



Wise Tobey

One of your staff found him - crawling out of the brush, falling into the road, covered with frost – with a badly broken rear leg. She gently lifted him into the cab of her truck where he immediately laid his head in her lap. He had long black fur, chocolate pudding eyes and black spots on his tongue. He was some kind of black lab mix – with possibly flat coat retriever. Cochecho Valley Humane Society advertised that they had found “Frosty” but no one came to claim him. Thanks to a special fund, his broken leg was repaired.



Tobey having an acupuncture treatment

Now with stitches running all the way down his shaved leg and with what looked like a giant diaper pin holding his leg together, it’s not hard to imagine why the staff renamed him “Frankie”. Concerned that the giant pin would catch in the kennel fencing, the staff had Frankie hang out in the office and go home every night with the Executive Director. While he was healing, the staff called Foster’s Daily Democrat to arrange taking his picture and advertise that he was ready for adoption.

That’s just when I stepped in. I had lost my twelve and a half year old black lab mix Jasper to cancer that past June and I was ready to adopt again. I described Jasper to one

of the adoption counselors at CVHS and she said that there was someone I ought to meet. She brought me to the office where Frankie came limping over. It tore at my heart – as I flashed back to images of Jasper limping due to his bone cancer. But I knew it was different...Frankie would heal. We hung out together until Foster’s arrived to take his picture. I filled out the adoption paperwork that afternoon and waited. Meanwhile, his photo in the paper led to a number of potential adopters interested in Frankie as well. I called the shelter every day that week. On Friday the staff finally confirmed that “you two are meant for each other”.

We adopted each other on New Year’s Eve – and it was a new beginning for both of us. He became “Tobey” - and he blessed my life for the next 15 years, four months and 23 days.

Initially, Tobey had a lot of healing to do. First he had to fight off an infection around the pin site. Then one night, I heard an unusual sound. Rushing into the family room I found Tobey on his back not moving, curled

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Litter Box Issues

By Dr. Cindy Hoisington
Animal Health Center - Rochester



Help! My cat is not using the litter box!

A very common concern of cat owners is that their cat is not using the litter box. Usually there are both

medical and behavioral problems contributing to poor litter box compliance.

First, kitty should go to the vet. Cats very commonly have painful cystitis (bladder inflammation) and should be given medication for their pain. They can also have stones, crystals or other problems. Often a check up and urine sample is obtained to discover what treatment would be appropriate.

Second, we need to make the litter box as inviting as possible. If kitty has learned that going to the box is painful- we may have a lot of convincing to do. Luckily, there are many actions which can be helpful.

1. Litter box size: It should be two times the length of the cat. Usually this means

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From the Executive Director's Desk

What a year we had in 2009. We celebrated 25 years of service to the community and we look forward to the future. New programs and services were implemented and others were expanded. We experienced a longer than usual kitten season and had a few litters of puppies born here at the shelter. New staff arrived and a number of veterinarians gave of their time to spay/neuter shelter animals.

- As of 1 August 2009, all the animals in the shelter are spayed and neutered before they are adopted. We had a goal of January 1, 2010, but with the hard work of the staff, especially Karen Fogarty our Manager of Shelter Operations and the willingness of local veterinarians to volunteer their time, we attained our goals six months early. *Congratulations to the shelter staff!*
- Every dollar donated to the new "Help Fix Me" Program goes to spay/neuter the shelter animals. It has been a very successful program. These two programs show the dedication CVHS has to reduce the pet overpopulation problem.
- With the economy showing little improvement, we found the need to expand our "Pet Food Assistance" Program. We are committed to helping families keep their pets in the home.
- Our friend John Holland, world-renowned psychic/medium, hosted an evening to benefit the animals.
- World-renown dog trainer, Brian Kilcommons brought the Great Pets Training Program to the shelter. Our very dedicated volunteers were taught how to train and develop positive relationships with shelter dogs. It has been a great success and our dogs are better behaved.
- We established monthly off-site adoption opportunities at Pawsitive Steps in Eliot, ME, Club Canine in Portsmouth and Pet Junction in Somersworth.
- Our three fundraising events - Dessert Tasting, Craft Festival and Dog Walk - were a big success and we look forward to even greater things in 2010.
- Our 25th Anniversary year come to a close with the Black Tie and Tails Benefit Gala held at The Red Barn at Outlook Farm in South Berwick. The three gentlemen instrumental in creating the shelter were honored. A great time was had by all.



Thank you to the very dedicated individuals, companies, schools and businesses that held events in support of the animals. Thank you all for your time, energy and effort.

2010 will show even more growth. We will be adding a behavioral program as a follow up to those who have adopted our animals, performing dental prophylaxis and other minor surgeries in house, expanding our special events and ensuring that the animals continue to get the best care until they find their new home.

A very special thank you Michelle Lane, past Chairperson of the Board, for her dedication, support and commitment to the mission of the Cocheco Valley Humane Society. You have made a lasting impact on this organization. Thank you.

We welcome Kelly Glennon, our new Board Chairperson, Michael LeBarge, Vice Chair, Deborah Shelton, Secretary and Karen Zaramba, Treasurer.

Thank you to the board, staff, volunteers, donors and friends of CVHS. You provide compassion and hope to the animals in our care.

On behalf of the animals –


Martha Jo Hewitt

Meet the Staff: Alaina Goodnough

Alaina Goodnough came to CVHS because of her love of animals. Her sister works in the animal welfare arena and she wanted to follow her sister's passion. She was hired as Volunteer Coordinator in April 2008 - vowing that she would not adopt any of the animals. Within two weeks she adopted River, a challenging dachshund. Over the past two years she has also adopted Chloe, another miniature dachshund, a couple of hamsters, and a gerbil. They all have joined BoBo, a cat her family adopted from a shelter when she was 10 year old.

Alaina is considered by staff to be the shelter's animal whisperer. She has an amazing ability to transform "grumpy" animals into loving pets. At any given time, she has a variety of animals in her office. When animals in the shelter need some TLC, they usually end up in her office.

Alaina graduated from Endicott College in Beverly MA in May 2007 with a degree in Hospitality and Tourism with a concentration in event management. Her tourism background comes through when she gives new volunteers a tour of the shelter.

She loves Disney and has visited both Disneyworld and Disneyland within the last year. She loves reading and is a theater and film enthusiast. She is well versed in both classic and current films. Never challenge her when it comes to movie trivia.



Alaina with River

Alaina grew up in Eliot Maine and currently lives in Sanford Maine. She has brought a great sense of humor and warmth to the shelter. She has a wonderful smile and infectious laugh. She has made a huge impact on the volunteers and the staff here at the shelter.



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Thank you to **The Red Barn at Outlook Farm** for its support of this event!
Thank you to **Mark Ericson of WOKQ** for serving as emcee and **Kria Sakakeeny of WMUR** for serving as guest speaker!
Thank you to the 25th Anniversary Committee for organizing this event:
Cynthia Green, Chair · Karen Savramis · Deborah Limoges · Elaine Carey · Martha Hewitt · Laura Clark

Litter Box Issues *continued from front page*

that you have to buy a plastic storage box to use (tupperware etc) as most litter boxes do not come in the right size.

2. Number of boxes: There should be one more than the number of cats in the home, i.e. three cats = four boxes.

3. Type of box: Most cats prefer uncovered.

4. Box location: Boxes should be located in several desirable (to the cat) places in the home, one on each floor if multiple level home.

5. Litter type: Scoopable litter is preferred by most cats.

6. Cleaning: Be sure to scoop daily and thoroughly clean the pan every few weeks.

After the box is addressed, there are several nutritional factors to consider. Cats fed exclusively wet food have many fewer recurrences of urinary issues than those fed dry food - 30% less - so this is a must do. Cats with crystals in their urine should be fed diets prescribed to them by their veterinarian. There is some evidence that glucosamine may help repair an inflamed bladder...and it certainly won't hurt. Glucosamine is an over-the-counter supplement that can be purchased at pharmacies or pet stores. It is also used for arthritis in people.

Finally, we believe that stress plays a role in many litter box compliance problems. Environmental enrichment is one technique to relieve stress in cats. There are many helpful websites which give detailed info on this subject. Dealing with any cat in-fighting is important as well. Feliway is a pheromone product which can help alleviate some feline stress.

Wise Tobey *con't from front page*

up in ball with glassy eyes. I saw that his collar had hooked around the pin and I immediately released it. Tobey's limbs unfurled and he started to breathe again. He looked at me wondering why I was crying. Needless to say, the collar came off until the pin was removed. His right leg never healed quite right and he had hip dysplasia on both sides, but that didn't stop him from running and playing. Later in life, he had a total hip replacement – and we discovered the wonders of acupuncture, massage and physical therapy.



Nancy with Tobey

There was no doubt that Tobey had been previously abused. That first winter, the sound of ice falling off the roof would send him hiding under the bed. He shied away from squeaky toys and barked at men – especially if they were tall or wore a hat. But his penchant for licking faces also meant that there was no doubt he had been loved.

I think back to our first evening together. Tobey got up off his bed – not easy to do with a broken leg – limped over to where I lay on the couch, and licked my face. On our

Typically, there are multiple causes and therefore multiple solutions to litter box noncompliance. Working with your veterinarian to troubleshoot the problem can usually result in getting your kitty back in the box.



We thank Dr. Cindy Hoisington for all of her volunteer veterinary care done here at CVHS

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We are accepting donations of gift cards/certificates, use of time-share units and new items suitable for the silent auction. The 13th annual Creature Comforts Dessert Tasting & Silent Auction will be held on March 21st at Regatta Ballroom in Eliot, ME.

Please contact Laura at specialevents@cvhsonline.org or 603-749-5322, ext. 113 by March 8th if you would like to donate.

last day together, Tobey was so ill from kidney failure that he could hardly raise his head. I brought him home from the veterinary hospital, and while waiting for the vet to arrive to let Tobey go, he mustered up the strength to lick my face once more. A stone now lays in our yard where Tobey took his leave. It reads “Tobey, Wise Love, 1993-2009”.

This article is only about the beginning and the end. I will write Tobey's story which will include everything in between. He had so much to teach – and he meant for more than just me to learn - about abandonment, fear, trust, love, play, separation anxiety, instincts, and getting lost and being found again. He befriended seniors and he took good care of me. A favorite expression among our friends was “Tobey knows” – for he was so wise, so smart, so loving. Tobey's teachings will live on forever.

I thank you Cocheco Valley Humane Society for rescuing him...and for trusting his life to my care. I hope that this article will encourage others to adopt, to embrace the responsibility and to welcome the amazing gift of unconditional love.

Nancy Bryant, Lexington, MA

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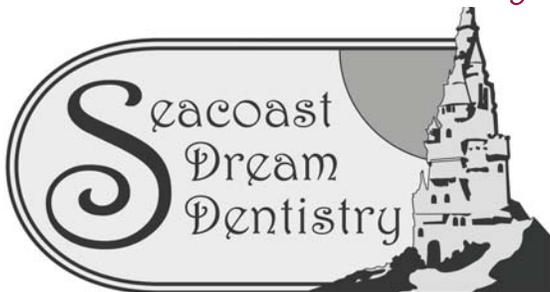
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Making a Difference

The following children put aside their birthday wants and unselfishly asked friends and family members not to bring gifts for them, but rather to bring a donation for the animals. Thank you to each of these caring, compassionate young people. You are the future of a more humane community.

Ross Loudon, Dover, NH
Gabby Hanson, Dover, NH
Anna Lyn Cartelli
Liam Dugmore, South Berwick, ME
Mikayla Karkos, Rollinsford, NH
Nicholas Stone, Rochester, NH
Ella Vennard, Rollinsford, NH
Tess Vennard, Rollinsford, NH

Thank you to Spaulding High School student **Lauren Cronshaw** for organizing a benefit concert for the animals!

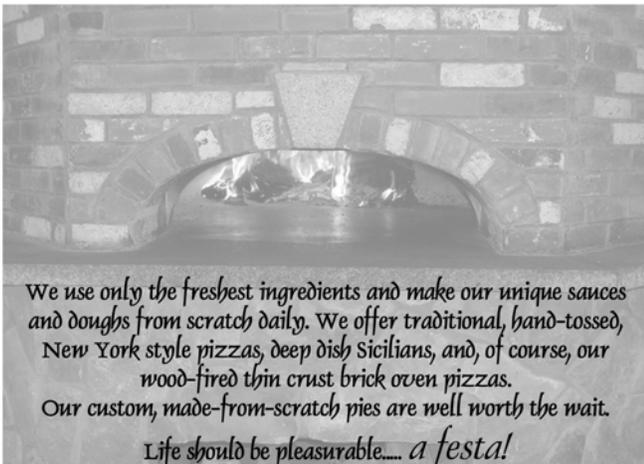
Cocheco Valley Humane Society sends a big thank you to the following businesses for their efforts in raising funds and awareness for the animals ~

The Herbal Path, Dover, NH
Sillie Eventures, Manchester, NH
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Trusts, bequests and planned gifts can be confusing and many people think that having a will or estate plan is a subject of interest to only the wealthy. Simply put, planned gifts come from assets, not income – and as we grow older, the more assets we have.

A will or estate plan provides a legal mechanism for allocation of property upon one's death in a way that recognizes your wishes and the needs of your loved ones. It can also allow you to designate a "once in a lifetime" gift to a charitable organization you have supported throughout your life, and may save you estate and inheritance taxes later. Not having a will means the courts distribute your property according to state laws. It does not protect your family members or your assets. Planning is not just for the rich – it's important for everyone.

Naming CVHS in your will or trust is an easy way to make a lasting difference. Your bequest gift can be a specific amount or can be a percentage of the balance remaining in your estate after taxes, expenses and other specific bequests have been paid. You might consider naming CVHS as the beneficiary of appreciated stocks, your life insurance or retirement account. It doesn't affect your current cash flow or assets, and it's easy to change if your circumstances change. Best of all, you have the peace of mind that goes with leaving something that outlasts you.

Talk with an estate-planning attorney or a certified financial planner for guidance. And if you've named CVHS in your will or estate plan, please let us know so we can thank you!