

Washington State Animal Response Team

"Helping Animals and their Owners in Disasters"



WASART NEWS

From the President

December, 2012

WASART's Board of Directors will have some new faces next year, and familiar faces in new positions. At our December General Membership meeting, our members elected **Molly Reagan Axt** as our new Vice President, moving from her previous role as an Advising Specialist; **Hollie Smith** will continue her excellent work as Treasurer; and **Jason King** will become our new Member-at-Large. **Michaela Eaves** will step down as Vice President, but will continue as Chair of our Public Relations Committee and Facebook Administrator. **Dr. Heather Stewart** is retiring as Member-at-Large, but will continue on the Board as an Advising Specialist.

'Spread Cheer to Family and Friends' Month



Mission Statement

To help animals and their owners through disaster preparedness, education, and emergency response.

And speaking of Advising Specialists, I'm happy to announce the addition of two more to our Board: **Teri Weronko, DVM** and **Sgt. David Morris (ret.)** have accepted our invitation to become Advising Specialists, to our delight. Dr. Teri, in addition to maintaining her veterinary practice here, has traveled all over the world as a World Vets volunteer. David retired from Regional Animal Services of King County earlier this year, after a long career in animal control, and brings a wealth of experience. We look forward to their guidance and good advice.

So, it's thanks to Michaela and Dr. Heather for their service, congratulations to Molly, Hollie and Jason for their elections, and welcome to the Board to Dr. Teri and David. 2013 will be an exciting new year.

Bill Daugaard
President

Year-End Donations and Amazon Purchases

As we approach mid December, please consider WASART in your end of year giving plans! You still have a few weeks to make your tax deductible donation before the end of the year - every dollar counts! We are volunteer run and funded by your donations, so please help us use your donations to purchase much needed rescue equipment, shelter supplies, etc., that we use when our animal friends need our services. Donation receipts will be issued by our Treasurer. Donations can be mailed to WASART, P.O. Box 21, Enumclaw, WA 98022 or through PayPal at <http://www.washingtonsart.org/donate.html>.

Donate!

Want to help WASART while you do your holiday shopping? If you plan on buying anything from Amazon this year, we are now an Amazon affiliate. This means anything you buy after you click the link will earn WASART a commission. It's a great way to support us while doing something you'd do anyway. Thanks and have a happy and safe holidays. <http://amzn.to/SCjUAE>

Social Media



Social media is now a permanent part of our lives. More than 67% of online adults participate in one form or another. With such a huge user base, it's not just about cat memes and pictures of babies anymore. Many government agencies, including FEMA, have recognized the important role social media can play in disaster response. When phone lines are down, people will ask for help in any way they can—including tweeting, posting on Facebook, or whatever is available to them. These forms of communication provide immediate, hyper-local information that can help responders identify those in need. During the fires in Kittitas County this past summer, Facebook played a critical role in organizing rescues and coordinating volunteers for animals effected by the disaster.

WASART is no stranger to social media! Get the very latest on what we're up to. Be sure to follow us on Twitter (@wasartresponse) and 'like' us on Facebook (<http://www.facebook.com/WASART>)! Tell your friends, too!

Submitted by Molly Reagan Axt

WASART 2013 Training Locations Finalized



Core's two-day class will be held at the Redmond Fire Department's Training Facility, 18104 NE 76th, Redmond, WA 98052 on **March 2-3, 2013**. Next is the six hour **Transport** class on **April 20, 2013** which will take place at the Enumclaw Expo Center, f/k/a King County Fairgrounds, 45224 284th Ave SE, Enumclaw, WA 98022.

The third of four annual courses offered by WASART is the two-day **Field Response** class on **June 8-9, 2013** is again scheduled at the Sunset Lake Camp, 30811 Quinnon Road, Buckley, WA 98396.

Finally, **Emergency Sheltering** will take place on **July 13-14, 2013** at Enumclaw Fire Station #2, 35421 Veazie-Cumberland Road, Enumclaw, WA 98022 and at the farm of a local WASART member.

The Field Response and Emergency Sheltering classes all use live animals, large and small, for actual hands-on experience and application of the animal management skills taught in the classes.

All of the above classes are open to WASART members and the general public, adults only, please. The cost for Core, Field Response and Emergency Sheltering is \$85.00 for WASART members and \$110.00 for the general public. Transport is \$30.00 and \$55.00.

For more information, visit the Calendar on WASART's website of www.washingtonsart.org or contact training@washingtonsart.org.

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The article on the 39 horses seized by Pierce County Animal Control on September 27th, 2012 was first mentioned in the September-October issue of the WASART NEWS. This deployment finally came to a close on December 15, 2012 and the following is an update since last referenced in that newsletter and posted at <http://washingtontart.org/documents/newsletters/2012/Sept-Oct%202012.pdf>



Eventually, 106 volunteers would be registered on the roster, 31 of whom were WASART members. Four-six volunteers per shift were scheduled for two shifts each day of four hours each shift. They were aged between 16 and 75 and drove from Lynnwood, Olympia, Port Orchard, Bremerton and all points in-between. Many volunteers were doing two-three shifts per week. I was not privy to the sign in/sign out rosters for the non-WASART volunteers but extrapolating hours and mileage data from the sign in/sign out rosters for the WASART folk, all the volunteers contributed over 4,626 hours and 49,000 miles to this deployment.

Of the 39 horses seized by Pierce County Animal Control, a Judge ruled that 11 of the relatively healthy horses should be returned to the horses' owner following a full day hearing on November 9, 2012 when the horses' owner had petitioned for return of all the animals. When the horses' owner did not appeal the Judge's ruling within the 30 day appeal time line, the remaining horses became the property of Pierce County Animal Control. All the stallions were gelded, eight horses were humanely euthanized because of health or dangerous behavioral issues, four were adopted by volunteers, and four were released to the nonprofit horse rescue organization, SAFE (Save A Forgotten Equine), for rehabilitation and rehoming. The remaining 12 horses are now available for adoption by the general public and applications and information can be obtained from the Pierce County Auditor's website www.piercecountywa.org/pets. As these horses have special needs, experienced horse owners are required. 10 criminal charges of animal neglect have been filed against the horses' owner with more charges pending.



A Volunteer Recognition Party on December 7th was hosted by Julie Anderson, Pierce County Auditor whose office oversees the Pierce County Animal Control. It was attended by over 70 volunteers, Animal Control Officers and other professionals who were involved in this deployment. Julie Anderson's speech specifically called attention to the extraordinary efforts of the volunteers on behalf of the horses and distributed specially designed patches to the volunteers in attendance. Eventually, all the volunteers will receive the patch. A link to the video of the event produced by Pierce County TV is: <http://www.youtube.com/watch?v=eTKEYVsGAIo>.

It was my privilege to play a small part in this endeavor. These volunteers enriched the lives of the horses who were in desperate need of care and attention and the volunteers gave unstintingly of their time, energy and compassion. It is an honor to have been a member of their team.

Submitted by Gretchen McCallum
Deployment Coordinator

Emotional Impacts of Animal Emergency Response

It's a natural response, that caring people helping animals in need get emotionally involved. We all have our own reasons for being involved in emergency animal rescue. Animals bring so much to our lives and the desire to help "those in need" is very strong. The work can be physically demanding, mentally challenging and emotionally draining and the impact can be both positive and negative.

Temporary shelter deployments can be challenging whether it is for a day, a week, or longer. The shelter scenario: working with displaced animals and their stressed owners; owners who cannot locate their lost animals; owners who must surrender their beloved pets; animals who are seized from a neglect/abuse/hording situation; animals who die in care or must be euthanized. All these situations can take a great toll on a responder's emotions. Administrative staff and others not working directly with the animals can feel emotional impacts as well. And the responder who must now go home to resume their daily life can feel guilt and stress if they feel there was more work to be done.

The variety and intensity of the impacts on someone's emotions, feeling and behaviors can vary greatly. Symptoms may include exhaustion, overwhelm, sadness, anger, frustration, head and body aches, and depression. We may not eat when our body is hungry and we may have trouble sleeping. We may yell at our family and friends for seemingly no reason. We may stop doing our usual activities and routines.

If you don't feel like any of this applies to you, don't worry, you may have developed coping skills through another aspect of your life or you just haven't met your trigger situation yet.



What to do? Responders need to recognize these symptoms in themselves and be proactive, practice good self-care and support their coworkers to do the same. Remember, you can't be there to take care of the animals if you don't take care of yourself!



- Take care of yourself while responding and at home – take breaks, eat well, exercise, get enough rest and have compassion for yourself and your coworkers.
- Talk about the situation and your feelings with someone who will let you safely vent; your supervisor, another responder, spouse/partner/friend, a circle of friends, a counselor.
- Attend the deployment debriefing where you can share your opinions, concerns and frustrations.

There is a lot of information available on the internet about Compassion Fatigue (which has replaced the more familiar term, 'burn out'), Critical Incident Stress Management and mental health after trauma. Much of it refers to animal shelter workers, emergency

(Continued on page 5)

WASART's General Membership Meetings are currently held on the **2nd Wednesday of each quarter at 7:00 p.m.—9:00 p.m.** The **March 13, 2013** and the **September 11, 2013** meetings will be held in Shoreline, Tacoma or elsewhere when locations are finalized. The **June 12, 2013** and **December 11, 2013** meetings will be held at the **Key Bank, 1212 Cole Street, Enumclaw, WA 98022**. All these meetings are open to the public and everyone is invited to attend.

responder and health care professionals but you will be able to glean the information you need. As a point of reference, some studies are beginning to suggest that animal care professionals may be #1 in vulnerability to Compassion Fatigue and Burnout.

Green Cross Academy of Traumatology – check out the “self tests “ tab www.greencross.org/

King County Critical incident Stress Management <http://www.kingcounty.gov/healthservices/health/ems/community/cism/team.aspx>

People Care Starts with You http://www.animalsheltering.org/resources/magazine/nov_dec_2009/people_care_starts_with_you.html

CompassionFatigue.org many helpful resources for managing compassion fatigue.

Self-compassion.org addresses the skills needed to develop compassion for oneself. This capacity is something that people in animal related professions often find challenging.

Submitted by Greta Cook
Operations Leader

Upcoming Events

ORIENTATION
Jan 12, 2013 • 10:30-12:30
Animals in crisis need you to volunteer
LEARN ABOUT WASART • WHY ANIMALS NEED YOU NOW • HOW YOU CAN HELP

2 awesome locations!

SOMETHING FOR EVERYONE

- Fundraising
- Community education & outreach
- Field rescue
- Emergency sheltering
- Training

NORTH
Lake Forest Park Library
17171 Bothell Way N.E. #A-134
Lake Forest Park, WA 98155

SOUTH
Milton/Edgewood Library
900 Meridian E., Suite 29
Milton, WA 98354

Free for everyone

**IN A DISASTER,
BE THE SOLUTION**

WASART is a 501(c)(3) non-profit organization focused on animal-related disaster response needs in the State of Washington. www.washingtonsart.org

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