



SAVE OUR STRAYS OF HUNTINGTON BEACH

Stray News

Issue #51

Winter 2014

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

Why Are Cats Getting Fat?

In a word, lifestyle.

In their mice-eating days of old, domestic cats had to work really hard for that one little boost of calories. Today's modern house cat, on the other hand, spends most of his day looking for something to do, and too often that becomes parking himself in front of the overly generous food bowl. Owners often compound the problem by interpreting their kitty's requests for attention as demands for food and showering him with treats, when what he really needs is a good workout.

The consequences can be serious. Even a few extra pounds can burden the heart, raise blood pressure, and can cause arthritis by increasing stress on the joints and ligaments. Obese cats, unable to clean themselves properly, frequently suffer from painful rashes and urinary tract infections. And overweight cats are four times more likely to develop diabetes.

Yet too many owners ignore their kitties' increasing girth. Some think a pudgy cat is cute. Others simply don't know what a normal size cat should look like.

The Catkins Diet

Everyone knows someone who lost 10 pounds in 10 days on a juice fast or cabbage soup diet. But in feline shrinkage, there are no quick fixes. Cats who reduce too quickly can develop life-threatening hepatic lipidosis (fatty liver disease), so weight loss must be carefully monitored. Done correctly, it can take more than a year for a real heavyweight to reach his goal.

Successful weight loss starts with calorie control. When you measure a half cup, it could be over 300 calories. Most sedentary house cats need only 200-225 calories a day.

Cats who only eat kibble, high in calories and carbs, should be switched to high-protein, low-carb canned food. Studies have shown that such diets are better a meeting feline nutritional needs and keeping weight under control. The increased water content in canned food also means cats are Satiated sooner, even though they're taking in fewer calories per bite. Replace the bottomless food dish and endless treats with carefully measured meals and fun toys that motivate kitties to move.

Be patient, be diligent and don't give up, even if your kitty makes you feel guilty by crying for more food. Your kitty will be happier and healthier for it!

In Loving Memory

Gone but Not Forgotten – A generous donation was made to Save Our Strays from Rick Nguyen in memory of his beloved “Yoda”. Yoda's story goes back 20 years when Rick's father brought home a little Chihuahua puppy from a friend whose dog had given birth to a litter. She was born in Huntington Beach. Yoda got her name because of her very interesting ears which stuck out to the side (just like the Star Wars character). She was a big part of Rick's family and obviously a very special friend to Rick as he was growing up. To this day, Rick very much misses his little companion. Rest in peace, little Yoda.

Letter From A Friend

Dear Karen & SOS,

Thank you for your generous donation toward “Princess” who needed to have her tail removed. Jennifer, (the person who found her and is caring for her) said she went for a recheck last week and she is recovering well. It wouldn't have been possible without your help!

*Thank you,
Gena Bartrom*

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:

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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:

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

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 \$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

Do You Believe in Fate?

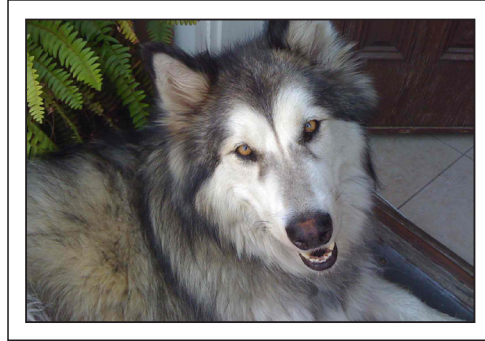
by Anna Monaco

Do you believe in fate? I do. I am completely convinced that it was no accident that I happened to be at a last minute appointment for my dog at the precise time when Roxy and Kiska arrived at the vet. Had it been five minutes later our paths would not have crossed. I want to share this story with you because it has so many threads of life lessons intertwined with the power of kindness and generosity that reminds us all as to why we support Save Our Strays with our membership and our donations. This story found its way into my heart and I am confident it will find its way into yours too.

The floor is cold and hard but Roxy pays no attention. Tears flow from her eyes as she stays close, her arms wrapped lovingly around her beautiful girl, Kiska, a 140 pound, nine year old, Alaskan Husky. Roxy appears so small when compared to Kiska that she practically disappears in Kiska's fur. Kiska is panting so fast yet no complaints. Her head turns abruptly from side to side and her eyes shift rapidly. It's clear that she is confused as to why she cannot get up. I approach Roxy to offer assistance. Roxy looks at me but can barely speak. She did not need to say a word - anyone could sense her pain, sadness, and despair.

Just a few minutes prior I was on my way to an appointment but that appointment will just have to wait. This is far more important. I kneel on the floor, my son Taylor by my side. We sit in silence next to these two, new acquaintances. After a few moments we learn that Kiska cannot stand. Roxy, who is literally half her dog's size lifted this dog into her car and drove to the pet hospital. But there is something else troubling Roxy. She is going through some tough times financially and has no idea how she will pay for the medical attention her dog so desperately needs. Roxy is also battling a degree of accountability and remorse. Despite Roxy's repeated reminders of how risky it is to have a dog unsecured in a car, her ex-husband did not share in her degree of concern. That is until Kiska fell out of the truck. Now Kiska suffers from back/spine issues and Roxy regrets ever letting anyone have Kiska in their care. Did we mention this was her "ex". Now you know why! Roxy is now on her own, picking up the pieces and dealing with the consequences... and more importantly, so is Kiska. So you see, there is a great deal happening during what I thought would be a routine visit to the vet.

I call President of Save Our Strays, Karen Chepeka. I explain the details. Karen takes notes and asks questions to gain a better understanding of the situation and the condition of the dog.



Meanwhile, the vet techs put Roxy on a stretcher to transport her from the floor to the exam room. We learn that things are worse than we thought. Kiska has a torn cruciate ligament. Although this is a more common injury, coupled with Kiska's other injuries, her size and weight, recovery for Kiska becomes complicated and it will be challenging for the ligament to repair. But Roxy is there and commits to do whatever it takes to help Kiska recover.

I kept in touch with Roxy and learned that she made some immediate changes to promote a speedy recovery for Kiska. The first thing she did was exchange cars with her mother. Roxy's car was too high and her mom's car allowed for a more easy and comfortable ride

getting Kiska to and from the vet. Additionally, Roxy had ramps built in her home to minimize the step motion Kiska will take. And Roxy uses a large beach towel as a sling under Kiska's tummy to provide support when Kiska needs to get up and walk around. All this and Kiska is still not complaining. Still a happy, beautiful girl.

Remember earlier on I mentioned that Roxy and Kiska were on their own picking up the pieces and dealing with the consequences? Well, thanks to Save Our Strays they are not alone anymore. SOS made a donation to help out with those doctor bills. Roxy was so surprised she thinks there must be guardian angels watching over her and Kiska (she is right - those guardians are YOU, the members of SOS). Now Roxy can dedicate a little less time to worrying about Kiska's vet bill and a little more time focusing on Kiska's recovery.

We will keep in touch with Roxy so we may share Kiska's healing progress with you.

Needless to say we are all very upset at the pain Kiska must endure due someone's negligence. It is so incredibly important to realize the risks of unsecured pets and the peril they face should an accident occur. We urge you to take that extra moment and secure your pets.

2/24/2014 - It is with great sadness that I report the passing of Kiska. Shortly after being treated for her injuries she was diagnosed with bone cancer which moved at an aggressive pace. I am thankful for the brief time we were granted in getting to know her and the opportunity to help her. She was a very kind soul and will be greatly missed.

Just This Side of Heaven is a Place Called Rainbow Bridge

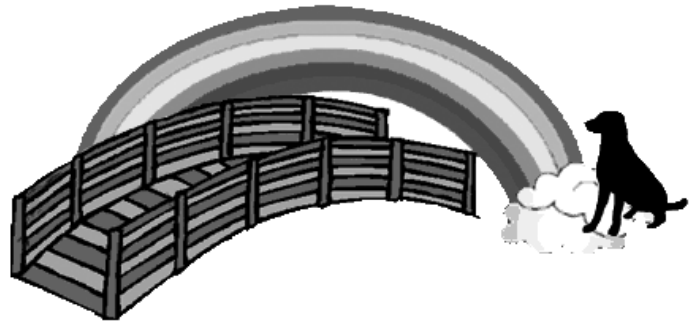
When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge.

There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by.

The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright



eyes are intent; His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then you cross Rainbow Bridge together....

Author unknown



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