



The Retriever

Labrador Education and Rescue Network's Newsletter

Volume 4, Number 4, November 2003

L.E.A.R.N.'s mission is to assist in the rescue of unwanted Labrador Retrievers by placing them in homes through fostering, adoption and referral. In addition, we strive to provide public education regarding Labrador Retrievers and to promote responsible ownership and the humane treatment of all dogs.

My Tribute To Remi

By Mitzi Heytow

Do I believe in miracles? Six months ago I would have said a resounding "No!"

Do I believe in miracles now? You betcha!

When I adopted Remi, a 10 year-old yellow lab who had been chained all her life, and the last year in a garage, she became so ill that the specialist said never in all his years had he seen such an ear infection and tumor. Remi had atrophy of the jaw and couldn't yawn or eat anything more than puree of something. He suggested I think about euthanasia.

Skinny like a toothpick and with every bone in her skull showing, no immune system allowing hot spots to erupt everywhere, Remi was pathetic and since she was chained, her entire life had no socializing skills.

But my vet and I decided as long as she could slurp she was to live, and she became my reason for living—to make her last few days an avalanche of joy.

We mounted an assault on her ailments—special baths, shots, antibiotics, and love, love, and more love.



Remi gained 10 pounds, yawns, and eats regular food. Hot spots are gone and her tail never stops wagging. Even my three other yellow labs (all rescue) have accepted her. I now have four joys of life.

Well, I'm at the end of my tale.

Did I believe in miracles? No way! Do I believe in miracles? You betcha!

Raw Benefits

An Intro to Home-Prepared Raw Diets for Dogs

By Sue Prodel

Have you ever wondered what's really in the food you feed your dog? Many foods on the market today contain sugar, syrups, salt, preservatives, dyes, poor quality proteins, etc. Some preservatives are known carcinogens; some foods may be contaminated from dead, diseased, and heavily drugged meat sources. Fortunately, alternative foods exist and the market for healthy dog foods is growing rapidly. If you want to take charge of your dog's health, the Raw Diet offers a compelling option.

The raw diet consists largely of raw meaty bones, raw muscle and organ meats, and raw veggies and fruit. Sometimes called the BARF diet (bones and raw food or biologically appropriate raw food), this approach to feeding boasts remarkable health and longevity benefits. (see box)

Your approach will depend on what works best for you and your dog, and once you've done your homework, feeding raw will take 1-2 hours of work each month. The easiest way to get started is to find a book written by someone who has done a lot of research, such as *Switching to Raw* by Susan Johnson (1). Please read as much as you can prior to starting this type of diet. It's not rocket science, but it requires a certain amount of knowledge.

Your own research will be important as traditional veterinary training in the U.S. does not include nutritional training—vet students typically only receive a visit from a dog food manufacturer sales rep. **Before you make any changes to your dog's diet, please make sure that your dog is in good health, verified by your vet.**

The goal with a raw diet is "balance over time." The approach I've adopted is to try to imagine the proportions of a whole animal, and then feed those parts accordingly, on a rotating basis, from various animal sources. The main parts of my dog's raw diet include:

Fresh food: Raw fresh foods contain natural enzymes and nutrients, free from preservatives or additives.

Cleaner teeth: Raw meaty bones naturally brush dogs' teeth, resulting in good breath and reducing the risk of internal problems starting from bacterial growth in the mouth.

Cleaner ears: Allergies to certain foods, particularly grains, often cause ear infections. With a grain-free diet, ears become dry and odorless.

Healthier anal glands: Firmer, drier stools are produced, so the glands are naturally expressed. Stools are less pungent.

Less waste: Kibble must contain 40 to 60% grain to hold its shape. Dogs' short digestive systems can only partially digest grains. With little/no carbohydrates, waste is reduced by half or more.

More muscular: Dogs become leaner without having to digest carbohydrates.

Healthy coat, no doggie body odor: A raw diet has ample amounts of essential fatty acids and healthy fats.

Less water: Raw foods contain water, so less sloshing at the water bowl.

Tailor for specific dietary needs: Lew Olson, PhD Natural Health: "A raw diet offers higher bioavailability in the nutrients that canines need and is easily digested. This diet is often helpful for dogs with IBD, colitis, cancer and autoimmune disorders." (2)

Longer life, as a result of better health: Anecdotal information says that dogs can nearly double their natural life expectancy.

- 50% raw meaty bones -- chicken necks, wings and backs, turkey necks, pork neck bones and feet, beef ribs, whole rabbits, and other bones that are about 50% meat and 50% bone. Many people grind these bones prior to feeding.

- 25% ground or chunks of muscle meats -- hamburger, pork or beef roast, turkey, venison, heart, chicken gizzards, canned fish, beef tongue. Raw fish should not be fed as it can contain parasites. However, canned fish is very nutritious and includes salt (beneficial minerals) not present in the rest of the diet.
- 10% organ meats -- livers, kidneys, pancreas (gizzards and hearts are considered muscles)
- 5% eggs and chicken skin
- 10% vegetable matter -- pureed or steamed or very finely chopped leafy greens, broccoli, zucchini, cucumber, celery, avocado, okra, asparagus, apple and banana. No corn, onions (toxic!), tomatoes, citrus fruits or anything spicy.
- Supplements -- Vitamins C, E-complex, and B-complex; fish oil (for Omega 3 essential fatty acids); probiotics (healthy bacteria for the digestive tract - easily available in yogurt or in supplement form); some people also supplement kelp and/or alfalfa, digestive enzymes, apple cider vinegar, bee pollen, and more.
- Some people also feed organic green tripe, dairy products (not milk), and more.

If your time is too tight, but you would like to incorporate some raw foods into your dog's diet,

it's easy to do. To your dog's kibble, add a raw egg, a half cup of raw liver or kidney chunks, raw ground meat, chunks of beef heart, canned fish, or pureed/steamed veggies. Start slowly, and observe what your dog likes to eat. Some dogs tolerate dairy products, so you could add cottage cheese (digestive enzymes) or yogurt (probiotics). Notable health benefits come from partial raw diets. For more details, see

<http://home.comcast.net/~mstraus/dogfeeding.html>

If you'd like to know more, a longer version of this article is on the L.E.A.R.N. website, including more sources and answers to frequently asked questions. Go to www.ladoption.org for a perspective on how much to feed, risks and myths of feeding raw meat and chicken bones, salmonella, how much it costs, etc.

If you think you might want to change your dog's diet, I encourage you to do more reading, ask many questions, talk with your vet, or join a discussion group on the web.

Sources:

- (1) Switching to Raw by Susan K. Johnson, Birchrun Basics, Lavon, Texas.
- (2) <http://b-naturals.com/natural.php>

Congrats to Labbies who found their new families!

August Adoptions

Luke—Paul & Karen Muffler
 Blackie— Leah Couture
 Sadie—Andy & Andrea Nielsen
 Lobo—Noreen & Ed Krawisz
 Kobie—Lori & Michael Sanchez
 Chloe—Stephanie Henderson & Patrick Byrnes
 Gretchen—Barbara Bolsen
 Hershey—Tracey Miller
 Hershey—Steve & Mary Milbrath
 Clint Black—Christina Keener
 Boyd—Jim & Jo Scully
 Riley—Bert & Danielle Vescolani

September Adoptions

Rocky—Jamie McCauley
 Winnie—Steve & Gretchen Harrell
 Gabby—Mike & Mary Celosse
 Jewel—Anne Duncan
 Libby—Mike & Pam Woeste
 Cara—Terry & ArieH Kafenshtok
 Genny—Carole Scaturro
 Cooper—Dan & Robin Kassees

October Adoptions (first half of month)

McNabb—Susan McCann
 Susie—Gary & Gina Camiliene
 Maverick—Sue Schneider & Steve Censky
 Smokey—Jennifer Wall/Vic Markulis
 Jackie—Jennifer Steinke

Holiday Safety Tips

Dear Readers,

Every year humans spend hours planning and celebrating the winter holidays. We dogs do what we can to join in the fun. Unfortunately, humans and dogs define fun in different ways. For this reason, here are some holiday safety tips to make this time more fun and less stressful (not to mention, reduce some of the yelling that we dogs undeservedly get).

1. Dogs always seek those delicious holiday goodies that smell wonderful and required much preparation. This can cause problems:

- ▶ Keep food well away from the edges of counters/tables, and store food in tightly sealed containers, so we can't get the food as easily.
- ▶ Chocolate is toxic to dogs. Don't give in to begging and be extra careful to keep all chocolate out of doggie reach. Reactions to chocolate range from hyperactivity to death – should a dog get into chocolate, call the nearest vet immediately for advice.
- ▶ People food and leftovers aren't inherently bad for a dog. However, too much of a good thing can give an upset stomach. If you give us a feast of our own to enjoy, make sure that it isn't too fatty or greasy and keep portions VERY small. Avoid any food with onions (also toxic to dogs) or seasoning/sauces that have onions or onion flakes.
- ▶ Protect us from your guests—if they might not be able to resist sad puppy dog eyes, then please find a safe place for us away from the dinner table. Guests with the best intentions may not know what holiday foods are toxic or dangerous for us.
- ▶ Dogs love garbage, our last chance at the goodies. Cooked bones, cellophane, baggies, and other things that smell good can be deadly to dogs. Keep all trash out of our reach in dog-proof containers. If necessary, place trash bags in a garage or locked shed.

2. If you're one of those humans who brings a tree into the house, beware:

- ▶ Trees live outside. Dogs go to the bathroom outside. Supervise us near the tree if you don't want us getting confused.
- ▶ Anything that fits in a dog's mouth is a toy. Remember this when hanging decorations and ornaments. Crawl around your house and you'll see the world of temptation from our perspective. If it can break, a dog will break it and probably swallow the pieces. Don't place "toys" within our reach or place a gate or open around the area so we can't reach the toys.
- ▶ If ANYTHING under the tree contains food, we'll find it. We may destroy other non-food items in the process to be sure that we haven't missed any crumbs. With our good noses and fast teeth, best to keep all gifts out of reach or we'll get them.
- ▶ Make sure that we dogs don't have access to power cords or decorative lights. Even if we've never chewed on that sort of thing before, there is always a first time.



3. Guests and most dogs don't mix. No matter how sure you are that everyone will get along, it is best to set your dog up in a safe room with fun toys or chews, at least while guests arrive.

4. You know your own dog best, so make sure your companion is set up to succeed. Anticipate behaviors before they happen. Don't say I didn't tell you what would happen if you leave food and gifts within our reach!

Have a safe and wonderful holiday season. I'll see you again in the New Year, Cousteau.

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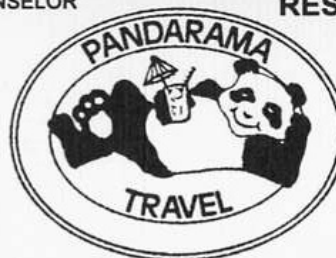
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Adopters! Is Your Contact Info Current?

If you've adopted your dog from L.E.A.R.N. and changed your address and/or phone number, please let us know.

Current contact info helps us to help you locate your dog should he/she become missing or is found with a L.E.A.R.N. tag. We can get the word out very quickly over a large region through our network of volunteers and other rescue/animal organizations. Call us at (847) 289-PETS (7387) or email us at learndogs@labadoption.org

Would you like to place an ad? Please email lfarwell@tds.net for info. Ads help defray our printing and postage costs.

e-mail: learnnewsletter@yahoo.com

Enormous Thanks!

The following people generously donated money, supplies, time, or services to help our rescued Labs. Without your help, these Labs wouldn't be alive today and enriching the lives of many humans. Thanks! (Note: * = contributions in total/part were designated to help Codi walk again. See below.)

Jennifer & Richard Baker

Glena Brady*

George Bratschi*

James & Delores

Champagne*

William Clasen

Chet and Sue Cusick

Chris Dziadosz

Frank & Laura Farwell*

Paul & Lisa Genson*

Brian and Kristin Giangreggo

Marianne Gizzi*

Chris Harris*

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Julie & Jeff Janikowski

Susan & David Jewell*

Jane Kiff

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Mike & Diane McLean*

Neil & Sandy Manke*

Mark & Jennifer Matson*

Christine Milewski

Gretchen Moffit

Tim, Diane & Alex Newman

Gina Nick*

Kathleen Quigley*

Linda Rosen*

Jeanne Schuett

Megan & Adam Senatori

Mary Stoffer*

Frank Torres*

A special thanks to Ann, Kristi, and Kelli Bowman for their many trips to visit Codi while he was at TOPS for physical therapy. He surely appreciated their special love, attention, and encouragement.

Codi

stands up on his own to take some big steps. His progress at TOPPS for physical therapy is excellent and we're all very happy for this special guy and his recent accomplishments. We'll keep you posted!



Our Labs Need Your Help!

Many dogs desperately need our help, including expensive medical care and that drains on our finances. All donations are tax-deductible. All dogs thank you!

I want to support the efforts of L.E.A.R.N. as they rescue homeless Labrador Retrievers and Lab mixes and place them in permanent adoptive homes.

Name: _____

Address: _____

Please find my check for: \$10.00 \$25.00 \$50.00 Other Amount \$ _____

Ain't Misbehavin'

Cousteau, a 4 year-old lab who has used positive reinforcement methods to train very difficult humans, has successfully led them to earn his CGC and FDCh titles. He hopes to take them through obedience competitions soon. Send Cousteau questions at behavior_question@labadoption.net.



Dear Cousteau,

I LOVE taking my toys and playing tug of war with my dad. But someone told him that tugging was bad and that it would make me “dominant”. I don’t wanna stop playing tug, though! Can you help?

Signed,

Love to Tug in ‘Tosa, WI

Dear Love to Tug,

My mom heard that same myth. We didn’t get to play tug forever, but then someone explained to her that tug was okay as long as it had rules to follow. We dogs need rules and like them. Unpredictable situations can make us nervous and that might bring out our bad side – even if it’s just a fun game like tug. Now that my mom follows the rules, we have a great time.

- Designate one or two toys as the tug toys. Only these toys get tugged.
- The game starts only when the human says it’s ok. Many people use a cue like “take it” or “get it” and present the toy for the dog to grab.

- The game ends when the human wants it to end. Common cues are “out”, “give”, “all done” or whatever you want. If the dog tries to keep playing, the human should drop the toy and remove all attention from the dog.
- If the dog gets too rough with tugging, touches teeth to skin, or does anything the human feels is not appropriate, the game ends immediately and does not begin again.
- Stop the game frequently. If the dog stops right away, begin play again as a reward. If the dog doesn’t stop on cue, stop playing for a while.

If a dog is confident and self-assured like me (some might even say I’m pushy - I’d say I’m misunderstood), the human should make a point of winning most of the games. It’s a leadership thing where the human basically says “I’ll share my resources with you, but when I say leave it alone, you’d better do it.” The dog needs to win sometimes, or else it’s not fun, but a confident dog doesn’t need to win all, or even half, of the time. On the other hand, if you have a dog that is timid or lacking confidence, letting the dog win more frequently can be a great way to build confidence in the dog.

Now that my mom and I have learned the joys of tug, we play it all the time. I get to tug if I heel well on leash, after a good agility run, when in flyball, when I do a good recall, or, if I’m just being cute and mom thinks I could use some extra attention. Believe it or not, most of the time I’d rather tug than get a treat!

And for the record, dominant isn’t something that a dog can become. It is a personality trait, like being friendly or curious. Having a dominant personality isn’t necessarily a bad thing. As long as there is strong, positive leadership a dog with a dominant personality can live very happily with a family. I’m living proof!

The Sights and Sounds of Christmas

We'd like to invite you to come and see us at the 25th annual Grafton, WI, Community Christmas Parade on Saturday, November 29th, 2003, at 11:00 a.m. Better yet, please consider participating in the parade. We're looking for you and your holiday decorated L.E.A.R.N. alum, your own lab or honorary lab to walk with L.E.A.R.N. in the 2 mile parade route. The parade brings over 100 participants and 10,000 spectators. A *GREAT* way to start the holidays and support L.E.A.R.N.! To sign up to walk with L.E.A.R.N., please contact Mary Beck (email: lablean@wi.rr.com or phone: 262-895-3414). In consideration to all involved in the parade and for an enjoyable day,

please make sure your dog is good with all other dogs and people before signing up. More information is available at the Grafton Chamber of Commerce website: www.grafton-wi.org ; click on Holiday Events 2003.



L.E.A.R.N. 2004 Calendars Now Available

Consider giving your favorite dog lovers a calendar this holiday season. All proceeds will help defray vet expenses for our Labrador Retrievers. The full-size, spiral bound calendar features a gorgeous photo of a different

L.E.A.R.N. lab for each month of the year. Each calendar costs \$10.00 plus \$3.75 for shipping. You'll find an order form on the outside of this newsletter (combined with holiday cards ordering information). Calendars will also be available at the Badger Kennel Club Dog Fair. The labs thank you.



Barclay—Cover



Bubba—October

L.E.A.R.N. Holiday Cards Are Here Again!

Greet friends and family with a custom designed Labrador holiday card! This year we have four varieties, and the cards are in beautiful color (please see our website for the color versions).

CARD 1- YELLOW LAB



Wishing you a holiday season filled with warmth and happiness now and throughout the Year.

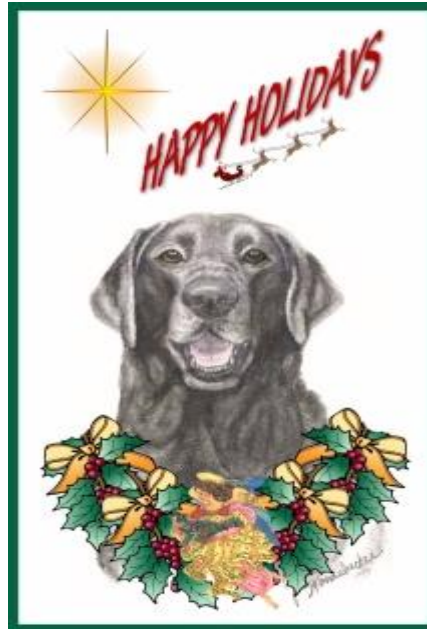
CARD 3 – THREE LABS



It's that time of the year to "PAWS" for a moment to wish you and yours a happy and healthy holiday season.

*Do You Hear What I hear? →
May the sounds of Christmas surround you with all the happiness and joys of the season.*

CARD 2 – BLACK LAB



May your holidays be merry and bright!

CARD 4 – CHOCOLATE LAB



Cards come with envelopes in packages of 10 and the cost is \$12.00/box plus shipping. On the back of the cards, we will show who L.E.A.R.N. is along with our name, address, website, and e-mail address. Please see the back of this page for the order form or download a form from the web. Please allow 1 week for Priority mail and 2-3 weeks Parcel Post. All **Priority orders must be received by December 10, 2003**, and **Parcel Post orders, by November 27, 2003**. Cards will also be available at the Badger Kennel Club Dog Fair. Happy Holidays!

Holiday Cards & L.E.A.R.N. Calendar Order Form—Details inside!

Name: _____

Address: _____

Holiday Cards:

Holiday Card Shipping (circle choice):

Number of Boxes (10 cards/box)	Total Boxes	Parcel Post	Priority
_____ Card 1 (Yellow)	1	\$2.00	\$4.00
_____ Card 2 (Black)	2	\$3.00	\$4.00
_____ Card 3 (Three Labs)	3-4	\$3.50	\$6.00
_____ Card 4 (Chocolate)			

Total Boxes Ordered x **\$12.00/box** + \$_____ (shipping) = **Total w/ shipping \$**_____

L.E.A.R.N. Calendars:

_____ Calendars x **\$10.00 /calendar** + \$_____ (shipping @\$3.75 each) = **Total w/ shipping \$**_____

Please enclose your check, payable to L.E.A.R.N., and mail to:

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 E-mail: learndogs@labadoption.org

Meet LEARN Labs . . .

When?

What?

Where?

- | | | |
|--|--|---|
| ❖ Saturday, November 2 nd | ❖ Badger Kennel Club Dog Fair | ❖ Marriott West Convention Center
Middleton, WI |
| ❖ Saturday, November 29 th
11:00 a.m | ❖ Grafton Christmas Parade
(see inside for details) | ❖ St. Paul Lutheran Church
701 Washington Ave, Grafton, WI |
| ❖ March 19 th - 21 st , 2004 | ❖ Chicagoland Family Pet Show | ❖ Arlington Park, IL |
| ❖ Sunday, April 4 th , 2004 | ❖ L.E.A.R.N.'s Annual Luncheon
and Silent Auction | ❖ Country Squire in Grayslake, IL |