



## **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](mailto:jbrewer7@maine.rr.com) Website: [www.charleysstrays.us](http://www.charleysstrays.us)

Limestone, August 2017

Dear Friends,

Above is a photo of John Wells' table which he sets up every few weeks to collect money for our Shelter. Without your help we would not have the little gifts which are so much liked/wanted/asked for by the people who donate a few dollars. A big THANK YOU goes to Jackie Lowney and Lynn Frischmann; one mailed a box of great items from Massachusetts to John, the other lady mailed them from all the way of California! Our everlasting gratitude goes to John Wells for setting up the table, dealing with nice and strange people, and keeping a cool head when he has to deal with the not so nice ones. Without John's help the present, and the future of our Shelter would look a bit scary.

Not much news at the Shelter. Our dog Dante who has been with us for many, many years, is really getting old, and skinny. Jim had to spend a week at the Shelter due to Reb's vacation, and there was a roof to finish and plumbing to be repaired, which had split during the cold winter. I gave Jim some good home cooked food for Dante to take along. Our own dog had passed on to the Rainbow Bridge in March, and I still had bags of her favorite home cooked organic meat, pasta and veggies in the freezer. We did adopt a "new" older dog, but the new one has a non-working pancreas and is not allowed to eat anything with grain. Dante loved the food, and since he is such an old, and special, dog, Jim went hunting for some good meals. He found them at Walmart, in the freezer section - Stouffers Swedish meatballs with pasta. Dante gobbled it down within an hour, where normally it takes him all day to eat his food.

When Jim returned home, we talked about it, and I asked Ted to buy a bunch of Swedish meatballs with fettuccini meals for our Dante. Just to sweeten the few months of what's left of his life, a little bit. Hopefully once I turn into a really old dog, someone spoils me a bit, too. ☺

Jim finished the roof on the mobile home at the Shelter, where Reb lives. We had the material from last year, and then he had to redo many pipes in the kennel building, another unexpected expense. We were really happy to receive a check of \$272.00 from Loyal Biscuit Company of Rockland, Maine. Loyal Biscuit had a fundraiser through dog washes [It's similar to car washes], where kids clean your car for a few dollars. But this time it was cleaning your own dog for a few dollars. Loyal Biscuit does a LOT for shelters in need. They also gave us a basket filled with goodies for John to raffle off, and sent us treats and food via Bonnie Buckmore to the Shelter. Right now they are doing a tote-bag fundraiser for us. They are selling reusable tote bags for \$4.99, which includes a \$5.00 off coupon on the buyer's next purchase. The proceeds from the sale will benefit Charley's Strays.

A **HUGE THANK YOU** to Loyal Biscuit Company!

The following supporters of Charley's Strays once again came through, with donations, buying tickets, sending care-packages and stamps, and we made it another month:

Al Smith, Belmont  
Beverly Maheu, China Village  
Bonnie Buckmore, Waterville  
Charlotte Paul, Chelmsford  
Cristine Cardello, Melrose  
Dale Critchley, South Weymouth  
Deborah Phair  
Diane Rizzo, Norway  
Elizabeth Morgan, Portland  
Harry Clark, Beverly  
Iris Martinello, Tewksbury  
Irma Simon, South China  
Jean Cattignani, Conway

Jeannine Dickey  
Jen Buker  
Joe D'Allessandro, Tuftonboro  
Josephine Smith, Woburn  
Judy Rohweder, Northport  
Karen Deady, Skowheagan  
Kerry Smart  
Kate Clegg, Sanford  
Larry & Arlene Hayes, Reading  
Linda Merriam, Dresden  
Lynn Frischmann, Los Gatos  
Marian Delarue, Woburn  
Marlene Kaplan, Melrose

Mary Grace Lenihan, Melrose  
Melody Lavers, Wales  
Michael Kane, Greenwood  
Mikaela Ziobro  
Nancy Capone, Wakefield  
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Rust Pappathanasi, Swampscott  
Ruth Giusti, Titusville  
Sally Sawyer, Albany Twp.  
Sandra Nicholson, Beverly  
Steve Martin, Augusta  
Susan Borsic, Woburn

**Thank you very much to all of you!**

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

Even though summer is pretty well over, and sunburns are a thing of the past few weeks, here are some interesting tips how to deal with your next summer and sunburns:

#### **Cold Compress**

When the skin is inflamed following a burn, cool it down with a compress. This is great for smaller areas, such as sunburned arms, or shoulders. (If you have an all over sunburn read the Kitchen Pantry and In the Tub).

**Apple Cider Vinegar-** Dip a soft cloth in a bowl of undiluted, distilled apple cider vinegar and apply to sunburned area. This provides relief from the pain of sunburn, and keeps the skin from peeling. If this stings, due to broken skin, cuts or scratches, you can dilute the apple cider vinegar in water before applying or try another method listed. Cider vinegar also prevents swelling of the burned area and the formation of blisters.

**Cool Water-**Dip a soft cloth in cool or cold water and lay it over the burn. Repeat every few minutes as the cloth warms. Apply several times a day for 10-15 minutes at a time.

**Witch Hazel**-This wonderful astringent is available at most drugstores. Witch Hazel offers long lasting anti-inflammatory relief. Apply often to provide temporary relief.

You could also put these in a clean spray bottle to spray on the sunburned areas as needed.

### **Kitchen Pantry to the Rescue**

Most likely you have everything you need in your kitchen pantry or refrigerator to provide soothing relief for your sunburn.

**Aloe Vera**-Frequently used for sunburns. You can use the gel of an aloe leaf or buy aloe gel at the grocery store. If you are buying bottled Aloe look for 99.9% pure aloe gel. Aloe relieves pain and helps to moisturize the skin and is a wonderful aid in the healing process. Apply as often as needed.

**Apple Cider Vinegar**- Dip a cotton ball in a bowl of undiluted, distilled apple cider vinegar and apply to sunburned area. The cider vinegar disinfects and soothes the skin, it also reduces pain and promotes healing. If this stings, due to broken skin, cuts or scratches, you can dilute the apple cider vinegar in water before applying or try another method listed.

**Cornstarch:** Add enough water to cornstarch to make a paste. Apply directly to sunburned area. Rinse off in a cool shower and pat skin dry.

**Fat Free Milk:** Mix 1 cup of milk with 4 cups of cold water, dip a soft cloth in the liquid and apply compress to the affected area for 15-20 minutes. Repeat every 2-4 hours.

**Green Tea:** Brew a large pot of tea, using 6 tea bags. Remove bags and allow liquid to cool. Dip a soft cloth in cool tea and lay it over the burn. Repeat every few minutes as the cloth warms. Apply several times a day for 10-15 minutes at a time.

**Oatmeal:** Wrap dry oatmeal in cheesecloth or gauze. Run it under cool water. Discard the oatmeal and then soak compress in liquid. Apply every 2-4 hours.

**Sour Cream:** Gently apply plain sour cream to all sunburned area, leave on for 20 minutes. Rinse sour cream off skin and pat dry. Reapply as often as needed.

**Tea bags:** Soak tea bags in cool water, and apply to sunburned eyelids. This helps to decrease any swelling.

**Plain Yogurt:** Gently apply plain yogurt to all sunburned area, leave on for 20 minutes. Rinse yogurt off skin and pat dry. Reapply as often as needed.

**Yogurt Plus:** One cup plain yogurt, puncture 3 vitamin e capsules and add oil to yogurt along with one and a half tablespoons of pure aloe. Apply yogurt to all sunburned area, leave on for 30 minutes. Rinse yogurt off skin and pat dry. Reapply as often as needed.

## CAT REPORT – AUGUST 2017

Most of our cats are fine, and the youngest ones are still full of energy once the sun sets and the temperature begins to drop to a reasonable level, but I have three sick ones now.

Buddy and Mr. Tom you already know about from last month, Buddy with his tumor and Tommy with his kidney issues. Needless to say, I'm keeping close watch on both of them. Buddy has taken to sleeping on the bottom step of the stairs going down to the garage, I think because it's a bit cooler there when the air-conditioner isn't on. He gets up for meals and sometimes noses into someone else's dish, though he doesn't eat a lot, and he purrs – I see no sign he's in distress yet. Mr. Tom is skinny but as lively as ever, nuzzling me affectionately, jumping from the floor onto the big dog kennel and sleeping on top of the walk-in cage or the big freezer. One time I watched him leap from the top of the freezer across the four feet of empty space above the garageward steps to the top step of the half-flight that leads into the room above the garage. Landed on the step without even a stagger!

Ashley, our half-Siamese girl, developed an ear infection that's resisting antibiotics. The main symptom is loss of balance. She's much less wobbly than she was at first, but her improvement is so slow she's seeing the doctor again soon. Since she absolutely hates the antibiotic, we have a struggle twice a day. Her brother Ryan tries to be helpful to her: when I'm ready to medicate her and ask him, "Where's your sister?," he tells me nothing.

Thanks again to the cats' supporters. This month they've had canned food from Pepper Charles and coupons from Suzanne Belisle, Irma Simon, Iris Martinello and Al Smith, and a neighbor has already promised them a Christmas present.