



# **PAWPRINTS**



## **CLAUDIA'S PLACE**

Come see our new look!! The shelter has received its final coat of paint and looks very classy. The trim and doors have been installed, too.

Our next meeting is on Thursday, September 17<sup>th</sup> at the shelter. Come have a look at our progress, take a tour of the shelter and find out what you can do to help us when we get moved into it. We should have the office moved to the shelter before the end of the month.

Once we get moved we will need: office help, occasional help and, of course, foster homes. We are trying to make small jobs available for those who can't devote a lot of time to our organization. Jobs like PR person, Adoption Package stuffer, etc. Some jobs would only require an hour or two a month. Come see what you can offer us and what we can offer you. It is all for the animals after all.

## **PET PROFILE**

**Willie:** is a purebred Bichon, neutered, up-to-date on shots, 4 years old, very friendly with all people and other dogs. If you think you could give him a forever home please contact the PAWS office.

## **DOGS and CATS and BIRDS Oh My!!**

**Linus:** On Tuesday PAWS took in a very tiny kitten. He was found on the road by a caring person and has made a temporary home with Lee. He is about 2-3 weeks old, is a dark tabby with medium long hair and loves to follow you around. It will be a few more weeks before he is ready for adoption.

## **HAPPY TAILS**

**Chloe** will soon be going to join Meggie at her new home. Her health issues have been taken care of and she is ready for that big step.

## **DOLLARS AND SENSE**

PAWS has been running a concession of baked goodies at the *Entertainment in the Park* held every Monday night at Millennium Park. While the turnout has been small it is hoped it will be better this coming Monday. Come listen to free local entertainment and enjoy some refreshments by PAWS.

## **PEOPLE IN THE NEWS**

*Pets Needs Plus* is a pet store and grooming parlor in Trail. The owner, Christine, has been very generous with pet food and supplies for PAWS. She has also begun carrying the special animal cards made by Lori Cameron. We would like to take this opportunity to let Christine know how much we appreciate her help and generosity. Thanks for making the have-not animals "richer" by your donations.

## **PET POINTS**

### **STRESS and YOUR PET**

When humans get stressed, often their pets take on that stress, too. Dogs and cats are very good at picking up stress in people, as are birds. In addition to carrying the burdens of people, animals, especially wild creatures, have their own to burdens to stress about. Animals even seek out "comfort food" when they're stressed.

In general, the more intelligent an animal is, the more psychological stress it can undergo. The less you're thinking about things, the less psychological stress you can potentially be under.

#### **Stress factors**

Animals experience stress for a variety of reasons.

A 2004 study of stress-related illness in cats found the biggest source of stress for domestic cats is unfriendly relationships with other cats in the house. Although a fear of strangers was the most common problem reported by owners, this tends to be a short-term stressor. If a cat is living with another cat where there is a conflict, this is a chronic situation causing long-term stress.

A 2006 study found that dogs in shelters get majorly stressed by the excessive barking of other dogs there. While employees may wear hearing protectors, dogs don't have that option. Excessive noise in shelters can physically stress dogs and lead to behavioral, physiological and anatomical responses.

Prey animals in the wild fret about being eaten, and foragers worry about finding enough food. Wild animals in captivity are often anxious about being cooped up.

Basically, the life of a subordinate female seems to be more stressful than dominant females. Subordinate females tend to show more anxiety behaviors: things like excessive body scratching, body shakes, excessive yawning, self-grooming, pacing.

Humans do get more stressed because of the things we deal with in our lives. Animals tend to live fairly stable lives. But danger and stress are a part of animals' everyday lives.

#### **The ice cream cure**

A human might respond to stress by curling up on the couch and eating a pint of ice cream, how do animals handle the strain? Pretty much the same way, it turns out.

Typically, the subordinate rhesus monkeys had a lower appetite than the dominant macaques, and ate less of their usual low-fat, high-fiber diet.

When given a diet high in fat and sugar, the subordinates eat more. It's a comfort food and dominant monkeys don't eat it in excess like the subordinates.

Even rats, stressed out by being stuck in confining tubes for 10 minutes, prefer lard and sucrose water more than non-stressed rats.

#### **Health effects**

The effects of stress on an animal's body are stunningly similar to the stress effects on humans. In both humans and animals, stress causes the body to release adrenaline and cortisol hormones. These chemicals cause heart rate and respiration to speed up, and suppress the immune system. Stress also clamps down on the reproductive system, reducing libido and reproductive hormones, which ultimately increases the risk for cardiovascular disease.

All these all-too-human effects have also been measured in animals.

One of the first things to be affected is the reproductive system. It makes some evolutionary sense that you don't want to reproduce if you're in danger. But when your reproductive system shuts down, you have all these secondary effects, like increased cardiovascular disease risk.

In animal populations, as in humans, some individuals have better coping mechanisms to deal with stress, which gives them an adaptive advantage.

*Outside of a dog a book is man's best friend. Inside of a dog it is too dark to read.*

## **MEMORABLE MOMENTS**

Happy Birthday goes to our own Dave Fowler this month.

We would like to extend our condolences to Pete Harris on the passing of his brother, John.

## **COMING ATTRACTIONS**

The first Concert Concession will be on September 30<sup>th</sup> at the High School.

Our first Bake Sale will be October 10<sup>th</sup> and 11<sup>th</sup> at Extra Foods.

If you can bake for the Concert Concession or the Bake Sale, or if you could take a table shift please let me know and I will set up a schedule. (Lee: [leekitto@wynndel.ca](mailto:leekitto@wynndel.ca))

## **TRIVIA and TIDBITS**

### **HERE IN THIS HOUSE**

Here in this house.

- I will never know the loneliness I hear in the barks of the other dogs "out there".
- I can sleep soundly, assured that when I wake my world will not have changed.
- I will never know hunger, or the fear of not knowing if I'll eat.
- I will not shiver in the cold or grow weary from the heat.
- I will feel the sun's heat and the rain's coolness and be allowed to smell all that can reach my nose.
- My fur will shine and never be dirty or matted.

Here in this house.

- There will be an effort to communicate with me on my level.
- I will be talked to and, even if I don't understand, I can enjoy the warmth of the words.
- I will be given a name so that I may know who I am among many.
- My name will be used in joy and I will love the sound of it!

Here in this house.

- I will never be a substitute for anything I am not.
- I will never be used to improve people's images of themselves.
- I will be loved because I am who I am, not someone's idea of who I should be.
- I will never suffer for someone's anger, impatience or stupidity.
- I will be taught all the things I need to know to be loved by all.
- If I do not learn my lessons well, they will look to my teacher for blame.

Here in this house.

- I can trust arms that hold, hands that touch.
- Knowing that, no matter what they do, they do it for the good of me.
- If I am ill, I will be doctored.
- If scared, I will be calmed.
- If sad, I will be cheered.
- No matter what I look like, I will be considered beautiful and known to be of value.
- I will never be cast out because I am too old, too ill, too unruly, or not cute enough.
- My life is a responsibility, not an afterthought.
- I will learn that humans can almost, sometimes, be as kind and as fair as dogs.

Here in this house.

- I will belong.
- I will be home.

## **BREED READ**

### **PUG**

There is much debate over the origins of the Pug, but it's generally believed the breed came from China. It may be related to the Pekingese, though some believe the breed came from the Bulldog or Mastiff. The Pug was once the companion of Buddhist monks in Tibet.

Over time, Pugs became popular among European royalty. Napoleon's wife, Josephine had a Pug that carried secret messages to Napoleon in prison. Pugs and Pekingese were brought back to England after the British overran the Chinese Imperial Palace in 1860.

The Pug was first registered with the AKC in 1885 and has continued to gain popularity.

The Pug is a jovial dog with a round and wrinkly head, a short nose, a stout and sturdy little body and a curly tail. This adorable little dog is good-natured, energetic and playful, making it a suitable companion for all kinds of families.

The Pug has short, soft hair with a tendency to shed. Basic routine grooming is generally sufficient for the breed. Extra attention should be placed upon keeping the facial folds clean to prevent infections.

As with any dog breed, the Pug should be thoroughly trained. This breed does have a great deal of energy, so proper training and routine exercise are recommended.

The Pug is a little dog with a big personality, so it is ideal for those who want a compact but active companion dog. Its even-tempered demeanor makes it a good choice for families with children.

Size: 13 to 20 pounds      Color: Fawn or Black

Health Problems: Responsible breeders strive to maintain the highest breed standards as established by kennel clubs like the AKC. Dogs bred by these standards are less likely to inherit health conditions. However, some hereditary health problems can occur in the breed. The following are some conditions to be aware of:

Brachycephalic Syndrome

Entropion

Corneal Ulcers

Granulomatous Meningoencephalitis (GME) – also known as Pug Dog Encephalitis (PDE)

## **TAIL END**

Important Links:

Cranbrook SPCA – 250-426-6751

Trail SPCA – 250-368-5910

Nelson 2<sup>nd</sup> Chance – 250-352-2228

Creston Vet Hospital – 428-9494

Kootenay Vet Clinic – 428 2822

Animal Control (Town of Creston only) – 428-2214

If you are interested in adopting a new companion, need to re-home one or have found a pet or lost one – please check out our *Weekly Wag and Meow Mart* which is posted at both Vet Clinics, Iron Kettle Restaurant, Sunset Seed or Lil' Mutt Grooming. Or check with the PAWS office - or our website.

Everyone is invited to participate in PAWS events, projects, meetings and fund raisers.  
If you are interested in volunteering, fostering or becoming a member please contact us.

### **CRESTON PET ADOPTION & WELFARE SOCIETY**

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Email: [paws@kootenay.com](mailto:paws@kootenay.com) Website: [www.paws-crestonbc.org](http://www.paws-crestonbc.org)