



SPDR Speaks!

Where secondhand dogs
give first-class love.



The official publication of Seattle Purebred Dog Rescue

Fall 2011



From Our President

By Lynn
Erckmann

I'd like to give Terry Albert, our new SPEAKS editor, a warm welcome and also give a huge thanks to a good friend, Relaela Sindelar, editor for the past 13 years. Relaela has done a great job with SPEAKS, and SPDR is indebted to her for her great design work with all of SPDR's forms, brochures, business cards, shirts, the Breed Rep Handbook, and especially our website. Relaela will still be volunteering with us and helping with design updates, but fortunately for her, her own business has become so successful her time has become much more limited.

Many of you will remember Terry, who was the SPDR Collie breed rep and was on the board of directors in the mid 90s. Terry now lives in San Diego, where she runs a successful pet-sitting and animal portrait business. She is also a member of the Dog Writers Association of America and has been in charge of several of their past annual awards contests as well as written three breed books. Welcome Terry!

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Stressed out?

Managing your new dog's anxiety

By Terry Albert, *Speaks!* Editor

You've just moved into a new neighborhood, and the neighbors kindly invited you to a party. As you walk into the room, you realize you don't know a soul, and everyone speaks a different language. The entire group is laughing, drinking, yelling and jumping around. The commotion makes you nervous, and you'd love to turn around, leave and go back to your familiar home. But you can't. You are attached to a leash, and the stranger at the other end is dragging you into the milieu.

Whether your new dog is a foster dog or a new member of the family, imagine how he must feel during his first day in your home. Everything is alien to him: the people, pets, furniture, sounds, yard, and food. Add to that the trauma of losing his former family and spending days in a noisy concrete dog run at the shelter— it's natural that any dog would feel some stress.

How do you recognize stress in a dog? And how can you help your new family member (or guest) settle in quickly with a



This mixed breed dog is clearly intimidated by the Giant Schnauzer. Notice how he leans away and holds his ears back.

minimum of emotional trauma? Extreme stress has devastating effects, even affecting one's physical health. A stressed dog has trouble concentrating and therefore difficulty learning new things. In the worst case, a stressed dog may become aggressive to protect himself from the unknown threats he encounters – whether we think they are threats or not.

Our job is to recognize the dog's anxiety and figure out a way to remove him from the situation or change his opinion of the stressful thing.

Recognizing Stress

As a dog enters your home, everything he encounters is new. If he's been an outside dog,

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Stressed out?

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things like TVs, dishwashers and telephones are a complete mystery. Pile on a couple of excited kids and a few hovering relatives, and the poor guy is ready to crawl under the nearest chair and hide. Stress is really a combination of fear and uncertainty, and he tells us so in his own way.

Body language is the key to identifying what things stress your dog. If his body language changes erratically back and forth between relaxed and agitated, that in itself could indicate his discomfort. Here are some common physical signs:

Body: a wagging tail doesn't always mean a dog is happy. Evaluate his entire posture. If his body is stiff, up on his toes, ears perked and his tail is held high and still (or just slightly moving), he is extremely alert to his surroundings and on guard. If he decides he's in danger, his fight-or-flight instinct will kick in and he'll retreat or defend himself. Sometimes these same body signals mean he wants to play – you will be able to figure out which it is by watching him carefully.

Another stress sign is raised hackles (the ridge of hair along his spine), which is usually a sign of fear or uncertainty. If his tail is tucked between his legs and he crouches or rolls over on his back to expose his belly, he is offering submissive behaviors to show others he is not a threat.

Eyes and ears: A stressed dog's eyes may get big, with

the whites around the edges suddenly visible. His eyes may also dart back and forth. He will often look away from the thing that is bothering him, his way of telling the other animal or person he doesn't want to interact, regardless of whether it is fight or play. At the same time, his ears go down and back.

Notice in one example I write that his ears are up and alert, in another they are down. You need to look at the total of the dog's actions to read what he is thinking. All the body parts contribute to his expression.

“Worry and stress affect the circulation, the heart, the glands, the whole nervous system, and profoundly affect heart action.”

Charles W. Mayo, M.D.

Mouth: Yawning doesn't necessarily mean he's tired; yawning, drooling and licking his lips are all ways canines visibly react to stress. He may also lift his lip, not necessarily a smile, but not a snarl either. All this mouth action is often accompanied by heavy panting.

General behaviors: Excessive licking, chewing his feet or legs, hiding, evading touch or treats, refusing to eat, diarrhea – any of these are physical ways of dealing with stress.

Conquering stress

Even a dog who was well-trained in his former home

may forget everything in a new situation. Do you know any of his history? Was he a house dog? Has he lived with children, cats, or other dogs? Don't expect him to take everything in stride just because you consider it normal.

Happy excitement causes stress too. Picture a fired-up Lab bounding into his new home, racing around the yard, chasing a ball and wrestling with his new kids. It's exhausting, fun... and stressful.

Rather than flood him with everyone and everything at once, go slow. Start outside where he won't be crowded or feel cornered. Let him meet the family one at a time. Try a few obedience commands to see if he'll respond. Hearing a familiar request, even something as simple as 'sit,' may ease his uncertainty. ("Hey, I can do that. See what a good dog I am?") It may take weeks for the family cat to accept him. Don't force it.

On day one, establish his new routine: at this time you eat, then you go out, at this time the kids come home, at this time we go for our walk, at this time we go to bed, and here is where you'll sleep. He'll feel secure and less stressed when he learns there is a schedule he can count on.

Include household rules in his new routine. Avoid the urge to spoil him the first few weeks, and then suddenly tell him he can't jump up on you anymore. It may help to let him drag a leash (as long as you are there to supervise) so you can grab it quickly and redirect him when

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Stressed out?

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he looks like he's going to make a mistake.

You may have heard of the "honeymoon period" when a new dog arrives. He will be trying to please you and do the right thing. If he doesn't know the rules, he will be stressed and may act out his frustration by chewing or other behaviors. Like the security of having a schedule he can count on, knowing the rules will relieve his stress too. Be clear, kind and consistent. Don't give in or accidentally reward bad behaviors because they will soon become habits, and much harder to prevent.

He won't know you're happy unless you tell him. Positive reinforcement in the form of treats, play, praise and petting all communicate that he is doing the right thing. Rewarded behavior tends to get repeated.

Long-term solutions

If your dog is fearful or stressed by a particular thing, such as the vacuum cleaner, there are several ways to deal with it. The easiest solution is to remove the dog while you vacuum. This manages the problem but doesn't fix it.

Desensitization and counter-conditioning are two methods of dealing with stressors. These could be the subject of a complete article, or even a book, but I'll keep it short. Desensitization involves slowly exposing the dog to the thing that worries him, first at a distance and gradually increasing his exposure to it until it is no big deal to him anymore.



Some dogs physically respond to stress by yawning.

Counter-conditioning is where you actively reward the dog every time the vacuum starts up. He gradually learns the vacuum means treats or playtime, and he happily looks forward to it when you haul the machine out of the closet.

Both methods take time and effort, and you may opt to work with a trainer on specific issues.

More tools for alleviating stress

I once fostered three Lab littermates that were one year old and had never left their owner's yard. They clung to each other, sleeping in a pile like they were still babies. How would we ever separate these guys so they could be placed in homes? One day, I put each of them in a crate and faced all the crates in a tight circle facing each other. They were frantic and terrified to be apart.

For the first time, I considered using a tranquilizer. With my veterinarians help, that is what we did, and within a week we were able to foster them out to different families, where they went on to find successful homes.

Less dramatic solutions are available though. Many of our volunteers and adopters have had success using herbal remedies, like the Bach Flower Essence Rescue Remedy. I use one called Shelter Blend by [BlackWing Farms](#), and also Fear and Suspicion, by [Aldaron Animal Essences](#). You can put a few drops in the dog's mouth, or add it to their food or water. Sometimes the results are hard to recognize, because the absence of stress isn't obvious.

Thundershirt was originally developed to help dogs who are

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Featured Breed Rep: Becky Hughes

**By Lynn Erckmann, President,
Herding Mentor and Sheltie Breed Rep**

I first met Becky Hughes 18 years ago when we were both in the same competition obedience class. She was training both a Lhasa called Whopper and a German Shepherd pup called Hans. Becky was always calm and unruffled and had a nice way of handling dogs. Whopper went on to get her CDX degree and two High in Trials at the Lhasa National. Becky was hooked for life on obedience training. Two of Whopper's pups, Pepper and Chopper, each also earned High in Trials at the Lhasa National.

Becky estimates that she handles 80-100 dogs each year as the SPDR breed rep. She fosters one or two dogs each month and also refers adopters to dogs that are in the shelters. She became the Lhasa breed rep in 1994. Not long afterwards she realized that shelter workers had a hard time distinguishing Lhasas from Shih Tzus. She came across a little Shih Tzu in a shelter with an eye hanging from the socket. The dog was not getting any care for the injury, so Becky became the Shih Tzu breed rep as well, and took the dog from the shelter and had the eye removed. The little dog went on to live a great life.

Becky grew up in Washington, first in the Chehalis/Centralia area. Her family moved to Everett where she attended school. Her parents owned Chihuahuas, but the first dog of her very own was a red cocker mix with a white face and boots. After he died she had Chihuahuas.

She met her husband, Bill, in high school and got married at 19. Then in 1970 along came possibly her all-time favorite dog, Bunny. Bunny was a Cocker/Dachshund mix who looked like a large black and tan Papillion, and Becky swears she was the smartest dog she ever owned. At six weeks Bunny was housetrained, fetching, and rolling over with a hand signal. When Becky talks about Bunny it's easy to tell how much she loved her.

In 1972 Becky had twins, a boy and a girl, and Bunny took them on as her responsibility. She



Becky Hughes and Fergie

babysat them and herded them and came and alerted Becky if she thought the kids were doing something or headed someplace where they shouldn't. Another boy was born in 1976. Becky managed to graduate from nursing school a few months after the twins were born. After passing her RN boards the same year she worked as an orthopedic and neurological nurse at Providence Hospital in Everett. She's now retired but keeps her license current.

After Bill got out of the military, he went to the University of Washington, then on to work for Boeing. They moved to Texas, then to Rhode Island where Bunny passed away after a very long life. The family eventually moved back to Washington in 1985. During their time away from Washington they acquired more animals including hamsters, Himalayan cats, guinea pigs and rabbits. The first Lhasa was added in 1981. In addition to her Lhasas, Becky now owns a Standard Schnauzer that is almost as large as a Giant Schnauzer.

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Book Nook:

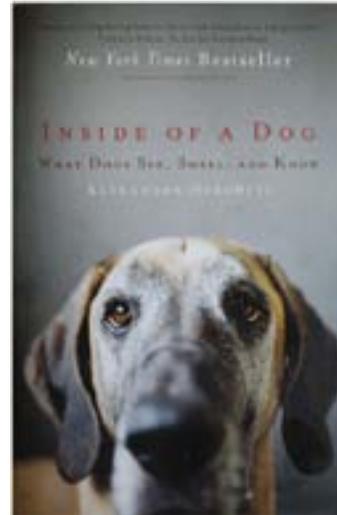
Inside of a Dog: What Dogs See, Smell, and Know

Author: Alexandra Horowitz • Publisher: Scribner, New York, NY, 2009
As Reviewed by Wendy Dahl,
SPDR Treasurer

Our relationship with dogs is complex and fascinating, but how well do we know these creatures who share our lives? Horowitz takes the reader to a deeper level of understanding both in thought and imagination. Humans and dogs have developed interactive partnerships by being attentive to each other over thousands of years, and these relationships are often beneficial to both species. The author explores scientific research and behavior studies that interpret how dogs sense their world, to set the stage from the dog's perspective.

Horowitz agrees with John Bradshaw's philosophy in his new book *Dog Sense* that dog behavior is less about dominance and submission and more about relationships between species age groups. "Dogs are not wolves" and the concept of wolves constantly battling for an alpha position is not reflected in actual family units that thrive as working teams. With this appreciation in mind, it is counterproductive to use dominance as a teaching tool or to modify dog behavior.

Horowitz effortlessly blends facts and her experience with her dog, Pumpernickel, with a great deal of respect and affection for these



social creatures. She observes how a dog or a human can become uncomfortable if stared at by someone unfamiliar, but those who share intimate relationships can gaze at each other quite comfortably. She guides the reader beyond common understanding of canine companions and urges "forget what you think you know" and continue learning to refresh the bond.

Horowitz reminds us to explore the world with our dogs and discover what they are trying to teach us. Our world can become richer, not only through a dog's senses, but through a dog's heart.

Becky Hughes

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Becky breeds and shows her Lhasas. She has put a UD and 2 CDXs and 4 High in Trials on her dogs and all but one have been AKC Champions in conformation. Two have ROMs (Register of Merit) and one more is working on the ROM. She is now training her little Ferggie in obedience.

I had tried to interview Becky for previous SPEAKS, but she was so busy with rescue she

didn't have time to talk. Most unfortunately, Becky had to have emergency surgery recently for a pulmonary embolism. She's recuperating and taking a break from rescue, so we were able to have a long interview. Janet Legg has stepped in to help with Lhasas and Shih Tzus until Becky can return. Becky has been a great asset to SPDR for 17 years, and we all are wishing her a complete and uneventful recovery.



Donations

Robin Neal
Tammy Hall
Sandra Rowe
Brent & Theresia Gregersen
Mary & Kathleen Weyenberg
Kelly Allen
Kenneth & Elizabeth Davies
Gloria Roysse
Kevin & Maggie Cullen
Jennifer & Andrew Rubinstein
Cheryl Van Volkinburg
Jeff & Kesha Smith
Maureen Greeley
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Heli Nielson
Cynthia Griffin
Matthew Dudley & Lea Conner Dudley
Shelley Larkin-Krebs
Diane Cummings
Dane Jackson & Christina Busald



From Fellow Dog Lovers...

Super Dog

Thank you all so much for your help with adopting Zoe the Lab. She's a super dog and has adjusted so well. She gets along with the girls and loves to swim in the Sound.

Gary, Carol, Kelly & Karianne Bolma

"Sunny"

Please direct our donation to Sheltie rescue in loving memory of Lynn Erckmann's beloved Shetland Sheepdog "Sunny".

Bruce & Marilyn Ries

Looking for Relief

Even after a change of dog food, regimens of Prednisone, antibiotics, and antihistamines "Bear", the Lab, is still itching. I thank you for your fine service of placement of purebred dogs. We've got another winner; we just have to make his life more comfy.

Cynthia Griffin

Always in My Heart

The enclosed donation is in honor and memory of "Toban", the Doberman I couldn't adopt, but who I will always carry in my heart. I deeply appreciate the work you all do to find the best homes for unwanted and abused purebreds.

Barbara Seavy

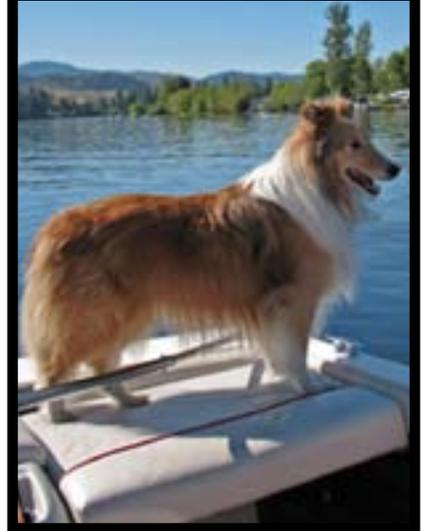
Sweet and Winsome

With sadness, I report the death of my Yorkie "Daisy", just one month before her 17th birthday. I was fortunate to adopt this wonderful little dog, with Valerie Sexton's help, when Daisy was nearly eight years old. A sweet and winsome favorite with family and neighbors, she will be sorely missed. It was my privilege to share in her life.

Catherine Harger

Brodie

Sheltie adopted by Jack and Louise Fellows



Love at First Sight

Seven years ago my family came to Seattle to adopt a beautiful little red Cocker Spaniel from SPDR. We fell in love at first sight. She was the center of our lives and loved very much. Sadly, after four years of medications and aggressive treatment "Ginger" passed away from complications of heart disease. Please accept this donation as a token of our gratitude for your work as we honor and remember our beloved pet.

Glenn & Vanessa Verheyen

Fantastic Home

Please accept this donation in memory of a special Border Collie, Sparky. He fostered with me for six months until a wonderful couple adopted him. Sadly, Sparky crossed the Rainbow Bridge on June 6th. Sarita and Jerry provided a fantastic home for him and I am forever grateful to them for taking in an older dog.

Roberta Bridges

Doodle, Brandi and Bug say Happy Halloween!



Idaho Rescue

Please use this donation to help other dogs find their forever homes, like you did for me. There were some very special people involved in my rescue. First was Michael, who saved me from an awful, abusive life in Idaho and got me into foster care with Steve Thein, SPDR's current Collie Rep. Then Judy Byrd arranged for my adoption. I'm now living with a family who loves and adores me.

"Riley" Kraus

Ten Wonderful Years

Enclosed is a donation in memory of our much loved Dobie "Sadie". Sadie left us on Good Friday. Her companion "Star" left us in January. They were a large part of our lives and we are heart broken. Writing this without tears is impossible, but thank-you for the ten wonderful years we had with her.

Joan & Donald Daley

"Isabella"

Please find the enclosed donation for your Min-Pin fund in recognition of Danna Hawley, from whom we adopted Isabella.

Matthew Dudley

Help for the Little Guys

This donation is made in memory of Mike Nelson. Mike had, and loved, Dachshunds. I would really like this donation to go toward something to help out these little guys.

Bonni Sundberg

Plays All Day

It has been three months since we adopted "Casey", our black Lab. He fits in great with our family and plays all day long with my Border Collie/Lab mix "Sonic". The two boys are a perfect match. This is our second adoption through your organization and we really appreciate everyone involved. Thanks!

Valerie & Steve McElfresh

Donations

Christoph & Mary-Clayton Enderlein
George & Debra Durrin
James Beaumont
Kari Bentz
Robin Ramone
Amy Popp
Mary Grace Morgan-Reyes
Sarah Eller
Jay & Leigh Rippel
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Linda Peterson
Allison Howerton
Diane Cummings
Corinne Xidos
Kristina Van Doren
Vickie Tanner
Loralei Walker
Robyn Hansen
Scott Leighton
Marie Booker
Brad Jones

In Memory:

Doug Wolff: Barry Piancino
"Sparky": Roberta Bridges
"Sadie": Joan & Donald Daley
"Sunny": Bruce & Marilyn Ries
"Jaeger": Samantha Lewis
"Ginger": Glenn & Vanessa Verheyen
"Toban": Barbara Seavy

GSP Club of America National Rescue

City of Seattle Combined Charities

Employee's Community Fund of the Boeing Company

Mary Arnold
Sandra Bennett
Linda Betts
Karen Byrd
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Karen Crabtree
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Kathy Kopta
Steve Liu
Robert Miller
Gregory Mosen
Donald Nordby
Gina Pischke
Donald Roosa
Karen Scholz
Deborah Schwartz
Tami Wierman

Abbott Laboratories Employee Giving Campaign



"Jingle"

Adopted by Amanda Rich



"Henrietta"

Adopted by
the Cook family



"Harley"

Doberman,
looking for a home



In memory of

Jackie-O

loved by Peggy Bush



"Dollie"

Shih Tzu, adopted into a
loving home



SPDR is so very grateful...

Thanks to the Boston Terrier Breed Rep

We gave up Wilbur today. Wilbur is a 3 y/o Boston Terrier that our 29 y/o daughter brought to Seattle from Boston when she moved to be closer to her family. She gave up her corporate job and I think part of the reason was she was leaving Wilbur at home in his crate for up to 10 hours a day while she was at work and commuting, plus going to Harvard for a night class program. When she moved here, she began a master's program and is working as a nanny nearly fulltime, so the cycle began again, of not being able to devote enough time. So she finally arrived at the understanding that transitioning Wilbur was the very best thing - especially for Wilbur. But how?

You could say that running an ad on craigslist is a mistake, and now we know it's a mistake, but if we didn't do that, we would not have found SPDR and Seattle Boston Terrier Rescue - Vicki & Al Brunell. We read all of the responses from the ad and, in the end, we decided that Vicki's e-mail and the websites offered the most caring resource, so we used them as an intermediary with a family that had been registered with SPDR and

sent the most obvious information revealing that they truly wanted and could provide for Wilbur. Al went to inspect the prospective new home and Vicki handled advising both parties. They did a really great job of helping both of us thru a very difficult process, emotionally.

Some of the email response (from Craigslist) was obviously from the type of people that you hear about and want to avoid at all costs, so we are very happy to have Wilbur in a new home where he will be loved and cared for and our hope going forward is that SPDR and their associates will continue to grow and help intermediate a safer method for rehoming deserving dogs of all breeds.

Our heartfelt thanks to Vicki and Al for doing such a great job in helping to make Wilbur's transition as smooth and loving as possible, as well as safe and secure. Their knowledge, experience, and gigantic hearts are a great value to the Boston Terrier community in Seattle.

Thanks,

Jim Beaumont

... for your love and support!

**In memory of
Sunny, 1995-2011,**
beloved pet of Lynn and
Jim Erckmann,
adopted via SPDR in 1996



"Rudy"
Shih Tzu
ready to be adopted



Donations

Microsoft Matching Gifts Program

Steven Salazar Aray
Luis Garcia
Stacey Kelly
Matthew Seybold
Jeffrey Sutherland

These Creatures
Andrew Finkel

"Takoshih"
Siberian Husky adopted
by the Cook Family



Buddy's Duds

Custom Dog Wear • Custom People Wear

Owned and operated by Buddy, an SPDR rescued Lhasa

www.buddysduds.com

For the dogs...

A custom dog coat created from your dog's specific measurements. Water resistant nylon on one side, fuzzy warm fleece on the other side. Personalization available! Extra Small or Small \$10.00; Medium \$20.00; Large or Extra Large \$25.00

For the humans...

Quality people wear including clothing, accessories and duffle bags suitable for embroidery. We have an extensive inventory of dog embroidery designs... Buddy knows he has your breed! Browse our online catalog: www.companycasuals.com/buddysduds



Questions? Contact Buddy at buddysduds@comcast.net



10% of all sales are donated to SPDR





Molly



Benny



Simba and Nala

Meet The Breed: Havanese

*By Jane Hohne,
Havanese Breed Rep*

History and Background

The Havanese is a descendent of breeds brought to Cuba from Spain. Historians also believe the Havanese to be related to the Tenerife, an ancestor of the entire Bichon family. In the past, our breed was known as the Havana Silk Dog and the Spanish Silk Poodle, which became extinct but continued to share its characteristics with many of today's breed dogs. The Havanese once performed its role as a pampered lap-dog of the aristocracy in Spain and Cuba, but now serves as a family companion responsible for being a watchdog, child's playmate and herder of the family's poultry flock.

Prospective Adoption Information

As is true of most all breeds, the Havanese have personalities that can be generalized, but are actually very specific to the dog that comes into a rescue program. One family does not "fit all," so each dog coming into rescue must be evaluated for medical and behavioral needs, and the best possible match for that dog is determined from waiting applicants.

Unfortunately for many waiting families, it often takes much patience before the right dog is available for them. It's always a first priority to find a perfect home for individual dogs and their needs.

Unlike so many other popular breeds, our SPDR Havanese rescue program has not been a busy one. While we've been alerted to several possible Havanese in shelters, our program has not had one of our breed come into rescue in three years. This says so much for the care that is being given to our Havanese from their owners here in the Northwest, but it does make the waiting difficult for families who would like to bring a rescue Havanese into their homes.

Breed Characteristics

The Havanese are known as the “little clowns” of the Toy breeds. They are known for their intelligence and naturally affectionate temperament and often make an ideal family pet. These little balls of fluff are known as companion dogs and not just want, but need, to have their “people” close by to be completely happy.

The Havanese Breed comes in many colors and may range widely in size depending on heredity. As a young puppy, two dogs of the same litter may look quite different from each other. Prominent colors of this breed are black, white, brown, apricot, sable and many combinations of those colors. Since Havanese are double-coated, it's not unusual for a puppy of one color to become an adult of a different color. Depending on whether a Havanese comes from the “Spanish Poodle” lineage of the Cuban lines, a Havanese coat may be either curly or wavy, but it is most always silky soft. The breed's non-shedding coat makes it suitable for allergy sufferers, but regular grooming is necessary to keep the coat in top condition.

Shelters have a most difficult time knowing one small breed from another, and with the diversity of characteristics of the Havanese, they are often misidentified. “They're All Keepers” has an excellent breed ID flyer that can be most valuable in helping the non-Havanese owner decide what differentiates the Havanese from other small, fluffy breeds. This flyer is available in PDF format at <http://www.havaneserescue.com>.

The Havanese is trainable, intelligent and very successful at agility work, companion therapy programs and as School Reading Companions. Although a toy dog, they remain energetic and require some form of daily exercise. Daily walks, family outings and obedience training are recommended to keep this breed busy and using their many talents. Rarely is there a Havanese who doesn't enjoy learning tricks and who can teach their owner some of their own!

Size: Breed standard is 8-15 pounds, and 8.5-11.5 inches tall at the shoulder.

Colors: Varied. Must have some black with exception of chocolate color.



Bandit

Energy Level: Medium for the Toy Group, medium for dogs in general.

Life expectancy: 12-15 years.

Abilities: Intelligent, playful, attentive companion.

Compatibility with Children and other animals: Generally very good.

Shedding/Grooming: Non-shedding, hypo-allergenic. Coat needs a great deal of consistent care if kept long. Daily brushing recommended.

Health Issues: Potential patella issues, some cataract concerns, liver disease in very small specimens.

Best with: Families where someone can be home for companionship.

Not for: Generally inactive families or individuals unable to keep up with grooming needs.

Pros: Gentle, loving, lap-sitters who are born to enjoy life with their “people.”

Cons: Very attentive grooming care is necessary.



Fat Dogs!

By Terry Albert, *Speaks!* editor

Meet Slim. He is not “distinguished.” Or “chubby.” Or “well-fed,” “pleasingly plump,” or “stocky.” The dog is fat. We don’t need a lot of charts and arguments about why being overweight is as bad for our dog as it is for us. So I will dispense with the lecture that makes us all feel guilty, and get on with the good part – the solution!

Please keep in mind that obesity is a serious condition, and you should consult with your veterinarian for his or her help in returning Slim to good health. First, how do you tell if your dog is overweight? Feel Slim’s ribcage. If those ribs are hard to find, he should lose a few pounds. Here are some causes of canine obesity:

- **“Poor dog”:** In assuming a rescued dog has been abused in his former home, we are tempted to overindulge him with food and treats. Those big sad brown canine eyes learn quickly how to manipulate the person who controls the food dish. Resist! Dogs really don’t need a lot of variety. In fact, it will upset their digestion.
- **Table scraps:** “But he only gets two cups a day!” the owner told me honestly, referring to her Lab. Then she sheepishly added that her pet gets the dinner leftovers every night. Mashed potatoes and gravy add hundreds of calories (and cooked bones are always dangerous). Worse, Slim will quickly learn to turn up his



nose at dog food, and hold out for the “good” stuff.

- **Fattening treats and supplements:** A quality dog food doesn’t count for much if you’re buying salty, additive-filled treats. These can also be the source of allergies, ear infections and skin problems. Consider switching to vegetables (like carrots), a portion of your dog’s regular kibble, or biscuits from the same food manufacturer.

Also, if you supplement his diet with fatty oils, these are “fat” with calories. Consider eliminating them, or consult your vet about a lower calorie skin supplement.

- **Free feeding:** Many dog owners put food on the floor and leave it all day. BUT, many dogs don’t self-regulate their eating, and some breeds will just gorge themselves. Put the dish down for 20 minutes, pick it up and put it away for the next meal. He may miss a meal or even two, but it won’t hurt him. He’ll soon learn to eat and be done with it.

This also helps you bond with your dog, because you are his food source.

- **Low thyroid:** Some symptoms of low thyroid include obesity, lethargy, and flaky or oily skin. Consider getting a blood test if you suspect Slim might have this problem.
- **Too much food:** Many breeds, like Labs and Beagles, are bred to run and work hard, and they have appetites that match their intended energy output. Most of us don’t hunt or do other heavy physical work with our dogs, but we may still feed them a working dog’s full rations.

A non-working dog doesn’t need as much food as the instructions on the bag recommend. If your dog is too heavy on four cups a day, cut him back to three, or even two.

THE SOLUTIONS:

Now we know how Slim got that way, how do we fix it? I don’t recommend going cold turkey

continued on page 14

Meet your new *Speaks!* Editor: Terry Albert

I am thrilled to be working with SPDR again after an absence of over ten years. For those of you that didn't know me way back when, I first volunteered as shelter liaison, a foster home, and as a stand-in breed rep for unrepresented breeds. I later served as Collie Breed rep and joined the SPDR board of directors, and fostered many, many Labs. During my years with SPDR, I worked hard and had a lot fun, while making some of the best friends I've ever known.

I no longer foster because I board dogs in my home. I continue to do pet portrait paintings, web site design, and writing. Some of you may remember Tank the Lab, my once-in-a-lifetime dog. Today I share my home with two Shelties, Tux and Bonnie, and a miniature wirehaired Dachshund, Desi. I also own three kitties: Sterling, Whisper and Wally, all rescues. Three horses complete my household: Ari and Star, Icelandic horses, and Sherlock, a rescued Shetland pony.



I hope you will send in lots of photos and great stories for *Speaks!* It is an exceptional newsletter, a cut above any I have seen. Releana has done a beautiful job, and I hope to continue in her footsteps. Feel free to email me at terryalbert@cox.net and visit my website at <http://www.terryalbert.com>.

Stressed out? *continued from page 3*

fearful of thunderstorms and fireworks. It also helps relieve stress from other causes. It is made from a stretchy knit fabric that wraps tightly around the dog's body. I've seen an anxious Aussie immediately lie down and relax after I put a Thundershirt on her. A small crazy terrier mix at my house also reacted well to the Thundershirt. He still ran and played, but his frantic, agitated behavior disappeared, and he was able to focus on me and listen better.

DAP® (Dog Appeasing Pheromone) is a commercially available product that mimics the natural properties of a mother dog. This gives her puppies a sense of well-being and reassurance. DAP is available as a wall plug-in or collar..

Massage and TTouch: both of these body techniques help relax your dog, allowing him to release tension and calm his mind. This helps him accept new experiences with less anxiety.

A dog that is secure in his position in the household is less stressed. He gets that security from you, the one who gives his life structure and rules, affection and love. Our rescued dogs come with lots of emotional baggage, fear and anxiety, but they prove to be extremely adaptable. Time and again we see, in a relatively short period of time, that they thrive in their new homes. 🐾



These two dogs both exhibit signs of stress: ears back and lowered, looking away.

Further reading:

Turid Rugaas: [On Talking Terms with Dogs: Calming Signals](#)

Brenda Aloff: [Canine Body Language: A Photographic Guide Interpreting the Native Language of the Domestic Dog](#)

Video:

Sarah Kalnajs: [The Language of Dogs](#)

Fat Dogs

continued from page 12

and immediately cutting your dog's portions in half or worse. A drastic change will cause his metabolism to slow down. Fool his body and gradually reduce his food by 1/4 cup per day until you reach the new amount. This also helps prevent him from becoming a counter-surfing, trashcan-pillaging monster.

Keep an eye on your dog, and adjust his intake by how he looks and acts. Do a rib-check every few weeks. It takes up to a month or more to see results, so be patient! His energy level should increase as he feels better. The vet may let you bring him in for regular weigh-ins.

- **To help your dog feel full** on the reduced rations, you can add canned pumpkin (plain, unsweetened). It's high in fiber. You can also add canned green beans, carrots, or other vegetables.

- **Consider switching** to a low-calorie, high-fiber food. Weight loss and senior formulas are available. Make the switch gradually, mixing in some the new food each meal at first and gradually increasing until it makes up the entire meal.

- **Feed on a regular schedule**, at the same times, preferably twice a day. Large breeds are prone to bloat, so smaller meals are safer for them. It also helps reduce hunger pangs and resulting behavior problems. If you don't feed until evening, Slim sits home all day, starving to death (in his mind!), and then stuffs himself with a huge dinner. Hunger stress can cause barking and trashcan trashing too.

- **Add water** to his food and let it stand a few minutes before you feed. This helps Slim feel full, because the food expands in the bowl instead of in his stomach.

- **Treat dispenser toys:** These are available at most pet supply stores. Fill it with dry kibble, and he'll play with it, rolling it around while bits of food drop out as a reward.



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HELP WANTED

Speaks Newsletter Writers

We're looking for volunteer writers who are interested in contributing to the educational mission of Speaks.

Depending on your availability, you can choose to be one of our quarterly writers (for articles such as "Meet the Breed," "Volunteer Spotlight," or "Featured Breed Rep" -- all of which have helpful "how to" instructions readily available) or you can choose to write an feature / main article for our front page either one-time or on an on-call basis.

Not sure about writing but have ideas? We need your input too! Drop us an email and tell us what you would like to see published.

Contact Lynn Erckmann at:

flurry@u.washington.edu



Interactive PDF Forms

SPDR's annual rescue statistics report forms are already created in Adobe InDesign, but we'd like to turn them into interactive versions that would allow our breed reps to type in their rescue numbers and email the form back to us.

If you know how to do this, please contact Patty Carey at:

moxy@centurytel.net

Fat Dogs

continued from page 14

Besides keeping him entertained when you leave for work, it slows down his eating. If you feed two cups, try pouring one of the cups in the toy when you leave. **WARNING:** I have found this sometimes causes fights, so I only recommend it in a one-dog household.

- **Exercise:** You knew this part was coming, didn't you? Just like with people, exercise helps burn fat and contributes to a healthy weight. Letting your dog out in the back yard does not constitute exercise! If you aren't physically active, you can still get your dog moving by throwing a tennis ball or toy for him. For seriously fat dogs, work up the time gradually, and STOP if Slim starts to pant heavily. Some dogs will play until they collapse of heat exhaustion, just to please you. Consider hiring a pet sitter to walk your dog if you can't. Swimming is also great exercise, especially for dogs with hip dysplasia. Another option is dog

daycare, even if it's only a few days a week.

A healthy, trim dog stays active much later in life. Some dogs hunt until they are 12 years old. At 11, my Lab still competed in agility. Those with joint problems, arthritis, hip or elbow dysplasia will remain active much longer without excess weight bearing down on sore bones. They don't live long enough as it is. Do your best friend a favor and extend his life by cutting down on his excess weight. 

In memory of P Sherman loved by Nancy Phillips



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From Our President... *continued from page 1*

I'd like to thank Kirsten Gleb for her years of service to the board and for her dedication to SPDR. As she leaves the board, Vicki Brunell comes on. Vicki is our Boston Terrier co-rep and the board looks forward to having her join us.

Our featured breed rep for this issue is Becky Hughes, one of our longest term reps. Becky handles Lhasas and Shih Tzus, and we are fortunate to have her. She's currently on leave due to an illness but we hope to see her back soon.

This has been a very frustrating year for me as a breed rep because almost

all of the dogs I have been asked to help were seniors. Most of these dogs have been in the 10-14 year-old range, and all of them have heartbreaking stories. It is very sad when dogs this old are uprooted from their families and have to find a new home. Most adopters have recently lost a dog and don't want to take on an elderly dog that they know they will lose within a couple of years.

Old Dog Haven is able to help some of these dogs, but they are overwhelmed as well with the need. We just don't have a good solution for this problem. If you haven't made provisions for your dog in the event you can no longer care for it, now would be a good time to take care of that.

My own home has become an old dog home for Shelties. We lost our little Sunny in June at the age of almost 16 years. She came as a 3-month-old rescue and stayed. The remaining dogs are 12 and up, all rescues.

I want to reaffirm that this newsletter will only be available online after the next issue. We are mailing paper copies only to those people who paid subscriptions after January. We'll post notices on our website and our Facebook page when the latest issue has been posted.

Lynn



- Dog-friendly Landscape Design
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SPDR Resources and Information

Seattle Purebred Dog Rescue
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 Redmond, WA 98073-3523
 (206) 654-1117
 www.spdrdogs.org

Our Mission:

Seattle Purebred Dog Rescue is a non-profit rescue, referral, and education organization dedicated to placing unwanted purebred dogs into suitable homes, and preventing unwanted purebreds from overloading the shelter system. Towards attaining these goals, we promote responsible dog ownership by educating the public in the selection, care and training of dogs. Founded as a non-political organization in 1987, SPDR works cooperatively with breeders, animal shelters, breed clubs, and individuals to accomplish SPDR's purpose.

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 Dixie Tenny and Dale Gordon

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Full page: \$25/issue
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 Quarter page: \$10/issue
 Business card: \$4/issue

To Submit Articles:

Speaks! articles are selected for education, general interest and entertainment value, with a focus on canine companions. Authors' views do not necessarily represent the policies of SPDR, nor does the publication of any article constitute an endorsement by SPDR. Material submitted for publication is subject to editing. Mail submissions to Lynn Erckmann at: flurry@u.washington.edu

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Seattle Purebred Dog Rescue
 PO Box 3523
 Redmond, WA 98073-3523

- Enclosed please find a donation of \$ _____
- Please send me a Foster Home Application
- I'm interested in becoming a Breed Rep or Co-Rep for _____ (breed)

Yes, I want to help SPDR!

Name: _____

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Zip: _____ Email: _____

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Comments: _____



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SPDR Speaks!



Fall 2011

The official newsletter of Seattle Purebred Dog Rescue - Since 1987

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SPEAKS has Gone Green!

SPEAKS is now available for
FREE as an electronic PDF on
our website:

[www.spdrdogs.org/about/spdr
newsletter.html](http://www.spdrdogs.org/about/spdr_newsletter.html)

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