



"Open Your Heart".....Page 3  
 Memorials.....Page 4  
 CVHS Alumni Stories.....Page 6  
 Making a Difference.....Page 6  
 Upcoming Events.....Page 8



Cocheco Valley  
 Humane Society

# NEWS

262 County Farm Road, Dover, NH ~ 603.749.5322 ~ www.cvhsonline.org  
 Volume 56 ~ Fall 2010

## "Best Friends!"

By Karen Zaramba

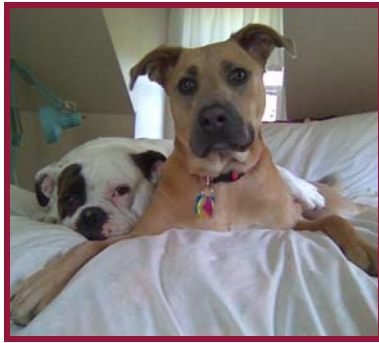
When Martha Hewitt asked me to write about my experiences as an "adopter" from Cocheco Valley Humane Society ("CVHS"), it started me thinking about how pets insinuate themselves into our lives. Sometimes it is planned, but usually, like many life events, it is an opportunistic or chance event that we embrace. My experience with CVHS has been no different.

I always had dogs (and a cat) growing up and as an adult, and wanted to rekindle that relationship. I didn't start down the path of dog ownership as a shelter supporter. As chance would have it, I got my first dog from my mom's co-worker. She had a litter of collie puppies. Who could resist such a cute ball of fur and hence I acquired "Ginger." After "Ginger" passed a few years later, I fell in love with the breed of

Bernese Mountain dogs, and became "mom" to three wonderful companions. But after dealing with many years of multiple and very expensive medical issues, I learned some of the drawbacks of owning purebreds. It was around this time that I was honored to be asked to join the Board of CVHS. After my first visit meeting with the staff and touring the facility, I was thrilled to have the opportunity to help. What I found is a wonderful and caring staff that pours their hearts out each and every day. I was ready to help any way I could.

So how did my first chance encounter occur? Stella, aka "Monkey" was a cute little puppy in Martha's office! Anytime someone walked by the door she threw

herself against the puppy-gate as if to say, "pick me, pick me!" It only took one or two board meetings before I couldn't resist anymore and decided to bring Stella home. Being a new shelter customer, I had no idea that for the cost of the



Camilla and Stella

adoption, Stella would be spayed, micro-chipped, have all her shots, be accompanied by a bag of food, and the best part....a coupon for several free dog training classes! What could be better? I was amazed! Did everyone but me know about this great deal when you adopted a dog from an animal shelter?

Now if you note my history, I clearly had gravitated to the larger breeds. So of course, I asked Karen, the shelter manager, a million questions,

Continued on page 5

## Forego Festive Foods for Fido

By Dr. Sarah Proctor

How do I love you? Let me count the ways...A warm safe bed, toys and playtime, a scratch under the chin, and perhaps a morsel from my plate? The holidays convey a spirit of giving and abundance, and many of us include our pets in our celebrations. We must not forget that they can't always tolerate the rich foods that we enjoy. Let's look at some common examples:



**Chocolate:** A substance in chocolate called theobromine can be toxic to dogs and cats. Milk chocolate contains little theobromine, dark chocolate and baking chocolate contain much more and are much more dangerous. It really depends how much your pet eats and how much they weigh. It would take 8 ounces of milk chocolate for a 20 pound dog to become ill, but would take less than 1 ounce of baking chocolate to do the same. Signs of illness include vomiting, diarrhea, and hyperactivity. In severe cases pets may develop tremors and seizures and can even die.

**Turkey and fixings:** Although lean meat and vegetables may

Continued on page 3

Non-Profit Org.  
 U.S. Postage  
 PAID  
 Permit No. 182  
 Portsmouth, NH



## Black Tie & Tails Benefit Gala

Friday, November 5 at The Red Barn at Outlook Farm  
 South Berwick, ME

Tickets  
still available!

6:00 pm to 11:00 pm  
 Cocktail Hour ~ Dinner and Dancing ~ Live Auction  
 Special Guest Sarah Wilson, Master Dog Trainer & Author  
 Emcee WOKQ's Mark Ericson  
 Live Music by The Shifters

Tickets are \$75 each or table of ten for \$650  
 For more information, call 603-749-5322, ext. 106

~ Thank you to our sponsors ~  
 Veterinary Emergency Critical Care & Cancer Treatment Center of NH  
 Federal Savings Bank & Foster's Daily Democrat  
 PepsiCo, Dr. David A. Ness, DMD  
 Salmon Falls Nursery, Salmon Falls Pottery



Showcase your business here  
 in full color!  
 A great deal for just  
 \$50 an issue!

Thank you Dr. Cindy Hoisington  
 for all you've done for the animals!

Animal Health Center

66 Rochester Hill Rd, Rochester  
 332-3358

BayRing

COMMUNICATIONS

www.bayring.com

## Board of Directors

Kelly Glennon, *President*  
 Michael LeBarge, *Vice President*  
 Karen Zaramba, *Treasurer*  
 Deborah Shelton, *Secretary*  
 Jeffrey Herring  
 Michael Hornblas  
 Michelle Lane  
 Deborah Limoges  
 Dennis Munson  
 William Phipps  
 Phil Rinaldi  
 Karen Savramis

## Staff

*Executive Director*  
 Martha Jo Hewitt

*Manager of Shelter Operations*  
 Karen Fogarty

*Customer Service/Outreach*  
 Kelly Burns

*Medical Care Manager*  
 Jenny Pratt

*Surgical Technician*  
 Elisabeth Shuter

### *Animal Care Technicians*

Alisha Capello  
 Blair Chowansky  
 Randi Cummings  
 Tracy Dearborn  
 Krista Doran  
 Kayla Frizzi  
 Kristine Halsey  
 Julie Henderson  
 Sarah LaBranche  
 Annaliese Matteson  
 Christine Newberry  
 Emily Rajanieme  
 Ashley Razillard  
 Luke Zagar

*Director of Development*  
 Sarah Keener

*Office Manager*  
 Carlene Lapierre

*Volunteer Coordinator*  
 Alaina Goodnough

*Humane Education Coordinator*  
 Jane Kennedy

*Administrative Assistant*  
 Shelly Miller

*Bingo Manager*  
 Brenda Rose

*Bingo Assistant*  
 Jessica Pitman

*Maintenance Specialist*  
 Tim Bryant

**Cochecho Valley Humane Society**  
*is a community funded nonprofit organization dedicated to promoting humane treatment of animals. The Society's mission is to provide quality, compassionate care and shelter to our animals, in partnership with educating the community concerning animal treatment and welfare.*

## From the Executive Director's Desk

The leaves are beginning to change, the days are becoming shorter and there is frost on the pumpkins. That can only mean one thing here in New Hampshire; winter is on its way.

With the colder weather, it is important that you remember to prepare your animals for the long winter ahead. It can get very cold, so do not leave your pets outside for any length of time and make sure they have shelter and blankets or bring them inside where they have a warm place to eat and sleep. Even though your pet may have fur they can still get cold, shiver and get frostbitten, especially around their ears, tail and pads. Being wet can accelerate the process of frostbite. I assure you that you will get lots of love and attention if your pet has a warm place, especially if it is on your lap.



Many exciting things have been happening here at CVHS. We held two fundraising events over the last few months. The Arts and Craft Fair in July and our 16<sup>th</sup> Annual Paws in the Park, Walk for the Animals in September. Both were very successful. A Big Thank You to our sponsors, donors, vendors, special guests and to everyone who attended. The 2<sup>nd</sup> Annual Stuff a Bus was held again in August. The bus was filled to the rafters when it arrived at the shelter. It was like Christmas. We also participated in Apple Harvest Day, the Barrington Chamber Expo and numerous off-sites.

CVHS has been very busy and it does not seem to be slowing down. Every weekend in the months of November and December we will have an information and Kissing Dog booth at JC Penney. Our 2<sup>nd</sup> Annual Black Tie and Tails event is coming up on November 5<sup>th</sup> and then holidays are upon us.

Kitten season is still going strong. Many more cats and kittens than we have space for and our foster care program is being stretched to the limit. Have you considered becoming a foster parent? Champions Fund has allowed us to have some unique surgeries performed and the animals adopted. Sue Carney is providing training and support for our adopted animals and their families, holding behavior classes to the public within the facility. Check our website for training dates.

There have been changes to our staff. Two of our staff members are attending Vet School, and a few are enrolled in Vet Tech school or pursuing a college degree. We would like to welcome Sarah Keener to the shelter as the Director of Development. She has brought enthusiasm and a new perspective to the organization.

Thank you to the staff, volunteers, donors and friends of CVHS. You continue to amaze me with your commitment, dedication and your love of the animals in our care.

On behalf of those with no voice,

*Martha Jo Hewitt*



## CVHS Wish List

- \* KONG toys for dogs - all sizes
- \* Peanut butter
- \* Rope toys for dogs
- \* Rawhide chews and bones
- \* Dry cat and kitten food
- \* Canned cat and kitten food
- \* Canned dog food
- \* Dry dog food
- \* Stuffed animal dog toys
- \* Litter boxes
- \* Large blankets and comforters
- \* Small comfy cat beds
- \* Baby blankets
- \* TOYS! for cats/kittens and dogs
- \* Towels and small blankets
- \* Rabbit food
- \* Hay racks, salt licks and toys for rabbits
- \* Bleach
- \* Laundry detergent
- \* Paper towels

### For our operations:

- \* Digital Photo Frames to share photo's at offsite events
- \* Cargo van for transporting animals
- \* Copy paper
- \* Gas cards

### And for our fundraising efforts:

- \* Adobe InDesign CS4 for in-house design capability
- \* Restaurant gift certificates (for fundraiser raffles/prizes)
- \* Grocery store gift cards



It costs  
**\$2000**  
 a month  
 to feed  
 our  
 animals.

Your Monthly Gift of \$25 will  
 really help!

Please see enclosed  
 envelope for details  
 or call (603) 749-5322  
 ext. 112  
 to set up your  
 automatic payment

Photo by Schoff's Photography

## Get Fit with Fido!

Are you tired of trying to find time to go to the gym? No problem! Join the Cocheco Valley Humane Society volunteer program and Get Fit with Fido!

CVHS relies on volunteers to help walk and socialize dogs that are available for adoption. Going on walks offers a lot of benefits to the shelter dogs. In addition to giving them a break from their kennel, a walk helps them learn some basic leash manners - which will be greatly appreciated by their new owner!

A walk also has a lot of added physical and mental health benefits for shelter dogs. Along with helping to prevent obesity, regular physical activity helps them release stored up energy which, in turn, helps prevent such unwanted behaviors as barking and destructive chewing. Every minute you spend with a shelter dog helps socialize and prepare them for their new forever home.

Walking isn't just healthy for the dogs; it's healthy for you, too! Walking is a great workout for people of all ages and abilities. Not only is it great for weight loss, it helps reduce the risk of heart disease, increases cardiovascular and pulmonary fitness, helps build stronger bones, and increases balance.

By volunteering to walk shelter dogs, you'll have a fun workout at no cost. Also, when the "trainer" waiting for you each day is a dog, you'll actually look forward to exercising. Dogs are ideal partners for getting in shape - they offer lots of love and are always willing to walk at your pace.

For more information, contact the Volunteer Coordinator, Alaina Goodnough, at 749-5322 ext 111 or [volunteerc@cvhsonline.org](mailto:volunteerc@cvhsonline.org).

*Thank you for your generous donation of services every time we need it.*

# MAILFORCE, INC.

*We put the power of mail to work for you.*

436 Shattuck Way, Suite 6, Newington, NH 03801  
436-6194

[www.mailforce.com](http://www.mailforce.com)

## Open Your Heart and Your Home

Cocheco Valley Humane Society is full of newborn kittens and pregnant cats in need of a foster home. Each year, "kitten season" lasts longer and longer, putting a lot of strain on the shelter. Thanks to a dedicated group of foster parents, the shelter was able to take in hundreds of cats during a short period of time. Now more than ever, with so many cats and kittens being surrendered to the shelter, we need more volunteers to join our foster care program. Do you have space in your home to help these animals?



Frequently Asked Questions:

### How old do you need to be to foster?

Foster parents need to be at least 21 years old. Children can help, but adults must be the primary caregivers.

### How long does foster care last?

The length of time varies with each foster. Typically, animals sent into foster care are kittens too young for adoption. Kittens need to be at least 8 weeks old AND weigh at least 2 pounds to go up for adoption.

Joining the CVHS volunteer program is easy. To get started, fill out and return a volunteer application. Applications are available in the shelter and on our website, [cvhsonline.org](http://cvhsonline.org). An orientation and training session are mandatory before you begin working with the animals. The Volunteer Coordinator will work with you individually to determine a schedule based on your availability. You'll then receive all the training and materials you need to feel comfortable handling the dogs.

### How often will I need to go to the shelter if I have foster animals?

Kittens and puppies need to return to the shelter every two weeks for vaccines. In addition, all animals need to return to the shelter for adoption.

### I have pets at home - can I still foster?

Yes! Usually, the animals needing foster care are mothers with babies. Most mothers will not like your pets, so we ask that you provide a separate room for your foster animals. This can be anything from a laundry room or bathroom to a bedroom. An enclosed area with no carpet works best. Foster animals and pets also need to be separated for health reasons since newborn animals are highly susceptible to illness.

### How do I get started?

The first thing you'll need to do is fill out a foster care applications. Applications are available at the shelter or can be requested by mail by calling the Volunteer Coordinator at (603) 749-5322 ext 111.

Do you have questions about foster care? **Join us at the meeting on Thursday, November 18th from 5:30-6:30pm at the shelter!** Contact Alaina at 603-749-5322 ext 111 or [volunteerc@cvhsonline.org](mailto:volunteerc@cvhsonline.org).

## Forego Festive Food

3

*Continued from front page*

not be a problem for many pets, the heavy sauces, butter and other high-fat components of our holiday meals can be very dangerous. Dogs in particular are prone to pancreatitis (inflammation of the pancreas) after eating high-fat foods. Breeds like the Schnauzer are even more susceptible as they often already have high levels of fat in the blood (a condition called hyperlipidemia). Dogs with pancreatitis vomit, lose their appetite, and sometimes have a fever, diarrhea, and severe abdominal pain. Some dogs become ill so quickly they can die before treatment even begins.

You should consult your veterinarian if your pet sneaks into the holiday treats or if they develop any signs of illness. To avoid these problems, why not provide your pet with a safer treat during the holidays? For many of us, the food we give our pets is a sign of love. Knowing the risks of some foods, you can make informed, safe choices while loving your pets this season.

If one of your family members is a cat or dog.



It's time to think about pet insurance through MetLife Auto & Home® Insurance Agency, Inc. With flexible policies that cover most veterinary costs, selecting a policy available from PetCare is easy and straightforward, with options for every pet owner's budget.

*Call to learn how you can better protect your pet:*



MetLife - Serving NH, ME & MA  
Jeremy Lovett - Licensed Specialist  
441 Lafayette Rd. Hampton, NH 03842  
603.929.MET1 (6381)

# MetLife

Coverage underwritten by unaffiliated carriers through MetLife Auto & Home Insurance Agency, Inc. MetLife Auto & Home is a brand of Metropolitan Property and Casualty Insurance Company and its affiliates, Warwick, RI.  
PetCare pet insurance programs are underwritten in the U.S.A. by Praetorian Insurance Company, administered by PTZ Insurance Agency (& Brokers), Ltd. Coverage is not available in AK, PTZ, et al., are wholly-owned subsidiaries of Pethealth, Inc. 0709-5797 L03084878(exp0211)(All States) ©2008 MetLife Auto & Home PEANUTS® United Feature Syndicate, Inc.

## In Memory Of

**Vivian Adolphson**  
Lisa Dale

**Louise Barnhardt**  
Carole Carville

**Teresa Bean**  
Joseph and Lorraine Briggs  
John and Lorraine Sinclair  
The Maintenance Department at  
Hussey Seating Company  
The Stone Family

**Wilbur Boudreau**  
Richard and Marsha Strout  
Jim and Estelle Donlon  
Donald French  
Alan and Jane Angus  
Polycom Contract Group  
R. Mark and Kelly Rogers  
Frederick and Donna Roberts  
David and Sharon Tinkham  
Aimee Stacy  
Club Victoire Charitable Fund  
Holy Rosary Regional Credit  
Union  
George Bald  
Candace Small  
Lionel and Gloria Gagnon  
Edward Therrien  
Nicholas Paige  
Gerald and Lea Janelle  
Eastern Propane Gas, Inc.  
George and Ann Stearns  
David and Pamela Talon

**Robert Busso**  
Steven and Elaine Spence

**Charles Carroll**  
Robert and Laura Tewksbury  
Joseph and Alice Carroll  
Eugene and Colleen Franzoso  
Robert and Joanne Bisson  
Robert Smith  
Beverly Cote  
International Brotherhood of  
Electrical Workers A.F.L.-  
C.I.O. Local Union 2071  
Northeast Credit Union  
Employee of Portsmouth City  
Hall

**John Cavanaugh Jr.**  
Deborah Shelton

**Anna Clark**  
Stephen Clark

**Lisa Constantine**  
Robert and Diane Van Loan  
Richard and Loraine Pettigrew  
Shirley Moore  
Robert and Linda LaRoche

**Albert Cossitte**  
Donna Rawson

**Andrea Crosby**  
Kay Oppenheimer

**Michael D'Amore**  
Lewis and Jeannine Fields

**Maurice Desmarais**  
Raymond and Blanche Lessard

**Barbara Emond**  
Sharon LaRochelle  
May Youngclaus

**Peter Fenerty**  
Leo and Jane Cauchon  
Doris Desautel  
Eldeane Cassell  
Marcia Sweeney  
Suzanne Lundin  
Bob and Jeanne Therrien  
George and Kathleen Morancy  
Kenneth and Alice Brown

**Karl Grunert**  
Anne Grunert

**David L. Guptill**  
Louise Abbott  
Joe and Ruthann Alty

**Aubrey Haines**  
Constance Moxley

**Kevin Hanglin**  
Dorothy Jumper

**Elaine Hodsdon**  
Priscilla Bragdon  
Glen and Bonnie Couture

**Moonie Hughes-Sheridan**  
Rebecca Murphy

**Sheila Hull**  
Ken Prodo

**Nola Irwin**  
Digrafika LLC

**Raymond Legg**  
Christine Henderson

**Raymond Lessard**  
Blanche Lessard  
David and Darren Perreault  
Alyson Grodin  
Cynthia Legere  
John and Angele Cook  
John and Ann-Marie Hopper  
Robert and Rachael Boudrow  
Summersworth Historical  
Society  
Gerald and Michelle Dubreuil  
Raoul and Jeanette Chevalier  
Armand and Rita Dubois  
Therese Merrill  
David and Elaine Joy

**Sally Littlefield Tsakiris**  
Don and Martha Thompson

**M. Lizotte**  
Rachel Donovan

**Belle McEntee**  
Carol McEntee

**Elaine Marney**  
Mary Dionne

**Jason Merrill**  
Ardys Elliott  
Barry and Angela Elliott  
Steven and Wendy Radwan  
Linda Goyette

**Sidney Nelson**  
Bruce and Ellen Bates

**Raymond Parcel**  
The Davidson Rubber Family  
Lorraine Rose

**Raymond Parcel Con't Tammy Boucher**

**Loraine Pettigrew**  
Judy Yeske

**Charlotte Prochnow**  
Linda Small

**Isabelle Roberts**  
Lucien and Ellen Lizotte

**Heather Russell**  
Gary MacLeod  
Walter Scott

**Ruth Sousane**  
Bill and Dorothy Emerson

**Vera Stevens**  
Claudia Williams

**Peg Taylor**  
Carl and Jill Goodwin

**Milton Wade, Jr.**  
Walter and Ruth Martin  
Jim and Dorothy Adams  
Thomas R. Mountain  
Julia A. Huot  
David and Deborah Schaub  
Joseph and Patricia Vozella  
Phillip and Martha Ann Jerge  
John and Ursula Wooten

**Betty Warnke**  
Judy Morrison

**Barbara Wheeler**  
The Hawkins Family

**Mae Worster**  
Irene and Claud Land  
Robert and Ute Peaslee

**Judy Yeske**  
Loraine Pettigrew

## In Memory of a Pet

**Aliya**  
Donna Haskins

**Bingo**  
Jacqueline Ferretti

**Brandy**  
The Rusty Trader

**Calli**  
Don and Susan Lippoth  
Animal Health Center

**Charlie**  
Elizabeth Harris

**Chaughnessy**  
Dawn Beachum

**Chloe**  
Marc and Donna Drolet

**Chumley**  
UNH Animal Welfare Alliance

**Cori**  
Carter and Gracie Mendenhall

**Dolly**  
Marcia Cate

**Draco**

# Memorial Contributions

Marcia Cate  
**Frosty**  
**Mrs. Pixie**  
Jessica Bateman

**Hudson**  
Elaine DeWolfe

**Kyra**  
Allan and Mona Patterson  
Marty and Diane Canney  
Lewis and Jeannine Fields  
Chuck, Lynn, Cindy, Bonnie  
and Becky of Seabrook  
Station

**Nala**  
Luis and Carol Melchor

**Newton**  
Denise Drolet

**Otto**  
A. Darby Reynolds

**Sadie**  
Brett Pasinella

**Sambuca**  
A Friend

**Tina**  
Wendi Dunn

**Trinket**  
Diane Fowler-Gilman

**Vincent**  
Lorraine Wheeler

**Winston**  
Heather Smith

**Wolfgang**  
Carl and Jill Goodwin

**Zeus**

**King**  
Meegan Belcher

## In Honor of

**Casper**  
James Walter

**Eve DeForge**  
Scott and Renee Dodge

**Robert and Cathy Hanson**  
Robert Ross  
Bradley and Ruth Loomis  
Norman and Dorothy Gervais

**Harriett Marshall**  
Elizabeth Bickford

**Al Souther**  
Judy Gire

**Eileen Thompson**

**Jewelie Deloriae**

**Sophie Sinclair**

**Shawn Sinclair**

**Lynn Granese**

**Carrie Rickett**

**Kevin Ames**  
Jessica Bateman

**Ellie Zielfelder**  
Anonymous

## Great Falls Memorial

Donations by Great Falls Veterinary Hospital in memory of their clients' beloved pets.

**Stash**  
Cindy Hall

**Tawny-Lou**  
Joseph Dow

**Samantha**  
Richard and Anita MacNeil

**Huey**  
Liz and Tim Beaulieu

**Sophie**  
Dee and Kevin McEaney

**Fatty**  
Debra Chasse

**Me-Hei**  
Melissa Cotti

**Baby Girl**  
Richard and Tammy Sembler

**Harriet**  
Chris and James Beane

**Bows**  
Virginia Murphy

**Emily**  
Ralph and Matilyn Pope

**Damia**  
Donna Michaud

**Lily**

Cheyne Drapeau

**Pepper**  
John and Jennifer Hart

**Missy**  
Deborah and Robert Elschlager

**Gypsy**  
JoAnn Cummings

**Bugsy**  
Philip and June Molbeck

**Pumpkin**  
Kasey Scald

**Maggie**  
Carmella and Keith April

**Sweetie**  
Pat and Clyde Coolidge

**Bubba**  
Kristina Rocheleau

**Gypsy**  
Robert Fallon

**Keiser**  
Kristen and Jacob Banaian

**Maggie**  
Dennis and Meg Munson

**Spike**  
Dan Celley

**Fang**  
Janice King

**Russel**  
Bruno Ferrari and Donald

**Pepsi**  
Shelly Morton

**Bob**  
Bob and Cathy Woodbury

**Lilly**  
Sandy Crockett

**Lily**  
Chayna Drapeau

**Little Bear**

**Fiona**  
Bonnie Holmes

**Scout**  
Gina Thompson

**Pewter**  
Paula Vaillancourt

**Muffin**  
Shirley and Nourmohammad Gurwala

**Jazmine**  
Michael and Liza Clement

**Cody**  
Karen and Derek Carignan

**Tasha**  
Carol and John Castro

**Jerry**  
Cathy Guilmette

**Gabe**  
Veronica and Richard Willard

**Bootsie**  
Maureen Michel and Family

**Sally**  
Charlotte and Paul Spinucci

**Horace**  
Cherie Stevenson

**Molly**  
Shondra and John Thibeault



*Thank you for your  
meaningful gift.*

*If your name is not listed here, please  
watch for it in our  
next newsletter issue.*

## Making a Difference

The following children put their birthday wants aside and selflessly asked friends and family to give donations to the animals in lieu of getting presents. Thank you to each of these caring, compassionate young people. You are the future of a more humane community.

Danielle Young of Dover, NH  
Jane and Kate Spear of Dover, NH  
Alexis Oberg of Somersworth, NH  
Logan Eighmey of Barrington, NH



## Employee of the Month

An employee who has gone above and beyond in support of the mission of the shelter and has stepped up and given more than just what is expected of them.

<b>2009</b>	March - Alisha Capello
November - Carlene Lapierre	April - Laura Clark
December - Karen Fogarty	June - Annaliese Matteson
<b>2010</b>	July - Luke Zagar
January - Alaina Goodnough	August - Randi Cummings
February - Kristin Halsey	September - Jenny Pratt
	October - Sarah Keener

*Reach a targeted audience of 6,000 supporters and animal lovers to promote your product or service.*

### Advertise Your Business Here!

*Advertisements will also appear in electronic version of our newsletter posted on cvhsonline.org*

**Advertising Rates in black/white:**  
1/16 page: \$50 - size: 3" high x 2.3" wide  
1/8 page: \$100 - size: 3" high x 4.6" wide  
1/4 page: \$150 - size: 6.25" high x 4.6" wide  
1/2 page: \$250 - size: 6.25" high x 9.5" wide  
Full page: \$400 - size: 12.5" high x 9.5" wide

*Limited advertising space is available in full color.*  
Add 50% to the price above. Full page ads are not available in color.  
Front page advertising is limited to 1" x 2.5" full color box for \$50.  
**CVHS reserves the right to screen and limit all advertisements.**  
CHVS News is published three times a year.

**Call 603-749-5322, ext. 106 for more information.**

## Golden Meadows Daylilies & Garden Design

Over 600 varieties of Daylilies for Sale

Tour our breath-taking gardens

22 Clement Road · Somersworth

**603-742-5134**

Visit our website for summer schedule

[www.goldenmeadowsnh.com](http://www.goldenmeadowsnh.com)



## "Best Friends"

*Continued from front page*

what breed did they think Stella was...., could they tell how big she was going to get?.....etc, etc. It became clear to me after I had Stella



*Stella at the shelter (aka Monkey)*

home 3-4 months and she had not outgrown the collar provided by CVHS that her gene pool had a small breed in there somewhere! So here's the best bonus from adopting from a shelter – sometimes it's a surprise! Stella has taught me a whole new world and lots of new lessons with her smaller size.....she can escape through small spaces, she is FAST, and I can actually pick her up if I need to!

So here's a hint, never let a shelter manager know that you have owned more than one pet at the same time. Once you start out adopting, it's a slippery slope. Having to be at the shelter for vari-

ous meetings, it gives you the chance to drop by, see who's new, and just take the opportunity to give someone a pat or receive a big sloppy kiss. As chance would have it, Stella had originally been placed in a kennel with a rescued English bulldog named Camilla. Camilla was rescued from a local farm and from the second she was brought into the shelter, she won everyone's heart. I was no exception. I became very vocal about wanting the opportunity to bring her home if she was available for adoption. After four



*Camilla at the shelter*

months of waiting, on a Friday night I got the call that Camilla was available and did I want her? By Sunday she was snuggled on my bed at home having been reunited with her best buddy Stella, and the rest they say is history.....how could I get so lucky?



*To feast....To celebrate....Come Join Us!*



*We use only the freshest ingredients and make our unique sauces and doughs from scratch daily. We offer traditional, hand-tossed, New York style pizzas, deep dish Sicilians, and, of course, our wood-fired thin crust brick oven pizzas. Our custom, made-from-scratch pies are well worth the wait.*

*Life should be pleasurable.... a festa!*

*La Festa Brick & Brew Pizzeria  
300 Central Avenue  
Dover, NH 03820  
603-743-4100  
[www.lafestabrickandbrew.com](http://www.lafestabrickandbrew.com)*

## Life Should Be Good

Hi,  
I just wanted to give you an update on how Misa is doing. We added her to our family in March and she made herself right at home. This was a first pet for my son. The two of them are best buddies. He will line up his army men and she will sit across from him and knock them all down. She has full run of the house. She has put on a few pounds and is happy and well loved. She loves to snuggle and have her tummy rubbed.

- Tracy and Stephen

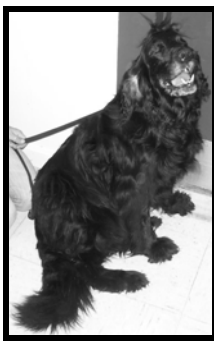


Misa Relaxing at Home

### From Stray to Therapy Dog!

In May of 2009 a black fuzzy dog was found wandering in Farmington, NH. The ACO brought her to Cochecho Valley Humane Society on May 15<sup>th</sup> and that is where this story begins.

The staff named her "Lady Bug" and she was an immediate Champion Fund Candidate. Lady Bug's ears were badly infected and extremely painful. Her earflaps had crusty patches everywhere from hours of scratching to relieve the itch. She needed expensive surgery to correct the problem and to ease the pain. Within the week, Anne a volunteer met Lady Bug. She saw the sign posted on the kennel asking



Ladybug at the shelter

for donations to the Champion fund so the surgery could be scheduled. Anne immediately thought: Lady Bug will need a foster home for the surgery and Moses her rescued Golden Retriever had been in need of a buddy for over a year – maybe this would be a match?

Moses met Lady Bug the very next week and they got along very well, so the Shelter Manager approved Anne as a foster home. Meanwhile, Anne had told many of her friends about Lady Bug and in no time the donations came in and the surgery was scheduled!

The surgeries were painful, but Lady Bug was a trooper. She would be a "conehead" for many weeks, so Anne contacted a woman in Arizona who makes soft quilted "Liz Collars" for dogs. Lady Bug wore that collar for weeks. It could be washed and dried and was easy to put on and it was very stylish! On August 4, 2009 Anne "officially" adopted



Moses and Katy (aka Ladybug)

Lady Bug, now named "Kady".

Miss Kady went on to take 2 levels of obedience training and two levels of Agility training. She loves to run on the See-saw and A-

Frame! She also became an AKC Canine Good Citizen and a Certified Therapy Dog. She currently visits regularly at Riverwoods of Exeter. She can be seen in the CVHS Kissing Dog booths at various shelter events. She is a great ambassador for shelter dogs of all kinds!

One spring day a dog was lost; and that summer a dog found a home. Thank you to everyone at CVHS. You are the canine "Match.com"!

- Anne L. Surman  
In appreciation to everyone at CVHS!

*If you'd like to share your adopted pet's story here, please send it with a photo via email to [cvhs@cvhsonline.org](mailto:cvhs@cvhsonline.org)*



**MULHERN & SCOTT PLLC**  
ATTORNEYS AT LAW

**THANK YOU!**

**Sally Mulhern**

for educating our supporters on  
**Estate Planning**

See website for more related info  
[www.mulhernlaw.com](http://www.mulhernlaw.com)

Stay tuned for future educational opportunities through CVHS

## Summer Sun & Fun Craft Festival

### Thank you to the Sponsors



Stafford County  
Board of Realtors



A special thank you to  
**The Calef Family,**  
Calef's Country Store  
& The Christmas Dove  
For the use of their properties

Sandra Koski  
Perfect Parties USA  
PetCo

Barrington Septic/Northeast Portables  
Exeter Rent-All  
Mike Unger, ProEdge Realty

Yankee Equipment Systems  
David Ranson of Edward Jones  
P. Lessard Shed Builders

**NEW BIN at Shelter**  
Turn clothes and shoes into a cash donation.



**CVHS receives quarterly donation based on weight of bin.**

Dropping your unwanted clothing items in one of Planet Aid's yellow bins extends their useful life keeps them out of our landfills and creates sustainable development and economic opportunity world wide.



### DOG FRIENDLY PARKS & TRAIL

- Dover**-Long Hill Park
- Rochester**- Dog Park on Taylor Ave, Pickering Pond, Islington Glass trails, Hanson Pines.
- Durham**- Adams Point, Wagon Hill Farm and town trails.
- Somersworth**- All parks are dog friendly.
- Barrington**- Trails at The Town Forest .
- Lee**- Demeritt Hill Farm has 2 miles of trails.
- Portsmouth**- Dog Park in South Mill Park, Urban Forestry Center and Pierce Island away from picnic area.
- Kittery**- Fort Foster.
- Berwick**- Memorial Field.

\*\*Leashes often required

## The Importance of Exercise

By Sue Carney,  
Real Life Canine Academy

For any breed, exercise is extremely important. Think about what your dogs breed is and what he was meant to do. Was he bred to be a hunter? A herder? When we keep our dogs as non working pets, they do not get as much exercise as they require. This results in boredom. When a dog is bored he develops all kinds of bad behaviors like; destructive, reactive and excessive barking.

Everyone works and every family is gone for long work days. So, make sure you give your dog a good daily workout before you leave. Both mental and physical work is necessary and great stimulation. Mental work can be the equivalent of a 2 miles run! So, give your dog something to do while you are not home. Interactive toys like Kong's are great ways to get his brain working. Stuff the Kong with peanut butter

and freeze it over night, making it more difficult to get the peanut butter out! Ice toys are also a great idea: fill a bowl with water, throw in treats, toys, carrots a spoonful of peanut butter; freeze it for a few hours, run it under hot water to pop it out and Voila! You've got yourself an interactive toy that will keep your dog busy for hours!

Agility is something to think about for a dog with high energy and a need for speed. Any sort of problem solving really gets their brain working in over time.

Dog backpacks are great for any dog that just doesn't tire easily, especially for working breeds.) Add your keys, bottle water or a few jars of pickles (evenly distributed), making the walk take on a whole different meaning and giving your dog a job. Of course the key to this is to make the back pack positive and fun first. So, please don't slap it on, throw in the weighted items and go for your first walk without an introduction. Teach your dog to be comfortable first by putting the back pack on him empty. Reward him and walk around the house. Take it off and the next

**COCHECO VALLEY HUMANE SOCIETY**  
is proud to participate in  
**Iams' Home for the Holidays Pet Adoption Campaign of 2010.**  
Joining forces with over 3,500 shelters to help find loving homes for 1.5 Million homeless pets this holiday season  
Spread the joy of pet adoption and make them all have a happy home this holiday season!

Iams Home  
for the Holidays



time keep it on longer, walk outside and reward. Then tighten and correct the fittings, add something with a bit of weight and walk. Be sure to reward with praise, petting and a few treats. Once your dog is comfortable wearing it around the house and outside; try going for a short walk. Then on your next walk, add something heavier and leave it on longer. Again, make sure that the weights are even on both sides of the backpack!

If you are a bike rider consider taking your dog with you. There is a great bike / leash attachment made with springs to help with pulling. Of course make sure your dog is comfortable walking and running

next to a bike and be patient with training. Slowly introduce the bike first, then, get closer and closer while walking the bike. Ask for assistance by a family member to ride the bike while you run next to it. Attach the dog to the bike only when he is comfortable being close and you have taken all the steps to ensure his and your safety.

If your dog is one who pulls mostly on the way away from the house on your walks-try going in your backyard and playing a quick game of fetch before going for a walk. This will get that extra pent up energy out and will make your loose leash training a lot easier!

## Thank you to the sponsors of this year's 16th Annual Walk for the Animals

The Veterinary Emergency, Critical Care & Cancer Treatment Center of NH

BayRing Communication

Great Bay Animal Hospital

Broadview Animal Hospital

Oyster River Veterinary Hospital

Dennis Munson Plumbing & Heating · Central Park Veterinary Clinic

Federal Savings Bank · Paul Berry Electrical Service

Animal Health Center · Bonnie's Pet Sitting, LLC ·

Invisible Fence of Seacoast

A-D Archambault Plumbing & Heating, Inc · WBTB Law · K9 Kaos

Rochester Dog Owner's Group · Piscataqua Animal Hospital · Club Canine

Barrington Septic/Northeast Portable · Four Hearts Pet Care · Sagamore Animal Hospital



**WOKQ 97.5**  
Great Mornings & Country Favorites! • 50,000 WATTS FM



~ Thank you to our top pledge collectors ~

Adult individual: Bethany Bryan

Youth individuals: Jordyn Pollard, Morgan Johnson

Adult team: Yellow Dog's Barn

**The event raised \$30,000 for the animals!**

## Upcoming Events

### Black Tie & Tails Gala Friday, November 5th

at The Red Barn at Outlook Farm, South Berwick, ME.  
\*See front page for details\*

*Save the date!*



### See Us at the Mall this Holiday Season!

**Every Saturday and Sunday during November and December 2010,** Cocheco Valley Humane Society will have an information table and volunteers with their dogs at the **JC Penney** mall entrance at the Fox Run Mall in Newington.



*We thank JC Penney for generously welcoming the shelter every year to help fundraising efforts during the holiday shopping season.*

CVHS merchandise and pet-related products will be available for purchase. 100% of sales goes directly to the care of the animals. Be sure to stop by whenever you're at the mall!

14th Annual

Creature Comforts Dessert Tasting & Silent Auction

**Sunday March 20, 2011 ~ 1 pm to 4 pm**

Decadent Desserts, Fine Artisan, Chocolates

Live & Silent Auction For More information [www.cvhsonline.org](http://www.cvhsonline.org)

*Save the date!*



*Save the date!*



**Sunday, June 12, 2011 10 am to 4 pm**  
**Strafford County Court House**

*Join us in our 17th annual Walk for the Animals! Support the animals by collecting pledges. Don't miss the fun dog contests, entertainment, the "Barkin' Market" featuring pet related businesses, and the parade of dogs.*

### Attention Artists!

Drawing contest for the 2011 Paws in the Park event poster.  
**Entries must be submitted to the shelter by May 1, 2011**  
*Entries may be no bigger than 8 1/2 X 11. All talent levels encouraged.*

Sponsorship Opportunities Available. Please call: (603)749-5322 ext

*Please Remember  
The Animals  
In Your  
Estate Plan!*



find us on  
**facebook**

### Behavior Classes

Real Life 1 - A great beginner class for the newly adopted dog or owner that needs direction to solve some basic behavior problems.  
Teaches: sit, down, stay, wait, off, come, leave it, loose leash walking and dog to dog greetings!

Real Life 2 - For graduates of Real Life 1 or dogs (and owners) that are not beginners and need a bit of polishing. A great class to prepare for CGC.  
Polishes: stay, wait, heel, leave it and teaches place and settle!



For more information or to register for a class call:  
(603) 320-2969

### Adopt a Home

Have you ever wondered how you could remember or recognize a loved one, whether it is two or four legged or feathered, in a unique way? Or perhaps you want to show your support of what we do for the animals. Cocheco Valley Humane Society is now offering a special naming opportunity.

Sponsor a temporary home for the many animals that come through our doors. Through your sponsorship we will be able to continue to care for these animals.

When you pledge your support of one of our kennels, your name will appear as one of four sponsors of the residence and the animal inside for a year. You may personalize your recognition plaque up to 23 letters or spaces per line, 3 lines maximum.

\_\_\_ \$60.00/year for Small Animals

\_\_\_ \$120.00/year for a Cat Cage

\_\_\_ \$240.00/year for a Dog Kennel

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Enclosed is the amount of \$\_\_\_\_\_ Check \_\_\_ MC \_\_\_ VISA \_\_\_

Account # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Your Personalized Text (max. 23 letters/line)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Offsite Adoptions in the Community Sat & Sun\*

Pawsitive Steps, Eliot, ME  
PetCo, Dover, NH  
Club Canine, Portsmouth, NH  
Pet Junction, Somersworth, NH  
PetCo, Newington, NH

\*For details visit our website or call (603) 749-5322.