



## UPCOMING EVENTS

- Dinner fundraiser at Casey's Bar & Grille, Saturday, July 20th
- Lakeland Village Rummage Sale, Saturday, August 3rd
- Dog Day At The Lake Pet Walk at Lakeland Village, Saturday, September 21st
- Photos with Santa Paws, Saturday, November 23rd
- Sails 'n Tails 11th Annual Auction & Dinner, Saturday, April 18th, 2020

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## From The Littered Desk of the President

The first half of 2019 has sure flown by quickly. In March we had our 10th Sails 'n Tails auction which was a successful and fun event. We are already planning for our 2020 auction which is scheduled for Saturday, April 18th and at a new location – Alderbrook Golf and Yacht Club Restaurant in beautiful Union.

In April we had our annual meeting at The Hub in Belfair. Tom Moodie, owner of Green Cottage Pets in Gig Harbor, was our guest speaker and provided great information regarding pet nutrition. Good nutrition is just as important to our pets as it is for people. See additional information within this newsletter.

We have some wonderful news to share about progress towards our shelter! PUD 3 is working with us to get a transformer placed on our property so we can move forward with getting our much-needed power. We can then get our well hooked up

and also work on getting our septic system in – we are very excited!



### Muggs giving a helping paw

With summer upon us it is a great time to spend quality time outdoors with our pets and I wanted to share a few tips and reminders for keeping pets safe, particularly on those hot days.

### Provide plenty of water and shade

Your pet can become dehydrated. Make sure your pet always has access to fresh, clean water and bring a bottle for your furry companion when going outside, just like you do for yourself.

Keep your pet in the shade as often as possible.

### Never leave your pet in the car

Leaving your pet in a car is extremely dangerous. Either take your pet with you or leave it at home. If you see a pet left alone in a car under dangerous condition, take action immediately - try searching for the owner asap or even call the police.

### Keep paws cool

An easy reminder is that if it is too hot for your feet to walk on it is too hot for your pets. Not only can it burn paws, but it can also increase body temperature and lead to overheating.

Wishing everyone a safe and fun summer!

~ Tina Nutt  
HSMC President





## Sails 'n Tails 2019

THANK YOU supporters of the Humane Society of Mason County! The Humane Society held it's 10th Annual Gala and Dinner Auction on March 22nd, Sails 'n Tails at the beautiful Alderbrook Resort & Spa in Union.

It was another grand event with the GOLDEN TICKET winner selecting the GAME OF THRONES JOURNEY trip to Ireland, another lucky guest won two tickets to RIDE THE

RAILS in Shelton, and the last bidder on the FUND-A-NEED won four SEAHAWK Tickets.

Our dessert auction was the best ever that raised over \$4,200 for the animals with one dessert bringing in \$1,200. WOW!

The Humane Society was a big winner too as we raised \$32,000 for our shelter development and the spay & neuter program.

SAVE THE DATE for our next Sails 'n Tails 2020 as we are changing locations to the

Alderbrook Golf and Yacht Club on Saturday April 18th and we so hope you can join us for another great event.

~Brenda Gardner  
HSMC Board Member

*"I would like to see anyone, prophet, king or God, convince a thousand cats to do the same thing at the same time."*

Neil Gaiman

These pooches can't wait for Dog Day At The Lake



## Almost Home, Shelter Build Update

Progress is being made on the ALMOST HOME Shelter Development!

The HSMC Board of Directors made the decision to proceed with the development of our land and utilities, and to not wait on the decision from

Washington State on the Freight Corridor Project (Belfair Bypass Phase II).

PUD3 has redesigned our electrical connection and we are waiting on contractor estimates to proceed with the trenching and septic installa-

tion.

We will continue to provide updates through our newsletter, web site and Facebook page on this much needed shelter for our county.

~ Brenda Gardner  
HSMC Board Member

## Dog Day At The Lake Pet Walk

Join us for our first annual Dog Day At the Lake pet walk on Saturday, September 21st at Lakeland Village in Allyn. The walk will be around beautiful Anderson Lake starting at 10am.

There will be t-shirts for participants, vendors, fun and much more! We are also excited to be joined

by Groovy Grooming who will be providing nail trims with a donation, and Tempting Eats & Treats, who will have yummy meals and treats for purchase.

Sign up early online for only \$20 (\$25 day of); please visit our website or Facebook page for more information.

Would you like to be a sponsor for this fun furry family event? If so, please contact us by Aug. 1st.

We would like to give a BIG THANKS to the following sponsors:

Platinum: Windermere Real Estate Peninsula Properties

Gold: Belltowne Veterinary Center, Local Wrench and Edward Jones

Silver: Haigh Veterinary Hospital and Gilmore Auto Repair

# Fugs' Facts: Be A Label Reader!



At our annual member meeting in April, we were fortunate to be joined by our special guest, Tom Moodie, owner of Green Cottage Pets in Gig Harbor. Tom shared a lot of great information about pet nutrition and taught us the value of being a label reader.

We've become pretty good at deciphering the labels on our own foods, but do you really know what your pets' food or treat labels mean when it states "animal fat"? We didn't either! So thanks to Tom, here are some helpful tips on what those label ingredients are really saying about what's in your pets' food and ones to avoid<sup>1</sup>:

**Animal Fat:** This is restaurant grease or other oils too rancid or inedible for human consumption.

**Animal by-product:** Animal by-product is used as a general term to describe meat that could be any kind of animal, mammal or bird (including euthanized, diseased or road kill).

**Poultry by-product:** NO MEAT! Poultry by-products are produced in the course of making a primary food ingredient: a secondary or incidental product. Feathers can be removed from a carcass during production of poultry meat and then hydrolyzed (turned edible by using sulfuric acid and steam-pressure cooking). By-product can include carcasses, feet, feathers, skin and intestines.

**Meat by-products:** Non-rendered material derived from slaughterhouse mammals. By-product can contain condemned and contaminated meat including lungs, brains, blood, and kidneys. Beef by-products would be from cattle, lamb by-products from lamb, etc.

**Fish by-product:** NO MEAT. By-product contains eyes, head, tail, fins, intestines and blood.

**Meat and Bone Meal:** Tissue and bones rendered from any mammal. This can include diseased livestock or mammal meat from horse, dog, cat, etc.

**Wheat Gluten:** Dogs and cats cannot digest gluten. Ingesting gluten may cause allergic reactions in their bodies. Reactions may

include hair loss, hot spots, yeast infections, diarrhea, vomiting and black spots on their tummy.

**Corn Gluten and Gluten Meal:** Corn residue is used as a food filler. Gluten and corn gluten meal are sticky residual substances used to hold together rendered and pulverized composite of feed ingredients. Some dogs can have an allergic reaction to this product.

**Food Colorings:** Why are food colorings added to food for color-blind (or virtually color-blind) dogs to consume? Manufacturers believe they increase visual appeal for humans buying the food and thus increase their sales.

If you made it through this list without tossing your cookies, good for you! And for more information on pet nutrition and the best food for your furry friends, please visit Tom and his team at Green Cottage Pets:

3028 Harborview Drive  
Gig Harbor, WA; 253-851-8806  
www.greencottagepets.com

<sup>1</sup>AAFCO Definitions (Association of American Feed Control)



*"Dogs are the leaders of the planet. If you see two life forms, one of them's making a poop, the other one's carrying it for him, who would you assume is in charge."*

**Jerry Seinfeld**

# Rummage Sale, It's New To You

Join us for our annual rummage sale Saturday, August 3rd in Lakeland Village to benefit our Spay & Neuter Program. There will be lots of great bargains to be had on furniture, jewelry, one of a kind items and much more! The shopping will start at 9am at 70 E. Hofaker Rd., Allyn until 3pm (or earlier if all items are sold!).

And to make sure you have energy to shop, we will have cookies for just a buck, and a jumbo hot dog lunch for only \$6. So come shop 'til you drop!

If you have nice and clean items you would like to donate or you would like to volunteer for this fun sale, please contact HSMC board member Lynn at 360-440-4357.



**You'll find many one of a kind items at the rummage sale!**



# Ask A Vet: Supplements for your pets



**Dr. Nancy Isbell of  
Belltowne Veterinary  
Center in Belfair**

*"Until one has  
loved an animal, a  
part of one's soul  
remains  
unawakened."  
Anatole France*

We all look to take care of our health, and we want to protect our pets in the same way. With all the ads, claims and options, how do we make a choice among supplements and diets?

Understand that regulation of "nutrients" is not as strict as for drugs or even food. The companies are not allowed to make claims for treatment of any disease state and their labels must accurately reflect the ingredients inside, but enforcement is rarely applied. There are organizations that test supplements for appropriate labels, active ingredients and freedom from contaminants. Unfortunately, the companies usually have to voluntarily submit their products and pay for the testing.

Why does it matter? Tests of silymarin (milk thistle) revealed 10 of 14 submitted products failed due to either inaccurate mg in the bottle or contamination by pesticides, heavy metals, or cleaning fluid.

Probiotics have been shown to have almost as much benefit to inflammatory bowel disease as heavy drugs. But testing of human and pet products showed some had no active organisms, or the wrong number of colonies. (one hundred million cfu is considered the minimum effective colony count). For pets, the most important enteric bacteria are the bifidobacterial and lactobacillus; the rest is not as well defined, but you will find pet probiotics based on human organisms.

Many people are reaching for CBD oil for their pets after feeling they had benefited themselves. But do we really understand the safest way to look at a product? Pet therapy is appropriately limited to hemp sourced CBD due to the THC level being below 0.3% (Dogs are much more sensitive to THC side effects). We know a lot about the receptors

for CBD, its components and the tissues in the body targeted, and the synergistic effects of associated terpenes, and flavonoids. But if you look at products on the market, you may see a hemp product made from hemp seeds (seeds have no CBD activity), or from specific parts of the hemp plant (the leaves, bud, stems and flowers all have different proportions of the CBD active components) so a product that isn't whole plant based, may not have the same benefits. There are CBD biscuits and chews for pets, but bioavailability from the stomach is only 6%. (Absorption is best via the mucus membranes of the mouth.) Research your company's sourcing of the plants, their testing for contaminants, and quality control assays to assure consistent amounts of active ingredients. (Fortunately, we are now allowed to grow hemp in the United States so it can be sourced locally instead of China.)

Like Chinese Herbal Therapy? I do! But not all companies are created equal. Many herbs used in formulas are not even grown in the United States. Companies providing the herbs need to have proof of GMP standards, proof of testing the harvested herb for weeds, insecticides, and heavy metals. Harvesting time and season can affect development of active ingredients so batches need to be tested for consistency. And it all must be tested again in the states, and after the product is made. Long before the melamine issue, it was discovered disreputable Chinese companies were putting drugs like steroids or ephedrine in their products. Make sure your product is safely produced with a reputable company.

What about your pet's food? There's brand name, cottage industry, dry, canned, raw, freeze dried.

There is so much we don't know, as we have seen with the recent taurine issues. So how do you investigate a diet? Blogs are fun, but personal opinion and urban myth do not replace real research. Sites like DogFoodAdvisor.com have done some of your research, but the dentist running the site admits he basically is reporting labels and the ratings are his personal opinion. Recalls can be scary (go to the FDA pet food recalls) until you realize every company experiences recalls, voluntary or otherwise, major brand, raw or kibble. Just sign up for recall notices. There are several organizations below that inform of pet food ingredients, testing, and qualities.

Resources available to you:

NASC (national animal supplement council)

Consumer labs (tests quality of supplement at manufacturer's request. Your subscription of \$48/yr enables them to add testing of products companies won't pay for)

[Reference.medscape.com/drug-interactionchecker](http://Reference.medscape.com/drug-interactionchecker)

<https://www.fda.gov/safety/medwatch-fda-safety-information-and-adverse-event-reporting-program>

[talkspetfood.aafco.org](http://talkspetfood.aafco.org) (works with FDA, setting food standards. Has info on ingredients and regulation)

[wsava.org/nutrition-toolkit](http://wsava.org/nutrition-toolkit) (info labels, calorie needs, internet guide)

<https://nccih.nih.gov> (info on herb/drug interactions, probiotics, etc.)

Committee on examining the safety of dietary supplements for horses, dogs and cats:

[www.nap.edu/catalog.php?record\\_id=12461](http://www.nap.edu/catalog.php?record_id=12461) (research on diets, safety of supplements)



# Almost Home Foster Cats & Kittens



**Moet & Chandon can't wait to find their forever home**

The Humane Society of Mason County continues to offer a foster cat and kitten program for homeless felines in our county. This program is managed by one of our

outstanding volunteers and offers convenient meet and greets at our office in Allyn.

Since January, our program has helped to adopt out 35 cats and kittens! We have also rehomed two juvenile barn cats who had been at Habitat for Humanity and were safely trapped by our HSMC volunteer.

We also continue to work with our friends at PetSmart in Lakewood to find forever homes for our kitties,

and we will be taking 11 little darlings to them soon. All of our kitties receive their shots, deworming, microchip and spay/neuter before we adopt them to their new families.

If you would like to adopt one of our friendly felines, or even become a foster mom or dad, please call or email our office today. You may also complete an application by visiting our website at: [www.humanesocietyofmasoncounty.com](http://www.humanesocietyofmasoncounty.com)

*"An animal's eyes have the power to speak a great language."*

**Martin Buber**

## Spay/Neuter & TNR Updates

The HSMC TNR (Trap Neuter Return) program continues to help make a dent in the number of unwanted cats and kittens in our community. This year, our hard working volunteer has already helped to trap, spay/neuter and return 20 feral cats!

Our friends at Northwest Spay and Neuter help us keep our costs down by offering low cost spays

and neuters for those trapped felines. But did you know Northwest Spay and Neuter also offers low cost spay and neuters all year round? They also have regularly scheduled pickups in the Mason County area, with free transport for your pet to/from their facility in Tacoma. For more information, visit them at [nwspayneuter.org](http://nwspayneuter.org) or call them at (253) 627-SPAY

For those who qualify, a friendly reminder that HSMC also offers a spay/neuter program for little to no cost for those Mason County residence who qualify. Since January, we have provided 42 vouchers, totaling \$4,350, to help control our pet population with spay and neuters for cats and dogs. If you have a pet in need, please call our office today for more information.

## Dog Daze of Summer At Casey's Bar & Grille

Join us for our first fundraiser with our friends at Casey's Bar & Grille in Belfair on Saturday, July 20th!

The fun gets underway at 5pm with a pulled pork sandwich meal featuring coleslaw and baked beans for only \$10 (cash only please).

Casey's will also donate \$1 from each pint of draft beer sold until

9pm. There will be raffles for great prizes and music by local favorite, Tammy Frost Trio.

All proceeds from the fundraiser will go towards our spay and neuter program. Please note this event is for 21 years and older only.

So come raise a pint (or two!) and help us fix furry friends!





Leo's skin condition early on

*"The greatness of a nation and its moral progress can be judged by the way its animals are treated."*  
**Mahatma Gandhi**

The value of humane societies and rescue groups often comes from the mix of people drawn to them as volunteers. Each person brings different skill sets and knowledge. The human-dog relationship can be complicated, but always intriguing. Every encounter with a new dog teaches us something about that dog's unique personality. And it often exposes a glimpse into a dog's past leaving us to speculate that something dark most likely took place. Normally dogs and humans enjoy some form of bonding in play and that involves a certain amount of trust and touch. Our focus on this one dog, Leo, reveals he wanted nothing to do with any such bonding.

Leo, as far as anyone could guess, was a mixture of terriers, most likely Yorkshire being highly suspect. He found his way into the care of the Humane Society of Mason County through a call to the office desk about a stray roaming the streets, dodging traffic and eating refuse. Several calls came from this same area and the callers seemed to all believe this dog had never been spotted before. To say that a TEAM of kind, patient, sympathetic and unselfish people sprang into action to make Leo's transition from the streets, to life in several foster homes and ultimately to the Adopt a Pet shelter in Shelton with possibilities for a permanent home as a cherished pet would be an understatement. In his transition he would make subtle changes, learning ever so slightly to trust a human hand, (but never completely) and recover from unknown amounts of suffering from a severe skin irritation and hair loss.

Some examples of the TEAM that came forward to help Leo included several veterinary practices, their technicians, foster families and bene-

## Leo's Legacy

factors willing to give money for medical care. There were volunteers at HSMC and Adopt a Pet who spent what time they could to walk him, feed him, take him to vet appointments and just visit and share treats. Everyone who met Leo was touched by his spirit, even if they could not directly touch him. Everyone knew that Leo was a uniquely "independent gentleman" who had special preferences and those who knew him respected his boundaries.

Many months of extensive medical therapy was required to keep Leo happy and pain free. Leo always had a good appetite and the medication was in pill form that he never neglected to consume hidden in his food. In the beginning therapeutic baths would help considerably if only Leo could tolerate thickly gloved hands before turning blue and passing out from lack of oxygen due to his heart insufficiency. Mercifully, sessions were brief and beneficial. A glimpse into Leo's past seemed to emerge as he interacted well with other older, calmer dogs in the foster homes. A strict routine was essential in building his trust.

As time passed and Leo moved from foster homes to permanent resident of the shelter, his hair began to grow, covering the thick skin and bald areas. It was believed that if the right family came along, he could possibly be placed for adoption. There were several interviews as people noticed the cute dog's picture in the Adopt a Pet section of Petfinder.com. Placing Leo in a home was more difficult than most adoptions for good reason, but he did have an interested following. As more time passed that difficulty would become an impossible task to the general public. Leo had developed a cough and

was taken to the vet. After he was examined under sedation it was determined that he was older than an original exam had placed him. Severe dental disease, usually seen in older dogs was present along with possible kidney disease and a worsening heart condition. More medication that could control the cough was ordered, but his prognosis was guarded. Leo returned to live out his final days at the shelter among his friends who respected his space and loved him for the special little guy he was. Leo enjoyed the final days of life as he was given all he needed at the shelter. One manager was so smitten with Leo that she insisted on adopting him so he finally would have a family name. He may not have gained a spot in anyone's private home, but privately he earned a spot in many hearts.

For dogs like Leo the future is uncertain. Poor nutrition, dirty environments, crowding, and poor breeding lead to poor health and suffering. Lack of training leads to lack of trust and unhealthy mental states in dogs. Early intervention can help in some cases, but there are many of these animals living in different variations of neglect. In Leo's case, he was able to enjoy a quality of life otherwise not possible had all the factors not come together for his care. He helped many in the animal care community understand just what it takes to make the lives of pets meaningful and happy. We were fortunate to have had him in our lives.

~ Sally Cull

HSMC Board Member



## Humane Society of Mason County

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**Providing a second chance for our  
animal companions**

The Humane Society of Mason County (HSMC) is a non-profit, all-volunteer organization founded in 1986. We provide assistance and care to displaced, abandoned, and abused animals. We are committed to offering alternatives to euthanizing adoptable pets. We provide education about animal care and treatment to promote responsible animal ownership and the prevention of cruel, neglectful, or inhumane treatment of animals.

**Get involved! Volunteer and become a member today. Annual memberships start at just \$20 and now include Paw Perks, free 'perks' at participating vendor locations.**

**You can support us year round by shopping at AmazonSmile ([www.smile.amazon.com](http://www.smile.amazon.com)), Fred Meyer ([www.fredmeyer.com](http://www.fredmeyer.com)) or taking your Walk For A Dog ([www.wooftrax.com](http://www.wooftrax.com))**

# Volunteer Spotlight ~ Mary Zambrana

Call the HSMC office on Thursday and you may hear a kind, motherly voice asking, "How can I help you"? That would be Mary Zambrana, our Thursday office volunteer.

Mary has a soothing tone that has the way of easing stress. Lately, Mary volunteered to double her duties in the office (an extra day per week) while another volunteer is out on a medical leave of absence. Mary did not hesitate to take on this responsibility entirely.

Mary's favorite hobby is gardening and caring for her own cat, "Beau". She lives with her daughter and son in law and considers herself enriched with their family pets.

In addition, Mary enjoys singing with a local group called the "Silvertones" as they travel to nursing homes to bring cheer to the residents. In her past she taught English as a second language.

Mary has volunteered to help during our annual "Sails 'n Tails" events and

to bring food for the feral cats that frequent the property near Habitat for Humanity in Belfair. You can't show Mary a picture of a cute dog or cat without her commenting, "Oh now, just look at that baby!"

~ Sally Cull

HSMC Board Member



**Our office in Allyn is staffed by caring volunteers, like Mary, Monday through Friday**