



# ALASKA PET NEWS



**STOP the Overpopulation of Pets, Inc.**

*A nonprofit charitable corporation dedicated to saving lives through spaying and neutering.*

**VOL. 5, NO. 5**

**WINTER 2003**

## CRAFTS AND BAKED GOODS NEEDED NOW!

This is an emergency request for help from our members and other readers. We need to raise funds for STOP. After sending out about \$33,000 in vouchers in the past year, we have had to stop issuing new vouchers for the first time. Fortunately, we have been invited to have a booth at the Alaska Museum of Transportation and History (near the Wasilla Airport) for 4 weekends beginning the Saturday after Thanksgiving, so we are hurriedly requesting baked goods, dog biscuits, cat toys, donation jars, posters,

signs, and any crafts you can think of to help us raise funds for STOP!

It is a great cause, and all donations are tax deductible, so please help us if you can! We are an all-volunteer organization whose work saves lives. You can read more about us and see dog biscuit recipes, for example, at [www.alaskastop.org](http://www.alaskastop.org). Thank you again. We know it is a busy time of year and that such appeals are overwhelming right now. But we've been excited by the idea that we can raise funds and start up our spay/neuter

vouchers again right away, so if you can help, please do! Thank you so much.

If you cannot make crafts or food but can donate time or money, please think of STOP for your charitable giving!

Sincerely, The Board of Directors, STOP



### Sign-up Sheets for STOP Craft and Bake Sale

Please fill out and fax back to STOP at 745-5677 or e-mail to me at [petnews@alaskastop.org](mailto:petnews@alaskastop.org). Thank you so much for helping us save lives! We are so grateful to all of you!. Where: Museum of Transportation and History, Wasilla (near the Wasilla Airport). When: Saturdays 10-5 and Sundays 1-4 (11/29 – 12/21). Sign up for as much or as little time as you can. We will have four chairs and will bring an 8-foot table for crafts, baked goods, donation jars, flyers, and dog and cat treats, cookies, and crafts. **ALTHOUGH THERE ARE SIGN-UP SHEETS BELOW, YOU CAN JUST SHOW UP ON ANY DAY & BRING CRAFTS, BAKED GOODS, DONATIONS, OR YOURSELF TO HELP OUT! BYOU DON'T HAVE TO SIGN UP!**

#### SIGN UP SHEET TO SIT AT TABLE.

WEEKEND 1		WEEKEND 2		WEEKEND 3		WEEKEND 4	
Sat. 11/29	Sun. 11/30 1 – 4 p.m.	Sat. 12/6	Sun. 12/7 1 – 4 p.m.	Sat. 12/13	Sun. 12/14 1 – 4 p.m.	Sat. 12/20 1 – 4 p.m.	Sun. 12/21 1 – 4 p.m.

Sign up to make crafts, baked goods, dog or cat treats, dog or cat toys, posters for the table, or other things.

#### SIGN UP SHEET TO MAKE OR BAKE ITEMS TO SELL.

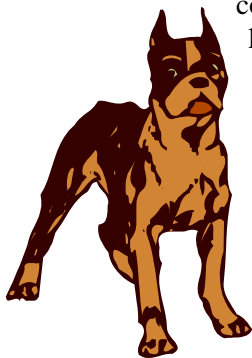
NAME & PHONE NUMBER.	WILL BRING OR PREPARE (DESCRIBE & LIST HOW MANY)	INSTRUCTIONS FOR PICK UP (DELIVER TO CRAFT SHOW IF YOU CAN) & DATE YOU WILL HAVE READY

# STOP NEEDS YOUR HELP

## Spay-neuter assistance program reaches 1,280 pet owners in the last year

By Susan Harrington  
(a shortened version appeared in *The Frontiersman*)

After a wildly successful first year of saving the lives of pets, STOP the Overpopulation of Pets, Inc.



could have started limiting the work it does to save pets' lives in the Mat-Su Borough. Founder and Executive Director Lori Jo Oswald said that more community

involvement in the form of financial support and volunteer help is needed for STOP to continue offering financial assistance to spay and neuter pets.

### ASSISTANCE REQUESTS GROW

Since first beginning the spay-neuter program one year ago, STOP has responded to the request for over 1,280 vouchers worth half the cost of altering a pet cat or dog at the SPCA mobile clinic. This is double the goal set for a 2-year period. "We originally set a goal of spaying and neutering 500 dogs and cats over two years," Oswald said. "We have far exceeded that, and this shows the tremendous need for this program in the Mat-Su."

Most of the money has come from Outside, in the form of grants from foundations like the DJ&T Foundation, PETsMART Charities and family trusts that offer benevolent assistance to humane programs.

When the program first started, only the SPCA accepted the vouchers. With limited appointments available, STOP needed help in meeting the demand, and contacted every veterinarian in the state. Now there are 12 veterinary clinics that are partnering with STOP to reduce the pet overpopulation problem. Oswald said this—along with the work of the volunteers in distributing applications, brochures and newsletters around the Valley—has helped spawn an increase in requests for assistance. Most of the 1,260 spay-neuter applications have been received in the last 4 months.

Oswald, with the help of STOP's board of directors, has written several grants that have been successful, but the grantors do not fund 100 percent of program and operating costs. Some of the money has to come from other sources, like private donations and memberships in the organization.

### NO PAYROLL COSTS

In addition to the spay-neuter fees, STOP has an educational program and most of the regular costs of doing business. Missing from the STOP budget

*Will you join STOP today and help us stop the killing of innocent pets in Alaska animal control shelters, simply because there are not enough homes for all of them.*

are the costs associated with payroll. There are no paid positions with the organization—it is all-volunteer. Thousands of volunteer hours have been generously donated by a very few individuals since STOP's inception, most by Oswald. Someday the group hopes to hire a part-time administrator to run the 501(c)(3) charitable non-profit organization. Oswald has averaged over 20 hours a week donating to STOP the last year, even though she runs a technical writing business, teaches at Mat-Su College and has a 3 year old, as well as her numerous rescued pets. "We have no paid staff," Oswald said, "but I'm starting to wish I had more help—at least more volunteers!"



STOP is the only organization of its kind in the state. There are rescue groups, adoption STOP is the only organization that pays such a large amount toward spaying and neutering."

STOP pays for half the cost of spaying and neutering charged by the SPCA mobile clinic.



When vouchers are used at veterinarians, they may not cover 50 percent of the fees, but they are issued for 50 percent of the SPCA fees and applied toward whatever the veterinarian charges.

### OFFICE NEEDED

Another area Oswald would like to see improve for STOP is more space for operations. "We have no office," she said. "Currently it is in my garage, and we would like to find a very inexpensive or donated office in the Valley, preferably in the Palmer area."

### WEB SITE

STOP launched a web site in June 2003 ([www.alaskastop.org](http://www.alaskastop.org)), which provides information on the organization and has .PDF versions of the brochure, spay/neuter application form and newsletters. Their site includes links to all animal controls and humane societies in the state of Alaska and provides information on pet overpopulation and animal control statistics throughout the state. STOP has created many educational articles that are on the site, as well as information for veterinarians and a lost and found form.

### VOLUNTEER PARTICIPATION

Although STOP has half a dozen volunteers, they need more help to carry out their mission. The executive director and president volunteered full time for STOP over the summer and has devoted nearly full-time hours since. In addition, there is an active core of four additional volunteers who help with spay/neuter application distribution, data entry, mailing assistance, educational materials distribution and other needs. STOP has received and used offers of help from a few other sources, one of which led to their participation in the Alaska Community Service Program. STOP has just created a volunteer application to add to the web site, and hope to expand

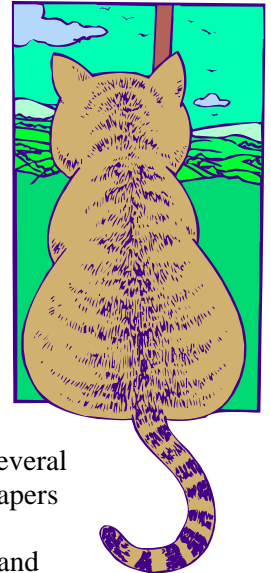
#### STOP Needs:

- Cash donations (all donations are tax deductible)
- Members (\$25/year) – an application is available at [www.alaskastop.org](http://www.alaskastop.org)
- A copy machine lease (or \$1,836 to cover a 1-year lease)
- An office (preferably in the Palmer area)
- Volunteers for a fundraising committee
- Volunteers to create and distribute donation canisters
- Volunteers to create crafts and baked goods to sell
- Volunteers to help fill out spay-neuter applications
- Volunteers to copy and distribute educational materials
- Businesses to put donation canisters on their countertops

their volunteer program over the coming months. STOP would like to enlist the help of community and school groups. To volunteer with STOP, e-mail Oswald at [petnews@alaskastop.org](mailto:petnews@alaskastop.org) or call 746-SPAY. The organization also has a volunteer application on its web site ([www.alaskastop.org](http://www.alaskastop.org)).

### EDUCATIONAL PROGRAM

STOP's primary goal is to end pet overpopulation and the senseless killing of healthy cats and dogs simply because there are not enough homes for them. The educational program conducted by STOP is serving as a conduit to get that message out, as well as providing additional educational information for people regarding pets. Since May 2003, STOP has printed and distributed thousands of educational documents and materials, including press releases and articles which were published in several Alaska newspapers including the Frontiersman and the Anchorage Daily News; even the Alaska Kennel Club and the Alaska Bird Club published their information in their membership newsletters. "We are very grateful to the Frontiersman for running a STOP message free in the pet section of the classifieds; we



have received many spay-neuter applications because of that ad,” Oswald said.

STOP has also recorded and written public service announcements for radio and television stations; and set up information booths at

community events such as Pet Appreciation Day in Anchorage. STOP has written all Alaska veterinarians and pet-related organizations and businesses about their organization. STOP also publishes a quarterly newsletter, Alaska Pet News, that is full of educational information about the importance of spaying and neutering pets and other pet-related topics.



businesses by mail, appealed to the Mat-Su United Way and contacted state legislators, but we have pretty consistently run into the response that with Alaska’s economy in such a tight state that most social service agencies have lost all or part of their funding, monies are only being donated to “human-centered” organizations.”

The bottom line is STOP knows they need to raise more money to support their charity. They also know that they are very successful on the one hand—getting the message out, getting pets spayed and neutered—but they are not doing so well in the fundraising arena. Oswald said they have been spending their precious time and resources on fulfilling their mission and that perhaps that they need to spend more time on fundraising.

She would like to form a fundraising committee to oversee the funding needs of the organization. She is appealing for volunteers from the community. “We need someone to lead a fundraising committee and kick off an annual membership drive,” Oswald said. “Plus, STOP needs more grants and creative approaches to fundraising.”

Even though Bob Barker’s DJ&T Foundation has given STOP another \$8,000 to pay for spay and neuter fees, and

PETsMART Charities has given them another \$5,000 to cover spay-neuter costs this fall, with the high rate of spay-neuter assistance requests, that will only pay for spay-neuter fees through November, the group estimates, and these funds will not cover additional costs such as postage, printing, copying, phone and web hosting bills or office supplies.

“If you have pets and love pets, STOP is an excellent place to send a donation. We work hard to stop the killing by preventing pet overpopulation. Please, join us!” Oswald said.

## DOG & CAT TREATS NEEDED

Do you have a recipe for dog or cat treats you can send us? Or can you make some for our fundraisers? Click here to e-mail. And click here to see the recipe links we have received so far.

## CRAFTS NEEDED

We are also looking for craft ideas and craft donations for our November and December craft shows! (We will be at the Museum of Transportation in Wasilla every weekend between Thanksgiving & Christmas - come join us!)

## BAKED GOODS NEEDED

And we need donations of cookies, brownies, candy, and cupcakes for people to raise money for STOP!



## FUNDRAISING

“Unfortunately, fundraising is the area where we are weakest,” Oswald said. “We have held a garage sale, appealed to the Mat-Su Borough, contacted all Alaska grant organizations and many of Alaska’s largest







## STOP SPAY/NEUTER ASSISTANCE PROGRAM HAS TO TAKE A BREAK – BRIEFLY, WE HOPE!

In one year, the requests we received for spay/neuter vouchers far exceeded our donations and our expectations. We estimated we would receive 500 requests for spay/neuter vouchers in 2 years; instead, we have issued almost 1,300 vouchers in just over a year.

Until we get additional funding, we are going to have to stop sending out new vouchers.

The most important thing to do is to get your pet spayed/neutered, whether STOP has funds or not

to help you. It costs between \$30 and \$65 to spay/neuter a cat or dog at the SPCA, and this is not much more than taking a small family to a movie, and you will save countless lives by stopping the breeding of your pets, your pets' puppies or kittens, and their puppies and kittens. It is the only humane, responsible thing to do. Please do not let dogs and cats die over a few dollars!



We are doing everything we can to find funding and pay for spaying and neutering again. If you can help us - please do! We need donations, members (only \$25/year to be a member), donations of food and crafts for our December craft shows, and volunteers for our fundraising committee. Please help us if you can! And keep checking our web site ([www.alaskastop.org](http://www.alaskastop.org)) for updated news about STOP. Together we can STOP the overpopulation of pets in Alaska.

Sincerely,  
The Board of Directors



## CHRISTMAS GIVING PROGRAM

Will you consider making a donation to STOP as a Christmas present for someone you love? We will send a beautiful card to the recipient on your behalf and a receipt to you for your tax records! Mail donation, your name & address, and recipient's name & address to STOP, PO Box 4083, Palmer, AK 99645. Or use the form on the last page of this newsletter!

# STOP WANTS TO SAY THANK YOU!

Since our last newsletter (July 2003), we have more people to thank for helping STOP continue our work to help save the lives of Alaska's dogs and cats. Here is who helped us:

## Volunteers

Bonnie Baize  
Adri Holbert  
Barbara Jacksi  
Carolyn Holbert  
Clair Buza  
Evie Wright  
Gregory Drummond  
Jalaine Chastain  
Debby Foster  
Janice Gittlein  
Jullie Starr  
Kim Nall  
Lori Jo Oswald  
Penny Harris  
Rose & Kristel Alban  
Sandy Burson  
Sandy Dorsey  
Thomas Holohan  
Vivian Mayo

## Donations

Barbara and Warren Sharp  
Betty Vehrs  
Beverly Nash  
BP Exploration Inc.  
Carrie Gray Wolfe  
Claire Buza  
Connie & Steven Ramsey  
Deanna Geary  
DJ&T Foundation  
Don Schwing  
Donovan and Lila Taylor  
Evelyn Groomer  
Gloria Stone  
Gloria Stone  
Jacklyn Struthers  
Karen Blake  
LeRoyo and Diana Symbol  
Luster Family Foundation  
Michael & Theresa Maloney  
Pam Greenhalgh  
PETsMART Charities  
Ray West

## Putting Out Donation Canister

Valley Feed & Seed (Wasilla)



## FYI: Cat Diets

Cats should consume meals with approximately 20 percent protein, 9 percent fat, and a maximum of 35 percent carbohydrates -- including a maximum 10 percent fiber.

Cats don't drink as much water per kilogram of body weight as dogs do, perhaps because of their evolution as desert animals.

Mammals have faster rates of digestion than more primitive animals do, thanks to small, finger-like projections called "microvilli" that increase the surface area of the intestines by about seven-fold.

An average adult cat weighing 10 pounds should consume about 275 kilocalories a day.

Severe illness or trauma may double a cat's energy needs. Whenever your cat becomes ill, please consult with your veterinarian or cat nutritionist for your cat's changed nutritional needs.

Age, breed, activity level, and neutering all may affect how many calories a cat needs. In general, studies suggest that young adult males and light-weight cats have relatively higher energy needs.

Exposure to certain flavors and textures of food early in life can shape strong preferences later on, as can meal temperature, odor, texture and taste. It's important to gradually mix the familiar food with the new food before switching completely.

Pet foods marketed as "snacks" are not required to have nutritional adequacy labels.

Source: <http://dels.nas.edu>



## Dog Biscuit Recipe

Here is a simple dog biscuit recipe. Can you make some biscuits for STOP's craft sale? We would like to have many biscuits on hand, preferably in nice Christmas bags. Bags, ribbons, and a dog bone cookie cutter can be purchased inexpensively at Michael's in Anchorage. We also have more dog biscuit and cookie recipes on our Web site: [www.alaskastop.org](http://www.alaskastop.org). If you can make some for us, bring them to us at the Alaska Museum of Transportation and History in Wasilla on any Saturday or Sunday between Thanksgiving and Christmas; we will have a fundraising booth. We are also in need of baked goods for human customers!

### Basic Recipe

4 cups of whole-wheat flour  
4 cups of all-purpose flour  
1 ½ cup of white or yellow cornmeal  
8 Tablespoons of vegetable oil  
10 beef bouillon cubes  
½ cup of boiling water

Dissolve beef bouillon cubes in boiling water then add oil. Combine flours and cornmeal, then add the dissolved bouillon and oil. Mix dough to form a ball. The dough will be stiff. Roll onto floured board and cut into desired shapes by using cookie cutters.

Bake the biscuits in a preheated 300-degree oven for about half an hour. As the biscuits cool they will harden. Allow overnight for thorough hardening. Store in an airtight container.

## Pet Safety Tips for the Holidays

*By Sandra Burson*

The holiday season is here! For us that means lots of good cheer, good food, and good times with family and friends. For our pets, it can also mean new opportunities to get into and eat things that are not safe for them. Here are some suggestions to help protect and keep your pets healthy.

When decorating your home, keep in mind that live Poinsettias, Christmas cactus, mistletoe, holly, and other holiday greenery are poisonous to your pets. Your pets can suffer from a wide range of symptoms that include excessive drooling, mouth pain, vomiting, impaired breathing, and heart failure.

Fresh trees also present a hazard. Often they have been sprayed with toxins and pesticides. If eaten, pine needles can perforate or block intestines. The water and pine sap in tree stands is toxic when ingested. Be sure and secure all lights with duct tape, conduit, or rugs to prevent your pet from chewing on the cords. Avoid edible decorations such as cranberries, popcorn, or gingerbread that may tempt your pet. Secure fragile ornaments toward the top of the tree to prevent pets from playing with them. Place candles where they won't be easily knocked over and burn curious pets. A good solution to further protect your pets and your holiday decorations would be to restrict your pets' access to the room your Christmas tree is in.

If you are expecting guests, place your pets in a locked room with his favorite toys, food and water, and soft music to provide distraction. This will provide a calm environment, prevent untimely escape from your home, and ensure the safety of your guests and your pets. If your pets cannot bear to miss out on the festivities, let your guests know that your pets should not be fed from the table, as the rich food we enjoy can cause them great discomfort and stomach upset. It is essential that all alcohol and chocolate be kept out of reach of pets. Both can be fatal, bringing on heart attack or coma. At the least they can cause vomiting and diarrhea, not a fun thing to add to your party! After the party, immediately put leftovers away and place all trash in tightly covered trash cans. Indulging on holiday throwaways may result in intestinal perforation or obstruction.

To keep your pets safe and healthy this holiday season, be sure and consider these tips and others that can be found on the Internet. A search using the words "holiday pet safety tips" will bring up a large selection of informational websites. A little time and advance planning will be worth it in the long run. Merry Christmas to you and your fur kids!

*Sources: Oregon Humane Society and Colorado State University veterinarians*

# PLEASE HELP STOP SAVE LIVES!

STOP needs cash to pay for not only spay and neuter assistance, but the postage, paper, phone lines, copier costs, printing fees, and other office expenses related to carrying out our mission. We also want to rent an office space this year and pay a salary to our Director. We can't continue our mission without your financial assistance.

Tax-deductible donations are greatly appreciated and always needed. Become a STOP member today and know that your financial assistance is going to a worthy life-saving cause. Join the many others who have helped.

## Membership Application to Join STOP the Overpopulation of Pets, Inc.



**Mail check to:**  
**STOP**  
**PO Box 4083**  
**Palmer, AK 99645**

\_\_\_\_\_ \$25 Individual    \_\_\_\_\_ \$35 Family    \_\_\_\_\_  
\_\_\_\_\_ \$100 Corporate    \_\_\_\_\_ Other \$ \_\_\_\_\_



Name \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

GIFT TO (NAME & MAILING ADDRESS SO WE CAN SEND CARD & PET NEWS SUBSCRIPTION):

- \_\_\_\_\_
- You have my permission to use my name in STOP literature and publications.  
 I wish to remain anonymous, please do not use my name in STOP literature and publications.  
All donations tax deductible. STOP is a 501(c)(3) charitable nonprofit corporation. Larger donations accepted.

### STOP the Overpopulation of Pets, Inc.

PO Box 4083

Palmer, AK 99645-4083

[www.alaskastop.org](http://www.alaskastop.org)

