



**Collie
Rescue
Network**

February 2007

COLLIE RESCUE NETWORK

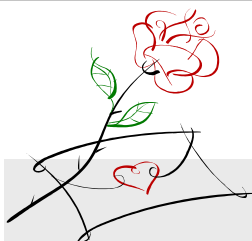
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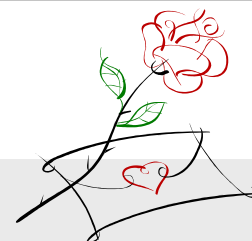
Happy Valentines Day!

Spring is in the air. Well, okay, maybe not yet. Soon though, and after spring comes summer, which holds the event we look forward to all year long. The 3rd annual Rescue Me walk-a-thon in Toronto will be held again in early June. Details are being finalized as we speak and the April issue will have all the exciting details. For what we need in order to join this year, please check out page 4 of the newsletter.

*Jennifer MacDonald
Collie Rescue Network*



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Orthopedic Beds

*-Veterinary and Aquatic Services Department,
Drs. Foster & Smith, Inc.*

Q: What are the benefits for having an orthopedic bed for my dog?

A: While any dog will enjoy the comfort of an orthopedic or 'dome-style' beds, orthopedic beds are particularly recommended for dogs that are older, larger, or have arthritis, hip dysplasia, elbow dysplasia, calluses or any bone or joint problem. Dogs can get bed-sores too, so any dogs who are recovering from an illness or surgery and are going to spend a lot of time lying down would also benefit from an orthopedic bed. There are various styles of orthopedic beds on the market. Look at the features before you buy.

A good bed will have:

- a washable cover with a heavy-duty zipper
- a layer of medical grade orthopedic foam (looks like an egg-carton)
- a firmness which will make it easier for the pet to stand up after lying down

Premium beds will have a solid foam inner core which will add cushioning, but be firm to allow your pet to stand up easier and with less pain. Remember to place the bed away from drafts and colder areas which may make your pet uncomfortable.

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Valentine's Day Doggie Cookies

- 2 cups whole wheat flour
- 1 Tbsp. baking powder
- 1 cup peanut butter
- 1 cup milk

Pre-heat oven to 375 degrees. In a bowl, combine flour and baking powder. In a separate bowl, mix peanut butter and milk, then add to dry ingredients and mix well. Place the dough on a lightly floured surface and knead. Roll out the dough to 1/4" thickness and use a heart shaped cookie cutter to cut out shapes. Bake for 20 minutes on a greased baking sheet until lightly brown. Cool on a rack and store in an air-tight container.

Can you spend a few hours on Saturday, June 9th or Sunday, June 10th to help Collie Rescue Network at their biggest fundraiser of the year? Let us know today if you can lend a hand!

E-mail us and let us know at rescue@collierescuenetwork.com and join the other volunteers at the biggest canine festival in Canada at Woofstock and the Rescue Me Walk-a-thon!

What do you get when you cross a collie with a rose?

A collie-flower!

Why are dogs such poor dancer?

They have two left feet!

Reveille, The Five-Star General

Reveille VII, the first lady of Aggieland, is the official mascot of the Texas A&M University. She is the highest ranking member of the Corps of Cadets and she is a Five-Star General.

Reveille is the most revered dog on campus. Company E-2 has the privilege of taking care of her and she is looked after by a master corporal with that company. Caring for Reveille is a prestigious position to hold but also entails a great deal of responsibility.



Reveille I came to Texas A&M in January 1931. A small black and white dog was hit by a group of cadets on their way back from Navaosta. They picked her up and cared for her back in their dorm. The next morning as “Reveille” was played, the little black and white dog started barking and so she was named after this wake-up call. When Reveille I died on January 18th, 1944, she was given a formal military funeral on the gridiron of Kyle Field. She was then buried at the north entrance to the field, as all Reveilles are, facing the scoreboard so that she can always watch the Aggies outscore their opponent. Recent additions to the field have blocked the gravesites view of the field, so a miniature scoreboard was erected in view so that the mascots can still see the game scores.

Among other privileges that Reveille enjoys are the facts that if she falls asleep on any cadets bed, that cadet must sleep on the floor, cadets must always address her as, “Miss Rev, ma’am”, and if she is in class and barks while a professor is teaching, the professor must immediately dismiss the class.

Animals R Us Festival

Come visit the Collie Rescue Network booth at the Animals R Us Festival on Saturday, June 2nd at the Port Hope Fall Fair Centre in Port Hope, Ontario! The festival is being hosted by the Northumberland Humane Society and highlights businesses, organizations and people who work with or provide products and services for animals of all types. There are demonstrations, a doghouse auction, the Indian River Reptile Zoo, doggie daycare, pet and costume contests and an agility demo! There is something for everyone, of all ages and we hope to see you drop by the CRN booth to say Hi to our collies and our volunteers!

Date: Saturday, June 2, 2007
Time: 10 am—4 pm
Where: Port Hope Fall Fair Centre, 62 McCaul Street, Port Hope, ON
Admission: Children 5 and under are free
 Youths (6+) and Seniors: \$3.00
 Adults: \$4.00
 Family Rate: \$10.00 (2 adults, 2 youths)

4th Annual Rescue Me Walk-a-Thon

June 10th, 2007

Collie Rescue Network will again be participating in the Rescue Me Walk-a-thon being held in conjunction with Woofstock, Canada's largest canine festival, at St. Lawrence Market in Toronto. In order for CRN to participate this year, we need volunteers. To date we've had last minute volunteers drive in from out of town (some driving for over 6 hours one way to lend a hand!) and we'd love to see some of our GTA and surrounding area volunteers come out this year. The bigger the fundraiser gets each year, the more volunteers we need. If you can spend a morning, an afternoon, or a day helping CRN at this, our largest and most important fundraiser of the year, please let us know at rescue@collierescuenetwork.com as soon as possible.

Woofstock is an amazing event to behold for the dog lover. It has exhibitors and vendors with everything from canine vitamins, Dogs In Canada magazine, Obedience and Behavior groups, doggie apparel, dog bakeries, artists who specialize in canine art, doggie daycare and much, much more. There are contests (for both you and your dogs), fashion shows, guest speakers and parades. It is a festival of all things canine. The walk-a-thon held on Sunday, June 10th, is held by the K9 Rescue Me Association, a group of approximately 14 rescues all working together to help raise awareness of canine rescue in Ontario.

Last year Magic caught a bike.....



then had a nap after eating some doggie ice cream!



Splash and Paige napped too after a tiring day of 2006 Woofstock shopping!



Frostbite!

Frostbite is a term used to describe damage to tissues due to exposure to extremely cold temperatures. The parts of the body on a dog most likely to be affected by frostbite are the ears, the tail and the feet. The body responds to the cold temperatures by reducing blood flow to these areas in order to preserve blood flow to the internal organs. Without proper blood flow these areas lack warmth and oxygen, allowing for ice crystals to form in the tissue, resulting in tissue death.



Frostbite is not normally immediately apparent and it may take up to 48 hours to notice the damaged tissue. Watch for skin discoloration of the ears, pain and swelling, blisters or sloughing of the skin. If frostbite is suspected, warm the affected areas slowly with warm (NOT hot) water and **never** rub the area as this can cause more tissue and nerve damage. In cases of severe frostbite the areas will eventually turn black and need to be amputated. Call your veterinarian to properly assess the areas over a several day-to-week period. Dying tissue can attract bacteria and your veterinarian will likely prescribe antibiotics along with pain medication.

Prevention is the key and if the temperatures are much lower than your dog is accustomed to, never leave him outside for long periods of time. Short walks, or even just short forays to the backyard to relieve himself until the weather warms will help prevent frostbite.



Adopted Collies Canada

Do you live with an adopted collie? Did you find your collie at a rescue or a shelter? If you share your life with an adopted collie, join us today at Adopted Collies Canada! Share your story, some photos and your experience with other collie adopters across Canada.

<http://pets.groups.yahoo.com/group/adoptedcolliescanada/>

A Dog's Soul

-author unknown

*Every dog must have a soul
Somewhere deep inside
Where all his hurts and grienences
Are buried with his pride.*

*Where he decides the good and bad,
The wrong way from the right,
And where his judgement carefully,
Is hidden from our sight.*

*A dog must have a secret place,
Where every thought abides
A sort of close acquaintance that
He trusts in and confides.*

*And when accused unjustly for
Himself, He can not speak
Rebuked, he finds within his soul,
The comfort he must seek.*

*He'll love, tho'he is unloved
And he'll serve tho'badly used
And one kind word will wipe away
The times when he's abused.*

*Altho' his heart may break in two,
His love will still be whole,
Because God gave to every dog,
An understanding soul.*

Are You My New Family?



Bear is a 4-5 year old very sweet chow mix who is a real people pleaser. He loves the attention and affection of the humans in his life and would truly love to find a family to call his very own. Bear does not like cats and needs a home with no cats or small dogs. He would really prefer to be an only pet and lap up all the attention himself. He is very, very smart and learns new things with amazing speed and ease. Bear would love to attend an obedience class with his new people both for bonding as well as to learn new things with them. If you are the home for Bear, contact us at rescue@collierescuenetwork.com today and let Bear know you are waiting for a dog just like him!

Stitch is a collie mix who is about 10 months old now. He would love to find a home where he can play in the backyard with his family and go for lots of walks with them. Stitch is a lovely little guy who was raised with children and is good with other dogs. He is an all-around nice boy who is just happy to spend time with people and wag his little stump tail for them (we think he may be part Australian Shepherd due to his tail). Stitch has been in rescue now for quite some time and we'd like to see him find his family soon so he can do his "growing up" together with them. A family who will take him to obedience classes will find that it is a great way to bond with him as well as be amazed at how fast Stitch can learn new things and please his people. If you are interested in Stitch, contact us today at rescue@collierescuenetwork.com and let us know. Stitch is waiting to hear from you!



What can we say about **Dolly**? This gorgeous smooth girl has been in rescue now for almost a year! She will be two-years-old soon and still has yet to find her forever home. We are stumped as to why no one seems interested in this sweet smooth girl as she is truly a very sweet, all-around nice girl. Dolly loves the attention she gets in her foster home and has come a long way since she arrived. She knows her name, she plays well with the other dogs in her foster home and she has learned that attention and affection are wonderful things. Dolly needs a home where she will be loved and pampered for the rest of her life. If you are the home for Dolly, let her know by e-mailing us at rescue@collierescuenetwork.com

If you are interested in any of the dogs above please contact us today at: rescue@collierescuenetwork.com or visit our website at www.collierescuenetwork.com to fill in an online application form. You can also find more information about our rescue, our adoption process and how you can help the collies in need all over Canada at that site.

Fear of Thunderstorms and Noise Phobias

-Holly Nash, DVM, MS

What causes fear of storms and other noises?



It is unknown why some pets become afraid of noises; it is a common problem in dogs, but less so in cats. The fear can soon become a phobia, which is defined as a persistent, excessive, and irrational fear response. In the case of thunderstorms pets may also be fearful of storm-associated events such as a change in barometric pressure, lightning, electrostatic disturbances and even smells associated with the storms. Noise phobias can include fear of thunderstorms, firecrackers, gunshots and even the sound of birds.

A recent study has found that certain breeds have an above average risk of developing noise phobias. These include some of the working and sporting breeds such as Collies, German Shepherds, Beagles and Basset Hounds. This survey was quite small however, and more research needs to be done in this area. The study also found that dogs who had separation anxiety were more likely to also have noise and thunderstorm phobias.

A noise phobia may be traced to a particular bad experience of a noise, but often, no triggering event can be ascertained. In almost all instances, the fear of noises and storms escalates, worsening with each exposure. Soon the pet may become fearful of similar sounds of events associated with the noise. For example, a pet afraid of thunder may also become afraid of rain, or a dog afraid of gunshots may show fear at the sight of a hunting rifle.

The owner's attitude can influence the severity of the fear. For instance, if owners themselves are nervous during storms, noise phobias in their pets may occur more often or become more severe. Similarly, if the owner attempts to comfort the animal, the animal interprets it as confirming there really is something to be afraid of. The petting or comforting is really positive reinforcement of an undesirable behavior.



What are the signs of noise phobia?

Different animals may display different signs of noise phobia with can include:

- Hiding (most common sign in cats)
- Urinating
- Defecating
- Chewing
- Panting
- Pacing
- Trying to escape (digging, jumping through windows or going through walls, running away)
- Drooling
- Seeking the owner
- Expressing anal glands
- Not eating
- Not listening to commands
- Trembling or shaking
- Dilated pupils
- Vocalizing (barking or meowing)

Consult with a veterinarian experienced in animal behavior problems, and/or an animal behaviorist if your pet is showing signs of noise phobia. They can help develop a treatment plan for your pet.

How is noise phobia treated?

There is no guarantee that a noise phobia can be totally resolved, but in many instances the fear can be managed effectively. The effectiveness of treatment depends on a number of factors, including the severity of the phobia; how long the pet has had it; whether it is ongoing, seasonal, or unpredictable; and the amount of time the owner is willing to commit to the behavior modification techniques.

The first thing to remember is that you should refrain from giving rewards or punishment. This is extremely important. Petting, consoling or even saying, "It's OK," may be interpreted by the pet as a reward for the fearful response. In the event of comforting a dog during a storm, for example, it may signal the pet that the storm really is something he should be afraid of. Similarly, the pet should not be punished for showing fear. This will only increase his anxiety level. usually treatment includes three other facets: medications, changing the environment and behavior modification.

Continued on page 8...

Fear of Thunderstorms and Noise Phobias (Continued from Page 7)

Administer medications: Medications may be given individually or in combination. In some instances, the medication may be administered during an entire thunderstorm season. Others may be given when a storm or noisy event (Fourth of July fireworks) is expected. A common protocol is to give amitriptyline during the storm season, and valium when a storm is predicted. The valium or other quick-acting medication needs to be given prior to the development of any behavior or physical signs of anxiety. If there is a chance of a storm predicted for the afternoon, the pet should start receiving the valium or similar medication in the morning. Pets who also exhibit separation anxiety may need a different combination of medications. Several combinations may need to be tried before the optimum regimen for a particular animal is determined. Many of the medications that would be used on a daily basis, e.g.; Amitriptyline, Prozac, and Buspirone, may take 3-4 weeks to see an effect. Examples of medications used include:

- Alprazolam (Xanax)
- Buspirone (Buspar)
- Clorazepate (Tranxene)
- Fluoxetine (Prozac)
- Paroxetine (Paxil)
- Amitriptyline (Elavil)
- Clomipramine (Clomicalm)
- Diazepam (Valium)
- Inderal
- Tranxene-SD

Alternative therapies have also been used with some success. These include melatonin and lower essences such as Rescue Remedy. These two therapies take effect within an hour of administration, and should be given prior to the storm or other fear-producing event.

Change the environment: By changing the environment of the animal during the storm or noise, the anxiety level can be reduced. Changing the environment may reduce the volume of the sound or help make the pet less aware of it.

Increase vigorous exercise: The pet should receive vigorous exercise daily, and more so on a day when the fear-producing noise is likely to occur. The exercise will help to tire the animal, both mentally and physically, and may make her less responsive to the noise. In addition, exercise has the effect of increasing natural serotonin levels, which can act as a sedative.

Reduce or block the noise level: "White noise", such as running a fan or air conditioner may aid in blocking out some of the fear-producing noise. Playing a TV or radio can have a similar effect. Allowing the pet access to the basement or a room without outside walls or windows may decrease the noise level. Closing the windows and curtains can also help reduce the noise. Some owners have placed foam earplugs or cotton balls in their pets' ears.

Create a safe haven: Some pets feel more comfortable in a small space such as a crate or a small room like a bathroom (run the fan and leave the lights on). Some pets seek out the safety of the bathtub or shower during a storm. (Some have hypothesized that a pet may feel less static electricity if on tile or porcelain). If the pet is comfortable in a crate, the crate can be covered with a blanket to add to the feeling of security. The door to the crate should be left open and the pet should not be confined to the crate, which could dramatically increase the stress level. Some pets, especially cats, may find that a closet or area under the bed makes a good retreat.

Project a calm attitude: Pets are very aware of the mental state of their owners. If you are worried or nervous, this will add to the pet's fear. Your pet will look to you for direction, so keep an "upbeat" and "in charge" attitude.

Maintain good health and nutrition: Health problems may increase the stress level of pets, and increase their anxiety. For instance, a dog in pain because of hip dysplasia may be more irritable and prone to other behavior changes. Diets too high in protein have been linked to some behavioral problems. Consult your veterinarian if you would like advice about changing your pet's diet.

Behavior modification: Special techniques can be used to help change the animal's response to the noise.

Counter conditioning: Using counter conditioning, the animal is taught to display an acceptable behavior rather than an unacceptable one as a response to a certain stimulus. In this way, a negative stimulus can become associated with a positive event. For instance, the only time the pet gets his most favorite treat, game or toy, is just prior to and during a thunderstorm. Dogs who enjoy traveling may be taken for a car ride, or cats who love catnip may be given their favorite catnip mouse. (Dogs who enjoy swimming will need to wait inside until after the storm is over!). After a time, the pet will start associating an oncoming storm with getting to have his favorite thing.

Fear of Thunderstorms and Noise Phobias (Continued from Page 8)



Desensitization: Using desensitization, the animal's response is decreased while he is exposed to increasing levels of the fear-producing stimulus. For noise phobias, the animal is taught to be calm when the noise level is low, and then the noise level is gradually increased. This process is generally more successful in dogs than cats. To desensitize a pet to thunderstorms:

- Obtain a commercial tape or CD of a storm. Play the recording at a normal volume to determine if it will induce the fear response. If it does, continue with the desensitization; if not, you will need to obtain a different recording.
- Play the recording at a volume low enough that the pet is aware of the sound, but it does not induce a fear response. For instance, the ears may be cocked towards the source of the sound, but you still have the pet's attention. In some instances, that may mean the pet needs to be in a different room from where the recording is playing. While the recording is playing at a low level, engage the pet in an activity in which you give the commands, such as obedience training or performing tricks. Give food or other rewards during the activity when the pet accomplishes what he is supposed to do. If the animal shows signs of fear, stop and try again the next day, playing the recording at an even lower level. It is important that the pet not be rewarded while he is fearful or anxious. Sessions should last about 20 minutes.
- If the animal does not respond fearfully, during the next session, increase the volume slightly. Again, involve the pet in an activity and reward it for obeying commands. Continue increasing the volume gradually for each session. If the pet starts to show fear, decrease the volume. Repeat the session in various rooms of the house and with various family members present.

- When the pet does not show fear when the recording is played at a loud volume, you may want to try playing the recording for a short time while you are absent. Gradually increase the time you are gone while the recording is playing.
- When the pet appears to have lost his fear, the sessions can be reduced to one per week. In most instances, these sessions will need to be repeated weekly for the life of the pet.
- During an actual storm, use the same activities and rewards you used in the training sessions.

To increase the chances of successful desensitization, the training process should take place during a time of the year when the actual noise will not be encountered: if the pet is afraid of thunder or fireworks, try desensitization during the winter; if afraid of gunshots, the training should take place outside of the hunting season. In most instances, it is best to discontinue any behavior-modifying medications during the desensitization process. Consult with your veterinarian before discontinuing any medications.

Conclusion: Fear of thunderstorms and other forms of noise phobia are common problems in dogs, and some cats. Administering medications along with changing the pet's environment, and using behavior modification techniques can help ease the fear. Above all, do not give your pet any attention or reward when he is showing signs of fear; this will only reinforce the fearful behavior.

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Did You Know?

- 33% of dog owners admit they talk to their dogs on the phone or leave a message on an answering machine while away
- It is estimated that approximately *one million* dogs in the United States have been named as the primary beneficiary in their owner's will
- 70% of people sign their pet's names on Christmas cards
- Based on an average life span of 11 years the average cost of owning a dog is \$13,550

Questions, comments or articles to include in our next newsletter should be sent to:
rescue@collierescuenetwork.com