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An outreach e-communication from Papillon Haven Rescue

5726 Sagebrush Trail • Arlington TX 76017 • [www.paphaven.org](http://www.paphaven.org) • Issue 27 – August 2008

AT LAST, THE WAIT IS OVER ...

## THE AUTUMN ANNIVERSARY AUCTION IS ABOUT TO BEGIN!

In August 17, PHR's Autumn Anniversary Auction (AAA) will begin! Thousands of dollars worth of items have been graciously donated to our cause. We hope it will all bring large donations to help care for our rescues. The 5th anniversary of PHR is celebrated in August, so what better time to have the auction occur.

Web pages include *Collectibles*, *Just for Kids* (the two-footed kind), *Holidays*, *Books & Albums*, and much, much more!

Bidding will begin on Aug. 17th at 12 midnight and run through Sept. 7th at midnight (central time). you will be notified via email of your prizes and their donation value.

You can make your payments thru PayPal (via the link on the *PapHaven.org* home page) or by check (*payable to PapHaven Rescue*) and mailed to: Jan Jorolan, PO Box 20306, Hot Springs, AR 71903.

Watch for the email telling you that the auction is open, and tell all of your friends, family, and colleagues to "Shop 'til they drop!" Let's make this the best auction ever ... our rescues depend on it!

### PAP-OF-THE-MONTH: CAGNEY

Hello, my name is Cagney. My foster mom says I'm a beautiful boy and that she's going to miss me when I go to my furever home. I'm ready for my very own family. Let me tell you a little about myself. I am 2.4 years old; my height is 12 inches at the shoulder, and I weigh just nine pounds. I absolutely love to play with my toys. In fact, my foster mom says I can entertain myself for hours ... I like to throw toys in the air and then roll upside down with them in my mouth. I'm a very quiet and shy kind of guy and don't say much. Men still disturb me a little bit and I am much more trusting of women. I like to climb in my foster mom's lap for a good scratching. It's hard for me to let you come to me but if you're sitting down I'll come to you. Quick movement are scary for me, so small children would probably be not good for me. I get along with my foster brothers really well, and will miss them. They probably get a little tired of me because I like to get in their faces and play. I am totally crate trained and don't usually go potty in the house if you'll let me out regularly. I would love to have my own family, would you be mine?



## A LETTER FROM YOUR PET IN HEAVEN

Author unknown

Sharan Cole received this recently, after the death of her beloved Jillie (Granny Cujo); she asked me to share it with all of you.

To my dearest family,  
some things I'd like to say.  
But first of all, to let you know,  
that I arrived okay.

I'm writing this from the Bridge.  
Here I dwell with God above.  
Here there's no more tears of sadness.  
Here is just eternal love.

Please do not be unhappy  
just because I'm out of sight.  
Remember that I am with you  
every morning, noon, and night.

That day I had to leave you  
when my life on earth was through,  
God picked me up and hugged me  
and He said, "I welcome you.

It's good to have you back again,  
you were missed while you were gone.  
As for your dearest family,  
They'll be here later on."

God gave me a list of things,  
that he wished for me to do.  
And foremost on the list,  
was to watch and care for you.

And when you lie in bed at night  
the day's chores put to flight,  
God and I are closest to you...  
in the middle of the night.

When you think of my life on earth,  
and all those loving years,  
because you are only human,  
they are bound to bring you tears.

But do not be afraid to cry:  
it does relieve the pain.  
Remember there would be no flowers,  
unless there were some rain.

I wish that I could tell you  
all that God has planned.  
If I were to tell you,  
you wouldn't understand.

But one thing is for certain,  
though my life on earth is o'er.  
I'm closer to you now,  
than I ever was before.

There are rocky roads ahead of you  
and many hills to climb;  
But together we can do it  
by taking one day at a time.

It was always my philosophy  
and I'd like it for you too;  
That as you give unto the world,  
the world will give to you.

If you can help somebody  
who's in sorrow and pain;  
Then you can say to God at night...  
"My day was not in vain."

And now I am contented...  
that my life was worthwhile.  
Knowing as I passed along  
I made somebody smile.

God says: "If you meet somebody  
who is sad and feeling low;  
Just lend a hand to pick him up,  
as on your way you go.

When you're walking down the street  
with me on your mind;  
I'm walking in your footsteps  
only half a step behind."

"And when it's time for you to go...  
from that body to be free.  
Remember you're not going...  
you're coming here to me."

## HAPPY TAILS ... WITH WINGS!

Well I just put Starr on her flight to KY. I hate to say this but this one was a tearful goodbye.

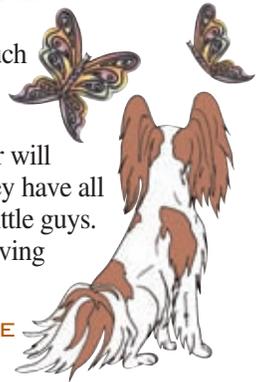
The first thing the pilot said was "this ain't the same dog I flew in to you 3-4 months ago. She looks so much better & she's got life in her eyes now that wasn't there then."

Ya gotta love those people who put that kind of resources into getting these little souls to their forever homes. May God bless him for all he will continue to do for our 4 legged loves.

Thank ya all for the opportunity of fostering dear Starr, she will continue to touch lives & be loved the way God intended. She will be forever in my heart & prayers. They all touch our hearts but some are more special.

My doggie door will always be open. They have all been really special little guys. Such a wonderful loving breed.

ELAINE LADUE



## INSIDE THE BAKERY WINDOW ...

### RACHAEL RAY'S GRRRREAT CHICKEN RICECAKES WITH BACON

As with all of Rachael's recipes, they are yummy for pets and people, too!



#### INGREDIENTS

1 cup chicken broth  
1/2 cup rice  
4 slices turkey bacon  
2 large eggs, beaten  
1/2 cup bread crumbs  
Salt and pepper  
2 tablespoons extra-virgin olive oil (EVOO)

1. In a medium saucepan, bring chicken broth to a boil over high heat. Add the rice, lower the heat, and simmer until tender, about 15 minutes. Transfer to a medium bowl and let cool.

2. While the rice is cooking, in a medium nonstick skillet, cook the bacon over medium-high heat until crisp, about 5 minutes; drain on paper towels. Finely chop bacon and add to the cooled rice. Reserve the skillet.
3. Mix eggs and bread crumbs into the rice mixture; season with salt & pepper. Shape into 4 equal-size patties.
4. In reserved skillet, heat the EVOO, 2 turns of the pan, over medium heat. Add the rice cakes and cook for 4 minutes on each side. Let cool for 10 minutes before serving to your pup. Top the people's portions with sour cream and salsa.

#### FOR PEOPLE PORTION ONLY:

Sour cream & Salsa



## WHO'S WHO?

It would seem that this section of the newsletter has become a favorite of many ... helping to meet and see into the lives of friends we have only met thru the PapHaven website.

What once began after a discussion with several members, has helped us to better know our colleagues. Not to say that we all need "intimate details" about each other's lives, but even a little knowledge helps us know each other a better!



Breezey & Momma Mary

### WHO'S NEXT IN LINE

... Mary Fournier ("I'll limit it mostly to LAP, *Life After Papillons*."

Over 5 years ago I was obsessed with adopting a very small dog, the first one of my life. My husband Paul was all for it, it was an exciting time in our lives. I researched several small breeds, and decided I could live with a Long-coat Chihuahua, a Pomeranian, or a Papillon. Tho very different personality types, we could love any of the three for sure.

Then I narrowed it further to a Papillon, and started trying to find one, either a rescue or one from a good breeder. Here in Maine, that was not easy. It was their looks that first attracted me. That beautiful flowing coat, bright intelligent eyes, and happy nature. I bought an armload of books about Papillons and threw myself into finding the perfect one for us.

But then I made a huge mistake. I went into a pet store that sold puppies. I was not planning on buying one there, I knew better. I wanted to see a Pap puppy, since I had never even seen one in real life! There were no Papillon puppies there, thankfully. But there was a tiny, pathetic, sickly little long-coat Chihuahua. She was precious, sweet and loving. She was coughing and there was blood in her stool. I brought her health issues to the attention of the store management and insisted that they get her vetted. I hounded them for 2 weeks about that puppy. They did get a vet to see her, and she was treated for about 2 weeks with meds for giardia and other parasites. Her coughing was worse, so they treated her for kennel cough as well. I kept tabs by calling the store, not wanting to fall in love with that puppy.

When the manager finally told me she was well and adoptable, I came to see her on my way to visit a batch of puppies advertised in a town about an hour away. The manager over came to see me, and offered her to me for half price. She was better, but not well. He knew I cared about her and wanted me to have her. In her weakened state he was afraid she'd get sick again at the store (and then he'd lose his investment of course) My heart overruled my head and I brought Rosie home.

It was a nightmare. Her kennel cough turned into pneumonia, and she nearly died. I spent \$1,200 in vet bills the first week she was home. We were at the vet almost daily. We made at least three trips to the emergency vet during the night. Her digestive system couldn't handle food and she was constantly sick and vomiting. I slept downstairs in the guest room with her, and lost weight as I worried constantly. I nursed her for nine heart-wrenching months before allowing the vet to adopt her. I was terrified she'd die in my care. She lived, but only after 1.5 years of special care with that vet.

Though she survived, I mourned and grieved the absence of that little life in my arms. I felt I'd let her down, deserted her in her time of need. I was miserable. After several weeks of depression, Paul asked me if I'd ever be happy again. I told him truthfully I didn't know. He said I should start looking for another dog. I was appalled! No way! My heart was an open wound. But as time went by, I realized I really did need a little creature in my arms again.

I found the name of a reputable Papillon breeder about three hours from our home. She emailed photos of the most precious, adorable little pups I'd ever seen in my life – they were all available. But I was scared. What if they were sick? What if they had an illness that didn't show itself till they were adults? I decided against buying a puppy, but asked that she let me know if she ever had an adult to place. I told her HEALTH was my most important requirement.

Three days later she called me to say she had decided to sell the pups' Mom. She was the healthiest dog she'd ever had: never been to the vet. (?) Could I come see



Bella & her daddy, Paul Fournier

her? Paul and I left the next morning to go see "Northridge Vanessa Anabella," or Bella as she was known.

As we opened the gate to the breeders establishment, my heart lightened. It was immaculate. No puppy mill here! The breeder greeted us with a big sincere smile. I liked her immediately. She led us to the house where we were seated on a day bed in the entry. She opened the door to the huge fenced yard, and eight or 10 Papillons came flying in to greet us! Wagging tails and smiling faces were everywhere! They jumped on us in excitement and happiness. "Which one is Bella?" I asked. "Over here," she said. I looked and my heart sank. While the other little Paps jumped all over us, Bella sat in a far corner just observing us. She was very thin looking (skinny), and her coat (fur) was short and straggly. She seemed shy and unsure of herself and us.

As the Papillon mob got bored with us, they left us one by one and went off to more exciting things – all but Bella. As the last Papillon hopped off the day bed, she started tentatively towards us. Slowly she made her way around the back of the day bed. She hopped up on it, then came towards Paul. She sat very close beside him and put her paw on his leg!!! Well you can imagine, that was that. We wanted her, and I believe she wanted us.

We signed paperwork, agreed to have her spayed, and wrote out a check for her. We put the harness and leash on her, the first harness (or even collar) she had ever worn.

She sat very quietly in my lap on the way home. I ran my hands over her, realizing she was rail thin. She had a spot of bare skin on her side about an inch wide. She didn't seem frightened or shaky, just held perfectly still, staring out the window. I wondered what she was thinking...

At home she fit in immediately. She stayed near us, cuddled close and began to play with her toys. She loved her soft beds, and was thrilled to cuddle up in bed with us. She adored our daily walks in the woods. She would greet us in the morning

(continued on pg. 5)



Bella

## MARY & THE BELLES

(continued from pg. 4)

by doing a play bow on Paul's chest and then touching his face with her paws. She seemed gloriously happy. We're in love!

Her appetite wasn't great, but the breeder told me that beforehand. Still it concerned me. She seemed to have some reflux at night. Sometimes she'd act as if her stomach hurt. I took her to the vet and had bloodwork done. The vet called with the results: liver dysfunction. Further tests revealed Microvascular Dysplasia, an inoperable liver disease. They figured she might live about 10 months. She was only three years old!

How could this be happening to me, and to her? I remember standing there frozen, numb-feeling, holding the phone, trying to absorb the information the vet was telling me.

Strangely enough, my experience with Rosie has somehow strengthened me instead of weakening me. I looked at Bella and said; "I won't desert you, Bella. We'll get through this together."

After a huge amount of research, I began cooking a special diet for her. Her

appetite improved, she gained weight. I learned about supplements that could help support and cleanse her liver. Again, she improved. She got supplements and meds for her tummy. Her bloodwork test results came back in the normal range. Oh, the liver dysfunction is there, it always will be.



The Fournier Belles –  
Bella, Breezey, & Annie

But now the vets think she can live a relatively long, normal life. Now, four years later, she is doing just that.

Paul and I enjoy every second with her, and I expect many more years with our delightful little girl.

As for myself? I grew up loving animals, they were the most important thing in my life. I did wildlife rehabilitation for years until my heart could no longer recover from the trauma of the ones who didn't make it. I married young, in my junior year of high school. I have now been married to Paul (who is also an avid animal lover) for nearly 36 years. I've also had horses since I was 13 years old.

We all live on a salt water farm in West Bath, Maine. It's a great place for humans and animals too.

I love helping Papillon Haven, in any small way possible. Fostering four papillons from a puppy mill bust here in Maine

last year was a lifetime experience for me. I never realized I could feel such heart-break, and happiness all at once.

### THE END?

Mary and Paul are a delightful couple with three beautiful "babies." And, of course, Mary helps her Mom care for Lexie (a PHR rescue). If you would like to talk to Mary further about her life and the diet she developed for her lovely Bella, you can email her at [butterfly@gwi.net](mailto:butterfly@gwi.net).

Which of you will next? Please send me some information about yourself, your family, etc., so we can all "get-to-know" each other a little better.

UNTIL NEXT MONTH ...

## INTRODUCING PAPHAVEN RESCUE – [www.paphaven.org](http://www.paphaven.org)

This group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington D.C. and on to Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that has led us in forming **Papillon Haven Rescue** (Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Papillons and Pap mixes and their rescue and rehabilitation.

Since then, PapHaven Rescue has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall though the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed.

We welcome volunteers, sponsors, interested folk, contributors, and especially kind words.

Our eNewsletter, *The Way Home*, will try to bring informative articles, announcements, feature stories, up-coming events, and urgent alerts about situations where the need for rescue is great.

## PLANNING TO ATTEND MINGLE '08?

As you may remember, Mingle 2007 was a rousing success! It gave the many members who attended the opportunity to put names together with faces. And we all had a marvelous time.

We are now to the point where we need to know if you are going to attend this year? Due to recent economic stressors (gas prices, failing economy, etc.), we must ask this question of all of our members; so we are able to finalize plans. The Mingle Committee is fully prepared to complete these plans and make Mingle 2008 as fun as 2007! But hopefully not without you!

Are there other PHR members in your area? Could you car pool together and save gas money? Could you attend if you had a ride? Maybe we can match you up with another attendee. Do you need to

share a cabin? Let me know – as I did last year, I am transportation/lodging coordinator. Will try to match everyone up so we can all attend.

Please email me (Nora Lenahan) at [norajl169@yahoo.com](mailto:norajl169@yahoo.com) and let me know what your plans are. If any of the questions above pertain to you, let me know that as well. I need everyone's information as soon as you can.

If you are new to our group and missed the coverage of our event from last year, please check out the Nov. 2007 (pgs 1-4) and Jan. 2008 (pgs 2-3) of *The Way Home*. These issues can be found on PapHaven's home page ([www.paphaven.org/newsletter.shtml](http://www.paphaven.org/newsletter.shtml)).

We hope everyone can attend ... it's fun to meet the "names" we only get to speak to through email!



Does a short car trip feel more like a roller coaster ride for your dog?

# MOTION SICKNESS

Let's get right to the point. You or someone you know has a pet that is dealing with motion or car sickness and looking for some relief. If the jingle of the car keys signals motion sickness for your canine and messy clean-up for you, don't despair – there are steps you can take to make your pet as comfortable as possible when traveling in the car.

Many dogs suffer from car sickness. Most puppies gradually grow out of it, but there are things that can be done to help alleviate that process. Most of the time, car sickness is not caused by the motion of the vehicle, but it is caused by anxiety or fear. That is why it is important to understand that they have no control over it. For most puppies, the first time they are in a moving vehicle is when you bring them home. For adult dogs, they may have had few experiences in a car. Many adult dogs have learned that going for a car ride is often followed by something unpleasant, like going to the vet's office.

In the meantime, you may want to try of few of these tips:

- No food 3 hours prior to traveling
- Make sure your pet has had water before the trip
- Take it slow around curves
- Accelerate and stop slowly
- Crack window's open to get fresh air
- Make sure it's not too hot or too cold in the car
- Keep your pet from looking out the window
- Stop every hour or so to let your pet stretch and drink

**Dramamine** may also help prevent car sickness. Medication for motion sickness is not recommended for dogs with bladder disorders or glaucoma.

**Rescue Remedy** is another good choice. It claims "can be used for an immediate calming effect in any stressful situation, or when your pet needs help overcoming a variety of emotional or behavioral problems."

Also, **HomeoPet Anxiety** says "used successfully by behaviorists to calm pets before working with them. Acute cases such as vet or grooming visits, thunderstorm anxiety, travel, or an injury."

There are a few homeopathic / herbal remedies on the market that may help:

**Sea Sickness** is a homeopathic oral spray remedy. Just spray under your dog or cat's tongue for relief of car or motion sickness. Nothing for your dog or cat to swallow.

**CanTravel** is a herbal solution formulated into mini granules that you sprinkle on your dog's tongue to relieve symptoms of motion sickness.

**On The Move** is a blend of peppermint, ginger root, licorice root, valerian root, catnip and cayenne. These natural herbs are combined to relieve the symptoms associated with car or motion sickness.

**Sailors Secret** a natural premium ginger capsules that reduce the symptoms due to car or motion sickness for your pet.

**Motion Eaze** uses natural oils applied behind your pet's ear to relieve the symptoms of motion sickness.

*Editor's note:* I cannot give first-hand knowledge of any of these remedies – but you may want to investigate further by visiting <http://www.nomoremotionsickness.com/AnimalMotionSickness.html>.

Some dogs do suffer from true motion sickness. These dogs feel better when they can't see out, such as riding in an enclosed crate. Crates are easier to clean up than car upholstery! Others feel better looking out the window. In either case, keep the car cool and well-ventilated. Unless you are systematically working on getting the dog over his fear of the car as described above, do not feed the dog right before a car ride. Travel prepared; pack cleaning supplies & paper towels. Cover the car seat and floor with a sheet or towel. Do not scold your dog or make a scene if they vomit, as it will only increase his anxiety.

Finally, when you and your pet start taking long trips together, it's a good idea to hit a rest stop every hour. Give him time enough for a quick stretch, a short walk and a drink of fresh water. Also, be sure your pet has an ID tag that is current and has your number where you can be reached, even while traveling.

## SAVE CASH ON RX\$

Does your pet take prescription medication on a daily basis? Are you looking to possibly save some cash on the price of those drugs?

**WalMart** (<http://www.walmart.com/catalog/catalog.gsp?cat=546834&fromPageCatId=5431>) and **Target** (<http://sites.target.com/site/en/health/page.jsp?contentId=PRD03-004319>) are currently running programs for the uninsured. As many as 300 prescription drugs are being sold for \$4 each. In some cases, you can get a three month refill for as little as \$10!

Speak to your vet about taking advantage of this program for your pet – neither store cares if the meds are for your animal! If your vet will write you a prescription, you can possibly have it filled at either store. Maybe you can save a little cash and still take good care of your animals at the same time!



PLEASE FEEL FREE TO  
CROSS-POST  
AND SHARE THIS  
NEWSLETTER!

## CRATE TRAINING

The idea is to make being in the crate pleasant and fun... **First**, make it comfy. Then start by placing a treat in the back area leaving the door open... another time give them their favorite toy inside the crate – again leaving the door open.

Over several tries of this (and other things that you know they like) with the door open, then close it for a short time. Lots of cheerful praise if they stay in the crate even for a short period of time without protest.

### THE BULLETIN (WITH TIPS) FROM THE FOSTER HANDBOOK:

Crate training provides a dog with a safe place for unsupervised time – personal space – an very important component of housetraining.

- Obtain a crate large enough for the dog to turn around and lie down in.
- Place the crate in an often used area, such as a family room.
- Reward the dog for entering the crate until it is trained to do so on command, e.g., “bedtime.” Always use the same command.
- Gradually increase the amount of time spent in crate, using treats and verbal praise.

- Ignore barks and whimpers while dog is getting used to staying in the crate.
  - Gradually increase your distance from the crate, and reward for quiet behavior while in the crate.
  - Eventually you’ll be able to watch a movie or go about your daily routine with a quiet, happy dog in its crate.
- e. Behave very neutrally when releasing from the crate. Remember all good things should be connected to being in the crate.

### SOME GENERAL GUIDELINES FOR SUCCESS

Please DO NOT crate your puppy for long periods of time; they should NEVER be crated for longer than they can reasonably be expected to hold their bowels and bladder for one thing.

Andrea Arden's *Step-by-Step Kennel Training* recommends these guidelines for duration of crating time for puppies:

8-10 weeks	Approx 30-60 minutes
11-14 weeks	Approx 1-3 hours
15-16 weeks	Approx 3-4 hours
17+ weeks	Approx 4* (6 hours max)

When you need to confine the puppy for longer periods of time, you will need to create a safe space, such as part of your kitchen or bathroom, that includes the kennel with the door open, a water dish and her toys. This would also be the solution to confining her for long periods of time in a friend's house. You will need a foldable ex-pen or a couple of baby gates, depending on the space, to secure a reasonably sized area. You can get these at dozens of web stores, or your local pet supply shop.

There is the possibility, if you crate your puppy for inappropriately long periods of time, that the pup will come to dread the crate – the opposite of what you want. The crate should be a happy, safe place for the puppy – not a place where he or she is trapped all day long.

Also, puppies need exercise and social interaction, there is no reasonable reason that I can think of to keep a puppy in a crate 24 hours a day. That kind of treatment is what defines abuse -- think puppy mills.