



Charley's Strays, Inc.

P.O. Box 64, Limestone, ME 04750

Tel. Jim at 207-325-8894 or Shelter at 207-426-9482

Email jbrewer7@maine.rr.com Website www.charleysstrays.us

Limestone, August, 2016

Dear Friends,

Another happy ending to a sad story: Remember Buddy, who had been dropped off by a lady who's "significant other" had passed away – Buddy was his dog, and she did not want to be burdened with him! Well, Buddy found a loving home, and his new companions have this to say about him:

"... He follows right behind me everywhere and is getting quite playful, adores everybody. Buddy started out a great dog and he's keeping us laughing, we're keeping him spoiled except for treats...just because he's round like us . . ."

I am sure we will receive a follow-up on Buddy sooner or later. Luckily the poor little guy did not have to sit around at the Shelter for years before someone fell for him. We are all very happy for him.

Nothing worth mentioning has happened at the Shelter: Reb is still taking care of things. Ted and Eric are still doing the Saturday cleaning, feeding and walking the dogs. But it's good news, in a way – nobody wanted to "get rid of" an animal, with the exception of cats, and we just have no space left. Mary has her hands full with all our felines, and her own. It's sad that people just don't get the idea of having their cats neutered or spayed.

On to the people news:

Cindy Houston will have her yearly yard Sale/Fundraiser for Charley's Strays on September 24th, so there is still plenty of time to send a small package with sellable items to Cindy. We still don't have the money together to pay the taxes, which are due by September 30th (\$616.50) to the Town of Benton. So hopefully she will have a good turnout and lots of good items for sale. We can use her money to pay at least part of the taxes.

Our yearly fundraiser is still going on right now. I have received some tickets with money back. One lady has also asked to mail her extra tickets, which she will sell, to friends and a Lobster Bake where she hopes to sell tickets, too. I will enclose tickets again with this letter, if you have no use for them, save them for the cold weather to start the fire in your stove, or use them to scribble the grocery list on the back. ☺

As always, **many, many thanks** to everyone who has helped taking care of our animals this month. Without your help most likely none of them would be alive and enjoying good food, a blanket and a place of their own at Charley's Strays. Not to mention that the vets need to make a living, too. ☺

Al Smith, Belmont
Charlotte Paul, Chelmsford
Cristine Cardello, Melrose
Dale Critchley, Weymouth
Deborah Phair
Diane Rizzo, Bryant Pond
Don Smith, Woburn
Grace Kiley, Andover
Harry Clark, Beverly
Iris Martinello, Tewksbury
Irma Simon, China Village
Jeannine Dickey, Rangley
Joan Ryan, New Bedford

Joe D'Alessandro, Tuftonboro
Jon Anderson, Augusta
Joseph Blake, New Bedford
Joseph Mooney, Wakefield
Judith Crosby, Belfast
Judy Rohweder Northport
Karen Deady, Skowheagan
Kellee & Jackie Lowney
Kim Doherty, Woburn
Larry & Arlene Hayes
Linda Merriam, Dresden
Marian Delarue, Woburn
Marlene Kaplan, Melrose

Martha Brooks, Henrico
Nancy Capone, Wakefield
Pat Thain, Dracut
R.D. Bournival, Nashua
Ralph & Jean Catignani
Ruth Giusti, Titusville
Sandra Nicholson, Beverly
Steve Martin, Augusta
Susan Borsic, Woburn
Susan Culver, Wayland

Thank you very much!

We also received a check from Bonnie Buckmore: Her co-workers at Thomas College's Advancement Office took up a collection in honor of her 50th birthday, for Charley's Strays. Happy Birthday Bonnie, best wishes from all of the 2- and 4-legged creatures at Charley's!

A sad note along with a donation was mailed to us from Nancy Brown, telling us that her twin sister, Betsy Anderson, had lost her battle with a rare form of cancer. We are so very sorry for your loss, Nancy. I know Betsy was a big lover of animals, and I hope wherever her soul went, she is surrounded by them now.



Cynthia and Galen Thompson are also dealing with grief: their cat Destiny who was enjoying life with the Thompsons for 15 years, passed away in June. Charley's received a check in memory of Destiny.

So sorry for losing this little Love, Cynthia and Galen!



And for the continued health of our supporters, here is something interesting to read:

Banana?

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain.

Never, put your banana in the refrigerator!

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein

that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS:

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia:

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure:

This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

CAT REPORT – AUGUST 2016

This has been another hot month with, contradictorily, many uncomfortably humid days plus a drought (the drought is in most of New England, including southern and central Maine, but not up north where Gabriele and Jim live). Summer hasn't been my favorite season for many years – it was okay when it meant vacation and swimming, but not after I started having summer jobs and other responsibilities – and this one I'll be especially glad to see end. I hope all of you have survived without having too many activities curtailed, getting heat stroke or, even worse, being flooded.

The sort-of good news is I found a short piece in last February's *Reader's Digest* explaining that because cats' body temperatures are higher than people's, their comfort zone is also higher than ours – 86 to 97 degrees Fahrenheit, the article said. So I've stopped worrying about cats who choose to stay on the porch in the sun when indoors is a bit less hot, and I'm using the air conditioners less. The latter is the mixed blessing; the cats seem fine with the change, and it should help with the electric bill, but I no longer have two cooler oases in the house.

Our cats are doing fine at the moment. Mr. Tom is just back from another visit to the vet and is on multiple medications and supplements, all checked for possible interactions and all of which he'll take mixed in his meals. He's eating most of his food and acting normal. Considering he's 16 or so and has been positive for Feline Immunodeficiency Virus ever since I got him, he's doing well. Buddy and Tiger,

our other FIV tigers, seem to be healthy for now. All three are very affectionate, as are three of their five roommates who are mine rather than Charley's (of the two who hang back and wait for me to greet them, one is independent, one shy). If I had a favorite group of cats, it would be the FIVs – but the rest are nice, too.

Pepper Charles has donated lots of canned cat food this month, and I've received coupons from Iris Martinello, Caley Pillow and Al Smith. I do appreciate all of you who remember our cats and dogs; everything helps, from checks to encouraging words like the notes and emails I sometimes receive. T'other day I was at the dump (sorry, that's the unfashionable word for our transfer station) with the back of my truck full of the usual heavy bags of used cat litter, and a lady probably as old as I am helped me unload – that was nice, too.

Mary

At least Mary can save some money by not using the A/C. Jim and I have an old dog –she turned 14 in June, and not only is our lab/basset hound mix overweight, but she also has a half paralyzed Throat (not sure right now of the medical name for that). So we have to keep her cool and quiet. Meaning at times I walk around in the house with a long sleeve sweater and thick winter socks on my feet, while Nikki is content with being COOL! Yep, overall she is a very cool dog. ☺

Best wishes for September,

Gabriele, Ted, Eric and Jim

