whether the cause is medical, hormonal, or behavioral, getting to the root of the problem is the key to proper treatment.



Address Medical Conditions

“The first step is to consult with a veterinarian to make sure there are no underlying medical reasons for this behavior”, according to Jacqueline Neilson, DVM, DACVB, a board-certified veterinary behaviorist at the Animal Behavior Clinic in Portland, Oregon.

Medical conditions such as bladder stones, constipation, or urinary tract infections may cause cats to shun the litterbox. Possible signs of an underlying medical issue include bloody urine, licking at the genital area, or straining to urinate. Cats may associate the pain or discomfort of elimination with the litter box and choose to do their business elsewhere.

Marking Versus House Soiling

If there are no underlying medical conditions, it is important to distinguish whether the cat is marking or urinating. When urinating, a cat squats and releases a large volume of liquid on a horizontal surface. When urine marking, a cat usually stands upright, with his tail erect and quivering, hind legs shifting from side to side, and sprays liquid onto vertical surfaces. A marking cat will occasionally squat and deposit urine on a horizontal surface.

“Urine marking is considered a normal communication behavior among cats”, says Dr. Neilson. “It’s simply one cat’s way of notifying (via pee-mail) other cats of his or her territory.” Although any cat can exhibit marking behaviors, intact male cats are by far the biggest culprits. “ninety percent of male cats stop urine marking after being neutered,” reports Dr. Neilson.

Litter Box Preferences

Cats may avoid the litter box if it isn’t clean enough, if they don’t like the texture or scent of the litter, or if the box is located in a noisy and/or high-traffic area. Determining the preferences for each cat may require trying different litters or moving litter box locations. As a general rule, owners should provide one litter box per cat in the household, plus one more.

Reducing Household Stress

Inappropriate elimination can also occur because the cat is experiencing stress or anxiety related to other pets, children, or recent changes in the household. Although the therapeutic plan should be tailored to the specific situation, Dr. Neilson suggests that owners:

- Create a safe haven for the cat that is off-limits to other pets or children
- Provide high perches where the cat can escape from stressors
- Use a synthetic pheromone product, which can have a calming effect
- Provide an enriched environment for the cat (e.g. toys, scratching posts)
- Discourage neighborhood cats from approaching doors and windows

In some cases, behavioral medications may be necessary. “Although litter box issues can be frustrating for owners,” says Dr. Neilson, “most can be resolved.”

Creating a Cat-Friendly Litter Box

Owners can take a number of steps to make the litter box more appealing to cats:

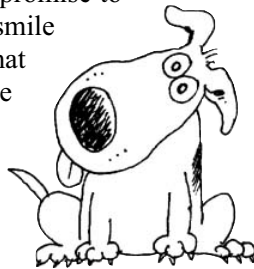
- Try different types of litter
- Most cats prefer fine-grained, unscented, clumping litter
- Start with a litter depth of one to two inches, and adjust to the cat’s preference
- Use the right size and type of box
- Litter boxes should be 1.5 times the length of the largest cat
- Provide kittens and older, arthritic cats with boxes that have lower sides
- Covered boxes may restrict movement and trap odors, so consider offering an uncovered option
- Clean litter boxes frequently
- Remove feces and urine balls at least once a day
- Change clumping litter at least once a month and clay litter at least once a week
- Wash litter boxes with mild dish soap when changing litter
- Avoid cleansers with ammonia or strong fragrances
- Choose a private but accessible location for the box
- Do not place litter boxes near noisy appliances
- Provide at least one litterbox for each floor of the house
- Discourage use of previous elimination sites
- Thoroughly clean them using an enzymatic cleaner
- If necessary, block access to the area
- If all else fails, place a litter box in that location

I Rescued a Human Today!

(Author Unknown)

Her eyes met mine as she walked down the corridor peering apprehensively into the kennels. I felt her need instantly and knew I had to help her. I wagged my tail, not too exuberantly, so she wouldn't be afraid. As she stopped at my kennel I blocked her view from a little accident I had in the back of my cage. I didn't want her to know that I hadn't been walked today. Sometimes the shelter keepers got too busy and I didn't want her to think too poorly of them. As she read my kennel card, I hoped that she wouldn't feel sad about my past. I only have the future to look forward to and want to make a difference in someone's life. She got down on her knees and made little kissy sounds at me. I shoved my shoulder and side of my head up against the bars to comfort her. Gentle fingertips caressed my neck; she was desperate for companionship. A tear fell down her cheek and I raised my paw to assure her that all would be well. Soon my kennel door opened and her smile was so bright that I instantly jumped into her arms. I would promise to always be by her side. I would promise to do everything I could to see that radiant smile and sparkle in her eyes. I was so fortunate that she came down my corridor. So many more are out there who haven't walked the corridors. So many more to be saved. At least I could save one.

I rescued a human today.



Letter From A Friend

Dear Save Our Strays,

I wanted to thank you for all your help with the low cost spay of Tiger and Dragon. It wouldn't have been possible without the help of you and Save Our Strays. I appreciate it so much! The kittens are now a month post-op and are doing great. Dr. Tyler did a beautiful job and both had a textbook perfect recovery and I've already recommended him to a friend. I can't thank you enough.

Sincerely Yours,
Lauren, Tiger & Dragon

Save Our Strays



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

ADDRESS CORRECTION REQUESTED