



Charley's Strays, Inc.

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Dear Friends,

This is Buddy, our newest addition, a small Beagle. He came to us last month. Bonnie Buckmore was nice enough to go to the Shelter and take a bunch of photos of Buddy. So I did not need to teach Jim how to work a camera. Buddy is a cute little guy, very friendly, and very much in need of a home of his own. If you are looking for a smaller dog, please contact me for more information on him.

Some very good news this month: Dante, life-long buddy of Sammy who died a couple of months ago, found a home! I am not sure of Dante's a.k.a. Elvis [because he had this crooked Elvis smile] age. My best guess is around 10 years-old or so. A local family, who had adopted one of our Katrina dogs in 2005, came to get another dog after "Georgia" from New Orleans passed away. They fell for Dante's smile, and adopted him. We are so happy for him and very grateful to his new family for giving him a home late in his life.

Reb went on vacation; so Jim spent a week at the Shelter, taking care of the dogs. He also started a big project, putting a new roof on to the wellhouse/breakroom/garage building. The roof was in very bad shape, I guess these shingles which are supposed to have a 25-year life, fall apart after 15-20. But the new roof will outlast us, it's a nice metal roof, and guaranteed for 40 years. Of course there was the big question: how to come up with the needed money? Jon Anderson from Augusta came to our rescue. As I mentioned a couple of months ago: His wife, Barb, had passed away last fall. He wanted to do something for our animals in Barb's memory, so he paid for the entire materials to do the roof. Thank you so much, Jon! Barb will always be remembered, maybe not by the dogs, but definitely by Jim, Ted and I. Meanwhile, Jim spent a week on the roof, and came home limping, to take a break. He will have to go back to the Shelter in another week or two to finish it.

John Wells and Jake, the black Lab, were also busy again doing some fund-raising for us. The heat is taking its toll on poor Jake, but nevertheless he is doing his part by wagging the tail and greeting

would-be donors at the table in front of a store. John sent a note along with his check, a kind of sad one when you think about it:

" . . . another reason I like dogs best: A lady came up to us this weekend, pointed at all the toys, etc. on the table and asked, "is this all free?" When I explained about donations, she dropped about 30 cents in the jar and took three or four things from the table. If she'd had an empty bag I don't think I would have had anything left to put out at all."

On the lighter side, I received a hilarious note from our California donor, Phil Mann. Phil has been sending me Christmas cards on and off, no matter what time of the year we are in. With the newest one came a quiz, which cracked me up. He wrote above the "May your Christmas be blessed with Peace and Joy," the following:

"Here's a quiz for you:

With this card, am I

- A) Way, way behind on my 2015 Christmas mailing,*
- B) Way, way ahead on my 2016 Christmas mailing, or*
- C) Just writing one of hundreds of cards other charities send to give a donation to a charity I trust will use my small donation for the actual cause?*

Have a very merry June!"

Notes like that make up for lots of heartbreak and wanting to throw something at something or someone.

This brings me to all of our other donors, which helped our cause again this month; Cathy O'Connor by donating dog treats, I am sure there were others who came by with a package of something edible, and of course the much needed donations of money, to keep them all as healthy as possible by making sure the local vets survive, and to keep them all in good food (There's no need to heat the kennel right now.). We also received a donation from Bruce and Laura Anderson in honor of Betsy Anderson and Nancy Brown.

So our thanks go to the following people:

Al Smith, Belmont
Cristine Cardello, Melrose
Dale Critchley, S. Weymouth
Deborah Phair
Donna Bering
Dorothy D'Alessandro, Ossipee
Florence Bournival, Nashua
Gail Walsh Estero
Grace Kiley, N. Andover
Iris Martinello, Tewksbury

Irma Simon, China
James Bean/Lynn Kaplowitz
Jean & Ralph Catignani
Jeannine Dickey, Rangeley
Joe D'Alessandro, Tufonboro
John Wells, Oakland
Joseph Blake, New Bedford
Judy Rohweder, Northport
Linda Merriam, Dresden
Marian Delarue, Woburn

Marlene Kaplan, Melrose
Mary Grace Lenihan, Melrose
Melody Lavers, Wales
Michael Kane
Nancy Capone, Wakefield
Pat Thain, Dracut
Phil Mann, Rowland Heights
Sally Sawyer, Albany
Sandra Nicholson, Beverly
Susan Borsic, Woburn

We also received a donation from Bruce and Laura Anderson in honor of Betsy Anderson and Nancy Brown.

To all of you: **THANK YOU VERY MUCH** and wishing you all a very merry July. ☺

Gabriele, Mary, Ted, Eric and Jim

CAT REPORT – JUNE 2016

No bad news – yet – this month; in fact, not much of any news about our cats. Lots of other pet-related things to keep me busy, including friends taking care of stray and abandoned cats and kittens, but so far our cats haven't been involved. However, we cat people like to cooperate whenever we can, so I'm not promising I won't bring them another new friend.

Or maybe frenemy – Tang is still having trouble with a couple of others in his group. There have been no serious fights, because someone always backs down when they start slinging paws at each other. Mostly what happens is Tang startles someone, or someone startles him, and there's a loud scream that startles all the rest of us. No follow-up in those cases; one or both run away.

The cats with access to the porch are having a fine spring. The afternoon temperatures have been in the 70s and low 80s, with enough southwest breeze to keep the air moving. There's lots of entertainment: the phoebes are still living over the end of the porch and the shrubs in front of it attract butterflies and other small birds.

The rest of the cats have to settle for windowsills. Tang has a favorite, the west-facing second-floor one above the front door. There's a bookcase with cat bedding on top in front of the window at the same height as the sill, and he stretches out the width of the window, getting fresh air all day and sunshine as the air cools late in the afternoon.

Many coupons from many people this month, plus canned food from Pepper Charles. Coupons came from Suzanne Belisle, Marlene Kaplan, Iris Martinello, Irma Simon, Al Smith and someone who mails them to Gabriele with no return address. Thank you all – they're appreciated.

Fabric Softener, Dryer Sheets and Your Health

If you use fabric softener and or dryer sheets you are putting your health at risk, as well as the health of everyone around you. Fabric softener and dryer sheets are some of the most toxic household products on the market. The fact is that both dryer sheets and fabric softeners are created using a host of chemicals whose side effects include central nervous system damage, liver and kidney damage, headaches, nausea, memory loss, numbness, brain damage, cancer, convulsions and more. You may also be surprised to learn that some of the ingredients are also on the EPA Hazardous Waste List. There is no question that the scent you love comes with a steep price tag.

Some of the ingredients used in these products are listed below:

Benzyl Acetate: Is linked to pancreatic cancer and its vapors can be irritating to eyes and respiratory passages, creating coughing. Can be absorbed through the skin.

Benzyl Alcohol: This upper respiratory tract irritant can cause central nervous system (CNS) disorders, headache, nausea, vomiting, dizziness and dramatic drops in blood pressure.

Ethyl Acetate: This narcotic is on the EPA's Hazardous Waste list. Irritating to the eyes and respiratory tract, it may cause headache and narcosis, anemia with leukocytosis and damage to the liver and kidneys.

Limonene: A known carcinogen, as well as an eye and skin irritant and sensitizer.

A-Terpineol: Causes CNS disorders and is highly irritating to mucous membranes. Aspiration into the lungs can produce respiratory depression, pneumonia or even fatal edema.

Camphor: Causes CNS disorders and is on the EPA's Hazardous Waste list. Is easily absorbed through body tissues, causing irritation of eyes, nose and throat. Also dizziness, confusion, nausea, twitching muscles and convulsions.

Linalool: A narcotic that causes CNS disorders and respiratory disturbances, which, in animal testing, have led to death.

Chloroform: Neurotoxic, anesthetic and carcinogenic and on the EPA's Hazardous Waste list. Inhalation of vapors may cause headache, nausea, vomiting, dizziness, drowsiness, irritation of respiratory tract and loss of consciousness. Aggravates disorders of the kidney, liver, heart and skin disorders. **Especially a problem when subjected to heat.**

Phthalates: Notorious for being used in children's plastic toys and other baby products, phthalates are also used in scented products to help the scent last longer. They have been implicated in breast cancer, allergies, reproductive system problems.

The Hazards of Dryer Sheets

Fire Risk-Dryer sheets have chemicals that coat your clothes to make them feel soft. This same coating can create a film on dryer vents that can cause the heating unit to burn out or catch fire. This same coating can also be on your lint filter, to check this, place your lint filter screen under running water, if the water doesn't drain through, you've got a build up and will need to scrub your filter with soap and a brush. Chances are if you have build up there, you may also have a build up on your dryer vents. Some dryer manufacturers are now including a warning not to use dryer sheets or including a clause stating that the use of chemical based dryer sheets will void the warranty.

Pets-There are numerous online links on uses for dryer sheets, other than in your laundry. One of the "helpful hints" actually suggested using a dryer sheet to remove loose pet hair and musty pet odor. Whoever wrote this hint obviously had no idea of the toxic chemicals that a pet would be exposed to, especially cats, who are constantly grooming.

Babies-Babies can react negatively to the use of dryer sheets with body rashes, more frequent crying and diarrhea. Since dryer sheets and fabric softeners can cause anaphylactic responses in many people researchers are suggesting the need for research into SIDS (Sudden Infant Death Syndrome) and the use of fabric softeners and dryer sheets.

Air Pollution- Another factor many people don't consider is the effect on pollution. When you heat dryer sheets they create a toxic vapor that is expelled through your dryer vent and into your neighborhood. These vapors pollute and reduce the air quality. If you have neighbors with any respiratory illness, such as asthma or bronchitis, you are also negatively affecting their health.

Soil and Water Pollution-When dryer sheets are tossed, they end up in landfills; the paper will decompose over time, but it's the remaining toxins in the sheet that are leached out by rain and sun into the environment that continue to create problems

Healthier Options

Line Drying-The culprit may be synthetic clothes which have a horrible smell when dried in a clothes dryer. Consider line drying these clothes.

Natural Fabric Softeners-Vinegar and baking soda are natural fabric softeners add a ½ cup of either product in your wash cycle. NOTE: Do not mix with chlorine bleach as it will cause noxious fumes.

Vinegar-Add a small amount of vinegar to the fabric softener compartment on your washing machine and wash as usual. The acidity of vinegar neutralizes the alkaline ingredients in laundry soap, which allows more of the soap residue to wash out of your clothes. When you dry your clothes in the dryer, they will come out softer.

Dryer Balls-Small bumps or spikes on dryer balls separate the clothes as they dry, allowing for less static electricity and a quicker drying time. Dryer balls do not contain added chemicals, dyes or fragrances; although I'm sure some company will offer scented dryer balls in the future. A \$5-\$10

set of dryer balls that last through hundreds of dryer loads and is also cheaper than buying dryer sheets indefinitely.

Damp Wash Cloth- Ten to fifteen minutes before your clothes are done add a damp washcloth and reduce the heat on your dryer to its lowest setting. The damp cloth adds a small amount of moisture to the dryer which prevents static electricity.

Less Laundry Detergent-Cut down on the quantity of laundry detergent you normally use and get softer clothes. Try this experiment. Take out one set of clothes that was previously washed and dried. Without adding detergent rewash your clothes. Check it during the wash cycle and see how many soap bubbles are in the washer. How many times do you have to wash your clothes before the soap residue is gone? Personal Note: Years ago, I used to wash my clothes with the suggested amounts of detergent on the box. When I tried the above experiment, I found I had to wash my clothes seven times to remove all the soap. I now only use a Tablespoon of soap to wash my clothes.