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Drawing by  
 Samantha  
 of Somers-



**Cochecho Valley  
 Humane Society**

# NEWS

262 County Farm Road, Dover, NH ~ 603.749.5322 ~ [www.cvhsonline.org](http://www.cvhsonline.org)  
 Volume 57 ~ Winter/Spring 2011

## CVHS to take part in Spay Day on Feb 22, 2011

by **Jenny Pratt**  
*Medical Care Manager*

In 2010, over 2400 dogs, cats and small animals were surrendered to Cochecho Valley Humane Society. Of these, 716 were adult cats and 739 were kittens. More than half of the adult cats and all of the kittens arrived unaltered. An unaltered male and unaltered female cat and their offspring can have over 420,000 kittens in just seven years! Unfortunately, there are just not enough homes for these many kittens. CVHS is moving ahead and tackling the cat overpopulation in New Hampshire. Here at the shelter 100 percent of our cats, dogs, and rabbits are spayed or neutered prior to adoption. Our efforts prevent these unwanted litters, and as a result fewer pets are homeless.

Spaying and neutering also has health benefits. Spayed females will no longer go through heat cycles and

the risk of certain types of cancer decreases. They also no longer risk getting a condition called pyometra (an infection of the uterus) which can be fatal. Neutering males can prevent undesirable behaviors such as urine marking, male aggression, and the urge to roam. Health benefits to neutering include preventing testicular cancer, enlargement of the prostate gland, and certain types

**“An unaltered male and an unaltered female cat and their offspring can have over 420,000 kittens in just seven years!”**

of tumors.

Contacting your regular veterinarian about having your pet altered is the first step if you need to have your pet spayed or neutered. The procedure can be an issue with some families, especially if someone recently lost their job or have

had other events which make the cost of the surgery too great at this time. Here at Cochecho Valley Humane Society we can also give information about low cost spay and neuter programs that the states of New Hampshire and Maine have to offer. We are here to help.

In February, the Humane Society Of the United States celebrates “Spay Day USA,” which is the last Tuesday of the month. We will be raising awareness about spaying and neutering during the month of February and will be showcasing our “Help Fix Me” Program, which helps spay and neuter animals here at the shelter. A donation of \$25 will neuter a male cat; \$50 covers the cost of spaying a female cat; and \$100 will cover the cost to have a dog spayed. Any donation to the fund will help as we strive to prevent unwanted litters and homeless pets.

## Vaccines aren't what they used to be

by **Dr. Sarah Proctor, DVM**



What vaccines do Smokey and Spike need? How many

should they get and how often? How safe are they? Recent changes to pet vaccination make these questions confusing for many pet owners. You have more options than in the past, and there is more controversy surrounding what the ‘right’ protocol should be. Being an informed pet owner requires some understanding of these questions. Let’s examine a few of the changes to pet vaccination that have occurred in the past several years.

FVCRP for cats and DA2PP for dogs are commonly called “distemper,” vaccines, but actually protect against several viral diseases. FVCRP protects cats against 2 respiratory viruses (feline herpes and calici) and one gastrointestinal virus (feline panleukopenia). DA2PP protects dogs against two respiratory viruses (distemper and parainfluenza), one gastrointestinal virus (parvo), and a hepatitis virus. In the past, these vaccines have been given every year, but research

**VACCINES Continued on page 8**

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**Our Mission Statement**

**Cocheco 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.

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**From the Executive Director's desk**



We are often asked "What do I do if I can no longer care for my pet?"

At CVHS, our goal is to see companion animals and their owners stay together for a lifetime. We have a food pantry if you temporarily can't afford pet food due to economic hardship, and we have a behaviorist on staff to help with your pet's behavior issues. Sadly though, due to life's circumstances, our goal is not always attainable. If you find yourself needing to surrender your pet, CVHS is here for you. We realize that surrendering a pet can be a difficult and heartbreaking decision. Accepting surrendered animals and working to place them in a new and loving home is an important part of our mission.

So, what *do* you do if you can no longer care for your pet?

Please contact CVHS to make an appointment prior to surrendering your animal. This allows us to ensure that a cage is ready for your pet's arrival and also helps us to manage our daily admissions.

During your appointment we'll ask you to complete a pet profile. This background information is helpful when prospective adopters inquire about your pet's personality, likes and dislikes, favorite toys, medical issues, etc.

The average cost we incur per pet is around \$300.00, so we ask that you contribute to the continuing care of your pet.

There is no minimum or maximum time that we keep

your pet. It is based on many factors such as health, age, temperament and demand.

Remember, animal abandonment is a preventable crime! If you need to surrender an animal please contact us at (603) 749-5322. We are here to help you and your pet.

And just a reminder: with the cold weather, please do not leave your pet outside for any length of time. Bring them in to the house and let them warm your toes and their noses!

On a much different note, I want to extend my gratitude to former board members, Michelle Lane and Phil Rinaldi, for their dedication and commitment to the animals we care for at the shelter over the past 6 years. You both had a huge impact on the organization.

And a big thank you to Dr. Michael O'Connell, from PainCare, for your continued support of the work we do here at the shelter.

Wishing everyone a prosperous and joyous 2011.

*Martha Jo Hewitt*

Thank you to Dr. O'Connell from PainCare for being our holiday matching donor!



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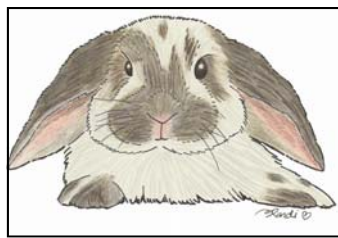
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*These gorgeous illustrations are the original work of CVHS Animal Care Technician Randi Cummings.*



## Kitty's late night mischief keeping you up?

by **Amanda Wellman**

Do you know someone whose cat's bad behavior leads to a lack of sleep? It's a common problem - cats are nocturnal creatures and are naturally at their most active during the late evening and very early morning hours. When they're running through the house and over your resting body, they're just using up the energy their ancestors needed to hunt all night long. And the scratching and clawing of your household items? Cats are simply marking their territory. While these behaviors are normal in the cat world, they are not conducive to living with humans. Some cats easily adapt to our human schedule, but others need a little help. Luckily, there are some simple solutions.

Play with your cat for at least 15 minutes just before bedtime. By this I mean engage your cat in a fun physical activity that will stimulate his brain and tire out his body. Many cats will chase a laser toy all over the house, "hunting" the red dot. I've heard concern from some folks that this seems a cruel game as the cat can never catch the little red dot. To reward your cat when the "hunt" is done, simply offer a few high-value treats as you put the laser toy away. In the wild, an actual hunt does not always end with the cat catching his prey - but a play hunt can! Affordable toy lasers can be found in most pet stores and pet sections, with the best prices usually at discount mega-stores such as Wal-Mart.

If your cat is not a fan of the toy laser, there are plenty of other interactive cat toys - browse around until you find one that entices your cat. Fishing pole type toys engage many cats, and a wide variety of them are on the market. One of the best is called "Da Bird" - its feathers and flight pattern do an excellent job of mimicking that of a real bird when a human moves it through the air. I have never met a cat who could resist this toy and I have met thousands (if not hundreds of thousands) of cats! Another, the "Cat Charmer," is a 6-foot strip of rainbow fleece attached to a fishing pole. It can be made to slither and flick about in a manner appealing to cats. And finally, the "Cat Dancer" - the most economical and modest-looking of the interac-



tive toys - it is made up of piano wire and tiny cardboard rolls that mimic the movement of an insect. Five of my five cats approve of this one! Remember that all interactive toys are meant for supervised play only; to maintain your cat's interest in the toy as well as for safety's sake, please put these toys away when not in use.

A good way to help your cat expend some energy during the day is with food puzzles. Smart Cat's "Peek-A-Prize Toy Box" is what works best in my household. This low wooden box has holes cut in the top and sides. I drop a handful of my cats' dry food inside and presto - the cats have to spend a good 15-20 minutes hunting for their food, exercising mind and body. If you're handy and choose to make such a box for your cats, keep an eye on hole placement - you don't want to make it too easy OR too difficult for your cat to get the food out, or he'll lose interest in playing the game very quickly. And keep in mind that a cat who is free-fed (has dry food left out at all times) will likely not play this game. Why work for what he can have for free? For those of you that free feed, consider picking up the food dish while you're out and leaving a toy box "hunt" for your cat to work out and enjoy.

For some cats, simply finding ways to help them expend their energy during the daylight hours will lead to a peaceful night's sleep for human and cat alike. But there are certainly cats out there who need a little extra. I've heard people complain that when they shut their cat out of their bedroom, the cat scratches to come in, destroying both the door and the person's sleep. For cats that persist in this behavior even after a good day's exercise, the next step is creating a snug retreat for this cat during the evening hours. This means setting up a large dog crate - large enough for the cat, his litter box, a cat bed and a bowl of water to fit comfortably. Many animal shelters and humane societies sell used crates at great prices - try this before buying new. You can also try signing up for Freecycle.org, a free website for folks looking to trade goods that are in good condition, and request a used large dog crate. Try to get a hard-sided crate if possible - cats have an easier time relaxing with less visual stimuli. If you



## From our Facebook friends...

### *What is your cat's favorite napping spot?*

"My cat forces himself to fit inside an empty clementine box we keep in the kitchen just for him. He's too big for it, but that doesn't stop him from curling up into a ball and falling asleep comfortably in it."

- Alysha, Nottingham, NH

"On top of a big TV with his head resting on the cable box every-day... I think it's warm there!"

- Erin, Berwick, ME

"Under the stairs. It's warm and cozy and he can be hidden and still see everything. His second choices are any box and his carrier. He uses his carrier as an extra bed and loves it. I never have any trouble getting him to the vet!"

- Elyse, Nottingham, NH

"Rosie always slept on the keyboard of my husband's laptop, blissfully changing all the settings while she napped!"

- Beth, Dover, NH

"Upstairs in the closet. She even figured out how to get into a down jacket to stay warm!"

- Amanda, Deerfield, NH

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do end up with a wire-sided crate, you can cover it with a blanket or sheet to create the feeling of being safely enclosed.

Place the crate in a room far away from your own if your cat is a vocal cat. When putting the cat in the crate, make sure he knows that there is a high-value treat waiting inside. Choose something extremely delicious that your cat loves and make sure the cat only gets this treat when in his crate. This can help him accept crate time more easily. You can also add a few toys that are safe for unsupervised play and a food

dish if you wish. I do not recommend free-feeding a cat that is crated, for if he becomes bored he is likely to overeat, so if you do place food in the crate make sure it is a set amount every night. When you awake in the morning, refreshed after a peaceful night's sleep, be sure to let your feline friend out of his crate and praise his good overnight behavior. If possible, leave the crate open and available at all times. Some cats will get in the habit of crating themselves at night, especially when a high-value treat is the reward!

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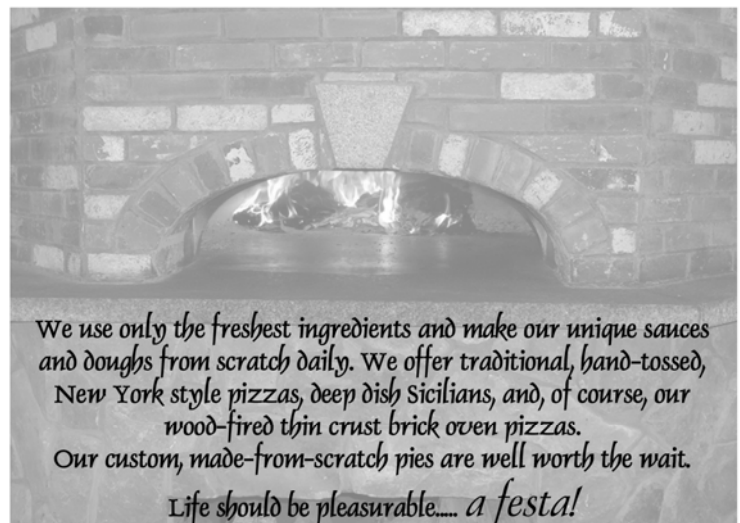
**In loving memory**

On November 12, 2010, Cocheco Valley Humane Society lost a longtime volunteer and friend of the animals, Jane Ann Kelly. Jane Ann joined the CVHS volunteer program in 2007 and, since then, was a staple in our cat room. Volunteering every weekday morning, Jane Ann would arrive at 8am with the staff and stay until every last cat cage was cleaned. Whenever a new volunteer arrived in the cat room, Jane Ann would immediately take on the role of mentor and help guide them through the daily

cleaning routine. When volunteers asked for extra help in other areas of the shelter, she was always the first one to step up. Each winter, when Jane Ann was in Florida, the staff would count down the days until her expected return. We always knew spring had arrived when we saw Jane Ann's bike resting against the shelter each morning. Outside the shelter, Jane Ann created beautiful necklace and earring sets. After spending a long hot July day selling her creations at our Summer Sun and Fun Craft Fair, she made the decision to donate all her profits to the animals. Jane Ann has left a lasting imprint on our shelter and in the hearts of the staff and volunteers. She touched many lives and will be greatly missed by all who knew her.

- Alaina Goodnough

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



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## I have a dream... for the shelter animals

*Congratulations to the winner of our "I have a dream for the shelter animals" essay contest in honor of Martin Luther King, Jr. Day - Jenna Staples, age 12, from Nobel Middle School.*

Dear Cocheco Valley Humane Society,

My name is Jenna Staples and I love animals! It just breaks my heart to see all of the animals in the shelter with no owner to love and care for them. I know that they are loved by the workers but I believe all animals should be treated fairly and have nice homes. But while they are at the shelters they should have a fun space to play like maybe a dog pool where they can swim and have fun. They should also have a playground where they can run around and so they can get all of their energy out. When the dogs go into their kennels at night they should be nice and comfy so they should have nice warm beds and blankets when they are taking a nap or going to bed. And the animals can't all be out at once playing and swimming so they should have toys and bones in their kennels. To get very creative I think it would be fun for the dogs to have an agility park where they can learn how to jump through hoops and

fun stuff like that. Some animals come from homes where they get no attention at all and they may need some behavioral training to help them find a good home. So maybe a few people could work with the animals to improve their behavior. I believe that all animals should have a chance, and sometimes they don't get a chance to have a loving and caring owner to take care of them. So they should have a good fun home at the shelter until the right person for them comes along to adopt them. I want all of the animals to have a good life, so maybe these things will help them until they get a good home. Hopefully the things I suggested will help you all at the shelter to think of things that you can do to improve the lives of these beautiful animals. When I get older I would like to work with animals, just like all of the staff that work at Cocheco Valley Humane Society. Thank you all at the Cocheco Valley Humane Society for giving all the animals out there a second chance!

Yours Truly, Jenna Staples

## Kids' Corner



### ★ Making a difference

The following children selflessly asked friends and family to give donations to the animals in lieu of receiving birthday presents. Thank you to each of these caring, compassionate youth! You are the future of a more humane community!



- |                  |                |
|------------------|----------------|
| Ali Routhier     | Strafford, NH  |
| Hannah Routhier  | Strafford, NH  |
| Mary Chaquette   | Strafford, NH  |
| Aidan Sakash     | Somerset, NH   |
| Ian Low          | Dover, NH      |
| Lydia Grulkes    | Exeter, NH     |
| Ellie Zielfelder | Barrington, NH |
| Celia Fogarty    | Barrington, NH |
| Tessa Millette   | Barrington, NH |
| Zachary Rheame   | Barrington, NH |
| Ava Lemelin      | Rochester, NH  |

The following children and groups collected or made donations for the animals of CVHS. The animals thank you for your kindness and generosity!

- |                     |                |                                    |
|---------------------|----------------|------------------------------------|
| Julia Smith         | Barrington, NH | 1st and 2nd Graders at Rollinsford |
| Jackie Carter       | Barrington, NH | Grade School                       |
| Haley Brown-Bloom   | Barrington, NH | McClelland School Rochester, NH    |
| Madison Brown-Bloom | Barrington, NH | Brownie Troop 22218                |
| Abby Jones          | Barrington, NH | Daisy Troop 22506                  |
| Sophia Moore        | Barrington, NH |                                    |

*If we inadvertently left out your name, please do let us know and we'll be sure to print it in our next newsletter. Please call 749-5322 Ext 112.*



### Our Humane Ed program is bigger than ever!



Daisy Troop 22506 visits with Humane Education Dog "Chunk"

Schools and scout troops have been visiting the shelter and inviting animals into their classrooms to learn more about humane animal treatment and how they can help the shelter. Through the help of Humane Education dogs, children are able to learn about safety around animals and then put their knowledge to the test. We also offer fun, interactive activities to help children understand proper pet care and the responsibility involved in owning a pet. Presentations are available for all age groups, from pre-k to senior citizens, and can be tailored to meet the needs of the group. Our Humane Educators are available to provide tours of the shelter or can travel offsite to give presentations.

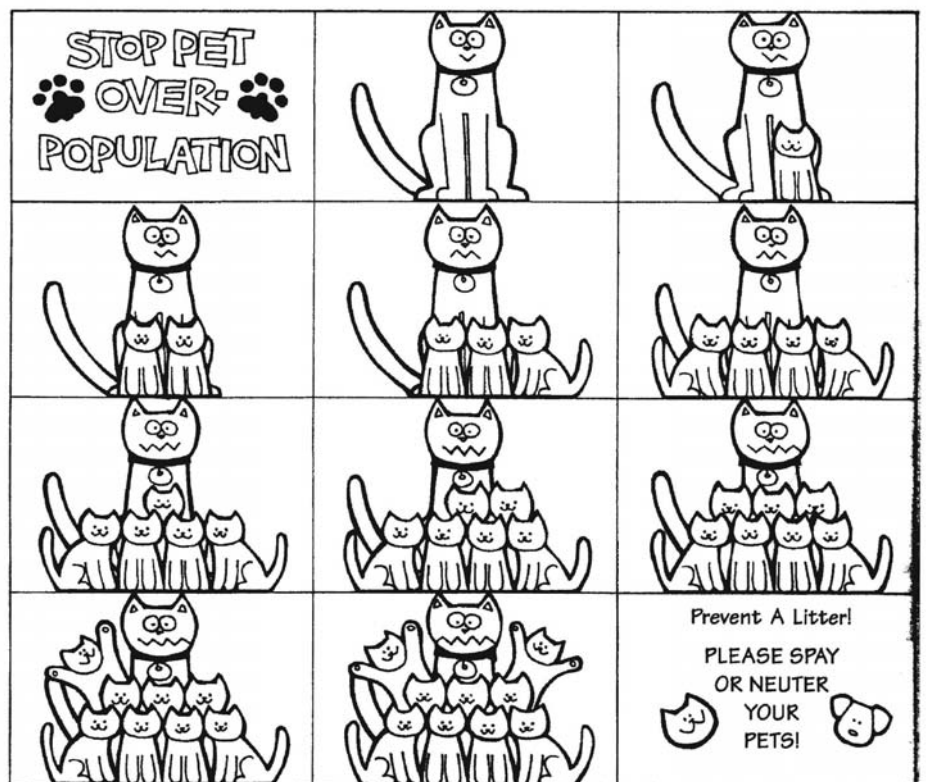
For more information on the CVHS Humane Education program, contact Alaina Goodnough at (603) 749-5322 Ext 111 or humaneed@cvhsonline.org

### Solving a Problem

Pet overpopulation is a BIG problem! There are too many pets and not enough homes to go around. By having pets spayed or neutered, we can reduce the number of unwanted puppies and kittens. Help spread this important message by making flip books and giving them to others.

#### Flip Book Directions

1. Cut out the 12 pages, and stack them in order.
2. Staple the pages together on the left side.
3. Flip quickly through the book. Watch the picture change!



Prevent A Litter!  
PLEASE SPAY  
OR NEUTER  
YOUR  
PETS!