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City of
SACRAMENTO
Front Street Animal Shelter

**October
2014**

Volunteers

focus

TEAM FRONT STREET: WORKING TOGETHER
TO SAVE LIVES!

4th Annual Haunted Open House on October 26th!

FUR! FALL! FUN!

Save the date! On Sunday, October 26th, the Front Street Animal Shelter will be celebrating our 4th annual Haunted Open House! We will have vendors, carnival games, a haunted house, Sacto MoFo food trucks, and lots of fun! Need some Group Therapy? Well, come to Open House to hear them play! This year we will feature live music by Roni's new band, Group Therapy!

Sign-ups for volunteer help are now open. We will need a LOT of volunteer help on that day - from regular shelter chores to set up, working the event, and (everyone's favorite) clean up. Please sign up today!

In the meantime, you can help by getting us some sponsors or some donations for the raffle. See Janice for details and for the donation forms!



SNAAP Swings into Full Gear



The Front Street Animal Shelter in partnership with the Sacramento SPCA and Sacramento County Animal Care & Regulation, recently embarked on a journey to directly assist families in areas where they need it most.

Each day SNAAP Coordinator Mike Vasquez knocks on neighborhood doors and provides services to families whose pets might not otherwise receive them. This includes food, toys, vaccines, microchips and collars with tags — even transport to and from the Sacramento SPCA Spay/Neuter Clinic.

We recently had a community day in Oak Park and many of you helped—Thank you! But the SNAAP program still needs some volunteer assistance:

Door-to-door Outreach: we have dedicated volunteers on Tuesdays (Vance from the SSPCA) and Saturdays (Kathy Baldrige from Front St) for the most part covered; we still need volunteers on Wednesdays, Thursdays, and Fridays.

TNR: dedicated and experienced trappers that are willing to transport to and from SSPCA's S/N Clinic. Amber Davidson so far has offered to help, we need maybe 3 more interested people.

Transportation can be done, if preferred using a personal vehicle, or an SSPCA vehicle.

If you are interested in helping, please contact Mike Vasquez, SNAAP Coordinator, directly at mvasquez@sspc.org.

Words of Kindness

These are praises right out of our suggestion box in the volunteer cubby & online. Share your smile when someone makes your day.

I just wanted to say how lucky we are to have Loretta volunteering with us. She did such a wonderful job helping Pam with the dog training and mentoring. We were lucky to have her coach and share her knowledge. Sunday the 31st would not have been such a success for dogs if not for her. She was the only volunteer who was also an adoption counselor and did an amazing job. Spending time with people/dogs on the wait list back to back the entire day. Even with all this pressure she makes it fun and a learning experience for the newer dog handlers. Totally in awe of her!

Kudos to Cynthia & Veronica for cleaning the whole cattery – it sparkles!



WE Want YOU as a Mentor!

Help Co-Facilitate a Shelter 101 Class once every 8 weeks

Contact and facilitate Mentors for new volunteer that have asked for a Mentor

Overall knowledge of Shelter Chores (or an expert in 1 or 2 Chores)

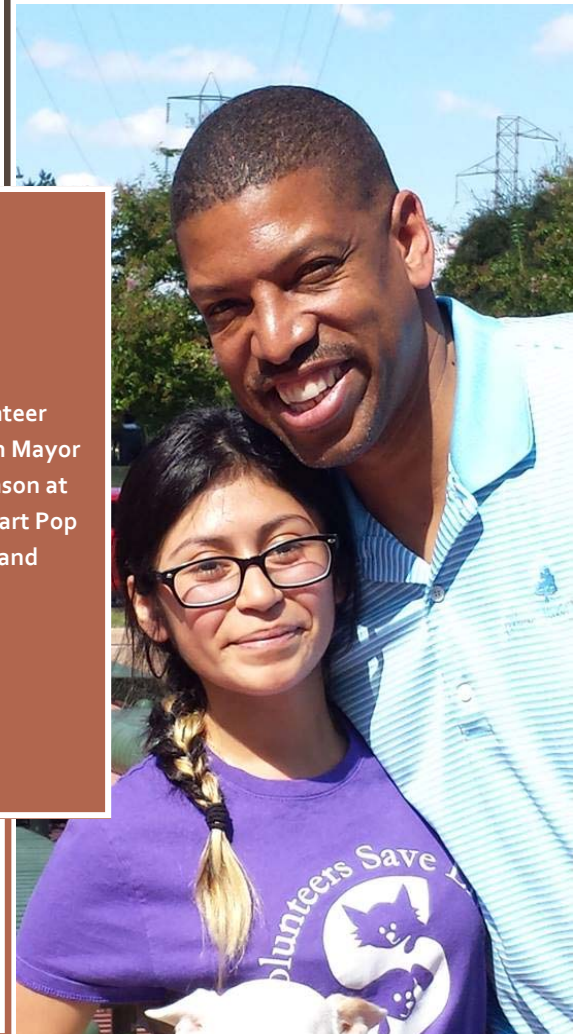
Willing to commit to the program for at least six months

For more information, please contact Don Henkle, Mentor Team Captain at deh113062@yahoo.com



WE WANT YOU!

Teen volunteer Jaime with Mayor Kevin Johnson at the PetSmart Pop Up Park grand opening!



Happy Beginnings—Tails of True Love!

This is what it's all about! **ADOPTIONS, Rescues, and "Fur-ever Homes!"**

Dear Front Street,

In honor of Adopt a Shelter Pet Month we wanted to give you an update on Duke. We adopted our boy, formerly known as Champ, from Front Street three years ago this month and he has been nothing short of a blessing to our family. He has an older sister named Dallas who he adores and he is the biggest cuddle bug you could possibly imagine which can be hard sometimes because he's a healthy 117lbs! He loves going to the river, riding in the car, and coming to work with me. We swear he's part Blood Hound because he gets his nose into everything and anything imaginable and is the most curious, protective and loving dog we could have ever hoped for. I know you hear this all the time but the work you guys do is amazing and without all of the hard work the employees and volunteers put in to socialize with the pets you would not have as many wonderful animals going to good homes. We thank you for giving us Duke and he thanks you too for giving him a second chance at life. He's sure enjoying it!



Never let it be said that dogs and cats cannot love one another, especially deaf cats. Mahalo was adopted from us about a year ago after being fostered. She and her dog friend, Monkey, are best friends.



Shelter Stats:

	Sept 2014	Sept 2013
Cats Adopted	133	156
Cats to Rescue or Transfer	48	34
Cats Returned to Owner	5	4
Dogs Adopted	106	125
Dogs to Rescue or Transfer	47	53
Dogs Returned to Owner	65	71
# of Volunteers who logged hours	234	168
Volunteer Hours	3,598	2356



Mega Match-A-Thon!

Calling all volunteers! October 17, 18, & 19 we will be participating in the Mega Match-A-Thon adoption event! For this weekend, all shelters in Sacramento - and the Yolo County shelter - will be having an "Empty our Shelters" campaign. All adoptions will be \$20. Last year, Sacramento won the national challenge to find forever homes for the most animals. I think we can do it again this year. But not without your help! Please sign up online through the volunteer system to help with shelter chores, shelter greeter, and adoption counselors. We will need LOTS of volunteers each day in order to make this event happen.

Let's empty our shelter!



Taking Inventory of Your Awesomeness

It's not conceit, it's self-care!

by Lauren Glickman (reprinted from *Animal Sheltering* Nov/Dec 2013)

You feel good when others acknowledge you ... but when was the last time you acknowledged yourself?

You feel good when others tell you you're doing a good job ... but when was the last time you gave yourself a pat on the back?

You take such good care of animals ... but are you taking good care of yourself?

Whether we've worked on a meticulously cleaned kennel, flawless adoption paperwork, or a beautiful new volunteer manual, we all like being told when we've done a great job. It feels good to be appreciated.

The trouble is that relying on external validation to feel good can be dangerous. Some of us are so dependent upon external validation that we put our self-worth into the hands of others, not allowing ourselves to feel good until we hear from someone else. If we rely on external validation, we can never fully be satisfied because nobody else can fully provide the validation we need. If we don't feel good about what we're doing, it won't matter what anyone else says.

Don't get me wrong: What others think about us does matter to most of us (and always will to some degree). And we should communicate our appreciation of others' work because it makes life better and helps to create good work relationships. Sharing these feelings is important—but I'm suggesting that one of the most important skills in an animal protector's toolbox is the ability to be aware of and acknowledge our own excellence. Not necessarily out loud, and not in comparison to those around us, but to ourselves.

This is not always easy. Have you noticed that we're rarely encouraged to articulate what we like most about ourselves, or what we feel most proud of? We're told not to brag; we're told to be modest. It's one reason that most of us feel so awkward during job interviews, when we're suddenly expected to convey how much we rock. How can we summon that ability if we don't practice it?

The fact is that there are strengths you bring to your work. You already know this, otherwise you'd never put yourself in charge of a mission about which you care so deeply. Your ability to validate yourself even when nobody else seems to notice or acknowledge that you're working hard is one of the most important pieces of sustained resiliency in the field of animal welfare. (I'm all for trying to create organizational cultures where we acknowledge each other regularly, but this isn't always going to happen.)

Grab a few blank sheets of paper and a pen. On the first sheet, I want you to write a letter. This letter will be from what I call in my workshops "The Omnipotent Eye." The Omnipotent Eye sees everything you do, everything you think, and everything you are. It sees every good intention you have ever had and every tiny detail of your work that nobody else sees. This Eye watches you while you make the world a more humane place. This Eye sees all the



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The animals need us to take good care of ourselves so we take good care of them for the long haul.

ways you are a gift to the animals.

Take 10 minutes to write yourself a letter. This letter will be filled with detailed descriptions of the gifts you possess, the useful skills you have, the strengths you display, and all of your assets and beautiful intentions. Be as specific as you possibly can. For example, don't just write, "Dear Me, You are good at your job." Instead write, "Dear Me, You are great at working with timid dogs because you have an extraordinary amount of patience."

Go ahead. Before you read the rest of this, write your letter.

Most of you will notice that this is not an easy letter to write. Did you start writing about something you're good at, and then have the impulse to follow it up with a "But I could do better" statement? Did you find yourself wanting to make sure that nobody finds the letter, because they might judge you? Did you find that it was difficult to start, but that it got easier once you got going?

While we all have different experiences with this exercise, many of us find it uncomfortable. We need to practice, so that we become more comfortable with acknowledging our own excellence. In the field of animal protection, we work with other people who are passionate, dedicated, and extremely busy — they don't always take the time to stop and share words of appreciation. Think about it. When was the last time you went out of your way to show someone authentic, heartfelt, and specific appreciation?

Some of us are fans of New Year's resolutions, while others aren't. But as we bring 2013 to a close, it's worthwhile to think about the new and healthy habits we want to create. My hope is that practicing self-validation will be something that you begin to do regularly.

Years ago when I worked at the PAWS Wildlife Center, I experimented with self-validation. For three months I met once a week with a co-worker, and we shared thoughts about our own excellence. It was an amazing and interesting experiment. I recommend that you share this article with someone at work, and give it a try.

Take a minute and think about how your days are filled right now. Think about how much or how little you attend to yourself and your needs. Do you make time for your fitness? Your spirituality? Your family? Your relaxation? Your hobbies? Your nutrition?

Time for that second sheet of paper. Give this some thought, and spend some time writing out your answers to the following questions.

1. What is one thing that I would like to prioritize in my life?
2. How would I start this process? What are the first few steps I need to take in order to begin prioritizing what is important to me?
3. What obstacles do I anticipate? What has stopped me in the past, and what might stop me in the future?
4. How will I overcome these obstacles?

Let's pause here; this last question is important. You might be reading this column and feeling as inspired as you've ever been. You're going to finally start doing something you've always wanted to do. You're going to start fresh! But then you wake up tomorrow morning and feel life getting in the way. How will you overcome the most predictable obstacles? Answer this question as specifically as you can.

Now pick a date for when you will achieve this new priority, and stick to it. This is crucial. You can take care of animals and take care of yourself. There is no reason why you can't have both. In fact, the animals need us to take good care of ourselves, so that we can take good care of them for the long haul.

Meet the Staff:

Dr. Laura Warner

Shelter Veterinarian extraordinaire!

Meet Shelter Veterinarian extraordinaire, Dr. Laura Warner!

How long have you worked at Front Street? 11 years

What did you do before you came here? Worked for Banfield the pet hospital

Where did you go to school?

Oklahoma State for my veterinary education

What do you like to do when not at the shelter? Horseback riding, working in the yard, taking care of my small hobby farm,

reading.

What is your favorite hobby? Horse back riding

Tell us about your family? I am the oldest of 5 kids. I

grew up in New York State, Oklahoma and California

What kind of

pets do you have? I have a small hobby farm: I have two horses, three goats, 6 peacocks, 6 geese, lots of ducks and chickens and one rabbit. Also one dog, two house cats and 3

feral cats.

What have you liked best about your job? Doing surgery

What would you change if you could? Less paperwork

Thank you Dr. Warner for all of your hard work!!



Thank you, volunteers!

Volunteer Spotlight:

Evelyn Dale

Why I Volunteer: It all started with Dan Torres, our Chief Animal Control Officer. Back in the fall of 2009, he took me on a tour of the shelter. He knew the place like the back of his hand. As we toured the facility it was clear that Dan cared deeply about the animals and everyone with whom he worked. So I signed up for volunteer training classes, was mentored by Sharon Long and was soon walking dogs on Monday mornings with her and Deb Cusimano.

When Gina Knepp came on board, this place really began to hum. As Shelter Manager, Gina has moved the City of Sacramento's Animal Care Services from being a good animal shelter to being one of the best. Her commitment to the "No-Kill" movement and its programs has greatly improved the Live Release Rate for the animals and put Front Street in the forefront of progressive animal sheltering.

So why do I volunteer at the Front Street Animal Shelter? For me, it's all about helping the animals in a friendly, supportive and appreciative environment.

Thank you Evelyn for all of your hard work!!



CALENDAR



- ◆ **Volunteer Orientations:**
 - ◆ 2nd & 3rd Wed. each month 5:30-7:30
- ◆ **Shelter 101:**
 - ◆ Every Saturday at 8:30am (except 11/8)
- ◆ **Cattery Class:**
 - ◆ Sat. 10/11 & 11/15
- ◆ **Dog Training:**
 - ◆ Language of Dogs 10/17
 - ◆ Dog Auto-sit 10/30
 - ◆ DOG meeting 10/29
 - ◆ Dog Handling—check the schedule!
- ◆ **Special Training Classes:**
 - ◆ Shelter Greeter 10/12
 - ◆ Dog Foster Class 10/6
- ◆ **Offsite Outreach Events:**
 - ◆ Every weekend! Sign up online!
- ◆ **Special Opportunities:**
 - ◆ Mega Adopt-A-Thon 10/17-10/19
 - ◆ Open House 10/26

Wish List

We would be most grateful if you could help us with these:

- ◆ Dryer Sheets
- ◆ Towels
- ◆ Gas cards
- ◆ Foster care supplies



Follow us on Facebook at City of Sacramento Front Street Animal Shelter to keep up with more fun activities & animal stories!