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Cochecho Valley
 Humane Society

NEWS

262 County Farm Road, Dover, NH ~ 603.749.5322 ~ www.cvhsonline.org
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“Best Friends!”

By Karen Zaramba

When Martha Hewitt asked me to write about my experiences as an “adopter” from Cochecho 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,

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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

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Black Tie & Tails Benefit Gala

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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 16th 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 2nd 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 2nd Annual Black Tie and Tails event is coming up on November 5th 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



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our

animals.

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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.

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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. 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.

Forego Festive Food

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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.



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