



## **Charley's Strays, Inc.**

**Mailing address: P.O. Box 64, Limestone, ME 04750**  
**Tel. Shelter: 207-426-9482 or Jim at 207-325-8894**  
**Our website: [www.charleysstrays.us](http://www.charleysstrays.us)**

Limestone, October 2016

Dear Friends,

We may not have Teddy, our much beloved and missed black bear any more, but we are not lacking of visits from wildlife. Above is a moose checking out our back yard. Moose hunting season is over, so he has a good chance of staying alive for another year.

Occasionally Red, the orange/red coyote from last year, still comes to look for food which I gladly provide. Here lately it looks like we are having a silver fox showing up at night. And of course the raccoons and skunks are hanging out at our "feeding station", too.

We had a beautiful October, and I am still feeding flocks of wild ducks, and Red-wing Blackbirds. The Starlings ate my whole crop of grapes. Also there are still Robins chasing worms in our lawn, which is kind of late in the season; they should be all on their way to southern places. But no complaints, I enjoy every warm and sunny day as long as they last, which will surely be over much too soon.

Not much to tell about the Shelter; no new dogs, none have been adopted either, so I will go straight to our fundraiser.

Thank you very much to all of you who participated with buying tickets to pay for our heating fuel this winter. Even though we don't do the fundraiser in Boston any longer, we do uphold Charley's legacy with the once-a-year fundraiser trying to get enough money together for a special project, which for the past several years has been paying for the large oil and gas bill to heat our Shelter each winter. We are still dreaming about building a cathouse, but that takes lots of money, and that is one commodity, which is hard to come by. So, for the time being, we just dream along.

The fundraiser winners are: First Prize of \$250 was won by Karen Deady and home-baked cakes and useful and other things went to:

Charlotte Paul	Jesse Houston	Linda Merriam
Denver dog Catignani	Joe D'Alessandro	Marlene Kaplan
Derek Moran	Judy Crosby	Maureen Dowd
George Watkins	Judy Rohweder	Tracey Greenwood
Irma Simon	Kim McEwen	

A big **Thank You** goes to all the people who helped our animals this month with donations, donated food, stamps, treats and toys:

Al Smith, Belmont	Isaac Boucher, Ellsworth	Marian Delarue, Woburn
Anne Tappan Cambridge	Jackie Lowney N. Bedford	Mari-Grace Lenihan
Beverly Maheu, China Vlg.	Jean & Ralph Catignani	Marlene Kaplan, Melrose
Charlotte Paul, Chelmsford	Joan Ryan, New Bedford	Michael Kane, Greenwood
Cindy Houston Woburn	Joe D'Alessandro, Tuftonboro	Nancy Brown, Olympia
Cristine Cardello, Melrose	Joseph Kogut, Upton	Nancy Capone, Wakefield
Dale Critchley, S. Weymouth	Josephine Smith, Woburn	Pat Thain, Dracut
Deborah Phair	Judith Rohweder, Northport	Phil Mann, Rowland Heights
Denise Bolieau Monmouth	Karen Deady, Skowheagan	R.D. Bournival, Nashua
Donna Bering	Karen Rapallo	Sally Sawyer, Albany Twp.
Dorothy D'Alessandro	Katie Clegg, Sanford	Sandra Nicholson, Beverly
Dorothy Eckstein, Medford	Kim Doherty, Woburn	Steve Martin, Augusta
Iris Martinello, Tewksbury	Larry & Arlene Hayes	
Irma Simon S. China	Linda Merriam, Dresden	

I was very happy to receive another check from John Wells, who once again set up a table in front of a store to collect money for our animals. But it also saddened me to read:

*". . . over half of these dollars were given in Jake's memory, so I think he is definitely still contributing. It was, however, very boring because, without him there, there wasn't anybody to talk to . . ."*

John also said that he was planning to get another dog soon. I was very glad to hear that!

Michael Kane mailed us a donation in memory of "Tommy", beloved cat of Alice Winston.

To everybody who helped our cats and dogs again this month, a huge **THANK YOU**.

Here are few hints about how to treat your sleepless nights the natural way.

### **Food/drinks to help you sleep**

**Almond milk** - Almonds are high in tryptophan as well as another nutrient important to sleep, magnesium, and thus can be beneficial in improving the quality of your sleep.

**Banana** - Bananas are loaded with magnesium and potassium, both of which help your muscles to relax and help to give you a peaceful night's sleep.

**Carob** - Instead of hot cocoa, you might consider trying carob. Carob has a high level of B vitamins which is helpful in regulating the sleep cycles of your body, as well as boosting natural levels of serotonin.

**Chamomile tea**-This is a classic sleep aid. It is widely known for its calming, relaxing effect and enjoyable taste. Individuals who are sensitive to ragweed or other members of the Compositae family should avoid chamomile as they are more prone to experience or develop contact allergies to chamomile.

**Cherry juice** - Recent studies have shown that drinking cherry juice in the morning and another in the evening can help you get an extra hour of sleep.

**Chia seed drinks** - Chia seeds are beneficial due to their tryptophan content which enhances sleep. Chia seeds are also rich in Omega 3 fatty acids, which may also be helpful in promoting sleep.

**Coconut water** - This drink is high in magnesium, and full of electrolytes. It's a great choice for rehydrating, just be sure you're buying a clean version of coconut water not one with sugar.

**Decaffeinated green tea** - Green tea contains theanine, which is a known stress reducer and sleep improver. Studies on the health benefits of drinking green tea, are also showing exciting results in cancer research.

**Kiwi** - Researchers in this study found that eating kiwi on a daily basis was linked to substantial improvements in both sleep quality and sleep quantity.

**Valerian tea** - Valerian is well known for being a strong sedative.

**Walnuts** - Melatonin is present in walnuts and eating them can increase blood melatonin concentration, assisting in your ability to sleep better.

Before starting any natural remedies you may wish to consult your health care practitioner, as chronic insomnia can be a symptom of other conditions.

Best wishes,

**Gabriele  
Mary, Ted, Eric and Jim**

The following is Mary's report on our felines. With that I wish all of you a great month of November and happy Thanksgiving!

## **CAT REPORT – OCTOBER 2016**

After all the vet trips in September, October has been unusually peaceful – what a nice change! Grover and Mr. Tom are fine, and Tang seems content with the way things are arranged now. Agnes, our 19-year-old, greets me almost every time I come out back, eats well and seems comfortable. On the rare occasions she's sleeping so soundly she doesn't hear me come in, I look carefully to make sure she's breathing, and after a bit she wakes up, blinks and gets to her feet.

Despite the cooler weather, Feather and his brother Lucien continue to enjoy the porch. A cardboard box out there used to be a bed; Lucien spent several days turning it into cardboard scraps, having so much fun that once he skipped supper to keep working on it. Alafer is often out with them; brother Willow, who has the thickest coat, is the least likely to stay out long.

We got coupons from Irma Simon, Iris Martinello and Al Smith this month, and lots of canned food from Pepper Charles. Many thanks to all the cats' friends, and best wishes for Thanksgiving.