



HUMANE SOCIETY
OF NEW ZEALAND INC

Newsletter

July 2021

Welcome and greetings from your committee.

I hope you are surviving the chilly season. The cats are staying home much more, and Dougal is ecstatic to be at his favourite temperature, but I am really looking forward to more daylight. We're over the hump now, sunshine here we come. As far as I can tell, however, Dougal couldn't care less whether there is light on his walk, it makes you realise that with their amazing sense of smell they really have very little need to see clearly when exploring, especially on routes they have travelled often. Their world must appear so differently to how we perceive it, it would be amazing to understand what it is like to live with their heightened senses, but sadly we never really will.



Unfortunately I lost one of my dogs to liver cancer at Christmas, so I'm now in the limbo that is waiting for a new puppy to be born. It is quite stressful, but I'm sure a beautiful bundle of joy will appear some time this year, and in the meantime I have Dougal to keep me entertained. He is missing Hugo even more than I am, as he has never been on his own before and is taking quite a while to adapt. However, he is settling down slowly and having 3 cats for company helps a little. Of course once I know the puppy is arriving I will have to start the job of puppy proofing the house. That will probably take a while, but makes life so much easier, and safer for the puppy, in the long run. It's also probably the only time my entire house is truly tidy.

One of my cats has wobbly cat syndrome, so I make sure to go out and collect her from the neighbourhood when I get home every night to ensure she is safe. This has become much easier since I got her a tracking collar, she already wore a tile which would sing out when I was close to her, but now I know where to go to get close enough for the tile to work. Technology is wonderful, and makes me far happier about her little social tours around the neighbourhood. The tile has also had the benefit of teaching her to run towards me whenever it goes off, which as she is invariably under something when I find her, is extremely useful.



With the wet weather we have been having lately, and with Dougal having longer fur between his pads I am back to having to check them regularly for lumps of mud accumulating between his toes. This can happen quite quickly and can become quite uncomfortable for him so is worth keeping an eye on. Some dogs will also form knots between their toes which is another thing to look out for. Oh the joys of winter.

With subs now due it would be great if you could ensure you include an email address on your forms if we don't already have one for you. These days email is far more reliable than the postal system and the money we save on Stamps is also a bonus. Also please do not send cheques as our bank will no longer accept them.

Keep warm and dry, and hope to see you at the AGM

Your committee:

Jill O'Keeffe, Heather Wade, Geoffrey Wade,
Tina Hadfield, Bubbles Otway, Lisa Finucane,
Jenny Mitchell and Fiona Seiffert

Society News

Annual General Meeting —2021

This year's AGM is being held on Saturday 24th July at 11:15 in the Parish Lounge of St Marks Anglican Church, 95 Remuera Road, Newmarket end. Parking available off St Marks Road.

After the AGM there will be a light luncheon and an opportunity to catch up with other Humane Society members. We always appreciate people coming to our AGMs, it's great to have your thoughts and any suggestions you have for the future of the society.

If you think you will be able to come please RSVP before the 14th so we know how much food to order.

RSVP to info@humanesociety.org.nz or jillbruceok@xtra.co.nz or phone 372 6006

We hope to see you there.

Membership Fees

These were due on the first of July.

Wool Requested

Lynn would very much appreciate any donations of wool that would enable her to keep knitting blankets for our foster homes. Some blankets are small enough to fit into beds, while others are couch size to protect our foster home's furniture from couch-potato dogs in particular.

Any wool is appreciated, but baby wool, 1, 2 or 3 ply mixes in well with thicker wool.

Cheques

**NO
CHEQUES
ACCEPTED**

Unfortunately most banks have stopped accepting cheques so anyone wanting to take out a trap will have to pay the deposit in cash, and as cash cannot be sent through the mail please pay the Humane Society online if you can. Our bank account number is

12-3025-0177631-000

Remember to use a suitable reference so we know who paid us and what the payment is for so we can send you a receipt and correctly update our records. Thank you for helping us with this, it's an adjustment but we will all adapt.

SPAY/NEUTER FUND

It has been another busy year for applications through our Spay/Neuter Fund. We were unable to book cats and dogs into vet clinics at varying times when Covid intervened, but still managed to desex 944 dogs and cats for the financial year to 31 March 2021 . It was a trying time for everyone, but those owners who had been slow in either putting in an application or waiting until it became “urgent” had to bear the brunt of being tardy.

There are three of us processing these applications now, Jenny, Bubbles and Jill who handles all the applications being emailed directly to us from vet clinics which are for clients needing financial assistance, or those from the few rescue groups we assist. Jenny and Bubbles process applications from owners. We do have our moments, with some applicants being difficult to deal with in not supplying all the information required, or having an attitude problem. We all have stories to tell!



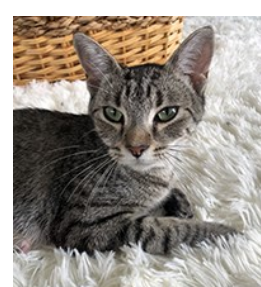
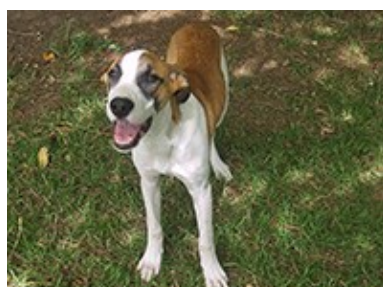
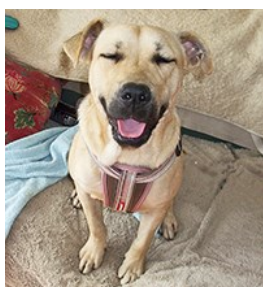
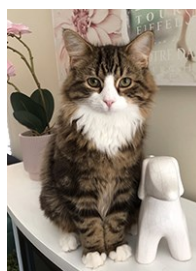
DOG/CAT ADOPTIONS

Dog/puppies and cat/kittens adopted were both up from the previous financial year with canine rescues amounting to 96 and felines 58.

During Covid we were forced to have “paperless contact” with owners, so have now streamlined our adoption process by emailing adoption forms to potential new owners, along with a bank deposit slip so they can complete the forms, return and use the deposit slip to direct credit the Humane Society bank account. This makes it so much easier for foster homes not having to handle cash and bank it, or post us forms and cheques, which are no more now anyway.

Our very grateful thanks, as always, goes out to all our volunteers, where would we be without you giving so freely of your time and energy.

Here are some of our recently adopted animals:



Simple Dog Massage to try at Home

In veterinary medicine, dog massage therapy is used as a complementary therapy to help treat health issues from arthritis to certain injuries. Full-body massage keeps the muscles moving and conditioned—touch can truly be healing.

In addition to the physical benefits of dog massage therapy, it can also promote bonding between you and your pet. Studies have shown that petting a dog or cat can lower heart rate and blood pressure. Touching your pet will also cause your body to release oxytocin, a hormone that causes sensations of bonding and love. While full-body, deep tissue massage should be left to the professionals, here are some simpler, less intense dog massage therapy techniques that are safe to try at home.

Backstroke

You can do this sitting with your dog, watching TV. Starting at the back of the head, stroke up and down either side of your dog's spine using very gentle pressure. Be sure to stay off the bone. This type of back rub is calming and relaxing for dogs, and can be a good dog massage for anxiety, particularly for dogs who are fearful of human touch.

Forehead Rub

For another calming massage technique, try giving your best bud a head rub. Start at the top of your dog's nose, where there's an acupressure point associated with calming and healing and using gentle pressure, run your thumb from the top of the nose and over the head, going back and forth slowly.

Thigh and Glute Rub

This can be done at home to keep muscles loose and flexible. Using gentle pressure, press both thumbs into the thigh or glute muscle, and make a backwards "c". Slowly work your way across the entire muscle, making these clockwise thumb circles. This thumb-circle technique can also be used to massage the base of the neck. Dogs love it because they can't reach their necks.

Ear Rub

Most dogs love even the most basic ear rub. But with a little know-how, you can offer your pet a calming, therapeutic ear massage. For this simple massage, start with your thumb on the inner side of your dog's ear, at the base of the ear flap; your index finger should be outside the ear. Using gentle pressure, slowly stroke out towards the end of the ear and conclude with a gentle pull.



The healing power of a cat's purr

Most cats purr when they are happy, when they are relaxing or while they are being stroked by their special person – some purr while they are enjoying a meal. Veterinarians will tell you that cats may also purr when they are distressed, perhaps as a way to soothe themselves.

Mother cats often purr while nursing their kittens, which must be a calming sound for the babies.



People who love cats often feel that their companionship has a soothing effect, and it turns out that the vibrations of a cat's purr have a therapeutic effect on nearby humans as well as other cats.

Cats purr in the range of 20-140 hertz (the measurement we use for sound wave frequencies) which reduces stress responses in humans. Stress is harmful to our immune system and makes us more susceptible to a variety of health problems. The vibration of a cat's purr has other specific health benefits too, including decreasing symptoms of dyspnea (shortness of breath), reducing swelling and promoting healing in soft tissue and bones. Frequencies of 25 to 50 hertz are optimal for strengthening bones and 100 to 200 hertz is the second most beneficial range.



A study at the University of Minnesota Stroke Research Center followed 4,435 people for a decade to look at the medical benefits of cats. The study showed that people without cats and those who never had cats were at a 40 percent greater risk of dying from a heart attack and at a 30 percent greater risk of developing cardiovascular disease.

Sleep is essential for good health, and studies in the UK have shown that people report sleeping better with a feline companion than with their human partners. A study conducted by the Mayo Clinic centre for Sleep Medicine found that 41 percent of people in their study reported that they slept better because of their pet, while only 20 percent said sleeping with their cat reduced their quality of sleep.

Tuna Cat Treats

Ingredients:

- 1 can tuna in oil, drained
- 1 egg
- 1 ¼ cups of flour, plus extra for dusting
- ½ cup water
- dash of parsley
- bottle cap for cutting out treats

Directions:

1. Preheat oven to 350.
2. In a food processor mix tuna, egg, flour, water and parsley until a dough forms. If the dough looks too sticky, add a bit more flour.
3. Dust a surface with flour and roll out dough to ½ inch thick.
4. Use a bottle cap to cut out treats from the dough.
5. Bake for 20 minutes on a cookie sheet lined with parchment paper.
6. Let cool and serve to your cat.



Humane Society Merchandise Available

Orders should be sent to: Humane Society, PO Box 29060, Auckland 1344



Keep your Drinks Cool \$10



Humane Society Key Ring \$2

A Handy little Gift Pack - Just \$4



Humane Society Pen \$2



A T-shirt \$30



**A Bandana for your dog
Small or Large \$10**



Order Form

Item	Quantity	Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Please send to:	Post and Packaging	4.00
Name: _____	TOTAL	\$ _____
Address: _____		ENCLOSED

Donation Form

The Honorary Treasurer
Humane Society of NZ Inc.
P O Box 29 060
Epsom
Auckland. 1344

☐ **Donation**

I enclose a gift of _____ to help the service to animals rendered by the Humane Society of New Zealand, and for the progression of educational public awareness programmes to highlight the necessity for responsible ownership.

Name: _____

Address: _____

☐ **Form of Bequest for Humane Society of New Zealand Incorporated**

To those benevolent individuals who may wish to become benefactors by Will to this Society, the following form is respectfully suggested:

I, _____ bequeath to the Humane Society of N.Z. Inc. the sum of _____ free of all duties payable at my death and the receipt of the Treasurer for the time being of the said Society shall be sufficient to discharge for such legacy. (If it should be desired that the legacy should be expended on some particular phase of the Society's work, a direction to this effect may be added to the form of bequest)

CAUTION: All Wills or Codicils must be in writing signed by the Testator and attested by two witnesses in the presence of the Testator and each other.

HUMANE SOCIETY OF N.Z. INC.
P O Box 29 060,
Epsom
Auckland 1344
Ph. (09) 630 0510

☐ **Membership or Volunteer**

Please register me as a member for the year commencing 1 July 20____

ENCLOSED: \$12.00 (Supporting Member)

\$15.00 (Family Member)

\$ 8.00 (Senior Citizen)

I am interested in helping the Society with:

- ☐ ANIMAL TRANSPORT
- ☐ WEEKEND PHONE VOLUNTEER
- ☐ WEEKDAY PHONE VOLUNTEER
- ☐ DOG FOSTER HOME
- ☐ DOG PLACEMENT CHECK

If you wish to pay by bank deposit our bank account is: 12-3025-0177631-000

NAME: Mr/Mrs/Ms _____

ADDRESS: _____

POST CODE _____ PHONE _____

Due to the ever-increasing cost of postage a clear email address would be most helpful

EMAIL _____

Now Due for 2021—thank you