



Charley's Strays, Inc.

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Dear Friends,

Once again I am writing this newsletter hoping that all of you are in good health. In these uncertain times this is the most important thing. What good is all the money or everything else if you have to deal with an illness, especially the virus! Of course that goes for your family members and friends, too.

This brings me to an article I received from our supporter, John Wells, which says: "It is now well established that acute respiratory-tract infections are often related to vitamin D deficiency. There is some evidence to suggest that those dying from Covid-19 are more often deficient in Vitamin D than might be expected. vitamin D is different from most other Vitamins, in that it is hard to obtain in sufficient amounts just through a good diet. The only effective normal way to obtain it is through regular exposure to the sun."

So, just in case, you probably have stocked up on toilet paper already, so now you may want to do the same with vitamin D capsules. And if that's not enough NOT to catch the virus, here is some more news:

The article is quite long, so I am not going to print it, but I am sure you get the gist of it:

Doctors remain focused on finding a treatment to slow or stop Covid-19. As they do, experts are aiming to find ways to stop it before it begins. Early on in the pandemic the recommendations from health experts focused on vitamin C and vitamin D, both of which can significantly strengthen the immune system. But now, in a new study, published in the journal *Maturitas*, researchers suggest that another, equally important vitamin is being overlooked is vitamin B.

All of our animals are in pretty good health, nothing new to write about there. The Shelter is still closed to the public. We do get the occasional phone call from an interested dog person. Rebecca usually makes an appointment with them, but they either do not show up, or the dog is not perfect enough for their needs. That's nothing unusual. It's the same everywhere. Jim talked to a friend of ours who runs a shelter in South Carolina, among their adoptable dogs they show is a very cute Shitsu on their website. Lots of people came to look at him, but since he has a bit of hair-loss due to mange which is being treated, no one wants him. These are probably all perfect looking people, so who can blame them?

Jim spent a couple of weeks at the Shelter. Reb had to deal with some family issues; so he took care of the animals. He also had enough time to tackle the floors of a couple of runs. They had to be totally torn out. Over the years due to urine and cleaning water seeping through the vinyl floor covering, the wood underneath was totally rotted. A nasty job, and more of the same to do this fall. Right now he does not have the time; his workshop burned down in December last year, and he has been working getting it all cleaned up and torn down. So, hopefully in another month or two he can tackle the rest of the Shelter runs.

That's the Shelter news, now to our supporters:

The following people again helped us out tremendously, and we are very grateful. Our thanks goes to:

Al Smith, Belmont
Charlotte Paul, Chelmsford
Cristine Cardello, Melrose
Dale Critchley, S. Weymouth
Dominique Tosto, Woburn
George Watkins, Amesbury
Jackie and Kellee Lowney
Jeannine Lord, Oakland
John Wells, Waterville

Judy Rohweder, Northport
Linda Merriam, Dresden
Mark Resendes, Revere
Marlene Kaplan, Melrose
Melody Lavers, Wales
Michael Kane, Greenwood
Pat Thain, Dracut
Philipp Mann, Rowland Heights
Shirley Rancourt, Lebanon

Bonnie Buckmore and Judith Olivier emptied the donation cans in the different stores again, which made a dent in our still to be paid tax bill. Bonnie also mailed us a check in honor of her birthday, money given to her by friends for our dog Taylor.

Nancy Brown sent us a donation in honor of her sister-in-law's birthday.

We also received a bunch of dog and cat treats and food again from Loyal Biscuit, delivered by Bonnie. It all helps tremendously. **Thank you so very much!**

And that pretty much brings me to the end of this newsletter.
Wishing you a great month of September, stay well!

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

CAT REPORT – AUGUST 2020

Another uneventful month for our good cats. Still days on the porch, and until the last two nights, overnights as well; I leave the door from dining room to porch hooked open so they can go in and out as they please. Last two nights the thermometer was down into the 50s, so I shut them in.

Tang, our deaf and blind guy, has three favorite beds at the moment (those of you who know cats know he'll choose others soon). Two are on the floor near the door to the cellar and the third on the nearby chair. I watched last night as he ambled over and sniffed the first bed – occupied by another cat. He moved on to the second one – also occupied! I got distracted before he decided whether to climb into the chair. I've seen him get down from it; despite his blindness, he does fine. He's big enough so he can stretch a front leg to the floor, and once he feels the floor he can come the rest of the way down.

Not much news, and not many coupons, either. Al Smith sent some – as he commented, they're getting harder to find. And more valuable; anyone else remember when a coupon would be worth 25 cents, or maybe 40 cents, instead of \$2 or \$3.50? That was when cat food and cat litter prices were a darn sight lower, too.

Our best to all of you, and your pets --