



1111 Dodgetown Rd.  
Walnut Cove, NC 27052

[www.friendsofstokesshelter.com](http://www.friendsofstokesshelter.com)



AUGUST 2023

ISSUE #4



## Welcome Back!!

Welcome back to another issue of feel-good stories, recipes, and other fun things. First, we would like to thank Land Dog Mulching & Landscaping for sponsoring our August Back to School event. FOSS felt like it was time to give BACK to the community and this amazing business said "Let us foot the bill". Thank you, Alvin & Lisa Duncan!! Come join us and tour the facility on August 26th!

There were an AMAZING number of adoptions in July!! FOSS placed 28 animals in new homes in July! Thank you for sharing our Facebook post and recommending us to your family and friends. It MOST certainly does take a village.

We would also like to thank Mike and Mary Anne Barsness for donating toward the new gazebo that is in the play yard. The volunteers and pups are so thankful for it!

Now sit back and enjoy our newsletter BUT don't ever forget, THANK YOU for making this possible!

## Fall in Love with a FOSS Friend

Join Us For  
*The Friends of the Stokes Shelter*  
*Annual Gala*  
September 30, 2023 at 5pm

The Barn at Shelton Farms  
1295 Brim Rd, Madison Stokes County NC

Event dress code: Office Casual  
For questions call 336-914-9270

5pm Cocktail Hour  
6pm Dinner  
7pm Live Auction

\$125 Single Ticket  
\$200 Two Tickets

### MENU

SPINACH SALAD W/BACON VINAIGRETTE  
(ADDITIONAL VEGETARIAN DRESSING OPTION)

SHRIMP AND GRITS  
OR  
MERLOT BRAISED BEEF TIPS W/MUSHROOM DEMI  
GLAZE

COUNTRY GREEN BEANS  
ROASTED GARLIC MASHED POTATOES  
ROLLS AND BUTTER  
DESSERT

ONE TICKET \$125.00  
TWO TICKETS \$200.00

ORDER TICKETS ONLINE AT  
[WWW.FRIENDSOFSTOKESSHELTER.COM](http://WWW.FRIENDSOFSTOKESSHELTER.COM)  
OR CALL  
336-914-9270 TO SET UP  
A TIME TO PURCHASE  
A PAPER TICKET

### CHICKEN CASSEROLE KONG

#### INGREDIENTS

1 Sweet Potato  
1/4 cup of Green Beans  
2 Carrots (Large)  
Chicken Stock  
Plain Yogurt

#### INSTRUCTIONS

**Step One:** Wash and dice up the vegetables into smaller pieces. Boil to soften.  
**Step Two:** Once the vegetables are cooked place in a bowl with a few spoonfuls of yogurt and chicken stock.  
**Step Three:** Mix together to create a "saucy" vegetable mix. Fill up your KONGs with the mixture. Freeze for an extra challenge.

## Newsletter Highlights

ANNUAL GALA

LOOK FOR THE  
WHITE TENT

ANIMAL RESCUE AID

WHY YOU SHOULD  
VOLUNTEER

SWEET PEACHY

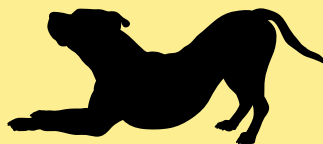


## RECURRING DONATIONS

Go to our website [www.friendsofstokesshelter.com](http://www.friendsofstokesshelter.com)

Click the DONATE tab>Click setup recurring donation here button

# LOOK FOR US UNDER THE WHITE TENT



## FOSS Team

### Board Members

Mike Barsness – Chair

Diane Coffill – Vice Chair

Wendi Spraker - Secretary/Treasurer

Fran Hollis – Facilities Chair

Kate Waterman - Marketing Chair

Wendy Welch - Animal Services Chair

Aaron Sisco

Tanya Gardner

### Part-Time Employees

Emily Burgess – Animal Operations Manager

Renea Brown – FOSS Services Manager

Tonya Palmer – Kennel Assistant

Bethany Woods – Kennel Assistant

### Volunteer Coordinator's

Lorrie Bennett – Volunteer Coordinator

Katie Winfrey – Volunteer Coordinator

Cindy Taylor – Human-Animal Relations  
Coordinator



**AUGUST EVENT**

**26th - Back to School Community Event .**  
We want to thank you for your amazing support! Come out to this FREE event!

**SEPTEMBER EVENTS**

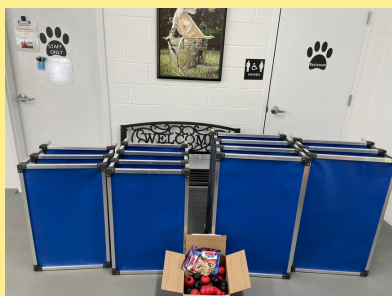
**9th- Stokes Stomp, Danbury**  
**16th - Fall Fest, Walnut Cove 2-7**

**30th - Fall in Love with a FOSS Friend Gala- Our BIG fundraising event of the year!**





Thank you to Animal Rescue Aid who sent us the 14 beds and Kong toys. We are beyond speechless for this kind act. The pups are so thrilled to be relaxing on these awesome beds! Check this amazing group out on Facebook. They help ALL of the United States. You can't help but to be inspired by them and want to help others. Give their page a "like" today so you can follow them.



Along with 30+ active volunteers!!



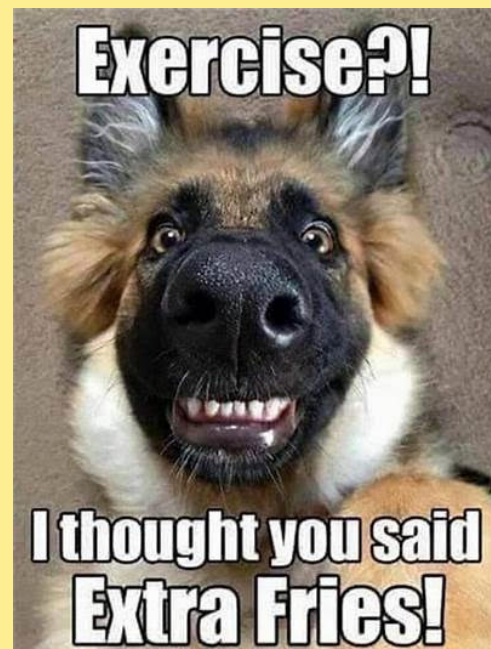
A blast from the past!! Where it all began.

Not sure what to call the place and especially

no clue what we were doing.

Just a group with a common goal to save as many animals as possible!!





**My name is Squash! I am full of energy**

**but once I let you know that I am excited to see you, I will love on you! I**

**will do best in a home with no cats and older kids. I am a 2 year old mix**

**breed and weigh around 54lbs.**

**Come visit me and let me show you how sweet I am. Love, Squash**



## 5 Reasons to Volunteer at an Animal Shelter

Many people are good at finding reasons why not to volunteer at local animal shelters. For example, the disheartening experience of seeing so many animals in need of loving homes. While other people know themselves well enough to know that one step inside an animal shelter means they will leave with one more animal. Whether you plan to adopt an animal or not, the reality is that volunteering at a shelter is indeed a positive experience and can make a difference for animals, shelter staff, and other volunteers.

The following are just some reasons why you should volunteer at your local animal shelter.

\*\*\*1. **Connect with the Community:** Volunteering is a fantastic way to meet and get to know people who live in your community. We all have busy lives balancing work, school, family, raising children, and our other interests and commitments. Connecting with other people in your community can be very powerful and uplifting. You already know that you share a common interest in animals. Additionally, you are meeting in an environment where everyone wants to be (otherwise, they would not be there). It is also rewarding to feel you are positively contributing to your community. Animal shelters are a big help to communities in which they exist. They take in and care for pets in need of homes. They often do so with a small budget, relying on volunteer support and donations. Why not volunteer some time – even if it's just an hour a week – helping your shelter?

\*\*\*2. **Emotional Satisfaction:** You won't earn money volunteering, but you might gain something more valuable. You know that satisfying, warm feeling you get when you realize that you have just done something selfless that will dramatically improve another's day? That is the reward you will get each time you spend time with a scared and sad shelter animal. Imagine helping a fearful companion animal learn to trust humans again. You will also watch animals leave with great adopters and you will know that you were a part of that animal's journey to a happy ever after. There is nothing quite like watching a pet find its forever family.

\*\*\*3. **Socialize with the Animals:** Animal shelters are often overcrowded and understaffed. Even the best of shelters and rescues have a difficult time giving each animal the individual love and attention it would need to thrive. By spending time with the animals, you are not only giving them love, but you are also socializing them. Animals who are socialized are more likely to be adopted than those who appear shy or fearful during a meet and greet.

\*\*\*\*4. **Health Benefits:** Not only will you be helping others by volunteering with animals, but research has shown that spending time with pets has significant health benefits for people. Petting a cat or dog not only relieves stress and anxiety, but it has also been shown to lower blood pressure.

\*\*\*\*5. **Experience and Growth:** Whether you already have a pet, or you are thinking of adopting a pet of your own, you will gain valuable experience about caring for animals by volunteering. Perhaps you might need volunteer experience for a college or job application in the future. People like to see that applicants volunteer. It shows that you care about others, and you value a sense of the community. If you happen to fall in love with a particular cat or dog while volunteering, that is okay too. If you are in a position to adopt a new best friend, you just might end up giving someone that second chance at love and life!

There is a big need for volunteers. Animal shelters can't function without the help from volunteers. There are so many animals constantly being brought in and lots of tasks that need to be done. Volunteering a couple of hours of your time every week can help give animals another chance.



## FOSS Donation Wall

We sincerely apologize for any errors or omissions. Please contact (336) 914-9270 or [fosservicesmanager@gmail.com](mailto:fosservicesmanager@gmail.com) with any corrections or questions. Gifts are listed from A-Z

### In Memory of People

Rodney & Angela Tarter  
Bonnie Hewman  
Almond  
Janet Cook & Melanie Light  
Bonita "Bonnie"  
Almond  
Hitachi Vantara  
Daniel Barham  
WEBB Banks LLC  
Austin Snow  
Tammy Brown  
Kelly Kennedy  
Kristin Edwards  
Bonnie Newman  
Almond  
Ashlie Gemmer  
Kelly Kennedy

### In Memory of Pet

Gordan & Mary Owen  
Blug

### In Honor of People

Enterprise Holdings  
Rebecca Bass  
William Taylor  
Lynne Pasquale  
Tonya Vanhoy  
Jason & Heather Doss  
of Doss Towing

### Recurring Donors

Elizabeth Trumpie  
Lisa Tutterow

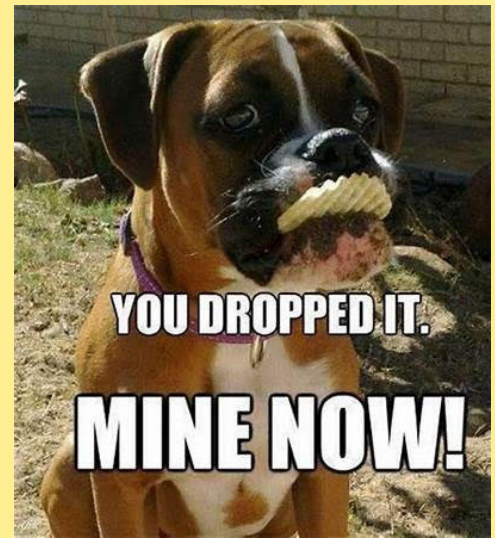
### Grants & monthly donor

Charities Aid Foundation  
Maureen Sheely  
Karen Fulscher  
Patricia Hetrick  
Mike Barsness  
The Blackbaud Giving Fund  
On Shore Foundation

If you would like to send a donation in for a loved one to honor them or in memory of them, please send it to:

Friends of Stokes Shelter  
1111 Dodgetown Rd.  
Walnut Cove, NC 27052

Thank you to Chase Ragsdale Statefarm to paying our vendor booth fee for Fall fest in WC



**LOOK WHO GOT  
ADOPTED IN JUNE!!!**

Tostitos	Maverick
Burritos	Spudd
Cindy	Charizard
Peter	Pikachu
Charlie	Ruby
Marsha	Sapphire
Rabbit Rose	Axel Rose
Bentley	Greg
PintoBean	Jan
Theo	Delilah
Disco	BigMac
LimaBean	Maisy
Sophia	Piper
Espresso	Krill

We LOVE hearing back from our past adopters. Eyde Bennett sent us this sweet message and we wanted to share it with you.



"365 Days ago Sweet Peachy chose us to be her forever family. Thank you for rescuing her and loving her. She is definitely living her best life!!"



### **VOLUNTEER HOURS**

FOR THE MONTH OF JULY WE HAD  
**365.5 HOURS!!** THAT IS AMAZING!  
OUR VOLUNTEER OF THE MONTH FOR  
JULY IS:

MARY ANNE BARENESS - MARY ANN TAKES  
AMAZING CARE OF OUR KITTIES. SHE IS  
SUCH A LIGHT TO OUR FACILITY AND WE  
ARE SO THANKFUL FOR HER!!  
CONGRATULATIONS