

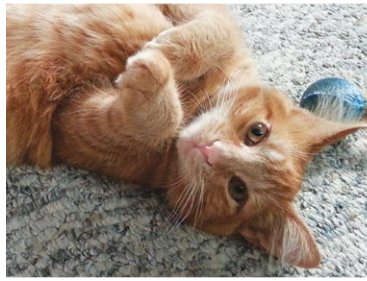
FEATURED CATS Harrison & Hazel

Harrison and Hazel are a stunning young couple who came from different places in life, met cute, and fell in like. They are looking for a home where they can stay together for the rest of their long and happy lives.

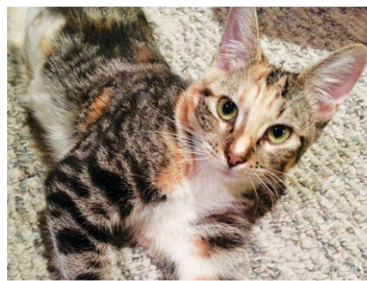
Harrison is a big, handsome lug of a guy, who instantly loves everyone he meets. Typical of orange boys, Harrison is mellow, easy-going, and although he enjoys toys and play time, his biggest joy in life is to curl up on the couch using the closest human body as a pillow. When Harrison rolls over and invites a belly rub, he is very sincere; he wouldn't dream of being

rude about it. Harrison may not be the brightest bulb in the box, but he is sweet, loyal, and he adores Hazel. And really, could he be any more gorgeous?

Hazel is a whip-smart girl who loves meeting challenges. Present her with a latched door, sealed box, or cup of tea on the end table, and Hazel will start her investigation immediately and keep at it until a satisfactory resolution has been reached. Her beautiful markings are what we call "torbie": a tortoiseshell/orange tabby/brown tabby mix.



HARRISON



HAZEL

Hazel wasn't sure at first that she was going to allow Harrison to share her personal space, but he didn't recognize her gestures of rejection. He just put his big orange guy charm to work until he won her over. The whole process took about three days. Now they enjoy sharing a stimulating game of track ball (well, stimulating for Hazel—Harrison mostly just lolls about watching her burn calories). Other favorite activities: playing tag, wrestling, chasing the laser dot, cleaning each other's ears, and chattering at the squirrels that race up and down the cherry tree in front of their window.

Harrison was born in March 2014, so he's not yet a year old, although he looks it. He is going to be quite a large cat when he's done growing. Hazel is a month or so younger than Harrison, but she is quite dainty and probably will always keep her girlish figure.

Harrison and Hazel have been neutered/spayed, microchipped, tested negative for FeLV/FIV, and are up-to-date on vaccines. The adoption fee is \$150 for both. To learn more about Harrison and Hazel or any of our cats for adoption, please call 503-402-8692, email arfc@pdx-petadoption.org, or visit www.pdx-petadoption.org.



FOR THE LOVE PET PHOTOGRAPHY.COM

FEATURED DOG Fergus

Here's looking at you, kid! Wouldn't that funny little face just make you want to smile every day? Fergus is an easy-going guy who asks for very little and gives ever so much. He gets along with all people, large and small, dogs, and even cats. Fergus is a Chinese Crested/terrier mix, weighing in at just 12 lbs.

In his prior life, Fergus suffered a back injury which means he moves a little slower on the stairs, and uses a belly band to prevent "the dribbles." But he is housebroken and goes outside when he needs to, and his foster mom says Fergus is the easiest dog she has ever had.

All dogs from My Way Home Dog Rescue are spayed or neutered, microchipped, and are current on vaccines. Fergus has also recently had a full dental exam and cleaning. His adoption fee of \$220 includes leash, collar, blanket, and food sample.

If you are interested in meeting Fergus, email mywayhomedogrescue@gmail.com or call 503-974-4944.

FROM THE PRESIDENT'S DESK

We hope that you and your critters are safe and warm as winter rolls over the Pacific Northwest. As the holiday season kicks off, our intrepid volunteers are out watching traps in the rain, wind, and snow, determined to catch the injured cat, the orphan kittens, or that last momcat who has been scattering kittens around the neighborhood for years.

Meanwhile, the third **"O" litter** of the year arrived in November and the **"P" litter** arrived just yesterday. Mama Petunia had a bad bite wound that needed tending, and she and the kittens were all malnourished and loaded with parasites. But they couldn't be any sweeter and we anticipate they'll be celebrating the New Year in their new forever homes. That brings our total number of rescued litters to 70+ for the year—more than 300 kittens—and it's not over yet.

National Feral Cat Day is October 16, and this year we celebrated by trapping a colony of 21 cats in Clackamas County and taking them to the Feral Cat Coalition of Oregon clinic for spay/neuter services. Because the cats' elderly caregivers were physically unable to continue providing food and care long term, we arranged to foster the cats and find new homes for all of them. The caregivers and other neighbors were very grateful to know that the cats were safely rehomed and spared a life of uncontrolled breeding.

As a follow up to NCFD each year, we organize a shelter-building party and invite volunteers to help us assemble **simple, economical shelters** to help outdoor-living cats stay warm and dry. A plastic tote, some straw, insulating wrap, and duct tape is all that's needed. Then we load up our vehicles with shelters and cat food and make the rounds, visiting kind folks who care for cats in their community and have a hard time making ends meet. If you know of cats in need of food or shelter, please ask their people to contact us.

Through our partnership with PAW Team, we provide care for the pets of homeless and very low income people.

Recently we helped Mishka, a sweet 10-year-old Lab who needed surgery to remove a tumor the size of a bowling ball (!) from her foot. We will spare you the graphic photos, but trust us, it looked like something from another planet. We also subsidized surgery for Chico, a Chihuahua who needed 22 painful teeth removed. As you can imagine, such dental and mass removal surgeries make a world of difference in the quality of life for these beloved pets.

If clearing out excess stuff is on your list of New Year's resolutions and you're in the Portland/Vancouver area, have we got a deal for you! GivSmart is a local organization that will pick up reusable household goods from your house, deliver them to Value Village for resale, and donate a portion of the proceeds to ARCF (or another charity of your choice—but please choose us!). The goods magically disappear from your driveway, your donation is tax-deductible, and critters in need get food and medical care. To arrange a pickup, contact GivSmart at 888-659-8333 or givsmart.com.



FROM TOP: O KITTENS,
P KITTENS, FERAL CAT SHELTER

And last but not least, we invite you to celebrate our birthday! In January, ARCF will turn 40 years old. That's right; our first board meeting was held January 20, 1975. Topics for discussion that day included adoption procedures, fundraising, and feral cat trapping. The personnel and procedures have changed, but the mission stays the same: *To rescue, shelter, and care for homeless animals; to promote and support spay/neuter for all companion animals.*

We are so grateful for the support of our generous donors who have allowed us to save countless animals during those 40 years. With your continued support, we will carry on for another 40, and beyond.

Happy Winter!

— Carma Crimins
PRESIDENT

Since ARCF does not currently have a dog adoption program, we are working with other local dog rescue groups who share our goals and philosophies of animal welfare and rescue.

FOR MORE INFORMATION:
mywayhomedogrescue.org
503-974-4944

MY WAY HOME DOG RESCUE

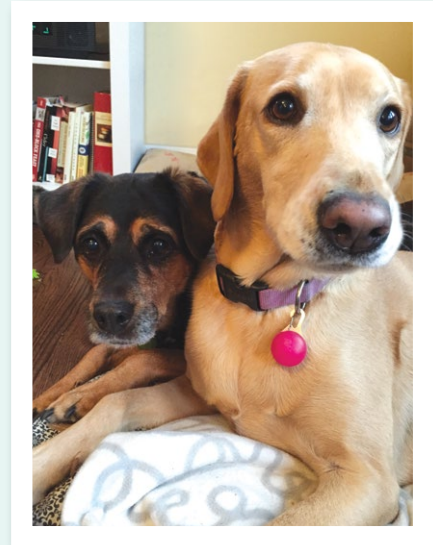
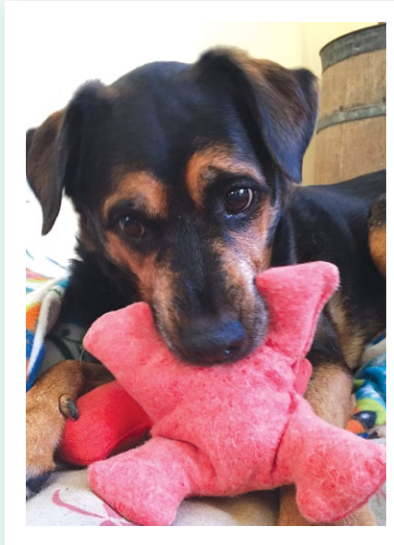
Miss Bea

Our regular readers will remember Miss Bea as the cover girl from our fall newsletter. She had come to My Way Home Dog Rescue from a high-kill shelter, where she was dropped off as a "stray." It was very obvious to all who met her that Miss Bea had known loving humans, but she was so traumatized by the shelter environment that she became paralyzed with anxiety and had to be carried in and out of the building. Shelter volunteers were so moved by her sadness that they found a place for her to be boarded while waiting for an opening in a rescue.

Miss Bea was still nervous when she came to My Way Home, and bewildered by all the changes in her life. She also had some soreness in her back end, so she was taken to Cascade Park Animal Hospital for water therapy.

Soon Miss Bea had a sparkle in her eye, a shine in her coat, and a spring in her step. Her rescuers were prepared to be patient, as senior dogs often must wait a long time for their new families to find them. But then a message arrived from Anna and Tami, inquiring about Miss Bea. Here's the rest of the story:

We found Miss Bea through Kristin Finstad at Cascade Park Animal Hospital. We lost our beloved 11-year-old chocolate lab in early July of this year. After we lost Houston, we knew pretty quickly that we wanted to adopt another dog, and a senior dog in honor of Houston. We contacted Kristin, who had worked with



MISS BEA WITH HER FAVORITE TOY AND WITH HER NEW SISTER BELLA

Houston, and in a few short weeks, she let us know about Miss Bea, with whom she had been working. We took one look at her picture, and were in love. After a few conversations with My Way Home Dog Rescue about whether we'd be a good fit, we met her and that's all it took.

We've had Miss Bea for a few months, and she's amazing. After taking care of a few medical issues, she has been raring to go. She goes ripping after other dogs at the dog park, loves doggy daycare, and has a huge personality. She's also become a fan of snuggling with us on the couch.

She and her sister Bella love each other. Miss Bea gives Bella a little face bath every morning as they snuggle together on the bed. She has her favorite toys—a teddy bear she likes to take to bed with her and a dog-like thing that she likes to nibble on (the one in the picture!). We are so in love with her and can't imagine what it was like before she was a part of our lives. We're so lucky, and owe a huge thanks to My Way Home Dog Rescue for taking her in and taking such good care of her while searching for her forever home.

— Anna Joyce and Tami Parr

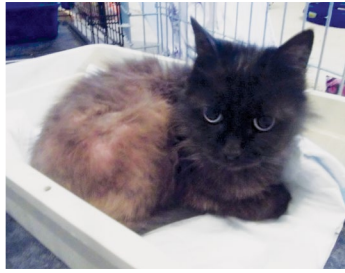
My Way Home is dedicated to helping senior dogs like Miss Bea. If you can help us by fostering a dog, we'd love to hear from you. More foster families mean more dogs saved. Thank you!

Matilda

Almost seven years ago, our volunteer Nancy Chavez noticed a bedraggled little cat in her neighborhood. The cat lived with an elderly lady who wasn't able to take care of her very well, but wasn't willing to give her up to a new home. She did allow us to have the cat examined by our vet, who determined that Matilda had a very severe allergy to flea bites, which had caused most of her hair to fall out. Her body was covered in scabs, and the itching was so intense, we could see her skin twitching under what little fur was left.

We provided flea treatment and anti-inflammatory medication but it was only a temporary fix. Nancy monitored the situation and continued to offer help, but Matilda's owner would not allow it. Sadly, the lady died several years ago and her family members agreed that Matilda would be better off with ARCF. We immediately began intensive treatment to relieve her symptoms and rid her of fleas permanently.

Matilda was feeling pretty miserable and she wasn't the easiest cat to be around. It took months to calm the inflammation in her skin, then her fur began to grow back and she became a beautiful girl with a thick, shiny coat. Middle-aged black cats are not at the top of the hit parade for cat



MATILDA AFTER RESCUE

adopters, and Matilda was rather picky about her choice of companions. She didn't like any other cats, and she wasn't all that crazy about most people. But we knew the right person would come along, and we were prepared to wait as long as necessary.

After two years in a foster home, we began to consider Matilda a "permanent foster" until we received a message from Mary Welch. She was determined that Matilda was going to be her girl so we set up a meeting, but didn't let our hopes get too high. We shouldn't have worried. Here's an update from Mary:

Every cat I have ever adopted has been very special to me. Matilda is no exception! She came into my life at a time when I was going through a lot of transitions. I had just lost my precious cat, Bubbles, after 16 years. I knew I could never replace her, but Matilda has managed to fill a huge space in my heart.



IN HER NEW HOME

The first time I went to meet Matilda (or Tilly, as we call her), I knew right away I wanted her to be mine! After I brought her home she was scared and unsure, but within days she had the run of the house. Once my boyfriend got used to her, he fell in love with her right away, too. Sometimes I think she might like him even better than me!

Tilly loves to play and especially loves to crawl all over us and get her special attention at night. She loves to run through her kitty tunnel and scratch away at her post, and she loves to jump up and drink out of my water glass. She also sleeps at the end of the bed and is sure to wake us up with kisses each morning. Having Tilly in the house is like getting a special present every time I walk in the door. She loves having so much free space to run around and especially loves being the queen of the house.

It's only been a few months, but Matilda seems like she is right at home. I can't imagine not having her around and love to spoil her with treats and attention. Thanks to ARCF, and Carlos and Nancy for bringing this beautiful loving kitty into our lives!

— Mary & Dave

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SUCCESS STORIES

Callie & Connor

Because of the lack of services for cats in Clackamas County, we receive many requests from that area for help with TNR (trap-neuter-return) of community cat colonies. The first step is to capture all kittens, so they can be socialized and placed as indoor-only pets.

Callie and Connor came from one of those colonies. They had never been handled, and were very frightened as they arrived at Jen and Roger's house for kitten boot camp. Jen reported that Connor mustered up one little hiss on the first day, but by the end of the week, they were both purring and asking to be held and cuddled.

We receive many adoption applications for baby kittens and it takes some time to interview each applicant to determine the best possible match. We are looking for families who understand that adopting kittens means a 20-year commitment to these new family members.

Nancy and her husband were looking for a pair of kittens to add to their family, which includes a six-year-old dog. Jen and Roger's home also includes a cat-friendly dog, so we all agreed this sounded like a pretty good match.

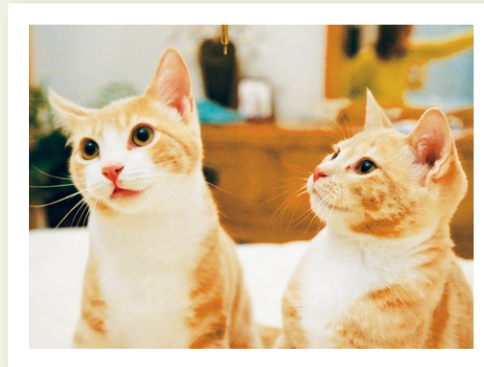
Nancy recently sent us this update:

We've had a houseful of guests and it has been so busy here! Callie has been hiding out in our bedroom during the hubbub, but Connor is braver and comes out more frequently. They both are learning to expand their horizons a bit socially, especially Connor. He is such a character, so funny and such an acrobat! Callie is a little princess and so, so sweet. They have made themselves at home and get along really well with our dog, Molly. They are growing so fast!

We were looking for a pair of kittens and planned to visit a shelter when a friend highly recommended ARCF as an alternative. She referred me to your website where I filled out the application and in less than two weeks had been matched with our kittens. The process was so simple and we really appreciated the homecoming kit with the carriers, toys, food, and litter box. We bought another box so they have one upstairs and one down.

Thank you again for all your efforts to help us find our babies.

— Nancy Harp



TOP: CALLIE (L) & CONNOR AFTER RESCUE
ABOVE: IN THEIR NEW HOME

ANIMAL PLACEMENTS

September-October-November: we placed 13 cats in loving, responsible homes. Major expenses were:

Veterinary Fees: \$5,907.67*
Advertising \$0
Education/Outreach: \$752.43
Food/Supplies: \$1,409.57
Newsletter: \$1,482.00

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

AnimalTalk

ANIMAL TALK is a quarterly newsletter published by Animal Rescue & Care Fund, Inc., and printed by Natural Press in Portland.

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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Carma Crimins

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Animal Rescue & Care Fund, Inc., is a private, non-profit, tax-exempt corporation funded solely by private donations. A board of directors makes decisions on policy and activities. All funds are used exclusively for veterinary care, food, and publishing the quarterly newsletter, *Animal Talk*. Volunteers provide good temporary homes until the animals are placed in responsible, permanent homes.

How to Help Your Too-Fat Cat

By Amelie Hatfield, DVM

When I met Jeffrey, he weighed 17 pounds and had a jungle pouch that he liked to show the world. When he strode across the room, that pouch swung to and fro like a gelatinous pendulum, and when he rolled onto his back, he loved to ooze his extra inches sexily onto his owner's lap. We could call Jeffrey "Everycat" in that he represents a cat we all have lived with at some point in time: the overweight, carbohydrate-addicted, indoor-only cat.

One of my own cats, Frankie, looks a lot like Jeffrey. They are both neutered, large boned, indoor-only males. I've had innocently deluded clients refer to these cats as "muscular" and "meaty" when in fact they are overweight. I myself often refer to them as "robust," which is a nice way to soften what I say next: it's time to calculate an accurate calorie intake and talk about how to help your cat lose weight.

Cats are obligate carnivores and have little use for carbohydrates. Feral cats that hunt and aren't fed by humans eat very few carbohydrates. The biologically natural meal for the feline is high in protein (lots of muscle and organ meat), high in moisture, variable in minerals (calcium and phosphorus are acquired from crunching raw bones), and low in carbs (only what happens to be in the GI tract of the prey).

The feline's ability to process carbohydrates has not kept pace with the pet food industry. Over the last several decades, for purposes of cost-effectiveness, convenience, and availability, dry carbohydrate-based feline diets were developed, but the feline is not very well-adapted to use them. The cat is unable to store large quantities of glycogen in the liver, so carbohydrates are quickly converted to fat. Combine with that the extreme caloric-density of dry diets (many premium brands are 400-500 calories per cup), made readily available in a bowl, and readily eaten by the bored cat, and suddenly you have a Jeffrey or a Frankie.

Anyone who has ever tried to get a heavy cat to lose weight knows they'd have an easier time walking a walrus on a

leash. But there is a very effective way to diet overweight cats: the canned food diet. Cats are your ultimate "Atkins dieters," and canned food is your ultimate high protein, low carbohydrate diet. Your vet can quickly calculate a calorie intake appropriate for your cat's ideal weight, and then subtract about 20% of that total to compensate for both neutering and a sedentary lifestyle.

Breaking the total recommended calorie intake into two to three meals a day is a good way to monitor exactly what is and what is not being eaten. Some cats refuse to eat canned foods, and there is an excellent website describing how to slowly transition from kibble to canned (Dr. Pierson's www.catinfo.org). Also, we do not "crash diet" cats or allow them to go hungry—this is very

dangerous and can lead to serious liver complications. Your vet will help you understand exactly how to undertake a feline weight loss challenge.

Jeffrey's owners were committed to his weight loss. They understood that complications of obesity can include diabetes mellitus, arthritis, urinary disorders, constipation, anal gland impaction, and genital soiling issues. Over the course of six months, they fed Jeffrey three canned meals a day of about 3 oz. per meal, plus a very restricted number of dry dental treats. He ate 250-260 calories per day, with some meals served in a timed feeder for convenience.

Jeffrey accomplished exactly 1.5 pounds of weight loss in six months, which was about 9% of his total body weight! While this might sound like a modest change, this is considered highly successful in the feline world.

I envy Jeffrey's success. My own cat Frankie remains overweight despite my vigilance, mainly because after ten years of carb addiction, he will not eat a significant amount of canned food. For those of you with cats like Frankie, I recommend Royal Canin Calorie Control Hi Protein. With measured feedings, I've kept his weight fairly stable.

Dr. Hatfield is on the staff at Cat Hospital of Portland, 503-235-7005, Portlandcats.com.



FRANKIE

IN MEMORIAM



TINKER

Tinker was the head girl here at ARCF World HQ for almost 12 years. It's because of Tinker and her littermates Evers and Chance that I connected with ARCF and the headquarters eventually

came to my house. They were rescued by our friend Jim Sutherland, who had no idea what to do with three feral kittens after their mother had been hit by a car on the street in front of his house. They were stunningly beautiful but wild; never touched by human hands and approaching six months of age. Without some intervention, there would soon be many more unwanted kittens living out on the street.

Coincidence brought Jim in contact with me and, not knowing any better, I agreed to spend a little time getting them socialized and then find new homes. Beautiful young cats—who wouldn't want to adopt them? First stop was the vet for fixing, and then home to my spare bathroom to recover. Imagine my surprise when I opened the carriers and two of them immediately scaled the walls, one to perch on top of the showerhead and the other to hang from the ceiling light fixture, absolutely paralyzed with terror. The third plastered himself to the back of the carrier, clearly doing his best to become invisible.

I backed out of the room, adjusted my expectations, and did some reading on feral cat socializing. I bought a lot of Gerber meat baby food (irresistible taming tool), and spent many hours on the bathroom floor, reading *Time* magazine in what I hoped was a calming voice to three very bewildered kittens, and luring them to me with toys and treats.

Progress at first was slow but steady. Tinker always made the rules; when she decided it was time to break down a barrier, the others followed suit. First a touch on the nose while eating, then "accidentally" brushing against a leg while chasing a toy, eventually a tail going up in the air when being combed. Before long they had the run of the house and even enjoyed meeting new people.

Evers and Chance eventually went on to their new homes, but Tinker stayed here to supervise operations and keep us all on our toes. She was brilliant, beautiful, and strong-willed, but she could not conquer cancer. Her loss leaves her tribe without their leader and she can never be replaced.

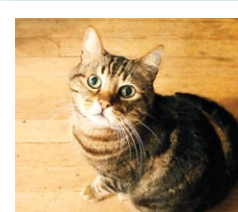


BAXTER

Lorraine Jones' cat **Baxter** was remembered with donations from her dear friends Lori Hachiya and Marion Craig. Baxter was rescued by ARCF then adopted and returned twice, through no fault of his own.

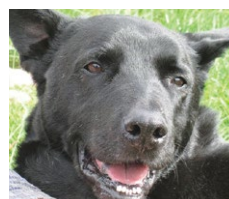
Lorraine's was the fourth foster home for Baxter, and soon she determined to adopt him herself—no more bouncing from pillar to post. He spent the last years of his life in a place of honor, surrounded by love. His large gray presence will be deeply missed.

Roberta Ruble lost her adored brown tabby cat **Rocky** to cancer, 616 days after he received a prognosis of 30 days at best. Shortly after Rocky became ill, Roberta received her own cancer diagnosis. They supported



ROCKY

each other through many months of treatment, trials, and tribulations. Roberta survived her ordeal, but just a few months after her treatment was completed, Rocky lost his battle. No cat was more loved than Rocky, and Roberta has a special place in her heart where he will live forever.



PORTER

Cheryl Yoshioka was heartbroken at the loss of her beloved **Porter**, the dog who inspired her to found My Way Home Dog Rescue. Porter (aka "Po", aka "Porter Roy Pants") was a big black dog who

languished at a shelter for far too long before he met Cheryl and decided to claim her. He barely made it to his new home before he panicked and went missing for 12 of the most miserable days of Cheryl's life. But there was a happy reunion, and Porter never left her side again. Porter is deeply missed by his human and canine family, and many others who had the good fortune to make his acquaintance.

THINGS WE LIKE

As we wrap up another year, it's time for the ARCF Board of Directors to recognize those who do the challenging and rewarding work of this rescue.

Most of our time and resources are spent helping cats in the community who have no other options, and that requires a team of resourceful cat wranglers and kitten tamers.

Courtney Argo, Eric Phelps, and Lori Sharp are world-class trappers, and we are lucky to have them on our team. Lori is also our champion kitten tamer, and she has carefully trained her husband **Paul** to be her very capable assistant. **Jen Hansen & Roger Anderson** have also become kitten boot camp experts, with lots of pro tips from Lori. **Val Walker** has been a dedicated member of our team, and is now enjoying a well-deserved semi-retirement. Many hundreds of formerly feral kittens have these few people to thank for the happy, healthy lives they are living as pampered pets.

We are deeply grateful to our foster home volunteers. **Anne Malinowski, Janice LaJoie, Sally McKendrick, Carlos & Nancy Chavez, and Gloria Garbutt** open their hearts and homes to cats who need time and space to heal,

rest, and wait for their forever families to find them.

Some of the feral cats we trap and neuter can't be returned to their homes for various reasons. **Wilma Perez-Leon** helps us by caring for those cats while we work on finding safe homes where they can live out their lives. She also cares for feral momcats with newborn kittens that no one else is able to handle.

Chances are good that **Debbie Norr** had a part in getting this newsletter into your hands. In addition to delivering copies throughout SE Portland, she helps stuff, sort, and label the 1000+ copies that go in the mail. Our other "paper route" volunteers are **Marian Kerr, Sally Needham, Susan Phipps, Nancy Schroeter, and Roz Simon.**

Chrisi Badrick handles our finances, keeping track of our donations, bills, investments, and more. Our outreach coordinator is **Kirk Kiggins.** **Marian Massey** writes the beautiful thank you notes our donors receive. **Leah Goodman** maintains our website and puts her sharp proofreader's pencil to work keeping our newsletter free of errors.

We have a number of special needs animals who will spend their lives in our care. Thanks to **Lorraine Jones, Erin Bergstrom, and Olga & Barnaby Tuttle** who care for these "permanent fosters."

We rely on **Cheryl Yoshioka** and the other volunteers at **My Way Home Dog Rescue**, for expert advice on all matters dog-related. We also appreciate their inclusion of our adoptable cats in their monthly email newsletter.

Our friends at **Furever Pets** support us with food drives and donations, our monthly outreach location, and a prime spot at the Broadway Street Fair.

We also depend on these excellent veterinarians who support our work: **Cat Hospital of Portland, Feral Cat Coalition of Oregon, Hayden Meadows Pet Clinic, and VCA North Portland Veterinary Hospital.**

Allergy & Dermatology Veterinary Referral Center and **VCA Southeast Portland Veterinary Hospital** each helped us with a special situation this year.

And finally we extend our deepest gratitude to our generous and compassionate donors who support the work of these dedicated volunteers.

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.

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