



President's Notes

Sue Millman

2006 has started out to be a very busy year. Last fall we took in 5 puppies, (the sweetest pups on the planet!) however they have proven to be a bit of a challenge to place due to some health issues. Simultaneously, we have been working with the Billerica Animal Control Officer to place a stray. Like the puppies, he presented us with some challenges, specifically in the type of home needed for his well being. Lastly, Nikita has been in foster care for almost a year now. She is a very nice dog who is a bit rambunctious thus, we will not place her in a home with small children or cats. All are wonderful animals who need specific home environments and we will patiently wait until those environments are found. And of course, we have other dogs that are looking for their forever homes as well.

On a lighter note by the time you get this issue of *Siberian Sentinel*, the 2006 hiking/walking season will have begun. Several people have signed up for the notification list and plan to join us as we hike the trails here in New England. If you would like to join the email list, please e-mail PatriotRescue@verizon.net and put "Patriot Trail Dogs" in the subject line. Lastly, another great event to spend with your four legged friend is Camp 'n Pack. This annual fun weekend, run by the Alaskan Malamute Rescue (AMRONE), invites PSHR every year to share in this wonderful opportunity to meet other dog enthusiasts and to spend the weekend with your pooches just having fun. (see "Upcoming Events" on page 3)

We look forward to seeing and hearing from you this summer.

Featured Husky-Nikita



Nikita has been in foster care for almost a year now. Originally she was a stray who came to our care through a shelter. Being a high spirited dog, both times we placed her she came back because the environment was not perfect for her. She has lots of energy to burn her off so someone with time to spend to take her jogging, daily walks, or other physical activities would be best suited. She has other specific needs: no cats, no children under ten, no female dogs, although she likes male dogs.

Nikita is a wonderful dog who needs someone attune to her needs and some obedience training. PSHR adopters are known for their love and generosity, so there must be someone out there who can give her the forever home she is looking for. Are you that person?

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Aurora's recipe for home-made treats

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Happy Tails



Trish and Jim Chaput

Dear Patriot,

We recently adopted Schobel, a 9 1/2 year old female who was featured as a referral on your website. She's been such a great addition to our family & she is perfect for us. She is settling in quite well to her new home and we are all getting plenty of exercise every day! Thanks for helping us find our sweet girl!



Do you have a Happy Tail to share? Send it to newsletter@pshr.org with a picture (.jpg). Please keep stories to about 1000 words in a Word, Wordpad or Notepad document.



Treelo

George's new name is "Treelo" and everything is going great with him. He is such a great puppy; calm, affectionate, funny, and smart. I would like to say that he is housebroken after only a couple of weeks, but he had a little "accident" yesterday! He is getting along fine with the other huskies, beagle, cat, and most importantly his two-year-old boy - Nick. We are extremely glad to add him to our husky family!

Kim Burns

Diego came home October 22, 2005 and has adjusted very well. He shadows me like a baby and he's warming to the rest of the family as well. Diego didn't mind the relatives at Thanksgiving even though the house was full!

Diego's run broke on the my first day back to work, which he took full advantage of. He had to be bailed out of the town pound for \$50. That same day, Crown Bolt got a disgruntled email from

me about the shoddiness of their product - which contains a bolt that unscrews just from the dog walking around - it's supposed to hold 150 lbs. HA! My foot it does. However, it turned out to be a positive experience. We learned Diego does not like to be outside alone. He seems to prefer his "den" under the dining room table, leaving diners no place to put their feet when eating at the table.

I am happy to report that the vet believes Diego to be perfectly healthy. He looks beautiful, has a nice shiny coat, and a sturdy weight. Now that Diego has the clean bill of health we've been resuming our athletic activities. Diego loves to run around the high school track with "mommy" and go walking on the rail trail with his family. We got a lot of snow in Central Mass this winter which made him an ecstatic husky. Now that spring is here, we'll go on day trips to Rutland State Park and Wachusett.

We are thoroughly enjoying our new member of the family and thank the PSHR for bringing him to us. You are truly doing great work.

Diego in his den



Upcoming Events, Aurora's Treats



& Another PSHR Contest

Sue Millman

On September 8-10, 2006, Camp 'n Pack will be sponsored by the Alaskan Malamute Rescue of New England (AMRONE). The event is open to anyone with a dog and give you and your pooch a weekend of fun and adventure. Friday kicks off the event with an annual hike and then sails into the weekend activities of games, weight pulling, costume and agility contests, pet photos, CGC certifications, with informational seminars offered by veterinarians, groomers, and pet therapists. There is even an enclosed area built safe for your Siberian to run around off leash!

Camp 'n Pack offers a variety of items for purchase, an auction, along with fantastic food, or if you wish, bring your own. Accommodations are up to you: bring a tent or stay in a rustic cabin on the grounds of a girl scout camp in a simply beautiful and relaxing setting for the whole weekend. If you cannot spend the weekend, come for a day. Either way, this is not an event to be missed!

If interested, please go to Malamute Rescue's website www.AMRONE.org for more information and to sign up. This will be my fourth year there and I hope to see you!

Aurora sent us this recipe in which she states: "Here is a dog cookie recipe my person makes me often. They smell great and are sure to please any finicky pup! I should know, I'm one!" For the peanut butter, Aurora's mom uses Teddy's All Natural Unsalted whose only ingredient is peanuts.

Bon(e) Apetit!

Aurora's Treats

1 1/2 cups of whole wheat flour

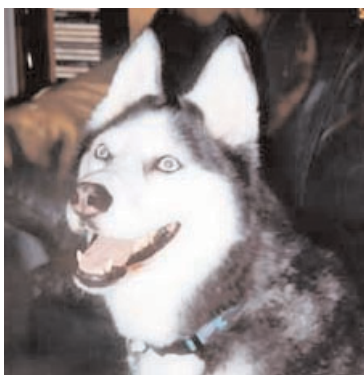
1/2 cup of oats

1 cup of natural peanut butter

1 cup of water

Preheat oven to 375 degrees

In one bowl combine peanut butter and water in another combine flour and oats. Add wet mixture to dry and mix well. Turn out the dough on a lightly floured surface and knead. Using a rolling pin, roll out to desired thickness (about 1/4 inch works well). Cut into shapes. Bake on a greased baking sheet for 20-25 minutes until lightly brown. Cool completely and store in an airtight container or in the refrigerator if you plan on having them for more than 2 weeks.



PSHR Logo Contest

Siberian Sentinel is seeking your ideas for a new logo. Hand or computer drawn, PSHR has no logo and we're asking you to design one. Like the "name the newsletter" all submissions will be placed on the website and voted on. The results will be used for the Fall/Winter newsletter. Email designs to newsletter@pshr.org by July 1st. Voting will start on July 15th and winners will be announced on September 1st. Good luck to everyone!

PSHR is a tax deductible organization. Please make checks payable to PSHR and mail to Patriot Siberian Husky Rescue

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Health Corner

ASPCA's Ten Hot Weather Tips



In summertime, the living isn't always easy for our animal friends. Dogs and cats can suffer from the same problems that humans do, such as overheating, dehydration and even sunburn. By taking some simple precautions, you can celebrate the season and keep your pets happy and healthy.

1. A visit to the veterinarian for a spring or early summer check-up is a must; add to that a test for heartworm, if your dog isn't on year-round preventive medication. Do parasites bug your animal companions? Ask your doctor to recommend a safe, effective flea and tick control program.

2. Never leave your pet alone in a vehicle—hyperthermia can be fatal. Even with the windows open, a parked automobile can quickly become a furnace in no time. Parking in the shade offers little protection, as the sun shifts during the day.

3. Always carry a gallon thermos filled with cold, fresh water when traveling with your pet.

4. The right time for playtime is in the cool of the early morning or evening, but never after a meal or

when the weather is humid.

5. Street smarts: When the temperature is very high, don't let your dog stand on hot asphalt. His or her body can heat up quickly, and sensitive paw pads can burn. Keep walks during these times to a minimum.

6. A day at the beach is a no-no, unless you can guarantee a shaded spot and plenty of fresh water for your companion. Salty dogs should be rinsed off after a dip in the ocean.

7. Provide fresh water and plenty of shade for animals kept outdoors; a properly constructed doghouse serves best. Bring your dog or cat inside during the heat of the day to rest in a cool part of the house.

8. Be especially sensitive to older and overweight animals in hot weather. Brachycephalic or snub-nosed dogs such as bulldogs, pugs, Boston terriers, Lhasa apsos and shih tzus, as well as those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.

9. When walking your dog, steer clear of areas that you suspect have been sprayed with insecticides or other chemicals. And please be alert for coolant or other

automotive fluid leaking from your vehicle. Animals are attracted to the sweet taste, and ingesting just a small amount can be fatal. Call your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435 if you suspect that your animal has been poisoned.

10. Good grooming can stave off summer skin problems, especially for dogs with heavy coats. Shaving the hair to a one-inch length—never down to the skin, please, which robs Rover of protection from the sun—helps prevent overheating. Cats should be brushed often.

Bonus tip: Please make sure that there are no open, unscreened windows or doors in your home through which animals can fall or jump.

http://www.asPCA.org/site/PageServer?pagename=pets_hotweathertips

Cats are the ultimate narcissists. You can tell this by all the time they spend on personal grooming. Dogs aren't like this. A dog's idea of personal grooming is to roll in a dead fish.
- James Gorman

Rainbow Bridge

Chewy and Tundra



Mary Ann West

Looking outside while the snow kept coming down this past winter gave me a moment of reflection on the loss of Chewy last summer. This was her kind of weather, the colder and deeper the snow, the better. She would leap around and bury her face under the drifts, rolling onto her back with the snow sticking to every hair, temporarily changing her color from cinnamon to white, until she came inside and shook it off all over my daughter's bed. With the wind howling outside I sank deeper into my comforter, remembering how Chewy would curl up on the pillows and work her way under the sheets, stretching out across the bed to give me about 6 inches of room to sleep.

It was with great sadness that my daughter, Amelia, and I had to say good bye to Chewy. She had been ill and in declining health which resulted in an unprovoked biting episode. Amelia was on the receiving end. After consulting our veterinarian, Chuck Noonan of Weston, Connecticut and Patriot Siberian Rescue, the decision was made that she wouldn't recover. We decided to let Chewie go and Amelia and I held onto her until it was over.



We adopted Chewie five years ago. Soon after, x-rays discovered her back had been broken and repaired on its own. So, although she had a tough first five years, her last years with us were filled with love, fun and a lot of dog cookies. We have fond memories of Chewy going for a ride with her head out of the window, joining her friends for a run on the beach, or when the beach was closed to dogs, window-shopping in town after letting me get coffee from Starbucks for the walk.

Kids loved her because she was so huggable, she loved crowds knowing she would be the center of attention and perhaps she would snag a treat from the unsuspecting passer-by. She was featured in a local paper's front page walking on a stone wall near our home. She had a knack of getting out the door (we called her Houdini) which became a game trying to get her to come back. To do so the treat had to be pizza or something equally appealing or, if I could get her into the car, the reward was a ride around the block. There were times we thought she didn't realize she was a dog as she could leap across the room onto the couch like a kangaroo, slept curled up with her tail covering her nose like a fox, ate like a goat or scared the hell out of the baby ducks like a wolf.

As spring starts to unfold we drive by the dog park saying things like, "remember when Chewy..."



Joice Himawan

There were many things that would make a Siberian Husky an unlikely dog for me, but Tundra had other ideas when she adopted me in 2001. She was 11 years old then and made it her mission to teach me a few things by example. Her lessons showed me kindness and patience can accomplish many things. She was ever so gentle and serene with everybody around her – people, other dogs, kids, cats, you name it. She always sensed her purpose with each individual: kids who were afraid of dogs changed their minds after getting to know her and she raised the stray kitten we adopted, named Pinky who now thinks he's a Siberian.

Tundra radiated grace and dignity but at the same time there was always that mischievous Siberian twinkle in her eye. Because of her, I learned that an old dog can teach people new tricks. She trained me well while we worked towards her CGC title, and in the process, I learned the value of consistency and communication in a relationship. In caring for her towards the end of her life, I became a more compassionate person and I'm more aware of the needs of others. She was a very special dog, and she undoubtedly made me a better person. To paraphrase the famous line, *my goal in life is to be as good a person as Tundra thought I was capable of becoming.*

Training Corner

Separation Anxiety in Dogs



Judy Hartman

Much like their wolf ancestors, domestic dogs are pack animals. While a wolf pack consists of a cohesive family of wolves, domestic dogs consider their human families to be their pack. Both wolves and dogs feel most secure in the company of their respective packs.

When left home alone, many dogs feel trepidation or angst, which can manifest into an array of negative behaviors such as barking or destruction of property. The words “separation anxiety” describe all behavioral problems that arise only when a family leaves a dog home alone. Separation anxiety is a behavioral problem that is common in dogs of all breeds and ages; however, some dogs are more likely to have it than other dogs. For example, dogs that are passed from owner to owner throughout their lives sometimes experience separation anxiety because they have a strong desire to bond with their human family. Similarly, previously abandoned dogs may also experience separation anxiety because they have an innate fear of abandonment.

As with most behavioral problems in dogs, there are different degrees of separation anxiety. In mild cases of separation anxiety, a dog may simply sigh then patiently watch out an accessible window for their family to return. Another dog may howl or bark in an effort to convince the family to return. Mild cases of separation anxiety are generally not problematic to their owners; however, continuous howling and barking can become a nuisance to adjacent neighbors. In severe cases of separation anxiety, a dog may go into full panic mode by digging at entry doors, eliminating on the floor, or by destroying things such as dog crates, plants, furniture, or personal items with the scent of specific family members on them such as pillows, clothing, and shoes. Severe cases of separation anxiety can cause dog owners emotions ranging from the annoyance of coming home and finding an occasional mess to the heartbreak of finding a seriously injured dog.

Though many owners do not realize it, their dogs are always watching and listening to what humans would consider rather mundane day-to-day activities and thus quite aware of what is going on at all times. For dogs with separation anxiety, the fear often begins to mount long before the owner actually goes out the door. For example, by watching their owners, most dogs will learn the equation: *Putting on of shoes + Putting on of jacket + Picking up the car keys = Owner leaving.*

Many owners unknowingly reinforce their dog’s separation anxiety by building up the process of leaving the house. For example, some owners may attempt to reassure their dog by talking softly, patting, and coddling the dog before they actually leave the house. While it is admirable for an owner to want to comfort their dog, the behavior of reassuring and coddling the dog before leaving only reinforces the dog’s belief that there is cause to worry. Additionally, many owners speak the same (or similar) words or phrases to the dog before departing. This allows the dog to associate certain phrases such as “Don’t worry, I will be right back” or “Everything will be OK” with the anxiety of being separated from the family.

Desensitizing a dog to the comings and goings of the family is the key to helping a dog to overcome the anxiety of being home alone. Families coping with a dog that has separation anxiety should seek the assistance of an experienced dog trainer. An experienced dog trainer can help a family evaluate their dog’s individual needs and help them create a suitable training program.

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Training Corner - Continued

Separation Anxiety in Dogs

Additionally, owners can implement the following commonly used steps to begin the desensitization process.

* Practice leaving and start ignoring – Put on some shoes, slip into a jacket, and pick up those car keys - then go sit on the couch. Do this several times a day while completely ignoring the dog and without actually leaving the house. Remember, the dog knows your routine – so to watch you begin the process of getting ready to leave is when the dog's anxiety begins to build. To say goodbye, cuddle, or attempt to calm the dog only adds to the anxiety. The ONLY exception to this rule is if the dog happens to quietly sit and watch you. When this occurs, reinforce the good behavior by generously rewarding the dog. The goal is to have the dog react indifferently to the routine. This process can take only a few days or a couple of weeks.

* Practice leaving, listening, and returning - Put on some shoes, slip into a jacket, and pick up those car keys - then open the door and leave. Glance at the dog as you leave but do not speak to or interact with the dog as you go. Once outside the door, move to a spot where the dog cannot see or hear you but where you can still hear noise inside the house. Count slowly to twenty while listening carefully for signs of distress. At this point, you may hear howling, crying, whimpering, or barking but no matter what you hear do not go back inside. Do not go back inside until the dog is quiet...it could take some time but you need to wait it out.

- If the dog barked, howled, or fussed in any way when you left, you must restart the process. When you are ready to go out the door again, step out and close the door but be sure to go right back in before the dog has time to start making noise or get into mischief. Once inside, reward the dog generously for being quiet. Repeat this process many times, each time staying outside the door for a slightly longer period until you are comfortable leaving the dog for longer intervals. Always be sure to time your entrance so that you are always walking in only when the dog is calm and quiet.

- If you have a dog that did not bark, howl, or fuss in any way go back in the house after counting to twenty. At this time, reinforce the good behavior by generously rewarding the dog. Repeat this process many times, each time staying outside the door for longer intervals.

* Practice being unpredictable - Once you get to the point where you can be out of the house for thirty minutes or more, start returning to the house at various times. For example, sometimes walk out then come right back in after only a minute while other times stay out for fifteen minutes. Always reinforce good behavior by generously rewarding the dog. The goal is to teach the dog that you may return at any given moment and if he/she is good and quiet that you will be delighted. With a little time and patience on behalf of the family, a dog can overcome separation anxiety.

This article was at the request of a Siberian Sentinel reader. If you have a training or behavioral question please send a request to newsletter@pshr.org. We will do the best we can to fulfill your desire. ~Editrix

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Important Notifications

Attention all Siberian Sentinel subscribers!

Starting with the Spring 2006 edition, Patriot Siberian Husky Rescue will allow subscribers to receive the Siberian Sentinel newsletter in portable document format (PDF) attached to an e-mail message. This alternate distribution method will help the organization to reduce the expenses of producing and mailing paper copies of the Siberian Sentinel to all subscribers. Though not required, Patriot Siberian Husky Rescue would like to encourage all subscribers with e-mail capabilities to sign-up for this service. If you would like to receive the newsletter PDF via e-mail message, you must join the mailing list by sending an e-mail message with the subject line Newsletter Subscription to: newsletter@pshr.org.

If you are unable to receive the Siberian Sentinel via e-mail message or choose not to, Patriot Siberian Husky Rescue will continue to mail you a paper copy. Additionally, you can find the latest edition of the Siberian Sentinel on the Patriot Siberian Husky Rescue website at <http://www.pshr.org/newsletters/index.html>.

<p>This newsletter created by McFoye Schemes Bad Influence Division For info please contact McFoye@yahoo.com</p>
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