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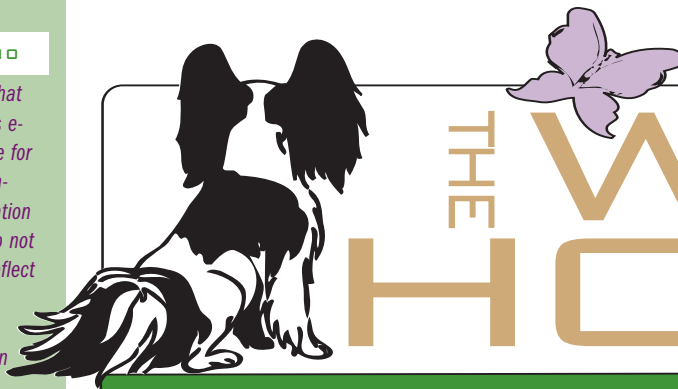
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<http://butterflyboulevard.pbwiki.com/>



An outreach e-communication from Papillon Haven Rescue

AUCTION RAISES OVER \$3,000

The auction is over, money collected, and the majority of the items pack and shipped.

RESULTS

Items listed = 341

Items sold = 257

Total proceeds = \$3,087.83

Some items were sold soon after the auction began. We had four quality pieces of 14k jewelry donated to us for the auction or to be sold for the

benefit of PHR. We were contacted by a gold dealer in New York City who offered to pay what gold was trading for on the market that day for our pieces. He bought 3 of them for \$415. The gold bracelet we left in the auction, he won also. He said he would put in a bid for the trading value of the gold, so that we would get what it was worth, and if he was out bid he said, all the better for us.

Thank you to everyone who bid!

Jim Parrott, Fundraising Coordinator

AUCTION "THANK YOU!"

WHERE TO BEGIN!!

I believe I've shared with some of you that the PapHaven Holiday Auction was pretty funny for us Ecklunds. The prize we kept our eye on was the *Chicago* tickets on Broadway – it was a whole package deal that came with drinks, a souvenir, a tour, just amazing! So that was the big item we (Greg and I) bid on. I also sent a link to all our friends and family about the auction of course.

Well – the final night of the auction we were in a bidding war for those tickets with two other interested parties. We ended up losing the tickets, and completely forgetting about the whole thing (but happy about the auction regardless cause we got some awesome items anyways!)

For Christmas my in-laws gave us a folded piece of paper. It was an email printout – from the auction! Turns out that the two people we were bidding against... were my mother-in-law (MIL) and my father-in-law (FIL). My MIL saw the tickets and immediately thought it would be the perfect gift for us, and my FIL thought the same thing! So they were bidding against each other... AND US!!! In the end we ended up with the tickets, which was such a surprise and a funny coincidence.

Last night, Thursday April 22, we cashed in the prize and saw the show. I'd never seen *Chicago* on Broadway, but will admit that I'm a theater fan and know all the songs (the movie is one of my favorites, I highly recommend it). The show was in my back pocket of "must-sees some day when we aren't

young" (and have more casholla to spend on those kinds of ventures). The night was perfect. We had dinner at a restaurant down the street and when we picked up our tickets the man at the ticket booth knew EXACTLY who



LINDA ECKLUND

we were. We were given souvenir programs (the nice ones with photos across different casts and some details about the show) and hats! AND two drink tickets for "beer, cocktails, or wine of your choice, including tip." Not to mention our seats were UNBELIEVABLE! Literally the perfect seats – on the isle in the middle Orchestra section, about 10 rows from the back (so not too close, but close enough to still see the costume details). The bartender even knew who we were and was extremely nice, and after the show we were given a private tour of the back stage area. We even got to go ON STAGE and see the wardrobe and make-up rooms. I've never been backstage at a Broadway theater... the closest thing I've ever been to it is my middle schools Christmas pageant... so it was very exciting.

Alright, I know I can be wordy. So to whomever got those tickets for the auction... THANK YOU! We had the time of our lives. I *really* hope that there is a similar package in the 2011 Holiday Auction. I'd love to send a thank you note to whomever donated those tickets and spent all that time making sure we were treated like royalty. We'll never forget the night.

Linda & Greg Ecklund (Connecticut)

PAPHAVEN SCORES BIG AT NATIONALS!



Participants in the Rescue Parade on Saturday morning showed that our babies can "show" with the best of them!

PHR members came out to support our first endeavor at Papillon National in Des Moines, Iowa, from across the country. Nora Lenahan and Annie Paynter came from Pennsylvania, while Jim and Andy Watson RV'd their way from Texas. Dick and Peggy Pendill travelled all the way from Maine! And let's not forget our dog show people Dee Kilbourn (Texas) and Francesca Alfino (Missouri).

It gave many of us the chance to meet new members that we only get to speak with via email and the phone. For others, it was a chance to catch up with old friends and former fosters. But, of course, we all missed the members who could not attend.

A DRIVE FROM THE NORTH

As Nancy Sundberg, her dog Rocky, and Nora Lenahan began their drive from northern Minnesota to Des Moines, the day dawned bright and clear. As they progressed south, the wind began to pick up. And by the time they arrived in Iowa, it was a force to be reck-

oned with. Poor Rocky was almost blown over a few times. The wind also made driving particularly difficult for Nancy.

Then the real work began! Though they're weren't many vendors, those that were there

had terrific items. So the competition was fierce! But we all worked together to get the job done!

DINNER WITH FRIENDS

The close of business in the vendor's area brought a chance for our members and friends to get together.

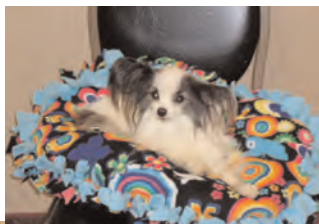
Dinner at Mezzodi's – just a few blocks from our hotel – was a wonderful dining experience. The small, *away-from-the-crowd* dining room afforded us the perfect setting. And we were just far enough away from the rest of the diners so we did not disturb their dinner with our laughter and stories!

After a brief introduction period, PHR Director Jan Jorolan held a short business meeting to bring us all up-to-speed on PHR issues, and shared small gifts with each of the attendees.

Then we were on to the REAL business



A quick shot of Nancy's over-packed SUV as she and Nora departed Minnesota for Iowa on Tuesday morning.



Rocky Sundberg (above) decided to keep one of the comfy beds his Momma Nancy made!



Treasures abound at the PHR table



PHR Had tables-full of goodies to sell!

at hand – a scrumptious dinner! Congratulations to Carrie Helle for a job well done in choosing our dinner venue!

DRUM-ROLL PLEASE

But in the end we prevailed – \$1,247! And we have bigger hopes for 2011! With any luck, many more of you will be able to join us in Tennessee (tentatively).

MEMBER COMMENTS

Annie Paynter wrote, "So sorry to have missed your celebration dance for the unofficial total of sales. I sure would have loved to have seen you dance naked, Jan. *giggle* That IS what the agreement was, wasn't it?"

All kidding aside, it was super to meet some dogs that I hadn't met before with their people. Dinner on Thursday was just far too short for me. It was so much fun. The Rescue Parade was the topper for a wonderful time."



Jan Jorolan (in green) and Andy Watson (right) chat with a shopper.



Members had a chance to talk with old friends and make new contacts at the Thursday dinner.

virtually making the rescue parade pap haven's rescue parade. It was so cool to see all the pap haven folks in the ring and the majority of the dogs walked. Personally, I still tear up because I got to see Coz before Annie & Kent Paynter took him to his forever home and he walked so well!"

"I would have loved seeing Jan dance on the table. Maybe she did and someone got a picture or two better yet a video!"



Nancy Sundberg holds her former foster, Tag, and discusses his progress with Mom Kristen Goering.



During the dinner meeting, Jan (standing) introduced Dr. Dorothea Robinson (seated left), a long-standing friend of PHR.



Director Jorolan handed out small tokens to each member who attended Nationals during the dinner meeting on Thursday.

I know Dick & I had a wonderful time and hope to do it again next year, where ever it maybe. I especially enjoyed meeting our PHR members, seeing Annie and Nora once again and all the special dogies. After all, that is what it's all about, isn't it? Oh yes, I loved the foster parade, we're all so proud of our furbabies," said **Peggy Pendill.**



"We are back home and more or less 'frazzled.'

The weather was just awful driving home. But had a wonderful time at this year's PCA National Speciality. Woo Hoo!" stated **Director Jan Jorolan from Arkansas.**

"Our Thursday night PapHaven meeting and dinner was lots of fun and we had a full house – 21 at my count. Company was good and so was the food. I do hope we can repeat this again next year and more of you will be able to attend."

PS: By the way... in the earlier discussion about Jan dancing... the story was I said if we got over \$1,000, I'd dance a jig... not naked!"

"Oh my gosh it was fantastic especially getting to meet so many wonderful PapHaven folks," stated **Francesca Alfino.** "We even had the majority of the rescues



PCART member Lorrain Stafford (TX - left) discusses rescue ideas with our own Annie & Aspen Paynter (PA).



All Rescue Parade participants received a beautiful ribbon.

Viv Kilbourn (below) shows off her "fancy" collar to prospective shoppers



Spice Pendill stops to get a treat for great work from Mom Peggy during the rescue parade, as Sugar checks out the crowd.



Francesca Alfino (right) looks on as the judge sizes up one of her Paps.



Some of the PHR ladies - from left: Peggy Pendill (ME), Annie Paynter (PA), Jan Jorolan (AR), Lori Bayless (AR - back to the camera), and Dee Ann Kilbourn (TX) - had an impromptu chat about issues facing rescue group.



Found on ModernDog.com – reprinted from You Lucky Dog: More Than 30 Craft Projects to Unleash Your Pup's Personality

Needs:

Scissors

Iron

Thread

Needle

Small snaps

Sewing machine

SILENCE IS GOLDEN. MAKE YOUR DOG A COOL-LOOKING TAG SILENCER.

D.I.Y. CRAFT – TAG SILENCERS

Paper and pencil
Embroidery needle
Embroidery floss
Paper-backed fusible web
Craft felt in assorted colours
Cotton fabric in assorted colours and patterns

Finished size: each approximately
2.5 x 3 inches (6.5 x 7.5 cm)

1. Enlarge the templates [<http://www.moderndogmagazine.com/tagsilencertemplate>]. Cut them out and set aside. (Note that each silencer has a front and back).

- Following the manufacturer's instructions, use the iron to apply the paper-backed fusible web to one side of the craft felt. Don't peel the paper away. When the fabric is cool, trace around the templates – including a front and back for each – onto the fusible web's paper backing. Cut out the designs from the felt.
- Remove the paper from the back of the felt, and use the iron to adhere the shapes to pieces of the cotton fabric. Cut away any excess fabric, trimming it to the shape of the felt.
- Use the paper-backed fusible web to apply felt appliqués as desired to the front of the tag.
- Use the sewing machine to zigzag around the appliqués. You can also zigzag stripes on the cat's face. Embroider French knots for sesame seeds on the top of the burger bun. Zigzag around the top edges of the front and back of each shape.
- With cotton sides facing, lay the front and back for each silencer together. Use the zigzag stitch around the side edges to sew the front to the back. Leave the tops open so you can slip in the tags later.
- Sew a snap onto the tab of the back piece and to the front of the silencer.
- Using the embroidery floss, work the blanket stitch around the edge of each piece. To hide the stitching for the snap on the front of the tab, embroider a dot over the stitches using the satin stitch.

PAP-OF-THE-MONTH: PRETTY BOY & JEANA

H! My name is Pretty Boy. I am 10.6 pounds and 10 inches tall, but do not be fooled. There is a big dog in this papillon body. I can

be both sweet and yet roll with the flow. My foster mom calls me PB cause she says I am like peanut butter and jelly (whatever that is), both sweet and dependable. I am

probably not the dog for a house with a lot of stairs but I love to play with any toy, dog, or person. I am coming up with a few games of my own for that time when I find my special person. Look into my deep dark eyes and you will see pools of love just waiting for a hug from my special person. Somewhere out there, beneath the pale moonlight, someone's thinking of me and loving me tonight. If you are that someone, please let Paphaven know. I have not mastered the phone or computer yet. I am waiting to love you in person.

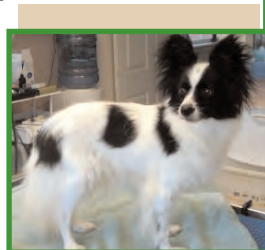
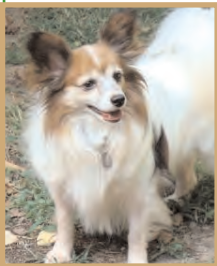
Pretty Boy is still working on his house manners and improving every day.

Jeana is a beautiful black and white Pap at about 12lbs and 12" tall.

Jeana can't tell you a heartwarming story about her life. Until recently her life was spent in a cage having babies. She has gone from living in a cramped cage, to being able to romp free, but not knowing how, fearing people and anything new. Years of cage confinement and poor nutri-

tion have caused muscle wasting, splayed feet, and some early arthritic changes, some of which she will recover from.

Day 1 of "the rest of her life" found her scared and suspicious of us humans. She had difficulty getting up and down and preferred to not even try. She was content just to sit alone. Her body and mind could not move forward. Jeana was started on an anti-inflammatory/pain control regimen. In just days she is up and joining her pack. Her eyes are alive and her spirit is hopeful. She loves to walk now, but not too far yet. Sometimes she has to stop and rest. Even when she has not felt well, Jeana always got along well with other dogs and cats. She remains cautious and keeps her distance from strangers, but adores her foster family. Jeana is sweet and gentle. This will be a slow process for Jeana to learn to be a dog, but her foster mom sees in her the willingness to take the journey with the right family. Her greatest joys as of today are a soft bed, spending the evening sitting next to someone on the couch, and a nice walk. Her foster mom's wish is for her to live the rest of her life without fear and to know the dignity that will come from being loved... just the way we are.



AT LAST: A FORMULA TO RID YOUR PET OF SKUNK SCENT

by Gina Spadafori is the award-winning author of *Dogs for Dummies*, *Cats for Dummies*, and *Birds for Dummies*. She is also affiliated with the Veterinary Information Network Inc., an international online service for veterinary professionals. From www.veterinarypartner.com

You'd think that if you discovered the hands-down, bar-none best way for dealing with a pet who has been skunked, you'd be able to sell your formula for a tidy sum and be set for life, right?



Wrong. At least, that's not the way it worked for chemist Paul Krebaum, who found just such a magic formula a few years ago – and hasn't gained anything but the gratitude of pet lovers for his troubles.

FIRST THE FORMULA ...

Take 1 quart of 3 percent hydrogen peroxide (available from any drugstore), 1/4 cup of baking soda (sodium bicarbonate for you science types), and 1 teaspoon of liquid soap, such as Ivory. Mix and immediately apply to the stinky pet. Rinse thoroughly with tap water.

The result is astonishing.

THEN THE STORY

Unfortunately, so is the explosion if you made the solution and tried to bottle it.

The merging of the hydrogen peroxide and baking soda creates lots of oxygen in a big hurry. This chemical reaction is key to how the solution works, but it's also fierce enough to explode in a closed container.

Which is why Paul Krebaum hasn't capitalized on his discovery. There's no way to sell something you can't put in a bottle.

And it's a shame, too, because the man deserves some kind of reward. The stuff really works. Not like tomato juice, which dampens the odor a little and leaves you with a slightly less-stinky pink dog. Commercial preparations seem to fare a little better, but even with them it's the passing of time that seems to finally do the trick.

But the hydrogen peroxide mix?

Skunk be gone!

The trick is the oxygen, which grabs the molecules that go into that horrid smell. Once snagged, the smell is neutralized. Simple chemistry, really.

Since Krebaum published his findings in a trade journal in 1993, his magic formula has spread far and wide, offered up by

agriculture officials and hunting magazines, and touted by folks on the web. *The Chicago Tribune* gave him a good write-up in 1994 that got picked up by newspapers all over the country. In it, he called his mix a "free-gift-to-humanity type deal."

I first heard about this formula a couple of years ago and read reports from

many who raved about it. I made up the solution to see what it was like, but never got lucky enough to try it on one of my dogs. They just don't seem all that interested in skunks when we're walking in the wooded area near our home.

Finally, a friend called to tell me her setter had been skunked and asked my advice. At last! The chance to try the mix.

I must admit she didn't share my enthusiasm, at least not at first. She had already bathed the dog in soap and water. She had poured eight quarts of tomato juice over him. And still he smelled. So I told her about Paul Krebaum's miracle skunk cure.

A couple of hours later, Krebaum had another believer. The dog slept on the bed that night.

I suppose it's not very practical to suggest that everyone who's grateful to Paul Krebaum send him a few bits to make up for some of the money he'll never make on his miracle skunk cure. So maybe it would be nice if you save this article for when you'll need it, and when you do, say a few silent words of thanks to the man who'll get you out of one stinky fix.

BOOK REVIEWS –

'WE'RE ALL EARS!'

HAPPY DOG: More than 100 tail-wagging tips to keep your dog happy & healthy

By Liz Dalby & Helen Dennis

Every dog owner wants a happy pet. Canine contentment contributes to a pooch's health and well-being, and adds a large measure of happiness to its owner's household.



Open this book and find out everything you need to know about making sure that your dog is a happy and contented member of your household. Author Liz Dalby takes a lighthearted approach as she advises on feeding, exercise, health care, grooming, and training. The delightful color photos that accompany her words of wisdom are sure to prompt smiles from every true dog lover.

Here's expert advice on feeding, exercise, healthcare, grooming, and training, all details presented with an emphasis on having fun. Practical advice and information includes:

- How to keep your pet happy
- Insights for understanding dogs and responding to their needs
- Discovering "boredom busters" that keep dogs happy
- Specialized games that bring fun to the task of dog training
- Recipes for healthful treats that dogs love.

Liz Dalby is a freelance writer who has also edited many pet books. Her love of dogs and experience as an owner of Cairn Terriers has given her a deep insight into the many ways of caring for dogs' needs and keeping them happy. Liz lives and works in Somerset, England.

Helen Dennis, Vet. M.B., M.R.C.V.S., runs a veterinary service in England, visiting canine patients in their own homes. She is a member of the British Small Animal Veterinary Assn. and writes regularly for several pet owners' publications.

FIGHTING FLEAS

We have – over the last few years – discussed flea prevention in depth. But here we go again! With as wet as many places were this winter, it has been said that fleas and ticks will be bad this summer. Here are some tips and tricks to help you stay ahead of the problems.

THE NATURAL WAY:

- Vacuum your home frequently and seal vacuum bags before disposing.
- Wash the bedding of your dog weekly in warm soapy water. This is where fleas usually breed.
- Bathing your pet weekly with a mild dog shampoo prevents flea invasion.
- Use cedar shampoo for your dog, and put cedar oil in their sleeping mats. Cedar will repel fleas and other insects.
- Fleas are attracted to dry skin, so to avoid it, give your dog Linatone oil mixed with its food. Excessive shampooing should be avoided.
- Fresh or dried pennyroyal leaves is a natural flea repellent. Use this on carpets to avoid the abundance of fleas in the home. **Do not use** if you have small children around, as this could be toxic.
- A mixture of 60 ml. of lavender oil with 2.8 liters of rock salt can also be placed in areas where dogs usually come in contact with fleas and this solution could also be used to wash your dog.
- Planting marigolds in the yard is helpful, too; it repels certain types of bugs as well as fleas.

- Boiled lemon or orange peel in water can be used as a dip for dogs and can be used too to soak dog bedding for a few hours, then washed with warm soapy water.
- Lukewarm water with little shampoo and detergent is a good way to prevent fleas. A dog's body may be dipped into the solution for fifteen minutes and then rinsed. This only works if flea infestation is light.

The natural way of treating fleas is effective only if the level of flea infestation is average to very few. This method usually is recommended for prevention only.

COMMERCIALY-AVAILABLE CHEMICAL FLEA PRODUCTS:

Chemical flea products are well-known and widely used. But I have always had a concern about “over-medicating” my Paps.



My little guy, Cutter, weighs only 5.2 lbs. I had a vet tell me I could use a **WHOLE** dose ampule (for a dog weighing under 22 lbs.) on him and it would be no problem! **No problem for whom!** It would certainly be one for me, ‘cause I would worry about too much

chemical hurting him.

Here is an overview:

- **Advantage.** Active ingredient is imidacloprid. This flea poison, is made by Bayer. It is in a liquid form and applied to the skin, at the back of the dog, and works for about a month. This works by upsetting the nervous system of fleas when they come in contact with the liquid. This product is fast acting and is not absorbed into the internal organs and bloodstream of the dog.

Studies indicate that this product is highly toxic to fleas and other insects as well. A dog will be free from fleas in just a couple of days.

Ingredients are: imidacloprid – a chloronicotinyl nitroguanidine integrated from the nitromethylene class of a compound. This joins the nicotinyl receptor sites of insects, thus upsetting normal nerve transmission which causes death.

One of our members recently spoke with her vet and got us some interesting information. “My vet said to use 0.4 ml. on the 5 pounder (Pap) and 1 ml. on the larger dog. I don’t know why you wouldn’t increase the dosage in proportion to the dog’s weight but it doesn’t. Of course if you had a 100 lb. dog you would use just the 4 ml.” This would mean I could purchase the 21-55 pound dosage (my dogs weigh 38 pounds between the three), and still have some left over. This would cost me \$10.75 per dose if I bought a 4 pack from my vet; instead of \$39.99 for a 4 pack and having to use three for a one month dose.

- **Frontline.**

This product is very similar to Advantage, but is not water soluble, so alcohol is needed to wash it off. This can safely be used in pups, dogs, cats and kittens.



Efficiency in repelling lasts up to four months.

Fipronil (the active ingredient) works as a nervous transmission interruptor, which causes quick death to fleas and ticks. It is proven to kill 96 percent of fleas for the first two hours and 100 percent within 24 hours. Ticks die sooner than they attach themselves to the host. Fipronil is from the new phenylpyrazole class.

Very effective and can be considered safe, so long as dogs are not allergic to fipronil.

One of our other members (who uses Frontline) was able to provide us with this info: *The dose for dogs is 0.0305 ML per pound. so an 8 pound Pap takes .25 ml and a 10 pound Pap takes 0.30 ml. I take a syringe, draw out the amount I need and drip it between the shoulders.*

Generally fleas abound during the summer months, when it is their breeding season. These commercial products can greatly help in fighting heavy flea infestation and needed where severe invasion occurs. However, it is always best to consult with your vet as the choice of flea control will greatly depend on your life style.



THE WAY HOME
An Outreach e-communication from Papillon Haven Rescue

WWW.PAPHAVEN.ORG
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NEWSLETTER DEADLINE
Materials and color photos for the next issue must be received by June 15. Send materials to:
norajl169@yahoo.com

ALL-NATURAL SUPPLEMENTS TO COMBAT STRESS & FLEAS

Sometimes, our dogs need a little help with supplements as well. Here is some information that should help you in making the choices available.

MELATONIN

Used to treat your dog's fear of thunderstorms. Many dogs are scared of loud noises, specifically thunderstorms and other similar, unexpected sounds that rattle their ears. This is especially true for puppies. They are not used to hearing loud booming sounds and their ears are sharper and more sensitive than an adult dog's ears.

Dealing with the possibility of having a panick-stricken, nervous puppy, some owners use tranquilizers as a last resort during an impending thunderstorm. Of course this is an extreme treatment that is not highly recommended, but now there is a new alternative: A safe, drug-free, over-the-counter supplement that is available to dogs with anxiety. It is called melatonin.

You have probably heard of melatonin already, as many people use it. It is a naturally occurring hormone that is secreted by

a small endocrine gland called the pineal gland, located at the base of the brain.

Melatonin helps regulate and maintain the body's circadian rhythm (the body's 24-hour internal clock that tells mammals what time to fall asleep and when to wake up). In humans, melatonin is used as a natural sleeping aid, whereas in dogs, this natural hormone is administered to alleviate the fear of thunder and other various loud noises. Some dog owners also use melatonin to treat other stress issues that their dogs may have.

Melatonin is said to have a positive result with at least 75 percent of dogs who take the supplement. With some dogs, melatonin is most effective when it is given just before the storm hits. Other dogs, however, do best when the supplement is given as they are starting to show signs of anxiety and fear.

Melatonin works in the body for about eight hours and should not be used on pregnant dogs. ALWAYS consult your vet prior to using for the recommended safety dose.

NATURAL PLANT OILS

A second all-natural product which can help cure one of your dog's worst enemies is a natural plant oil used to combat fleas. A new option has finally arrived for many dog owners who are looking for a safer and more natural approach in treating fleas.

It is called aromatherapy: A mixture of different plant oils as a natural alternative to strong chemicals used in controlling fleas. These powerful oils are extracted from plants using a special type of distillation process called steam distillation. The formula is rubbed into the dog's coat and is believed to be very effective in treating and preventing fleas.

Many of these natural plant oil products also contain essential oils such as lavender, lemongrass, and peppermint, which all helps to create a very soothing sensation on your pet's skin and coat. These ingredients are also effective in repelling mosquitoes.



Papillon Haven Rescue's "Mother's Day" Raffle Fundraiser

And the winner is ...



NANCY DUKE
(Ticket #180)

GRAND PRIZE
Papillon Fleece Jacket (Size: Large)



NANCY SUNDBERG
(Ticket #11)

Second Prize
Papillon Hand Bag



CYNTHIA SIMICSAK
(Ticket #203)

Third Prize
Needlepoint Papillon Coin Purse

Thank you to everyone that participated. You helped to raise \$640! www.paphaven.org



THE TOLL THAT TOXINS TAKE

THE RELATIONSHIP BETWEEN ENVIRONMENTAL TOXINS & PET HEALTH

By Katie Marsico; reprinted with permission from *Tails Magazine*, April 2010

Nearly 30 years later, I still remember the pungent odor of chemicals coming from the flea collars my parents used to buy for our mixed-breed dogs. I also remember the array of painted plastic chew toys that seemed to disintegrate in all of five good bites, leaving my mother in a perpetual state of panic over what unwholesome bits and pieces the pups may have ingested. Now a grown woman with my own boatload of companion animals, I've come to realize that the stakes have gotten significantly higher.



Join other PHR members on this exciting site! Network, share ideas, chat that are OT (off-topic) on the PapHaven group's site.

We have arrived! You now can find us on Facebook. Please feel free to join us and help spread the word.

This is a great place to share pictures and stories.

Also, join the **Facebook – Papillon Haven Rescue** (PapHaven) page. Or refer your friends and family to this page ... great way for them to get their 'feet wet' to the fundraising and ideas of PHR! Our e-news, fundraising, and general information are up-to-date for anyone who wants to get a better idea about what we do!

If you have items to post and would like us to do it for you, please contact Rita Charvat (rcharvat@ford.com).

If you are already a member of Facebook, look us up! We will be using Facebook and Twitter to post future events and discussions.



In a society where conditions ranging from autism to cancer have been proven to be related to toxins, it's not unreasonable to question if and how our pets are being similarly affected. There is little doubt that, with the dawn of the 21st century, an ever-growing number of people are striving to become greener in order to protect both their own health and that of the environment. As they do so, pet guardians are also growing more conscious of the impact that everything from insecticides to plastic water bowls have on their furry friends.

NOT IMMUNE FROM ENVIRONMENTAL TOXINS

It's easy to incorrectly assume that dogs and cats who spend most of their time in front of the food dish in the kitchen or romping in the backyard are safe from exposure to environmental toxins. After all, our pets don't typically sit in traffic behind smog-belching buses or ponder whether they have upped their risk of contracting cancer by reusing the same plastic water bottle for a week. In reality, however, companion animals are frequently just as much in harm's way as human beings – if not more so.

"Pets are often exposed to multiple conventional chemicals around the home," explains Leeann Brown, a press associate with the Environmental Working Group (EWG). The EWG is a nonprofit advocacy organization based out of Washington, DC, that focuses on issues such as environmental welfare and public health. "[Animals] are not only more sensitive to chemicals than humans," Brown explains, "but they also have more direct contact with surfaces that we are ... guarded from."

Activities as seemingly innocuous as rolling in the grass or dogs' and cats' extensive self-grooming rituals are all methods via which pets have intensified exposure to potentially dangerous substances. When discussing these toxic agents, several experts are especially wary of the stain guards on carpet and upholstery and the flame retardants found in items such as bedding.

Animals not only get ill by ingesting poisons, but by absorbing them through their noses or skin. Some of these toxins

include chemical cleaning products, insecticides, fertilizers and many commercial flea controls.

Others cite the insecticides commonly used in flea and tick prevention, as well as pesticides applied to lawns and gardens. Some veterinarians and environmentalists even note that the plastic softeners in pet toys and dishes leach harmful chemicals into food, water, and surfaces with which animals are likely to come into oral contact.

Unsurprisingly, the specific effect that these substances have on animal companions is the subject of some debate. While some scientists emphasize that an absence of greener living choices exposes our pets to a bevy of health crises, others argue that the situation is not so black and white. This of course has prompted many individuals to reevaluate their choices as both average consumers and concerned pet guardians as they ponder what lengths they should go to in order to protect their animals.

VARIED OPINIONS ON HEALTH IMPACTS

"We've been fairly ignorant of the fact that pets are getting poisoned at a faster rate than humans," observes Stewart Lonky, MD. Lonky, who practices medicine in Los Angeles, CA, and is a full-time faculty member at the University of California in San Diego, co-authored the book *Invisible Killers: The Truth about Environmental Genocide*. He, like several other noted health and environmental experts, believes there is a powerful link between companion animals' exposure to toxins and an increase in reported cases of serious health issues. Hyperthyroidism, various forms of cancer, birth defects, and reproductive and neurological disorders are all problems that many scientists connect to pets' contact with harmful chemicals.

"A lot of people consider animals important members of their family," says Lonky. "Evaluating the role environmental toxins play in affecting their health is therefore not something we can afford to ignore." While the majority of experts concur with these sentiments, not all of them are able to agree on which substances pose the greatest threat to pets or the best solutions to limiting companion animals' exposure to them.

"There are thousands of potentially toxic agents that both humans and pets are

(continued on pg. 9)

TOXINS (continued from pg. 8)

exposed to every day,” explains Sharon Gwaltney-Brant, DVM, who works in Urbana, IL, as the vice president and medical director of the Animal Poison Control Center for the American Society for the Prevention of Cruelty to Animals. “The primary tenet of toxicology is that all things can be toxic under the correct circumstances. Am I concerned about the plastic in their water bowls and dishes and toys? Not so much. Insecticides? Depends on the insecticide, how much is there, and how the pet is being exposed.” Using preventative flea medications as an example, Gwaltney-Brant also reiterates that, from her perspective, misuse of certain chemical substances is sometimes a more significant threat than generalized exposure to the agents themselves.

“All flea-control products available for pets have gone through extensive testing to determine safety in the target species, as well as potential effects on the environment,” she emphasizes. “Our biggest problem with these products occurs when they are used on the wrong species, in greater amounts than the label directs, [or] on animals [who] have health issues that increase risk of toxicosis.” With different theories on the precise relationship between animals’ health and their contact with environmental toxins, the stage is set for what could rapidly transform into daunting decisions for pet guardians. Luckily, a few simple strategies can help people make their homes safer – and greener – without having to call in the Environmental Protection Agency

TIPS FOR GOING GREEN & STAYING SAFE

It’s unlikely that everyone will automatically subscribe to identical ideas on

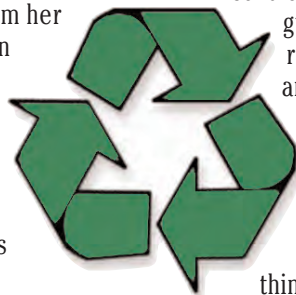
the topic of companion animals, toxins, and overall environmental health. As is the case with far broader subjects such as global warming and water fluoridation, debate will probably continue to rage well into the 21st century. Depending on a pet guardian’s individual beliefs, however, it’s not always necessary to call out the big guns and look on as Fido becomes a flea motel. In many cases, guarding pets against the negative impacts of practically any chemical substance can be as simple as putting on one’s glasses.

“Read the label first,” stresses Gwaltney-Brant. “The most common cause of pets having issues with flea/tick/insect control products is misuse by the guardian, usually from either not reading or ignoring the directions and precautions. For pesticides and household cleaning agents, follow the label instructions exactly to minimize risks to animals.”

If you’re inclined to take things a step further, you can evaluate labels and product websites to purposely avoid items that contain plastic softeners or flame retardants. Replacing plastic food and water dishes with glazed ceramic alternatives is another relatively easy way to limit animals’ contact with potential toxins. Finally, consider discussing the most pet-friendly pesticide and insecticide options with veterinarians, exterminators, and garden-care experts.

Toxic household cleaners can be replaced with baking soda, Borax (sodium borate), lemon, white vinegar and cornstarch. Corn meal and Epsom salts can be used in place of lawn and plant fertilizers. Make sure to keep any rodent poisons away from your animal, and don’t spray for insects near his favorite hangouts.

You may not be able to keep an eye on your companion 24/7, but you can protect his safety and health by keeping all poten-



tial toxins stored out of reach inside the house (and your garage!), and reducing his exposure to environmental toxins in the world at large.

Ultimately, many of the same choices that promote greener living have multiple benefits for the environment as well as the physical well-being of both humans and animals. So to an extent your decision to scrap – correction, recycle – the old food bowl may be win-win, even if you don’t buy into the notion that it leaches toxins. And, besides, won’t a colorful ceramic platter give your green kitchen a little more pizzazz than that cheap blue plastic?

FOR MORE INFORMATION:

- The American Society for the Prevention of Cruelty to Animals – ASPCA.org
- The Environmental Working Group – EWG.org
- Invisible Killers: The Truth about Environmental Genocide – InvisibleKillers.com

IN THE BAKERY WINDOW ...

PUDDY’S FRUIT SALSA

by Rachael Ray

Your pup will lap up this tropical cup. Always check with your vet about which foods are appropriate for you to share with your pet.



1 Serving – Prep 10 min

Ingredients:

- 1 mango, chopped
- 1 banana, chopped
- 1/2 cup fresh berries, such as blackberries, raspberries or chopped strawberries
- 1/2 cup chopped cooked chicken
- Juice of 1/2 lime
- 5 to 8 fresh mint leaves, chopped

Directions:

Toss all of the ingredients together.

INTRODUCING PAPHAVEN RESCUE – 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 through 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.

ALL NATURAL FOOD HOME REMEDIES FOR YOUR DOG

Found on www.BarkleyAndPaws.com

There are a lot of people out there that already know the benefit of healthy eating and perhaps all natural home/food remedies are commonplace for you and your family. But did you know that there are plenty of foods out there that can help your dog heal as well?

NOTE: We provide as much good information as we can find to benefit you and your Paps! But, as with any other change in diet / treatments, be sure to check with your vet first, as always.

The chefs at www.dogchefs.com have these recommendations:

BEETS

Beets aren't usually the first thing that comes to mind when it comes to a dog, but raw or slightly cooked beets are great and many dogs like them. Soup is the best way to serve them to your dog because all of the nutrients and pigments remain in the fluid. Beets are great for liver problems and may aid in regeneration. They also happen to be good for nervous, restless dogs. The betaine in beets fights nervous disorders by producing neurotransmitters. Even better, give your dog a small amount of beets (a small slice) with scrambled eggs (one is plenty) – a rich source of choline which also helps fight nervous disorders. Keep in mind that if your dog gets beets on a regular basis the red pigment may show up in urine or stool. Don't be alarmed.

CILANTRO

Seriously, cilantro. Commonly used in lots of Southwestern dishes, dogs can really benefit from it. Serve it sparingly! The oils in a small amount of cilantro are very potent. So, what is it good for? Well, if you see your dog limping after a jog with you, try giving him a little cilantro over his food. It will help his muscles by increasing circulation. It is also helpful to help him digest the meat in his food better, especially if he's on a RAW diet. It may also be helpful for diabetic dogs to help lower blood sugar levels. As always, check with your vet first.

GREEN TEA

Hot spots are quite a bother. They're uncomfortable and they look bad. A potent solution of green tea dabbed directly onto Fido's hot spots may do the trick. Green tea is an antioxidant and does great stuff for skin and scalp. As long as you're paying attention, you can use the same green tea on your own sun burnt skin or bug bites.

HONEY, YOGURT, & PUMPKIN

Is diarrhea plaguing your canine pal? Try mixing a little raw, unfiltered, unheated honey with some plain organic yogurt (with live cultures). Plain, canned pumpkin (not PIE Filling) can help as well because of the fiber. Again, check with your vet. Some of these things can backfire and make the diarrhea worse if you give too much.

You can also try giving some plain yogurt if your dog is on antibiotics. It will

help restore the natural flora that is killed by the medication. Just make sure you give the yogurt opposite the time you give the medication. If you give the antibiotic in the morning give the yogurt at night and vice versa. If the medication is twice daily (morning and night) give the yogurt in the middle of the day.

WATERMELON WITH SEEDS

Hurray for Watermelon season. Watermelon is a great cure for dehydration, even more so than plain water. Watermelon is 93 percent water and provides simple sugars that are easily digested by your dog. If your dog is overheated the watermelon will provide much needed potassium and Vitamin C, which is lost as a result of heat exposure. It is a good snack for overweight dogs as well. It's filling and full of fiber and rich in nutrients. You can even let him eat the seeds as they kill parasites, especially worms.



These are just some samples of many food-remedies out there. Be sure to try these things out slowly and always make sure to consult your veterinarian beforehand. Remember that each dog is different and what works well with one dog might not work as well with another. They can however, be a healthy, inexpensive way to keep your dog healthy.

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 PapHaven? **Good, NEW, unused gifts** can be donated to auction / fundraising committee for the **Auction!** Also, the newest addition to our fundraising efforts, **MissionFish**, is ALWAYS looking for donations.

Jim Parrott writes, "*eBay/Mission Fish is up and running. But, sadly we have only a few items for sale. We need more items! If you have items to sell, please contact me. 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 all your sources ... local crafters, wood-workshops, etc. Do you know someone who paints (water-color or oil), or does great photography, etc.? Would they donate a piece of



their work to us? Antique jewelry that 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 info / dimensions of the item to jmrasch@charter.net and paphaven@gmail.com. Jan Rasch or Jim Parrot will be able to tell you if the items can be 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 / needlecraft supplies ready! And **MissionFish** needs donations NOW!

TIME TO CLEAN OUT & HELP

PapHaven Rescue is hosting an online gadget drive through Gazelle to raise money for the Papillons we love and serve; and would love your support.

A gadget drive is a new way to fundraise that turns your used and unwanted electronics (laptops, cell phones, MP3 players, digital cameras, & more) into cash to support



our cause. Contributing to this drive is simple. Just visit the webpage, find the value of the gadgets you would like to donate, and send them to Gazelle (shipping is free). The value will go to support PapHaven.

If you would like to donate, please check out the drive's page (<http://paphaven.gazelle.com/>) to learn more and track our progress. You

will receive a confirmation of your donation by email, and PHR will be notified as soon as you make your donation.

Thank you for your support,
PHR's Fundraising Team

To learn more about Gazelle, visit gazelle.com.



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



MEMBERS HELP NEEDED:

LET'S START COOKING UP A STORM!

PapHaven Rescue is about to begin a new fundraising project! And we are asking for everyone's participation. It shouldn't take very long at all. Just a few minutes of your time.

Could you go through your family's favorite recipes and share a few with us? Are you a Home Cook for your paps? If so, what is their favorite recipe? Do you have a tried-and-true homeopathic remedy (that you are willing to share) that you use with your Paps? In turn, we will turn everyone's favorite recipes into a marvelous cookbook/helpful hints guide.

Just think about it ... you know you were reading something in the chat group about a remedy for diarrhea. And just before Christmas a member asked for a good recipe for Pecan Pie. But did you save those responses – or can you even find them? This could be the answer to all of our dilemmas.

What do you think we should call it? "There's a Hair in My Soup!" pops into my mind! What about you? This is yet another aspect of this project that we need to fill.

As all of you get started gathering your recipes, tried-and-true remedies, and helpful tidbit, we will make the final decisions about who will be handling this project and let you know! Let's make this one of our best fundraisers ever! Thanks ...



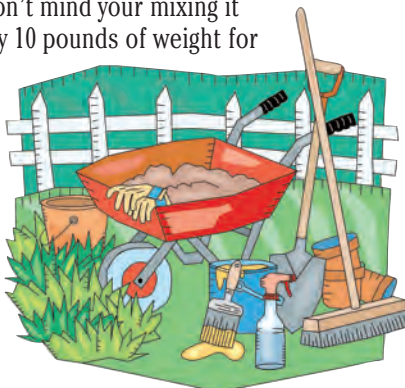
PAWFRIENDLY LANDSCAPES (PFL) TIP

<http://www.facebook.com/pages/Golden-CO/Pawfriendly-Landscapes/223141086885>

Reprinted with permission from www.pawfriendlylandscapes.com

To deter ticks and fleas, plant mint, sweet woodruff, rosemary, and lavender. Also try placing cedar chips in your garden. They smell great to you ... but not to fleas and ticks! Keep in mind however, dogs dig, eat, and chew wood mulch too.

A couple of dietary supplements for your pets that deter fleas and ticks are apple cider vinegar and brewer's yeast. Always check with your vet before giving these to your dogs and/or cats. Unpasteurized apple cider vinegar and brewer's yeast add acidity to pet's blood which deters ticks. Add 2 tablespoons of the apple cider vinegar to your dog's water (contact your vet regarding cat's dosage). Brewer's yeast without garlic (garlic is a blood toxin to dogs and cats) is another solution. It comes in tablet or powder form but it's easier to use tablets. Thankfully it tastes good so they don't mind your mixing it into their food or snacks. Dosage is 1 tablet for every 10 pounds of weight for dogs (check dosage for cats with your vet). Dipping a bandanna in eucalyptus, citronella, or lavender and letting your pet wear it is not only attractive but also a solution that prevents ticks. Of course, there are numerous over the counter tick preventatives, or ask your vet. to prescribe one. Keeping pets healthy is also key – ticks tend to be attracted to pets with a poor immune system.



HAVE FUN AND GET DIRTY!!!

PLEASE! Feel free to cross-post our news!



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 or dogmom5@twcny.rr.com

Website: 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."* Erica Jong



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 AND 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.

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