



The Way Home

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

Issue #88

www.paphaven.org

Spring 2016

1800+ rescued & counting! Celebrating 13+ years!

PHR's auction is seeking donations

As we enter the spring, thoughts of cleaning out the house are in the forefront of many of our minds. What to do with gently-used items and holiday gifts that are just “not your style”?

Well, here is a solution! PapHaven's bi-annual auction! This is a great opportunity to donate items that you don't have any use for and help a wonderful charity continue to do the good works to save pap and pap-mix dogs.

Interested? Got stuff to donate? Contact a team member for details about getting started. We also have a new member in the Fund Raising Team – Sharon McGowan. She has kindly offered to help warehouse the fund raising items. The Team is now: Amy Fretz (afretz@ptd.net); Paula Dane ([\[charter.net\]\(mailto:charter.net\)\); & Sharon McGowan \(\[mcgowansauer@outlook.com\]\(mailto:mcgowansauer@outlook.com\)\) with Jan Jorolan as a backup.](mailto:paulascoot@</p></div>
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Paphaven thanks you in advance for all of your help!

Keep your eyes on the horizon ... PapHaven's auction will begin on April 3 and run until its conclusion on April 16.

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Watch for the next issue of *The Way Home* for more exciting and informative stories.



Meet us in Louisville

PapHaven heads to the Papillon National Specialty

It would seem that spring is upon us early (at least for some regions of our great nation), and it's time to start thinking about the Rescue Parade at the 2016 Papillon Club of America, (PCA) National Specialty.

The National Specialty is being held on May 20-28 in Louisville, Kentucky at the Crowne Plaza Airport Hotel.

As in recent years, PHR will again make its presence known at Nationals! And we hope to improve our "pawprint" – by expanding our sales and better educating everyone about rescue! If you plan to attend Nationals and can help PHR in the booth, please contact Jan Jorolan at jorolan@catc.net.

PHR was again asked to do Canine Good Citizenship (CGC) testing at this year's Specialty. Sandy Vaillancourt will be our tester.

Rescue Parade

In order to make sure we're set, we need to know if you'll be attending. If you've been to a Rescue Parade in the past, then you know what a great time you'll have. If you've never been to one of these events, here's what it's all about.



PCA has a tradition of dedicating the show ring to our wonderful second chance furbabies at the National Specialty. Each person attending receives a goody bag filled with surprises and each dog has a biography that is read as they parade around the ring with their person(s).

The Rescue Parade is scheduled Wednesday May 25 at 8 a.m. If you plan to attend and participate in the Rescue Parade, Bonnie Bias (bjbias@gmail.com) needs 2 things from you by March 10, 2016.

- 1) Please email your contact information and the name of your Papillon.
- 2) Send short biography about your Pap and a picture of him/her. These bios will be assembled into a booklet and read out loud as our furkids are walked around the show ring for their special moment. The bio needs to be no

more than 3/4 page long and in 16 pt (large) font.

For planning purposes it's easier to cancel than to add, so if you are thinking of coming and your rescued Pap is to be in the parade, please let us know as soon as possible.

All that is needed to begin is the name of your rescue for the parade. Of course, if you have any questions, please contact Jan Jorolan at jorolan@catc.net.

Goody Bags

PHR is also looking for donations of items for the goody bags. We are currently working under the assumption that we could have 25+ rescued paps included in this wonderful event. We are seeking things like small toys, bagged treats, etc. If you're able to help out, please let us know.

Just brushing your dog can help alleviate itchy skin

Who knew that something so simple and basic as brushing your dog's coat could help to control and eliminate itchy and irritated skin. When his skin is itchy, inflammatory blood cells and chemical compounds such as histamine and prostaglandins accumulate in the affected area. These are all responsible for the reddening and inflammation that causes the itch.

There are several reasons why brushing can ease that itch.

1. A regular brushing will remove any loose and dead hair from his coat. Not only that, but the action of the brush will remove dander from the surface of his skin, and evenly distribute skin oils through his coat. This can prevent the accumulation of oil and dead cells on your dog's skin which is the perfect breeding ground for bacteria and fungi. These secondary infections can be extremely itchy.

2. Brushing your dog's fur will stimulate his skin, and this will increase blood flow to that area. This results in the quicker removal of chemicals and toxins from the skin and underlying tissues, and a reduction in the inflammation which makes him scratch.

3. If your dog has a long coat, knots and tangles can tug on his skin as he moves, and that is irritating to him. He'll scratch to try and break up the tangles. Use your brush to gently remove any knots, and he will feel much more comfortable, and won't feel the need to scratch as much.

4. Go over your dog from head to tail with a brush and comb on a weekly basis, and you can check his skin at the same time. Look for any sign of redness or irritation. If you do notice any problem areas, wash him in an oatmeal shampoo that has human grade colloidal oatmeal, which has been proven to relieve skin itching and inflammation. Or try a lavender shampoo which is also excellent for itchy skin (Make sure it's real lavender essential oil and not fragrance). If necessary, follow this with a quick spray of Itchin' for Relief directly onto the

itchy spots, and its natural herbs and plant extracts will relieve the itch very quickly.

Hints for Effective Brushing

Never brush your dog when his coat is wet. This can lead to hair breakage, and excessive pulling on his fur which hurts. Use a brush or comb to remove loose hair before you shampoo him, and then let him dry thoroughly before brushing him any more.

It's a good idea to keep a bottle of dry dog shampoo in your grooming kit with your brushes and combs. If your dog is a bit smelly, this can be sprayed on his dry coat and brushed through. It will clean his fur at the same time as the brushing action eases his itch. It also contains vitamins and herbal extracts which reduce itching, repel insects and add a lovely sheen to his coat.

Soothing your dog's itch can be challenging, but brushing his coat on a regular basis is the first step in making him comfortable. It's easy to do, it doesn't cost anything, and it creates a strong bond between you.



If your dog has itchy paws, a soothing foot bath is an all natural and inexpensive way to relieve your dog's irritation.



#567 Facebook.com/AnimalWellnessMagazine

Secrets to Traveling with your Small Dog

by Brandy Arnold – <http://dogingtonpost.com/secrets-traveling-your-small-dog/>

The following Guest Post comes to you from Spencer, a Yorkshire Terrier and self-proclaimed “Ambassador of Small Dog Travel.” Spencer has traveled the world with his dog parent and companion, Susan Gilbert, and has all the tips and tricks you’ll need when traveling with a small dog. Visit Spencer’s blog at MySmallDog.com and LIKE him on Facebook. Spencer not only shares his wealth of doggy travel knowledge, but discusses lots of other small dog topics, too!

Woof! That’s hello in dog talk. My name is Spencer, and yes I am a small dog, a Yorkie to be exact. Welcome to my exciting journey into – well, the world! It’s absolutely paw-fect as I share my secrets to traveling with your little fur baby, eh – I mean small dog.

When I say the world, I mean the whole world. I may be the most well traveled (and most adorable, or so I’ve been told) dog in the history of great canine adventurers! My Mom was wise enough to realize that though I may be small, my spirit of adventure is ENORMOUS! She loves to travel with me going everywhere in a very stylish, first class accommodation – my pet carrier.

Traveling with my Mom has been an exciting adventure, full of new experiences and fun. We are now closer than ever and get to share the beauty of a new arboretum or an unexplored lakeshore.

Today I am considered the “Ambassador of Small Dog Travel,” or All Dogs Big in Spirit,

but Small in Stature. Now that I have this title my mom gave me the opportunity to spread the word through our book, *Traveling with Your Pet – from Around the Corner to Around the World*, which is for all small dogs with big spirits and for their moms and dads.

So here are my ten small dog travel secrets based on my experiences of traveling with my mom around the world. Are you ready? I am! Let’s go!

1. Be a good dog.

Hey, you can cut loose all you want in the park, or in your own back yard. Personally I just love to dig dirt with my front paws. But if you want to go human places with your mom or dad, you need to learn when you can bark and when you can’t. But you can still be playful, just lay low. You’ll have time for play later after your trip!

2. A small bag is your new home.

Did you know that if you learn to be comfortable in a small travel bag that you’ll get to travel to faraway places on an airplane? Or how about getting to go to more places in your home town? I get to go with Mom when she does her grocery shopping, eats out at some restaurants, and I even have been able to go to a black tie event!

(Yes, I wore a tuxedo.)

I am so excited when I see Mom bring out the small bag. The soft lining is so soft and snuggly. When it’s zipped up I know it won’t be long until I’m

able to pop my head out and check out the world! I call it my travel trailer or my home away from home.

3. Don’t eat a big meal before a long flight.

If you travel on an empty stomach guess what? It will be a lot easier to not have to go potty until you get to your destination. Yeah, Mom makes sure to give me only small amounts of water, and then she takes me to a tree or grassy area near the airport just before we go in. My favorite part is that she always has treats as soon as we arrive and so I get a big reward for waiting to eat

Here’s how this works: No water within two hours of flight time, and no food within six hours of departure. I’ve never had airsickness and don’t have to take sedatives with this plan. Some airports even have a dog area, like the one at Sky Harbor in Phoenix, AZ, called the “Bone Yard” – a great place to walk and feel some kidney relief!

4. Get a beauty treatment.

Let’s face it. Humans don’t like stinky animals. I get a special bath in the kitchen sink at least once a week, which is finished off with my favorite perfume. You’d be surprised the difference it makes! And I look more handsome. People love to be around me when I am all clean and fresh and even touch my shiny coat and scratch me a bit behind an ear. Gotta love all that attention!

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Secrets to Traveling with your Small Dog

(continued from pg. 3)

5. Keep a low profile. Pretend you're a secret agent!

It's so surprising to me that not all passengers like pets. Mom is so smart. She keeps me zipped up tight in my small bag. Because I'm so good she opens the zipper in the waiting area, and I get to sit in her lap. She's super careful with people sitting next to us, and asks them if it's okay beforehand. Most of the time I attract a lot of attention with pats on the head and ear scratches (my favorite) from wee humans to big people. Cool!

6. Bundle up!

It can get cold on the floor of an airplane, and so my Mom always brings a special red sweatshirt that she keeps in my small bag so it's always there. I get to wear my sweatshirt before we board (so I don't get too hot inside the airport), and then takes it off right after we land. I stay nice and warm and comfortable and can get some much needed zzzzz's.

7. Go for a long walk.

Right before a trip my Mom takes me for a l-o-n-g walk, or a short walk if we are short on time. If that's the case I just run for a few laps in the yard and stretch my legs so that I am ready for nap on the plane.

7. Have something of your Mom or Dad's nearby, like their t-shirt.

Sometimes when I wake up in my small bag after traveling a lot I forget where we are! Having something of my Mom's nearby

my highly sensitive nose can make me feel like 'everything's' okay even before I open my eyes.

9. How to pass through security.

It's true. You have to go through security – just like humans. I have to be in an airline approved container inside the airport and on the airplane. But, you don't have stay in it to go through the security scan! Instead, you'll be treated like a star as you're taken out of your container and are carried through the arch that your Mom or Dad gets to walk through. This is the time to turn on the charm and smile, smile, smile! After all, you don't want to delay your flight because you made a fuss.

10. Train for safety

Practice not moving around in your small bag at home before you go out on a trip. This will keep you safe for sure. Trust me. I have learned this from experience. Once I decided to move around in my small bag when Mom set it on a counter, which sent me straight to the ground!

I hope you have enjoyed learning the secrets to traveling with your small dog and that your next trip is full of fun, excitement and safe travel. You will get to see lots of new places and hang out with your Mom or Dad much more. Happy traveling!

Woof-woof (for good-bye)!

ASPCA

It's Hot Out!

Don't Leave Your Pet in the Car!

120°
Within 30 minutes, the car's interior can climb from 85° to 120°.

102°
On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.

90°
Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

Pets most at risk for overheating are young, elderly or overweight animals, those with short muzzles and those with thick or dark-colored coats.

A car may overheat even when the windows have been left open an inch or two.

Shade offers little protection on a hot day and moves with the sun.

Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.

If you see an animal in a car on a hot day, try to locate the owner, or call 911! Stay by the car until help arrives.

Five tips for safe car travel

by [Tails Magazine](#); Reprinted with permission.

<http://www.tailsinc.com/2013/03/5-tips-for-safe-car-travel/>

When it comes to taking our pets for rides in the car, it's only natural that some will be more into it than others. But whether you have the dog that loves to stick his head out the window and catch a breeze, or the cat that is intent on scratching through the upholstery on your backseat, there are some ways you can ease the stress on everybody and plan for a more pleasant ride:

1. Make sure your pet is secured while you travel. Never leave your pet (especially your cat) free to roam around the car. There are many options for safely securing them – from harnesses to car seats to crates and carriers. Find what works

best for you and use it every time your pet rides with you in the car.

2. Keep a pet kit in the car. Fill a small box with some things you might need while out with your pet: extra water, treats, a towel, waste bags, first aid essentials, and cleaning wipes (if you've ever had a pet get sick in your car, you know that the more cleaning aids you have on hand the better!). Keep the kit in the trunk of your car so you know that you're always covered in an emergency.



3. Get your pet used to the ride. Some pets take to car rides right away, while others are a bit more resistant. Start your pet off with short drives around the block to get them comfortable, and by the time you need to take them somewhere further away, they'll know what to expect.

4. Never leave your pet alone in the car. It doesn't matter what the weather is like outside or how short of a time period you'll be gone, leaving your pet alone in the car is incredibly dangerous. Even with the windows open, cars can easily become furnaces in hot weather, and in cold weather, they quickly become frigid without the heat blasting. Always choose to be safe rather than sorry and avoid ever leaving your pet alone in the car.

5. Don't feed your pet a huge meal before setting out. Same goes for giving your pet a lot to drink. We all know how easy it is to get a little car sick – avoid the possibility of making your pet miserable on a long car ride by only feeding light meals. If you can, try to not feed your pet in the three to four hours prior to setting off.

COCONUT OIL FOR DOGS

- Coconut oil is made up of more than 90% Medium Chain Triglycerides (MCTs) which are the main source of benefits.
- Coconut oil, having these super awesome MCTs, can do a lot for your dog, including:
 - Clear up skin problems, from allergies to dry skin
 - Improve general skin health
 - Make their coat shiny while also deodorizing any doggy odor
 - Prevents and treats yeast and fungal infections
 - Disinfects cuts
 - Improves digestion
 - Reduces or eliminates bad breath
 - Helps control diabetes
 - Increases energy
 - Aids in arthritis or ligament problems
- 1/4 tablespoon per every 10 pounds of body weight twice daily for basic MCT support.



Simple Ways to Cure Your Pet's Boredom

by Laura Drucker in Behavior, Health & Wellness; Reprinted with permission.

<http://www.tailsinc.com/2012/05/simple-ways-to-cure-your-pets-boredom/>

Our pets are a huge part of our lives. However, they are not the only part of our lives, and that means that sometimes you will be busy and your pet will be bored.

Boredom manifests itself through bad behavior. A bored dog may chew on things he knows he's not supposed to, bark excessively, or dig up your yard. A bored cat, meanwhile, tends to act aggressively, eliminate outside of the litter box, and constantly be grooming and scratching. Boredom is not uncommon in dogs and cats, but it is potentially harmful if it goes too long without being addressed. Excessively bored pets can become aggressive, depressed, or even ill.

Maybe your pet isn't acting out, but is simply staring at you begging for attention when you really need to get something else done. Either way—there are some simple things you can do to deal

with and prevent pet boredom.

Make Sure Your Pet Gets Plenty of Time to be Active

Staying active is a great way for your pet to beat boredom. Your pet should be getting lots of opportunities to play in non-confined spaces. For dogs, walks and fetch are great means for exercise and stress-relief. Cats don't require as much activity, but a climbing tree or tower will provide some much needed freedom to roam.

Get Creative with Toys

When it comes to toys, it's definitely more about quality than quantity. Interactive toys—such as those that require your pet to figure out how to release a treat—are awesome boredom busters. Hide toys around in the house in your pet's favorite places

for them to find. And rotate what toys are available to your pet so that their options are fresh and engaging.

Play Dates

Maybe you can't adopt another pet, but if you know somebody who has a dog or a cat that gets along with yours, try bringing them together for some playtime. Your pet will appreciate getting to socialize and having a companion, and you will appreciate how much less stressed they seem. For your dog, consider doggy daycare if you're going to be out of the house a lot.

Keep Your Pet Healthy

A healthy pet is a happy pet. Feeding your pet a healthy, well-balanced diet, always having water available, and making sure their space is clean goes a long way towards dealing with behavioral problems that may come about from boredom.

Always Find Time For Your Pet

It is crucial that you make sure you are giving your pet one-on-one attention every day. Training, playing, bathing, and belly scratching are all great ways to show your pet how much you care. It won't cure boredom, but it will help with your pet's health and general well-being.

Be conscious of your pet's mood, and do your best to keep your pet engaged and active. You both will be happier for it!



How We Shape Our Pet's Behaviors

By Marybeth Bittel; Reprinted with permission. – <http://www.tailsinc.com/2014/10/how-we-shape-our-pets-behaviors/>

When I was a young music student growing up in Chicago's western suburbs, my family adopted an Airedale puppy we named Beethoven. I picked Beethoven out at the shelter because all the other puppies rushed forward to greet me, while he hid shyly in the corner. Most trainers agree that's not necessarily the ideal benchmark for selecting a furry friend, but we got lucky. Beethoven matured into an outgoing, even-tempered, fun, and affectionate family member who sternly guarded our front yard one minute, and romped through our sprinkler the next.

But then came the Fourth of July. Fireworks went off at random intervals around the clock. We discovered that when it came to loud noises and ear-popping explosions, Beethoven was absolutely terrified.

At first we wondered how this could have happened. After all, we'd never left our beloved boy outside while pyrotechnics peppered the sky. He hadn't been exposed to extreme noises as a puppy. In all likelihood, Beethoven's fireworks aversion, like so many pet fears and phobias, was just one of those things that took hold when his sensitive hearing

encountered a sudden trigger he could neither see nor anticipate.

So we did what numerous pet parents do when their cherished companion is struggling: we cuddled him, coddled him, and cooed comforting words of reassurance. We also sat, feeling helpless, watching him cower and hide as the problem held steady each year. In fact, through all the years of Beethoven's life, he never overcame this disabling sense of distress, no matter how soothing or supportive we attempted to make his surrounding environment.

When my husband and I began working with abused rescue dogs, we noticed that most arrived with an array of

deep-rooted anxieties acquired over time. One Bichon was terrified of rotary fans. A Shih Tzu mix became a jittery mess during thunderstorms. A sweet and docile Foxhound routinely hid from houseplants. These fears ran the gamut, but they had one thing in common: They were exceedingly real to the dog, and they had a great impacts on the entire family.

We began working with local animal behaviorists, and that's when we learned an invaluable truth: The way we react to our pet's anxieties can actually perpetuate the patterns.

Why would this be? As Abe Mashal, owner of *Marine Corps Dog Training* in St. Charles, explains, "Dogs form extremely solid bonds with their humans. That means most canines are highly attuned to any type of interaction with their human 'pack' members." So when something a dog is doing earns our attention – whether that attention takes the form of praise, pampering, or peevish irritation – the behavior is often unintentionally reinforced.

"Reinforcement," a common term in the world of animal behavioral training, is really just another word for strengthening. In reality, a reinforcer can be anything that strengthens a behavior.

So for those of you

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How We Shape Our Pet's Behaviors

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thinking, “I never reinforce my dog’s non-stop barking! I scold her on the spot,” see if these examples sound familiar:

- You hear your pet howling, and immediately storm in to reprimand her. How is this reinforcement? To many dogs, having a beloved human present (even a beloved yet annoyed human) is better than feeling lonesome. Your dog begins to think her howling is prompting you to chime in.
- Your pet whines pitifully as you begin to leave the house, so you return to take him with you. Over time, your dog starts believing that his whining causes you to come back for him (Pavlov’s theory, anyone?).
- Your pet cowers and growls behind the sofa whenever company arrives, so you pick him up and coo “Ohhhh, you’re fine, what a goooooood boy...” Soon, your dog begins to equate hiding and trembling with oodles of TLC.

“Every interaction with your dog has the potential to teach and reinforce, merely because you’re paying attention,” explains Sara Swan, owner of *Narnia Pet Behavior & Training* in Plainfield. How can you tell if this is happening? Simply observe over time. Dogs continue to engage in behaviors that provide some sort of payoff. If you’re dealing with a fear or anxiety response that’s ongoing – such as Beethoven’s abhorrence of fireworks – some kind of inducement is likely contributing to the pattern. In Beethoven’s case, his reactions

earned him almost round-the-clock nurturing.

Fortunately, we as dog parents can leverage these same dynamics when it comes to re-programming undesirable behaviors. Let’s say your 80-pound “lap dog” excitedly jumps on you whenever you come home from work. When you withhold the coveted attention – immediately going back out the door, or turning your back on him – many pups gradually begin to seek out a different behavior.

The same thing can work with a fear response. If your pet is terrified of your Swiffer mop, for example, try propping it against the family room couch and just leaving it there. Then, simply act like it’s no big deal and go about your daily routine, even if your pup exhibits an unsettled reaction. Very gradually, over time, as your furry friend begins to approach the mop with quiet but tentative curiosity, reward that calm behavior with brief praise or a small treat. Keep it up, and eventually your dog can learn that “mop = calm = good.”

Helping your dog manage his stress is one of the keys to having a happy and healthy pet. If your animal companion has specific challenges beyond what you’re comfortable handling, always reach out to a certified animal behaviorist who can help you develop targeted interventional techniques that will work on your pet’s unique needs. It will not only help with unwanted behaviors, but strengthen your bond, as well.

Safe, Drug Free Ways To Soothe Your Pet's Stress

The Thundershirt. The Thundershirt leverages the age-old principle of swaddling an infant to promote calming reassurance. Simply fasten this snug, stretchy shirt around your pet’s ribcage. During anxious episodes of panting or hyperventilation, it provides ongoing sensory feedback that suppresses this common panic response. (Thundershirt.com)

Music or ASMR. As a musician, I can attest firsthand that deep, resonant tones often work wonders on a nervous pup. You can also try leveraging something called ASMR (Autonomous Sensory Meridian Response), which is promoted by many hypnotists and human sleep therapists. ASMR is a subjective, perceptual phenomenon characterized by a distinct calming or scalp-tingling sensation in response to quiet, seemingly mundane sound triggers. Certain pets appear especially receptive, and may even be lulled to sleep. To gauge effectiveness, try playing low, calming music or ASMR audio with your dog in the room. Use a meditation CD, or visit YouTube to access ASMR recordings by reputable “ASMRtists” such as The Waterwhispers.

Calming Sprays. Help create a relaxing environment for your pet by using a calming spray on their bedding or by plugging in a calming spray diffuser. Many cats and dogs experience reduced anxiety and stress after being exposed to these non-sedating sprays, which use soothing scents such as lemongrass, cinnamon, and lavender to encourage relaxation.