



# PAW TALES



Volume 11 | Winter 2017

Editor: Chris Kelley

## Dear HPAN Supporter,



As we look back on 2017, our hearts are full of gratitude for your help in achieving our mission to assist local rescue animals. This year, we've been able to directly improve the lives of 171 animals for 24 rescue organizations. To date, we have received \$35,760 in donations. With carryover from last year, we've provided \$41,240 in sponsorships in 2017!

This year, we have also been blessed to offer capital improvement grants to two sponsored rescue organizations, and we've sponsored vaccines and test kits for several local animal shelters. Our most recent grant was to the Little Ponderosa Zoo and Rescue following the tragic fire that resulted in the loss of 45 animals and all of the rescue's supplies.

If animals capture your hearts like they do ours, you know that animal rescue is a passion. We will continue our efforts to make a difference in the lives of animals, one rescue at a time. Next year, we look forward to a wonderful 2018 as we in-corporate new fundraising ideas. We welcome and need your help.

### IN THIS ISSUE:

- 2 Message from our Pres.
- 2 How to Train a Cat
- 3 Socializing your Dog
- 5 Tips for a Dog Parent
- 6 Shelter Focus
- 7 Sponsored Rescue
- 7 Thank you Corner



**Helping Hungry, Hurting  
and Homeless Animals**



It is so easy to help! Check out the donation links on our website (<http://helping-pawsanimalnetwork.org/donate/>) and Facebook page (<https://www.facebook.com/HelpingPawsAnimalNetwork/>) via PayPal. With or without a PayPal account, you can easily make a one-time donation or recurring donations. No fees are charged to us when you use the "sending to friends & family" link on PayPal. Checks can also be sent by regular mail:

969 Oak Ridge Turnpike, #304  
Oak Ridge, TN 37830

If you are an ORAU employee, the BEST way to donate is to enroll in Oracle payroll deduction. We currently have 37 ORAU contributors, totaling \$830 per month. This means we can fully sponsor about three animals every month!

Your donations are the lifeblood that keeps us going! All donations are tax-deductible, and we are fully transparent in our financial activities and success stories.

Won't you please remember HPAN when you make your year-end charitable contributions? When you give to HPAN, you KNOW that 100 percent of your gift is used in support of our mission.

From all of us on the Board, to all of you, we wish you a MERRY CHRISTMAS! Foxy thanks you and so do we!

Sincerely,

Amy Starkey, Founding Director/Treasurer



[www.HelpingPawsAnimalNetwork.org](http://www.HelpingPawsAnimalNetwork.org)

## Message from the Incoming President: **Eboney Johnson**

If you read last December's Paw Tales, you will see that I was introduced as a new board member in that edition, although I've been involved with HPAN for much longer! Have you checked out our blog at [helping-paws37830.wordpress.com](http://helping-paws37830.wordpress.com)? The HPAN Blog was one of the ways I began getting more involved. Now, we even have Instagram and Pinterest (you're following us, right?!)

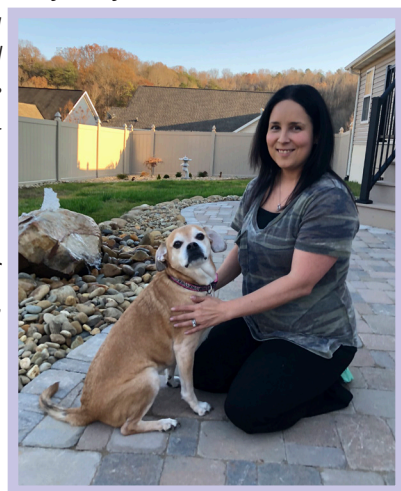
I am touched to have been elected as the newest president of HPAN. My time with HPAN has been very rewarding! You don't have to be on the board to volunteer or to get involved. As I mentioned above, I started out with the blog and grew from there. I get to see all the beautiful faces we help and share them with you, our supporters! Each and every donation makes a difference in the life of an animal, and you can see that on our blog. Seeing the faces we help and knowing that those animals have a chance is the best part.

Something I want to share with you, especially if you've never heard it, is the story of "The Star Thrower" by Loren Eiseley. It has been adapted and retold as "The Starfish Story" by many people. If you've never read

it, I encourage you to do so; however, I will give you a short version in my own words.

*There is an old man walking along the beach and he notices a young woman tossing starfish into the ocean. The man asks her what she is doing. The woman replies that she is throwing starfish into the sea because if she doesn't, they will die from the sun. The man tells her that she cannot possibly make a difference! There are miles and miles of beach and hundreds and hundreds of starfish. The woman continues her quest of throwing starfish into the sea and says to the man, "It made a difference to that starfish."*

Remember, every action, no matter how small or insignificant it may seem, can make a difference.



## Here's How to Train a Cat to Do 5 Life-Changing Things

*Submitted By Patti Bradam*

Yes! You can train a cat to come on command, use a toilet, and more—and it's all much easier than you thought.  
By Damon Beres

### **First things first: Never punish**

Cats simply won't learn from what some owners would consider "discipline." Worse yet, "punishing" your cat can induce stress, leading to behavioral and health problems. Remember that patience and positive reinforcement are essential if you're learning how to train a cat. (Here are 17 things your cat would love to tell you.)

### **Next: Get a clicker—and treats**

Commonly used as training tools for a wide variety of animals, a clicker will set you back just a couple bucks and help you give positive reinforcement when you're learning how to train a cat. (You can also use a regular pen with a clicky button—the important thing is to have a distinct noise you can make instantly.) Most training involves offering your cat a treat it likes following a click to mark the desired behavior. Without the clicker, your cat may be confused about why it's being rewarded: If it obeys a command, hears the click, and then gets a treat, it's more likely to catch on.

*continued on page 4*



# Socializing your Dog

By Karin Jessen

Socializing your dog is the best thing you can do for both you and your dog. First of all, it helps you bond with your dog, and it helps your dog bond with you. But what does socializing your dog really mean?

Let's start with puppies. Puppies need to be with their mom for the first 6-8 weeks of their life. Puppies learn from each other and their mom. Mom lets the puppies know when behavior is inappropriate. Hopefully, during this time, the puppies are also interacting with people who are treating them with kindness. Positive exposures to people and other animals will have long lasting influences for the sociability of your dog. Well socialized dogs tend to be friendlier and less fearful.

Veterinarians, dog professionals, rescue groups all encourage new puppy owners to take their puppies to puppy training classes. These classes provide puppy play time and learning skills for the owner and puppy. The trainer can answer specific questions to any training/behavioral issues that may be occurring.

Socialization doesn't end after one class or even 2 or 3 classes. Socialization is a lifelong learning skill that must be continual throughout the life of the dog. Going to various dog parks, visiting friends and learning new things will keep your puppy happy and fun to be with. Laying a good foundation early and following through will reinforce continued good behavior; this makes for a happy dog and happy owners! New experiences will help your dog continue to grow and be comfortable in your world and their world. Go to a different dog park, walk different routes, meet new people to ensure your dog is getting new experiences throughout his or her life. When people visit your home, don't lock the dog up...let the dog meet and greet everyone, if possible, for continued good life long habits for your dog. However, you may find someone is very afraid of dogs, and this particular situation may require you to be modify the situation.

Adult dogs: Many of us bring adult dogs into our home...can they be socialized? Yes! But it takes time and patience, especially with fearful or aggressive dogs. Reward-based techniques are the method of choice, such as using treats. If the dog is fearful, you can put treats on the ground, talk in a calm, quiet voice so the dog gets used to you and hearing your voice. Eventually he/she will come to recognize that you are a friend. If the dog is aggressive, seek out a professional dog trainer. It is no fun for the dog to be fearful and aggressive.

When a fearful dog comes into your home, try to learn the fear. Be patient and work with the dog to overcome the fear. Autumn, a 14 year old Golden Retriever, came to live with us. She was afraid of the dark. Yet we needed her to go potty before going to bed. This meant the last walk of the day was about 10 pm. For the first several months, she would not go outside in the dark, and she had accidents in the house. So we eased her into the walks starting earlier in evening, right before the sun set, then slowly graduated to night time walks. We would also sit outside as the dusk turned to night. It took about 3-4 months, but eventually Autumn had very few problems with our 10 pm walks. Who says you can't teach old dogs new tricks?

Successful training techniques can help prevent problems, rather than create them. A fearful dog has trigger points and the owner needs to learn what those trigger points are. Start small; take baby steps and proceed to the next step when the dog is ready. It can be a slow process, so patience is the name of the game. Learn to notice small things that trigger the arousal/fear. If you start too fast, you will move backwards instead of forward. Skills need to be learned first; then they can be implemented.



So what does socialization really mean? It means we must help our dogs learn how to cope and respond with everyday life experiences in a way that is acceptable to people and to other animals. Socializing must be fun for everyone and the puppy or adult dog has to feel like they are the winners. We, as humans, can help them learn how to have fun by staying in touch with how your dog is feeling. We need to learn their cues regarding their fears, their trigger points and their happiness, and only then can we teach them to be good members of society!

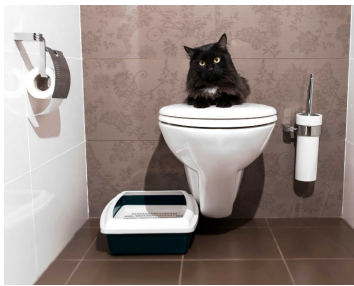


## How to Train a Cat

*cont. from page 2*

### How to train a cat to: Come on command

Cats can learn to respond to a vocal cue and run your way. (The ASPCA notes that you might use this skill to bring your cat in should it dash out unexpectedly.) This step of how to train a cat starts by making a distinct noise before feeding—before you open a bag or can—like vocally call your cat, or click your tongue. Your pet will learn to associate that noise with something positive (food) and will eventually head to you when it hears it. Then, encourage this behavior outside of normal feeding times. Start from short distances. Make the noise, use your clicker when your cat comes, and then reward your pet with the treat. Over time, call the cat from longer distances. The ASPCA recommends up to two “training sessions” a day, for five minutes or less, during which you should repeat the behavior up to 20 times.



### How to train a cat to: Use a toilet

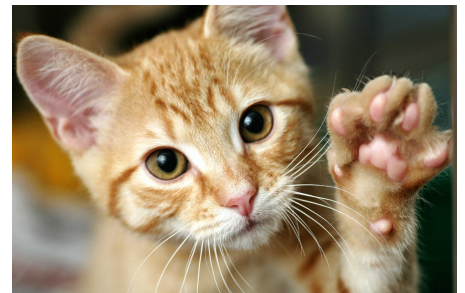
Training a cat to use the toilet definitely takes some work, but think of the benefits: You’ll save on litter and enjoy a cleaner home. First, place a litter box adjacent to your toilet. Then gradually bring it closer and closer to the top of seat—you might need a stool to make the process easier on the cat. Once your pet is accustomed to using a litter box on top of the toilet, transition to a special litter box that fits within the toilet itself. (Buy flushable litter, and expect spillover.) Gradually use less and less litter to get your cat accustomed to doing its business without it, and then, remove the litter box entirely.

### How to train a cat to: Shake hands

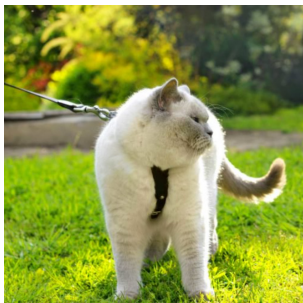
Simpler than you might expect: Get a treat ready, then align yourself to the same level as your cat. Tap your cat’s paw while saying “shake,” and use your clicker when it moves its paw. Repeat training until your cat offers its paw in response to the “shake” command without tapping. Like the “come on command” trick, this can take a few training sessions over the course of a couple of days.

### How to train a cat to: Beg

This is similar to the “shake hands” trick. Hold a treat just above your cat’s head and give a “beg” command. Your pet should stand on its hind legs and reach up for the snack; click to mark the behavior and then give your cat its treat. Practice until your cat begs on command without needing a treat dangled overhead. (If you really want to learn how to train a cat well, make sure you always reward your pet—but never feed your cat milk.)



### How to train a cat to: Walk on a leash



Get a harness with a leash that attaches at the cat’s back, not its neck. The ASPCA recommends that before putting it on you leave it out for a few days in areas where your cat goes, like its feeding area or favorite sleeping spot, so that the animal is accustomed to the sight of it. Next, you’ll transition to draping the harness over the cat (without fully attaching it) when giving it a treat. You’ll eventually move to securing the harness around the cat without the leash—leave it on your cat for a couple of minutes at first, then increase the time over the course of days. Once your pet is comfortable with the harness, attach the leash to it, and let your cat wander freely inside with it. After a few days, start holding the leash during training. Then: Ease into the great outdoors! Make sure you let your cat take its time exploring a new area, and start somewhere quiet.

# Tips to be a Successful Dog Parent and Train Your Dog Along the Way

By Karin Jessen

Training your dog is like training your kids: be kind, be understanding, be consistent and enjoy the experience. Using this guidance, you should have the best dogs (and kids) in the world. Have fun with it. If you aren't having fun, then the dog isn't having fun. And dogs (and kids) are all about fun!

There are different strategies in dog training: treats as rewards, clicker training, affection, playing...and they all work. You can buy books, and you can go to dog training classes to learn how to train your dog. But as the dog owner, it is up to you to maintain the training in a fun and friendly atmosphere for your dog to continue learning.



Generally speaking, formal training sessions should be about 2-3 times/day for about 10-15 min. However, training actually happens throughout the day when interacting with your dog. I have found the following to work very well for me when training my dogs...and I have had a lot of dogs!

**Be Consistent:** It is important that all family members are on the same page when training your dog. If one family member allows the dog on the sofa and someone else doesn't, then the dog will be confused as to what is expected. If someone says "off" and someone else says "down" the dog doesn't know what to do. This is especially difficult when kids are helping to train the dog. The dog owner not only needs to train the kids, but the dog as well to ensure consistency. Make sure you use your dog's name when talking him. When he looks at you when you say his name, you know he has learned his name!

**Be Affectionate:** Be generous with your affection. If your dog is not allowed on the sofa, sit on the floor with your dog. Love on them, brush them, talk to them...let them know they are loved and safe. Make sure your dog gets lots of affection and attention when he has done something right and continue to use his name. Go over the top to let him know he is a good dog!

**Be Attentive:** Take cues from your dog. If the dog appears to be fearful in certain situations, like being in a large crowd, try to build up his confidence in smaller crowd-like situations. Invite a few friends over; go for a walk and arrange others you know to "meet" you on the walk with your dog. Your dog needs to learn these experiences are part of everyday life. Introduce your dog to new experiences slowly to build confidence. Your dog may need safer experiences before being surrounded by a lot of people and excitement.

**Be Positive:** All of us at one time or another has said NO! to our dogs. However, does the dog really know what NO means? Instead of saying NO...be positive. Give him a dog bone to chew on instead of the table leg. If he jumps on people as a way to greet people, tell him to sit...gain control over the situation and have him do what you want him to do. Praise good behavior. Make sure you create a positive association with the dog's name. Praise him when he responds to his name. Always use a happy voice.

**Be Realistic:** When you bring a dog into your home, he may not understand the rules. Consider tethering the dog to you and wander through the house. He needs to get used to new smells and locations. Close off rooms, then let him explore a little at a time. Use a crate or some sort of safe place when you can't actively supervise before allowing the dog to have run of the house. If you use a baby gate to block off an area, keep in mind, the bigger dogs might not have any issue jumping over the gate! It takes time to become com-fortable with a new family member, and it takes time for the dog to learn the rules.

**Patience:** Teach your dog patience. Have him sit and wait for his meal; he can eat once you release him. Have him sit and wait while you open the door. Have him sit and wait before jumping in and out of the car. Have patience while you are training your dog to have patience! This practice takes some time!

When training your dog, keep in mind the dog's temperament. Dogs have different temperaments, just like people. Some dogs learn faster than others. Some dogs are stubborn and will challenge you. Some dogs want to do nothing but please you. Keep in mind how you feel during a training session. Your dog will sense how you are feeling. If you are in a bad mood or tense, your dog will sense that mood. Wait a while before beginning a training session if you need to.

Your dog wants your approval and to please you. But he can't do that without being taught what you expect. The time you spend with your dog is well spent, and you will reap the rewards of a well-trained, happy dog.

## **Shelter Focus:**

# **Oak Ridge Animal Shelter**

*Submitted By: Amy Starkey*

The Oak Ridge Animal Shelter (ORAS) is our “community shelter” and is one of several shelters that the Helping Paws Animal Network (HPAN) sponsors when needed. ORAS resides on a back road, off the beaten path, in an old train station that was built during World War II as part of the Secret City’s Manhattan Project efforts. The building was converted into an animal shelter in 1973, and now it’s no secret that Oak Ridge is in desperate need of a new shelter for its displaced animals.

ORAS has space for roughly 80 cats and 35 dogs; they are usually at capacity. Typical of municipal shelters, they receive operational funding from the City of Oak Ridge. The shelter is staffed with one director, two animal control officers, a shelter technician, and a part-time veterinarian. Julie Armes has been the director since May of 2011. Since then, the shelter has taken more of a “rescue” approach than an “animal control” approach. It is now a place where animals go to live rather than a place where animals go to die. In just a few years, the shelter’s euthanasia rate has dropped from a very high percentage to less than ten percent, and only those animals beyond repair or rehabilitation don’t make it out. The down side to that is that sometimes animals are there for a very long time.

The low euthanasia rate at ORAS can be attributed to several factors. For roughly four years they have been participating in northern transport programs, sending mostly dogs to shelters in the north where they don’t have enough dogs to meet the adoption demand. The GoNorth Animal Transport Program, operated under the non-profit group, Peaceful Kingdom, which was founded in Oak Ridge, is the catalyst of sending the dogs northward. ORAS also partners with many local and not-so-local rescue organizations. Additionally, the Friends of Oak Ridge Animal Shelter (FORAS) was established in the last few years for the purpose of ensuring the sick shelter animals are made well prior to adoption. FORAS also takes an active role on promoting the shelter animals. Last but certainly not least is the healthy volunteer program, allowing people to walk dogs, pet and hold cats, work adoption fairs, participate in social media promotions, etc. Happy shelter animals are more adoptable and, when they are loved and allowed to get out of their kennels on a regular basis, they are happier. As they say, “it takes a village to save an animal,” and these combined efforts give proof to that at ORAS.

When asked about their mission statement, Ms. Armes stated, “I’m not sure that we have an actual mission statement, but our ultimate goal is to make sure that the animals in our care are never denied their 5 freedoms: Freedom from hunger and thirst. Freedom from discomfort. Freedom from pain, injury or disease. Freedom to express normal behavior. Freedom from fear and distress.” She agrees that finding the right homes for pets is integral, which is why the shelter improved their adoption application in 2017 from a “pay and go” approach to more of a “screening approach.” It has cut down on the pet return rate. Pet returns are also reduced when an adopter does his homework before adopting, according to Ms. Armes. “You need to know the yearly cost of owning an animal. Things like vaccines, monthly flea/tick/heartworm prevention, grooming, vet care, food (not all foods are good or appropriate), health concerns or problems certain breeds face, integrating a new animal, etc. are all things to think about,” Armes said.

Ms. Armes loves her job. Formerly an employee of a vet clinic, she said “animals are easier to work with than people, and I have yet to catch a dog or cat talking badly about someone else.” Her hopes for the shelter’s future include having a new or updated facility within the next five years. Until then, she and the staff will continue to work with what they have, and HPAN will continue to help them.



## Thank You Corner

"Thank you so much. We are very happy to have this opportunity. Thank you for all that you do for all of the rescues."

~Melia, Slumdog Rescue Crew

"Thank you thank you thank you so much!!!"

~Cindy, Roane County Paws

"Thanks for your continued support."

~Holly, The Stray Connection

"Thank you so very much."

~Sue, Humane Society of East Tennessee

"Thank you for everything you guys have helped us with!"

~Becky, RescuesForJoJo

"I really appreciate all you do for all of the furry babies in our area."

~Patricia, Campbell County Animal Center

"Thank you for all you do!"

~Angela, East TN Miniature Horse & Donkey Rescue

"Thank you all so much for your support!"

~Sophie, Young Williams Animal Center

"Thank you for your continued support in helping our adoptable pets."

~Stacey, Roane County Animal Shelter

"Screaming and waving hands in the air!!!! Omg!!!! That is beyond awesome!!! THANK YOU THANK YOU THANK YOU!!!!!"

~Wendy, East TN Pit Bull Rescue

"Thank you to the moon!!"

~Carla, Fighting for the Bullies Pit Bull Rescue

"Once again, we thank you for all that you do...your compassion is truly palpable."

~Vanessa, Smoky Mountain Animal Rescue of Tennessee

"Thank you and everyone else involved with HPAN too!! "

~Amy, Pet Path

"HPAN is an unbelievable blessing."

~Cyn, At Risk Intervention

"Thank you so much!"

~James, Little Ponderosa Zoo & Rescue

"Holy mannnnnnnnnnn!!!! Thank you!!!!!!!!!!!!!!!!!!!!!"

~Tamara, Homeward Bound Dog Rescue

## HPAN Sponsored Rescue Feature: **The Stray Connection**

*By Holly Hattemer-Frey, Founder and Director*

Holly Hattemer-Frey is the Founder and Director of The Stray Connection, a program dedicated to rescuing stray cats and kittens. The program is structured to ensure that all cats go to good homes. Stray cats and kittens are housed in temporary foster homes until a loving, responsible, permanent home is found. All animals are vet checked, vaccinated, wormed, and tested for feline leukemia (Felv) and feline aids (FIV) before being adopted. Animals more than four months old are spayed or neutered before adoption. Animals go to their new homes healthy and well-adjusted. There is no time limit on how long animals can stay in foster care. They stay until they are adopted. The Stray Connection rescues and adopts about 130-150 cats and kittens each year that may have otherwise been euthanized.

I started the Stray Connection in 1993. I love cats and had been volunteering at and fostering for the Knox County shelter since 1990. I loved fostering for the shelter but it was hard to take the animals back and not know who adopted them. Then it struck me that I could start my own group. I was very naïve when I started, as I was hoping that the need for the groups' services would diminish with time, but that has not been the case. I have been very lucky in having the long-term support of Concord Veterinary Hospital, Ideal Vet in Oak Ridge, West Hills Animal Hospital, and Callahan Drive Animal Hospital. Without their discounted services, the Stray Connection could not exist. The Stray Connection operates as a project under Peaceful Kingdom. Carmen Trammel, the Founder and Director of Peaceful Kingdom, shares my vision, and has been very supportive. The Stray Connection is very small group with about 15 volunteers. We might be small but we are very dedicated, caring, and hard working. The Stray Connection typically takes in only stray cats (i.e., not owned pets). We like to pull animals from more rural shelters that do not have a lot of funding and/or community support. We realize that the efforts of our group are not going to change the euthanasia rates at local shelters, but we can and do change the lives of the lucky cats that enter our program, and that is worth all the effort.

