

Pet Talk

SUMMER 2016

LincolnAnimalAmbassadors.org / 402.817.1168

Our mission

Lincoln Animal Ambassadors is addressing the root causes of Animal Homelessness in Lincoln and the surrounding communities.

Donate

Low-Cost Spay/Neuter Program

Pet Food Bank

General Funds

Mail to: PO Box 67072,
Lincoln, NE 68506

As a 501(c)(3), all donations to LAA are tax deductible.

Or donate through our website

LincolnAnimalAmbassadors.org

MEOW
— AND —
CHOW
SATURDAY
OCTOBER 15



Cause for Paws Boutique for Cheap

2445 S. 48th Street

Don't forget to shop at Cause for Paws. This "boutique for cheap" turns your donations and purchases into cash for animal charities, including LAA's low-cost spay/neuter program.

CauseForPawsLincoln.org

Thankful for veterinary clinics

In 2010 when Lincoln Animal Ambassadors (LAA) began discussing a low cost spay/neuter program, several local veterinarians approached us to tell us they would like to be included in just such a program. That was a huge sign we needed to move forward.

Obviously, LAA would not be able to have a low cost spay/neuter program without our veterinarians. LAA is incredibly thankful for the veterinary clinics who have worked to make sure this program has seen continued success for the last six years. We want to thank the veterinary clinics in Lincoln who have spayed and neutered a staggering number of 2,400 dogs, cats and rabbits as part of our mission of addressing the root causes of animal homelessness in our area. These veterinarians and their staff have contributed an enormous amount of time, money and support to hundreds of animals and LAA.

Lincoln Animal Ambassadors is indebted to the following veterinary clinics and their staff; and we are proud to say they have worked with us for the past six years.

- Belmont Veterinary Center
- Cotner Veterinary Care PC
- Ehlers Animal Care
- Nebraska Animal Medical Center
- Parkview Animal Hospital
- Superior Veterinary Care PC
- Vintage Heights Veterinary Hospital
- Wachal Pet Health Center

Low cost shot clinics make preventative care affordable

Lincoln Animal Ambassadors advocates for preventive health care for all companion animals. If the cost of veterinary care for your pet is stopping you from seeing a veterinarian, we recommend visiting one of the many affordable clinics in the Lincoln Area. Preventative Pet Care is crucial for the long and healthy life of a pet.

Cotner Pet Care will provide vaccinations and basic services, such as a heartworm test, allergy shots, nail trims and ear cleaning with no exam fees and no appointment necessary. The low cost clinic is available from 6-8 pm on the first Tuesday of each month. For pricing or additional information, call Cotner Pet Care at 402-904-4492.

Low cost vaccination clinics are also offered by Dr. Mark W. Wachal at Petco at 4701 O Street on Saturday afternoons and Petco at 5450 S. 56th Street on Monday evenings. You can find more information about Dr. Wachal at wachalpet.com.

Dr. Gerald Dobesh hosts low cost clinics at the Orschelins at 5640 Cornhusker Hwy on Mondays and Wednesdays from 12-7 pm. You can find more information about Dr. Dobesh at drdobesh.com.



A very BIG thank you to our recent donors!

Carol Siefkes
Charles & Lela Sayward
Christopher Cassiday
Dave & Linda Uhrich
Diane Huseman
Gloria Best
Kim Zimmerman
MaryLee Smith
Nancy Mocroft
Renee Benson
Terry & Jody Workman
Trishia Peterson
Belmont Veterinary Center
Capital Humane Society
Cause for Paws
Community Services Fund of NE
Hearts United for Animals
K9 Supply & Rescue
Mars Pet Care
Network for Good
Petco - North
Petco - South
South Ridge Animal Clinic
Target
Verizon Foundation
WalMart
And everyone who has dropped off food and supplies at our drop-off locations

Memorials

Marty & Karen Morse's Dog Cooper
Brady & Ruthann River's Dog Moose

Why should I volunteer?

By Mary Douglas

Lincoln Animal Ambassadors (LAA) is an all-volunteer organization and in the past eight years we have had contact with many great volunteers. Some have stayed with us since our beginning and some whose lives have taken them down a different path, but each one of those volunteers played a big part in where LAA is today. We just couldn't have gotten to where we are today without each and every one of them.

Many ask "Why should I volunteer? What do I get out of it?" Here are just a few things to ponder.

1. YOU MAKE A DIFFERENCE in pet's lives, as well as their families lives. As a phone line volunteer, pet food distribution volunteer, fundraising volunteer, I can tell you that I am humbled each and every day when I talk with the families that we help to know that we have made that pet's life better and safer. And I know that if I didn't volunteer, these programs might not be available to the at-risk pets in our community.

2. IT'S GOOD FOR YOU. Volunteering provides physical and mental rewards. It reduces stress and makes you healthier. Moods and emotions, like optimism, joy and control over one's fate, strengthen the immune system. Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.

3. YOU LEARN A LOT - YOUR PERSONAL GROWTH AND SELF ESTEEM SKYROCKET. I know I have discovered hidden talents that I didn't know I had. Volunteering has helped me to gain professional experience and gain knowledge of local resources to solve community needs. All of those resources help LAA help pets and people in our community.

4. MEET NEW PEOPLE. Not only will you meet other volunteers, but you will connect with people that have diverse backgrounds and learn a lot about your community and the people who live there. I know I get a warm and fuzzy feeling after helping someone calling for our services, or giving them a resource that may be able to help them. As a single volunteer, I help people with one telephone conversation and learn their story.

5. GIVES YOU A SENSE OF PURPOSE. Volunteering serves to express our sense of purpose. The very nature of volunteering means choosing to work without being paid for it. As a result, people choose to spend their time on issues they feel strongly about. If you are greatly concerned about the treatment and well-being of animals, for example, then volunteering for LAA might be a good fit. If you feel that hands-on animal welfare is over-whelming, LAA's volunteer positions offer you the opportunity to champion those causes without the hands-on animal experience. And most positions can be done from your home with the availability of a telephone and a computer/internet connection (training provided) with as little as 2 hours a week.

LAA IS LOOKING FOR A FEW GOOD VOLUNTEERS who want to make a difference, work on personal growth and self esteem, meet new people, gain a sense of purpose, improve their overall well-being and help pets and their people in the community. Join the LAA family of volunteers and start feeling great about yourself today! To volunteer, go to www.lincolnanimalambassadors.org/what_you_can_do/volunteer.html or contact our phone line at 402-817-1168.



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Look us up at our custom URL:
<http://smile.amazon.com/ch/27-3018037>

Volunteer Spotlight: Ruthann Rivers

Where did you first learn about Lincoln Animal Ambassadors?

About five years ago, I saw a request for volunteers for LAA through the Volunteer Partners website and mentioned to my daughter that she should volunteer. Brady became involved and thought it would be something I'd enjoy too.



Tell us a little bit about yourself.

My husband and I have three adult sons and a daughter, two grandchildren, six granddogs and four grandcats, as well as our own dog Ernie. We occasionally foster dogs. I'm semi-retired and work part-time during the week.

What areas do you primarily volunteer for us at this time?

I am the events coordinator for the LAA board and also field phone calls for PFB and spay/neuter requests.

What do you find rewarding in your volunteer activities?

Pets are family, and it's great to help keep families together. I'm also happy that we're helping to stop pet overpopulation.

Do you do other volunteer work in Lincoln?

I am on the board for Domesti-PUPS, an organization that trains service and therapy dogs.

What would you recommend to anyone looking to volunteer for Lincoln Animal Ambassadors?

Even though you're not cuddling with puppies or kittens, the work we do is fulfilling and very much needed in our community.

If you could add one thing to the Lincoln Animal Ambassadors "wish list," what would it be?

I would love to see us have our own brick and mortar facility to house the pet food bank and host meetings.

LAA needs volunteers like you!

LAA needs volunteers like you! If you have ever considered volunteering for a worthy cause, we would love to talk to you. You can help pets and their owners by contacting us at info@lincolnanimalambassadors.org or calling 402.817.1168.

Don't just take your dog for a walk... take your walk for a dog!

You walk your dog anyway, now you can support Lincoln Animal Ambassadors every time you walk your dog! Go to WoofTrax.com, download the app on your phone, and get walking! This is a completely FREE way to make a donation, just by doing something you already do.



Take your walk for a dog™
WoofTrax.com

Save the Date!



August 18 Tour de Brew Lnk is supporting LAA!

Tour de Brew LNK is a fun leisure bike ride and charity pub crawl wrapped into one awesome time! The event is held once a month on a Thursday evening through the spring and summer. The ride is open for anyone over 21 to participate and features a different craft brewery and charity each month. Hit the road for free samples, drink specials and raffle tickets for great prizes at the end of the ride!

Here is how it works:

First, register to ride and enjoy free samples at Moran's Liquor Works. Don't forget to collect your first raffle ticket! Registration is from 4:30-6 PM and the cost is a \$5 donations to the charity of the month.

Then, ride at your own pace to Cycle Works for some beers and check in for your second raffle ticket. Beer flows from 4:45 to 6:45.

Next, ride on to one of the Friends of Tour de Brew LNK stops and grab a bite to eat with friends new and old.

Last, regroup at Empyrean Brewing Company's warehouse on the corner of 8th & L Street (726 L Street). Collect your last raffle ticket for three chances to win great prizes. Drawing starts at 9:00 pm beer flows from 6:00 to 10:00 pm.

For more information visit www.tourdebrewlnk.com

A huge 'thank you' to our Wine & Howl donors

LAA Board & all the volunteers!
 BathFitter
 Bissell
 Blue River Pet Rescue
 Camp Bow Wow
 Canine Design
 Cheryl Goforth - Cornhuskers
 Essential Oils
 CoolPappas
 Deer Springs Winery
 Family Pet Project
 Friends of the Dog Parks, Inc.
 Furry Friends Bakery & Treats
 The Green Spot
 Heartland German Shepherd
 Rescue
 Tammie Huenink - Tupperware
 HyVee
 Jerry & Mark
 K9 Supply & Rescue
 Nature's Logic
 Nature's Variety
 Nebraska Animal Medical Center
 Nebraska No Kill Canine Rescue
 NGK Creations
 Paparazzi Accessories
 Paws 4 Fun/Smarty Dog Training
 Paws & Pals 4-H Dog Club
 Paws Up of Nebraska
 Jami Petersen - Pampered Chef
 Pug Partners of Nebraska
 Revolution Rescue
 RuFF Rescue
 Sam's Club
 Second Chance Pups
 Karl Skinner
 Star Project
 Dave & Linda Uhrich
 Vintage Heights Vet Hospital
 Joni Winters
 Wildwoods
 Wonder Weims Rescue

Another fun-filled, record-setting day: 8th Annual Wine & Howl

This year, despite battling a record setting heat wave, Wine & Howl had a great turnout and raised more than \$6,000 from admission tickets and raffle ticket sales to fund our programs. Even though the weather was toasty — lots of people were there to enjoy the shade, a light breeze and some great wine and music!

After visiting with a number of vendors, including many of the area's animal rescue organization, attendees were treated to musical performances by Jerry & Mark,

The CoolPappas, and Wildwoods, making for an extremely enjoyable afternoon at the winery. To end the day, we gave out more than sixty raffle prizes; including several Wine and Pet-related gift baskets.

Wine & Howl is the highlight of our summer and we were glad to share the afternoon with so many people and dogs and we are already planning for next year! Mark your calendar now and make sure you don't miss it!

Wine & Howl 2017 will be held at Deer Springs Winery on June 3.



Star - The NYC Pit Bull



Deadline extended: September 15 The Mighty and the Tiny

Lincoln Animal Ambassadors' low cost spay/neuter project, The Mighty and The Tiny, is coming to an end. The deadline to obtain a \$25 voucher to have your Pit Bull or Pit Bull blend spayed or neutered has been extended to September 15, 2016. LAA has reached about 85% of our goal and HAS over 40 outstanding vouchers.

To date, through The Mighty and The Tiny project, 165 Pit Bulls and Pit Bull blends; and Chihuahuas and Chihuahua blends have been spayed and neutered. Of the 165 dogs altered, 45 were female Pit Bulls and 42 were female Chihuahuas. When considering the commonly known statistic, one unspayed female dog and her offspring can produce 67,000 puppies in just 6 years, the number of puppies prevented by The Mighty and The Tiny project is overwhelming.

Since the deadline for the \$25 spaying or neutering a Pit Bull has been extended to September 15, 2016, if you are a pet guardian of a Pit Bull/Pit Bull blend or have friends and relatives who have a Pit Bull family member, contact Lincoln Animal Ambassadors through the website, www.lincolnanimalambassadors.org/mtp where you can complete an application for a voucher or call us at 402-817-1168.

A spay & neuter project targeting Lincoln's most 'at-risk' breeds **Pit Bulls & Chihuahuas**

\$25 PER DOG
Use special code: Best Friends
Call now—Limited availability



SAVE THEM ALL



RedRover awards \$2,000 to Lincoln Animal Ambassadors Pet Food Bank



LAA's temporary assistance pet food bank

recently received a \$2,000 grant through RedRover's Pet Food Pantry Assistance program, which assists charitable organizations that provide pet food to families in need. The donation will help LAA purchase food for pets with special diets, including prescription and limited ingredient foods,

and feed for companion birds and small animals.

"We believe that all animals, including those with special dietary needs, deserve quality nutrition," says Mary Douglas, president of Lincoln Animal Ambassadors. "This grant enables us to cover the expenses of items that aren't often donated, which means we can help more pets and their families."

Established in 2009, Lincoln Animal Ambassadors' pet food bank provides food and supplies to low-income pet guardians in Lincoln and Lancaster County. Volunteers distribute nearly three tons of food, litter and supplies per month, helping over 400 families each year.

In addition to the pet food bank, LAA partners with several veterinary clinics to provide low-cost spay and neuter surgeries in Lincoln and Lancaster County.



Calendar of events

Tour de Brew LNK August 18

www.tourdebrewlnk.com

Dogstock September 11

Country Pines / 12-6 pm
www.nebraskanokill.org

Streets Alive! September 25

www.healthylincoln.org

Meow & Chow October 15

Scottish Rite Temple

Giving Tuesday November 29

Heritage League Festival of Trees December 1 & 2

Westminster Presbyterian Church

Wine & Howl June 3, 2017

Deer Springs Winery

by the numbers

Low Cost Spay/Neuter Program

Total altered: 2,400

Food Bank Numbers

Dry food

36,516 lbs. so far in 2016
4,869 lbs. per month
321,166 lbs. since inception

Canned food

8,728 cans so far in 2016
1,164 cans per month
76,801 cans since inception

Litter

4,144 lbs. so far in 2016
553 lbs. per month
48,864 lbs. since inception

Donation drop-off locations:

- Petco 56th & Hwy 2 (bin near registers)
- Petco 48th & O Street (bin in front entry)
- Super Saver 56th & Hwy 2 (barrel at exit door)
- Super Saver 27th & Cornhusker Hwy (barrel at Customer Service)
- St. Matthews Episcopal Church 2325 S. 24th St. (leave near office)



7th ANNUAL

MEOW AND CHOW

fundraiser for
Lincoln Animal Ambassadors
& The Cat House

SATURDAY
OCTOBER 15

**BINGO • PRIZES
RAFFLE • FOOD
& FUN!**

SCOTTISH RITE TEMPLE, 16th & L Streets
5pm DOORS, 6:30pm BINGO

\$25 donation at the door
All you can eat soup and bingo!
Bread, dessert, and beverages also provided.

Featured Rescue: K-9 Supply



Our story begins with a rescue. In 2013, my wife and I attended a local dog event in our home town. As we walked around, we were shocked to see a dog showing clear signs of abuse and neglect sitting next to an unconcerned caretaker. After speaking with him and attending to the dog's needs, we refused to leave the event without the dog in our arms.



That night, we welcomed a tiny, shivering, wet and scared little pup into our home. We were completely unprepared to own a dog - we had no idea what we were doing. We did know, however, that we had made the right

choice in bringing Rudy home. With this very personal introduction into the world of dog rescue, my passion for dog welfare grew and slowly began consuming more and more of my time. I began following

numerous dog rescue pages on Facebook and my eyes were opened to the harsh realities some dogs experience on a daily basis. I quickly decided I needed to help, but I wasn't sure how.

My first thought was to open my own dog rescue. After a lot of research, I realized that there are plenty of dog rescues, and plenty of people already passionate about helping dogs in need. What we could use are new ways for dog lovers to support the rescues they love, in addition to their monthly donations. I began to think of new ways rescue advocates like myself could help rescues help dogs in need. I tried to find something dog lovers already do, and figure out a way to use it to raise money for rescues.

That's when I made the connection: people don't have to give to rescues, but they do have to buy their dog supplies. In that realization, K9 Supply and Rescue was born. An online store that would embrace a multi-billion dollar industry, sell dog supplies to dog welfare advocates, and use all net-profits to help dog rescues help the dogs they set out to save.

Our story continues with you. Let's help rescues spend more time saving dogs, and less time raising money.

[facebook.com/K9supply](https://www.facebook.com/K9supply)
K9supply.org

We're running on E!

Dry adult dog food & dry kitten food needed!

The pet food bank is running very low on dry adult dog food and dry kitten food and we could use a boost. Consider buying an extra bag the next time you are at the store. Donation drop-off locations are listed on page 5.



Keeping your older dog active

Just because your dog can't run like she used to, doesn't mean it's an all or nothing deal. Don't tell me they don't get a bit depressed sitting around the house! Here are some ways to keep your dog happy and healthy in old age:

- Your dog may not be jogging with you anymore, but they'd probably still like a walk. Just watch your pace and keep it short and sweet. Let them enjoy the sights, sounds and smells of the great outdoors.
- Your dog may not be chasing balls anymore, but how about a game of tug?
- Did your dog love to play with her doggie friends, but now your dog is in isolation because she's slowed down? Invite some "calm" dogs over to play.
- How about taking them swimming? It's great exercise, easy on the joints, and perfect for a dog with arthritis.
- Set up mini training sessions, teach them

tricks they already know, and come up with a few new ones.

- Surprise them with new toys, but give them only one at a time, make them last.
- Try some interactive or puzzle toys – hide treats your dog has to find, by moving levers or sliding open little doors. This provides mental stimulation that can reduce cognitive decline, not to mention protecting them from depression and boredom.
- Buy your dog a rubber toy and stuff it with some tasty treats. This will keep them busy figuring out how to get it all out!
- A predictable schedule will help reduce anxiety and confusion.
- Hide healthy treats around the yard, and let your dog figure out how to find them. It will keep her mentally stimulated, and give her some exercise, at her pace.
- Take her travelling or on day trips. Let her see and experience new things.

Give to Lincoln Day

Lincoln Animal Ambassadors (LAA) would like to take this opportunity to thank all of our Give-to-Lincoln day donors for their generous support during Give to Lincoln Day in May, 2016. As a non-profit 501(c)(3) volunteer-driven organization, we rely on donations, private grants and fundraisers like this to continue with our important work in the community. All proceeds from this fundraiser, including our portion of the Lincoln Community Foundation match grant, will go directly toward our low-cost spay and neuter program and our income based pet food bank. We are humbled and encouraged by the amount of community support for our mission and daily efforts to help “at risk” companion animals in this area.

Since its inception six years ago we have altered over 2,400 pets, or an average of 400 procedures a year. Overpopulation is the number one killer of pets in the United States. Annually 2.7 million dogs and cats – about half of those brought into animal

shelters each year – are euthanized. Every 11 seconds in America, one healthy, homeless pet is killed – usually to make room for another unwanted pet with just a 50% chance of being adopted. Our program helps families afford to spay and neuter their pets which directly reduces the number of unwanted pets in our community.

Our income-based pet food bank distributes over 2.5 tons of dry pet food each month, plus canned food, litter and other animal related items. This program helped more than 500 unique families and their pets in 2015. We are committed to ensuring our communities pets are well fed despite economic hardship. Sometimes the ability to feed a person’s pet is the one thing that is standing between a person keeping their pet in a loving home and feeling there is no option but to leave them in a cold harsh shelter. Lincoln Animal Ambassadors is addressing the root causes of animal homelessness.

Pet fire safety

By Allison Hunter-Frederick

“One of the hallmarks of responsible dog ownership is keeping pets safe and planning for unexpected emergencies, including house fires. Pet-proofing the home, developing pet-friendly escape routes, and alerting rescuers of your pets’ presence with ‘window clings’ is the best way to keep your four-legged family member from harm.” says Lisa Peterson, AKC spokesperson.

According to the National Fire Protection Association, pets are responsible for 1,000 house fires each year. In light of this statistic, below are some ways to pet-proof your home.

- Cover (or remove) stove knobs
- Keep appliances out of reach of pets
- Protect electrical cords from pets
- Extinguish open flames
- Invest in flameless candles
- Install a barrier in front of other sources of fire

According to the American Kennel Club, 500,000 pets are affected by house fires each year. In light of this statistic, below are some ways to increase the chance that your pet will survive this emergency.

- Affix a pet alert decal to your window

- Keep pets and supplies near entrances when you’re out
- Practice escape routes with pets
- Use monitored smoke detectors

If you browse through the responses to a question posted at rileysplace.org about the effectiveness of pet alert window clings, you’ll see that everyone had different ideas about how to maximize the chance of pets being rescued from a fire. For example, one poster suggested making neighbors aware of what pets you have, so that they can alert rescuers in the event of a fire. Volunteers with fire departments even weighed in, with one saying that pet alert decals should be made of high quality material to withstand outdoor weather, and that the best location for decals is on the window AND on the electric or gas meter where firefighters go initially to secure the utilities to the building.

After I shared my research with my husband, we had our own discussion about which of the above options were practical and viable for us. I think all pet owners should develop a concrete plan for handling such an emergency.

A special thank you to all of our 2016 Give to Lincoln Day Donors

Anne Cech	Tammie Lang
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We need your support!

Did you know that you can name Lincoln Animal Ambassadors on your United Way donation? Your donation helps provide services to pets and their people in and around the Lincoln area. We couldn't do it without the support of people like you!

Donate through our website, LincolnAnimalAmbassadors.org using PayPal or mail this form to LAA. Pet Food Bank donation items can be dropped off at St. Matthew's Episcopal Church, 2325 S. 24th Street; Super Saver, 56th & Hwy 2 and 27th & Cornhusker; or both Petco Lincoln locations.

Name _____

E-mail _____

Address (City, State, Zip) _____

Please select your contribution amount:

\$25 \$50 \$75 \$100 \$250 \$500 Other \$ _____

Low-Cost Spay/Neuter Program

Pet Food Bank

General Funds

Make checks payable to:
Lincoln Animal Ambassadors
Mail to: PO Box 67072
Lincoln, NE 68506



Thank you!