



The Way Home

An outreach e-communication from Papillon Haven Rescue (PapHaven)

Issue #83

www.paphaven.org

November - December 2013

1,300+ rescued & counting! Celebrating 10 years!

Thanksgiving dangers for you dog

By Cherri Megasko | Yahoo! Contributor Network – <http://shine.yahoo.com/thanksgiving-dinner-dangers-dog-153600843.html>

Many of the foods we enjoy on Thanksgiving are toxic to our dogs.

Everyone loves Thanksgiving. For many of us, it's our favorite holiday of the year. The food, the fellowship, and all the excitement of the day help make memories that last a lifetime. But for our dogs, the food we enjoy on Thanksgiving can be a dangerous threat. Many of the foods we prepare for our holiday feast can be toxic to our dogs.

A Simple Thing like Stuffing

My favorite part of Thanksgiving dinner is the stuffing. But for your dog, stuffing could send them to the emergency vet. Some ingredients that are commonly used in stuffing recipes are toxic to dogs.



through ingestion or by absorbing through the skin. That spilled glass of wine can have dire effects if Fido gets to it before you do. Symptoms can take up to a half an hour to present, and can range from depression to over-activity. In extreme cases it can cause a heart attack and even death.

Dessert & Coffee

There's nothing like a piece of pie or cake with coffee to top off your Thanksgiving

dinner. But both chocolate and caffeine are poisonous to dogs. Chocolate is made from the roasted seeds of *Theobroma cacao*, which contain two substances toxic to dogs: caffeine and theobromine. Symptoms include vomiting, diarrhea, muscle rigidity, and rapid breathing.

In all cases where you suspect your dog might have eaten or come in contact with something that is toxic, you should call your local emergency vet. Another option is to call the ASPCA's Animal Poison Control Center. That number is (888) 426-4435. Be aware that a \$65 fee may apply. The best treatment, however, is prevention. Be sure to take extra precautions on Thanksgiving to ensure your family – including your dog – has a safe and rewarding holiday.

• **Raisins** – It is not known exactly why raisins and grapes are toxic to dogs. However, there have been many documented cases where they have caused poisoning. Even in small amounts, they can be very dangerous. Symptoms to watch for are vomiting, diarrhea, lethargy and loss of appetite. Ultimately, it can lead to kidney failure and death.

• **Macadamia nuts** – Many recipes for stuffing use nuts, and around the holidays, macadamia nuts are often used. These, too, are toxic for our dogs. The amount of macadamia nuts a dog has to eat to be poisoned varies greatly, but in some cases can be very small. Symptoms can include ataxia (wobbliness), muscle tremors, and vomiting.

The Thanksgiving Toast

Alcohol, even in small amounts, can be toxic to dogs. It can cause harm either

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Watch for the Jan. - Feb. 2014 issue of *The Way Home* for up-to-date details about PHR happenings.

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Remember - all donations are tax deductible!

Jug Contest

Get a "JUG" (larger jar or plastic container) and fill with "CHANGE". Starting Oct. 27th thru Dec. 27th. The one with the most "change" will win a substantial prize. (You may choose among the items offered.)

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The Way Home
Issue 83 -- Nov. - Dec. 2013

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The Way Home is a monthly e-publication for members/supporters of Papillon Haven rescue (PapHaven). Masthead photos taken by *Animal Photography.com* (used with permission); unless otherwise designated.

Newsletter deadlines:

Materials and color photos for the next issue must be submitted by the 15th of the month prior to publication. Send materials to: nora3paps@yahoo.com.



As we enter the holiday season, thoughts of "what to buy" for friends and family becomes the priority in everyone's minds. We all want to find that "perfect gift," and often struggle with the decisions.

Well, here is solution! PapHaven's annual 2014 calendar. This beautiful calendar features photos of PapHaven's beautiful rescue dogs. The gorgeous cover art is a photo taken by PHR member Mary Fournier of her gorgeous dog Trisha.

This would be a must-have gift for anyone who owns, fosters, or rescues papillon and pap-mix pooches. Check it out at www.paphaven.org and click on the calendar picture at the bottom.. Cost is \$16 (includes shipping).

Make sure yours don't become one of the statistics

Dogs dying from tainted treats

As recently reported by *ABC News*, *Good Morning America*, and brought to our attention by many friends of rescue, the Food and Drug Administration has issued an alert to consumers about the illnesses and deaths that have been tied to jerky treats from China. They have yet to determine exactly what is making the dogs sick, but are advising dog owners not to feed their dogs Chinese jerky treats as nearly 600 dogs have died, and more than 3000 have become sick.

The problem itself seems to be tied to dog pet treats made in China, although the FDA has yet to find a definitive cause. In some instances, there have been ingredients made in China that were used in the manu-

facturing of treats here in the U.S. However, they have received reports of illnesses in over 3600 dogs and 10 cats since 2007 and over 580 dogs have died as a result. These pet treats were sold under a variety of brand names.

“This is one of the most elusive and mysterious outbreaks we’ve encountered,” Bernadette Dunham, director of the FDA’s Center for Veterinary Medicine, said in a statement. “Our beloved four-legged companions deserve our best effort, and we are giving it.”

Are you worried that you may have fed your dog Chinese treats and they could be sick? Symptoms to watch out for include:

- Decreased activity
- Decreased appetite
- Increased water consumption
- Increased urination
- Vomiting
- Diarrhea

If your pet is experiencing any of these symptoms, contact your veterinarian immediately. More severe cases have been reported and have been known to include kidney failure as well as gastrointestinal bleeding, according to the FDA.

If you’re looking for treats that are safe and healthy for your furry little friend, make sure they are as all-natural or organic as possible and look for mention of “100% MADE IN USA.”

Winter Dangers for Your Dog

<http://www.mylovelypups.com/articles/health-and-care/320-winter-dangers-for-your-dog>

Winter can be a fun time of year, for both you and your furry friend. There are the holidays: Christmas, Hanukkah, New Year’s Eve, the parties, skiing, snow ball fights, sledding, and other winter sports. While you are probably well aware of the hazards to yourself like slipping on the ice or getting into a car accident, winter brings a whole host of dangers for your furry buddy (*let’s call her Lily*) that you may not have considered.

Take Lily out and have fun with her, but keep in mind some of the dangers that are lurking this time of year. Be a little cautious and keep an eye on her and you both should have a fun winter and holiday season together.

Cold Temperatures

This may seem obvious, but it gets very cold in the winter. For you, that means bundling up in a coat, scarf, hat, gloves, and boots. But, you may not have thought to put anything on Lily. Because they wear permanent fur coats, it is easy to overlook the fact

that dogs can get hypothermia too. They are also vulnerable to frost bite.

When the temperatures dip very low, limit the lengths of your walks with Lily and consider getting her a coat and even some booties for her feet. Most likely, she will tell you when enough is enough. Watch for signs that she is ready to go back in: shivering, putting her tail between her legs, sitting and refusing to go forward, or lifting her paws off of the ground.

Poisons

Lily could potentially eat something that will make her ill any time of year, but there are some poisons you are more likely to see in the winter. Antifreeze is hugely attractive to Lily. It is made from ethylene glycol, which smells and tastes sweet. If it is within her reach, she will eat it. Antifreeze is extremely toxic, so keep it well out of reach and if you spill any outside, clean it up immediately. To avoid it altogether, you can use propylene glycol, which is safer and a little more expensive.

Certain plants that are around during the winter holidays can be irritating or toxic to Lily. Keep poinsettias, mistletoe, holly, and any type of lily well out of her reach. Foods that are safe for you can also be toxic. Watch out for chocolate, macadamia nuts, dough with yeast in it, and coffee. You may also feel compelled to give Lily special treats over the holidays, but stay away from fatty foods. Rendered fat is worse for dogs than it is for humans and can cause sickness. Treat her with plain chicken or raw carrots.

Fire

House fires are more likely in winter than any other time of year. There are candles, space heaters, and special lighting, all of which can go horribly wrong. Never leave candles lit when you are not in the room and put them up high where Lily’s wagging tail can’t knock them over. Don’t let her have access to the Christmas tree and keep it well watered. A dry tree is a major fire hazard. Be sure space heaters are turned off when you leave the house.

If you consider some of the things that can hurt little Lily in the winter, they are easy to avoid. Take precautions and enjoy the season together.

Holiday Safety for your pets

http://www.doggiemanners.com/art_christmas_tips.html

Who doesn't love Christmas?! A time of fun, laughter, and over-indulgence. We get to share more quality time with loved ones as well as enjoy some relief from the daily grind!

It's no wonder we all love Christmas!

Winter can be a fun time of year, for both you and your furry friend. There are the holidays: Christmas, Hanukkah, New Year's Eve, the parties, skiing, snow ball fights, sledding, and other winter sports.

But please remember, if you are a pet owner, keep in mind that this holiday season also represents new, different and enticing dangers to your beloved family pet; both inside and outside your home.

While you are probably well aware of the hazards to yourself like slipping on the ice or getting into a car accident, winter brings a whole host of dangers for your furry buddy (let's call her Lily) that you may not have considered.

Try to imagine the holidays from your dog's point of view. Your house is changing on a daily basis. Furniture is moved around. Nothing is where it used to be. There are strange trees and plants that used to be outside that now are inside. There are new sounds and smells. Very little is familiar. All sorts of people are coming to the door, and some are even staying overnight. Here are some tips for a safe holiday season.

What You Need to Know

As the temperatures outside start to get lower and you prepare for colder weather, it is important to also prepare your dog for the winter. Whether your dog lives indoors or outdoors, there are dangers in colder conditions.

Your dog's health, food, and environment all need to be taken into consideration when 'Old Man Winter' approaches.

Your pet

KNOW WHERE YOUR DOG IS AT ALL TIMES. Supervise children and dogs as

they play together.

Even if your dog is good with children and has never bitten, the added stress may be just enough for that first bite.

Find out the location of the nearest emergency vet in your area NOW. Don't lose precious moments during an emergency.

You

Stay calm. You can get stressed out during the holidays, and your dog picks up on your stress. He looks to you as a leader. If you are calm, he is calm. And also try to spend a little quiet time with him every day - it will help you, too.

Review your dog's basic obedience exercises daily. Don't teach him something new, but reviewing what he already knows will reinforce you as a leader and someone he can trust.

Keep your dog's regular daily routine. Feed and walk him at the same times as you usually do. Changing his routine can make him stressful, and he can seek attention by misbehaving. According to your dog, any attention, even if you are screaming at him, is better than no attention.

Play with your dog before your party. If you tire him out, he'll be too tired to get into any mischief when guests arrive. If that is not possible, hire a dog walker or take him to doggie daycare.

Food

Don't use toothpicks. Try not to use toothpicks for hors d'oeuvres because he can eat the toothpicks if they are dropped on the floor and they can get stuck in his throat or puncture internal organs.

At the top of the list is Chocolate and Mince Pies. Human chocolate and raisins are highly toxic to your dog; they can cause liver damage - and even failure - if ingested in large amounts. So make sure your child or guest hasn't left that tempting box of chocolates lying around. Theobromine, an ingredient in chocolate, can cause seizures and death if eaten by dogs.



Human holiday foods, like coffee, macadamia nuts, yeast dough, and alcohol, can all be hazardous to dogs. Caffeine (in coffee and chocolate) can also cause seizures, along with diarrhea, abnormal heart rate/rhythm, and death.

Keep those tasty treats well out of nose and mouth reach of your pooch! Remember: dogs investigate and learn by smell and then by tasting or eating. Protect your beloved animal from the temptation of new and interesting holiday smells! Invited friends over to celebrate? Pop your dog into a quiet room with a nice tasty (and healthy) treat of his own and let him enjoy the peace and quiet in this busy season. (Onions, rising bread dough, fruit cake, macadamia nuts and nutmeg are other traditional Christmas foods that can hurt your beloved four-legged family member.)

Leftovers are always a sign of a plentiful Christmas; but immediately double-bag and bin ANY cooked bones as these are highly dangerous. Cooked bones become brittle and porous and can quickly disintegrate into razor-sharp edges getting stuck in your dog's mouth, throat, or intestines, even perforating their insides! If you wish to give your dog a nice juicy bone, please feed it raw with some

(continued on page 5)

Holiday safety

(Continued from pg. 4)

nice meat still on it which will keep him busy for hours. ALL bones for chewing MUST be bigger than your dog's mouth; or better yet, at least the size of your dog's head, to avoid the chance of choking on smaller bones. Don't overload your dog's bowl with lots of rich, salty food. Dog's stomachs cannot properly digest too much fatty, rich, or salty food.

Instead, freeze some Xmas treats in small amounts and let your dog enjoy some holiday tastes well into the New Year!

Be careful when you're cooking and baking. If you are serving a roast and it is covered in a mesh that is soaked with the juices from the meat, remember that your dog can eat that mesh and it can cause his intestines to twist and he can get bloat where his stomach swells up like a balloon. If that



happens, get him to a vet immediately. Bloat is 100% fatal without veterinary intervention. Don't wait to see if he gets better by morning. By morning he will have died an agonizing death.

Be careful and put all garbage in cans that have dog-proof lids or are behind locked doors. If you bake or cook and leave things out to cool, put them way back on the countertops. If he steals food off countertops, try to

deter him by putting double stick tape on the front and top of the counter so that when he puts his feet up, the tape will stick to the hair on his feet. Or you can get clear vinyl carpet runners and place them with the prong sides up along the countertops. These deterrents may not work, so the best solution is not to let him in the kitchen at all.

Treat her with plain chicken or raw carrots.

Alcohol

Yes, this might seem like an obvious danger; but did you know that 1 in 4 vets treat drunk dogs over the festive season?! So ask your visitors to keep their drinks on tables or counters and not on the floor by their feet. Put all empty drink containers in a solid bin, rather than just a bin bag that's no match for an inquisitive dog. Remember, your dog's liver and kidneys can be affected by any amount of alcohol.

Fire

Candles. We all love the soft glow of candles at this time of year. But again, be aware of your pet's never-ending curiosity; they don't necessarily know that a naked flame can cause them harm. Be sure candles are in firm holders or behind glass and are high enough that your pet can't knock it over.

Fireplaces, wood-burning stoves, and space heaters create the potential for burns and smoke inhalation. The flickers and warmth of a fire can be an attraction for dogs; because of this, dogs should not be left alone in a room with open flames or hot

(continued on page 10)

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<http://www.papauction.info/cookbook/>

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Winter Travel Tips for You & Your Dog

Five things to know before taking your dog on a winter vacation.

By JoAnna Downey and Arden Moore | <http://www.dogchannel.com/dog-travel/winter-travel-tips.aspx>

Awinter vacation can be a wonderful change of scenery for you and your dog. But like any trip, you must plan ahead and take certain precautions.

Here are five simple things you can do to make winter travel with your dog as smooth as ice.

Never Leave Home Without It

Whether transported by air or by car, your dog must have well-fastened and current ID tags, as well as proof of current vaccinations. The best ID tags are those that fasten snugly and have contact information printed directly on the collar. Tuck your pet's photo and health information into your wallet for easy identification should you become separated.

Water, Water Everywhere

Don't forget to pack bottled water for your dog. If you're flying, include a frozen waterer in your pet's crate so the liquid won't

spill during transport. It will slowly melt during the duration of the trip and help keep your dog hydrated. When traveling by car, be sure to store a portable dog dish and bottled water with your dog's supplies. Make frequent stops to allow your pet to drink, and never leave your dog in a locked car for long periods of time in any weather!

Protect Those Paws

Winter travel conditions can be tough on a dog's feet. Keep baby wipes handy to clean her paws immediately after walking on salted roads or sidewalks. Consider purchasing rubber booties if your dog is particularly sensitive to the salt. Remember that ice can form between your dog's pads, so be sure to give her a thorough check after a day out in wintry weather.



Keep Him Cozy

Dogs are creatures of habit, so even the most seasoned traveler will feel more secure with his own dog blanket or bed during winter travel. The blanket will keep your pooch warm and cozy while traveling by car or plane.

Room At The Inn

You've reached your destination, so where do you stay? *Motel 6*, *Howard Johnson*, *Red Roof Inns*, and *La Quinta Inns* have long been a traveling dog's best friend. Upscale hotels such as *Starwood Resorts*, *Four Seasons*, and the *Ritz-Carlton* are also accommodating to guests who travel with their pets. Inquire about Pet VIP programs that cater to furry guests with pet menus, "doggie-bags," and special concierge services during the stay.

Winter Travel Survival Kit

Winter's ice and snow can mean getting stranded. If your dog travels with you even occasionally, keep these supplies in your trunk:

- Extra blankets and towels
- Several days' worth of dry kibble
- Water and a collapsible dog bowl
- First-aid kit including any of your dog's medications
- Copy of medical records
- Extra collar and leash

A sign that indicates a dog is in the car in case you have to leave her for a short period of time



The Fretz kids – Moe, Dakota, Dusty, & Dixie – participated in a Halloween Parade in their Pennsylvania home town of Saylorsburg in late October. (Unseen: Momma Amy, Hannah, & Mighty Mouse)

Winter foot care for your dog

Now that snow has begun in places like Northern Minnesota and upstate NY – with early predictions of Lake Effect Snow – winter care becomes important for our pets.

Your cats are simply best off inside ... enough said!

Most dogs will be going out, however, to eliminate if not to also walk or play in the snow. Foot care is extremely important in the winter for dogs.

Nothing relieves cabin fever like a brisk walk in the fresh, winter air. But snow and sidewalk deicers can mean trouble for dog paws. Here are tips for keeping your dog's feet in top shape throughout the season"

Beware of deicers sprinkled on sidewalks and parking lots. They can irritate

paws, making them sore and can be toxic if licked. Bring a towel on walks to wipe irritants off your dog's paws. Later keep your dog from licking the snow you track inside on your boots.

Nail trimming needs to continue in the winter. With a snow pack, your dog will not wear his nails even when out on walks. Many dogs need nails trimmed about every two weeks.

Trim the fur between the paw pads to keep ice balls from forming there. Massage a tiny bit of olive oil or petroleum jelly between toes and on paw pads before going outdoors. These products help repel snow and water. So can dog boots, though not all dogs like them.

There are many discussions about whether or not to trim the long hair on your

dog's feet. Some people feel it helps to keep your dog's feet warm. Others feel it simply holds "snowballs" on the hair and makes your dog's feet colder, plus more likely to slip. Many dogs are irritated by snow buildup on their feet and will stop to chew it off. Trimming the long hair on the feet and underneath on the pads seems to make most dogs more comfortable.

Most dogs are not outside long enough to worry about cold feet. If the temperature approaches around zero, you may notice your dog holding up a paw or two after a few minutes outside. That is a sign that his feet are getting cold and your dog needs to come in. Remember to wipe off any snow or ice melt products that may have built up on your dog's feet when he comes in. You don't want him licking even pet safe products off if you can help it.

Rinse and dry your dog's feet after each outing. As you dry, check paws for chapping and cuts. Treat cuts by cleaning them with warm water and mild soap, and rinse well. Finish by moisturizing the paw pads again with olive oil.

Some dogs are really more comfortable in winter with booties on. Consider making some booties for your dog or purchasing some at one of the local pet supply outlets.

Editor's note: PHR member Pat Schmidt has a great idea to help our furry friends.

"I keep a mason jar with a mild vinegar and water or peroxide and water solution and dip feet in that when we come in the car from a dog show or obedience lesson. It also helps in the summer for those dogs with grass allergies. I dip their feet and then dry them off and put them in the car or have a towel down at the back door and let them in the house."

This would work well using warm water to be sure that the snow is melted and that feet have been dried thoroughly.

My Dog's Feet Smell Like Corn Chips!

By Brandy Arnold in Entertainment, Weird & Wacky – <http://dogingtonpost.com/my-dogs-feet-smell-like-corn-chips/#.UfvzJLakClZ>

What do you mean, you've never smelled your dog's feet?! Go do it now, we'll wait ...

Smells like corn chips, right? (or tortillas, or popcorn, or some other corn-based salty treat).

Besides puppy breath, it's one of the better smells our dogs naturally produce. Although, once you find out why paws smell so delicious, you might not want to put your nose so close again.

Even the cleanest dogs have trillions of bacteria living on their skin. But dog's feet, trampling through the grass and dirt, being licked, with moist folds of skin and fur



between the toe pads, are breeding grounds for bacteria and yeast.

According to an article in *Mental Floss* magazine,

"All these micro-organisms give off their own distinct odors (they're what give us BO), and the popcorn/corn chip smell on some dogs could be the fault of yeast or the bacterium *Proteus*, which are both known for their sweet, corn tortilla smell. Or it could be the bacterium *Pseudomonas*,

which smells a little fruitier, but pretty close to popcorn to most noses.

Commonly referred to as "Frito Feet," this dog curiosity is totally natural – unless the smell is overpowering or bad, your dog's salty scented feet are nothing to be alarmed about.

Success stories

Smidgen

This is a note from the lady who just adopted Gamay and Smidgen. Sounds like they hit the jackpot... thank you Mary for taking them in... Good job.

"I wanted you to know (and pass to the others) that the adoption of your 2 girls has been a blessing to us.

Everyone kept saying that those two dogs won the lottery being adopted by us but my husband and I feel like we've won the lottery of two precious additions to our family.

The corgi in the house has taken them in as his herd to protect. My neighbor checked in on them several times today and the corgi met her with the girls following shortly behind.

He seems much more up beat than he has been and they are all getting along fine.

The cat... well, is a cat. The girls are taking no bluff from him and he is standing off out of their way.

Thanks again! I will send a picture soon. Sent several with my phone to Mary.

By the way - top notch rescue operation! These dogs were restored to great

shape and given to us very well adjusted."

Thanks again!
PW

Rosalee

Her foster mom writes: "Today was a tough one... I just got back from delivering my sweet little foster Roselee to her new dad, John.

Her new mom, Deb, is a teacher and had to work and will see her later today. Little Roselee was not easy to give up because she's such a little doll, and for a second or two, we actually thought about adopting her. But we are so happy with our beloved four, it just didn't make sense to make it five. And, when we did the home visit for John and Deb, we knew they were just PERFECT for her. Roselee has a new little sister pup, Stella, to play with and I am thrilled that she will be living the GOOD life for the rest of her life.

This is what it's all about."



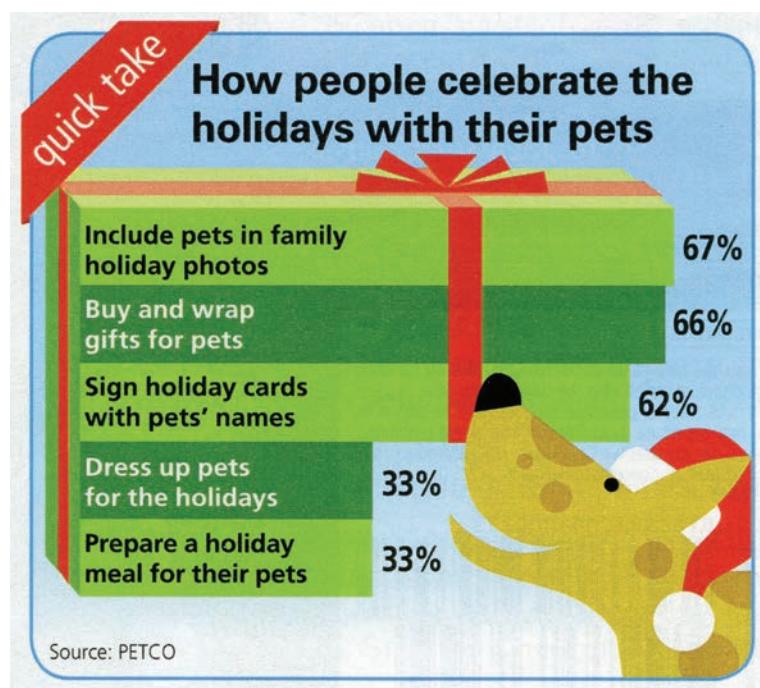
She has taken to me (Judy) the most and I seem to be her "mommy." Michael (our 12 year old son) was super easy for her to attach to - no issues whatsoever. Megan (our 9-3/4 year old) is "mommy #2." And Frank has had the challenge of getting Star to not be afraid of his big noisy voice! But she's done great and they now seem to be well on their way to being buddies!

Star was his shadow when I was in the shower last night and the kids were in bed. On Friday she would shake at first when he'd come into the room but after some bonding this weekend, they've gotten over their little weirdness. It cracks me up because he was just sure she'd love him right off the bat because all dogs do! This time he had to work at it a bit more.

She has met some of the neighbors and loved playing fetch with the two little girls next door. She actually tends to do better meeting kids than meeting new adults. She is very nervous around new adults still (maybe it's their size?). She definitely wants it to be on her terms and does not like a pushy person or a too excited person. If you give her time, she'll take to you. Just needs that time. I think it's only going to get better so I'm thrilled that we are having such a good time so far!

She has been eating and drinking wonderfully so far! No issues there. And, we've only had a few #2 accidents. We incorporated the bell ringer on the door yesterday so we're working on getting her to ring that when she needs to go outside. We only had one #1 accident and that was just when I picked her up once on Friday. Made the poor girl nervous I think.

Thank you both again for all of your wonderful help!! I'll send pictures soon - for some reason my phone is not sending them to the computer today.



Star

Star has been adjusting quite nicely and we are super pleased with all the snuggles and cuddles we received this weekend!! She's been such a good girl as she adjusts to her new family!!

How to Exercise Your Pet When It's Cold Out

By Lara Jackson; Lara Jackson is a freelance writer and editor. <http://www.tailsinc.com/2013/01/how-to-exercise-your-pet-when-its-cold-ou/>

During these chilly, dark winter months, it's hard enough for us humans to get out of bed and get through the day sometimes, but imagine how our furry friends feel. Sometimes it seems as though our dogs and cats go into hibernation in the wintertime – exercising less and sleeping more.

“Exercising your dog in the winter can be a challenge for any pet [parent]. If you have a small dog and have enough space inside your home, you may want to exercise the dog inside – playing fetch or just let the dog run around the room,” explains Jim Park, DVM at Care Animal Hospital in Arlington Heights, Ill.

The ASPCA also offers some winter exercise guidelines which include:

Walk your pet in wooded areas during the winter months. The forest not only provides protection from the wind, but the rich smells, sights can be infinitely interesting for dogs to investigate, distracting them from chilly temperatures.

Entice your pooch with off-leash exercise sessions. Play tug or fetch, or invite some canine buddies over to romp around – the more aerobic activity, the warmer your dog, so don't worry if it's a little chilly.

Offer your pet special treats during outdoor excursions. While on a brisk walk, pop something delicious into her mouth every now and then; or, feed her breakfast by hand while outdoors.

“Since animals are less active during the winter months, cut back on the treats, watch the food intake, and don't feed your pet any food scraps,” warns Park. “Make



your pet ‘work’ for his food. For small dogs and cats there are toys which you put treats inside a ball and then your pet has to work at getting the treats out of the ball. For cats it's a misnomer that they'll always eat what they should – between 70 and 80 percent of cats are overweight.”

Cats usually are kept indoors year-round, but they get bored too during the long winter months, so a new toy will pique her interest, or better yet, get a laser pointer or a feather toy or some other toy attached to a stick – these two toys heighten cats' natural hunting instincts, and they'd get some much-needed exercise too.

According to the ASPCA, “Many dogs dislike going outside during the winter because snow, salt, and chemical de-icers hurt their paws. Canine booties can protect paws, while keeping them warm, and disposable latex boots are available for dogs who don't

like the feel of thicker boots.” Also, there are sweaters for smaller dogs to protect them from the harsh elements.

When exercising your dog during the winter, Park sums it up like this: “Pay attention, watch for signs, and listen to your dog. [If your dog sits down and it is] difficult to get [him] moving again, this means that he has had enough and it's time to go inside. Have a reasonable exercise regimen, but don't overdo it, especially if you have an older or obese dog. Never force your dog to continue exercising,” explains Park.

Make sure your dog's food makes the grade!

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Winter Hazards and Your Dog

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electric elements. When these items are in use, monitor your dog at all times to keep him from getting burned or possibly starting a house fire.

House fires are more likely in winter than any other time of year. There are candles, space heaters, and special lighting, all of which can go horribly wrong. Never leave candles lit when you are not in the room and put them up high where Lily's wagging tail can't knock them over. Don't let her have access to the Christmas tree and keep it well watered. A dry tree is a major fire hazard. Be sure space heaters are turned off when you leave the house.

Poisons

Anti-freeze and road grit. These items are highly toxic to our pets. When you return from a walk where roads or pathways have been treated for snow and ice, make sure to thoroughly wash off your dog's paws, legs, and bellies rather than let him lick them clean himself. The chemical agents in these treatments are meant to keep roads and the water in your car's cooling system from freezing, but these chemicals will kill your pet within hours if ingested. Keep all anti-freeze (typically blue, but may come in other colors too) out of reach of children and animals in your garage and clean up any and all leaks of anti-freeze on the garage floor.

The Environment

Christmas trees can be very attractive to dogs.

If you're putting up a real tree in your home, make sure your dog doesn't try to pee on it, especially with electrical wires and lights around! Pine needles can also pose a danger to inquisitive noses and mouths and end up in soft paw pads. Dogs may eat the needles (even from artificial trees) or drink the water at the base of the tree, which can be toxic (especially if it has any sort of preservatives in it). So make sure to keep vacuuming these up on a daily basis or you may find yourself making an unscheduled trip to your vet.

Choose the location for your tree care-

fully. Aside from the obvious reasons of not putting it near a fireplace and using lighted candles because of the fire danger, don't put the tree in the window that your dog always looks out of because he will still try to look out of that window with the tree there, and it can fall over. To minimize that risk, you may want to tie the tree to a ceiling hook. Decorate the higher limbs and leave the lower ones bare, and make sure all ornaments are fastened tightly to the branches. Change the water for the tree frequently. It can contain pine tar which is poisonous and if your dog drinks it, he can be in real trouble.

Plants: Almost all Holiday plants are thought to be poisonous: Christmas cactus, holly, mistletoe, ivy, and poinsettias.

If eaten, these plants can cause problems such as vomiting and diarrhea, as well as other reactions that can be severe or even fatal. The American Society for the Prevention of Cruelty to Animals' Poison Control Center provides a list of toxic houseplants, as well as dangerous outdoor plants, on its website. It is important to keep all dangerous plants out of your dog's reach.

Lily could potentially eat something that will make her ill any time of year, but there are some poisons you are more likely to see in the winter. Antifreeze is hugely attractive to Lily. It is made from ethylene glycol, which smells and tastes sweet. If it is within her reach, she will eat it. Antifreeze is extremely toxic, so keep it well out of reach and if you spill any outside, clean it up immediately. To avoid it altogether, you can use propylene glycol, which is safer and a little more expensive.

Certain plants that are around during the winter holidays can be irritating or toxic to Lily. Keep poinsettias, mistletoe, holly, and any type of lily well out of her reach.

Holly (leaves and berries) Mistletoe and

Poinsettia. While beautiful for the holiday, if even pieces of these plants are ingested by your pet, they can cause vomiting, stomach upset, and blisters in the mouth. In mild cases. In extreme cases, eating these berries or plants can be fatal to your pet. So always keep these plants up high and away from your pet and make sure to remove any loose berries that may dry out and break off. Regular or liquid potpourri can also pose risks to your pet.

Keep them away from your dog. The phone numbers for the National Poison Control Center are 888-426-4435 and 900-680-0000.

Lights: Unplug lights when you leave the house. Electrical wires can be a serious hazard. Dogs that chew on these wires can sustain severe burns to the mouth, injury to the brain and lungs, or death from electrocution. Put a taste deterrent such as Bitter Apple or Tabasco sauce on the wires so your dog won't be tempted to chew them. It is best to keep wires out of reach or taped down securely. Also, encase the cords in some sort of a covering or behind heavy furniture.

Another hazard to be mindful of is that lights may become hot and are best used only on the upper branches of trees, away from curious canines.

Decorations: Glass Baubles, Garland, and Blinking lights. Shiny, colourful and eye-catching; these enticing items can be easily mistaken for toys by your dog and could be dangerous if swallowed.

So spend some time letting your dog know that the tree – and everything on or under it – is out-of-bounds by saying 'No' and then using a distraction technique to get Fido to find something else more interesting – like you or a real toy! Use a timeout if your dog continues to go back again and again to the tree. (Remember, when using the timeout technique, do not speak or look at your dog; so your dog does not receive any reward for his unacceptable behaviour.)

Ornaments are beautiful for people to look at, but dogs may think they're toys.



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Winter Hazards and Your Dog

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Fragile, breakable or edible ornaments may be knocked over, and wire hooks can get caught in your dog's hair, skin, or – if eaten – stomach and intestines. An alternative to wire hooks is to use loops of yarn, ribbon, or lightweight twine. Hang the ornaments out of reach of your dog.

Tinsel can block the intestines if swallowed, requiring emergency surgery. Tinsel also has sharp edges that can cause external cuts and scrapes especially to the mouth, eyes, and nose. Angel hair, which is made of spun glass, is also irritating if touched.

Keep all decorations, ornaments, yarn, ribbons, and wrapping paper out of your pet's reach. If you use edible ornaments and decorations such as bread dough, popcorn, and gumdrops not only on your tree but also throughout your house, remember that they still are food to your dog, and the dough and paint you use on them can be toxic.

If you put stockings on your mantle and fill them with food, your dog can still reach them. He'll probably eat the stocking as well as the food. Don't put gifts of food under the tree either for obvious reasons.

Gifts should be checked for small, breakable parts that can be easily swallowed. Monitoring your dog around these items is highly recommended.

Children's Toys: Make sure all small toys, or pieces of toys, that can be easily chewed or swallowed are kept away from small children as well as your pets to protect them from choking. Keep an eye on those tiny surprises that come out of the Christmas cracker boxes, etc. If you are getting your pet a present this holiday season, please make sure it is made of hard rubber – rather than plastic, which can be quickly chewed and swallowed. For example, Kongs make a great indestructible pressie! Stuff with some leftovers and then freeze to keep your dog busy for a few hours while you're

relaxing and watching your Xmas movies! (Reminder: no toy is truly indestructible, especially with larger dogs and enthusiastic chewers. Always keep an eye on your dog with any toy.)

Visitors or guests: Be especially careful opening your front door when you are greeting guests and also with delivery people so your dog doesn't dash out.

Put him on a leash when you open the door. Make sure he is wearing identification tags or is micro chipped so that if he does get out and gets lost, whoever finds him can locate you easily.

This is also important if he is in the backyard during New Year's Eve celebrations. The sound of fireworks may scare him, and he can jump the fence out of fear. Please



keep your dog inside to prevent this from happening. Include your dog in the festivities, but be aware of where he is and let him have an escape route to a quiet place if he needs one.

You can tether his leash to a sofa or other heavy piece of furniture and bring his bed in for him to lie on. Give him a toy or a doggie pacifier made out of a Kong, which is a bell-shaped rubber toy. Smear the inside with peanut butter or cream cheese and then pack the inside with a mixture of his favorite kibble and yummy smelly dog treats. You can freeze it before you give it to him so he

can spend a long time trying to get all the goodies out of the Kong. But watch him carefully. All the commotion and stress may make him possessive of his toys and he could snap at anyone who comes close to him.

Another solution is to put him in another room with the door closed. If this is the one you choose, then practice leaving him there before your party and if he is barking, don't let him out until he is quiet. Make it as pleasant as possible for him, and don't let it seem as though he is being punished. Put his bed and toys in there and make him a Kong doggie pacifier.

Ask your guests not to feed your dog or let him drink any of their drinks. Tell them that he has been sick and he must be very careful in what he is fed. A small amount of alcohol can put your dog in a coma. A drunken dog is not funny. Do you want to spend your holiday cleaning up after your dog or taking him to the emergency vet? If your guests absolutely must feed him something, give them some dog treats to give your dog.

Ask smokers to be especially careful. If you're like me, smokers are asked to go outside ... and I'm not particularly concerned about the weather. But, in case you are allowing smoking inside your home, be aware that inadvertent gestures with a cigarette in a smoker's hand could have disastrous results. Or they may be talking and forget to flick the ashes off their cigarette, and the hot ash may fall on your dog and burn him.

We love and care about our furry family members. And it is important that they get to enjoy the holiday time with family and friends also. Just take a extra few minutes to consider their care and well-being during this happy season.

Outdoor Winter Hazards

Being outdoors in the winter can be a lot of fun, but it is important to keep in mind that dogs are susceptible to frostbite, hypothermia (low body temperature) and other cold-weather hazards. Hypothermia can affect normal body functioning and produce injury or, eventually, death.

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Winter Hazards and Your Dog

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The weather isn't the only hazard your dog will face. Chemicals like ice melts and salts, antifreeze and windshield wiper fluids can all be toxic and can cause serious complications if dogs eat or drink them. Ice melts and salts can stick to the bottom of dogs' paws, so it is best to wash your dog's feet after he or she has been outdoors. Methanol and ethylene glycol, the toxic ingredients in windshield wiper fluid and antifreeze, can cause permanent kidney damage and even death if ingested by a dog.

Finally, going for walks in the winter can be invigorating, but it is best to keep dogs away from frozen water. Dogs can fall through thin ice into freezing water and may suffer hypothermia or drown.

This may seem obvious, but it gets very cold in the winter. For you, that means bundling up in a coat, scarf, hat, gloves, and boots. But, you may not have thought to put anything on Lily. Because they wear perma-

nent fur coats, it is easy to overlook the fact that dogs can get hypothermia too. They are also vulnerable to frost bite.

When the temperatures dip very low, limit the lengths of your walks with Lily and consider getting her a coat and even some booties for her feet. Most likely, she will tell you when enough is enough. Watch for signs that she is ready to go back in: shivering, putting her tail between her legs, sitting and refusing to go forward, or lifting her paws off of the ground.

Indoor Winter Hazards

During the winter, people and their pets tend to spend more time indoors, so it is important to keep the home environment safe for your dog. The following are some common issues to be aware of:

Carbon monoxide poisoning can be a threat to dogs as well as people. Furnaces, gas water heaters, and gas/kerosene space heaters should always be evaluated for any

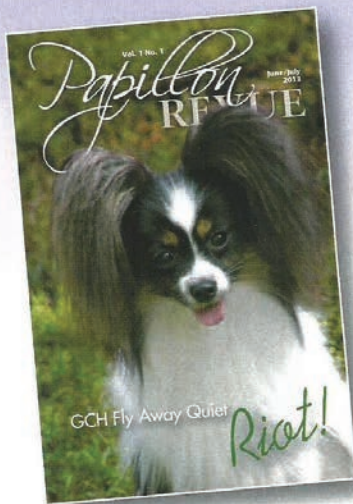
leakage. Because dogs tend to be in the house for longer periods of time during the winter, they can be exposed to carbon monoxide leaks for longer, which may cause serious health issues or death. Checking smoke detectors (and purchasing smoke detectors that also detect increases in carbon monoxide) will help protect your pets and family.

We all look forward to the winter holiday season each year, so it is particularly tragic when a family pet is harmed during this time. It is important to pay special attention to safety as you celebrate.

We all want our pets to enjoy the winter holidays with us. By taking a few precautions and preventive measures, dogs can be protected from many common winter hazards.

If you consider some of the things that can hurt little Lily in the winter, they are easy to avoid. Take precautions and enjoy the season together.

After all that being said, I hope you all have a wonderful and safe Christmas and a Happy New Year!



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The drawing (right) was done by Bark Point Studios of our own Mary Fournier's happy babes - Honey (horse), Bella (sable pap), & Trisha (tri-color pap)!

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