

# Pet Talk



WINTER 2020

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

Or donate through our website  
[LincolnAnimalAmbassadors.org](http://LincolnAnimalAmbassadors.org)

### Pet Food Bank drop off locations:

Petco 56th & Hwy 2 (bin in front entry)

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 Street (leave near office)

Lincoln Animal Ambassadors is an  
all-volunteer 501(c)(3) organization. All  
donations are tax-deductible.

## Ten ways to help dogs and cats stay active in winter

Written by Allison Hunter-Frederick

When it's cold outside, the last thing that any of us or our pets want to do is venture outside. Nonetheless, exercise is essential to a healthy lifestyle. Besides helping our pets avoid obesity, it can also bust the boredom that leads to behavioral issues. How then do we help our pets stay active during the winter? Here are ten ideas for dogs and cats alike.

**Puzzle Feeders:** Encourage your pet to work for their treats and their meals by hiding their food in a puzzle feeder. This activity will both work your pet's mind and body. Make a puzzle feeder by placing dry food in a box with small holes or wet food in a muffin pan.

**Hide and Seek:** Encourage your pet's hunting instinct with a game of hide and seek. Start by hiding food where your pet will easily find it, and gradually increase the difficulty of the hiding places.

**Blow Bubbles:** Blow bubbles for your pet to chase. Start by letting your pet get a scent of the bubble mixture and then blow one or two bubbles. After your pet learns that the bubbles are harmless, your pet will have fun trying to catch them.

**Fetch:** Start with a toy in your hands. Throw the toy and ask your pet to bring it back. If your pet doesn't know how to fetch, this might be a good time to teach it!

**Indoor Training:** Speaking of training, take advantage of being forced to stay inside by guiding your pet through obedience training, such as sit, come, stay, and down.

**Chase/Walk the Stairs:** Play a game of chase to expend pent-up energy. Use

treats or a toy to motivate your pet to run around the house. If you have stairs, increase your cardiovascular workout by walking up and down them with your pet.

**Obstacle Course:** As with puzzle feeders, obstacle courses are a great way to work your pet's mind and body. Use objects around the house, such as cushions, blankets, chairs, and sofas. Increase the difficulty level by having your pet jump over obstacles and by creating a tunnel which your pet can run through.

**Indoor Treadmill/Exercise Wheel:** Whether you use one designed for people or for dogs, a treadmill can help maintain your dog's muscle tone. Get your dog used to the treadmill by setting it on a low speed. Make the treadmill more challenging by increasing the speed, but without exceeding a safe running speed for your dog. An exercise wheel designed for cats can similarly provide a safe and fun way for your cat to be physically active indoors.

**Yoga:** Classes in yoga are available locally for both dogs and cats. They provide a wonderful way for you and your pet to stretch, de-stress, and relax together.

**Outdoor Walk:** You might need to shorten your pet's outdoor walks during cold weather, but walks are an important way for your pet to explore new scents and smells beyond your home, burn calories, and stay fit. If your cat isn't used to walks, this might be a time to train your cat to accept a leash, transport pet backpack, or stroller.

Spay-ghetti  
~and~

NO BALLS  
DINNER  
MARCH 21

# 2019 by the numbers

## Low Cost Spay/Neuter Program

3,217 total animals  
1,631 dogs  
1,576 cats  
10 bunnies

## Food Bank

**Dry food**  
41,234 lbs.  
Approximately 3,436 lbs. a month  
Since inception: 469,398 lbs.

**Canned food**  
10,034 cans  
Approximately 837 cans a month  
Since inception: 120,642 cans

**Litter**  
9,164 lbs.  
Approximately 764 lbs. a month  
Since inception: 78,101 lbs.

**Number of families helped in 2019 (many numerous times throughout the year): 320**

## Vaccination Clinic

**256 pets helped at Cotner Vet Care clinic**  
143 dogs  
113 cats

## 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.



## Featured Rescue: Phoenix Remix Animal Rescue

My name is Jennifer Munson. In the summer of 2002, I met a girl. I was angry at that point in my life- very existential. It's funny how sometimes your "life is over" before its even began... which was exactly the case with me. I was doing some soul searching in rural Tennessee on a last-minute road trip in an attempt to clear my head. That was when we met. I was coming over a levee on an overcast day when something dark darted in front of the car and disappeared from my sight beneath the bumper. I slammed on the brakes, got out and began to circle the vehicle to determine what it was that I had seen when I found her. She was red and black, skin and bones, ticks and sorrow. I scooped her skeletal frame into the car and headed to the nearest vet. That vet advised me to put her down. I declined. I paid them and left with my dog.

The person I had been staying with was less than impressed about the new four-legged friend I had acquired and insisted I turn her over to Animal Control. I declined once more. He called them anyway. After begging and pleading for a solid 45 minutes, Animal Control left me with my dog. And when the person who was not a fan of the new dog came home to find the dog was still there, he hired a courier to drive the two of us back to Nebraska. I left happily with my dog.

On that ride home, I decided to name her Phoenix. We spent 15 amazing years in the sun together, Phoenix and me. I may have

saved her once, but she made saving me her career. Every vacation I took, every road trip I went on, I went with my dog. Pheenie was my most faithful companion, the carrier of all my secrets, my doctor, personal comedian and the thing I most aspired to be—trusting yet assertive, compassionate yet protective, agreeable yet challenging, and loyal without end.

Phoenix left an indelible mark on my life, and a crater when she left it. The very last promise I made to her was that I would do everything I could to help as many disenfranchised animals as I could in my lifetime. Kids, just like her, that just needed one chance to find an unwavering ally that would never give up on them, no matter the cost.

*Continued on page 4.*

**THE PHOENIX REMIX**



ANIMAL RESCUE

## Volunteer Spotlight: **Jamie Bruder**

### Where did you first learn about Lincoln Animal Ambassadors?

Volunteer Match. I was looking for new volunteer opportunities when I saw this one!

### Tell us a little bit about yourself.

I have lived in Lincoln my whole adult life. I am married to my husband Keith, celebrating our 18th year of marriage this year. I am an animal lover to no end! I am a 'fur' mom to 2, Buddy my rescue is a Border Collie/Akita mix. We adopted him when he was about a year old. He is an extremely smart dog with a lot of quirks. I call him my OCD kid, and I joke that his IQ is literally 1 point below doing his own laundry because he is so dang smart! Rebel is my most recent rescue in July 2019. He was a tiny barn kitten who needed to be taken in from my aunts acreage when she was getting ready to sell it. He was no more than a pound and fit right in my hand. He is personality plus, and has grown so much this year! Never a dull moment with this little guy!

I work at Ameritas as a Business Analyst, celebrating my 13 year workiversary this month. I love my job, it has a lot of variety, I am involved in enhancements and projects where we are always changing/creating new stuff in our systems. I am always learning something! I also work part time as an Assistant Manager at Maurices in Southpointe. I enjoy the social aspect, and the creativity with the fashion trends! In my spare time I enjoy spending time with my family and friends! I love to read, work on puzzles, go fishing, bowling and working on crafty stuff. I also love to garden!

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

Phone shift

### What do you find rewarding in your volunteer activities?

I like connecting with people. Knowing that the work we do with LAA makes me feel good. We help so many people feed their pets, and keep them in their homes.

### Do you do other volunteer work in Lincoln?

I also volunteer regularly with the People's City Mission serving lunch to those in need, Habitat for Humanity with builds, and Capital Humane Society's Tails N Trails Event.

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

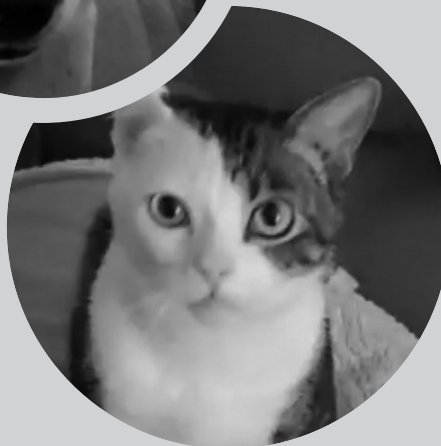
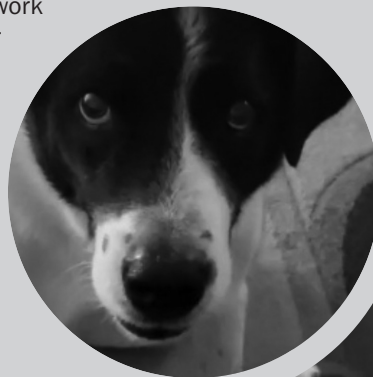
I recommend taking the opportunities to jump in with the events. It's a great way to connect with the other volunteers as a lot of our volunteer spots are independent ie. the phone shifts.

### If you could add one thing to the LAA wish list, what would it be?

To expand our PFB and S/N programs to other counties!

### LAA needs volunteers like you!

See page 4 for our immediate volunteer needs. 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](mailto:info@lincolnanimalambassadors.org) or calling 402.817.1168.



## Calendar of events

### I love My Dog Expo

**February 22 & 23**

**9:00 am - 5:00 pm**

Lancaster Event Center

### Spay-ghetti & No Balls Dinner

**March 21, 6:00 pm**

Unitarian Church, 6300 A St.  
Fundraiser for Lincoln Animal Ambassadors

### Tails 'N Trails Pet Walk & Festival

**May 16, 11:00 am**

Fallbrook Town Center  
Fundraiser for Capital Humane Society

### Wine & Howl

**June 13, 11:00 am - 5:00 pm**

Deer Springs Winery  
Fundraiser for Lincoln Animal Ambassadors

### Meow & Chow

**October TBA**

Center for People in Need  
Fundraiser for Lincoln Animal Ambassadors & The Cat House

# Thank you to our recent donors!

Angela Olson  
Blake Gilmore  
Capital Humane Society  
Dave & Linda Uhrich  
Duteau Subaru  
Geanine H. Bordogna  
Charitable Trust  
Haberfeld, Kyndall Bedell  
Heather Crockett  
James Hewitt  
Jane Nelson  
Jeanne Holdren  
Jim & Marlene Wagner  
Judith DeGraff  
Kenneth & Karen Jefferson  
Mary Douglas  
Mary Hewitt  
Mary Jo Dykes  
Mitzi A Graham  
Nancy Mocroft  
Nature's Variety  
Patricia Anderson  
Petco North  
Petco South  
Purina Animal Nutrition LLC  
Rescue Bank  
Sinda Dux  
Southern Hospitality Ventures  
(Raising Canes)  
Susan Evans  
Target  
United Way of Lincoln &  
Lancaster County  
Walmart  
Walmart Corporate

## In memoriam

In Memory of Dog Trudy Balta  
In Memory of Dog Samantha  
Krause

## LAA Volunteer needs

If you have ever considered volunteering for a worthy cause, we would love to talk to you. LAA has no paid employees and relies on volunteers to accomplish its mission. You can help pets and their owners by contacting us at [info@lincolnanimalambassadors.org](mailto:info@lincolnanimalambassadors.org). These are our current openings:

### Spay/Neuter Interviewer

These interviews can be done in the comfort of your own home, using your own telephone and the hours are flexible. Calls will be assigned to you to return in a reasonable period of time. Having access to a computer with an internet connection is necessary to communicate with other LAA volunteers via e-mail. Training is provided. You can set the amount of time you would like to give.

### Events Team

We are in need of volunteers to work on the events team to put on our three large fundraisers each year. If are creative and

like to plan events, call for donations needed for the same, decorating, coordinating volunteer jobs, and working with a team, we would love to hear from you!

### Tabling Events

This volunteer position requires the volunteer to attend shows, fairs, and expos. The volunteer will promote LAA and its programs through interaction with show attendees. We have brochures and other printed material available for distribution. Hours vary and usually consist of a shift during the event.

### Other Volunteer Opportunities

- Volunteers with fundraising experience.
- Volunteers willing to contact companies to ask for donations for the Food Bank.
- Self motivated and creative volunteers to promote and supervise pet food/litter drives with organizations, companies and schools in the community.

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## Continued: Phoenix Remix Animal Rescue

Dedicating the remainder of my life to her is a small price to pay for the way she loved me, and every other human she ever met. My sister Sara and I founded the Phoenix Remix in September, 2019. We are a foster-based 501 c3 state licensed rescue. Creating this endeavor was the most drastic but obvious solution to the losses we had recently sustained- Phoenix, and her best pup friend Kaya passed within a year of each other. It would have taken a thousand paws to fill the prints those two left behind... so we began amassing said paws.

With our lifelong friend Meredith "Katie" Flury, Emma Fritschle, Sarah Cai, and Wendy Kay Voth, we decided to give running our own rescue a go. We said we would take in no more than six dogs at a time, and we would work on a small scale to try to make a modest, personalized dent in the really big problem of pet overpopulation. It didn't exactly work out the way we had planned.

Since late September of this past year, the Phoenix Remix has saved the lives of almost 50 animals in perilous situations throughout the Midwest, most of which have found permanent, deserving homes.

They come from here in Nebraska, Iowa, Kansas, Missouri and even Oklahoma. These animals come in via vehicle transport teams, our own volunteers, and sometimes even first-class rides in private planes. We are so fortunate to have made incredible, powerful allies in the rescue community in the short time since our inception. The support we receive from our tiny band of rescue friends is equally humbling, and the engine that drives the Pheen Machine. We have relished being trusted by the community to handle anything from strays to the terminally ill to feral hoarder house dogs.

This has already been an incredible ride for us- and at four months old, we're just getting warmed up. Follow our unconventional social media approach on Facebook at The Phoenix Remix Animal Rescue, or online at [thephoenixremixrescue.com](http://thephoenixremixrescue.com). On behalf of Sara, Katie, Sarah, Emma and Wendy, thank you for taking part in our little mission to change the world for these animals, one at a time.

# Businesses help LAA continue assisting animals in need

Lincoln Animal Ambassadors is excited to announce that it received grants of \$1000 each from Walmart Giving at S 27th St and S 87th St to fund its spay/neuter program for low-income pet owners. The group applied in September and has already received the money.

“Most responsible pet guardians are aware of the importance of spaying or neutering their pets, both to reduce the problem of pet overpopulation and for the health benefits for the pet,” said Mary Douglas, president of LAA. “In difficult financial times, however, there are pet owners who feel they cannot afford to spay or neuter their pet. I think it’s refreshing to know that even though Walmart is a huge company that does business across the country, they still allow their local stores to give back to programs like ours, that benefit their local community.” To date, LAA has assisted with spay/neuter procedures for a total of 3,217 pets.

LAA would also like to thank the employees of Ameritas at both locations for holding a pet food drive for its pet food bank. These kind of events help LAA continue to help at risk pets and their people in our community. The income-based program is designed to offer temporary assistance to help families keep their pets when the alternative is sending them to a shelter or rescue. In 2019 the food bank has distributed 41,234 lbs. of dry food, 10,034 of canned food, and 9,164 lbs. of litter, while assisting 320 families.

LAA is a 501 (c)(3) nonprofit, all-volunteer organization funded entirely by donations, fundraisers, and grants. It addresses the root causes of animal homelessness in the Lancaster area by helping pets and their people through a voucher-based low cost spay/neuter program, a low-cost vaccination clinic, and an income-based pet food bank.



# Thank you to our Meow & Chow donors and sponsors!



LOVE YOUR PAWS

*pet care with the personal touch*

- |                          |                     |
|--------------------------|---------------------|
| A Novel Idea Bookstore   | La Paz              |
| Jess Albertz             | Le Quartier         |
| Pauline Balta            | Sara Laney          |
| Kyndall Bedell           | Jeanné Lillich      |
| Billy's                  | Kate Manuel         |
| Bimbo Bakery             | McAlister's Deli    |
| Keli Blackstock          | Suzie Meierdierks   |
| Braeda                   | Modafino Salon      |
| Katie Brown              | Jane Nelson         |
| Butterfly Bakery         | Amber Nieman        |
| Cathy Cecava             | June Niemann        |
| Church Pie Ladies        | Normandy            |
| Cookie Company           | Open Harvest        |
| Cornhusker Marriott      | Patty's Pub         |
| Jennifer Damon           | Deb Pearson         |
| Don & Millies            | Piedmont Bistro     |
| Mary Douglas             | Brady Rivers        |
| Eileen's                 | Ardyth Rost         |
| Heather Ferguson         | Runza               |
| Amy Gilchrist            | Sasha Russell       |
| Gene Gillam              | Karrie Sanderson    |
| Blake Gilmore            | Scratch             |
| Mitzi Graham             | Wayne & April Skoda |
| Granite City             | Clancy Smith        |
| Karen Hardesty           | The Still           |
| Cindy Heiter             | Super Saver         |
| Joyce Howe               | Tico's              |
| Allison Hunter-Frederick | Alma Vlasak         |
| Hy-Vee                   | Whole Foods         |
| JML Jewelry Appraisals   | Laura Wong          |
| Cheryl Johnson           | Kellie Wulf         |
| Suzanne Kometcher        | Mary Yager          |
|                          | Megan Yank, Realtor |

# Nebraska Department of Ag supports LAA

One thing that LAA knows after 11 years is that it we cannot do what we do without the support from our community. Everything distributed to pets through our pet food bank is donated by someone.

We truly appreciate the efforts of the Nebraska Department of Agriculture, who held a pet food drive for LAA's pet food bank over the holidays. Autumn Longo-Waldron, NE Dept of Ag employee, delivered the donations to the distribution site in early January. Thank you to the caring employees of the NE Dept of Ag!



Wonderful service & very friendly!

*Arlene, Pet Food Bank recipient*



Help given us—food, treats—helped us and our pets.

Thank You!

*Jennifer, Pet Food Bank recipient*

## Happy New Year from Lincoln Animal Control

*Steve Beal, Lincoln Animal Control Manager*

Lincoln Animal Control has had a busy winter ensuring that everyone's pets make it back home. We are sharing a few recent stories that resulted in happy endings during the holidays. Many of the Animal Control stories and positive outcomes come as a result of the hard work from many individuals and organizations. THANK-YOU to everyone and a big thanks to organizations like Lincoln Animal Ambassadors. Lincoln currently has over 61,00 licensed dogs and cats. Compare that to many other cities and you will see that we have caring and responsible pet owners.

The Animal Control Facebook page has been a very useful tool in reuniting lost pets with their owners. The Facebook page has nearly 11,000 followers. "Oli", a Siberian Husky, was missing from North Bend, NE for four days when Officer Middleton captured him in Lincoln. Officer Middleton was able to contact the owner, who had posted on Facebook and reunited the two.



Microchipping pets has also become a useful tool in ensuring that an owner knows that Animal Control had found their pet. "Kissey", a Husky mix, had been stolen out of Angel Escobar's yard in Sioux City, Iowa in 2017. Animal Control picked up "Kissey", and was able to trace "Kissey's" microchip back to Escobar. Escobar and "Kissey" were reunited on December 23 at Capital Humane Society.

A pet's license tag can be useful in identifying animals and returning them to their owners. "Nibs" the cat had been missing for a few days when a construction worker found him in the foundation of a home that was being built.

Animal Control arrived and was able to easily identify "Nibs" due to his city license tag being attached to his collar.

Licensing and microchipping your pets are two easy and inexpensive tasks you can do to make it much easier for your pets to get back home.



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7<sup>th</sup>  
ANNUAL

# Spay-ghetti and NO BALLS

## DINNER

*& Dessert Auction*

**MARCH 21 at 6 P.M.**  
**UNITARIAN CHURCH 6300 A St.**

**\$25 per ticket** Seating is limited.

Reserve tickets at [LincolnAnimalAmbassadors.org/snb](http://LincolnAnimalAmbassadors.org/snb) or  
(402) 817-1168. Tickets will be sold at the door.



## Join LAA on March 21 for Spay-ghetti and No-Balls!

Our annual spring fundraiser, Spay-ghetti and No Balls, will once again be held at the Unitarian Church at 6300 A Street. Salad, spaghetti and breadsticks will be served for dinner starting at 6:00. A selection of wine will be available for purchase by the glass. Following dinner, look forward to some fun entertainment and activities! We will once again be featuring a number of desserts from local businesses and bakeries for a super sweet dessert auction. Advance tickets can be purchased from our website: [LincolnAnimalAmbassadors.org/snb](http://LincolnAnimalAmbassadors.org/snb).

In 2019 we completed 226 spay/neuter procedures; almost 5 every single week! A prevention strategy has an enormous impact on the lives of animals in shelters and rescues. The average cost of spaying 1 animal is less than 1/10 the cost of caring for a homeless pet until it can be placed in a loving home. Our efforts to prevent homeless animals are paid for through fundraisers and donations, so please consider joining us at this event to help save lives.

Like our  
newsletter?  
**Become a  
sponsor!**

Contact us at  
[info@LincolnAnimalAmbassadors.org](mailto:info@LincolnAnimalAmbassadors.org)





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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](http://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!