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## Paws for Thought by Dr. Tami Rogers

### Dig Deep for Our Furry Friends

**F**all is officially here and the holidays are fast-approaching, making this a good time to discuss animal-centric organizations who need your generous donations.

I invite you to join our clinic in supporting what we feel are two very worthy organizations this holiday season! We are holding a Holiday Pet Food and Supply Drive for the Jackson County Animal Care and Control Center and C.A.T.S (Committed Alliance to Strays). Thanks to the generosity of our clients for the past two years, we were able to collect over 1,000 pounds of food along with blankets, beds, collars, toys office supplies and more!

The J.C.A.C. and C.A.T.S provide care to thousands of animals every year. Though they are often over-capacity, they rarely turn animals away, and they provide excellent care for the animals in their shelter. They depend on fees and charges generated by their programs (license fees, shelter-related charges, adoption fees, donations) for daily operation as well as volunteer support and financial support of donated funds and supplies.

Below is a list of supplies that both organizations need—you can help by simply adding a few to your grocery list, going through your cupboards, cleaning-out your office, and digging through your garage. Then, simply bring it to our clinic— Jacksonville Veterinary Hospital, 937 N 5th Street in Jacksonville and we will get it to them for you!

- Pet food—both canned/dry for cats, dogs, puppies, and kittens
- Old towels and rags for cleaning/bathing the animals
- Old blankets, rugs, and other bedding
- Washable toys to help ease the stress of kennel life
- Bleach, laundry detergent, and dish soap
- Pet shampoos, grooming supplies, and clippers
- Clay cat litter and small litter pans
- Food bowls for both dogs and cats
- Spout-type watering cans for filling water bowls
- Collars and leashes
- Spiral Notebooks and copy paper

Another much-needed item that's not on the list is MONEY! A check payable to Jackson County Animal Care and Control or C.A.T.S will be used to

purchase supplies as needed or can be applied directly to the medical fund which to care for the medical needs of animals that find their way to the shelter (Please specify in the memo portion of your check). For those of us that are unable to donate supplies or funds, time is also a valuable resource. Give the gift of your time and volunteer!



During the holiday season, and all year long, it is critical for us to share... so, *Dig Deep* into those pockets and please remember to take a moment and give thanks for the gifts that surround you. I hope you all have a very wonderful holiday season!

Dr. Rogers can be reached at the Jacksonville Veterinary Hospital at 541-899-1081 or [jvhospital@qwestoffice.net](mailto:jvhospital@qwestoffice.net). See ad this page.

## The Family that Mucks Together Sticks Together: Volunteering as a Family at Sanctuary One

by Westi Haughey, Sanctuary One Board Member & Volunteer

*Is this a good idea?* Doubt panged my mind as I loaded my family into the car. *Will they complain the whole time? Will my daughter insist I carry her because she's "just too tired?" Or will we have to turn around and head home because of a meltdown?* We were headed to Sanctuary One to volunteer as a family for the first time. I was already an experienced Sanctuary volunteer, having spent two years mucking the barnyard, hiking with dogs and even trimming goat hooves. But that was without my family in tow, when the day's chore list and connecting with earth, people and animals were my only concern. I shelved the uncertainty, turned the key and rolled on.

Practical worries aside, the decision to volunteer as a family was easy. When I first suggested it to my husband he agreed without hesitation. Surprised by his eagerness, I pressed on explaining why I thought this was a good idea. *Service learning was a cornerstone of my childhood, I clarified. I can directly credit my personal and professional success to those early years spent volunteering.* He nodded. I didn't need to explain the rest, because he was already on board, but I continued to think about how giving your time, without any compensation, is often the most rewarding work you can ever do. We are so quick to teach children the concept of working for an incentive, *Mommy goes to work so we have money to buy groceries or if you clean up your room we'll get ice cream,* that kids are often unfamiliar with the concept of serving without a tangible benefit.

Beyond the service aspect, there's also the opportunity to learn new skills: technical, physical and emotional. At the farm you work directly with a variety of animals who have greatly differing personalities and history. Some animals require you to be calm and earn their trust, others need you to help them keep their excitement under control. You also quickly learn how to maneuver a wheelbarrow, when to choose a square or round pointed shovel, and how to negotiate a gate without letting an eager animal loose. Whether your child is 5, or 25, these basic skills are often outside of what kids learn today.

They've mastered technology, focused on the Common Core at school, but forgotten (or completely skipped) the basics. Sanctuary One's mission of caring for the



Earth, People and Animals, should be the core of every child—every human's—education.

And then there's the obvious benefit: time spent outside with your family, getting exercise and breathing fresh air. For three to four hours you are together, away from technology (bonus: no cell signal at the farm) and absent from life's distractions. Instead of nagging about homework, listening

to protests about limited TV time, or worrying about chores, you can observe nature and talk about the big ideas. *Notice how the squirrels are gathering acorns for winter? What are your goals for this year? How can we incorporate the Sanctuary's principles into our daily lives?*

So this was why we were here. We parked the car and headed to the dog cottage. Both kids honed in on two poodles currently in residence and selected brightly colored leashes to their liking. We hiked for an hour. No complaints, no fighting, even after a spill down a rocky path and wet socks from splashing in the creek, my kiddos were still game. We had smiles on our faces and the dogs did, too.

Today, we have our own little Sanctuary One routine. My daughter and husband happily head over to the cat cottage to meet the latest additions, clean and swing a feather for playful cats. My son and I visit the dog yard, where he loves throwing tennis balls for happy retrievers while I fill water bowls and scoop up. Then we all head out for a walk in the woods with four-legged companions by our sides. It's pretty simple and pretty great. I'm glad I put my doubts aside and shifted from solo volunteer service to the whole clan. You can do it too. Visit [sanctuaryone.org](http://sanctuaryone.org) to learn more.

Westi Haughey is an independent marketing consultant, mother to almost six-year-old twins and fifteen, two & four-legged friends. In addition to being a volunteer, Westi serves on the Sanctuary One Board of Directors.

## In Memory of "Tiffie"

At the request of Marge Wall, owner of Country Quilts, we regretfully report the passing of her beloved Maltese dog, Tiffie. Tiffie was born January 27, 2002 and passed on September 24, 2014. For more than 12 years, "Tiffie" was Marge's constant companion at home, at the shop and everywhere in-between. Tiffie was well-known and adored by shop customers and friends who were always greeted enthusiastically at the door by the spunky, white Maltese. Tiffie is dearly missed by many, most-especially her devoted mom, Marge.

