

Visit the Mall!

Click Here!



The articles that appear in this e-newsletter are for general educational information **ONLY**. They do not necessarily reflect the opinions/policies of Papillon Haven Rescue (PapHaven).

Newsletter Subscription

Contact Pap Haven

Be sure to check out the PHR Events Calendar at

<http://www.paphaven.info/events.html>

For up-to-date details regarding pet events across the nation!

Post your recipes/remedies to:

<http://health.groups.yahoo.com/group/PapRecipes>

Become a virtual foster!

Click here to see how you can make a difference in a rescued Pap's life!



An outreach e-communication from Papillon Haven Rescue

Another fundraiser – November 1-28

## Have you ever heard of “Thirty-One”?

Seven years ago, Johnstown, Ohio's Cindy Monroe was working full-time in corporate America, trying to live life her with a husband and two children, managing work, kids' activities, home, church, and still trying to find time for herself. On top of all that, she is girl, and girls must shop, right? Her busy lifestyle made it so difficult to find time to visit all of those cute little gift boutiques that had all of the really great products. She decided it was time for working moms, single women, and even grandmothers to get a chance to shop on their terms. She'd had a great experience with direct selling and knew of the potential behind owning your own business and prayed diligently about offering something that would help women contribute to their lives financially and the lives of countless others. It is from this passionate resolve that *Thirty-One* was born.

The mission of *Thirty-One* is to celebrate, encourage, and reward women through offering quality products and an outstanding opportunity to become successful business owners. *Thirty-One* has seen this mission played out across the years in the individual lives of so many women who now have their own “*Thirty-One Story*.”



The products are exclusive to *Thirty-One* and provide style and convenience at an affordable price. From signature purses and totes to kid's items and accents for the home, you'll find something to fit every personality and situation. They continue to develop new products built on the idea that the products must be stylish, functional, affordable, and easy to give as gifts to encourage someone special.

### Our fundraiser

Elizabeth DeBarr, a colleague of *The Way Home's* editor, is a new consultant with *Thirty-One* and has brought a wonderful opportunity to us! She is willing to give her entire commission – 25 percent of total sales – to PapHaven! AND, we will get all of the “hostess items” to use in the next auction!

Also, having our fundraiser in November gives anyone who buys \$31 worth of merchandise has the opportunity to receive a FREE zippered pouch (*shown below*).

### Now for your part of this!

Visit <http://www.mythirtyone.com/shop/catalog.aspx?eventId=E291753&from=DIRECTL> INK and check out all of the lovely items for sale – many of which would make darling holiday gifts for those special friends.

You do your shopping from the comfort of your own home and make your payments at the site. And Elizabeth will handle all of the rest! And PapHaven will reap the rewards ... But you **MUST** get your orders in by Nov. 28 for us to get the goodies (add \$4 for shipping)!!!

**free** Zipper Pouch  
when you spend \$31

**\$12** value!

You can't get better than FREE when it comes to this classic favorite. Everyone loves our roomy, versatile Zipper Pouch!

choose from 5 great prints

Add embroidery for only \$6



**ABOVE:** Minglers include (standing) Ann Paynter, Liddy-Ann Everett, Ann Ballard, Pat Schmidt, Nora Lenahan, Joyce Young, Bob Foulk, Janie Foulk, and Rita Charvat. Seated are Amy Engel, Mia Howard, Ava Engel, and Paul Meece.

**RIGHT:** Liddy-Ann Everett presents Dona Howard, owner of Lost Lodge Resort, with a beautiful Butterfly bush!

# Many missed out on a GREAT Mingle 2010!

## Saturday – traditions & great food

Saturday day was spent checking out the local Flea Market (a tradition, don't you know), hiking around Lost Lodge, and some antics associated with the Hill-O-Vator. Rita Charvat told us that Bob and Janie took a ride on that interesting contraption which, as Bob has pointed out, is one of the highlights of his trip to Lost Lodge (although others claimed they would never trust their lives in its gears!)

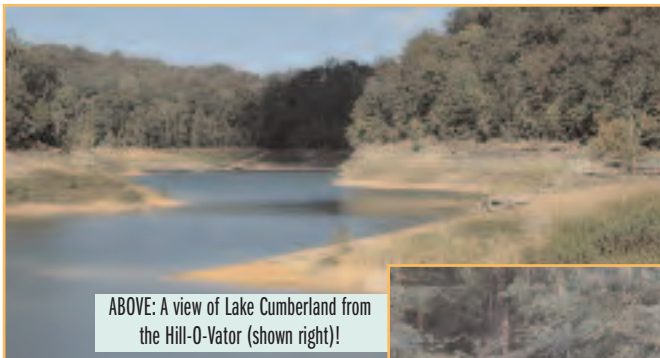


Saturday night dinner was awesome, too. It was lovingly prepared by Liddy-Ann and Joan with contributions by the cast. We

(continued on pg. 3)

**M**urphy's Law was ever-present but couldn't dampen the spirits of 2010 Minglers! From clogged toilets, dead car batteries, to falling "head-first" into an x-pen ... Minglers kept their moods light-hearted and happy for our wonderful visit to Lost Lodge Resort.

For those driving from the Northeast – Annie and Me – the beginning of the Thursday drive was a little treacherous ... but as the weather cleared, the drive proceeded beautifully. Poor Joan Haddock got caught in a traffic back-up that delayed her arrival ... but our adopter family – Anne Ballard from Knoxville TN, with Miguel and Tara – arrived from their home in a short time with minimal delays.



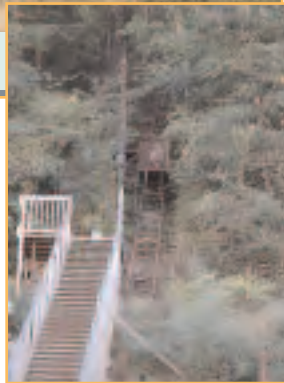
**ABOVE:** A view of Lake Cumberland from the Hill-O-Vator (shown right)!

## Friday dawned bright and crisp

Friday dawned bright and crisp – a beautiful way to celebrate my 50th birthday! As other Minglers began to arrive, it became apparent that our trip was going to be a delightful one!

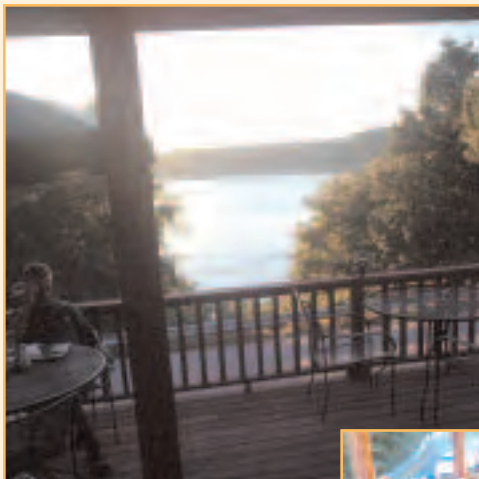
"We had a great time at the PapMingle! It is always nice to be able to see everyone, whether meeting someone new or catching up with friends," stated Rita Charvat, PHR Board member.

We had a beautiful dinner Friday night at a restaurant overlooking Lake Cumberland. It was so warm that we were able to dine out on their porch – a perfect evening spent feeling the final glow of the setting sun, sipping wine, and leisurely enjoying everyone's company.



## Beauty Contest Award winners!

<i>Category</i> .....	<i>Winner</i>
Best Belly Band .....	Pepé Engel
Best Collar/Harness .....	Tara Ballard
Best Costume .....	Stasia Young-Meece
Best Culottes .....	Smokey Schmidt
Best-Dressed Butterfly .....	Smokey Schmidt
Best Ear Fringe .....	Cutter Lenahan
Best Group of Paps .....	The Foulk Family
Best Hat .....	Pat Schmidt
Best Look-Alike .....	Stetson & Sapphire Young-Meece
Best Papillon Wannabe .....	Snapper Foulk
Best Tail .....	Noel Lenahan
Best Walker .....	Miguel Ballard
Biggest Cling-On .....	Nessa Everett
Biggest Clown .....	Phineas Engel
Crabbiest Papillon .....	Sheena Young-Meece
Friendliest Butterfly .....	Flutter Everett
Funniest Butterfly .....	Rexx Schmidt
Grandest Butterfly .....	Maddie Everett
Just Right-Sized Butterfly .....	Liza Engel
Liveliest Butterfly .....	Phineas Engel
Most Handsome Butterfly .....	Zipper Foulk
Most Spirited Butterfly .....	Smokey Schmidt
Most Unique Markings .....	Crystal Lenahan
Nicest Smile .....	Archie Foulk
Oldest Pap .....	Chica Haddock
Prettiest Butterfly .....	Stasia Young-Meece
Prettiest Feet .....	Maggee Haddock
Shyest Butterfly .....	Skyler Young-Meece
Tiniest Butterfly .....	Sparkle Everett
Youngest Pap .....	Kiss Everett



ate outdoors under the trees as the wind picked up and blew cooler weather in throughout the evening. Bob Foulk kept it light with only a brief business meeting where Paphaven stats were shared. PHR present-



A pen FULL of fuzzy little Papillons as parents have dinner on Saturday night!

ABOVE: Our view from the restaurant - breath-taking!  
RIGHT: Mingle diners try to choose from the extensive menu at Guthre's River House.



ed Dona Howard, our wonderful hostess, with a butterfly bush as a thank you for hosting our event for three of the last four years. The fire kettle kept us warm enough for us to have dinner, present the beauty contest awards, celebrate Nora's birthday, and, then sit around and enjoy the ambience of Lost Lodge. Many who were sitting a little too far from the fire took advantage of a small Pap under their jackets for added comfort (for both!)



LEFT: Board member Bob Foulk gives us a short overview of the financial "state of the union."  
BELOW: Paul Meece and Joyce Young await the marvelous smelling food that Liddy-Ann and Joan have made.

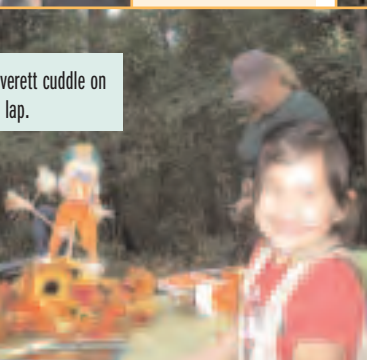


RIGHT: Our Master Chef at work!



ABOVE: Kiss and Sparkle Everett cuddle on their Momma's lap.

RIGHT: A smiling Ava Engel tries to help the adults set up for dinner.  
BELOW: Joan Haddock gives her pap, Magee, a cuddle and a rock on the porch of their cabin.



"Lots of good food (thanks Liddy-Ann and everyone else who contributed), friendly socializing (no fist fights over whose dog was better), beautiful weather in a very nice location, and an all-around good time with good people (oh, and a few dogs too)," commented Bob Foulk, PHR Board member. "The beauty contest went off well ... I must brag that my Paphaven pap-pom mix got best wanna-be pap."

We hope that those who missed out will consider attending next year to meet and greet your Paphaven brethren. It is definitely worth the trip!



RIGHT: OH! What a spread! SOOOO many choices!



ABOVE: We enjoy Liddy-Ann and Joan's wonderful cooking! Clockwise from left: Pat Schmidt, Nora Lenahan, Liddy-Ann, Amy Engel, Ava Engel, and Mia Howard.



The Foulk Family is blissfully exhausted after an exciting weekend at Mingle 2010! Pictured (clockwise); Zipper, Snapper, Janie, and Archie.



LEFT: Pat Schmidt and Ann Paynter discuss the road conditions from their drives south.

# Keep your dog fit, not fat!

**O**ur dogs depend on us to put food in their bowls. And, more often than not, we are putting in too much! I have assessed the weight on hundreds of dogs of a variety of breeds over the past year at seminars all over the country and a conservative estimate is that about 50 percent of the dogs that I see are overweight; approximately 25 percent are actually obese. These are not couch potato dogs. These are dogs whose owners expect them to jump in obedience, to run over rough ground in retrieving tests, and to perform in agility. And we are seeing the sad results: ruptured anterior cruciate ligaments (often both legs), degenerative disk disease, severe degenerative arthritis in dogs in their prime, and many more conditions that are caused by, or exacerbated by, excess weight.

Why are so many working dogs overweight? The following are some possible answers to this difficult question:

**Keeping a dog at working weight** is incompatible with showing in conformation. I have never understood why dogs whose breed standard states that they should be shown in “hard working condition” don’t win in the conformation ring unless they are FAT. The only thing that I can think of is that we are mistaking fat for muscle. For breeds such as Golden and Labrador Retrievers, assume that if your dog is winning in the conformation ring, it is probably about 8 to 15 lb. overweight. When you are finished showing your dog in conformation, take the weight off, for his own good.

**People are feeding their dogs the same amount of food they were fed as adolescents.** This is a common mistake. But just as most of us eat less now than we did as teenagers, your dog needs less, too. A dog’s metabolism slows down with age and adult dogs need less food to maintain their weight.

**People believe the suggested feeding regimens that are printed on dog food bags.** Even the most active dog doesn’t need as much food as most dog food companies recommend. The best way to determine how much food a dog needs is to feed it the amount that main-

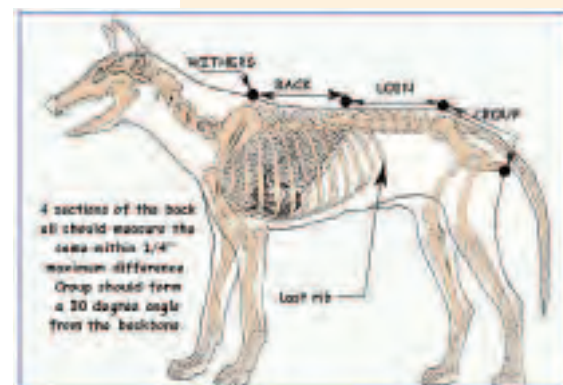
tains its weight. This is a matter of trial and error.

**The dog has been less active, but he is being fed the same amount of food.** Adjust your dog’s intake to his activity level. Remember that in the winter your dog may not get as much exercise and decrease his intake accordingly.

**People don’t know how to determine the correct weight for their dogs.** Dogs vary in height, bone structure, and muscularity, so there is no one correct weight for a dog of any given breed. The best way to determine whether a dog is overweight is to test 3 different parts of the body: the neck, the ribs, and the hips.

1. To check the neck, press your thumb and index finger deep into the side of the neck just ahead of the shoulder, and pinch them together. If your fingers are more than 1/2” apart, the dog is overweight. (**Note:** this is where old dogs tend to carry most of their excess fat, and they may actually be thin in other locations.)
2. To check the ribs, stand with your dog beside you, facing his butt. Place your thumb on the middle of his spine half way down the back and spread your fingers out over his last few ribs. Then run your fingers up and down along his skin. You should be able to feel the bumps of his ribs without pressing in.
3. To check the hips, run your hand over your dog’s croup. You should be able to feel the bumps of his two pelvic bones without pressing down.

Some of you may be reading this and thinking, “I would never want my dog to be that skinny!” Think about the Olympic athletes. If you want your dog to be an athlete then it is only fair that you do what you can to help him achieve the body that he will need to perform and stay healthy and injury free for many years.



(continued on pg. 3)

In the Bakery Window ...

## “Who You callin’ Turkey?” Patty

by Rachael Ray

2 Servings

Treat your pup to a Thanksgiving dinner with a little bit of everything.



### Ingredients:

- 1 cup shredded roasted turkey meat
- 1/4 cup breadcrumbs
- 1 large egg, beaten
- 1/2 sweet potato – baked, peeled, coarsely chopped, and skin discarded
- 2 tablespoons vegetable oil
- 2 tablespoons cranberry sauce

### Directions:

In a medium bowl, combine the turkey and breadcrumbs. Mix gently with your hands, then mix in the egg and sweet potato. Shape into two 1/2-inch-thick patties.

In a medium skillet, heat the oil over medium heat. Add the patties and cook, turning once, until golden-brown, about 5 minutes. Transfer to a paper-towel-lined plate to drain. Top with the cranberry sauce and let your canine enjoy!

## How to treat your Dog for Tapeworms

[http://www.ehow.com/about\\_5345073\\_do-seeds-kill-dog-tapeworms.html](http://www.ehow.com/about_5345073_do-seeds-kill-dog-tapeworms.html)

If your dog suffers from tapeworms, you can treat him by grinding up fresh pumpkin seeds and putting them into his food. The use of pumpkin seeds to treat tapeworms is safe, non-chemical, and highly effective when doses are properly prepared and administered.

As with any suggestions printed here, please check with your vet before you try to treat your dog's ailments.

### History

Pumpkins and their seeds have long been used to treat a variety of parasitic and other ailments since the colonists first came to the New World and discovered the benefits of this Native American crop. The flesh and seeds of the pumpkin were used by the Native American tribes to heal wounds, cure kidney ailments and urinary problems, and as a parasitic treatment on humans. In recent years, herbalists have discovered that the seeds of the pumpkin work as an effective deworming agent against tapeworms and other intestinal parasites in dogs and humans.

### Effects

Pumpkins contain an amino acid known as *cucurbitin*, the chemical agent is effective in eliminating worms. The deworming agents in pumpkin seeds paralyze and eliminate worms from the digestive system in pets and humans.

### How to Use

The most effective parasitic removal from pumpkin seeds occurs when fresh seeds are ground into a powder and sprinkled on top of your dog's food or made into a paste and mixed with wet food or given orally to your dog. Doses can range from 60 grams, to up to 500 grams of seeds per dose, depending on the size of the dog, and are usually administered three times a day until the pet is parasite-free.

### Considerations

There are no known side-effects or drug interactions associated with eating ground pumpkin seeds. However, tapeworms and roundworms can create serious health problems if left untreated.

## Keep your dog fit, not fat!

continued from pg. 3)

**People worry that their dogs will not get enough nutrition** if they feed them less. Premium dog foods are packed with nutrients. If your dog is overweight, unless he has a hormonal problem (e.g. hypothyroidism), he is getting too much nutrition, and cutting back will not put him in jeopardy. **Remember:** just like humans, individual dogs vary in their metabolic rate and some dogs need less food.

**People don't know how to get their dogs to lose weight without all the side effects** – begging, that sad-eyed look that says “I'm hungry,” etc. Try the pumpkin diet. Reduce your dog's regular food by 33 percent and replace it with a 67 percent volume of canned pumpkin (not the kind with sugar and spices, ready-made for pies). For example, if you currently feed your dog 3 cups of food, you would instead feed him 2 cups of food and a whole cup of canned pumpkin. Dogs love the pumpkin – it has the texture of canned dog food, it provides vitamins and roughage, it makes them feel full (so they don't forage in the yard for leftovers), and they lose weight!

The vet said that the dog was a good weight (or even underweight). I have asked many vets why they don't tell their clients that their dogs are overweight, and I always get the same answer: “I have lost so many clients because they were

offended when I told them their dogs were overweight that I just don't tell them anymore.” So please, don't be offended – it doesn't reflect on you personally.

The following is a ‘real life’ example. Julie Daniels, a well-known agility competitor, was showing her female Rottweiler, Jessy, in conformation. After she got her first major (5 points), Julie decided that she would rather compete with Jessy in agility. Now Rottweilers are not ideally structured for agility. So she took 21 lb (yes 21 lb. – this is not a typo) off the dog. The dog looked lovely, and in the process lost 1 1/2” in height at the withers. (For many medium-sized dogs this could mean the difference between having to jump 26” and 22” in agility.) Jessy is the all-time top winning Rottweiler in agility (USDAA National Finalist 5 years in a row) and is healthy and injury-free at the age of 10 (and still competing in Veterans).

So why not do this for your best friend?

**Editor's note:** Now obviously we have few papillons who need to lose 21 pounds! But we do see a few of our fosters coming in who need to lose a few pounds for their own health reasons. This article is being printed with those new fosters in mind.

Follow up with your vet to be sure you have eliminated the problem of worms in your dog. Only fresh or properly preserved seeds should be used to treat your dog's parasites.

### Other Health Benefits

Feeding your dog freshly ground pumpkin seeds not only helps to eliminate intestinal parasites, including tapeworms and roundworms, it can also provide your pet with a host of other health benefits, including improved urine flow, urinary tract health, a decrease in hormonal deficiencies, and a boost in nutrients like protein, amino acids, fiber, iron, copper, phosphorus, and magnesium. The seeds are also high in calcium, zinc, potassium, folic acid, and niacin – all important nutrients to your dog's overall

good health.

### Making pumpkin seed snacks

What to do with those pumpkin seeds

- 2 cups fresh pumpkin seeds
- 1 tablespoon vegetable oil
- 1 tablespoon butter, melted
- salt

Preheat oven to 350 degrees. Wipe fibers from pumpkin seeds **but do not** wash. Place in a medium size bowl.

Combine oil and melted butter. Pour over seeds and toss to coat. Spread out on a large baking sheet. Sprinkle lightly with salt.

Place baking sheet in oven and bake 30 minutes or until golden brown. Remove from oven and let cool.

# Selecting Supplements for Your Dog

Reprinted with permission of LifeLearn, Inc. All rights reserved.

Supplements are products that are added to foods for either a nutritional or a therapeutic benefit. There is a great deal of confusion that surrounds the terminology of food additives, and some terms are used interchangeably. For clarity, the following terminology will be used.

Dietary supplements or dietary nutrients are substances that are added to a food, usually to make it nutritionally complete and balanced. Therapeutic supplements, also called nutraceuticals, are foods or food nutrients that are taken orally to provide a health benefit, either for the prevention or the treatment of disease. To have this therapeutic effect, a nutraceutical is usually taken in a larger dose than the daily requirement of that same food when used as a nutrient.

## Finding a supplement

The most common way that you learn about supplements is from a friend, from a person in a retail store, through the Internet, by an advertisement in the media, or from a health care provider. At times, this information may be incomplete, or may be biased.

Information that comes from the Internet or other written sources may or may not be accurate or complete, depending on who has prepared the information. The least biased information comes from publications that have some sort of regu-

latory control (such as being regulated by a federal government agency). For example, with respect to herbal products, there is a database available at the website [www.ars-grin.gov/duke](http://www.ars-grin.gov/duke), which lists general uses and the reference sources for these uses, and another at [www.herbmed.org](http://www.herbmed.org) which lists some indications in people.

With respect to vitamins, minerals, amino acids, fatty acids, and other nutrients, some information can be found in standard nutrition textbooks. However, these sources may at times provide dated information and may only include the well-recognized and well-documented indications for specific nutrients, and relate primarily to nutritional requirements rather than uses as nutraceuticals. With many nutraceutical products, there is very little unbiased published information, because often the recommendations for use come from manufacturers or retailers.

## Is a supplement as effective?

Very few supplements and herbs have been subjected to scientific trials to determine their efficacy. Indeed, much of the information about the use of supplements comes from anecdotal or testimonial evidence (someone tells you about their personal experience or about another patient who showed some benefit when taking the product). Although this information may be of help, it may be incomplete, or it may not represent what effects the supplement could have on your pet.

It is commonplace for supplements to be given to a patient along with other supplements, or in conjunction with other lifestyle changes. In these cases, it can be difficult to sort out exactly what effects can be truly attributed to the supplement, and what may be attributable to other factors, especially if they were made simultaneously. For example, if a patient starts to take supplement Y, changes their diet to include a higher level of unprocessed food, and starts an exercise program, the observed changes may be due to any one of the factors, to a combination of all three, or even to a placebo effect.

To further complicate the issue of effectiveness, some supplements are only effective after they have been given for a period of time, and the patient may continue to show some of the positive effects for a few weeks after the supplement has been discontinued. An example of this is the use of glucosamine to ease the symptoms of arthritis. It may take from 4-8 weeks to show its effects, and can take the same period of time to 'wear off' after it has been discontinued.

## Are supplements safe?

Just because a product is natural, doesn't mean that it is safe. All medicines and medicinal plants are potentially toxic if used inappropriately or given to excess. The best source of information for the safety of supplements in domestic animals is your veterinarian.

Because the use of supplements and nutraceuticals in veterinary medicine is a relatively recent practice, some veterinarians may be unfamiliar with the indications and precautions surrounding the use of various products. Fortunately, reliable information sources for veterinarians about the clinical application of supplements are becoming increasingly available.

Where there is any uncertainty about the use of a product in a particular species, it is wise to consult the manufacturer of a product to find out if the product has been used in the manner being contemplated. If there is reliable information about the product's safety and efficacy in animals, the manufacturer should be able to provide you with this. If the manufacturer is unwilling to provide this information, it is safer for your pet if you err on the side of caution.

## What is quality assurance or control?

Quality control provides a measure of assurance over what a product contains, both with respect to its medicinal ingredients and its purity. Not all distributors share the same concerns about ensuring that their products are high quality, free of contaminants, contain consistent levels of active ingredients and retain their potency after processing. Frequently, herbal supplements may not even contain the same species of plant as listed on the label. For

(continued on pg. 7)



[www.paphaven.org](http://www.paphaven.org)  
Issue 57  
November 2010

As of 10/31/10:  
826 rescues

The Way Home is a monthly e-publication for the members/ supporters of the Papillon Haven Rescue (PapHaven).

### PHR Director:

Jan Jorolan (AR)  
Donna Moore (TN)  
James Watson (TX)

### Board liaison:

VACANCY

### Editor:

Nora J. Lenahan (PA)

### Advisory Board:

Rita Charvat (MI)  
Linda Fleisch (NY)  
Bob Foulk (OH)  
JR Wythe (OK)  
VACANCY  
VACANCY

## Newsletter deadline

Materials and color photos for the next issue must be received by the 15th of the month prior to publication. Send materials to: [noraj1169@yahoo.com](mailto:noraj1169@yahoo.com)

# Herbs are Nature's Answer for what ails your dog

<http://www.articlesbase.com/pets-articles/herbs-are-natures-answer-for-whatever-ails-your-dog-1184776.html>

**H**erbal remedies for dogs are as old as nature itself. Ever since their original days in the wild, animals have had an instinctive inclination to find certain plants which can help restore health. Picking up on that knowledge, homeopaths have created a range of remedies for dogs which draw on the healing power of those same medicinal herbs. Now even house-bound pets can benefit from nature's healing touch with daily supplements.

## So why turn to herbs?

Research has shown that many herbs have the ability to boost the immune system, improve liver function and restore appetite, and increase energy levels. And because they work at the cellular level, these natural medicines can have long lasting and thorough results. When it comes to herbal treatments for dog owners there is no question about their benefit.

The exact nature of those benefits varies depending on the supplement and the ingredients it contains. The most effective herbal remedies for dogs contain a range of medicinal herbs, geared toward treating all areas of your dog's health. And by combining them carefully, their effects can be further enhanced as they balance each other out to provide complete coverage.

Among the many herbs contained in natural supplements is Astragalus, or Huang Qi. This particular herb has been a staple of Chinese medicine and is known to have a range of effects including the ability to help maintain blood pressure and blood sugar levels. In terms of herbal treatments for dog owners, Huang Qi is an important ingredient to look for.

Mistletoe and Echinacea are both effective immune system tonics included in herbal remedies for dogs to provide for the best possible care for over-

## Selecting Supplements for Your Dog

(continued from pg. 6)

example, a 1991 article in the Canadian Pharmacology Journal estimated that 50% of the Echinacea products sold in the US between 1908 and 1991 actually contained a plant referred to as Missouri snakeroot.

### Packaging of supplements

With pharmaceutical products, the manufacturer is governed by strict legislation about contents and labelling. In North America, supplements, nutraceuticals and herbs are not considered to be drugs (and in most cases are not considered to be foods). The FDA requires that all ingredients in a product be listed, and that none of these products be recognized as a potential health threat. The FDA also requires that no unsubstantiated claims be made regarding a product's ability to treat a particular disease. Unfortunately, not all natural health products have been reviewed, particularly those being prescribed to animals.

Because of this lack of control, there is no guarantee of the package contents or product strength. This leaves it up to the consumer to become informed about the integrity and ethics of the manufacturer to provide any measure of assurance that the product is effective and unadulterated.

### What should I look for on a label?

Every package should have the name and contact information of the manufacturer of the product. It should contain

all health. By keeping the immune system functioning, these herbs and others like them help to improve the health of the whole body, allowing it to fight off diseases such as diabetes and cancer.

When it comes to herbal treatments for dog owners other ingredients to look for are Indian ginseng and Milk Thistle. Indian ginseng is a tonic herb, helping to improve vitality and increase energy by ensuring proper functioning of the circulatory system. Milk Thistle works as an antioxidant to rid the body of toxins and keep the liver healthy, which, in turn, ensures the health of the other organs.

Herbal remedies for dogs can be an important addition to a healthy daily rou-

information about its contents, ideally with some sort of a minimum analysis of the active ingredients. It should also contain information about any inert or carrier substances that are present, such as milk sugar, whey, vegetable or animal proteins.

For herbal products, the label should also include the Latin name of the plant, a harvest date or an expiration date, the part of the herb used and the amount of active constituents.

### Getting advice about supplements

A licensed veterinarian who is knowledgeable about the supplement of interest and about alternative medicine in general is your best source of advice. Veterinarians have been trained about the anatomy and physiology of animals, and are expected to be knowledgeable about the treatments they prescribe, including toxicity and predictable side effects.

### Reactions to a supplement?

Unexpected reactions must always be reported to your veterinarian, to the person who advised you to use the supplement if it wasn't your veterinarian, and to the manufacturer. There are often government agencies that collect and collate this information, and it is strongly recommended that these agencies be informed of the concerns.

tine. Making sure that your dog gets a proper diet and plenty of exercise will help to maintain good health, keeping muscles toned, and bones growing normally. And proper hydration, from a clean bowl, will ensure that the entire body functions properly.

Man's best friend deserves all the help he can get to live a long and healthy life, so why not help him by finding herbal remedies which contains all of nature's healing secrets? The right daily supplement containing a balance of natural, plant based ingredients can treat whatever is ailing your dog and prevent the occurrence of illness as well. Do right by your dog and choose an herbal supplement today!

# Pumpkin & your dog

<http://simmertilldone.com/2009/10/07/retriever-retriever-pumpkin-eater/>

Be advised, this story reflected a different breed of dog, but the breed was changed to protect the innocent!

Cleo wasn't feeling well. Our four-year old Pap had a problem, in that special dog way of not feeling well, the one that finds you outside at three a.m., wondering how she ate a bagel and its bag, a pen, or a paper towel. Of course dog owners know that goes with the territory, and messy territory it is. But a few years back our vet gave me some swell advice, the sort of helpful tip you never forget: pumpkin.

Turns out pumpkin, in addition to filling pies, soups, and being eminently carvable, works a special enzyme magic on stomach irritation. Does it work on people? I don't know. My job was to get it into the dog. "Feed her a teaspoon of pumpkin," he said, "mixed in her food. Or right from the spoon – if she'll take it."

Would she? Her first move was to stuff her mouth with Ducky (her favorite toy), thus avoiding whatever was on the spoon. Take it?

So I mixed it with her food – and for a while, she snubbed the food. By now, several rounds later, she'll eat it. She finally seems to know that snacking on shrubs, or snail shells, or used Kleenex will earn her dinner a pumpkin garnish. Still, I like an ace up my sleeve; over the course of three dogs I've seen a lot of three a.m.'s, a lot of snowy, moonlit grass. I wanted an extra pumpkin delivery system, and for me, baking something "in" is the easy answer. Cleo is sweet and trusting. She's also not bright enough to suspect a biscuit.

Rolling dough got her attention, and while they cooled on the counter, she even forgot the edible bits in the yard. Dogs love these simple biscuits and they make great treats, sick or not sick. Oh, they're delightful – but here's my best advice:

- buy wastebaskets with lids
- don't plant poisonous shrubs
- shut bathroom doors
- avoid the tastiest pens

And by all means, keep a handy can of pumpkin.

## Cleo's Pumpkin Dog Biscuits

- 2 eggs
- 1/2 cup canned pumpkin
- 2 tablespoons dry milk
- 1/4 teaspoon sea salt
- 2 1/2 cups brown rice flour\*
- 1 teaspoon dried parsley (optional)

Preheat oven to 350.

In large bowl, whisk together eggs and pumpkin to smooth. Stir in dry milk, sea salt, and dried parsley (optional). Add brown rice flour gradually, combining with spatula or hands to form a stiff, dry dough. Turn out onto lightly floured surface (can use the brown rice flour) and if dough is still rough, briefly knead and press to combine.



Roll dough between 1/4 - 1/2" thick – depending on your dog's chew preferences, ask first – and use biscuit or other shape cutter to punch shapes, gathering and re-rolling scraps as you go. Place shapes on cookie sheet, no greasing or paper necessary. If desired, press fork pattern on biscuits before baking, a quick up-and-down movement with fork, lightly pressing down halfway through dough. Bake 20 minutes. Remove from oven and carefully turn biscuits over, then bake additional 20 minutes. Allow to cool completely on rack before feeding to dog.

\*Brown rice flour gives the biscuits crunch and promotes better dog digestion. Many dogs have touchy stomachs or allergies, and do not (like many people I know) tolerate wheat.

Makes up to 75 small (1") biscuits or 50 medium biscuits

**Please note:** These biscuits are a healthy everyday treat, and good for a dog with minor digestion issues. *If your dog is having serious stomach distress, remove all food and contact your veterinarian.*

## Book reviews –

### 'We're All Ears!'

**Editor's note:** At this point, we have reviewed ALL of the books in our library. As new books are entered, we will feature them as our "book-of-the-month." But for now, we will begin offering reviews of books that are recommended by our membership.

### Marley & Me: Life & Love with the World's Worst Dog

by John Grogan

The heartwarming and unforgettable story of a family in the making and the wondrously neurotic dog who taught them what really matters in life.

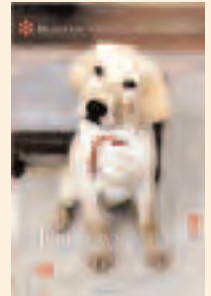
John and Jenny were just beginning their life together. They were young and in love, with a perfect little house and not a care in the world. Then they brought home Marley, a wiggly yellow furball of a puppy. Life would never be the same.

Marley grew into a barreling 97-pound steamroller of a Labrador retriever, a dog like no other. He crashed through screen doors, gouged through drywall, flung drool on guests, stole women's undergarments, and ate nearly everything he could get his mouth around, including couches and fine jewelry. Obedience school did no good – Marley was expelled. Neither did the tranquilizers the veterinarian prescribed for him with the admonishment, "Don't hesitate to use these!"

And yet Marley's heart was pure. Just as he joyfully refused any limits on his behavior, his love and loyalty were boundless, too. Marley shared the couple's joy at their first pregnancy and their heartbreak over the miscarriage. He was there when babies finally arrived and when the screams of a 17-year-old stabbing victim pierced the night. Marley shut down a public beach and managed to land a role in a feature-length movie, always winning hearts as he made a mess of things. Through it all, he remained steadfast, a model of devotion even when his family was at its wits end. Unconditional love, they would learn, comes in many forms

Is it possible for humans, to discover the key to happiness through a bigger-than-life, bad-boy dog?

Just ask the Grogans.





## Pawfriendly Landscapes (PFL) Tip

<http://www.facebook.com/home.php?#/photo.php?pid=4320417&id=223141086885>

Reprinted with permission from [www.pawfriendlylandscapes.com](http://www.pawfriendlylandscapes.com)

**D**o not trim or prune azaleas or lilacs this time of year. They have already set buds for next year's blooms on this year's growth. If you do cut them back, you will remove flowers for next year and your plant will not bloom. Lilac maintenance is easily remembered in 3's – trim them 3 weeks after blooming, 1/3 of the plant should be trimmed, every third year.



Have fun and get dirty!!!

## Help wanted!

### What do you feed your dog?

If the answer is Natural Balance, then we need your help!

Van Patten's Natural Balance Pet Foods has

offered to make a donation to a rescue group if they can save 50 bar code / purchase receipts from their foods (specific flavors don't matter). They do require 50 bar codes before they accept a submission.

If you can help, please send your bar codes and receipts to **Stephanie Sherwin** – she will collect and then mail in the necessary paperwork when we have enough for submission. This is a continuous program – so please save them!

**Please send to:** 4 Woodsong, Roland, AR 72135



## Supplements

# To supplement or not to supplement ... That should be the question!

Reprinted with permission of Earl Wolfe. All rights reserved

**D**eciding which vitamins your dog should get and how much of each is very difficult, even for researchers. Some researchers feel that today's commercial dog foods contain more vitamins and minerals than the AAFCO (American Association of Feed Control Officials) minimums and that over-supplementation can destroy the nutritional balance of the food and can even be hazardous to the dog's health.

Other researchers believe that a certain amount of supplements is needed for several reasons, the most important being that the high temperatures used for processing dog foods can affect the nutritional value of the food. Some ingredients may contain the needed vitamins, but the dog may not be able to digest and metabolize them adequately. The ability to metabolize vitamins can be affected by the quality and type of ingredients being eaten, the dog's breed heritage, age, general health, and medication.

Before deciding to add vitamin supplements to your dog's diet, research the food you are feeding (or would like to feed) and find out about the quality of the ingredients, and if vitamins are added to the food. **Look at your dog:** What is the dog's state of health? Is the dog happy and energetic? Is it mentally alert? Is its coat shiny and healthy? If you have any questions, talk to your vet.

### What are Chelated Minerals and Amino Acid

**Chelated** (Key lated): This is the process by which mineral substances are changed into their digestible form. Amino acid bound chelated mineral supplements provide, three to ten times greater assimilation than common minerals do.

### Amino Acid Chelated (AAC) Minerals

**Copper Amino Acid Chelate:** A trace mineral found in all body tissue. It works in respiration, synthesis of hemoglobin, and in the production of collagen. It is an Antioxidant that helps protect

blood and polyunsaturated fatty acids.

**Manganese AAC:** Is a Trace mineral that is also an important antioxidant that helps protect oxygen and slow aging. It activates many enzymes and works with the utilization of fatty acids.

**Zinc AAC:** Is a trace mineral found through out the body. Zinc works with skin, hair, bones, muscles and blood. Zinc is important to a broad amount of body functions from digestion to reproduction.

**Iron AAC:** A mineral present in every living cell. It is involved with blood and getting oxygen to it and in the digestion of fatty acids.

**Cobalt AAC:** An essential mineral, works with vitamin B12 and maintains the red blood cells.

**Calcium:** The most abundant mineral in the body. About 97 percent is utilized in the bones and teeth. The balance is involved with muscle tissue, cells, blood.

**Phosphorus:** The second most abundant mineral in the body. It works with Calcium so it will effectively nourish bones and teeth. Every cell in the body contains Phosphorus.

### Vitamin/mineral/herbal (VMH) supplements

There are probably as many VMH supplements for dogs as there are for people. Dog owners can purchase complete VMH preparations or they can buy supplements containing one specific vitamin, mineral or herb.

When supplementing commercial food, it's important to know what vitamins and minerals the food contains and in what amounts. Because with many vitamins and minerals, too much is just as dangerous as too little. If you are in doubt about what your dog is getting from its food, call the manufacturer and ask.

### Especially Good Foods

Many foods are known to have special nutritional significance; others are known

(continued on pg. 10)

# Supplements

(continued from pg. 9)

to have medicinal properties. As with herbs, experts disagree as to exactly how important these foods are. Again, if you want more information, or have any doubts, ask questions at your local health food store, talk to your veterinarian.

**Apples:** We have all heard the saying “An apple a day keeps the doctor away.” Does that apply to dogs as well? Some experts think so. Apples are packed with chemicals that have been shown to kill cancers in animals. Apples also inhibit infectious disease and stabilize blood sugar. A slice or two of fresh apple makes a great treat that many dogs will eagerly devour for the fruit’s sweetness.

**Barley:** A grain that has recently been used more frequently in dog foods. Barley is known to improve bowel function and is thought to possibly inhibit cancer.

**Broccoli:** Known to inhibit cancer and is also a great source of many vitamins, including vitamin A.

**Carrots:** Are a wonderful source of Beta Carotene, but they contain other vitamins and trace minerals as well. Recent reports indicate that enzymes in raw carrots reportedly kill harmful bacteria at the gum line. This harmful bacteria, if not killed, is eventually absorbed into the blood system. It then attaches to the valves in the heart, causing heart failure.

**Cranberry Juice:** Known to have beneficial effects on the urinary tract, preventing infections and cystitis. Cranberry juice is also recognized as having strong antiviral properties.

**Fish:** Especially saltwater fish, have a number of nutritional benefits. Ingestion of as little as one ounce of saltwater fish daily is known to boost the immune system, inhibit cancer, combat kidney disease and increase mental alertness.

**Kelp:** It is usually sold dried and ground to a fine powder, often encased in gel capsules. Kelp is an excellent mineral supplement as it is high in iodine, calcium and potassium as well as other trace minerals. Kelp is also known to boost the immune system, kill bacteria and add iron for the blood.

**Yeast:** Is a well-known food supplement; in fact, many dog foods contain yeast as a primary ingredient. Yeast are fungi grown in a fermentation of carbohydrates and are high in vitamins and minerals, especially the B vitamins. Brewer’s yeast is the most nutritious of the different kind of yeasts available.

**Yogurt:** Besides being a nourishing food on its own, yogurt contains beneficial bacteria that improve bowel function. These bacteria help prevent intestinal infections, prevent diarrhea and kill problem causing bacteria. Yogurt is also known to boost the immune system and is thought to have anticancer properties.

**Natural Bee Pollen:** While not an herb, natural bee pollen is known to boost the immune system. It is also said to provide some pain relief for dogs as well. This is a by-product of the honey industry.

**Ginger:** Ginger root can be used to counter the effects of motion sickness (car and sea sickness). The average dosage is one knuckle of the root. This can be mixed into food or just chewed.

## Herbs

**Alfalfa:** (Which means “the father of all foods”) is full of trace minerals and vitamins A, E, K, B, and D. It has also been used to alleviate the pain and stiffness of arthritis and the discomfort of stomach ailments.

**Aspergillus Niger:** Is a fungus. It may produce enzymes that may be beneficial to plants, animals, and humans. The closely related *Aspergillus Flavus* is one of the most deadly fungi on earth! It grows on various foods and produces chemicals called Aflatoxins: these are highly carcinogenic!

**Bacillus Subtilis:** Is a bacteria that produces metabolites, including enzymes that may be beneficial to both plant and animal protein in the body. A probiotic, helps reduce stress, and helps prevent sickness.

**Bearberry:** This herb is often used in the treatment and prevention of bladder stones. It is believed that it dissolves

(continued on pg. 11)

## Vitamin Deficiencies & Excesses

### Vitamin ‘A’:

**Deficiency:** Vision problems, skin and coat problems, slow growth, diarrhea.

**Excess:** Nausea, vomiting, diarrhea, hair loss, bone deformities, bleeding disorders.

### Vitamin ‘B’ Complex:

**Deficiency:** fatigue, irritability, nervousness, hair loss, skin problems.

**Excess:** Water soluble; when taken as a complex, excess is usually excreted in the urine. Unusual excess can cause nerve damage, blood or digestive disorders.

**Vitamin ‘C’:** (Research ongoing and greatly debated)

**Deficiency:** Impaired lactation, shortness of breath, swollen joints, slow healing, poor dental condition.

**Excess:** Water soluble; most excess excreted in the urine. High doses can result in diarrhea.

### Vitamin ‘D’:

**Deficiency:** Rickets, bone diversities, poorly developed muscles, nervous disorders, vision problems.

**Excess:** Increased frequency of urination, nausea, vomiting, muscular weakness, calcification of muscles, including the heart.

### Vitamin ‘E’:

**Deficiency:** Blood and bleeding disorders, collagen problems, amino acid breakdowns, reduction in functioning of several hormones, reproductive failure.

**Excess:** Generally considered nontoxic; however, can cause elevated blood pressure.

### Vitamin ‘K’:

**Deficiency:** Bleeding disorders, miscarriage.

**Excess:** Generally considered nontoxic.

*If you think your dog is deficient in a vitamin or mineral. Before you supplement ask your vet for advise.*

## Mineral Deficiencies & Excesses

**Calcium / Phosphorus: Deficiency:** Rickets, bone deformities, slow growth, irritability, depression.

**Excess:** Must have balance between both minerals.

**Chloride: Deficiency:** Hair loss, poor muscular contraction, impaired digestion.

**Excess:** Adverse reactions suspected but unknown.

**Copper: Deficiency:** General weakness, anemia, impaired respiration, skeletal abnormalities, skin sores.

**Excess:** Toxic hepatitis.

**Iodine: Deficiency:** Enlarged thyroid, dry skin and hair coat, slow / poor growth, loss of vigor, reproductive failure.

**Excess:** Unknown.

**Iron: Deficiency:** Weakness, constipation, anemia.

**Excess:** Unknown.

**Magnesium: Deficiency:** Tremors, neuromuscular excitability or irritability, depression.

**Excess:** Unknown.

**Manganese: Deficiency:** Slow or retarded growth, reproductive failure, abnormal bone growth, paralysis, ataxia, blindness, deafness.

**Excess:** Unknown.

**Potassium: Deficiency:** Respiratory failure, cardiac arrest, nervous disorders, insomnia.

**Excess:** Unknown.

**Selenium: Deficiency:** skeletal & cardiac myopathies, premature aging, puppy death.

**Excess:** Hepatitis, nephritis.

**Sulfur: Deficiency:** Slow or retarded growth, sluggishness, fatigue.

**Excess:** Unknown.

**Zinc: Deficiency:** Retarded growth, delayed sexual maturity, diabetes, skin problems.

**Excess:** Relatively nontoxic, but excessive intake may have harmful side effects.

## Supplements

(continued from pg. 10)

and can prevent the formation of kidney stones.

**Bilberry Herb:** is known as visual purple, it is said to be used for vision.

**Brewers Yeast:** One of the best sources of vitamin B. It aids in the repelling of fleas. A probiotic, it also helps reduce stress and reduces sickness.

**Chicory Root:** Roots are ground up and roasted, and used in adulterated coffee. On the medical side they are used to treat liver complaints, rheumatism, gout, and hemorrhoids. In Ayurvedic medicine they are considered to be a cooling herb.

**Dandelions:** Are known to help the body filter toxins from the system.

**Echinacea:** Is an herb known by experts to stimulate the immune system, so much that physicians are even recommending it to patients during flu season.

**Fennel Seed:** Stimulates proper stomach and intestinal functions.

**Garlic:** Has antibacterial, antifungal and antiviral properties. Whole books have been written about the wonders of garlic, Garlic boosts the immune system and stimulates the internal organs, especially the liver and the colon, helping to rid the body of toxins.

**Ginseng:** Often called a wonder drug. This root is known to strengthen the heart, build general mental and physical vitality, and stimulate the endocrine glands, which control the body's systems. Ginseng is a preventative, which means it is not given as a medicine but rather as a daily supplement.

**Milk Thistle Seed:** Used to stimulate proper liver and gall bladder functions.

**Nettle Herbs:** This is a natural source of iron unlike the chemical version which can cause constipation and very loose stool.

**Mustard Seeds:** This is sometimes used as a natural wormer in dogs. It is not as harsh on the digestive system as the commercial medications currently in use today. The seeds are ground up and given internally.

**Papain:** Comes from the Papaya. papain is a chemically similar to pepsin, an enzyme that helps digest protein in the body. It is a safe and natural digestive aid. Papaya contains vitamins, A, B, D, G, K, and C. Also contains calcium, iron, phosphorus, potassium, magnesium and sodium.

**Pau d' Arco:** Have very strong anti-fungal and anti-yeast properties.

**Parsley Leaves:** It has been said that parsley leaves can assist in the healing of kidney diseases. It is also used to combat bad breath.

**Peppermint Leaf:** Provides for relief of flatulence, intestinal colic and stress.

**Red Clover:** Is a stimulant for healing and is good for a recuperating or older dog.

**Reishi & Shiitake Mushrooms:** Used to boost and support the immune system and blood sugar regulation.

**Rosemary:** Is a stimulant of the circulatory system. It is also used to treat bad breath and stimulate the hair bulbs to grow new hair.

**Rose Hips:** These are really not herbs in the true definition but are instead the seed pods left after a rose blossom passes by. Rose hips are full of vitamins, including A, B, E, K, and more vitamin C than any other food we know - even more than citrus fruits. However, rose hips should only be used when they are free of insecticides, fertilizers and fungicides.

**Sage:** Strengthens the mind and concentration abilities. It aids in healing skin sores and skin eruptions and removing dandruff. It has been mostly employed in disordered states of the digestion, as a stomachic (*one that serves to tone the stomach, improving its function and increasing appetite. While many herbal remedies claim stomachic effects, modern pharmacology does not have an equivalent term for this type of action*).

**Siberian Ginseng Root:** Increases resistance to allergies.

(continued on pg. 12)

# Caring for Aging Dogs

- Get your older dog a check-up every six months. This will ensure that your dog remains in the best of health.
- Your vet should check your older dog for: signs of heart disease, proper kidney and liver function, mammary and prostate gland changes, decreased lung capacity, and changes in vision and hearing.
- Feed your older dog the best food available. It is a good idea to feed your older dog twice per day instead of just once. Keep in mind that as your dog ages, so does his metabolism, so a need for calories is decreased. Levels of protein and fat should be low, yet the food should contain a high amount of fiber as older dogs are prone to constipation. (It is also a good idea to make sure your dog drinks plenty of water.) Try a “Senior Dog” formula and ask your vet for help in selecting the best food for your pets needs.
- As dogs get older, their immune systems tend to weaken. Be sure that your dog is up to date on all vaccinations and that you are regularly protecting your pet against fleas and ticks.
- Exercising your older dog will protect your dog from the loss of muscle tone and mass. Ramps, elevated feeders, and orthopedic beds will also help maintain your dogs muscles.
- Attend to your dog’s dental needs. Many older dogs develop dental dis-



ease, so it is a good idea to regularly brush your dogs teeth and have them professionally cleaned when your veterinarian recommends it.

- Dietary supplements such as glucosamine and chondroitin can aid with arthritis and help your dog maintain optimal health.
- Keep in mind that coat changes and graying can occur in older dogs. If your dogs coat changes dramatically, have him checked out by your veterinarian as this can be a sign of serious diseases. Regular brushing will help keep your dogs coat shiny, as it increases oil production.
- Older dogs become more sensitive to the weather. Have your dog wear a coat or sweater when going outdoors in winter, and keep your dog indoors during the summer months.
- Keep your dog happy! Remember to include your dog in whatever activities you can.

# Supplements

(continued from pg. 7)

**Yucca:** Used for its reduction of both breath and stool odor! A cleansing agent, used by the Indians of the southwest for skin disorders and skin eruptions and helps avoid inflammation.

## Vitamin Sources

**Vitamin ‘A’:** Dairy Products, leafy green vegetables, fish liver oil, carrots.

**Vitamin ‘B’ Complex:** Brewer’s Yeast, whole grain cereals, liver.

**Vitamin ‘C’:** Fruits and vegetables, especially broccoli, cabbage, leafy green vegetables.

**Vitamin ‘D’:** Sunshine, dairy products, fish liver oil.

**Vitamin ‘E’:** Cold-pressed vegetable oil, meats, raw nuts and seeds, leafy green vegetables, soybeans.

**Vitamin ‘K’:** Kelp, alfalfa, yogurt, egg yolk, fish live oils.

## Sources of Minerals

**Calcium:** Meats, bone and bone meal, milk and milk products.

**Chloride:** Salt (sodium chloride), kelp.

**Copper:** Liver, whole grain products, leafy green vegetables, legumes.

**Iodine:** Fish, kelp.

**Iron:** Liver, oysters, fish lean meats, leafy green vegetables, whole grains, legumes, molasses.

**Magnesium:** Green vegetables, raw whole grains, oil-rich seeds and nuts, soybeans, milk.

**Manganese:** Whole grains, eggs, seeds and nuts, green vegetables.

**Phosphorus:** Meat, fish, poultry, eggs, whole grains, seeds and nuts.

**Potassium:** All vegetables, potatoes, bananas, whole grains, sunflower seeds.

**Selenium:** Yeast, organ and muscle meats, fish, whole grains.

**Sulfur:** Eggs, meat, cheese.

**Zinc:** Whole grains, brewer’s yeast, wheat germ, pumpkin seeds.

www.bringfido.com

## BringFido

Speak to a pet-friendly travel expert  
at 877-411-FIDO

## Dog Friendly Vacations

Need help deciding where to bring Fido on vacation this year? *Bring Fido’s* (BF) dog friendly city guides rank more than 10,000 cities worldwide for their popularity among dog owners and general “dog friendliness.” Dig in to see the most popular destinations, or in your own neck of the woods. Once you’ve narrowed it down to a particular city, we’ll give you the best places to stay, play, & eat with Fido when you’re there. PapHaven receives \$5 for each reservation made through BF. **Use Referrer ID:** *paphaven*.

Auction may be over, but prep never ends ...

## We need YOUR help!

Do you have a closet full of gifts that you received that you can't (or won't) use??



Would you be willing to donate them to Pap Haven? Good, NEW, unused gifts can be donated to fundraising committee for the Auction! Also, the newest addition to our fundraising efforts, eBay, is ALWAYS looking for donations.

eBay/Mission Fish is up and running. But, we need more items! If you have items to sell, please contact Berdine at [ptkruisen@comcast.net](mailto:ptkruisen@comcast.net). You may have items that can't go in the auction but may be useful for eBay. They don't have to be dog-related. Every penny we sell goes to PapHaven! New items that you can't re-gift, collectibles, etc. Look around and see what you can find. You may know a local vendor with items to donate. These can be turned into cash.

**Come on everyone!** Tap **EVERY** source you know ... local crafters, wood-workshops, etc. Do you know someone who paints (watercolor or oil), or does great photography, etc.? Would they donate a piece of their work? Antique jewelry you no longer wear? Think about it ...

If you have something you think would be a good donation, please take a picture and email it and the dimensions / info of the item to [ptkruisen@comcast.net](mailto:ptkruisen@comcast.net). Berdine will be able to tell you where the items would be best used and what the next step is.

Don't delay! Prep for the Auction is a year-round event! If you are out-&-about and see something you think is unique, would you be willing to pick it up and send it along to the Auction? Crafters, get your art / sewing / needle-craft supplies ready! And MissionFish needs donations NOW!

## Pap-of-the-Month: Fallon & Nickie

Hi everyone! My name is Fallon. It's an unusual name but I am an unusual girl. I was found wandering the streets of a



Fallon

large Texas city and was brought to a shelter. A nice lady named Fallon (that's where I got my name) called PapHaven and they came and brought me to my foster home. It is great here. There was lots of company, a comfortable crate, and lots of food. In fact, I think my foster mom has started cutting down on my portions because I heard her say I was beginning to get a little chubby. Hmmmm.... I wonder what that means?

I don't play very often although I do like to grab my foster brother's squeaky toy and run away with it sometimes. I am a great cuddler and like nothing better than lap time. I am going to be a beauty, too, when all my fur grows in. They had to shave a lot of it off in the shelter before they could clean me up. It is growing back though and should be in by winter time. I really like my foster family but I do think it's time to find my own "forever" home. I know there is someone out there looking for someone just like me. Please contact PapHaven. You won't be sorry. Love, Fallon

### Now a few words from my foster mom.....

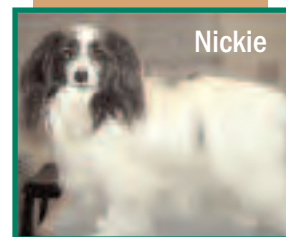
Fallon is a wonderful girl. She gets along with everyone and will fit right into any family. When she first came into foster care a couple of months ago, she tested weakly positive for heartworms. She has been treated now and it is felt that if she is kept on monthly preventative for the rest of her life, she will be fine. She was thought to be 10 years old because of the tartar build up on her teeth but she acts

like a much younger dog and is probably several years less than that. Whoever adopts her will have a loving, best friend for life.

Nickie (age 8) is a beautiful, calm 8 lb. phalene papillon who has made great progress in foster care. She came to us a bit shy and timid, but is much more confident and friendly now. She is house-trained, crate trained and leash trained, and we have been

reinforcing the basic obedience commands.

Although we were told she could be really bossy around other dogs, while in foster care we've



Nickie

found that she gets along with calm dogs of all sizes, but would also be perfectly happy as an only dog. She has a fairly strong prey drive and will chase cats and would do best in a home without small animals such as birds. She has done really well around kids ages six and up who are respectful of dogs, but would be happiest in a quieter home without rambunctious children. She has never bit or even growled at a child while in foster care, she just gets a little uneasy around noisy ones. She is not overly needy or demanding of attention, but rarely turns down an opportunity for a snuggle. She has something of an independent, aloof nature and takes a little extra time to warm up to strangers, but she loves being petted and fussed over once she's comfortable. A good brushing a couple times a week keeps her coat looking beautiful, and it makes for great bonding time. She is relatively quiet, and when she does bark, it's usually when she is scolding the other dogs for acting up, or chasing after a bird.



# Foster Families URGENTLY Needed

Established in 2003, PHR has placed many Papillons into their forever homes. Many have been owner surrenders, shelter surrender as well as stray rescues. Our members pride themselves in finding the best possible homes for our Papillons.

## But it's impossible to do without foster homes!

All of our rescued Paps go through a screening process, are altered, and fully vetted prior to placement. We are a national group of volunteers spanning the US who do this just because we love the breed and are trying to protect and preserve it! During their time with us in foster care, we work on crate training, socialization, basic obedience, and housetraining, so that the transition period is smoother once placed into their forever homes.

If you are interested in:

**Adopting / Fostering / Volunteering**

**Please contact PHR at (501) 865-4442**

**Email:** [jorolan@catc.net](mailto:jorolan@catc.net) or [dogmom5@twcny.rr.com](mailto:dogmom5@twcny.rr.com)

**Website:** [www.paphaven.org](http://www.paphaven.org)

*"Dogs come into our lives to teach us about love ...  
they depart to teach us about loss.  
A new dog never replaces an old dog, it merely expands the heart.  
If you have loved many dogs, your heart is very big."* Erin Young



# More ways to help PHR ...

Don't forget – make donations thru paypal

<https://www.paypal.com/cgi-bin/webscr>  
Remember – all donations are tax deductible!

Help PapHaven Rescue every time you search.

It's that easy!

*(Remember: you must be logged-in to iGive before you begin your search!)*

iSearchiGive

Have a new foster?

Order your foster goodies here!!!



Follow us on

facebook

GoodSearch

Save a Dog!

*(iGive has over 560 stores to shop from. Enter the site as a Pap Haven supporter and PHR gets a percentage in return)*

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

PHR Lending Library:

<http://butterflyboulevard.pbwiki.com/>



Shopping opportunities



amazon.com

Mail to: Jessica Nosek  
Modern Dog Magazine  
PO Box 310402  
Newington, CT 06131-0402

Modern Dog Magazine believes in supporting the efforts of rescue organizations & dog-related charities like PapHaven. Their donation program was designed solely to help such organizations raise much needed funds. A portion of your subscription price goes directly to PHR! Modern Dog Magazine is published 4 times a year; your first issue will arrive in 6-8 weeks.



1 yr. subscription \$15

2 yr. subscription \$24 **BEST DEAL!!!**

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Organization name: \_\_\_\_\_ PapHaven Rescue \_\_\_\_\_ Shelter ID: \_\_\_\_\_ DP29 \_\_\_\_\_

Payment:  Visa  Mastercard

Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Valid through:

MONTH			YEAR		

## 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 led us in forming Papillon Haven Rescue (Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Paps and Papillon mixes, 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.