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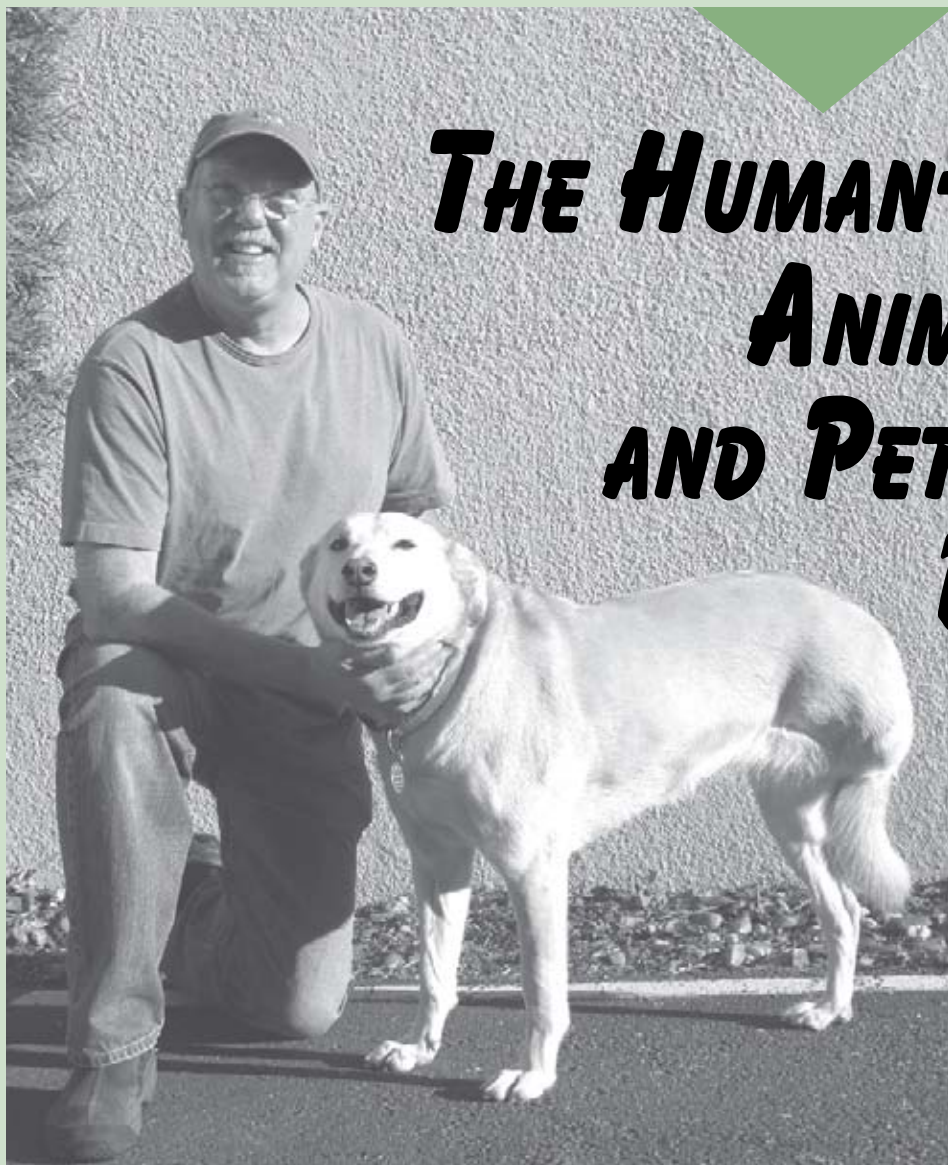
Latham Letter

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PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION

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THE HUMAN-COMPANION ANIMAL BOND AND PETS WITH DISABILITIES



See Page Seven

Jim Van Dine and Tripoli

INSIDE

Got Stress? Cats might cure it.	6
A "How-to" for more effective communication	8
Dimensions in veterinary hospice care	11
Disaster planning today	14



Edith Latham's Mandate:

"To promote, foster,
encourage and further
the principles of
humaneness, kindness
and benevolence to all
living creatures."



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The Latham Letter

Balanced perspectives on humane issues and activities

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The Latham Letter

Volume XXX, Number 2, Spring 2009

**BALANCED PERSPECTIVES ON
HUMANE ISSUES AND ACTIVITIES**



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The Latham Foundation is a 501(c)(3) private operating foundation founded in 1918 to promote respect for all life through education. The Foundation makes grants-in-kind rather than monetary grants. Latham welcomes partnerships with other institutions and individuals who share its commitment to furthering humane education.

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CONTENTS:

Editorial	
Expectations: Take a Stand.	4
<i>By Hugh H. Tebault, III</i>	
Of Note	5
Got Stress? Cats might be the cure	6
<i>Reprinted from <i>The Catalyst</i>, a publication of Island Cat Resources and Adoption (ICRA)</i>	
Lessons from Tripoli	7
<i>By Jim Van Dine</i>	
Rethinking What We Say: A "How-to" for More Effective Communication	8
<i>By Norma Charette</i>	
Loss and Grief: Dimensions in Veterinary Hospice Care	11
<i>By Betty J. Carmack, R.N., Ed.D., C.T.</i>	
A Family Remembers	13
<i>By Emi and Mark Kooyman</i>	
The Human-Companion Animal Bond: Planning for Animals in Disaster	14
<i>By Patricia Rushing, Ph.D.</i>	
For Interested Writers ... Author Guidelines	18
Media Reviews and Announcements	19
Put the <i>Pit Bull Paradox</i> to work for you	23

EXPECTATIONS: **Take a Stand**



*Hugh H. Tebault, Latham Foundation's
President with Brother Buzz*

As I write this column, the US Stock Market has reached a new low – returning to a level not seen since 1997. In a real sense, wealth built up over the past decades is now lost – a loss of real value measured in trillions of dollars.

Latham, like many non-profit organizations, depends on investment income together with donations to operate. It does not rely on the creation and sale of products as its primary source of income, as a commercial company would, and as a traditional non-profit, it is not funded by taxes.

Traditional non-profits are not political organizations and do not rally for one elected official or party over another. However, they are dependent on the health of the economy just as anyone else. The financial loss now being felt was the result of bad political decisions made years ago by people who take no responsibility for their actions.

At the core of our current economic problems are two related events now in the news – the mortgage market meltdown and the AIG bailout.

The economy has been headed for problems since the late 1990s. Before that time, anyone could buy a home if they had the ability to pay for it. If they needed a mortgage, lenders required that they demonstrate their ability to repay the loan. The full loan payment including taxes and insurance could not be more than 30% of the borrower's monthly income. In the 1990s government decisions took away the requirement which ensured that the borrower could pay back the loan.

At that time, the *New York Times* reported that members of Congress were actively directing the home loan agencies

(Freddie and Fannie) to relax controls on who could get a government guaranteed loan. This started the government manipulation which resulted in the mortgage market meltdown.

That is also when then New York Attorney General Spitzer began his well-publicized legal attacks against Maurice Greenberg, the CEO of AIG, a key financial organization dealing with mortgage investments. The criminal charges alleged by Mr. Spitzer were never filed or adjudicated in court, only in the press. The result of that attack was that AIG lost its CEO and chief financial architect, not as the result of illegal actions, but of political ones. This leadership loss was pivotal in future decisions made by AIG and represented the second leg knocked out of the mortgage investment market

The Federal Home Loan Mortgage Corporation (Freddie Mac) and The Federal National Mortgage Association (Fannie Mae) encouraged lenders to create a new class of borrowers, with Congress going so far as to direct additional money be given to specific groups. The housing bubble created by this excess spending has now burst and the impact on everyone is horrendous.

Active political intervention in an already regulated market had enormous delayed consequences and eventually forced the market to fail. I believe the best way to ensure that the market recovers is to eliminate the excessive government actions that caused the failure, and not to require yet more government control. It is the free marketplace, not government, that creates jobs, wealth, and the standard


of living we have enjoyed for so many years.

To help us avoid this in the future, we need to understand how we got here. It is good to earn your way, not to have things given to you that you did not work for. We need to remember that decisions made today have long term impacts. Having the power to make a decision carries with it the responsibility to be accountable for its consequences. This acceptance of responsibility is a moral obligation and key to our honoring each other.

The innovation of the American spirit is without limit, and its source is the melding of many strong cultures who agree on one set of values and work toward a single goal as expressed in the U.S. Constitution and Bill of Rights.

I encourage you during this time of reduced funding to examine non-monetary ways your organization can improve. Look for innovative solutions to do more with less.

Communicate with your organization leaders, your community leaders and your elected representatives. Let them know that you are there to help and that you plan to hold them accountable for their actions. Communicate positive reinforcement and point out where things could be improved. Be more aware of decisions or actions being made that will cause future problems. Take a stand.

The time you can donate to your local organizations becomes more important than ever. We may have fewer funds for a while, but we have our core values, our talents and our ability to succeed at whatever we commit ourselves to do. Let's begin today to make a better future. 

We are more...

A profound reminder...

New York Times columnist Ben Stein recently wrote "We are more than our investments. We are what we do for charity. We are how we treat our family and friends. We are how we treat our dogs and cats. We are what we do for our community and our nation"

*Brought to our attention by Amy Shever,
2nd Chance 4 Pets, www.2ndchance4pets.org*

"The single biggest problem in communication is the illusion that it has taken place."

George Bernard Shaw

See article, page 8

Coming in the next issue...

- **What if your pets outlive you? 2nd Chance for Pets**
- **Humane Education in Belize**
- **Humane Education in Connecticut**
- **News from the Horses & Humans Research Foundation and more issues and activities**

Please Note

correct phone number for Anthony J. Smith, DVM, MBA, author of "A New Option: Mobile Veterinary Hospice Care" in the Winter '09 Latham Letter

Rainbow Bridge Pet Services
www.rainbowbridgevet.com

Phone: 510-381-3389



Congratulations to Frank Ascione

American Humane Endowed Chair at the University of Denver to be filled by prominent researcher in the field

Dr. Frank Ascione to hold inaugural position in Graduate School of Social Work

DENVER – A prominent professor and researcher in the field of the human-animal bond will fill the first American Humane Endowed Chair at the University of Denver's Graduate School of Social Work (GSSW). James Herbert Williams, dean of GSSW, appointed Frank R. Ascione, PhD, to the position, which is one of the first in the U.S.

Ascione is currently a professor in the Psychology Department at Utah State University in Logan, as well as an adjunct professor in Family and Human Development. He is an internationally acclaimed researcher, lecturer and author in the field.

The Denver-based American Humane Association and the University of Denver established the \$2 million American Humane Endowed Chair last year. It will explore the expanding field of animal-assisted interventions and research the bond between humans and animals. Earlier, American Humane and the Animal Assistance Foundation also provided the seed money to establish GSSW's Institute for Human-Animal Connection.



Dr. Tamara Shearer, author of "Developing a Pet Hospice Care Center" in the Winter '09 Latham Letter, can now be reached at P. O. Box 1492, Whittier, NC 28789-1492. e-mail: tshearer5@verizon.net

Got Stress? Cats might be the cure

The importance of the Human-Companion Animal Bond from Island Cat Resources and Adoption (ICRA), Alameda, California



Iris and Rose live with Latham Board member and ICRA volunteer Denise Cahalan.

We know that cats make us feel better. We respond to their soft fur, their smooth paws gently resting on our arms, and their soothing purrs. They provide a brand of unconditional companionship and support we can't get from our human brethren and, better yet, they don't judge, they don't snipe, and they don't talk back. What could be better than that? Well there is a growing body of scientific evidence that suggests cat guardianship might be good for your heart as well as your soul.

Within the past few months, Cornell Cat Watch, Cat Fancy magazine, and the American Association of Retired People (AARP) all highlighted a 10-year scientific study by the University of Minnesota Zeeat Qureshi Stroke research Center yielding evidence that living with cats may relieve stress and anxiety and, therefore, lower the risk of having a heart attack or developing other cardiovascular diseases by one third.

According to the study, which examined 4,435 people between 30-75 years of age, those who never lived with cats had a 40% greater risk of dying from heart attacks and a 30% greater risk of dying from other cardiovascular diseases than those with cats.

A study by the State University of New York examined 48 stockbrokers with high blood pressure over a six-month period and found that the group given a cat or dog (in addition to medication) had significantly lower resting blood pressures than the group given only medication. Also, the pet group showed 50% lower rise in blood pressure than the non-pet group during stressful events.

Cat guardianship isn't for everyone and nothing is a cure-all. But even the possibility that living with a cat has tangible health benefits is yet another great reason to consider opening your hearts to one of these magnificent little creatures. While more studies are needed to understand just how and why cats may improve cardiovascular health, what's the harm in doing some experimenting in the comfort of your own home? ICRA has many four-legged scientists who are ready and willing to help!

Reprinted courtesy of *The ICRA Catalyst*, a publication of Island Cat Resources and Adoption - www.icraeastbay.org



What is ICRA?

Island Cat Resources and Adoption (ICRA) is a 501(c)(3) all volunteer non-profit humane organization dedicated to reducing the suffering of abandoned and feral cats and to empowering the local community to aid them in their plight.

ICRA provides low-cost spay/neuter, vaccines, and medical treatment to their cats and resources for people willing and able to help themselves. They provide foster care for tame or socialized cats until they can be placed into quality, permanent homes. They return spayed and neutered feral or unsocialized cats back to their colonies if in a safe, managed environment.

They strive to educate the public about responsible treatment of animals and the need for spaying/neutering to reduce the number of unwanted kittens.

Please visit their web site for further information.




Lessons from Tripoli

By Jim Van Dine

on to say that Tripoli had been a stray at a local animal shelter and no one had any idea how she had lost her leg, but it was clear that it had been amputated when she was young.

I adopted Tripoli and she has been my shadow ever since. She is happy and playful, but extremely well-behaved and friendly with everyone. She loves people and likes nothing more than sleeping while there is a crowded room of people talking. I bring her to work often and she frequently sleeps under the conference table while there is a meeting going on over her head. Everyone in my office loves her and she wanders from office to office napping wherever the sun happens to be shining. And it turns out that, though she is quite often a “couch potato,” she loves to run! I take her for at least two - three walks daily and take her jogging several times a week. She has less trouble completing the three-mile run than I do. I think she would want to run a marathon!

I will never get a puppy again. There are too many adult dogs that make great pets that need homes. Tripoli has shown me that. She also taught me that an adult dog can be just as devoted and loving as a dog you raise from puppyhood and that three legs work just as well as four. 

Jim and Tripoli are Latham's neighbors.

For more information, see www.PetswithDisabilities.com

I have owned dogs most of my life and I raised every one from puppy status. Recent circumstances left me without a dog and without the time and space required to raise a puppy. So I began to look on-line for adult dogs. Since I live alone, I wanted a mellow dog that I could occasionally take with me to work at the business I own.

I was pleasantly surprised to find numerous canine adoption agencies that featured a wide variety of dogs. Of course, that pleasant surprise was mitigated by the fact that this virtual endless supply and variety indicated that there are far, far too many homeless dogs that potentially face a sorry end to their short lives.

All of the dogs came with detailed descriptions of their ages, background and temperament. For several days I looked through numerous websites at hundreds of dogs. I was captivated by one happy looking Labrador mix. She was described as a very sweet and well trained dog that was a “couch potato.” The description went on to say that Tripoli had only three legs, “...but that’s okay, because she wouldn’t want to run a marathon anyway!” Since I am an active hiker and jogger, this description dissuaded me.

But each day I would check the same site and Tripoli was still available. One day Tripoli’s photo had a caption that said, “Please act soon.” I knew what that meant. So I contacted the agency and arranged a visit. She was cute, sweet and well behaved. The foster parent said that she was just recovering from heart worm and had several months of bed rest. She went

Humane Education and Handicapped Pets

Every year, Kathy Barton from Velma, Oklahoma, works with her 4th grade class to learn about handicapped pets. In doing so, they learn about helping others and respecting those with special needs. As a part of the curriculum, they raise money and buy a wheelchair for a pet in need.

Rethinking What We Say: A “How-to” for More Effective Communication

By Norma Charette



In a time when everyone’s future seems so unsure, we have the perfect opportunity to step back and reflect on our accomplishments rather than to dwell on our failures. In reality, we have not really failed, because we have conquered many obstacles to make it as far as we have. Try this exercise: Make a list of all your accomplishments and add a note to each one about why you think they worked.

Ok, the list is done. Now what? Well, give yourself credit for a job well done so far. Now let us see how we can keep moving forward in tough times. This list proves we love what we do, but how can we keep the interest and support of the people who are our supply and lifeline? How can we keep the animal welfare movement moving?

As knowledgeable, experienced educators, we have the ability to teach our lesson plans, but what about communicating with those that hold the purse strings that finance our programs? The answer lies in effective communication.

This can be difficult. You work hard to prepare information – to provide proof of what you have done so far – then work up the enthusiasm needed to get up in front of a person or a group, state facts that show you are an asset to the organization, and the importance of your program. I’m afraid, however, those nerves of steel won’t help if your audience is distracted or disinterested.

We think of ourselves as educators, not salespeople, but we have to wear many hats and jump through a variety of hoops to keep our supporters interested in our cause.

My background is in animal behavior and teaching compassion, empathy, kindness, and respect for all living things. I never thought I would become a student of human behavior – let alone my own. I have noticed, for example, my tendency to avoid confrontations, by sitting back trying to avoid being noticed and create a stir which could end my program or my job. My physical behavior shifts gears from showing confidence when speaking to groups about what I know, versus fidgeting and hesitating while noticing listeners looking perplexed or bored when presenting a performance review to a boss or committee. These differences in behavior created curiosity. Why repeat thoughts, ideas, and points? Why feel uncertain what was said was not understood or heard? What could one learn to do differently? How can one capture and keep attention in situations needing others’ support and approval?

Becoming a more effective communicator is what many of us desire. For our own survival and the success of our programs and projects that hold our passion, effective communication needs to be utilized. Ask yourself, is your passion for animals reflected in your work, what you say, do, or in how you behave? What is the impact you have with others through verbal and non-verbal, written and visual communication?

Exploring further: Thoughts about ego

The list you wrote in the first paragraph will show that the knowledge you possess provides ability to acquire and accomplish. But knowledge is not ego! Ego is an illusion that distorts things, such as that there is only one right answer – yours! Ego is what will create the fear and conflict that will have a dramatic cause and effect on any outcome. Knowledge is a key to many choices that provide many answers. People are more likely to want to listen to what you know if they feel they also have a choice. This is a foundation for respect and it needs to be considered. Knowledge will never try to dominate; ego will. Ok, so now that we have pushed ego out of the way, communication is on its way to improving.

Definitions

Let us define communication first. Communication is the process of exchanging intended information that is conveyed through written and spoken words, tones of voice, and body language according to a common set of rules. To be effective, one must be aware of these rules. Effective communication is the process that involves both reception and transmission of information that includes both hearing and listening, as well as being open to others' thoughts and ideas. This implies that one verifies that the receiver has understood the message that was intended and a subsequent response is noted. With a successful exchange of information, the sender and receiver will have a common set of symbols or words that they both attach similar meaning to throughout the encoding, transmission, and decoding of the intended message.

Real-world example

Let me give you a simple example. "Gypsy is a beautiful Beagle up for adoption." This sentence tells you only two things about this dog. "Gypsy" is the name and "Beagle" is the breed. "Beautiful" is in the eye of the beholder!

For more effective communication you might write, "Gypsy is an even-tempered neutered male Beagle. He is tan and has two black spots on the back of his soft shiny coat. He has a wonderful temperament and disposition for a four-year-old dog, but he does suffer some separation anxiety." The second description paints a picture with all the details; the first left a lot to the receiver/reader's imagination, based on their knowledge, not yours.

Techniques

In effective communication the sender has to judge how much information is adequate based on whether or not the receiver got the message. This is where paraphrasing, clarifying and reflecting unite what is said and received. These techniques lead to the feedback stage.

Being specific will help to explain who, what, where, why, and when or whatever is relevant to the situation being communicated. The focus should be on comprehension and managing the direction and amount of information. Too much information might overwhelm a receiver. Feedback should be timely and non-judgmental. Be aware when Ego wants to take over and control the communication. It could be devastating. During feedback, it is the sender's turn to listen and be objective about what he or she hears. It is meant to be constructive.

Learning some of the basic skills of effective communication and routinely utilizing them allows one to get their needs filled more often, with less effort, and in less time. This is particularly true during times of high emotion, confusion, and conflict. Being an effective communicator leads to more productive days and nights, less stress, and better health.

Communication foundation requirements

- **Awareness:** What are the thoughts, needs, feelings, the dynamics of communicating? What are basic skills required to accomplish the idea(s), to help the listener understand what it is you seek?
- **Clear thinking:** Brainstorming helps with clarifying. We think in both conscious and unconscious levels. Clear thinking can enhance rather than create vagueness.
- **Willingness to dig down and get good information** about thoughts and ideas, to go beyond the surface needs that are filled with denials and blame, to make sure that no one is semi-aware and will lack understanding, to determine the primary needs and purpose.

- **Ability to state what you need clearly and directly** understanding that resistance can be important.
- **Appreciation for and an atmosphere of respect:** Strive for respect rather than conflict; avoid misunderstandings by restating and paraphrasing. Be an active listener.
- **Empathic listening skills:** Listening with empathy is a powerful communication tool. It allows you to listen with your heart and put aside your values, preferences, and needs for the moment and to sense what the other might be thinking, feeling, needing, and perceiving without judgment.
- **Understanding of Problem-solving and Conflict Resolution**
- **Adequate preparation:** Make sure you're loaded with statistics, facts, and confidence. Choose the right words; be focused. Stay positive and creative.

Being a good active listener is vital. It helps to assess the content and the intent of the communication. This goes beyond talking and listening. It also includes both speaker's and listener's physical behavior and the ability to keep an open mind without judgment.

Effective communication is interactive, dynamic, contextual, irreversible, and continuous. Discussion will help remove unwanted perceptions and identify barriers that may have existed. There is a mutual understanding and this helps bridge the gap when reaching for a desired outcome.

Helpful steps for effective communication

1. **State one idea at a time and keep things simple.** This avoids confusion and allows one to digest what is said and have it repeated if necessary. It also promotes feedback. In essence you are reading between the lines and trying to understand the person or audience you are communicating with.



2. Make eye contact. Whether speaking or being spoken to, looking into the eyes of the other person can make the experience much more successful. Eye contact conveys interest and encourages others to be interested in what you are saying. Holding the eyes of different members of the audience can personalize what is being said and maintain attention.

3. Be aware of body language. Our body language can speak louder than words. An open stance and arms relaxed to the side tells anyone being spoken to that they can approach and what they say will be heard. Crossed and hunched shoulders might suggest disinterest or unwillingness to communicate. Often, communication can be stopped before it starts by body language that tells people it is not a good time to talk. Having good posture and an approachable stance can usually make even difficult conversations flow more smoothly.

4. Have courage to say what you think. Communication skills begin with basic conversation. Each day take time to be aware of your opinions and feelings. Individuals should not be hesitant to speak because they feel their opinion is worthless or not worthwhile. A helpful reminder is to remember something important and worthwhile to one person might not be to another, or might be fascinating to someone else. This is a huge planet; there will always be someone bound to agree. Your opinion might even open the other person's eyes and mind to an even deeper perspective.

5. Speak loudly enough to be heard. When saying what you think, have confidence to say it loudly enough to be heard. Appropriate tone and volume will show you mean what you say and it is worth hearing, which also decreases room for misunderstanding.

6. Practice. Practice communication skills every day in a variety of social and professional settings. These simple behavior tips can open up new opportunities beyond current limitations. New skills take time to refine, but each time you use these new skills you will find opportunities. Friendships will begin to open up.

So now, look again at that list of accomplishments that you created in the beginning.

You will probably see some of the above communication skill reflected in your list of successes. But there's so much more to learn. I hope this article planted a seed of interest. Take a class, search the internet, rent a DVD, or borrow a book from the library and nurture the seed, allow it to grow. Even in these difficult times, success is possible.



Author Norma Charette is an Animal Control Officer in Cheshire, Connecticut.

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Loss and Grief: Dimensions in Veterinary Hospice Care



Courtesy University of California at Davis
School of Veterinary Medicine

By Betty J. Carmack, R.N., Ed.D., C.T.

“While this time period is challenging and frequently overwhelming, it’s clearly a time of profound devotion and love. It’s a true witness to the depth of fidelity and commitment people have made to their animal companions.”

Carmack, Grieving the Death of a Pet

While veterinary hospice care represents the faithfulness and devotion people make to their beloved animals, it can also be permeated with loss and grief. Life is not the same. The human end-of-life and hospice literature addresses the very real problems of care-giving: physical, emotional, financial, and spiritual. I don’t think it’s any less difficult for caregivers of companion animals receiving hospice care than it is for those with human companions because the accompanying emotional and physical challenges require numerous adjustments. We need to recognize the toll that these challenges take so we can better support individuals during these difficult times.

Some people are willing to care for their animal at home as long as possible if the animal isn’t suffering. In contrast, others acknowledge this care as a real hassle but may feel guilty as a result. Yet the animal’s incontinence, need for special dietary preparation, home treatments, and vomiting can lead to care-giver burden and sleep disruptions. As a result, ethical conflicts arise when euthanasia is considered because “she’s our family.”

Veterinary hospice care encompasses a series of goodbyes as individuals acknowledge the changes in their animal’s physical and mental health. Oftentimes the goodbyes are conscious and purposeful such as saying “goodbye” and “thank you” before, at the time of, and after the death.

There’s also the savoring of the preciousness of time left. Often there’s a period of “getting ready” as one gets the news and struggles with weighing the decisions. These pet parents are living “the long goodbye” that extends before, during, and after this journey of living with an animal’s illness and serving as caregivers. This time of saying goodbye is reflected in the tender ways persons choose to be present for their pets. Koltavsky writes, “The amazing thing is that as options close on treatments or cures, new doors open that always lead to a deeper meaning of my life with my dog.”

“It’s the hardest decision I’ve ever had to make” – to give permission to take away the life of the one being on this earth to whom a person is perhaps closest and holds most dear.

Pet parents abhor the sense of having to “play God” and often feel paralyzed by indecision. It can simply be too hard to know that the time has come to end the life of one’s pet. One doesn’t want to do it too soon, but one also doesn’t want to wait until the animal is suffering. It is often easier to accept the loss if an animal dies in its sleep or if there is a clear-cut medical crisis. But in the less clear situations, how does one know and how does one decide? People have said, “I’m losing her mentally but her body wants to stay,” or vice versa, “Her body is betraying her but I can tell she’s not ready to go.” With each decision to forego aggressive treatment in order to balance quality of life, individuals again may experience one or more loss.

When the animal dies and the physical presence is no more, the grief is profound because the care has been based on deep love. Often times, too, the degree of caring that has occurred intensifies one’s grief because that person’s sense of identity has been tied up in the care of the animal. Losing a companion animal brings a depth of grief that can go to the soul since that’s where an animal goes in us. “It’s like losing a little piece of my soul,” I’ve been told. That is the natural consequence for those of us who love our animals as we do. If the love weren’t so great, the grief wouldn’t be so great. People are surprised by the intensity and duration of their grief, not expecting to be so inconsolable. Our grief is unparalleled because our relationship with our animal is unparalleled.

Veterinary hospice care can encompass dimensions of grief such as depression and self-harm, anger and feelings of wanting to harm others, guilt, and factors that increase one’s susceptibility to a complicated grief. These components deserve continuous attention and care. The references listed at the end of this article contain helpful resources for further exploration of these serious aspects of grief.

Increasingly, I’ve come to understand and appreciate the value of rituals and memorials before, at the time of, and after an animal’s death. I often work with individuals to create rituals that honor the animal and their relationship.

Gratefully, the number of resources available today to help pet parents with their grief helps validate the significance of the loss of loved animal companions. No longer does one have to walk this path alone. There are kindred spirits – both professional and informal – who “get it” and willingly support and accompany those in their grief. I consider it a privilege to do so.



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www.APLB.org online chat room for pet loss

Save the Date

The Second International Symposium on Veterinary Hospice Care
will be held September 5-7, 2009,
once again at the UC Davis School of Veterinary Medicine.
Please check our website for updates and registration information,
by visiting www.pethospice.org.

A Family Remembers

By Emi Kooyman

Last night, around 7pm, Stetson made it clear to us that her little body was shutting down. We thought that we could make her comfortable through the night and we could face the inevitable in the morning. That was not to be.

Around 10 pm, we found ourselves loading her up and heading for the emergency clinic.

My mind wandered off as I sat in the car, thinking about the day we brought our little girl home. She was five weeks old, far too young to be away from her siblings. I remembered her first night, how she was inconsolable. She cried, she howled, she peed and pooped. We didn't get a wink of sleep. I remembered her first snow; how she loved it so. I remembered her first boat ride, the first of many. Her first squirrel, her first cat, her first deer. She hiked in the Red Rock Mountains, and played in the Minnesota winter. She saw more of the United States than many kids do today. And here we were, taking her last ride in the car. There wouldn't be any more firsts for Stetson. We'd leave our driveway with her, and she would never return.

Stetson, who never asked for much, but always had a presence, would no longer be here to bring peace, a smile, or humor to the situation.

People often talk about having a "heart dog" – one that has an extra special place in your heart. Stetson was our "life dog" – one that changes the course of your life. Stetson defined the places we'd live, the friends we'd keep, and how we would spend our time. After 14 ½ years, it's hard to imagine what life was like before her.

Last night, we had thunderstorms which started with a boom of insanely loud magnitude. It was powerful enough to blow out one of our circuits and jolted all of us up at 3:35am. Mark read my mind when he said, "Stetson must have made it to heaven."



Stetson-Malone



Stetson-Malone November 15, 1994 - April 1 2009 with Mark

"Thank you, Stetson Malone, for all the great things you brought to our lives. We never knew that a little white ball of fur, could take up such a big space in our hearts. It is empty and sad here without you this morning, but we hope that you are feeling well, whole, and happy. I know you heard me talking to you as I made breakfast for your sisters."

Love, Mom, Dad and your sisters

Mark Kooyman adds –

Last night, I said farewell to my favorite. I know you're not supposed to have a favorite, but I guess my heart didn't follow that rule. Pets can teach you a lot about yourself, and Stetson was a great teacher. She was a master at teaching; she had the gift of patience. She was the kind of teacher that surprised her students with a random quiz, when you'd least expect one. She was true to herself and when she learned who she was; you could always count on her to behave in a predictable manner. Stetson was also an Iron Man competitor, having gone through a near miss when her kidney and other organ parts had to be removed. She became a dining connoisseur, having developed a selective sense of taste for her prepared meals and natural cures. She ate only what she thought she needed, and never over-indulged.

Stetson was always up to a challenge. Her will and mind overcame her declining body strength, but she would never let that stop her from participating on any family outing that presented itself. She always showed up; this was her lesson for success.

It's hard to watch someone that has shared every part of your life, knows your every step, and taught you so much about yourself; reach the point where their body can no longer keep up with their mind. It's the hardest lesson of life; it's the enemy of time.





PHOTO: Clay Myers, www.besfriends.org

The Human-Animal Bond: Planning for Animals in Disaster

By Dr. Patricia Rushing

The Human-Animal Bond

The status of companion animals as important members of a family unit has increased significantly over time. Today our society clearly recognizes this human-animal bond (Leonard & Scammon, 2007). It is estimated that there are 74.8 million owned dogs and 88.3 million owned cats in the United States (American Pet Products Manufacturers Association (APPA), 2008). This equals over half of all U.S. households (The Humane Society of the United States (HSUS), 2008). Companion animals are no longer considered mere property only valued at their market price (Leonard & Scammon, 2007). Most owners consider their companion animal member of the family (Edmonds & Cutter, 2008 & Leonard & Scammon, 2007). Furthermore, significance of the human-animal bond can be clearly demonstrated by examining our economic marketplace. Companion animal owners spend nearly \$40 billion dollars annually on pet related products and services. Furthermore, approximately one million companion animal owners carry insurance coverage for their animals (HSUS, 2008). These historical trends signify the conversion of animals from mere property into households members.

Companion animal owners typically exhibit much stronger emotional ties to their animals (Favor & Strand, 2003 & Flynn, 2000). A strong correlation between improved physical and psychological health among people who have pets and how our personal well-being may be directly related to this strong

human-animal bond has been vividly established by empirical research as well (The American Pet Products Association, 2005; Edmonds & Cutter, 2008; Leonard & Scammon, 2007; Favor & Strand, 2003 & Flynn, 2000).

The devastating natural disasters in the Gulf States in 2005 put us, as a nation, to the ultimate test and exposed flaws in our nation's emergency preparedness plans and programs, but we learned a great deal from these tragedies. Any disaster will have adverse effects on the jurisdiction's public health and welfare, including its animal population (Edmonds & Cutter, 2008). The Humane Society of the United States (HSUS) disaster experts note that evacuations will run more smoothly if pets are included in pre-disaster planning. "People lost their lives in the wake of Katrina because government responders told them their animals had to be left behind and they couldn't bear to abandon their pets," said Pacelle. "For many people who face losing everything, their pet is the only comfort they have left (HSUS, 2006)." Therefore, considering the health and welfare of companion animals has a profound impact on owners' decision making processes during disaster situations (Edmonds & Cutter, 2008).

Animal Owners and Animals in Disaster

Hurricane Katrina aftermath reports indicated that pets appeared to be a major reason that people refused to evacuate.

Ten thousand people refused to evacuate because they could not take their pets (Hurricane Katrina: The Voice of Hurricane Recovery, 2005, HSUS, 2008, Edmonds & Cutter, 2008 & Leonard & Scammon, 2007). According to a survey of people who were affected by Katrina in Louisiana, Mississippi and Alabama, 44% of those who chose not to evacuate did so because they refused to leave their pets behind (Zogby International poll, 2006). Many pet owners stayed with their pets and perished (HSUS, 2006). Because many shelters did not accept pets due to state health and safety regulations, many individuals who did evacuate lived in their cars or stayed on the street rather than abandon their animals. Animal welfare groups rescued 10,000 pets, but tens of thousands of others were lost (HSUS, 2006).

The influence of companion animals on household evacuation decisions has significant implications regarding evacuation and emergency management conducted by local and staff officials (Edmonds & Cutter, 2008). It is imperative that disaster plans consider the impact of disasters on the pet-owning population and/or those that depend on service animals (Edmonds & Cutter, 2008 & Leonard & Scammon, 2007). Prior to the Gulf States disasters, most state and local disaster plans did not take into account that some individuals would refuse to evacuate without their companion or service animals, thus endangering their lives. Disaster plans did not take into account that some individuals would return to restricted, dangerous areas to “rescue” their animals, again putting themselves and first responders in jeopardy (Edmonds & Cutter, 2008). Disaster plans failed to consider the public health and safety issues created as a result of animals that lost their lives or household pets that came into contact with displaced wildlife. Disaster plans failed to consider the impact on the safety of first responders and volunteers who came into contact with animals that were left behind to survive on their own, becoming hungry, scared, injured and at times aggressive. Disaster plans failed to consider the mental trauma of pet owners who spent time and effort searching for their animals instead of getting on with the process of recovery.

What we learned

As a result of the Gulf State disasters in 2005, the Pets Evacuation and Transportation Standards Act of 2006 was actualized. This Act “Ensures that state and local emergency preparedness operational plans address the needs of individuals with companion and service animals following a major disaster or emergency.” It defines household pets as domesticated animal such as dogs, cats, birds, rabbits, rodents, or turtles, traditionally kept in the home for pleasure rather than commercial purposes.

A household pet can travel in commercial carriers and can be housed in temporary facilities. Household pets do not include reptiles (except turtles), amphibians, fish, insects/arachnids, farm animals (including horses & pigs), and animals kept for racing purposes. It defines “service animals as guide dogs, signal dogs, and other animals individually trained to provide assistance,” (PETS Act, 2006).

Communities must now prepare for individuals to evacuate with their companion or service animals. Such individuals are eligible for Category B FEMA Public Assistance Grant funding. A special consideration: the PETS Act is superseded by the American Disabilities Act, which states that service animals may never be separated from their owners (U.S. Department of Justice/American Disabilities Act, 2005).

Government’s Role in Planning Considerations for Effective Disaster Management and Response

An effective response requires comprehensive planning and includes educating citizens on their personal responsibility to prepare for evacuation, sheltering and care of companion and service animals in times of disasters. Preparing planning prior to a disaster are essential and should consider all family members including companion and service animals (Leonard & Scammon, 2007). A simple message encouraging citizens to have disaster-related homeowner’s or renter’s insurance goes a long way towards individual and community recovery.

Citizens should be encouraged to take a proactive response in ensuring the safety of their whole family, including their companion animals. They should be informed prior to the onset of a disaster of what methods should be employed during various disaster situations. Informational campaigns would clarify the roles of local and state officials and show how proactive citizen response will streamline and decrease the negative impact of a disaster. For example, damaged roads and disrupted communication and utility systems may restrict first responders’ access into affected areas. A need for first responders to focus on regaining critical community infrastructure to expedite the overall rescue and recovery efforts may mean – for the initial period immediately following a disaster, often up to 72 hours or longer – individuals and families may need to rely on their own resources for themselves and their animals. The old message of leave your pets behind with three days of food and water because evacuation shelters don’t allow pets is no longer valid.

As a nation, as states, as communities, we cannot let this tragedy repeat itself. It is the responsibility of state and local emergency preparedness professionals to never force families and people with disabilities to choose between being rescued and remaining with their pets or service animals. Well organized evacuations of animals will streamline the evacuation of people and save lives (Edmonds & Cutter, 2008 & Leonard & Scammon, 2007). It is clear that jurisdictions must have plans to effectively deal with their pet-owning populations as a matter of health and public safety and to expedite a community's recovery. While most large-scale disasters gain national attention, the truth is most disasters are

smaller and more localized. That is why disaster preparedness is most effective if locally focused and at the lowest jurisdiction possible. Each community must shape local plans to fit local needs.

Much has been done, but much is still left to do. Unfortunately, many local Emergency Operations Plans do not address the needs of the pet-owning population or those that depend on service animals.

So make your own plan. Disasters happen locally and we, as pet owners, must take personal responsibility for all of our family members. That includes our pets! As you assemble your emergency preparedness kit, consider the following checklist:

Pet Evacuation Grab and Go Bag Check List

- 3-7 days of food (canned or dried)
- 3-7 days of water (plastic water bottles)
- Nonspill food and water dishes
- Cage/carrier for each animal (label each with your contact and emergency contact information)
- Leash, collar, harness for each animal
- Muzzle for each animal
- Stakes and tie-outs
- Litter, litter pan, litter scoop
- Newspaper (for bedding or litter)
- Can opener and spoon (for canned food)
- Favorite toys, treats, blankets (will help to reduce stress)
- Mild dishwashing detergent
- Hand-sanitizer
- Paper towels
- Trash bags
- Flash light with batteries

Place in a water proof bag copies of your animal's:

- Registration information
- Adoption papers
- Vaccination document
- Veterinary medical records
- Emergency contact information
- Special diet needs (especially if there is an allergy)
- Medications (marked clearly for each animal, doses and veterinary contact information)
- Map of area with evacuation and alternate evacuation routes marked
- Pictures of you with your pets

First-aid kit (Consult your veterinarian when developing the first-aid kit)

- Pet first-aid guide
- Disposable latex or non-allergenic gloves
- Bandages and bandage tape
- Gauze pads, gauze rolls, cotton-tip swabs
- First aid scissors
- Tweezers
- Ice cream sticks or coffee stirrers (to use for a splint)
- Antibiotic ointment
- Activated charcoal (liquid)
- Hydrogen peroxide
- Anti-diarrheal medication (liquid or tablets)
- Saline solution (for washing out wounds)
- Flea/tick and heartworm prevention
- Hand towels
- Warming blanket (for shock)

The Regional Institute for Community Policing at the Institute of Government and Public Affairs, University of Illinois can assist communities and individuals in preparing their emergency operation plan to include pets.

Dr. Rushing and her staff can be reached by e-mail at prush1@uis.edu or by telephone at 217-206-6028.



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For Interested Writers . . .

Author Guidelines



The editors welcome manuscripts relevant to the Foundation's interests and mission but reserve the right to publish such manuscripts at their discretion. The Latham Foundation promotes respect for all life through education; *The Latham Letter*, now in its 26th year, presents balanced views on humane issues and activities throughout the world. We are particularly interested in articles that will appeal to the *Letter's* diverse readership. Subscribers include animal welfare and social service professionals, veterinarians, university students, and individuals interested in humane education, the human-companion animal bond, animal-assisted or animal-facilitated therapy and interventions, and the connection between animal abuse and other forms of violence.

Submissions should be between 500 to 2,000 words and, if possible, e-mailed as an attached Microsoft Word document with a brief cover letter explaining your submission. The cover letter should include authors' names in publishing order and the name, address, telephone (home and work) and fax numbers and the e-mail addresses for the corresponding (submitting) author. If the manuscript already exists in other document formats, please save it as a rich-text (.RTF) file before submission.

Photographs, tables, figures and other related graphics such as an organization's logo are encouraged. Photographs should be properly labeled with credit and captions and submitted either as high resolution files or as originals, which will be scanned (and returned if requested). Please include copies of all signed releases.

Tables and figures should be submitted as separate files in their original format. Please do not integrate them into the electronic text.

Submissions should conclude with a brief biographical paragraph about the author(s) including preferred contact information.

The ultimate decision regarding the appropriateness and acceptance for publication lies with the Latham Foundation. All accepted manuscripts are subject to editing for space and to conform to the *Associated Press Stylebook*.

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Media Reviews and Announcements

American Humane KIDS: Kids Interacting with Dogs Safely™ Curriculum

A program to help four to seven-year-olds play safely around dogs

Designed especially for kids under the age of eight, this program helps children see how certain behaviors and situations might make a dog feel. To avoid instilling fear, it never discusses bites or aggression; rather, it delivers safety messages through character lessons designed to elicit empathy and respect.

The package contains two valuable resources: 1) a CD with easy-to-download materials including lesson plans that meet national education standards, fun-filled activities, instructions, tips from educators for working with children, and a sample letter to administrators introducing and explaining the program. 2) The *American Humane KIDS* DVD, a 12-minute live-action film presented by children for children.



Also available: *The American Humane KIDS coloring book*, designed to reiterate the messages of respect and empathy.

For additional information and to order, visit www.americanhumane.org/store or call 800-227-4645 ext. 1410.


American Humane KIDS DVD



DVD
Length: 12 minutes
www.americanhumane.org

This live-action film presented by children, for children, will help the audience understand how to behave safely around dogs, while building empathy and respect. The film features four of our American Humane KIDS: Henry, Gabby, Eleanor and Lexi, as well as our mascot dog, Denver. It's a great film for everyone!

Length: 12 minutes
Directed by Eric Friedl
Written and produced by Jane Deming and Katenna Jones
Character design by Nick Elias



AMERICAN HUMANE KIDS: Kids Interacting with Dogs Safely™
COLORING BOOK

As you read through this book, look for these symbols:

- [No symbol] = Don't! These are things you should never do.
- [Smiley face symbol] = Do! These are things you should do.

A Guide to Help 4- to 7-Year-Olds Play Safely Around Dogs



Nigel

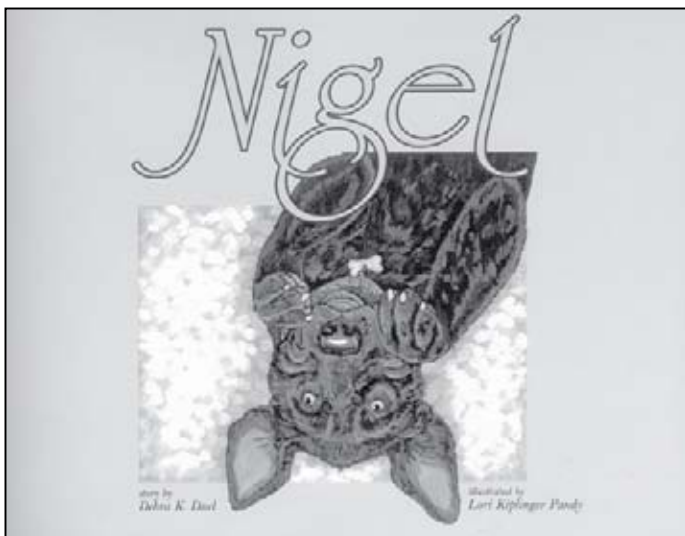
Story by Debra K. Duel

Illustrated by Lori Kiplinger Pandy

This is the beautifully-illustrated story of Nigel, a big, loveable black dog rescued by the Washington Humane Society. He lives with his family... “a mom, a dad, a teenage girl, and a boy named Max who loves Nigel more than he loves baseball, soccer or bike riding.”

Thanks to his clever mom, Nigel found his niche as a “reading buddy” for the Washington Animal Rescue League. *Nigel* helps children become better readers.

You will love this book!



About Operation Outreach – USA (OO – USA)

OO – USA provides free literacy and character education programs to elementary and middle schools across the country.

Because reading is the gateway to success, leveling the learning field for at-risk children is critical. OO – USA gives books to students to own, which builds confidence and creates motivated readers. OO – USA selects books with messages that teach compassion, respect, an determination. OO – USA involves the school and the home and tools for teachers and parents to nurture and guide children as they learn and grow.

More than one million children in schools in all fifty states have participated in the program thanks to the support of a broad alliance of corporate, foundation, and individual sponsors.

To learn more about Operation Outreach – USA and how to help, visit www.oousa.org, call 1-800-243-7929, or email info@oousa.org.

To learn more about the Washington Animal Rescue League, visit www.warl.org.

Operation Outreach-USA Press
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Humane Education Takes Flight with the Publication of *Lucky*!

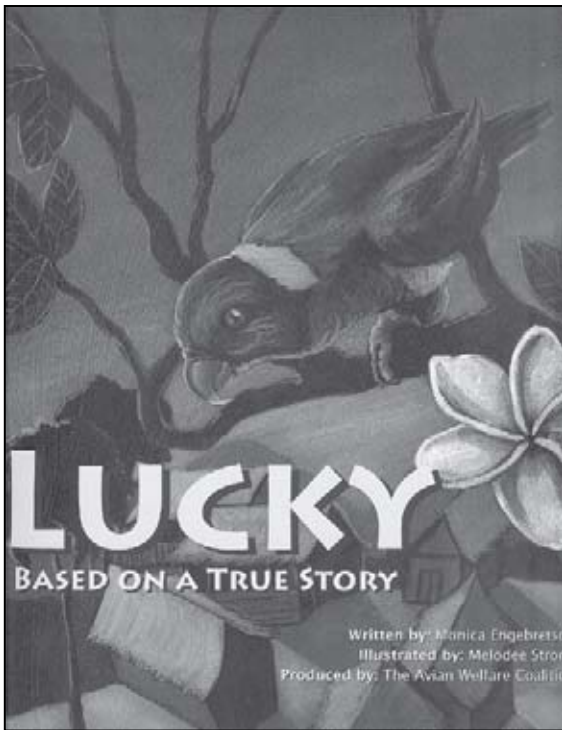
The Avian Welfare Coalition is proud to announce the publication of *Lucky*, an educational children’s book that gently awakens children to the plight of captive birds and birds captured in the wild.

This children’s book – based on a true story – tells the story of *Lucky*, a parrot who is captured in the wild and eventually regains his freedom with the help of a young Indonesian boy.

Originally written in 2004, this much-awaited story is finally available to the public in this beautifully illustrated 32-page book, printed on recycled, chlorine-free paper to protect the environment and the world’s forests. What’s more, 100% of the proceeds from the sale of this book benefits avian welfare, rescue, and conservation – to help birds like *Lucky*.

Currently there is a dearth of educational books that deal appropriately with the plight of captive exotic birds. Indeed, in the prevailing children’s literature parrots are typically used as comedic characters belonging to a household rather than as a wildlife species belonging to a habitat.

Lucky fills this void in children’s literature and humane education.



Free USA, and Midwest Avian Adoption & Rescue Services (MAARS).

Avian Welfare Coalition (AWC) is a working alliance of veterinarians, conservationists, avian welfare, and animal protection organizations dedicated to the welfare of parrots and other captive exotic birds. The mission of the AWC is to raise awareness about the plight of parrots and other captive birds and to serve as an educational resource for the humane community,

lawmakers, and the general public. The AWC also aims to prevent the abuse, exploitation, and suffering of captive birds, to address issues of rescue, placement, and sanctuary for displaced birds, to increase legal protections for captive birds and to support legitimate conservation programs aimed at preserving birds' rightful place in the wild.

LUCKY
P.O. Box 40212
St. Paul, MN 55104
E-mail: info@avianwelfare.org
Web Site: www.avianwelfare.org

This is not only the perfect book for parents and educators to encourage children to be kind to animals, it also teaches valuable lessons about why wild animals belong in their native habitats.

The story is also a natural fit for a wider educational curriculum including geography and culture of Indonesia, the natural history, behavior, and physical characteristics of parrots and tropical forest ecosystems, as well as real-life conservation efforts. Our dedicated website www.LuckyTheLorikeet.com incorporates all these topics and is designed to engage children and educators in a variety of interactive, creative activities. In addition, children can meet the real Lucky in a narrated documentary video clip available on the website - truly a rare and inspiring opportunity!

Lucky was made possible through the support of the World Society for the Protection of Animals (WSPA), the ASPCA, Animal Welfare Trust, Born

New Parent Guide (11th Edition) Now Available

A Comprehensive Resource for New Adopters of Cats and Dogs

The latest issue of the *New Parent Guide* contains helpful and timely information about companion animals including topics ranging from basic “pet parenting” 101, companion animal health, kids and pets, training and behavioral issues, ideas for playtime, tips for traveling with your pet, First Aid, and much, much more.

Written and distributed with the help of humane professionals, more than seven million copies have been distributed through more than 1,100 humane organizations in North America over the past ten years.

FREE COPIES TO PROMOTE HUMANE, RESPONSIBLE PET PARENTING are available for humane organizations, animal control facilities, veterinary offices, foster groups and more. Contact www.newparentguide.com for more information.





Alex & Me: How a Scientist and a Parrot Uncovered a Hidden World of Animal Intelligence – and Formed a Deep Bond in the Process

By Dr. Irene M. Pepperberg

Reviewed by Judy Johns

Like most people who heard about the premature death in 2007 of the African Grey parrot named Alex, I was eager to read this book. I wasn't disappointed.

Thirty years ago birds were not believed to possess any potential for language, consciousness, or anything remotely comparable to human intelligence. Then along came Irene Pepperberg and her star pupil Alex (which stood for Avian Learning Experiment). Alex and the other African Grey parrots that she studied opened an unprecedented window into the hidden but vast world of animal minds. Together they made some of the biggest advances in the field of animal cognition. Alex could add. He could sound out words. He understood concepts like bigger, smaller, more, fewer, and none. He was capable of thought and intention.

Alex and Irene worked together through thick and thin—despite sneers from experts, financial sacrifices, and a nomadic existence from one university to another – and their adventure is equally a landmark of scientific achievement and of an unforgettable human-animal bond.

According to Dr. Pepperberg, Alex missed her when she was away; he was jealous when she paid attention to other parrots or people; he liked to show her who was boss; he loved to dance; he sometimes got bored with the repetition of his language learning lessons and tests and played jokes on her. Sometimes they sniped at each other. Yet nearly every day, they each said, "I love you."

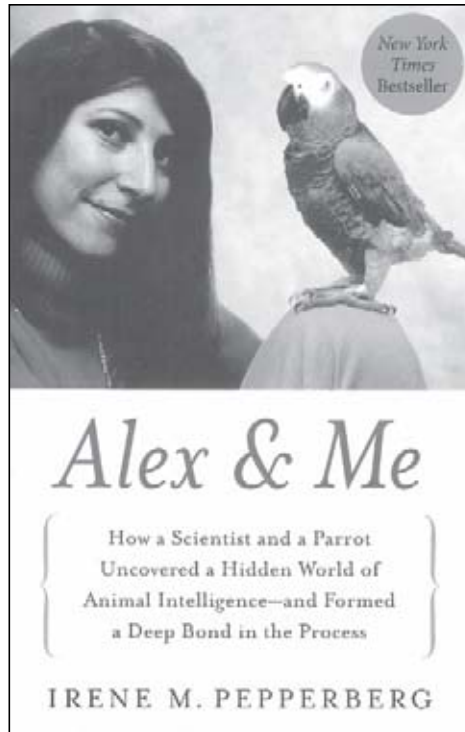
About the Author:

Irene Pepperberg is an Adjunct Associate Professor at Brandeis University and teaches animal cognition at Harvard. She is head of The Alex Foundation and author of The Alex Studies: Cognitive and Communicative Abilities of Grey Parrots, Harvard University Press, 1999. Her work has been featured in major newspapers and magazines in the United States and Europe, as well as on television, including the now famous interview with Alex by Alan Alda on Scientific American Frontiers.

Alex & Me: How a Scientist and a Parrot Uncovered a Hidden World of Animal Intelligence – and Formed a Deep Bond in the Process

Publisher: Collins, An imprint of HarperCollins Publishers

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The Hide, Perch & Go Box

Shelter life can be scary for cats. The transition from original home to shelter life to adoptive home brings many changes in sights, smells and surroundings, leaving cats fearful of each situation.

The **Hide, Perch & Go Box** gives a cat control over her environment, allowing her to relax and become more adoptable. The box then follows the cat to her new home, bringing familiarity during this adjustment period.

The Hide, Perch & Go Box provides a cat with the:

- Separation of functional areas for eating, sleeping and more
- Choice in temperature (cats are sensitive to even slight changes)
- Opportunity for a wide-range of behavior (hiding, perching, jumping)
- Choice of viewing points of her surroundings
- Ability to be surrounded by her own scent inside the box
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Thanks to the Petfinder Foundation, PETCO Foundation and Animal Rescue Site, the Hide, Perch & Go boxes are available at a significant discount for Petfinder members.

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For more information or to place your order, visit www.cosmicpet.com.



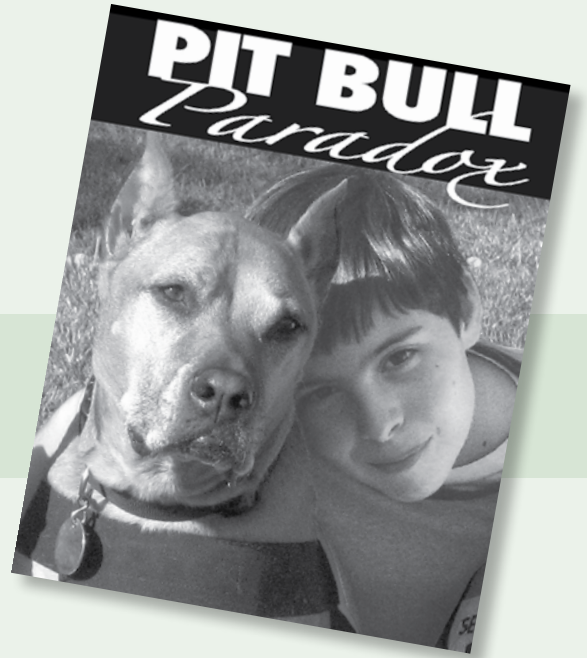
Increase Your Pit Bull Adoptions

Promote understanding and appreciation

It's a tragic sign of our times that many pit bulls who would make wonderful companions wait in vain for adoption.

Pit Bull Paradox offers sound advice for successful, rewarding adoptions emphasizing owner responsibility.

The package includes the DVD with both the full-length (29-minute) film and a 12-minute version especially for potential adopters plus a brochure with additional resources that purchasers are welcome to copy and distribute.



Daisy Vanston

"Mindfulness and heart! I've been waiting for a video like this ... it will be a great tool to help educate potential adopters."

Elana Rose Blum, Pasadena Humane Society and SPCA

Written and directed by Tula Asselanis.
Produced by the Latham Foundation for the Promotion of Humane Education.

YES, I want this valuable training resource. Please send me PIT BULL Paradox.

Name _____

Address _____

City _____

State / Zip _____

Phone () _____

(Daytime phone in case of questions about your order - Thank You.)

_____ DVD(s) of **PIT BULL Paradox** @ \$35.00 ea. \$ _____

CA Residents, please add tax \$ _____

Postage & Handling \$ **5.00**

TOTAL ENCLOSED \$ _____

CHARGE MY: _____ MasterCard _____ VISA

No. _____ Exp. Date _____

Signature _____

Delivery Address (if different than billing address):



The Latham Foundation

1826 CLEMENT AVENUE • ALAMEDA, CA 94501

PH 510.521.0920 • FAX 510.521.9861

E-MAIL: orders@Latham.org or www.Latham.org

Pit Bull Paradox is consistent with the Latham Foundation's mission to promote the benefits of the human-companion animal bond, encourage responsible ownership, and promote respect for all life through education.



The Latham Foundation

PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION

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