



RedRover is a 4-star charity

Brett's pet adoption poem • How to build compassion resilience •
Pets escape domestic violence thanks to you • 2015 Safe Housing
grant recipients • Thank you for helping Onyx!



Greetings!

WOW! 2015 WAS SOME YEAR! And 2016 will be another year of growth, with a budget moving us past the \$2 million mark — thanks to your generous support.

In 2015, we were named a 4-Star Charity, the highest possible rating, from Charity Navigator, AND 2015 was our

fifth year as a Top-Rated Charity on GreatNonprofits.org. In addition, we exceeded 400 excellent reviews on this site!

We are committed to running an efficient, dynamic and transparent nonprofit organization — and continuing to gain the trust and support from our much-valued members — so that we can help more animals and make the future a more compassionate place for all.

Please take a moment today to renew your membership if you have not yet done so. If you need more



facebook.com/RedRoverOrg
twitter.com/RedRoverOrg
youtube.com/RedRoverOrg
instagram.com/RedRoverOrg
pinterest.com/RedRoverOrg

reasons, please take a look at the heartwarming stories in this issue of *Companion*. Your support makes all this happen. **Thank you!**

Warmly,

NICOLE FORSYTH
President and CEO

Member vote needed for Articles of Incorporation change

A MEMBERSHIP VOTE is required to make any changes to RedRover's Articles of Incorporation, and the RedRover Board of Directors would like to remove two words from the organization's Articles of Incorporation. If these words are not removed, RedRover cannot obtain a property tax exemption under CA Nonprofit Corporation Code. If we do remove the words, we will be eligible to obtain a property tax exemption, saving us hundreds of dollars annually. To vote on the change please see the attached envelope.

RedRover members must vote to remove two words: "**or public**" from Article 4, section b of United Animal Nations, d.b.a. RedRover's Articles of Incorporation, the section that refers to what would happen to assets if the organization ever dissolved: the assets "shall be distributed to a nonprofit fund, foundation, or corporation that is organized and operated exclusively for charitable **or public** purposes and that has established its tax-exempt status under Section 501(c)(3) of the Internal Revenue Code of 1954." ♥



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For a listing of RedRover's board of directors and staff, visit:
RedRover.org/people



RedRover earns highest rating from Charity Navigator

REDROVER HAS BEEN AWARDED a prestigious 4-star rating from Charity Navigator, America's largest independent charity evaluator. The 4-star rating was based on RedRover's sound fiscal management practices and commitment to accountability and transparency.



It's important to us that you know we're using our funding wisely to help animals in crisis. We take our fiduciary and governance responsibilities very seriously. Thank you for your generous support of RedRover!

You can read more about our 4-star rating at redrover.org/4stars



Ballot for election of board directors



RAFAEL AGUILAR, JR.

is a passionate animal lover and has been working toward the protection and welfare of animals for over a decade.

He served in the United States Marines and has utilized his leadership experience throughout his career as a CFO for numerous private and publicly traded companies. He holds an MBA in Accounting and resides in Miami, Florida, with his wife, five cats, three dogs and two bunnies.



SUE HUSCROFT

is delighted to be recently retired, giving her more time to pursue her passion for helping animals.

Her working days were filled with spreadsheets and databases, as a financial analyst with Hewlett-Packard. Now she spends her time volunteering with local animal shelters and pet sanctuaries, as well as with the Humane Society of the United States. Sue lives in Davis, California, with her husband and their two special-needs cats.

MAKE YOUR VOTE COUNT

For your vote to be counted, please mark your vote on the enclosed postage-paid envelope and mail it by March 18, 2016. For a director to be elected by written ballot, he or she must receive a majority of affirmative votes, with at least six percent of members voting. Votes withheld are not counted for or against a director. The board of directors will vote for directors if members do not return a quorum of ballots. ♥



Strengthening compassion resilience

By RedRover Emergency Services Manager, Beth Gammie

MANY OF US working for animal welfare are all too familiar with compassion fatigue: the feelings of depression, sadness, exhaustion, anxiety and irritation often experienced by people who devote their lives to helping animals and witness some awful stuff along the way.

The term was first used in 1992 in a study about burnout in nurses; since then we've learned that compassion fatigue arises in many contexts, including the medical field, emergency response and animal welfare. However, rather than thinking of compassion fatigue as something to be avoided or fixed,

Reframe how you look at events; view people and events in a way that sustains rather than drains you.

it may be more powerful to figure out how to feed and grow your "compassion resilience."

Compassion resilience is the ability to maintain your physical, emotional and mental well-being while responding compassionately to the suffering of others. Think of this resilience as a reservoir of well-being that you can draw upon in difficult days and situations. It allows you to be present and effective in heart-wrenching situations, as well as helps keep you going on those days when everything goes right.

You already have immense compassion resilience. The very fact that you are living in this world and care about animals — and that you haven't given up — shows that you already have a resilience within you that keeps you still caring and still helping.

Feeling better through increased compassion resilience is an active

Feeling better through increased compassion resilience is an active process and a lifelong path.

process and a lifelong path. Keep a couple of thoughts in mind: First, strengthening your compassion resilience is your job and no one else's. Second, be a scientist about tracking and managing your resilience. What fills your tank? What drains it? Try out the following strategies and see what works for you.

- **Reframe** how you look at events; view people and events in a way that sustains rather than drains you
- **Manage** your own reactions — don't let others or situations run you
- **Be relentless** in finding meaning that sustains you — no matter how difficult the situation
- **Take good care** of your physical and emotional self
- **Connect** with others to strengthen your resilience

Strengthening your compassion resilience is an ongoing process. By focusing on it and taking responsibility for your own well-being, you can be well while helping people and animals. ♥

For more resources for compassion resilience, visit: [RedRover.org/compassion](https://www.redrover.org/compassion)



You inspired this young boy to become an animal advocate

AFTER BRETT'S CLASS participated in the RedRover Readers program, he wrote this poem about adopting his dog, Skye.



Getting My Dog Skye

A poem by Brett H.

*First meeting her,
Seeing her fluffy head,
Giving her a hug,
Asking my mom if we can get her.*

*Taking her for a test walk,
Choosing a good leash,
Finding out that she walks better with a harness
because she is a Husky and likes to pull,
She likes to be on my right side.*

*Seeing if she was a good match for us,
Making sure that she would not bite my sister,
Checking what kind of bed was right for her,
Also checking what kind of toys were
good for her.*

*Giving her treats when she listened.
I gave her treats when she sat.
I also gave her treats when she laid down.
Then she was trained to sit and lay down.*

*Getting taught how to walk her correctly,
Putting my hand through the handle not out,*



*Putting it on my right side,
Getting a strong grip.*

*Playing ball with her after S.P.C.A. camp,
Feeling soft warm fur,
Lapping licking Dog kisses,
Slobbery slimy, wet ball,
Feeling fun and excited!!!*

*Then the next day my mom took me to
the S.P.C.A. and then we bought her.
Now she is living happily in Carmel, CA
with me and my family.*

**You can learn more about the
RedRover Readers program on our
website: RedRover.org/Readers**

Coming soon — *Rufo liberado*

RedRover is working with The Gryphon Press publishers to translate a RedRover Readers program book, *Buddy Unchained* by Claire Buchwald, into Spanish! The book is due out in April 2016. We are excited to reach a wider audience of Spanish-speaking families with this translated book and RedRover Readers curriculum.



The next session of our online
RedRover Readers training is
coming **THIS SPRING**.

Tell a teacher to sign up now:
RedRover.org/ReadersTraining

Lifesaving solutions for pets escaping domestic violence

By RedRover President and CEO, Nicole Forsyth

MANY DOMESTIC VIOLENCE SHELTERS

do not have the means to house pets, which means that victims are left facing the difficult decision to either leave their pets behind or remain in an abusive environment. Sadly, many victims stay in abusive homes for fear of subjecting their animals to abuse if they leave. RedRover's Domestic Violence Safe Housing grants provide funds to help domestic violence shelters become pet-friendly so that no member of the family is left behind.

The profound role pets play in domestic violence became much more real to me when I sat with a domestic violence victim and heard her story. She had repeatedly left and returned to her abuser, until one day, after an altercation

“If they didn’t come with me, I wouldn’t have had the strength to leave, and I wouldn’t have had the strength to not go back.”

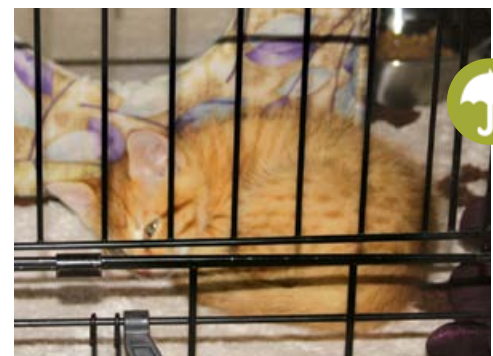
with her abuser, she saw her two small dogs shaking under her bed. She said, “Right then, I realized they were a reflection of how I felt. They were scared just like me, and I had to leave for their sake — and mine.” That’s when the woman found a domestic violence shelter in New York City to take her and her dogs. “If they didn’t come with me, I wouldn’t have had the strength



to leave, and I wouldn’t have had the strength to not go back,” she told us.

In July of 2015, RedRover awarded a Safe Housing grant to the Urban Resource Institute (URI) in New York, New York. Our funding helped the URIPALS (URI People and Animals Living Safely) program provide safe, in-room housing for families and their pets. Because of their relationships with other organizations, such as the Mayor’s Alliance for NYC’s Animals and Purina, URIPALS is also able to help with pet supplies, veterinary care and even an animal behaviorist.

Co-sheltering can be equally amazing on a smaller scale. The Lake Family





Resource Center in Kelseyville, California, received a Safe Housing grant from RedRover in 2013. With it they have built an outdoor kennel with room to house dogs from three families, plus an in-room kennel for cats or small dogs. Because they service a smaller community, the co-sheltering options that Lake Family Resource offers fit their needs perfectly.

“We are so grateful that the domestic violence community is beginning to understand the central role pets play in domestic violence.”

In 2016, RedRover’s Safe Housing program is partnering with GreaterGood and Rescue Rebuild to build on-site sheltering for pets at multiple San Diego-area domestic violence shelters.

This will be in addition to our regular Safe Housing grants, and we’ll be calling on our RedRover Responders volunteers to help with the build!

We are so grateful that the domestic violence community is beginning to understand the central role pets play in domestic violence. The continuous increase in the number of applications we receive

for our Safe Housing program is a great testament to our successful outreach and education to family violence shelters. And you,

our valued members, are helping us ensure we can continue to fund shelters willing to build on-site facilities for pets. Thank you. ♥

2015 Safe Housing grant recipients

Interface Children & Family Services
Camarillo, CA

Domestic Abuse Women’s Network (DAWN)
Tukwila, WA

Arising Hope International
Eastlake, CO

The ARK Domestic Violence Shelter
Brownwood, TX

The Domestic Violence Shelter, Inc.
Mansfield, OH

Haven Hills, Inc.
Canoga Park, CA

South Peninsula Haven House
Homer, AK

Urban Resource Institute
New York, NY

CCW-IVAS Place
Lenoir City, TN

Dove House Advocacy Services
Townsend, WA

A Better Way Services, Inc.
Muncie, IN

YWCA Clark County SafeChoice Domestic Violence Shelter
Vancouver, WA

New Directions Domestic Abuse Shelter
Mount Vernon, OH

Catalyst Domestic Violence Services
Chico, CA

Haven Women’s Center of Stanislaus
Modesto, CA

Circle of Love Center, Inc.
Greensboro, GA

Domestic Violence Intervention Program
Iowa City, IA



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Share our stories! Leave *Companion* at your doctor's office, vet clinic, gym, lunch room or coffee shop.
To protect your privacy, please clip out or blacken your name and address above.

Your support saved Onyx

CHRISTIAN AND AMBER work part-time to put themselves through college and support their three cats, who are cherished members of the family. Their cats are closely bonded — and usually spend the days napping together and grooming each other.

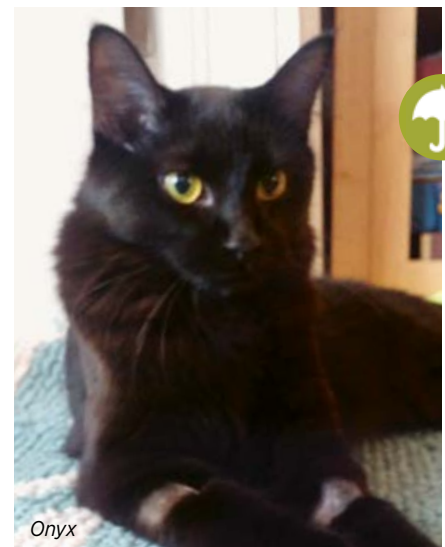
When the youngest cat, Onyx, began to distance herself from the others and stopped eating, Christian knew something was wrong. He took Onyx to the veterinary clinic, where he learned that

she had ingested a foreign object which was now causing a life-threatening blockage in her intestines. Onyx needed emergency surgery, but Christian and Amber did not have the total funds needed for the expensive procedure. They heard about the RedRover Relief program through their local humane society and immediately submitted an application for financial assistance. In less than 24 hours, we provided a RedRover Relief grant towards the

surgery cost, and Onyx was able to get the lifesaving treatment she needed.

Christian emailed us an update a week later, saying Onyx was back to her normal

self, eating, purring, and of course playing with the other cats! Your support of RedRover saved Onyx's life. Thank you for being a member! ♥



Onyx

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