



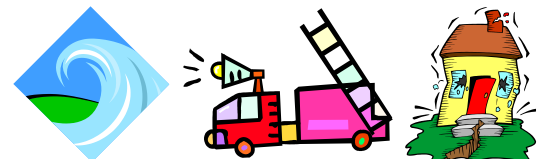
ARE YOU READY FOR DISASTER?

Natural disasters can strike any time and without advance warning. During Hurricane Katrina in 2005, we learned that people will risk their lives and endanger their own safety to stay with their pets during natural disasters. One of the big lessons after Katrina was that we must prepare **all** members of our family for possible disasters, including planning for our family pets.

Here are a few simple tips that could save your life and the life of your pet, too:

1. Make sure your pets are micro-chipped and have proper identification. This is the single most important step you can take to ensure that you and your companion animals will be reunited if you are separated. Don't forget to include alternate contacts with the microchip registration, such as your cell phone number, and phone numbers for an out-of-area relative so that you can still be contacted in the case of an evacuation.
2. If you need to evacuate, take your animals with you. It is simply too dangerous to leave companion animals unattended during natural disasters. The best way to ensure the safety of your pets is to evacuate with them.
3. Have a rescue alert sticker visible in one of your home's windows that lists the number and species of animals residing in your home. If you evacuate with your animals during an emergency, and time allows, write "Evacuated" across the alert sticker.
4. Keep a backup supply of pet food, prescription medications, and essentials. Also, assemble an animal evacuation kit with the following materials:
 - a. One durable animal carrier displaying your name, address, and phone number for each animal in your household
 - b. Pet food (peel tops) and bottled water (5 gallons per animal is ideal)
 - c. Kitty litter and pan
 - d. Blankets
 - e. Leash, harness, collar
 - f. Photocopies of medical and immunization records and recent photos of your pet (in case you need to create "lost" flyers or provide proof of ownership)
 - g. Wet wipes
 - h. Plastic bags
5. Locate pet-friendly lodgings in advance.

Plan now for your human and your furry family members!



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Good News Corner

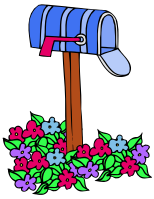
**ARRF Adoptions:
319 dogs, 16 cats
(& counting)!**

ARRF Mission Statement

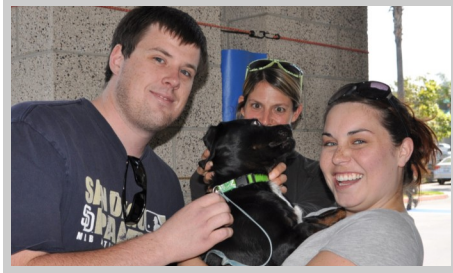
ARRF is a 501(c)(3) non-profit organization working to assist the rescue community, educate the public, and support low-cost spay/neuter efforts. We do all we can to help end the suffering of lost and/or abandoned pets.

ARRF's BOARD OF DIRECTORS

Bernice Friedman President
Craig Neilson Vice President
Pam Mehler Neilson Treas.-Secretary
Norm Friedman Fundraiser
Dona Pearce Editor



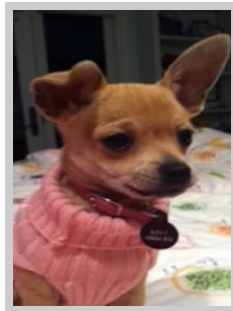
LETTERS & PICTURES FROM HAPPY ADOPTERS!



A bashful Rick Steves with his new mom and dad!



Heather with her forever mom



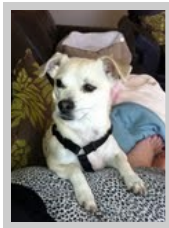
Cookie is cozy as she models one of her new sweaters!

Gigi's update from her forever mom

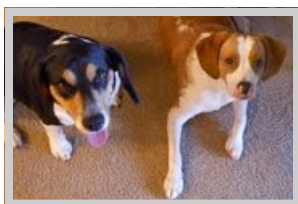
Just wanted you to know Gigi got some more tests and she is finally heartworm free. She is doing really well and is a spoiled little madam (see picture).

I am actually adopting another dog just now. My dog walker rescues dogs from high kill shelters and she got one two weeks ago who was abandoned and pregnant. The shelter kept her to nurse the puppies, and when the last one was gone they scheduled her to be killed the next day. She looks like Gigi and is very sweet and placid. I couldn't say no and I thought Gigi would like a little friend to keep her company. They met last week and got on well. She was spayed on Wednesday, and I get her tomorrow.

*Thanks,
Lora*



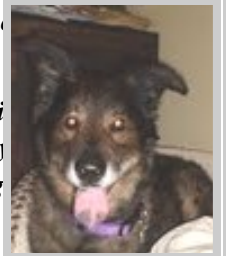
A happy Sammy, aka Hunter, with a little friend



Bandit has found his forever home!

On February 23, a beautiful soul entered our home and we were not lonely anymore.

Bandit was home from the moment he stepped into our home with his determined big paws. When his new dad (my husband) came home, Bandit greeted him by gracefully bowing and wagging his tail like a classy dog!



He protects his home with bellowing howls and his beautiful, quick barks. He trots elegantly next to me or jogs around the block with his dad. Yes, this old boy (12 years old), who used to be on six different medications, blossomed into this beautiful dog who simply needs thyroid medicine and very regular baths because of pollen allergies. He respects all of our other furry children (rats, guinea pigs and rabbits).

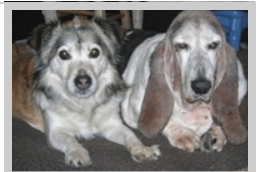
He especially loves human children; he melts when he sees the neighborhood kids! Other dogs, however, are another story. . .

He is our pride and joy, the best dog in the whole wide world!

Antonella Piazza

For Honey Bun (now Daisy) 3rd time is the charm!

Daisy (formerly Honey Bun) and Stella, the Bassett, are now sisters. Daisy has settled right into our home, and we love her so very much. She is the best dog! We do think she was raised by a cat, but she is slowly becoming more dog-like. She is such a joyful addition to our home, and we are so glad we found her through your wonderful group! Hope all is well with you and all your canine friends. Give our best to Eileen, as well (Honey Bun's foster mom). We commend all of you for your devotion and commitment to all the animals you care for and in trying to find them forever homes. We are certainly one of the lucky families!



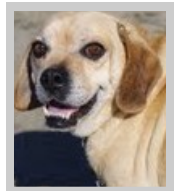
Allison Blackburn

[Editor's Note: Honey Bun was adopted out twice before finding her forever home. Patience and persistence do pay off!]

Hi Nancy,

Tobey is doing very well. He's slowly working his way down to the target weight the vet set for him, and is getting lots of walks and playtime to help with that.

Sam Hutsell



(Continued on page 4)

SUCCESSFUL ADOPTIONS = NEW HOMES & HAPPY TAILS!



Aimee



Cookie



Churro, aka Finnegan



Cruz



Jasper



Heather



Tulip



Rick Steves



Sugar, aka Millie



Yawns



Pebbles



Dot



Gordo, aka Odem



Tobey



Rainbow



Sammy



PeeWee



Priscilla



Fluffy (aka Riley)



Ellie

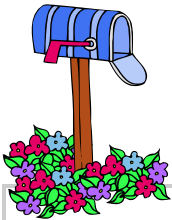
PLEASE HELP IF YOU CAN!



VOLUNTEER!

Studies show it's good for your heart, and homeless animals are always the big winners.

Contact Bernice (619) 589-9334 to help.

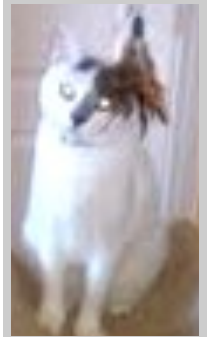


MORE LETTERS & PICTURES FROM HAPPY ADOPTERS! (CONTINUED FROM PAGE 3)

Hi Pam (foster mom),

I hope you are doing well. We just wanted to give you an update on Roxy, now called Bella. She is doing really well, and has adapted to the house and surroundings. She is calm, loving, clean, and has only scratched the cat pole we bought her, she sleeps in her bed with us every night (spoiled), and we are just loving having her. As for the dogs, she is still getting used to them; she has gotten used to the Golden and Beagle since they have very calming personalities, but is slowly getting used to the Terrier, and she definitely stands her ground with him. I am not surprised since he has a very hyper personality and is very intrigued by her presence.

Lilian Wilkirson



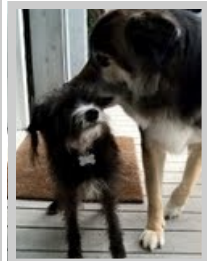
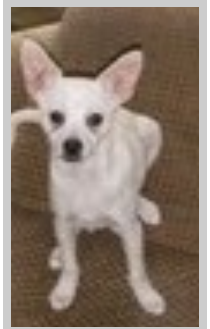
Hi Christine (Churro's foster mom),

I just wanted to give you a little update on Finny (formerly Churro). He is doing so well, he has adapted really well to his new home. He is almost totally potty trained, he even comes to get me when he needs to go out! He is loving all the toys I got him, and especially likes chasing little tennis balls all over my apartment, and at the dog park down the street. He has perfected his "sit," and is getting really good at "lay down, go to your pen, and come;" still trying to teach "stay," though. He is about 10 lbs now, maybe 11! We take lots of walks every day, some short and some long, he especially likes the ones to Petsmart to pick out toys (he also loves to jump from one dog bed to another in the store, he thinks they are all his). He is walking on the leash really well, even on loose leash, and we have practiced walking around the tiny courtyard in front of my apartment off a leash and he's amazing at that, just trots along by my side ignoring the distractions. You really weren't kidding when you said he was a lap dog! He likes to curl up in my lap, and he has been great about knowing he is only allowed to chew on his toys, not on anything else, except me, of course. He also has been very quiet, almost no barking, even when somebody knocks on the door! I'm getting ready to enroll him in some classes, and he is now covered by insurance, just in case anything ever happens; hopefully, we will never have to use it, though!

Best wishes,

Courtney Hamilton

P.S. only one of his ears flops down now, his right ear stands straight up! It is pretty cute .

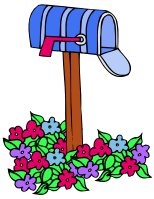


Dear Nancy (ARRF volunteer),

Thank you so much for checking in on Millie, aka, Zoe, aka, Sugar. After a few days we realized a more fitting name for our sweet girl is Millie. Millie is coming along very well. Though timid with new people, she is willing to go anywhere and try new things, as long as big brother Zeke is always ready to try it, too. Though she will not come to our side for a petting when asked, she does come on her own. When asked, she cowers away as if coming when called means something bad might happen. When it is on her terms, she will jump on the chair and sit next to you. But these are milestones for her to achieve when she is ready. Our love is always ready for her. She loves her walks through the hills of La Mesa with or without Zeke. We have exposed her to parades, shopping, work, and Dog's Night Out (a training group for Therapy Dogs.) She greets us in the middle of the night for some attention, tail wagging and little kisses. She and Zeke play great, once they figured out how to do this. She gets Zeke chasing her and somehow he gets chased too, which he LOVES! They roll on the ground with each other with light wrestling, she squeaks when he gets too rough but she always comes back for more so she seems fine. He is very gentle, gives her loves bites like she's a piece of corn on the cob. We love Millie; she really complete our pack. Our Newfoundland died three years ago and left a hole in our hearts. Zeke lost his playmate. Now we have Millie to shed love on and give her the wonderful life of love and play she deserves. We are all doing great.

Warmest thoughts,

Pilar



MORE LETTERS & PICTURES FROM HAPPY ADOPTERS! (CONTINUED FROM PAGE 4)

She is Jazzmine now, and she is my little helper-"mouse" giver-bed sharer. Her personality is fun; she loves to play and she follows me around and is not afraid of guests in my house, which is nice. My other cat Murray is also adjusting; most of the time they do fine, but sometimes she wants to play a little more rough than he is used to, but she brings out his inner kitten since he joins into our play times.

Jazzmine likes my painted rocker and curls up on it often (see picture). She'll also leave presents on my bed (only the good kind!).

Heidi Hugli



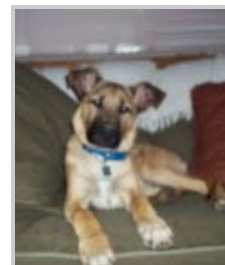
Socki (fka as PeeWee) & friend

Teddy (now Buddha) is awesome. He hops and skips and has become the center of the family very quickly. He loves to play ball and absolutely tears apart this seal stuffed animal.

His stomach is a little sensitive but he's eating well. Taking lots of walks and is very good at being housebroken.

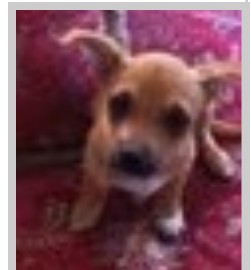


Alabama (Ally) then and now



Mali (fka Flower) is wonderful. She is a very loving dog with a lot to offer. It is fun watching her see, hear and smell things for the first time. She has already learned about snails, taking a bath and what happens at the vet. Honestly, she has been nothing but a delight. She is still learning the potty thing, but with Mary showing her what to do, she has taken to going mostly outside. She fits right in with the other dog and they are already companions. I have attached a few pictures of her. I will keep in mind the trainers; thanks again for bringing us together.

Dave Graminski



LINKS TO CHECK OUT TO KEEP YOUR PET HEALTHY & HAPPY:

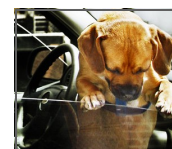
<http://www.whole-dog-journal.com>. Once you have arrived at Whole Dog Journal, click on the related article entitled "[5 Steps to Upgrading Your Dog's Commercial Dog Food Diet](#)"

Mental & Emotional benefits of living with a dog:

http://www.sfgate.com/cgi-bin/blogs/pets/detail?entry_id=92954

Travels with your pet:

<http://campaign.r20.constantcontact.com/render?llr=fu998scab&v=001p0G3IzaXxpwO52FLE1CWigYKqk5f9i9hzhXy4bJSQAr6W4ZdElb9EwfhFKhzm2sw0XftqhIC1pmWXiGxrIVauo6LUSkjK3MTyAPT3c0XmWpYl44K41CjgTObyqP4YLkuEtK8W1IxiC0%3D>



FROM THE PRESIDENT'S DOGHOUSE

Hello, my animal loving friends, 😊

I hope this summer has been a good one for you and your pets. San Diego has been lucky to have missed most of the natural disasters – but there is one disaster that hangs heavy over our heads – too many pets in the shelters! There almost 500 cats in just the three County of San Diego Department of Animal Control Shelters, while the number of dogs stands at approximately 485. That is too much!!

What can you do to help? Several things, including making sure all your animals and those of everyone you know or meet, are altered, and their pets are wearing I.D. at all times. Shelters are full of darling pets, with no way to find their owners (“*I just took the name tags off to give the dog a bath and he/she got away*”). Microchipping could lead that dog or cat directly back to its owner! One of my own personal cats was adopted as a kitten and showed up three years later -- at an Orange County Shelter! Thanks to her being microchipped, she found her way back to the organization, and I adopted her – six years ago.

ARRF is working hard to get its Facebook page up and running -- one more way to network our foster pets – so do go on and become a “friend.” Let’s get those pretty faces out there on the grapevine. Log on to Facebook, then search for ARRF (<https://www.facebook.com/pages/ARRF-Animal-Rescue-Resource-Foundation/109869805772928>).

Finally, and you are probably tired of me saying this – BUT – please try to give some time to volunteering – there is something almost any of you can do to help – from fostering, to handling dogs at events, to posting on Craigslist, and on and on . . . **ARRF can't do it without you!**

Waggingly,

Bernice

Honey, the microchip miracle cat



- Dog & Cat Foster Homes
- Cat beds; cat toys
- Small & medium dog beds
- Nylon collars & leashes
- Small/medium Kong toys
- Volunteer to make color copies
- (must have email access)

ARRF'S WISH LIST

- Advantage or Frontline
- Transporters for trips during the week
- Grant writers
- Volunteers to post adoption fliers

PayPal *The way to send and receive money online*

WWW.ARRF.CC

CALL BERNICE (619) 589-9334, or EMAIL resqpets08@cox.net IF YOU CAN HELP. THANK YOU!

ARRF ADOPTION EVENTS FOR AUGUST - DECEMBER 2011

PetSmart:

ARRF foster animals will be at **1034 N. El Camino Real (Leucadia Blvd. and El Camino Real) in Encinitas, CA** from **11 a.m. until 3 p.m. on these dates:**

August 27 (4th Saturday)
September 24 (4th Saturday)
October 22 (4th Saturday)
November 19 (3RD Saturday)
December 17 (3RD Saturday)

MAP: <http://tinyurl.com/6hdjj8>

Petco:

ARRF foster animals will be at Petco, located in the Poway Plaza at **13375 Poway Road, from 11 a.m. to 3 p.m. on these dates: (all 2nd Saturdays)**

August 13
September 10
October 8
November 12
December 10

MAP: <http://tinyurl.com/5wgzkn>

Ready to foster, adopt or volunteer? Visit ARRF's website (www.arrf.cc) and fill out a Foster Application, Adoption Application or Volunteer Application.

THANK YOU!

ARRF Animal Rescue Resource Foundation
1611-A S. MELROSE DR. #5 VISTA, CA 92081
www.arrf.cc • 619-589-9334 • 760-522-7836