



Ruff Times



Volume II Issue 6

Animal Rescue Friends (ARF)

February 2013

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[Director's Message](#)

Long Reign Mayor Max!

Residents of the mountain community of Idyllwild have spoken, and ARF's executive board has listened. *By popular demand, Mayor Max's term of office has been extended for another year.* Mayor Max is very excited to have the opportunity to continue representing this beautiful mountain and its residents-dogs, cats, critters, and humans.

Mayor Max will help ARF host a different exciting fund raiser for 2013; keep your eyes and ears open for details about a giant PET EXPO to be held on July 13. As for aspiring mayors and council members, your opportunity to throw your hat into the ring will come your way in May 2014, when nominations will open and Mayor Max will move on to a well-earned retirement.

Spread a little of the Valentines Day love to your pet - special spa day, new toys or treats, or even a walk. But the best gift you can give to your furry friend is to have him/her spayed or neutered.

Many people want to have their pets spayed or neutered, but when they find out how much it costs, they think it won't be possible. There are many shelters, vets, and organizations that are ready and able to help. See page 8 for names and numbers for spay/neuter financial aid.

-Maria Lehman



A non-profit organization

P.O. Box 719, Idyllwild, CA 92549 (951) 659-1122

ARF House: 26890 Hwy 243, Idyllwild

arfidyllwild.weebly.com



Director of Operations: Maria Lehman

Treasurer: Mary Lou Prosin

Search & Rescue Director: Robert Hewitt

Secretary: Janice Murasko

Sadie's Clinic Director: Caryn Gilbert

Newsletter Editor: Janice Murasko

Speakers' Series

Using Energy to Heal Your Pets

On January 19, Dr. Monica Diedrich shared her stories of interspecies communication and met individually with members of the community and their pets. Because of such a wonderful response, Dr. Diedrich will return to the hill soon for more private consultations. Watch for details to be announced in this newsletter.

This month: Healing an animal can, and probably should, include more than just medication. Dr. Susan Foster will speak on February 17 about using energy to heal pets.

Dr. Foster, who considers herself a spiritual counselor and teacher, is trained in

energy work including Reiki, Deeksha, and Shakti. These disciplines use healing touch and healing sounds.

Dr. Foster told the *Town Crier* that "Animals are sentient and sensitive beings. Animals come to us with openness and trust." Dr. Foster will demonstrate her technique with her own dog.

Persons interested in working with Dr. Foster and their dogs may contact her for a private consultation.

This event is free to all and will be held at the ARF House, 26890 Hwy 243 in Idyllwild. Please see the entire schedule on page 4 of this newsletter.



ARF Asks, Are Your Dogs *Safe at Home?*

Were you aware that ARF's Search and Rescue coordinator Robert Hewitt receives, on average, *three calls per week* for help in either finding a lost dog or for picking up a found dog? Is ARF alone in wondering how, in such a small community, so many dogs are not *safe at home*?

With so many dogs escaping from yards, dashing out doors, or just being let loose to run, ARF's Search and Rescue team is launching a "Safe at Home" campaign designed to draw attention to the importance of making sure your dogs are secure in their homes.

Is your yard securely fenced in? Can Fido dig out? Does he find those areas of the fence that are compromised, allowing him to escape? Does Fido need training so that he doesn't dash out the door every time it is opened? And even if an owner is *certain* that her dog is big and bad enough to survive the elements and fend off predators, is she aware that her dog's actions when away from home can hold her liable?

Owners who need advice, suggestions, or references



so that they may make sure their dog is *safe at home* should contact ARF. ARF is here to help keep pets safe and healthy.

Please join ARF in making Idyllwild, Pine Cove, Fern Valley, Mountain Center, and Garner Valley a safe haven for dogs and cats. Pet owners need to remember that they assumed this responsibility when bringing dogs and cats into their homes.





Mayor Max Muses

Hello Dearest ARF Supporters,

I have found that the solutions to life are very simple, and when I think of ARF, I think of four things that you can do to help ARF and save more animals on the Hill.

Donate—Financial contributions and contributions of pet food and supplies are needed, and they are needed forever. Please always make contributions to ARF. The more ARF receives, the more pets we can save.

Volunteer—Even if for just a few hours a week, please volunteer your time to help out at ARF. The more volunteers ARF has, the more we pets we can save.

Foster—We need fosters most of all. Please let everyone know we need fosters, and if you can take on a foster pet, please do so. The more fosters ARF has, the more pets we can save.

Adopt—We always have pets that need adoption. If you don't have a pet today, please adopt one. It will change your life, make you happier,

and both you and your pet will live longer. If you cannot adopt a pet today, you can let others know about ARF and their pets. Help get our pets adopted to happy homes. The more pets get adopted from ARF, the more we pets we can save.

There is always something you can do about the situation. If you thought “no” to any or all of the above, you can change your mind and simply say “yes.” Just as you created the thought “no,” you can create the thought “yes.” Go ahead and do it, and just see what happens. Now you may notice that the little “no” pops back up. But if you want to conquer that “no,” you are the cause over this problem. And the way to be the cause over it is every time that “no” pops in, you put the “yes” back. By repeating this process, the “yes” will prevail—but you have to keep after it.

The above “Fabulous Four” may be inconvenient, but think about this. What if YOU were that pet? Would you want someone to love you, take care of you, spend time with you, admire you, pet you, comfort you, and bring you delicious things to eat? I think you would, and I always believe you should do the things that you would like people to do for you.

So jump in and relish in the inconvenience because it's such a wonderful part of living, and it is giving life to beings that cannot take care of themselves but that do have a tremendous amount to offer you in this lifetime.

I love you very much!

Love always,



Mayor Max aka: Maximus Mighty-Dog Mueller

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Sadie Says

The Scoop on Feeding Fido

There are lots of things to consider when choosing a good-quality food for our dogs. We want our best friends to be healthy and active for as long as possible. And, we also need to consider our budgets. But how do we wade through the confusing list of ingredients to make sure we're getting the best food we can afford? Maybe the following information will help.

First, what are the main ingredients in the food you buy? Some say the first five listed are the most important. However, if you locate the first source of fat, everything above that is considered to be a main ingredient.

Since dogs are carnivores, their digestive tracts are set up to assimilate meat proteins and fat. It makes sense that you want the first ingredient in a good dog food to be a high-quality, digestible meat-based protein. It should be a specifically-named meat, such as chicken, beef, or salmon. Or any of those meals, like chicken meal. Your dog would appreciate it if you avoided generic ingredients such as meat, meat by-products, or fish meal. Stay away from by-product meals, even if the species is identified. Corn should not be the first ingredient, nor should corn gluten or soy meal be a main ingredient.

Fats should be specifically named, also, with

a high percentage of omega 3 fatty acids included.

Your dog appreciates grains that are listed as whole ground, not fragments, flours, or from unspecified sources. Fiber is a carb that pets can't digest. You'll want to avoid corn bran, and hulls from peanuts, rice, soybeans, and oats.

We like the idea of fruits and vegetables, and they do look tempting on a list of ingredients, but your dog doesn't really need them. Don't feed anything that includes apple or grape pomace and citrus pulp.

A good dog food doesn't need to include flavorings, sweeteners, and dyes. Stay away from preservatives like BHA, BHT, Ethoxyquin, and Metabisulphite. Supplements like glucosamine are not usually included in sufficient enough amounts to be helpful.

There are websites which can help you rate the best dog foods for your budget. Dogfoodproject.com and petfoodadvisor.com are a couple of good ones. Also, humansociety.org keeps track of pet food and treat recalls.

And make note that Margarat Nee, a pet food nutritionist will be the March 17th speaker for Sadie's Speakers' Series. This will be a very informative and educational event.



Speakers' Series Schedule



FEBRUARY 17: Dr. Susan Foster *Energy Healing (Reiki)* PhD. in Clinical Psychology
THIS EVENT WILL BE HELD AT THE ARF HOUSE, 26890 Hwy 243

MARCH 24: Margarat Nee *K9 Wellness Support, Nutrition for Dogs* theartofdog.com

APRIL 21: Janice Murasko *Safety First! Children and Dogs* Bring your kids!
mtpawly.com

These events are free of charge and open to everyone. Please, no dogs. Questions?
shelab@greencafe.com or janicemurasko@yahoo.com.

Trainer Talk

Cats and Potty Problems: There are Solutions

When bringing home a puppy, one can assume that little Binky will need to be trained to go outside for his bathroom business, but a cat? Don't cats just *know* what to do?

While cats, for the most part, instinctively know that the litter box is their bathroom, there are those who have litter box issues. Cats that have issues with the litter box should not be punished. They are responding to something in their environment, a medical problem, or events that have been or are occurring in their world. Cats that are not spayed or neutered commonly spray and sometimes won't use the litter box.



The causes of this undesirable behavior need to be identified so that they may be addressed through a combination of management, environmental changes, and behavior modification.

The first, very important step to take is with the cat's veterinarian. This is so important because some life-threatening and very painful medical conditions can be at the core of the litter box issue. These medical conditions can include urinary-tract infections, diabetes, kidney disease, thyroid disease, and senility, to name a few. Once medical causes are ruled out, the owner must consider behavior and management triggers.

Management problems often reflect upon the owner. Inadequate clean up of urine targeted areas and poor litter box maintenance are often to blame. Litter boxes should be scooped at least once a day, and the litter should be dumped and replaced every couple of weeks. The smell of scented and dirty litter can cause litter-box aversion.

Cats want to feel secure, especially when using the litter box; eliminating can be a potentially compromising situation for them. With this in mind, owners often provide covered boxes, boxes in closets, under desks and in showers, but doing so can create potential trap situations because they don't allow multiple escape routes. Because of this "trapped" feeling a cat might experience, it just might eliminate in areas it feels

is safer, such as the corner of a room or on a sofa. Consider placing the litter box where the cat can see the whole room.

Multiple cats in the home? The rule of thumb for litter boxes is one more box than the total number of cats. Cats need choices in which box to use and the location of that box. Because cats like to stake out areas as "theirs," there could be a problem if all the litter boxes are located in one cat's staked-out area.

Cleaning up with an enzyme cleaner is a necessity to discourage repeated spraying. Not sure where to clean? After all, a human's nose cannot identify stubborn lingering odors, but a black light can. Of course the black light doesn't identify odors, but it does identify the source of the odor. Black lights for this purpose are available in pet stores and online.

Once the home is thoroughly cleaned and deodorized, and litter box management under control, an owner will most likely have to engage the cat in behavior modification. Changing the cat's experiences in and association with the area of inappropriate elimination is a good start. Helping the cat to see the area as some place other than a "bathroom" can help. If the cat enjoys playing, the owner can engage the cat in play in the once-soiled area. An owner can groom and/or feed the cat snacks at that location. In a multiple cat home, scratching posts placed in the area can help the cat define its territory and announce it to the others.

Cats with confidence problems are common culprits of inappropriate elimination practices. Helping build a cat's confidence and security can help greatly. And yes, cats can be clicker trained. Clicker training a cat is an effective way to tackle environmental and stress related potty problems.

There are many books available that will help any cat owner design a plan of action to deal with litter box issues. Contacting a certified cat or veterinary behaviorist, or a certified trainer is often a wise move. 🐾

Janice Murasko
KPA-CTP APDT



© Wrenn Photographie

Don't Litter!

Spay/neuter your cat today!

8 REASONS to spay or neuter



These 8 puppies were left to die at animal control ...in a gas chamber.

Typically, 4-6 million homeless and unwanted animals are euthanized each year. The only crime they committed was being born. Not only do they have to die, but some still suffer a horrible, inhumane death in the gas chamber. Please help control animal overpopulation by spaying/neutering your pet.

Cats Can Get Pregnant As Early As 4 Months Old.



Don't Delay. Spay/Neuter Today!



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Maybe one of your new year's resolutions should be to invest time and energy into making your dog a better member of the family!

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Baxter's Buddies

Who are Baxter's Buddies? They are his fellow ARF adoptees and their stories. Each month, Baxter will share the story of an ARF rescue, adopted into a loving, forever family.

I love the stories of my buddies and how they came to find their forever homes, but there is something super special about this one. Domino was with ARF less than a week before she was taken into the arms of an amazing family. I spoke with Domino's adoptive parents, and here is her story.

Q. How did you come to make this ARF adoption?

A. We just recently moved to Garner Valley from Riverside, California. We have been looking to adopt a dog for some time, so we stopped by ARF on a weekend visit to Idyllwild. ARF was closed when we arrived, but there to greet us at the window was Domino. She was so friendly and just adorable, so we knew we had to meet her ASAP. Later that evening we found pictures of Domino on ARF's Facebook page and learned a little bit about her history. About a week later, we brought her home.

Q. How did you come to know about ARF?

A. We have been aware of ARF for some time, as we pass the office each time we visit Idyllwild. I have to say though, meeting Mayor Max outside the Candy Cupboard a few months ago raised ARF's profile for us.

Q. Do you have any cute/unique stories about your adoptee?

A. Shortly after adopting Domino, we took her to Idyllwild with us for her first shopping trip. We visited the pet boutique Mountain Paws with her and she was quickly recognized. The shop owners and several shoppers were thrilled to meet her in person and congratulated us on her adoption. ARF has quite a bit of support in this community and we love being a part of that!

Domino is a really fantastic dog and a perfect match for us. We are amazed every day by how smart and eager to please she is; we both keep commenting on how incredibly lucky we are to have met her and brought her home. She has bonded with us already and adapts quickly to all of the changes inherent to her new life with us. She loves tearing around the property at top speed, chasing balls and searching the boulders on our property for critters. She is learning how to be the perfect mountain bike dog (AND SHE LOVES IT). She also loves "crash time" in the evening, splayed out by the fireplace or cuddled up with us on the couch.

Q. Is this pet your first pet adoption (from anywhere)?

A. Domino joins Uli, a nine-year-old terrier mix Jessica adopted from BARC in Riverside seven years ago. Domino is learning a lot from Uli, who is a veteran horse and mountain bike dog. She's a tough but wise and patient mentor.

Q. How has your ARF pet fit into your family's day-to-day lifestyle?

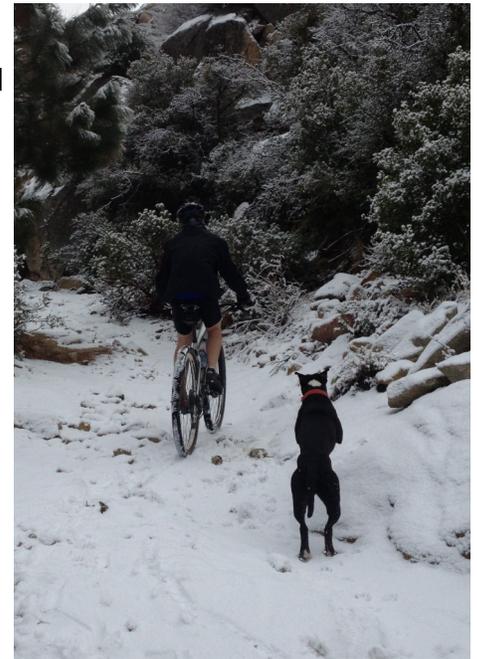
A. With the exception of work, our dogs go pretty much everywhere with us. We are active outdoors, and our activities almost always include our dogs. Biking, horseback riding and hiking is structured to include them and we ensure that they enjoy it as much (usually more, in reality) than we do.

Q. Did you keep the name ARF had assigned to your pet, or did you change it?

A. We discussed changing Domino's name, but as we have experienced her recognition and support for her adoption in the community, the sentimental attachment to her name grew. We decided to keep it and we hope that she will serve as an excellent example of a stellar rescue dog (and Pit mix) for ARF in the future.

Q. Do you have any words of encouragement or recommendation for someone considering pet adoption?

A. In making our most recent decision to adopt, we knew that one of the major benefits to adopting through an organization like ARF is the support system. Adopters are not taking on the challenge alone, there are people who



Chips 'n Snips

Valentine's Special on Chipping, Help with Spay/Neuter Costs

Make sure that your beloved dog will find its way home by micro-chipping him. For the month of February, ARF will chip your dog for only \$7.50, half of the usual fee. This low fee covers the cost of the chip and lifetime registration.

Stop by Sadie's Clinic or call to make an appointment for your dog's chipping at 951-659-1122.

Did you know...

- Spaying your cat or dog before she has her first heat cycle, which is usually at 6 to 7 months of age, will decrease her chances of developing breast cancer to almost zero.
- Spaying eliminates the chance of your pet developing a potentially life-threatening infection of the uterus called pyometra.
- Spaying eliminates the mood swings and undesirable behavior that female cats and dogs display during their heat cycles, such as messy "spotting," pacing, crying and trying to escape.

- Spaying greatly increases the lifespan of your pet.
- Spaying eliminates the chances of your pet from dying of uterine or ovarian cancer.
- Spayed pets have fewer vet bills.
- Spaying directly helps decrease the number of animals that are euthanized at the shelters and pounds.

Can't afford to spay/neuter your pet? There is help! Although ARF's budget cannot afford to cover the costs of spaying/neutering the pets of our community members, there are groups that *can* help.

Resources you may consider contacting:
 Pet Assistance: 877-772-9738
 Actors and Others: 818-755-6323
 Affordable S/N Clinic, Temecula 760-233-5717
 Escondido S/N Clinic, Escondido 760-688-0108
 All Creatures, Murietta Hot Springs 951-600-0830
 Moreno Valley Animal Clinic, 951-413-3780



Baxter's Buddies continued

care first and foremost about the welfare of the dog and want to help make the best match for each family.

While Domino has been a dream to transition with, I struggled with Uli a great deal during the first year I had her. Her history of violent abuse and neglect had left her damaged and aggressive. With some work and some patience, Uli is a fantastic dog now; I wouldn't trade her for anything. She really showed me how far some love and understanding can go in a rescue dog and I will never forget it.

Ultimately, if you can give a dog a chance, the investment can pay off a million times over in love and loyalty.



[Help them find a home](#)



Adoptees of the Month



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Meet Olivia, the last of Sandy's litter. Her brothers and sister have all moved onto their forever homes, and she is very lonely.

Olivia is named after one of the victims of the Sandy Hook tragedy, and is a very bright little girl. She has begun clicker training and is responding very well.

This precious pup is about 4 months old and is a Chihuahua mix. Olivia will be a wonderful addition to a loving family. She enjoys playing with other dogs, and as far as the ARF staff can tell, cats are a non-issue.

Won't you consider Olivia when 



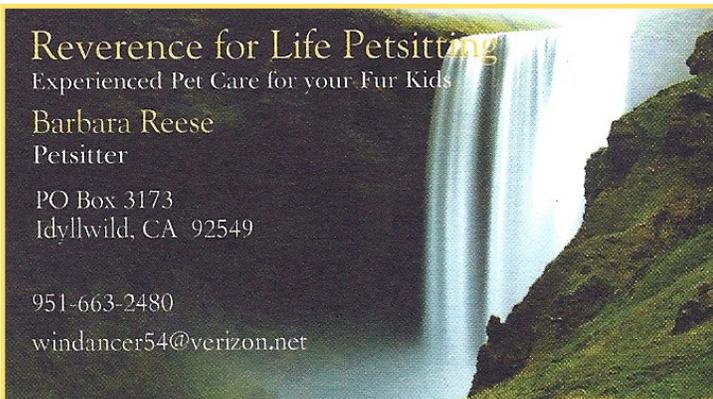
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Sadie and Carly were brought into ARF with their mother when found by a compassionate community member. These sisters love being together and are slowly learning to trust us humans.

Sadie and Carly will do well in a quiet home where they will get lots of love and attention. These girls would love to be your val-  entine!



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Catching Up With ARF Alumnus



Bandit



Spencer



Ali



Baxter

Bonnie Blue



Jack



Chloe



Bobby



Sadie's Clinic Speakers' Series

Sunday, February 17

Dr. Susan Foster

*Energy Healing (Reiki)
for your pets*

3:00 @ the ARF House
26890 Hwy 243

Free admission, open to all