



Charley's Strays, Inc.

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Dear Friends,

My dog Nikki is enjoying the last days of a very warm and perfect September, glasses, hat, and of course something to nibble on. The above photo gave me an idea: Instead of photos from various other sources, like Internet, greeting cards etc., I would love to receive a picture of your favorite furry or feathered friend to use in this newsletter and show him/her of in the monthly newsletter, the hard copy and Internet copy. Name, DOB and maybe some of his traits included. Of course I would return the photo to you. And for your trouble I would let someone pick the cutest photo every few months and send the lucky dog, [or cat, parrot, butterfly, duck or bug] a home baked cake, he could then share, or not, with his human companions.

Our attorney Debbie Schreiber started this by mailing us the cute cat photo on the last page, on *Mary's Cat Report*. Debbie is very much involved with cat rescue in Massachusetts. If you need a cat companion and don't want to drive all the way to our Shelter, let me know and I have her call you. I really would love some photos of your favorite pet – Thank you! Email them to jbrewer7@maine.rr.com, or via snail mail them to me.

I received many calls again this month from people with the usual "I have to get rid of my cat or dog" and one time I lost it on the phone. I just had to tell the lady that I hated the expression "get rid of. Do these people compare an animal with a common cold you get rid of, or a bag of garbage? I am not sure if we ever got the small Dachshund or the large Great Dane, who is upset over having his little buddy, a Yorkshire, taken away for the purpose of breeding even more dogs, and retaliated by biting his human. But we will see next week when Jim goes to the Shelter, what or if there are any new throw-aways there.

Everyone at the Shelter is doing fine. I am sure our old dogs especially like the warm weather we finally had after all the rain and cold this year. At least up here, in northern Maine, we had our first two nights with frost. It is so sad because it's getting close to having to bring the dogs back into the building from their "summer residences", [the outside enclosures] where they could see what's going on out on the road and in our yard.

Now to the "people" news: Cindy Houston had her yearly yard sale to raise funds for our Shelter. A **HUGE Thank You** goes out to Cindy and her husband Steve, and to Jacky Lowney and Kim Doherty who all helped making this another success. Cindy complained because the proceeds were much less than the past years, but every penny helps, and we are grateful for everything we receive!

John Wells and Jake also had a go at it again with a table at Shaws John told me that "*Jake was especially lively. He had acupuncture for his lower back, and ever since he's been behaving like a puppy.*" I wish we had the opportunity to try that out on our Nikki, because she also has lots of back and hip problems, but living up here in the boonies definitely has many disadvantages. We would have to drive 250 miles one way to even find a vet who does these kind of procedures. A big **Thank you** to John and Jake!

Thank you to Bonnie Buckmore who dropped off some bags with dog and cat food at the Shelter, and a **HUGE THANK YOU** to the following people who once again made sure our animals were well taken care of:

Al Smith, Belmont
Beverly Maheu, China Village
Bonnie Wiegand
Charlotte Paul, Chelmsford
Dale Critchley, S. Weymouth
Deborah Phair
Diane Rizzo, Bryant Pond
Donna Bering, Wakefield
Dorothy D'Alessandro, Oss.
Florence Bournival, Nashua
Glenna Hawthorne, Woburn

Harry Clark, Beverly
Inge Maiellano, Marblehead
Iris Martinello, Tewksbury
Irma Simon, China
Joan Ryan, New Bedford
Joe D'Alessandro, Tufonboro
Joseph Blake, New Bedford
Judith Rohweder, Northport
Karen Deady, Skowhegan
Larry & Arlene Hayes, Reading
Linda Merriam, Dresden

Lynn Frischmann, Los Gatos
Marcus Nordberg, Boxborough
Marian Delarue, Woburn
Marlene Kaplan, Nashua
Melody Lavers, Wales
Nancy Brown, Olympia
Nancy Capone, Wakefield
Pat Thain, Dracut
Rancourt Family, Lebanon
Sandra Nicholson, Beverly
Steve Martin, Augusta

We also received a donation from Kate Ahrens, in honor of her parents, Ralph and Emily Ahrens, who celebrated 63 years of marriage. Wow, that's many years of being together. Congratulations to the two of you from all of us. May you have another 25 years of happiness together!


Lorie Truemmer, who lives in Canada, sent us a donation in memory of our supporter P.A. Lenk, who passed away two months ago.

Around the 20th of this month we will have the drawing of the fundraiser prizes, good luck to everyone! We just bought the fuel for this winter's needs. The tanks are filled, and with any luck, and a light winter, we will make it to at least March with the amount of oil and gas we now have. So **many, many thanks** to all of you for making sure our buildings are heated, and no one has to suffer cold feet ☺ At least not inside the kennel.

Since I still have some free space in this letter, here are a few tips for the older folks who suffer arthritis pain. Maybe there are a couple of useful ideas for our readers:

A diet that is high in sugary, high-fat and processed food fuels inflammation and sets the stage for developing other chronic diseases as well as arthritis.” When inflammation becomes chronic, it affects your quality of life, but thankfully, there are foods that improve your immune system and promote a healthy heart and also fight this inflammation. The following lists offer a wide array of the most commonly eaten foods that have been researched and found to help reduce, prevent, and ease the pain of Arthritis inflammation throughout the body.


1 **Fruits and Vegetables**
By adding just 5 or more fruits and vegetables to your diet, you promote a well-functioning immune system and an inflammation-free environment.



- Tart Cherries
- Beets
- Bell peppers
- Dark, leafy, green vegetables
- Sweet Potatoes
- Berries
- Mangos
- Cantaloupe
- Pineapples
- Apples

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2 **Omega 3 Fatty Acids**
Omega 3 Fatty Acids are great for people suffering with Arthritis because they inhibit the production of inflammatory enzymes and reduce inflammation.



- Tuna
- Salmon
- Mackerel
- Oysters
- Sardines
- Parsley
- Spinach
- Kale
- Bok Choy
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Walnuts

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3 **Foods Rich in Vitamin B6**
Vitamin B6 derived from lean meats, legumes, vegetables, and nuts/seeds is superior at reducing inflammation and pain than the supplement form of B6.



<p>Lean Meats</p> <ul style="list-style-type: none"> • Tuna, Salmon, Halibut • Turkey and Chicken • Lean Beef • Lean Pork 	<p>Vegetables</p> <ul style="list-style-type: none"> • Spinach • Asparagus • Yams • Bell Peppers
<p>Legumes</p> <ul style="list-style-type: none"> • Kidney Beans • Chickpeas • Lentils • Pintos 	<p>Nuts/Seeds</p> <ul style="list-style-type: none"> • Pistachios • Sunflower Seeds • Flax Seeds • Hazelnuts

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4 **Herbs and Spices**
There are also a variety of spices that can help prevent or reduce inflammation. Many types of herbs can also be made into a tea.



- Garlic
- Turmeric
- Ginger
- Cumin
- Chili Pepper Spice
- Thyme, Basil and Oregano

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Wishing you a great month of October, stay happy and healthy

Gabriele, Mary, Ted and Jim



Got Milk?

CAT REPORT – SEPTEMBER 2015

This month there *really* isn't much news about our cats. Everyone's aged a month, though to watch Ryan climb the porch screen you'd not believe it of him, and Agnes has been to the vet for the final clear-up of her skin condition, after I'd medicated her most of the month. Otherwise, everyone seems well and reasonably content. Some, of course, would like six meals a day instead of two . . .

Many thanks, as always, to the cats' friends. This month they got canned food from Pepper Charles and dry food from Todd and Bonnie Buckmore and slews of coupons from Suzanne Belisle, Emilie Jorgensen, Iris Martinello, Teresa Parent, Irma Simon, Al Smith, Marlene Kaplan and Gail Walsh.

I hope all of you are enjoying this unusually nice fall weather, as we are.