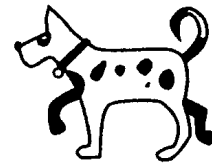


THE PAMPERED PET GAZETTE



VOLUME I, ISSUE 5

VOTED PSI'S 1999 PET SITTER OF THE YEAR

FALL/WINTER 2000

www.yourpamperedpets.com

Wow! It has been almost a whole year since the last Pampered Pet Gazette! It has been really busy around here! I would like to take this opportunity to tell you of all the things *The Pawsitively Pampered Pet* has been involved in. First, March 2000 ended my reign as *Pet Sitters International's Pet Sitter of the Year*. It was an amazing year representing all pet sitters around the world. The newest *Pet Sitter of the Year* is Pat Love, owner of *Pets Are People Too!* She lives in Hephzibah, GA. Congratulations and enjoy your success!

Secondly, PPP now has a website! The address is **www.yourpamperedpets.com**. I created the site to be of interest to both new and existing clients. You can find information about PPP, past articles, a whole page of fun and interesting web

links, and a very special page highlighting one of the many great pets we care for. Check it out! Then let me know what you think by going to the "Guest Book" page.

Thirdly, in conjunction with my website, if you go to the Pets.com link, purchase any merchandise for your pet(s), Pets.com will give *The Pawsitively Pampered Pet* a 'user fee'. All proceeds will go to one or more of the other organizations found on the links page.

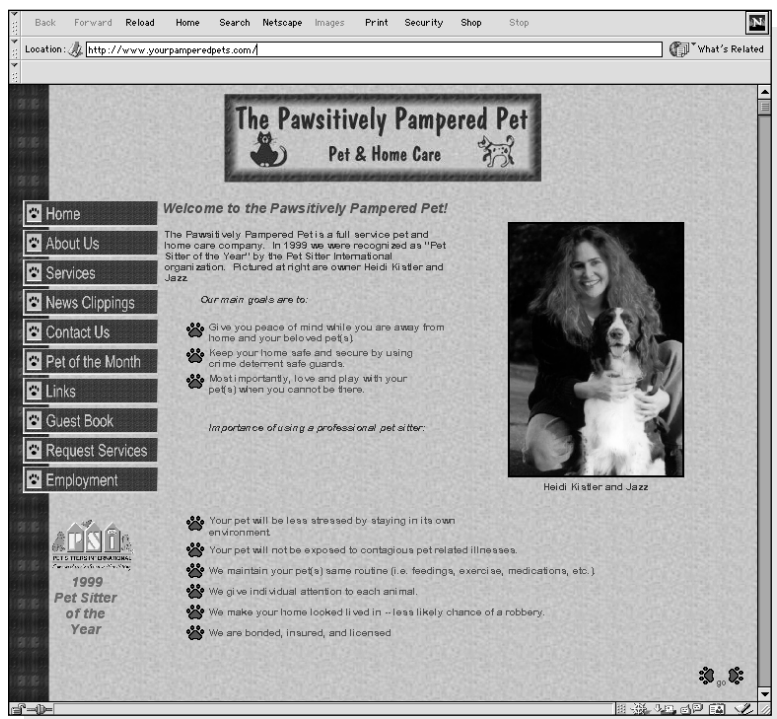
Fourth, *Pet Sitters International* recently awarded *The Pampered Pet Gazette* second prize in their international newsletter contest. PSI says, "This well-planned newsletter packs a punch with a variety of stories and lots of information for readers.... The best part of *The Pampered Pet Gazette* is that

Heidi gives it that personal touch, a 'voice.' You come away feeling as if you know her." Thanks PSI. And thanks to Magnolia Studio for the design of the Gazette and making it so successful. The first place prize went to another local pet sitter in Concord, Kim Tank of *Apronstrings Pet Sitting*. A lot of love and hard work is put into each newsletter... it's a great feeling to have been recognized by PSI.

Lastly, we are getting ready for the holidays again! Inside this issue you will find an inserted letter explaining this year's holiday reservation policies. Please call me if you have any questions 510-339-6178.

I hope you enjoy this issue of *The Pampered Pet Gazette*. I had a great time putting it together for you! Have a doggone great rest of the year and know we pawsitively love caring for your pets!

Sincerely, Heidi



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INTERNET SITES

The internet has become quite the source for information regarding just about every topic, pets included. The following sites may be of interest to you:

Adoption

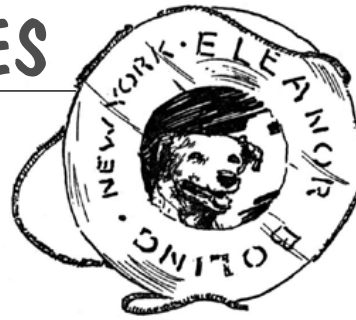
PetShelterNetwork is a free service that can help you adopt a cat or dog with its searchable database of animal shelters and individual donors from around the country. Go to www.petshelternetwork.com or call directly 206-297-9055.

Health and Nutrition

Traditional veterinary information on dogs and cats can be found on www.vetinfo.com, while you can check out the holistic approach to pet health care on www.petcarenaturally.com. As you would expect, the *American Veterinary Medical Association* has posted a top-notch site at www.avma.org. Combining health and nutrition information with fun pet-related activities on a family friendly site, www.petsource.com is a great one to check out.

Training and Behavior

Newman Veterinary Medical Services in Seattle, WA, hosts an extensive companion animal site. The section on feline behavior problems has information that pet owners can put to good use at



www.newmanveterinary.com/feline.htm. Access to behavioral consultants can be found at www.ultrapet.com, while www.inch.com/~dogs will take you to the resources of the *American Dog Trainers Network*.

Business & Pleasure

There are many sites offering information, links and referrals for pet owners. Tips about living with pet allergies can be found on www.petallergy.com. A hotel listing of dog-friendly properties is posted on www.dogfriendly.com. Information for renters on alternatives to "No Pet Policies" is at www.rentwithpets.com.

Fun Sites

Send an electronic greeting card at www.americangreetings.com or www.egreetings.com and follow the prompts for pet related cards. Canine humor guaranteed to make you chuckle can be found at www.travelingdogs.com/jokes.html.

—Information gathered from
May/June 2000 issue of
The World magazine

THE ELEPHANT SANCTUARY

The Elephant Sanctuary in Hohenwald, TN, is a captive elephant's dream come true. At the Sanctuary, Tarra, Barbara, Jenny and Shirley spend their days walking, eating, resting, and socializing in more than 100 acres of pasture and woodlands. (They are in the process of trying to buy additional land near the Sanctuary.) They feed themselves from the variety of grasses, trees, shrubs, flowers, and berries that grow in their valley. During much of the year, nearly 75 percent of their daily diet is foraged from their habitat.

This freedom for the elephants to roam about and feed themselves is central to the Sanctuary's mission to provide "a natural-habitat refuge where sick, old and needy elephants can once more walk the earth in peace and dignity."

A donation of \$30 feeds one of the elephants for a day. For more information or to request one of their newsletters, call or write:



TRUNKLINES

P.O. Box 393
Hohenwald, TN 38462
931-796-6500

Or visit on the internet:
www.elephants.com

All donations are tax deductible.

Foods That Can Be Fatal To Pets

- Onions (raw, cooked, powdered, etc.)
- Chocolate
- Moldy Cheese
- Apple Seeds
- Cherry Pits
- Potato Skins
- Rhubarb
- Tobacco

Your Diabetic Pet



Over the past four years as a pet sitter, I have come across quite a few pets who are being treated for diabetes. Almost monthly I get calls regarding this issue. The following is some basic information and references for those of you who have diabetic animals (and what to look for if your pet is not acting its normal self).

Early Signs

Frequent urination (often in other areas other than the litter box) but not spraying the walls.

Extreme Thirst

If left untreated, the excess sugar in the blood will affect the liver and other organs, creating more toxins in the body. Eventually the pet will eat more but lose weight, begin vomiting, become progressively weaker and be too nauseated to eat or drink. Diabetes can also affect the nervous system.

Trouble Walking or Walking Hunched Over

If your pet displays any abnormal behavior, take them to the veterinarian immediately. As stated in Cat Fancy, "Diagnosis can be a challenge. Between 85-90 percent of cases are very subtle."

Diet Management

Diet plays an important role in preventing serious complications that are due to diabetes. Many pets can be managed with appropriate diet and oral hypoglycemic agents, rather than with insulin alone.

Insulin Reactions

If your pet has been diagnosed as diabetic and is on an insulin program, there are certain reactions you should look for that could save your pet's life. If they wobble when they walk or are sitting in

one place for more than a few hours call your vet immediately. Giving insulin doses too close together can trigger an insulin reaction. Immediate action is essential. Before you take your pet to the veterinarian, rub a small amount of corn syrup onto the roof of its mouth and around its gums. Corn syrup is almost pure sugar and absorbs directly into the blood stream. Ask your veterinarian about home testing your pet's blood sugar levels. This is less costly than the vet doing it and will help you determine just how much insulin your pet needs each time.

Resources

Canine and Feline Endocrinology and Reproduction, 2nd Edition, by Edward C. Feldman and Richard W. Nelson (1996, W.B. Saunders)

American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Diabetes Reference, by Phillip E. Cryer (1997, Bantam Books)

Organizations

The American Veterinary Medical Association
1931 N. Meacham Road, Suite 100
Schaumburg, IL 60173

The Cat Fancier's Association Inc.
P.O. Box 1005
Manasquan, NJ 08736-0805
732-528-9797
email: cfa@cfainc.org
website: www.cfainc.org/Books

Diabetic Web Site

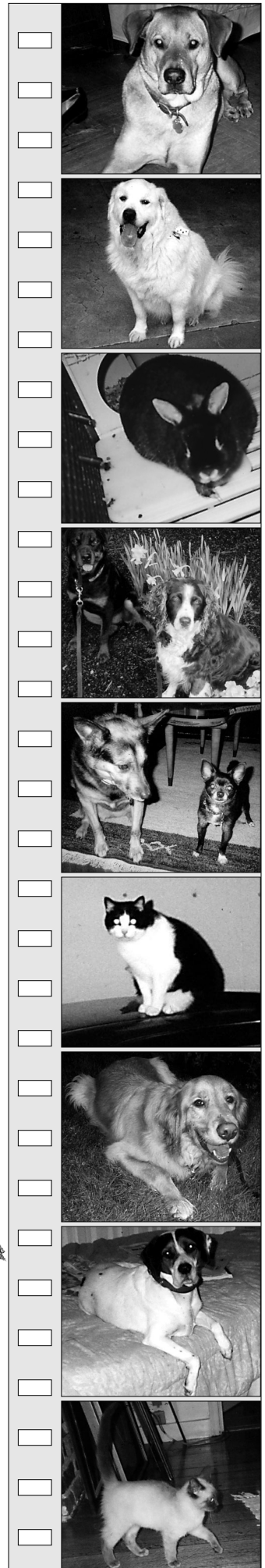
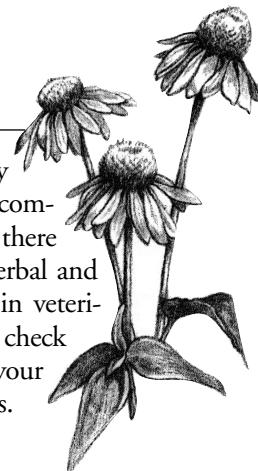
See "How to Administer Insulin Properly" on the web at www.vetmed.auburn.edu/sac/mededu/diabetes/administer.html.

Herbs for Cats & Dogs?

According to the March/April 2000 *New Age Magazine*, ginkgo biloba, ginseng, willow bark, St. John's wort, kava kava, may be safe for humans to take but could be fatal if given to your pets. The veterinarian interviewed, Dr. Howl, states, "What's safe for you can be deadly for your pet."

Howl points out that many herbal preparations come from plants not normally eaten by carnivores

pets, so the animals' bodies may not be able to deal with the compounds. According to Howl, there may someday be a place for herbal and other nutritional supplements in veterinary medicine. But for now, check with your vet before feeding your pet any of these herbal products.



Yummy, Homemade Organic Pet Recipes

Recipes taken from *Three Dog Bakery* recipes in *Dog Fancy*, December 1999, page 21.

HANUKKAH NOSHERS

Makes 30 “chewie Jewish delights”.

- 1/2 cup unsweetened applesauce
- 1 egg
- 1/2 cup natural peanut butter
- 1 teaspoon vanilla
- 1 1/4 cups water
- 4 cups whole wheat flour
- 1/2 cup cornmeal
- 1/2 cup quick-cook oats
- 1/4 cup chopped peanuts

Preheat oven to 350°. In a large mixing bowl, combine applesauce, egg, peanut butter, vanilla and water. In a second bowl, combine flour, cornmeal, oats and peanuts. Add dry ingredients to the wet ingredients and mix well. Turn dough onto a floured surface and knead until thoroughly mixed together. Roll out dough to 1/4-inch thick and cut out shapes. Place on a greased baking sheet and bake for 45 minutes. Cool on a rack before serving. Store in a sealed container.

FLEAS NAVIDAD NIBBLERS

Bakes 16 festive ‘holiday’ muffins.

‘Twas the night before Christmas and all through the house, not a creature was stirring, except for the dog eating these off the counter...as quiet as a mouse.

- 2 Tablespoons honey
- 2 3/4 cups water
- 1/4 cup unsweetened applesauce
- 1/8 teaspoon vanilla
- 1 egg
- 1/2 cup chopped peanuts
- 4 cups whole wheat flour
- 1 Tablespoon baking powder
- 1 Tablespoon cinnamon
- 1 Tablespoon nutmeg

Preheat oven to 350°. In a bowl, mix together honey, water, applesauce, vanilla and egg. In a separate bowl, mix peanuts, flour, baking powder, cinnamon and nutmeg. Add wet ingredients to the dry ingredients and stir, mixing well. Spoon into a greased muffin tin, filling each cup two-thirds full. Bake for 35 minutes. Cool and store in a sealed container.

PET INSURANCE

Recently, I have noticed the increase of clients who have health insurance specifically for their pets. And why not? We have insurance for our cars, house, and family. As many of you know, vet bills can add up quickly!

I would like to pass on a company highly recommended by *Pet Sitters International—Companion Care*. You can call them directly for information 800-635-3927. Your pet (and pocketbook) will thank you for it.

Animal Charity Reviews

The publication *Animal People* offers a supplement, *The Watchdog Report*. You can review annual reports of over 150 animal charities to make sure your money really does what you intend it to. You must be a subscriber to *Animal People* for access to the above information.

Animal People

P.O. Box 960
Clinton, WA 98326-0960
360-579-2505

email: anmlpepl@whidbey.com
website: www.animalpeoplenews.org



YOUR TYPICAL CAT...

“Dogs have owners, cats have staff.”

—Unknown

“Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this.”

—Anonymous

“Do not meddle in the affairs of cats, for they are subtle and will piss on your computer.”

—Bruce Graham

“As every cat owner knows, nobody owns a cat.”

—Ellen Perry Berkeley

“Cats are smarter than dogs. You can’t get eight cats to pull a sled through snow.”

—Jeff Valdez

“In a cat’s eye, all things belong to cats.”

—English proverb

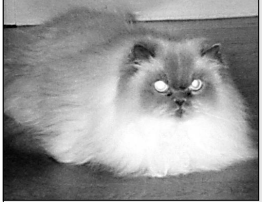
“There is no snooze button on a cat who wants breakfast.”

—Unknown

“One cat just leads to another.”

—Ernest Hemingway

All of above taken from the internet.



PAWSITIVELY GREAT STUFF!

Great Product

NO GO!

Great for deterring accidents outside of litter box, spraying, potty training, etc. Found in any pet store.

Great Ideas!

- #1 Put PPP's phone number on your pet's ID tag as a secondary choice to your own home phone number.
- #2 Attach a card to your driver's license or donor card stating "Attention Emergency Personnel: MY PETS ARE HOME ALONE! Please contact Heidi Kistler at The Pawsitively Pampered Pet: 510-339-6178 or _____ at _____" This will alleviate one more thing for you to worry about.

—#2 idea respectfully used from Precious Pets

Great Off-Leash Trail

TILDEN PARK

Berkeley Hills—use this map to Brook Road.



Great Restaurants

FRESH-N-BEST

Across from Claremont Hotel, behind Rick and Ann's. Great homemade pasta dishes, salads, California rolls, etc. You can even bring your pooch and sit outside for lunch.

BUTTERCUP COCINA

Can't take Fido but you can get amazing Latin-American food. On College Avenue between Buttercup Restaurant and Buttercup Bakery.

Great Help with Animal Law

Oakland based animal law attorney Diane Goldman:
pager: 510-442-1487
office voice mail: 510-444-4464 ext. 311

Great Local Newsletters

O DOG

Oakland's Dog Owner Group
Call or email for a copy:
510-465-0928 voice box #2
email: odog_tails@hotmail.com

PAWS OF LIFE

Island Cat Rescue Association
510-869-2584 or
email: www.tigertech.com/icra

PAWS FOR THOUGHT

Creative solutions for animals in need. To receive this very informative and useful newsletter write or email:
P.O. Box 410202
San Francisco, CA 94141
email: wisedog@aol.com

Pigs *A* Lot



"Our mission is to reduce the number of homeless and abused potbellied pigs, to promote spaying and neutering, and to inform prospective owners and others about the pleasures, problems, and responsibilities of owning potbellied pigs."

Potbellied pigs once fulfilled the desire for an exotic, yet miniature pet, until their bewildered owners found that miniature meant 90 pounds or more. These lovely creatures have been discarded, neglected and

abused because their owners didn't realize they would quickly outgrow their urban homes.

Pigs*A*Lot was founded in July of 1998. In December 1998, the plight of these pigs was covered in a story written by Carla McClain of the Tucson Citizen. Lynnette Warren, **Pigs*A*Lot** founder, had been taking in an overwhelming number of unwanted potbellied pigs when Carla wrote of Lynnett's incredible sacrifice. When word got out, Lynnette became the owner of many

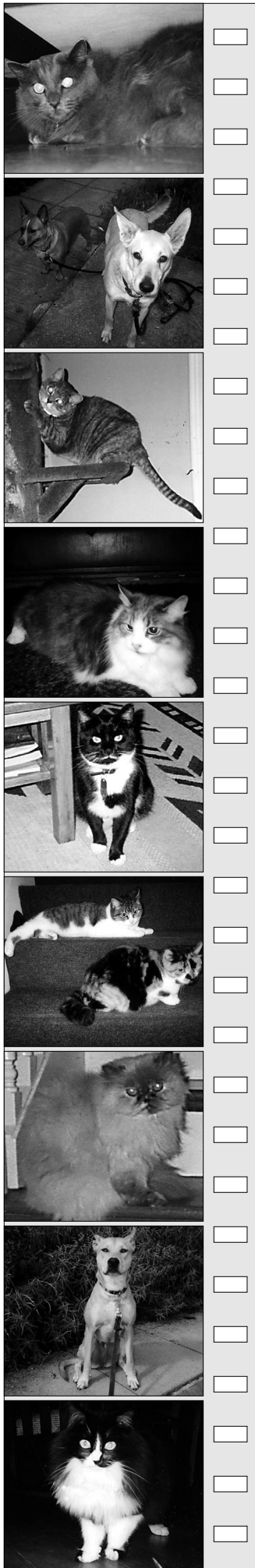
pigs that were left, literally, at her doorstep.

Just as an example of their expenses for January and February 2000 for food, water, vet bills, property, postage, etc. was \$3,413.35. Any donation is welcome. You can contact them at:

PIGS*A*LOT

P.O. Box 145
Cortaro, AZ 85652-0145
520-682-0310

All donations are tax deductible.



PAWSITIVELY RANDOM PAGE

Pet Horoscopes

LIBRA



SCORPIO



September 24–October 23

October 24–November 22

“A pretty pet that naturally blends in with its surroundings.”

“Scorpio pets are loyal and expect absolute loyalty in return.”

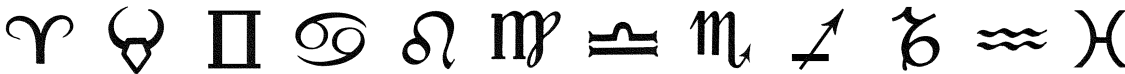
DOGS: You can't say no when those big brown eyes of your Libran dog plead for food at the table. Libran dogs are remarkably persuasive—even manipulative. They enjoy the best that money can buy so throw away that old blanket and make sure his basket has the finest silk lining. They also need the company of other dogs and love peace and harmony in their environment. Their worst fault is that they can be ridiculously stubborn. If he doesn't want to go for “walkies” you'll never budge him.

CATS: Libran cats are completely indecisive. They won't know whether they want to come in or go out, they'll be finicky about their food and will move from your lap to the radiator to the sofa trying to find the most comfortable spot. For the Libran cat nothing is ever good enough or can live up to their unrealistic expectations. She is also ruled by the planet Venus so don't be alarmed if she sometimes appears listless for she's probably in love. Destiny dictates that pretty Libran cats will always blend in with their surroundings. Your tabby Libran cat may even match your carpet!

DOGS: Scorpio dogs are either your best friend or worst enemy. They can love or hate with a passionate intensity. If you wrong a Scorpio dog they will never forget but will also not forget when you treat them well. The sign of Scorpio governs secrets and perhaps because of this, dogs born under this sign make the best trackers. They'll sniff out even the most subtle scent trail. This is the ideal sign to be born under for bloodhounds, cocker spaniels and any dog with an acute sense of smell. Also, the sexual prowess of the Scorpio dog makes them ideal breeding dogs.

CATS: The ideal Scorpio cat is jet black with deep emerald eyes for this is the zodiac sign that governs the occult. Even if you're not a witch yourself, you will nonetheless have a special telepathic bond with your mysterious Scorpio. She'll know what you are thinking, will sense danger and come for dinner just moments before you call her. If there's a death in the family your cat will be the first to know. The Scorpio cat is the sacred cat revered by the Egyptians. She is strange and arcane but will bring you luck and protection. She is magic.

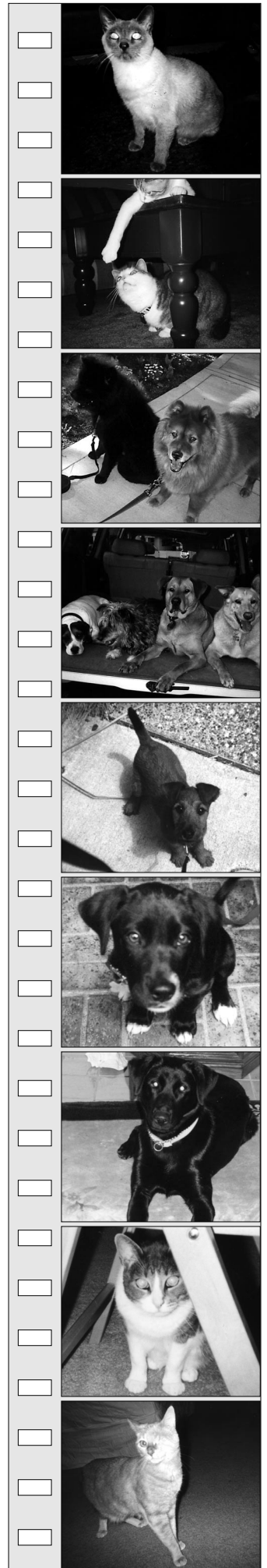
All horoscopes in the Pet Gazette are for fun. If you want further information check out www.angelfire.com/me/goomfing in the internet.



Hi! My Name is Hannah!

My mom, two feline sisters, and I are looking for a new place to live. We would love to find a one bedroom apartment or an in-law cottage in Oakland or Berkeley. My mom, Solveig, is a very mature, responsible and kind person. To prove it, she adopted me when I was abandoned by some other humans.

A bit about me: I am very well trained, (just ask Heidi). I love other dogs and kids, even cats, and would be pawsitively ecstatic if you know of an available place for us to move. The sooner the better! If so, please call my mom at 510-593-6936. Thanks so much for your help!



Pampered Pet Gazette
PSI's 1999 Pet Sitter of the Year
2625 Alcatraz Ave. #340
Berkeley, CA 94705



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Berkeley, California 94705
(510) 339-6178

email: pawsitively@earthlink.net
website: www.yourpamperedpets.com



\$\$ PRICE INCREASE \$\$

STARTING SEPTEMBER 1, 2000

ALL HOUSE SITTING will be \$45 a night
(for dogs and cats) *subject to change
depending on amount of animals in home.

Please call me at 510-339-6178 with any questions.

Holiday Reservations

Thanksgiving Reservations must be in by
WEDNESDAY, NOV. 1ST, 2000

Christmas Reservations must be in by
FRIDAY, DEC. 1ST, 2000

MARK YOUR CALENDARS!

*We may be booked before due dates.
First come, first reserved! Cancellation policy is in effect.



PET SITTERS INTERNATIONAL
Committed to Excellence in Pet Sitting

Lifetime Member of Pet
Sitters International (PSI)