



The Poop Scoop

Tails and Tidbits for Team Sammie Volunteers and the Animal Lovers of Nevada County and Beyond.....

Volume I, Issue III

Fall/Winter 07

Facts About Us and the Work We've

Done:

- The NCAS Volunteer Program currently has over 100 volunteers helping to socialize dogs and cats.
- In 2006, the NCAS had a euthanasia rate of 2% due to our activities.
- In the 5 years since the creation of Sammie's Friends, over \$131,000 has been spent on animal care.

WANTED: A Few Good Fosters!!!

In an issue of our newsletter filled with coverage of recent high visibility fund raisers, I'd like to focus my comments this issue on an equally important topic that's rather behind the scenes and unnoticed: Fostering animals.

When the pups and kittens are too small to be altered and need a place to stay and when animals are sick and need a quiet place to recover, this is when fosters are called to act. Fosters are volunteers who are willing to take an animal(s) into their homes to love and treat as one of their own for a short period of time.

While it's easy to see the benefits the cats and dogs receive from fostering, there are also many positives for humans as well. New owners of fostered animals get a much more socialized animal addition. Children of NCAS volunteers who foster learn the responsibility of caring for animals, and the importance of spaying and neuter-

ing. Volunteers themselves learn, yet again, how to give of themselves to a creature that is less fortunate.

Of course, it's not all positive and sometimes it's down right difficult. Each animal has its own personality, and

and end up keeping the animals. Ours is a kitten fostering household and we fall into this category. In many of the litters we foster, it seems that there is one kitten who just ends up staying with us. This fact is born out in that in the 18 months we've been fostering, we've gone from a 2 cat household to a 6 cat home. We weren't looking for these additions, they instead seemingly found us, and consequently are all the more meaningful to us.



Cute as bugs in a rug, our last litter of fosters poses for a picture.

some touch you more than others. There are frequently tears of sorrow by foster "parents" when an animal leaves their care to be returned to the shelter, and you always wonder about the homes your foster "babies" will end up in.

Then there are those who are called "Foster Failures". These are people who foster

If you'd like to make a difference, but don't have the time to devote to organizing a fund raising activity, or the availability to commit to a regular dog walking or cat cuddling shift, please consider the option of fostering. If you open your home and your heart to an animal in need, both you and the animal will benefit greatly from the experience!

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The Drummonds: A Thanks

After 17 years helping the animals of Nevada County, the Pet Adoption League (PAL) closed it's doors in September.

Sammie's Friends, and all Team Sammie volunteers bid a fond farewell to Anna and Mike

Drummond. We send them our love and best wishes and wish them the best of luck for whatever is next in their lives.

Anna and Mike have given so much to the animals and people of this community—there

is just no way to sufficiently thank them for all they have done. They have been angels to thousands of dogs and cats in this community and they will be sorely missed by all.



Duke and Family Member

Another Success Story: Meet "Duke"

Once upon a time, Duke and his kitty pal, Luke, were living happily with a Mom and Dad and two children.

One day, Duke was run over and had his leg broken in two places. The vets who looked at Duke debated whether a plate needed to be inserted to repair the leg, or if splinting the leg might be sufficient. After further diagnosis, it was determined that the severity of the injury really necessitated the inser-

tion of the plate to insure a complete recovery. Duke's family wanted to do this for him, but they needed help paying for the procedure. Sammie's Friends was made aware of Duke's situation and stepped in to lend a hand.

The good vets at VCA Sacramento Veterinary Referral Center operated on Duke, inserting the plate and repairing his leg. Duke did well and the operation was con-

sidered a great success.

Dukes' entire family are so grateful to Sammie's Friends for helping their boy out. Duke is currently recovering at home and a complete recovery is expected. Duke is very glad to be home, where he basks in the attention and status that his kitty cast gives him. He'll take it easy for another month or so, and then he expects to live happily ever after with Luke and their people family!!

"Single Guy Seeks Family" by Buddy

Hi ya'll....I'm Buddy, from Georgia (hence the ya'll) and I'm oh so pleased to meet you!

I'm what southerners call a red nose pit. I'm a good boy, and so very sweet. I'm two years old, up to date with all shots, neutered and heart worm negative. Been to doggie school (training) and have a vet check certificate. I'm even groomed! What you California folks will do to a good ol' southern boy is simply amazing!!

I was rescued by this nice Connecticut lady who was trying to help the animals in Georgia. We (all) who ran into this lady got lucky that day. Dying ain't fun anywhere, but especially so in Georgia, 'cuz they still gas the animals there. How barbaric!

Then these two nuts in California brought me and Rosie (my best bud, actually she's quite sweet on me) to California just knowing that Rosie and I could find a

good home—not just a place where we'd get stuck in a yard and forgotten.

I like my walks and being



Buddy and a Georgia friend.....

with people, and Rosie. Currently, I get to play with Rosie every day. When we play, she jumps all over me, but that's OK, because I'm a gentleman (and she's the boss)!!

I'm a well traveled guy, and would really like to find a place to hang my hat and warm my paws. Please ask around and help find me a good home. I can be with most other dogs but I'm best

with a good female dog who loves me— like my Rosie.

I don't want to hurt cats but I like to chase them and my people and dog friends tell me this is not a good thing. So, no cats please. Or rabbits. Actually, I will eat a rabbit— I have to admit my limitations.

I will be your forever friend and I want a home in the worst way!! I've been treated very good by so many people but it's time now that I find a real home, and a special family of my own.

Rosie says I'm the cutest hunk she's ever seen, I hope you think so too. Oh, and I just love kisses. I like to get em, and give em; I could be called Lover Boy, but for now it's Buddy.

If you are interested in Buddy, please contact Cheryl Wicks at (530) 272 8833 or cheryl.wicks@sammiesfriends.org

***Dying ain't
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Georgia:
they still gas
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It's a Dog's Life (and a Cat's Too!) by Dr. Rob Avery



Two examples of what can happen when pets are over fed and under exercised

"Diabetes, arthritis, poor skin, trouble breathing, cardiovascular disease and surgical complications are all increased risks with obesity"

Obesity is one of the most common problems identified in our pets. Diabetes, arthritis, poor skin, trouble breathing, cardiovascular disease and surgical complications are all increased risks with obesity. In particular, cats are susceptible to hepatic lipidosis, a condition that can be fatal.

As with people, excessive weight gain in pets occurs by eating too much and not exercising enough! Aging and medical conditions can further reduce a pet's ability to exercise. Often weight gain occurs by owners until it is quite severe.

The simply stated but hard to accomplish solution to obesity is to feed our pets less. Fewer calories going in will result in less fat accumulation. Always start by measuring the food accurately and figure out how much you are actually feeding each meal. Calculate all other sources of food; include treats, table food and food stolen from other dogs, cats or neighbors. Next, reduce the total by about 25 %. This means that if you are feeding about 4 cups of food each day, cut back to 3 cups. A change to a low calorie diet food may help your pet to feel full. The addition of vegetables- green beans, carrots or zucchini can also be helpful. Instead of refilling the bowl when your pet acts hungry, just add a few kibbles to appease their hunger. You could try distracting your pet by going for a walk or playing with them for a few minutes.

If you have multiple pets, this program can be difficult. Pets

steal food from each other and complicate reducing. Often one pet is overweight and another is just fine. In these situations, you can try to feed individual meals in separate areas. Put down the ration and remove it after a set period, perhaps 20 minutes.

Another problem is with cats. Cats often are fed free choice, with food available all of the time, which makes restriction difficult. Cats can be trained to eat individual rations as with dogs; measure the correct amount, feed in separate areas, and remove food after a set period.

Exercise will increase metabolism and use more calories. Start small and work up to at least 20 minutes daily. This amount of exercise is not expected to be all that is needed to bring weight down; reducing food intake is still essential. Dogs can be walked or played with. Cats might like to chase a laser pointer or various cat toys available in most stores. Exercising with our pets is good for us too!

Monitoring success or failure is as important as food reduction. Weigh your pet at intervals until the goal is met. A 1-2 % weekly weight reduction should be safe for most pets. Cats in particular need to lose weight slowly to avoid hepatic lipidosis. Continue to restrict the diet until a gradual weight loss is seen. All too often I will see a pet some time after the initial consultation and will find

that there has been weight gain instead of loss. Owners are frustrated and the pet is no better in spite of our efforts. This occurs because of several possible factors. There may be a failure in our plan for reduction. Another family member may be feeding additional food. The pet may be stealing food from another place. Reexamine all sources of food and correct if needed. The pet may still get too much food. It may be necessary to reduce the food even further. Owners are often surprised with how little food is actually needed. There may be a complicating disease such as hypothyroidism in dogs. Consider an evaluation by your veterinarian with a possible blood test.

Obesity is a frustrating problem. Try the simple suggestions listed here first. If you are still having difficulties achieving your goals, consult with your veterinarian for help. A recent study demonstrated a nearly 2 year increase in dog's longevity with appropriate weight management! That is the equivalent of almost 15 years for humans.

The holidays are coming! Remember to watch what ours pets get into in the busy months ahead. Chocolate, mistletoe (stem, leaves and berries), and Poinsettia (stem and leaves) should be avoided in dogs. Cats need to stay away from tinsel and wrapping materials. See your veterinarian for advice and treatment.

Fundraising Update by Cheryl Wicks

"All of these efforts represent \$32,100 in funds raised since August"

Let me start by saying:
"Sammie's Friends Rocks!"

We have been very busy lately and I want to extend many thanks to all the wonderful people who help to raise money so we can keep on keepin' on for the animals.

On September 8th the 2nd annual Motorcycle/Poker Run was held. It was headed up again by Claudia Sanford, Volunteer Extraordinaire, and was even more successful this year! This year the run brought in almost \$7,500. A huge thanks to Claudia for seeing this through.

On September 29 there was an estate sale to benefit the animals. For this event we owe thanks to Cheryl Berg, a terrific real estate agent who loves animals. Over \$2,100 was raised during the sale.

On September 30, Susan Wallace hosted a really fun house tour of her rebuilt Nevada City home. My gosh, is it beautiful!! I'm sorry for

all those who were unable to make it, for it really was a wonderful time. This event brought in around \$5,000.

Doris Balog headed up a team to create and then mail out our letter of solicitation and so far Sammie's Friends has received around \$7,500 in responses from this effort. Doris and the team put a lot of work into this effort and we are very appreciative of the effort and the way it turned out.

Also, thanks to the writing skills of Barbara Graves, we recently received a \$10,000 grant from PetSmart Charities. This is the largest amount Sammie's Friend has ever received in grant funds and we are so very grateful to Barbara for all her hard work.

All of these efforts total \$32,100 in funds raised since August. Yeah!. Triple Yeah! This is an amazing achievement and one that everyone should be so very

proud of!!

There is never any shortage of animals needing help ranging from \$100+ for small injuries or illnesses to the "big ticket items" such as Cricket's injuries. Cricket's vet bill was about \$3,300 which, thankfully, Sammie's Friends was able to cover.

Fortunately we don't get too many bills over \$1,000 or we'd have to work even harder! It is a joy though to know of so many people who will work together for the betterment of the animals. I love it that so many people love the animals and put their hearts and souls and time and money into helping them.

I said it before, and I'll say it again:

"Sammie's Friends Rocks!"

Love,
Cheryl

YES, I want to help make a difference in the lives of the unwanted animals of Nevada County! Sammie's Friends is a volunteer organization created to raise veterinary funds for the animals at the Nevada County Animal Shelter. Our work with the animals is made possible by the donations of generous individuals in our community. All donations are greatly appreciated, and all monies raised are for the benefit of the animals. Checks may be submitted to the address below, or visit our website at www.sammiesfriends.org and click on the Paypal link for credit or debit cards donations.

Name: _____

Address: _____

City, ST, Zip: _____

Phone Number: _____ Donation Amount: _____

As a 501c Non-Profit, all donations made to Sammie's Friends are fully tax-deductible and should be mailed to Sammie's Friends, 128 High Street, Grass Valley, CA 95945.

THANK YOU!

Meet Karen Pfanenstiel: Team Sammie Volunteer

How long a NCAS Volunteer: Karen has been a volunteer at NCAS for about a year.

Duties as a NCAS Volunteer: Karen performs many volunteer duties: She's a Wednesday morning Cat Cuddler; She maintains the data base of volunteers and current email distribution list now that Cheryl is gone and is an email forwarder when it's requested. Karen also prints flyers and distributes them.

Animals: Six beloved cats: Ruthie, a 12 year old who was carried into Karen's home as a tiny kitten by her starving mother. Both Mama Kitty and Ruthie stayed permanently with Karen and her

husband; Willie, 7, another starving stray who just appeared on Karen's deck some years ago; Zoe, 7, a one-eyed cat. Karen says Zoe has been one of her greatest joys. "When you pet her, and she purrs, something almost physical goes straight to your heart. She's our loving Zen kitty."; Mouse and Smokey, are 7 and 5, and came from NCAS, last Fall; finally Dominick (renamed Bert), he's about 13, a nearly toothless, food-obsessed, character from NCAS. Karen says "he so loves red-sauce based spaghetti that I have to lock him out of the room while eating or he salivates on my plate!" ("Yuck", even for her says cat lover Karen)

Hobbies/Interests: Computers. Karen volunteers at the Gold Country Computer Learning Center teaching mostly seniors (but all are welcome) how to operate a computer. She also helps at AARP TaxAide. Tax returns are done there for free--again mostly for seniors, but all are welcome (unless they own apartment buildings or rentals). She has to pass an IRS test to do this and freely admits that she "is a bit weird" for having this as a hobby. Karen also enjoys: friendships, gardening; and hiking (easy level)

Future Plans: "I plan to figure out how to connect my new HD TV before years end"!!

"She freely admits that she "is a bit weird" for having this as a hobby" ...

Meet Bob Kaiser: Team Sammie Volunteer

How long a NCAS Volunteer: Bob and his wife began volunteering at the NCAS in August of 2006. They had recently put down their black lab, Sadie, and thought that by volunteering at the shelter it would help them heal. Bob says "It did!"

Duties as a NCAS volunteer: Bob started as a Monday afternoon dog walker. He has transported dogs for the NCAS, Sammie's Friends, and for New Dawn Rescue. He belongs to the dog walking group organized by volunteer Barbara Graves for the harder to place dogs. This group takes the dogs that need extra socialization or have been at the shelter for an excessive period of time, on special outings to the Fairgrounds, Empire Mine or to their own homes.

Because he enjoys working on a computer, Bob also makes special fliers for hard to place dogs. He also prints out all the new listings for the new dogs at the shelter that are posted on

Petfinders.com, and then places the listings on the front of the dog kennels. Bob travels to the homes or vets of animals that Sammie's Friends has helped to take pictures of the animals to be posted on the web site. Finally, last spring Bob started taking home senior dogs that aren't readily adoptable and taking care of them until a special home can be found for them or they live out their life with Bob and his wife. Bob says this has been the most rewarding and fulfilling service that he's ever been able to provide. He has seen a

markable turn around in mental attitude from every senior dog he's brought into his home from the shelter and they have brought him tremendous joy as well.

Animals: Bob and his wife have 2 dogs; Meeka and Bella. Bob spotted Meeka, a German Shorthair Pointer at the Auburn Animal Shelter not long after Sadie was put to sleep and says "she has filled a void, after Sadie, that I would never have thought possible". Bella, a Chocolate Lab, was discovered by Bob's wife at the NCAS last November.

Hobbies/Interests: Bob like to play golf once or twice a week, enjoys woodworking and spending the winter months working on projects in his garage shop.



Team Sammie Volunteer:
Bob Kaiser

Sammie's Friends Ride Goes to the Dogs by Claudia Sanford



Some of the bikers preparing to start the ride....

"This created not only a memorable event but one that presented Sammie's Friends with almost \$7,500"



The 2nd part of a pair, anxiously awaiting the start of the ride!!

More than 110 motorcyclists found their way to Rough and Ready on September 8 to support the second annual Ride for Sammie's Friends.

Registration for the ride started at 9:30 AM. There were several motorcycle clubs that showed their support including the Marines, Christian Motorcycle Association, Harley Owners Groups and others. There were singles, couples and just bunches of friends riding together. They were treated to free Starbucks coffee and breakfast before getting the first card in their poker hand and riding out on their way to a possible high hand. The riders cruised down Highway 49, stopping first at the NCCFD fire station for their second card. They then turned on Lime Kiln Road riding past horse ranches and country homes to Penn Valley where they stopped at the Chevron for their third card. From Penn Valley, riders were able to catch a glimpse of the covered bridge while riding down Pleasant Valley Road to Highway 49. After riding along the river back to Nevada City and Grass Valley, participants stopped at Renegade Classics clothing store to get their fourth card before ending their ride at the Nevada County Horsemen's Club off Brunswick Road where they picked their fifth and final card.

Upon their arrival, the crowd enjoyed the music of Runnin' 4 Cover. Volunteers served a lunch of lasagna, salad, bread and a huge choice of desserts. Many of

the riders chose to sit out on one of two huge porches that lined the Horsemen's Club. Others just wanted to lie on the green grass under the shade trees and trade motorcycle stories. Raffle prizes included tool kits, hotel stays, Harley shirts, gift certificates, a new propane BBQ and too many more to mention. Autographed sports memorabilia was won at the silent auction with prizes going to the highest bidders. The band played "Stuck in Lodi again" as the winner with the high hand, who rode all the way from Lodi, collected his \$100 poker run prize.



Dressed & ready to roll!!

Many of the participants were wearing their "Ride for Sammie's Friends" T-shirts which were given with each registration. The T-shirts included the Ride for Sammie's Friends logo on the front and the names and logos of our generous sponsors on the back. Those sponsors were Grass Valley Veterinary Hospital, Gary's Place, Empire Electric Sales, Pet Mine, For the Love of Pets and Motherlode Veterinary. The band name was also placed on the shirts in appreciation for their provid-

ing music for our event. In a moving tribute to a fallen friend, the Fall Harvest Benefit made a sizable donation to our ride in memory of "Chicago Dave" Beaver whose life was cut short in a local motorcycle accident on September 4, 2005. A place was reserved on the shirts to honor his memory. Additional shirts were sent to the family of "Chicago" Dave.

The Ride for Sammie's Friends saw an increase in number of participants compared to last year due in part to increased advertising and the ability to provide a T shirt and lunch with registration. This, combined with the generosity of our sponsors, created not only a memorable event but one that presented Sammie's Friends with almost \$7,500.

This ride proved, once again, the generosity of the biker community in helping those that cannot help themselves. Motorcyclists have long been known to fully support charitable causes and always come through when help is needed. Many thanks to all those who rode in the poker run, bought raffle tickets and supported this event. Also a great deal of appreciation to the volunteers that helped with this event. We could not have done it without you!



Riders selecting their first poker card

Susan Wallace's Open House

On September 30, 2007 Susan Wallace hosted an open house and house tour of her rebuilt Victorian at 412 Nevada Street in Nevada City. The original home was burned to the ground in 2005. The rebuilt house is open and airy with stunningly gorgeous hard wood floors that are so beautiful it's difficult to convince yourself to walk on them!!



Hostess Susan Wallace mixes and mingles with some of her guests....

Susan, an animal lover, wanted to do her part to help the animals of Nevada County and opened her home to the public for just

that reason. The beautiful weather, a good cause and plenty of architectural curiosity brought nearly 200 people to the gathering!!

Attendees enjoyed wonderful food, great wine and lovely music. By days end, through ticket sales,



Some of the wonderful eats available to attendees....

and donations (both private and corporate) close to \$5,000 was raised for Sammie's Friends to help provide medical care for the homeless dogs and cats of Nevada County.

A silent auction was held that was lots of fun and helped raised money for the animals. Thanks to the many people who donated and sponsored the

event. Everyone had a wonderful time!!



Guests enjoying the wonderful weather and surroundings..

A giant THANK YOU to Susan for working so hard in putting this together. It was a lot of work for her, but so much fun for everyone who attended!!



Sammie's Friends Co-Founders Cheryl Wicks and Curt Romander



Cheryl Wicks and Dixie Redfearn at the Open House



Partaking of the wonderful food and company...

Estate Sale to Benefit Sammie's Friends

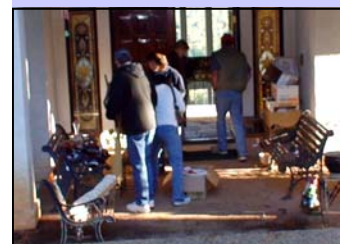
On September 29, 2007, an estate sale was held at 11302 Crystal View Heights in Nevada City to benefit Sammie's Friends.

The sale was conducted by animal lover and realtor Cheryl Berg, who organized the sale on behalf of her father-in-law, Ed Smith. Ed, also an animal lover,

recently moved from his 2600 square foot home to an 850 square foot apartment in Eskaton Village, and happily, was able to take his dog with him!

The total amount realized from the sale and donated to Sammie's Friends was \$2,129.47! Many thanks to Ed and Cheryl for their great

generosity in remembering Sammie's Friends, and to Cheryl Wicks and Curt Romander, co-founders of Sammie's Friends, and to the NCAS volunteers, all of whom helped Cheryl Berg organize and price estate items, and also worked at the sale.



Early morning shoppers surveying the goods!!

PetSmart Awards Sammie's Friends \$10,000

In August, Sammie's Friends received \$10,000 from PetSmart Charities. This is the largest amount of money we've received from any grant so far written by Team Sammie Grant Writer, Barbara Graves.

Barbara wrote the "Preliminary Proposal" in October, 2006. Sammie's Friends received no money at that time, because PetSmart had expended all of their funds for the year 2006.

In January 2007 Sammie's Friends received from PetSmart, an "invitation" to apply for their available 2007 grant funds.

PetSmart indicated that they do not ordinarily fund "on-going expenses" but the grant committee was so impressed with the work that Sammie's Friends has been doing that they wanted to give us money anyway!!

Barbara went ahead and filled out the 2007 application in the early months of this year. Then she and all the Team Sammie volunteers who knew of the application sat down and began to wait. And wait. And wait some more.....

After several months of waiting, worrying and wondering, at the beginning of August, PetSmart awarded \$10,000 to Sammie's

Friends, and mailed Sammie's Friends co-founder, Cheryl Wicks, a check for the full amount!

The money received from this grant award will be used for treating heartworm-positive animals. Barbara says that the process of writing the proposal and the grant probably took about 20 hours and asks, "Not too shabby in terms of an hourly rate, is it??"

"The money received from this grant award will be used for treating heartworm-positive animals"....

Visit us at:
www.sammiesfriends.org



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Email: info@sammiesfriends.org

Sammie's Friends
128 High Street
Grass Valley, CA 95945

Veterinary Care for Nevada County Shelter Animals

Sammie's Friends is a 501c Non-Profit organization founded in 2004 by Cheryl Wicks and Curt Romander to provide veterinary aid to the animals at the Nevada County Animal Shelter. Today, Sammie's Friends provides medical assistance to shelter animals and works closely with the NCAS Volunteers who help to socialize and find forever homes for the unwanted dogs and cats of Nevada County.