

Frankie Breaks a Leg But Lands on His Feet



Two months after surgery, Frankie's recovery is complete.

he was resting. We brought him home the next day with a prescription for pain medication.

Frankie was an amazing patient. He stayed in his cage for the first two weeks, wearing an e-collar. He slept a lot. We petted him and he purred. We iced his incision and bruised area with a Boo-Boo Buddy in a towel for the first few days. We also did some range of motion exercises to his shoulder joint, but once he started using the leg, we didn't need to do that any longer.

After two weeks, Frankie was allowed out for lap time. Since he had only been with us for six days before the accident, he wasn't used to being a lap cat. We put a cat bed on Paul's lap, and Frankie curled up in it and went right to sleep. When he was in the cage, he would reach out to us through the bars.

Continued on page 3

We know that Frankie is a very lucky boy. He has recovered from his tumble and found a wonderful forever home. But the cost of his veterinary care was substantial. His bills came at a time when our budget was already crunched by the combination of a few unexpectedly high veterinary bills, and the financial crisis which caused our donations to drop this year. On behalf of Frankie and all the other homeless animals, we thank you for your support during these tough times.

Last summer, Sally and Paul Needham lost their cat Maizie to cancer. They still had one cat, but were interested in fostering a cat for us. At the beginning of September, they met Frankie and decided they would like to take him home. Six days later, things took a dramatic turn.

Sally picks up the story:

Frankie was asleep on a 6-foot cat tree, rolled over, and fell to the floor. He immediately hissed, began yowling, and ran into the bathroom, dangling his front leg in the air. We knew he needed to see a veterinarian right away.

After an exam, we were told it was a possibility that Frankie's front left leg would need to be amputated because of the severity and location of the breaks. We were referred to an orthopedic specialist. She could see Frankie that day if we could get him there in an hour, otherwise the next appointment would have been a week later. We got him to Dr. Amelia Simpson, and she operated on him that afternoon.

She called us at 7:30 pm to say that surgery had gone well. She was able to save Frankie's leg, and

Nala: Green-eyed beauty seeks home



For more about Nala, see page 2.

FEATURED CAT

Nala

This gorgeous, aqua-eyed girl (and yes, that is the color of her eyes) is a four-year-old princess. Her golden tabby coat is always spotless, but she makes beauty look effortless.



She is an unfortunate victim of the economic downturn and is in need of a home after her family found that they could no longer care for her. We can tell they took wonderful care of her, though, since she is in terrific health.

Nala's favorite things include tummy rubs (her pose in the photo is quite common), windows with squirrels and birds on the other side, laser pointers, catnip mice, and TV night on the couch. She is a genuinely happy girl who can fill a room with the sound of her purr. She seems to like everyone, and is quite the flirt with visitors.

Nala loves to be close to her people, but she is still a cat and prefers to choose when and how she will grace you with her affection. She is becoming more of a cuddler every day as she settles in and relaxes at her foster home and we suspect that there's a lap cat lurking inside her, waiting to come out as soon as Nala feels completely safe and secure.

Nala is a girly-girl: dainty, playful, and graceful. She has a quiet meow that politely asks if she might sit next to you, please. She also has excellent litter box habits and is happy to abide by all her foster mom's rules (i.e., don't eat the plants, don't knock over the pictures, don't jump up on the countertops).

Nala is not fond of other cats, and is at her happiest when she has her home and people to herself. She responds well to children who are familiar with kitty needs, but has not been dog-tested.

If you'd like to meet this lovely lady, please call our cat coordinator at 503-284-8768 evenings and weekends.

FROM THE PRESIDENT

To Our Volunteers

Sliding to the end of another year reminds me to look back and reflect. Again this year, we count first among our blessings our wonderful supporters. As we say over and over, we could not do it without you.

We also could not do this work without our volunteers. I am in awe of the dedication and talent in this very small group. Their passion for changing the lives of homeless animals is truly amazing.

Kate Davenport, Serena Harris, and Leah Goodman have done a wonderful job of building and maintaining our website. Leah also records and distributes the minutes of our meetings. Carma Crimins, as our newly elected communications coordinator, edits our newsletter and keeps our advertisements up to date.

We would be lost without Chrisi Badrick, our treasurer. She keeps track of every cent coming in and going out. We must be extremely responsible with our donated funds and Chrisi keeps us on track.

Our new outreach coordinator, Kirk Kiggins, is in charge of presenting our public face. Thanks to his energy and organizational talents, you will now see us in various locations around Portland most weekends. He has inspired a number of our volunteers to join him in this effort so you will be able to meet us in person. (Look for the schedule of our outreach events on page 3.)

I offer special thanks to Nancy Chavez who has been on a trapping project since this past spring. She is tenacious and so passionate, that I know she will achieve her goal.

Thanks to Marian Massey for help with donation acknowledgements and Susan Phipps and Bobbie Bacocchini for transporting animals. Patty Davies makes catnip mice and donates scoops for the "welcome" kits we send home with each adopted cat. Donna Dunaif has shared her extraordinary talents as a pet photographer. Marcia Petty and Linda Robinson support us with donated supplies.

Our foster families are a very special group of people, and the heart of our organization. In addition to those mentioned above, we thank the following volunteers for sharing their homes to care for our foster cats:

Erin Bergstrom, Lenore Bijan, Nell Brownell, Nancy & Carlos Chavez, Melanie Chung, Gloria Garbutt, Elizabeth & Jason Isbell, Jan Lewis, Leslie Jones & family, Lorraine Jones, Marian Kerr, Yvonne & David LeGrice, Gracia Lundy, David Mays, Sally & Paul Needham, Kristi & Don Nesbitt, Ruth & Matthew Page, Wilma & Lou Perez-Leon, and Sue Willis.

Again, I emphasize that we could not do it without you. We look forward to a wonderful year in 2010, and wish the same for your and yours.

Pam Brooks
President and Cat Coordinator



NEW OUTREACH PROGRAM

Volunteers Needed!

Longtime supporters of ARCF may have noticed that our animal placement numbers have decreased in recent years. Many factors contribute to the decline, among them the increase in the number of homeless and unwanted animals, and the proliferation of free internet classified ads, allowing almost anyone to adopt or rehome animals at a moment's notice. ARCF will never compromise our standards in the care and placement of our animals, but we need to increase our profile in the community to reach more potential adopters.

You may also remember from our Summer 2009 issue the story of Jack, the dog who was fostered and then adopted by Kirk Kiggins. As our volunteers discussed ideas for reaching out to the community, Kirk had so many helpful suggestions that we recruited him to be our first outreach coordinator.

Kirk quickly arranged for ARCF representatives to visit local pet supply stores on weekends, where we set up a table, bring an adoptable cat or two, and share our message with the community. He's also scheduled us for some special events, and is looking into other venues where qualified adopters might find us.

We are seeking more volunteers to help at these events. A short orientation and on-the-job training will be provided. The events are usually on Saturdays, and run for three hours, usually 12 to 3 pm, but may start earlier or later. If you're outgoing, love animals, believe in the ARCF mission, and have a few hours every month or so, please contact Kirk at kkiggins@aol.com or call ARCF at 503-284-8768.



Even if you can't join us as a volunteer, stop by one of our events, meet us and our pets, and show your support.

*Jack - ARCF's
Assistant Outreach
Coordinator*

Come See Us!

Dec. 5 12 - 3 pm	Sellwood Dog Supply 8334 SE 17th Ave
Jan. 2 11 am - 3 pm	Nature's Pet 111 NW 21st Ave
Jan. 10 12 - 3 pm	Furever Pets 1902 NE Broadway St. (We plan to be at Furever Pets on the second Saturday of each month.)



Frankie...

Continued from page 1

At Frankie's next check up, x-rays showed that the breaks were healing, and Frankie could come out for a little walking, but jumping or playing were strictly forbidden. We followed him around to make sure he didn't jump up on anything, because jumping down would be the problem. He still spent most of his time in the cage.

At seven weeks post-op he is back to normal activities. He has been running and playing with Da Bird and catnip toys, and even starting to play with our other cat, Kennedy. Through it all, he has been the most even-tempered and friendly cat we have ever known.

We were told recovery would take eight to ten weeks, but he has healed faster than expected. He still has a limp, but Dr. Simpson expects that to improve in a month or two.

We really appreciate the support from the people at ARCF. Lorraine Jones lent us a cage for recovery and was always available with good advice.

Frankie was to be a foster cat, but we fell in love with him, and we formally adopted him on November 1st.

*Sally
and Paul
Needham*



Frankie's leg, put back together with screws wire & a plate.



Two days after surgery.



Four weeks after surgery.



A handsome, cooperative patient.

Arnie

Arnie is doing great! He loves to cuddle, snuggle and nap under the covers as much as possible. He purrs very loudly and has recently started playing with toys, too! He loves chasing a giant feather around the apartment and loves his cardboard scratching boards. Arnie is a very sweet, affectionate and sometimes silly cat. We love having him as part of our family.



Kristin Liebowitz



Cinco and Luna

(formerly Cinco de Gato and Hula)

Cinco has decided that the best time to snuggle is in the middle of the night. His favorite spot is to lie with his back to my chest and his head tucked under my chin. We're still negotiating on acceptable positions for my upper arm. During the day, I think he's made of springs. If you pick him up, you can almost feel him vibrate with the need to get away. He's chosen a small fleece blanket from the sofa as a security blanket; when we come home from work there's no telling where we'll find it – under the dining room table, in the upstairs hallway, on the stairs . . .

Luna has turned into the real lap cat. When I work from home, it's almost guaranteed that I'll have a lap warmer for most of the day. She purrs when you pick her up for snuggles and doesn't ever "have to get down!" She seems content to let you hold her until you've had your fill.

Our other cat Mitzi still isn't sure about these interlopers. She and Luna get along fairly well, but Cinco is still too playful, I think, for her tastes. He wants to bat and pounce; she hisses and growls; he goes away and finds his sister.

Linn Altenheim



Flash and Black Lantern

(formerly Marney and Wiley)

Just wanted to let you know the boys are doing well. They are growing fast and are very healthy. Wrestle mania every morning! Our friends love the boys as they are so outgoing when new people come over. I have never had indoor cats before, but they run around and play all over the house to their hearts' content. They are certainly the cats for us!

Anna, Matt, and Shep Fidler

Serge & Martina

(formerly Bruno & Sasha)

Serge and Martina are playing and exploring all over our house. They are currently learning, with some curiosity, the cat door that connects our kitchen door to the basement. They are sweet, purr-filled and inquisitive, and our four-year-old son loves rolling cat toys and catnip mice to them. They also love the Cat Dancer. Serge has jumped up more than four feet to catch it!



Thanks so much for all your help in bringing them into our lives.

Lisa, Douglas, and Sterling Gidley



Choquette

(formerly Tali)

Bonjour from Chouquette! My mom gave me the name of a French pastry she likes a lot. She says chouquettes in France are very sweet and tender-hearted, just like me. I was a little sad to leave my foster mom but I am glad to say I found a very good home.

My new mom is a little funny because she sometimes speaks English, sometimes French, so I had to learn all that – this is the reason why I need to chew on the dictionary so often. I try to teach her to meow like me but we are not there yet.

Still, we talk a lot to each other, especially about food as we both like fish a lot. We share a passion for the laptop, too, since it is always warm and purring. And sometimes we take a break and watch some old movies. My favorite is James Bond. He makes my whiskers quiver!

Thank you to Pam, Yvonne, and Erin who worked hard to help me find a good family!

Katy Le Bris,
(secretary to Choquette)

Animal Placements

For August-September-October: We placed 24 cats in new loving, responsible homes. Our major expenses were:

- * Veterinary Fees: \$37,219.57
- Advertising: \$0
- ** Food, Special Meds: \$404.32
- Newsletter: \$1,350.48

* These expenses include veterinary care for the dogs of Portland's homeless. We also had expenses for injured and sick pets and emergency vet visits.

** Most volunteers pay for food and litter for the animals they care for as their contribution to the cause.

THINGS WE LIKE

Make Your Own Cat Scratcher

Here's a quick and easy-to-make gift for your cat, or any cat who enjoys a cardboard scratcher. They are available to buy ready made, but why not save some money, and make good use of those boxes you were just going to recycle anyway? And you can customize your scratcher to match the tastes of the lucky cat who will receive it.

What you need for this project:

- * Corrugated cardboard, about 4 or 5 medium size boxes
- * Exacto or utility knife (a sharp blade is important!)
- * Straight edge ruler
- * Fine point marking pen
- * Packing tape
- * Decorated paper or fabric
- * Glue for paper or fabric
- * Heavy paper & catnip (optional)



Our scratcher is 4" tall and 14" in diameter and our product tester, Henry, weighs about 9 lb, so you can vary the size of your project accordingly.

Instructions:

1. Measure and cut the cardboard into strips (width = height of finished scratcher). Strips can be any length, but longer pieces will make the construction go faster. Make sure to cut across the corrugated tubes of the cardboard.
2. When you have a good size stack of strips, start to gently roll the strips in your hands to bend the corrugations. The cardboard will start to curl naturally.
3. Start with one strip, roll it up tightly and secure with tape. Butt one end of the next strip to the taped end of the first one, secure with tape, wrap it tightly and tape the end.
4. Continue wrapping, keeping the pieces tightly rolled and taped. Decide which side will be the top of the finished scratcher and keep that side even and tidy. Don't worry if the bottom side is a bit uneven.
5. When your scratcher is the size you want, cut paper or fabric to wrap around the outside and secure with glue. (Creative types can have fun with this step: use stamps to decorate the paper, use paint instead of paper, attach felt mice or a spring toy, etc.)
6. Optional: If you want to sprinkle catnip in your scratcher, cover the bottom with paper so it doesn't fall through. Place the scratcher on some scrap paper or shopping bag. Trace around the outside. Cut out the circle and glue it to the bottom of the scratcher.



Poppy's Second Chance

Poppy came to ARCF as a 6-month-old, very timid pup who had been rescued by a Good Samaritan from a homeless man who could not keep her. Erin Bergstrom took her in as a foster, quickly formed a bond, and chose to adopt her.

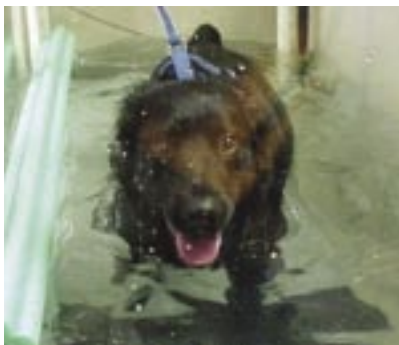
Erin picks up the story:

Frothy waves pounded the sand as Poppy darted with abandon through the surf. I think this is where this story begins. After an incredible weekend at the coast with family, Poppy began to show signs of tenderness in her hind leg, and her gait was off. I dismissed it as mild soreness after a vigorous weekend. But Poppy became increasingly sore and I knew it was time to see the vet.

Dr. Lynn Shanks at North Portland Veterinary Hospital took x-rays and prescribed bed rest and anti-inflammatory medication (Rimadyl) for four weeks. At our follow-up visit, Poppy was diagnosed with a complete tear of the cruciate ligament. I was given a list of orthopedic surgeons and encouragement that all would turn out well.

I decided to call Dr. Scott Gustafson, who had the credentials and experience I was looking for. Poppy was scheduled for the surgery one day after the initial consultation. I was so grateful for how quickly things fell into place.

The day of the surgery, Dr. Gustafson took an x-ray of Poppy's other leg and discovered a significant tear in that leg as well. Given Poppy's extremely timid personality, he believed it would be less traumatic to do both legs at once. I had done research on this type of surgery, called Tibial Plateau Leveling Osteotomy, or TPLO. It is estimated that 50% to 75% of dogs with one ruptured leg will eventually have the other leg rupture. I agreed with Dr. Gustafson to do both legs, although not without some fears and shedding of tears: fear of caring for an incapacitated 70-pound dog and fear of the financial impact, since this surgery typically costs about \$4,000 for just one leg. At only three years old, Poppy was healthy in every other way so it wasn't a question for me if we would do the surgery. I broke out my Visa card and hoped for the best.



Poppy on the treadmill

After the surgery, Poppy stayed at the hospital overnight for observation and pain control. The next morning I was amazed that she was able to walk to the car. She moved very slowly, with the help of a sling under her belly to carry most of her



Poppy and Erin at home

weight. She was shaved on both legs and had heavy bruising and swelling. The stitches on both legs gave a Frankenstein appearance to my poor sweet girl.

We started hydrotherapy two weeks after surgery, three sessions per week with Dr. Carol Helfer at Canine Peak Performance. Poppy walked on an underwater treadmill. The warm water took the weight off of her legs and allowed her to exercise safely and comfortably. This was helpful for her both physically and mentally. She was so restricted in her activity for the first month after the surgery that these outings became her saving grace.

Around the fourth week we started short walks several times a day. Eventually the walks became longer and at eight weeks we returned to Dr. Gustafson for updated x-rays and a check up. She passed with flying colors. I was told to continue to keep her on a leash during our walks for at least another month. I still remember the fear and excitement I felt when I took her off leash for the first time. She began to run and I held my breath in fear that she would reinjure herself. What a long, hard journey we had taken to get to this place again. She was fine and I was ecstatic.

It has been over two years since Poppy's surgery. It has been a complete success. We hike, swim, and do everything we did before the surgery. She has never limped or favored either leg. I now supplement her diet with a product called Synovi G3 which has glucosamine, MSM, and a variety of other ingredients aimed at preventing arthritis. She will be on this for the rest of her life. I have to be careful about keeping her weight under control and keeping her well exercised for strength.

My Visa is paid off at last, and this experience has made the bond between us even stronger. I am so grateful to all the people who helped along the way. If you are ever in the same position, take heart. In the end it is all worth it.

Erin Bergstrom

IN MEMORIAM



Maggie, the Little Warrior

We adopted Maggie from ARCF in May 2002. She was a special case, who needed to be separated from other animals. She had to learn to play and trust humans again. At her foster home, I will never forget seeing her little face peek around the corner at us. She was very shy and aloof. After spending some time with her, I couldn't say no; Maggie needed love.

She was a little warrior with a big heart who loved to sit on our laps and purr. Among her favorite activities were drinking water from our stream and jumping on our shoulders while we worked at the computer.

For the past three years, Maggie battled many health issues. Medication helped ease her symptoms, but finally her little body was just too sick. She was not ready to go, but we could not see her suffer any longer. We had her put to sleep in the comfort of her home.

Thank you very much for introducing us to our little girl. She needed so much love, and she gave back so much. Thank you for providing a wonderful foster home. Your volunteers wouldn't allow her to go to just any home. Maggie was the right fit for us and we were the right fit for her.

April Sluiter

Phyllis Thorne lost a special tabby cat called Kitty, who was lovingly cared for and will be sorely missed.

✱

Carol Latourette lost her kitten Shadow. He was only a few weeks old but loved dearly just the same.

✱

Claudia Stewart lost Bandit, a 15-year-old long-haired tuxedo cat with a beautiful face and delicate spirit, who succumbed to multiple health issues. Bandit was brought home by Claudia's daughter in 1994, to be cared for while Bandit's family took a trip to Hawaii. When the family returned, Claudia called to ask when she could return the cat. "What cat?" came the reply. So Bandit stayed for the next 15 years.

✱

Heather Rosenwinkel lost her cat Chibi after a long illness.

✱

Eileen, Mel, and Liam Coffey said goodbye to their cat Tony. He lived large and ruled the roost until he closed his eyes for the last time at age 21 years.

✱

Midnight the cat is missed by John and Linda Murdoch.

✱

Lisa Merino lost Riley, who was about 20 years old and the senior member of his tribe. Riley was rescued as a starving stray, and he never really believed that there would always be enough food in Lisa's home, even after 13 years.

One memorable day, after finishing his own dinner, Riley waited until Lisa's back was turned then stole a chicken breast right out of a frying pan on the stove. She also lost Chynna, a sweet, shy tortie cat who suffered from a brief and mysterious illness which took her life.

✱

The Leeb family lost their dog Betsie, a faithful friend.

✱

Wilma Perez-Leon lost her best cat Attila to diabetes and kidney failure at age 12. He was a rascal and a scoundrel, and Wilma can't imagine how she will get along without him.

Animal Talk is a quarterly newsletter published by Animal Rescue & Care Fund, Inc. and printed locally.

Our Mission: To rescue, shelter, and care for homeless animals and place them in permanent, responsible homes; to promote and support spay/neuter for all companion animals.

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OUR THANKS

To All Who Make it Possible



ARCF could not do our work without the support of our partner vets.

Those who helped us this year include:

- North Portland Veterinary Hospital (www.northportlandvet.com)
- Cat Hospital of Portland (www.portlandcats.net)
- Laurelhurst Veterinary Hospital (www.lvhvet.com)
- Rose City Veterinary Hospital (www.rosecityvet.com)
- Newberg Veterinary Hospital (www.newbergvet.com)
- Overlook Veterinary Hospital (www.overlookvet.com)
- Vista Pet Hospital
- Milner Veterinary Hospital (www.milnervet.com)
- Veterinary Surgical Center of Portland (www.vscpdx.com)

For hosting our outreach events, thanks to:

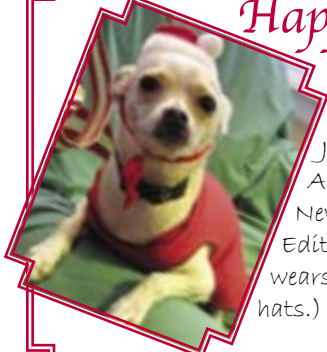
- Healthy Pets Northwest (www.healthypetsnw.com)
- Sellwood Dog Supply (www.sellwooddogsupply.com)
- Nature's Pet, (Northwest Portland location)
- Stef-Anie Wells, Marketing & Event Coordinator, Jantzen Beach Mall

For pet food donations:

- Portland Pet Supply
- Witchita Feed & Hardware
- Linnton Feed & Seed (www.linntonfeed.com)
- For Paws (www.forpawspdx.com)

And we reserve special gratitude for our friends at Furever Pets (www.fureverpets.com), who support us with food drives and donations, a location for our outreach program once a month, and expert advice on all manner of pet nutrition topics.

Happy Holidays!



Jack,
Assistant
Newsletter
Editor (he
wears many
hats.)



Eddie says
"Do I look like a reindeer to you?"



YES! I want to help

Animal Rescue & Care Fund, Inc., depends entirely on your donations. Our work includes rescue, medical aid, food and shelter, humane education, neutering/spaying, and more. All workers are volunteers. Your contribution goes directly to help the animals. All contributions are tax-deductible.

Make a secure online donation using a credit card, debit card, or PayPal account. Save time and postage!

Visit our website for more details, www.pdx-petadoption.org.

- I enclose _____ for humane work. (\$35 sponsors an animal, but we appreciate any amount)
- Sponsors can check here to receive a story and a photo about the animal being fostered.
- I'd like to contribute \$ _____ for the ARCF Microchipping Program, for adopted animals to have microchips.
- I'm interested in being a volunteer. Please contact me at _____.

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