



Animal Protective Association of Socorro

PO Box 451, Socorro, NM 87801

575-835-0259

<http://www.socorroapas.org>

Barks and Mews

January 2014 Newsletter

Walkin' the Dog

If you're like many people, you might be considering a renewed program of exercise for the new year. Maybe trying to do more walking or jogging even. If that's the case, why not take Fido, Buster or ol' Blue along? Dogs are natural walking/running companions (loyal, hardworking, enthusiastic), are always eager to participate and encourage you (what friend is going to greet you at the door everyday to go walk?), and need the exercise as much as we do.

Studies in the *Journal of Physical Activity & Health* show that dog walking is associated with a significant increase in physical activity, and this is good for both you and your dog. As well as burning calories, walking can improve cardiovascular fitness, lower blood pressure, build stronger muscles and bones, and help decreased stress for both owners and dogs.

Unfortunately, dogs today are suffering from many of the same health problems from inactivity as humans including obesity, arthritis, diabetes, breathing problems and short life expectancy. According to a survey posted on the Association of Pet Obesity Prevention website (who knew there was such a site?), 54% of the nation's pets are overweight.

Some things that will help with a successful walking program:

- Establish a walking schedule; time of day, duration. Start slowly and build up, or do two shorter walks, rather than one long one.
- Plan your route in an area you find pleasant. Maybe around New Mexico Tech campus or your neighborhood.
- Track your progress on a calendar or piece of paper on your refrigerator. Pretty soon it will be routine and your dog will be reminding *you* what time it is.

So put on those sneakers, grab the leash, and head outside with Fido for a walkie around the blockie, as we say in our house. Oh, and don't forget the pooh bags. Exercise also aids in the digestion process.

Submitted by Kitty Pokorny



Martin Pokorny walking pets Pi and Dobby.

Meet the Board

The Animal Protective Association of Socorro elected the following members at the January 7 meeting:

- President, Kitty Pokorny
- Vice President, Stephanie Mitchell
- Secretary, Rosemarie Murray
- Treasurer, Nelia Dunbar
- Board Member, Cecil Abel
- Board Member, Valerie Kimble

*President, Kitty Pokorny
with Bentley*



I have been involved with or a member of APAS since moving to Socorro in 2006. I work at the New Mexico Bureau of Geology and my husband, Martin, works at the National Radio Astronomy Observatory. We have two cats and one dog that we adopted from the Socorro shelter, one dog that was found injured on the frontage road, and another cat from a “failed” attempt at fostering. I got more serious about being involved with APAS last year when I heard they were considering shuttering the organization because there were not enough members interested in being on the Board. I truly feel that every town needs someone looking out for animal welfare. Sometimes it's just a few people, sometimes it's a small group of people, and sometimes it's a community. I really hope the Socorro community will rally around APAS and help keep us going. APAS has been active for 45 years championing the cause of homeless animals, and like all the Board members before me, I would like to see it continue.

*Vice President, Stephanie Mitchell
with Davis*



My love of animals started as a child chasing lizards in Albuquerque. Growing up, I always had a pet, from my basset hound “Sulu” to my cat “Mr. Spock.” While I majored in Social Psychology at UNM, I loved taking biology classes and even met my husband Matthew when we dissected a squid together in invertebrate zoology. In 1983 Matthew and I became wildlife rehabilitators through Wildlife Rescue Inc. of New Mexico and I have worked with wild critters from raptors to badgers to antelope as well as being WRI’s treasurer for 10 years. When we moved to San Antonio in 1998, it was inevitable that I became a birdwatcher and volunteer at Bosque del Apache until 2006 when I joined APAS and decided to turn my affections more towards domestic animals, especially those of the feline persuasion. For the past 8 years, I have volunteered at the local animal shelter, where I fell in love with 3 of my 4 cats. I am also a member of the Shelter Advisory Board and helped the shelter staff develop a foster care program. Working at the shelter really brings home the plight of unwanted animals and I am proud to be on the Board and support APAS’s mission to reduce the homeless cat and dog population through their spay/neuter program.

*Treasurer, Nelia Dunbar
with llamas Coquette and Coco*



I learned about APAS when I was a student at New Mexico Tech in the 80s, but didn't become formally involved until last year, when I volunteered to be treasurer. Although I've always been impressed with all of the things that APAS does, being a part of the organization has given me a new appreciation for the depth of community support, the range of activities supported by our organization, and the amount of work that it takes to keep APAS going! We could always benefit from even more support from the community for the important work that we do, and I would encourage APAS members to become more involved in the association, as well as encouraging others to become members.

I moved to Socorro in 1983 as a geology Ph.D. candidate, and have lived here, on and off, ever since. I now work for the New Mexico Bureau of Geology as a geochemist. My husband, Bill McIntosh, and I live on a 25 acre farm in Lemitar, where we have four dogs, four horses and three llamas. We're both dedicated horseback riders, and our dogs love nothing more than coming with us on ditch bank trail rides.

*Secretary, Rosemarie Murray
with Critter*



I have been the Secretary of APAS since mid 2010. I have worked at New Mexico Tech for 15 years. I moved to Socorro from Ohio a little over 20 years ago. At that time, there were a lot of feral cats on my block – one in particular presented me with two different litters. Before TNR was popular, back then I took on my own leukemia check, vaccinate and spay/neuter, release and feed program in order to control the chaos. I've been these cats' lifelong supporter, which is a real commitment, but they really do keep the mouse population minimal. Of the original cats that I helped, I just have two now-Senior outdoor cats that I still feed. I have 3 indoor cats (all which came knocking on my door over the years), and 2 dogs (one from the shelter almost 3 years ago). Back in Ohio, I was involved with therapeutic horseback riding for people with disabilities, so when I moved here, I volunteered and helped to administer a therapeutic horseback-riding program for many years in Albuquerque – a long way to go to volunteer your time! I am a registered instructor of PATH, Intl. (Professional Association of Therapeutic Horsemanship International). I currently have 2 horses (the brown one in the photo was a rescue-case and is retired, and my riding horse is a Tennessee Walker). I have stayed with APAS, because, as one of the board members said about a year ago, 'I don't want to be in a community without an organization like APAS' and she was correct...this organization is important and its efforts really do make a difference and make the community a better place!

*Board Member, Valerie Kimble
with Elisabeth*



Curiosity got the best of me, and after being a member of APAS on the books, I decided to attend my first board meeting in August 2011, where I was elected president. As a lifelong animal lover and pet owner, I felt it was time for me to back my beliefs with action. APAS introduced me to individuals I might not otherwise have met, and really opened my eyes to the animal control issues in Socorro County.

APAS is in good hands with its new president and officers, and I am happy to retain a service role as a member of the APAS board of directors. These days, I live happily with three cats, and plan to adopt a shelter dog when I retire.

*Board Member, Cecil Abel
with Brat*



I have lived in Socorro for the past 12 years and have a dog named Brat. Brat is incredibly spoiled, hence the name Brat. He's my constant companion and loves riding in the truck with me everywhere I go. But most days you can find us walking around the Tech campus on our daily walks.

Previously, I have been on the Board and worked with the homeless shelter in Socorro, but have been attending APAS meetings for the past two years, and this will be my second year on the APAS Board. While I am especially fond of dogs, I really love all kinds of animals, and do not like that we euthanize so many in our shelters. APAS works hard to reduce the number of unwanted animals in our community through their spay/neuter program, and I find this a very worthy cause.

Pet Licensing Changes in Socorro

After a visit to my veterinarian's office the other day, I was surprised to learn that the procedure for getting a city license for my pets has changed. In the past, pet owners would get the city license at their veterinarian's office after having their pet vaccinated for rabies. But as I found out, you now get your license through the City at the animal shelter.

The shelter says that owners need to bring proof of their pet's rabies vaccination (certificate from your veterinarian) to the animal shelter to obtain a new license, and there is no charge for the license.

The Socorro Animal Shelter is located on the south end of Socorro, just off Highway 1 behind the UPS distribution office and next to the Socorro Airport. They are open Tuesday - Saturday from 8 am to 5 pm, but closed for lunch from 1 - 2 pm.

APAS Yard Sale 2014

The APAS yard sale is our largest fundraiser of the year, and proceeds from the yard sale directly support our spay/neuter program. We spend roughly \$17,000 a year on spay/neuter assistance in our community and approximately half of those funds come from our yard sale, so a successful yard sale is very important to us. This year the yard sale will be in April; while it might seem early to start thinking about this already, it's quite a bit of work and we need more people to assist us with this important event. So, we'd like to get the word out early to try and garner support from our membership. We have a couple of things we could really use some help with this year — donations and a yard sale coordinator.

Donations Needed

First, we would like to encourage members to think of APAS before getting rid of household items and other belongings this year. We are always looking for interesting and good quality items for the yard sale and silent auction. We've had people donate accordions, antique furniture, jewelry, artwork, a boat, a camper, and binoculars, among other things for the silent auction. So if you have an item that's perfect for the silent auction, please think of donating it to APAS. Currently, we are unable to handle clothing donations and old/obsolete computer equipment at the yard sale, but otherwise if it works, we'll take it.

The yard sale will be held on **Saturday and Sunday, April 26 & 27** this year. We will have dates/times available in April when items can be dropped off for the yard sale, but if you can't hold onto an item and would like to donate it, please contact us and we'll make arrangements with you. Contact Dorothy Brook (835-0259) or Kitty Pokorny (838-2730 or kitty@truffulatree.org). We can provide receipts for tax purposes for

donations as APAS is a 501(c)(3) nonprofit organization.

Yard Sale Coordinator

We would like to find someone, or a couple of people, willing to help coordinate our yard sale. We need someone who is well-organized and can help us make sure things get done. Specifically, we need to make sure items get sorted, displayed and priced, make sure we have workers scheduled for various shifts and duties for the sale, follow up with people who need to take away purchased items, make sure we get ads in the paper on time, and help with post-yard sale decisions (keeping items for Community Sale, donating other items, or discarding). If you are interested in taking on these tasks, I would recommend coming to the March and April APAS meetings, and specific activities could be discussed then. I imagine there would be minimal activity 4-6 weeks out from the event, and then increasing in the final two weeks. Much of these duties have been done before, so you would not be reinventing the wheel, as such, or doing all of these activities yourself, but rather making sure things are getting done. Please send me an email if you would be interested.

kitty@truffulatree.org



Please help! Hang up the poster (back side) at your work place or community location.

TELL A FRIEND...



APAS is collecting items for its annual yard sale.

TOOLS

FURNITURE

APPLIANCES

THE KITCHEN SINK

BOOKS

ARTWORK

ELECTRONICS

JEWELRY AND ANTIQUES



Animal Protective Association of Socorro

Donations may be made February-April by appointment. Call 835-0259.
If you can hold onto your items, drop-off dates will be available a week
or two before the sale April 26-27. Need pick-up on big items?
Call 575-418-5979 or 505-440-9488.

As usual, APAS does not accept clothes, old computer equipment, or broken items.
YES to everything else! Think big for our silent auction!

All proceeds benefit Socorro animals through our spay/neuter program.
Thank you for making a difference in our community!

Shopping for APAS!



Hello, APAS members. Some of you may have already received this information via our email list, but we wanted to make sure everyone knew about this opportunity. You can help support APAS this holiday season and throughout the year via your online purchases. It's through an organization called iGive, and it's a site where a percentage of your online shopping goes to an organization you support. **The great thing is that iGive has come up with a nifty way to make doing this virtually effortless on the part of the shopper.**

- 1) Simply go to the iGive website (www.igive.com)
- 2) Set up an account (name, email, password)
- 3) Select Animal Protective Assoc. of Socorro as your favorite cause (it is abbreviated this way in the list)
- 4) Click the Join Now button

At this point, the iGive site should automatically ask you if you would like to install the iGive Button. This is the nifty part that makes donations from your shopping transactions effortless. Once installed, the software automatically recognizes websites/vendors that give percentages of sales to APAS (via iGive.com) and gives us credit for the transaction. There is no need to go through the iGive website to have a percentage of your shopping transactions donated to us. I have noticed, on occasion, that a store/website will ask you to verify your support of APAS for the transaction by clicking a button, but it is obvious and easy to

do. There is one exception to the nifty iGive button program, and that is Amazon.com. Amazon is big enough to make exceptions to the iGive program, and they have.

Unfortunately, you will need to access Amazon the old-fashioned way to have your purchase count for APAS: go to Amazon via the iGive webpage. iGive does mention one thing to make this easier to remember, and that is to bookmark this webpage:

<http://www.igive.com/amazon/> Sorry for the exception. I have included information regarding Amazon from the iGive webpage below if you care to read.

Some people may prefer not install the iGive button anyway. You can still join iGive.com and have a percentage of your purchases go to APAS. You will, however, need to go to your shopping webpages via the iGive site. There is a list of participating stores on iGive.com and you can simply click on the link there. So, I hope you'll try it out. I'm proud (and maybe a little embarrassed) to say that I've earned quite a few bucks for APAS since installing the iGive button on my computer. APAS set-up the iGive account back in 2007, and I joined then, but didn't use it much as I never remembered to go to webpages through their site. So this new iGive button sure made things a lot easier. Living in Socorro, I order a lot of things online, so it's a great way to help out without doing much more than my regular shopping.



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Thank You!



For your contribution to APAS enabling us to publish this newsletter. On behalf of APAS members and the animals we work to protect, thanks for your commitment to the Socorro community.

Membership/Donation Form

Name(s) _____ Date _____

Address _____

Email Address _____

I would like to receive my newsletter by email. Yes No

Individual Membership \$5.00 (one vote) \$ _____

Organization Membership \$5.00 (one vote per organization) \$ _____

All memberships are \$5 and each membership type is entitled to vote and receive one newsletter per address/email. Should you wish your donation to be anonymous, please mark so clearly on this form. ***Please mail this form and donation to: APAS, PO Box 451, Socorro, NM 87801.***

Donation:

___ \$50 Silver ___ \$100 Gold ___ \$150 Platinum ___ \$250 Platinum Business

___ Other (Any amount is greatly appreciated!)

Membership and Donation Total: _____

New Membership Year is January 1 to December 31, 2014.