

## Harvey

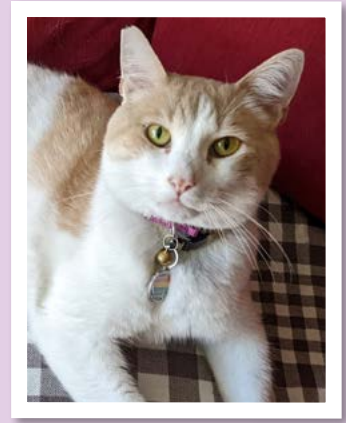
If we gave an award for “Most Agreeable Cat,” Harvey would take home the trophy. His first few years were rough but once in our rescue, Harvey commenced winning over hearts and minds and never looked back.

Harvey is an extrovert—he would have made a great salesman, bartender, or career counselor; he’s empathic and affectionate. He can be carried around like a baby, and he loves lap time, but needs a substantial lap—Harvey is a big boy. In fact, he’s a little too big for optimum long-term health (see page 7 for more about this important topic!) but his foster family is supporting his weight loss journey with good nutrition and exercise and Harvey’s doing very well on his weight loss plan.

Harvey has lived happily with other cats, but what he really likes is hanging out with his people. He enjoys play time and has some preferred toys, but he’s more of a couch spud than a jock. We think he could also live with a respectful dog who understands that Harvey will always be the boss.

We estimate Harvey’s age at five to seven years. He’s in excellent health, has no bad habits, and no special needs other than the high-quality diet we recommend for all our rescued cats.

Harvey has been neutered, is up-to-date on vaccines, and tested negative for FeLV/FIV. The adoption fee is \$100. To learn more about any of our cats available for adoption, please call 503-402-8692, email [arcf@pdx-petadoption.org](mailto:arcf@pdx-petadoption.org), or visit [pdx-petadoption.org](http://pdx-petadoption.org).



## Birdie & Cinnamon

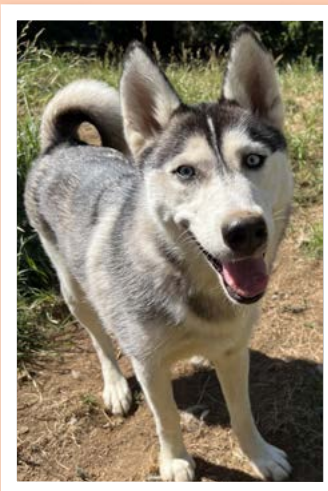
Birdie and Cinnamon are each available for adoption separately, even though they are very similar in background and personality, not to mention their stunning Husky good looks! Birdie is black and gray while Cinnamon is—you guessed it!—the redhead.

As with all Husky-type dogs, these girls need room to run, and because they may do some of their famous vocalizing from time to time, their new home must

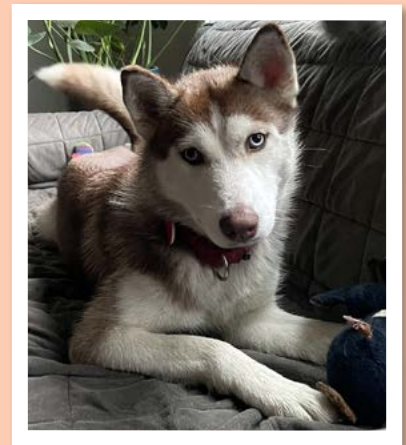
have a securely fenced yard and no shared walls. Both love playing with dog friends at their foster homes so their perfect families will include another energetic dog to share rasslin’ matches and yard zoomies. They are both good around kids above the age of eight, but no cats—chasing small animals is just way too tempting.

Birdie and Cinnamon are smart, friendly, and goofy. Like all dogs, they will benefit from a structured routine and continued training from their new people. In return, they will provide plenty of laughs and undying devotion. Both of these pups are about one year old and 55 lbs. They are house- and crate-trained and walk well on leash.

They have been spayed, vaccinated, heartworm-tested, microchipped, dewormed, and are current on flea control. The adoption fee is \$400 each. Birdie is in the Portland, Oregon area and Cinnamon is located in Olympia, Washington. If you are interested in knowing more about Birdie or Cinnamon, please visit [mywayhomedogrescue.org](http://mywayhomedogrescue.org) and complete the adoption application online.



**BIRDIE**



**CINNAMON**

## FROM THE PRESIDENT'S DESK

It has been a long, hot summer and we are ready to say goodbye to these 90-degree days and welcome the rains of fall. It's hard on all living things to go so long without a break to cool off and replenish, but we'll have to adapt and adjust, and help our animal friends do the same. While we keep our eye on the big picture and plan for the future, the daily demands for our help continue to grow.

Just after July 4th we were contacted about a feral momcat with newborns in a shed, which was scheduled for demolition the next day. Our volunteer Bonnie quickly trapped the little family and brought them to safety. They became the "W" litter, including little **Walter**, who somehow lost a front leg shortly after his birth. But he's fine now and will be available for adoption soon. Momma was spayed and returned to her home, where she now has safe shelter, food, and water, provided by a dedicated caregiver.

Soon after that, we were asked to take another feral mom with her five babies, and they became the "Y" litter (sometimes we skip "X"—there are only so many of those names). Their momma has also been spayed and returned to her caregivers.

It's difficult for some pet owners to understand how others can develop such strong attachments to "community cats"—those living outdoors with no interest in close contact with humans, and especially not in joining them to live indoors. Stan and Annie know about this bond: a very skittish cat appeared on their porch, and after two years of providing food and water every day, **Cookie** was still very wary and would run if they moved to approach her. Her right ear was tipped, meaning she had been spayed by a clinic serving stray and feral cats.

Recently a bump on Cookie's face began growing red and raw and it became clear that she needed medical attention. With no way to touch her, our help was requested, and using a drop trap and transfer technique, Stan was able to take Cookie to an emergency vet. Sadly, the diagnosis was an inoperable tumor so she was humanely euthanized. It was a heartbreaking outcome, but much preferable to the

prolonged suffering that would have resulted otherwise.

In other sad news, we recently lost a good friend, former volunteer, dedicated cat daddy, and all-around good human when **Dave Mays** lost his battle with the multiple maladies trying to bring him down for many years. When we first met Dave more than 15 years ago, he was already in remission from the first "terminal" cancer. He was left too disabled to

work at a regular job but he had time and energy to volunteer and chose ARCF to benefit from his love of cats—and kittens! Dave was a wizard at fostering rescued kittens, and he was the first in our group to place an entire litter of four kittens with one family. He continued to foster until a couple of years ago when he adopted his soul mate Harvey. Sadly, no friends or family members were able to take this amazing cat, so he came back to us and is available for adoption again (see page one!).

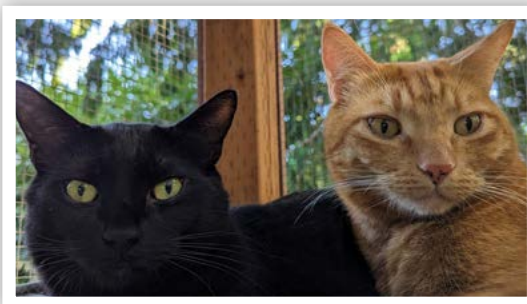
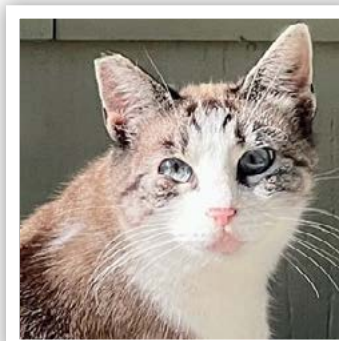
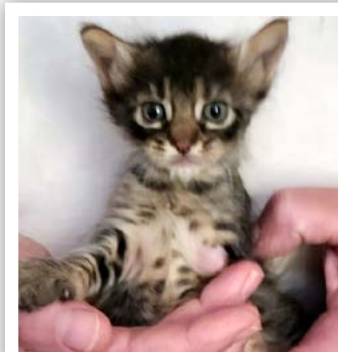
Two other cats were recently returned to us, but for different reasons. **Midnight and Ginger** were adopted five years ago as kittens, and a few months ago we were told by the family that the cats could no longer stay in the home. The situation wasn't fully explained, but it seems the cats had become fearful of some family members, and a new puppy had stressed them out further. It would have been helpful to know about

these issues earlier, when they might have been solvable, but we never argue or refuse—all ARCF kitties are welcomed back, no matter when they were adopted. Fortunately, a foster home with very patient volunteers helped Midnight and Ginger recover from the trauma of losing their previous home. We know a true forever home is in store for these sweet, shy boys. Stay tuned for updates!

Thank you for reading our newsletter. Please adopt, volunteer, and donate, if you can. Your support makes our work possible.

Be careful, be well, and please be kind to all creatures. Happy Fall!

—Carma Crimins, President



FROM TOP LEFT: WALTER; "Y" LITTER; DAVE MAYS; COOKIE; MIDNIGHT & GINGER



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.

## MY WAY HOME DOG RESCUE

FOR MORE INFORMATION:  
[mywayhomedogrescue.org](http://mywayhomedogrescue.org)  
503-974-4944

### Stella

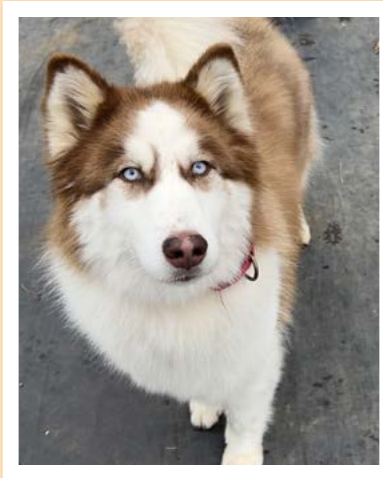
The dramatic increase in the number of dog adoptions in 2020 lifted the hearts of shelter staff and volunteer rescuers across the country. People who couldn't leave the house were bored and wanted company. For once, there seemed to be more potential adopters than adoptable dogs. When the pandemic subsided and the world opened up again, many of those dogs lost their position as valued companions. The shelters filled up again with returned pets in addition to the constant flow of abandoned animals, especially in rural areas.

Stella was one of those abandoned pets when she was found roaming the streets of Bakersfield, California. The public shelter there is overloaded with animals and underfunded in the best of times, and the number of potential adopters is distressingly low.



FIRST DAY AT THE SHELTER

Cheryl at My Way Home Dog Rescue has a soft spot for Husky-type dogs. She worked with the shelter to



IN HER FOSTER HOME

arrange a life-saving trip to Oregon for Stella and a few others.

Lisa and Bradley had a Husky named Max, an elderly lab named Zoey, and two cats. After Zoey passed away, Lisa and Bradley started looking for a lively companion for Max. With the help of their daughter, Autumn, they found My Way Home and completed the application to adopt Stella.

A meeting was quickly arranged and Stella began working her charm. "She was so cute and lovable!" says Lisa. "Stella came right up to greet us, and Max loved her instantly. They started playing immediately and didn't stop for an hour."

Stella has been in her new home for a few months, and her presence has brought balance to the whole family.

"She's been the best thing for Max," reports Lisa. "We weren't sure if he would be jealous of another dog, because he was so needy. He never left us alone. Now that he has Stella for companionship, Max isn't constantly begging us for attention, so we get a break. And when they are done with the Husky crazies, they both join us on the couch or in bed at night."

Max and Stella go for walks together every day, always side-by-side. Like most Huskies at home, they are either going full blast, zooming around the yard, or totally exhausted in a heap. Stella and Max also attend doggie day care once a week, where they are everyone's favorite couple.

"We couldn't be happier," says Lisa. "Stella is perfect for us."



WITH NEW MOM, DAD, AND BROTHER MAX

My Way Home Dog Rescue saves dogs from high-kill shelters, providing all necessary medical care and home-based fostering. These dogs often have long-neglected chronic conditions. Returning them to good health takes a commitment to providing as much care as each one needs. If you'd like to foster, adopt, or donate towards the care of a rescued dog, please contact [mywayhomedogrescue@gmail.com](mailto:mywayhomedogrescue@gmail.com).

**Marigold and the Seven Little Ms**

*In early March, ARCF received a message from a family in a far corner of our state—the town of Nyssa, Oregon. A momcat and her young babies appeared in their barn and needed help. Fortunately, we had space in a foster home and their rescuer was willing to make the 7-hour drive to deliver them to us. Marigold arrived with her seven babies: Magpie, Midge, Meatball, Moose, Moby, Mulberry, and Magnolia.*



**THE M FAMILY**

*Around the time the M litter was ready for adoption, we got a call from a previous adopter who found a scared and scruffy orange kitten at a busy construction site with no homes nearby. After several weeks attempting to locate an owner, we named him Obie and introduced him to the Ms. We always place our kittens in pairs, and Magnolia quickly welcomed Obie to the gang and became his BFF, so everything came out even.*

*Marigold was a loving momma, but once she weaned her kittens she was delighted to move to her own place, regain her girlish figure, and start enjoying an empty nest life. Several of our volunteers were traveling on their summer vacations, so Marigold moved between foster homes a bit more than usual. She is so charming and confident, she only needs a*

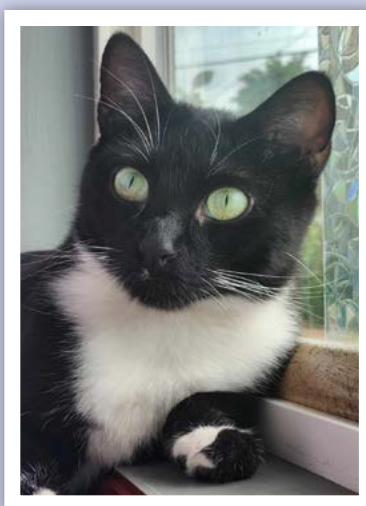
*moment to unpack and look around before she begins making friends and influencing people in any new space.*

*Liliana and her family of five humans and three cats were looking for a young frisky companion for their youngest cat—the older two felines were just not into his high-energy play style. As can be expected when working with animals, it didn't turn out quite as planned, but things are going well.*

Marigold quickly acclimated to her new home and family. She immediately introduced herself to all the humans in the family and became best friends with Tom, our gray tuxedo. She enjoys looking out the windows, always ready for playtime. We continue to encourage the relationship between Marigold and Cricket, our baby—but he's still a little jealous. She has gained some needed weight and loves to show her belly when posing for photos. We recently got a tunnel-tent for the kitties and Marigold loves playing in it.

We are so happy to have Marigold in our family!

**—Liliana, Jeff, & the kitties**



**MARIGOLD**

**Nayla & Daisy**

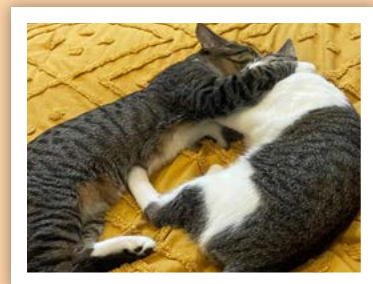
(formerly Midge & Magpie)

The “M” kittens have been an absolute blessing to us. Our family needed some positive vibes, extra love, and snuggle buddies, and they are giving us just that.



**GETTING ACQUAINTED**

These sisters are a blast! They play, run, and wrestle and it's hysterical to watch them. Nayla is my son Christopher's and Daisy is my daughter Lillian's. They refer to them as their babies and to me as their grandma. It's really sweet. They take turns feeding them each morning and night and cleaning up after them. There is often a debate on who gets to sleep with them because the kitties like to sleep together.



**SISTER NAPTIME**

Thank you for allowing us to adopt them, we really love them, and they are the best addition to our family.

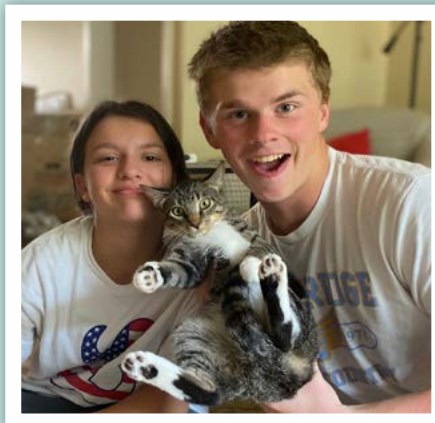
**—Laura, Christopher, Andrew, Lillian, Nayla, Daisy, PeanutButter (12-year-old pup) and Cali (4-year-old pup)**



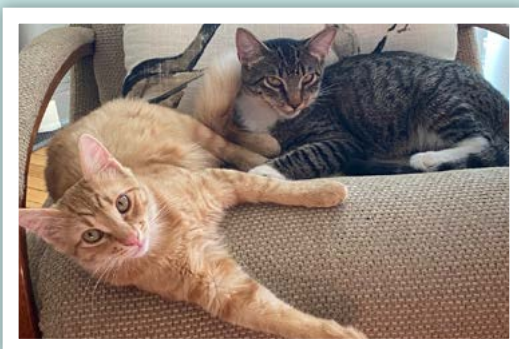
## Woody & Shadow (formerly Obie & Magnolia)

Woody and Shadow are the BEST! Toy Story was my son's favorite movie when he was little, and Obie was kind of like Woody—a little stiff when people were around but then has a burst of energy when it's just him and Shadow. Her name is perfect because she is always following us around and getting underfoot.

They had a very eventful first month because we unexpectedly had to move, but they were a great help by hiding in every box! They love the new house because it is full of huge windows where they nap, chase squirrels from window to window in the front, and bunnies from window to window in the back. They love chasing each other up



SHADOW WITH HER SIBLINGS ELLIE & TRIP



WOODY & SHADOW

(completely unlike his human brother). Both like to snuggle and watch movies and baseball with Mom, but Woody gets a bit overinvolved in the action!

They are both such loves, we are super happy!

—Mary-Beth Baptista, Trip & Ellie

## Spaghetti (formerly Moby) & Meatball

The boys have been a wonderful addition to our family! Watching them grow and settle in over the past few months has been so special. When they aren't busy cuddling with the family, they spend their time playing fetch with sparkle ball, "helping" out around the house, and with lots of play wrestling.



SPAGHETTI (LEFT) & MEATBALL

—Meaghan & Jordan Schneider

## Mew-Mew & Ragnar

(formerly Mulberry & Moose)

Mew-Mew and Ragnar have been with us for three months now. They made themselves at home rather quickly and now have the run of the house. They're enamored with their older feline brother Floof and are determined to make him their best friend. Floof has been incredibly patient and will play for short spurts but has found some creative hiding spots to get peace away from them.

Mew-Mew is the most loving, cuddly cat I have ever met. He loves being held and carried around the house and will wrap his little paws around my neck and give me hugs. He loves everyone he meets.



MEW-MEW (LEFT) & RAGNAR

Ragnar is our smart yet devious cat. He comes up with some "genius" ideas on how he and Mew-Mew can get into things they shouldn't. He seems to have never-ending energy but is so sweet and cuddly when he finally gets tired.

We are so lucky to have these two as part of our family. We love them so much.

—Lindsay & Shawn Sapriken

## SUCCESS STORIES

### ANIMAL PLACEMENTS

June-July-August: We rescued and cared for 24 cats and kittens, including veterinary exams, hospital care, vaccines, spay/neuter surgery, microchipping and more. We placed 17 cats and kittens in loving, responsible homes.

Major expenses for the quarter were:

**Veterinary:** \$4,355.68

**Food/Supplies/Direct Assistance:** \$2,969.52

**Newsletter:** \$3,110.02

## AnimalTalk

**ANIMAL TALK** is a quarterly newsletter published by Animal Rescue & Care Fund.

**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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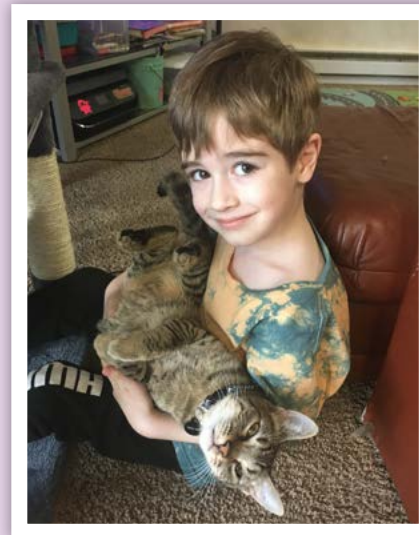
Animal Rescue & Care Fund is a private, non-profit, tax-exempt corporation funded solely by private donations. We are a 501(c)(3) organization so all donations are tax deductible. Our tax ID is 51-0137768. A board of directors makes decisions on policy and activities. All funds are used to support our programs, including publishing this quarterly newsletter.

### Gina & Jerry

(formerly Geraldine)

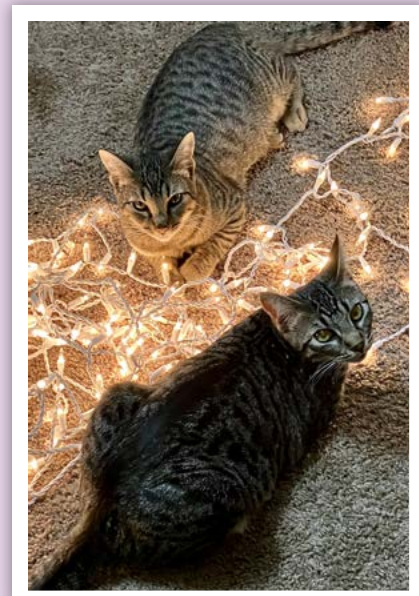
*Last fall we helped with a big trap-neuter-return (TNR) project for more than 35 cats and kittens. Gina and Geraldine were two of the nine kittens rescued from that location. Ashley and Nicholas had recently lost their beloved cat at age 19 and were ready to add some kitten energy to their family. We weren't sure how the kittens would react to the young son in the family but we were hopeful and the meeting went well. We recently checked in for an update.*

Things are wonderful! They're getting bigger, developing their personalities, and have fit perfectly into our family like pieces of a puzzle. Geraldine (we call her Jerry) is our 4-year-old son's best friend. He's learned how to carry her on her back with both hands and does just that all the time, as she purrs away. She sits on his lap when we watch movies and has started playing fetch with my hair ties.



**JERRY & FRIEND**

Her sister Gina plays fetch as well and is probably the most agile cat I've seen—she'll jump four feet in the air to catch her "bird" (her favorite feathered toy). She never turns down an opportunity to rest, though, and



**JERRY (TOP) & GINA**

loves to hang out in the cat tree with Jerry when they're not zooming around the house together.

It took a little time for Gina to warm up to our son. She avoided him for about a month (he's a boisterous kiddo). But we taught him to throw the bird, pet her gently when she returns it, and that she doesn't like fast actions or loud noises. They eventually bonded through play and now she'll rub against his leg before he goes to school in the mornings.

They both sleep on either our bed or our son's, sit on chairs next to me while I paint during the day, and vocalize to give us cues when they're ready for a round of fetch.

We love these two girls with all our hearts, and we're so lucky to have crossed paths with them and been able to bring them into our lives.

Thank you for helping us all find each other!

Much love,

—Ashley, Nicholas, and Charles Anderson



## Pet Obesity Epidemic

Obesity is now the most common preventable disease experienced by pets in the United States. Recent studies show approximately 60% of dogs and cats in the U.S. are classified as obese or overweight, making obesity truly an epidemic. By contrast, only 40 – 45% of dog and cat owners think their pet is overweight. Overweight pets are so common that an overweight body condition seems normal now.

But this disturbing trend of obesity in pets directly impacts their lifespan and quality of life. Obesity is associated with joint problems and arthritis, respiratory difficulties, and a decreased life span. In addition, obesity increases the risk that your pet could develop another serious medical condition, like:

- Diabetes
- Joint problems
- Skin infections
- High blood pressure
- Chronic inflammation
- Kidney dysfunction
- Respiratory disorders
- Metabolic and endocrine diseases
- Various cancers

Fortunately, obesity is a preventable and treatable disease; in fact, weight loss alone may reverse some of these conditions, even without medication. Obesity is one of the few conditions that we as owners have a measure of control over.

### HOW TO TELL IF YOUR PET IS OVERWEIGHT

Many people are familiar with the Body Mass Index (BMI) as a measurement to identify ideal weight in humans. The pet version of this scale is called the Body Condition Score (BCS). Two BCS scales are predominantly used by vets, one ranging from 1 – 5 and the other from 1 – 9.

Assigning a BCS score requires you to do look at and feel your pet to make a good assessment. Start by looking at your cat or dog from above. Does she have a waist that curves in behind the rib cage, giving her an hourglass figure? Next, look at your pet from the side. Does he have a tummy tuck? Does his abdomen slant upwards between the



ribcage and the hind legs? Or does he have a saggy belly?

Now for feeling your cat's condition. If your pet is a healthy weight, you should easily feel his ribs. Place your thumbs on his backbone and spread your fingers across his rib cage. You should feel a thin layer of fat with the ribs right underneath.

A pet with an ideal BCS of 3/5 or 4 – 5/9 will have ribs that are easy to feel without applying any pressure with your fingers. Obese pets with a BCS of 5/5 or 9/9 have ribs covered by a thick layer of fat that makes them hard to see or feel.

Run your hands over your pet's rump to feel the pelvic bones and pet him from neck to tail to feel the backbone. Both areas should have a minimal fat layer, allowing you to feel bone without pressing hard.

### WHY OBESITY IS HARD ON YOUR PET

Here are some of the problems obese pets contend with when not enjoying all their meals.

#### **Arthritis**

Overweight pets have unneeded stress on joints. This extra stress leads to the progression of joint degeneration and your pet can experience significant pain as a result. The problem gets worse when joint pain leads to reduced mobility, which in turn leads to greater obesity. Weight management alone can decrease and even eliminate the need for arthritis medications.

#### **Respiratory Difficulties**

Obesity leads pets to develop a layer of fat that can constrict the chest. This makes your pet less able to take deep breaths; when their lungs cannot

fully inflate, you may notice your pet coughing.

#### **Diabetes**

Extra body fat leads to insulin resistance in pets, especially in cats, just as it does in humans. Weight management directly correlates to the risk of developing diabetes.

#### **Increased Surgical/Anesthetic Risk**

Obesity makes anesthetic drug-dosing less accurate. This makes routine procedures, like teeth-cleaning, much riskier for your pet.

### HOW DID MY PET GET THIS WAY?

Sometimes we don't realize just how overweight our pet is until we get to the vet and see them on the scale. Here are some of the common causes of weight gain and obesity in our furry friends.

#### **Metabolism**

Like humans, some pets do not burn calories efficiently. This might be genetic or the result of a disease such as hypothyroidism or Cushing's disease. Ask your vet if it would be helpful to test for these health problems to understand what's going on with your pet and provide the best treatment.

#### **Treats**

Many of us show love or underscore training routines by giving treats, which are often high in calories. Just a few treats can add an extra meal to your pet's diet each day.

#### **Free Feeding**

Free feeding dry food encourages pets to graze throughout the day and reduces your control of how much your pet eats at each sitting.

Continued on page 8

## WHAT YOU CAN DO

As with humans, a structured approach to weight loss seems to work best for pets.

### 1. Check for Other Health Conditions

Be sure to rule out health issues that might specifically cause obesity as an initial step.

### 2. Determine Body Condition & Ideal Weight

Determine the ideal weight for your pet in partnership with your vet.

### 3. Assess Current Food Intake & Adjust Accordingly

Look at what your pet eats, how much they receive, how often they eat, and the number of treats or extra food they get.

If you free feed your pet, start feeding them discrete meals and spreading their total daily ration over 2-3 meals per day.

Eliminate treats and table scraps and consider switching to a weight-loss diet specifically formulated to reduce caloric intake while providing all the nutrients your pet needs.

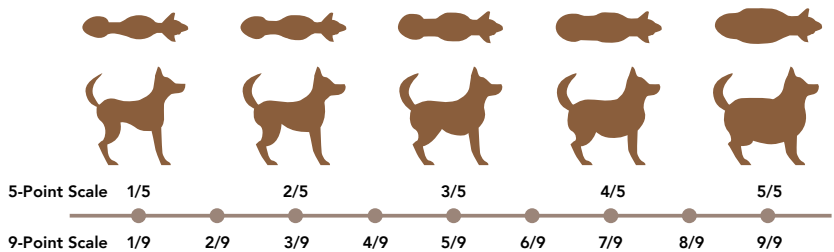
### 4. Use a Measuring Cup

When food packages refer to cups of kibble, they mean an actual measuring cup. This may seem obvious, but many mugs, coffee cups, and other scooping cups hold more than one cup of food so you may be giving larger portions than you think.

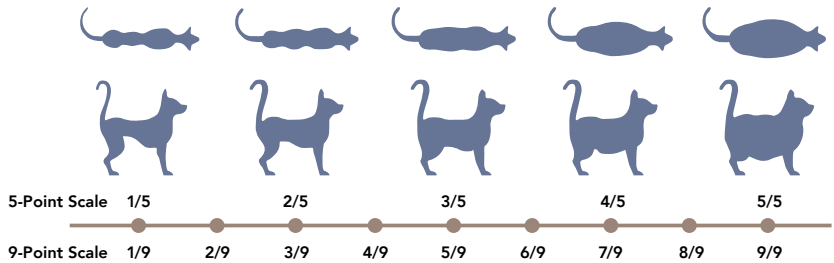
### 5. Encourage More Exercise

Try a variety of enrichment methods (toys, food mazes, outdoor play) to

### Body Condition Score for Dogs



### Body Condition Score for Cats



Graphic source: <https://ycahospitals.com/know-your-pet/body-condition-scores>

help your pet burn more calories. Having some interactive toys around your home may give your pet a chance to burn off calories when you aren't home.

### 6. Weigh In Regularly

Weigh your pet regularly to check progress, either at home or in your vet's office. It is important not to try to go too fast, as losing weight too fast can cause more health problems, especially for cats.

Obesity is a widespread problem, but one of the few health conditions that you have some control over. With the right amount of quality food, a consistent feeding schedule, and exercise, a healthy pet should be able to reach an ideal weight. Avoiding obesity will reduce your pet's risk of life-threatening conditions, extending the length and improving the quality of their life.

## YES! I want to help

Animal Rescue & Care Fund depends entirely on your donations. Our work includes rescue, medical aid, food and shelter, humane education, neutering/spaying, and more. 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](http://www.pdx-petadoption.org).**

I enclose \_\_\_\_\_ for humane work. (\$35 sponsors an animal, but we appreciate any amount.)

I'm interested in being a volunteer. Please contact me at \_\_\_\_\_.

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