



Journal and Activities of PFH Canine-Assisted Therapy Teams
Volunteering in Napa, Solano, Sonoma and Marin Counties

Volume Nine, Number 3 • May, 2006

Sponsors, Donors and Angels Make 2008 Calendar Project Come True!

CORKY HORNBERGER, to the right, was a real therapy pro and is one of the goldens that are featured in the 2008 Paws for Healing Calendar in the “Golden Dogs of Summer” layout for August.

The “Calendars Girls” (Judith Bernat, Mary Lou Gracy, Trudee Lewis and Lea Stegman) report that they have received over 200 photos and that sponsor pages sold out very quickly. Donors continue to contribute to printing costs and some 20 angels have purchased dates to honor dogs and individuals. In fact, the response has been so overwhelmingly positive that this project may become an annual fundraiser for Paws for Healing.



Corky says woof and thank you for your terrific support — and suggests you check out page 9 for a list of Sponsors, Donors and Angels.

The primary purpose of the calendar is to honor PFH dogs who provide the loving comfort that so many people need today in health care

cont. page 9

What's in This Issue

Calendar News	9
Hot Weather Reminders	2
Pet Food and Nutrition	6-7
Infection Control Standards	3
War Canines in Need	5-8
In the News	4
Donations	9-10

The 2008 Calendar will go to press in July and we will have copies by September. Please watch for announcements regarding wholesale and retail sales! If interested in wholesales, please contact Judith: 707-258-3486.



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*Migie Schwertn says,
“See you in the Calendar!”*



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When in Doubt, Leave Fifi or Fido Home in the Hot Weather

OUR HOT SUMMER DAYS make therapy visits more challenging, but not impossible if you make a few adjustments in your schedule.

Don't forget that dogs' pads are very sensitive and can be burned by hot pavement, asphalt and brick or tile pavers. Park as close to the entrance as you can, look for shady walkways, and avoid visiting in the peak heat times of the afternoon.

Dogs will need more water and may fade more quickly. Re-schedule in order to visit in cooler times of the day, provide lots of water breaks and keep visits a little shorter. Also think of a special treat as a thank you for a job well done, such as a walk on cool green grass, a gentle brushing or a paw and leg massage.

Remember that heat can exacerbate skin problems, so check routinely for hot spots, and for burrs, ticks or foxtails that can irritate the skin and turn into sores.

New Laws to Protect our Pooches

In less than 20 minutes, the internal temperature of a parked car in 80°



weather—even with partially open windows— can soar to 120°. Exposure to such high temperatures is a painful death sentence for pets.

That is why Gov. Schwarzenegger signed Senate Bill 1806 by Sen. Liz Figueroa that makes it illegal for pet owners to leave their animals in a closed vehicle in either dangerously cold or hot weather. Penalties range from an initial maximum \$100 fine for an unattended animal that suffers little bodily harm to a \$500 penalty and up to six months in county jail for a second offense.

What if a dog's already in trouble?

Should you find a dog suffering from heat exposure, immediately call your local police department or animal control. They are allowed to break a car window if necessary to rescue the animal. (Avoid calling 9-1-1 from a cell phone; your call to local police may be delayed.)

Once the animal is out of the car, place a wet, cool towel or wet, cool blanket on the dog and have it taken to a veterinarian. Or wet down the dog with cool (*not cold*) water. The purpose is to lower the dog's core temperature gradually. Time is of the essence, especially if the dog is unconscious, in order to prevent permanent brain damage or death.

Buddy Rios advises pet guardians to carry extra water during the summer so that there's always plenty of fresh water to quench a dog's thirst.

Your Sponsorships and Commemorations Are Reflected in our Many Programs and Our Volunteers Thank You!

Thank you for supporting our canines that bring comfort and joy to so many people in health care or in schools in the North Bay area. Those of you who would like to participate in our program, please consider a donation* that will help defray the costs of volunteering. Our dogs and humans are very grateful for your help at any level.

I. Antiseptic Wipes & Water Bowl \$10. II. Safety Leash, ID & Collar 15.

III. Therapy Vest or Bandana 25. IV. Total Team Package 50.

You may sponsor one team at any level, two or more teams at any level, or sponsor a team package for one or more of our volunteers.

I can sponsor _____ team(s) at \$_____ per team to underwrite volunteer costs.

Enclosed is a check for _____ Please send my acknowledgement to:

If you care to make a contribution* to Paws for Healing to honor or in memory of a beloved friend, please provide us with the information that will enable us to acknowledge the person, family and companion animal. The enclosed envelope is for your convenience.

In Honor of _____ or

In Memory of _____

Send acknowledgement to: _____

** All donations are tax-deductible as allowed by law. PFH is a 501 (3) (c) non-profit corporation. All donors will be acknowledged with a letter as well as those families or individuals who are honored or remembered.*

Thank You to Our Generous Donors Who Support Our Teams Through Sponsorships, Donations, and Commemorations

PFH thanks the following contributors for their generous gifts and their belief in the mission of the organization:

January

Maggie and Nancy Langholff
John Pershing
United Way
Diane Brisbois Peterson

February

Rebecca Yost
Ms. Barbara Rees
Major Alred Miller
Patricia Peterson
Margery Smith
Jim and Jeane Hornberger
Marlene Kniveton
United Way
Kathy Millich

March

Roger J. Umbdenstock
Patricia Peterson
Trudee Lewis
Bruce and Heather Phillips
United Way
Bridget Binko
Rebecca Yost and Joseph McCoy

April

Wheeler Pet Sitting
Madelon F. Greenspan
Jim and Jeane Hornberger
Micheel Hornberger and
Terry Short
Bonnie Long and John Ponte

Commemorations

In loving Memory of Jane Crawford, from
Jim and Jeane Hornberger.
In Memory of Taylor Schemel,
from Jim and Jeane Hornberger,
Michelle Hornberger and Terry Short.

In Memory of Zoe, your girl,
Bonnie Long

In Memory of Sullivan, former PFH
volunteer and a beautiful Shepherd who
lived for 14 years, from Barbara Rees.

In Memory of Dallas Peterson,
from Patricia Peterson.

In Memory of Frosty Hilton,
Tristan's little buddy, from Trudee Lewis.

In Memory of Rusty Miller, PFH
volunteer canine, and
in Memory of Jeanine Miller,
from Alfred Miller.

In Memory of Tiffany Hewitt,
from Patricia Peterson.

In Memory of Greta, Tristan's best friend,
from Patricia Peterson, Trudee Lewis.

In Memory of Lucy the neighborhood
dachshund who loved to bark at Tristan,
from Trudee Lewis.

Sponsorships for CAT Teams

Madelon F. Greenspan; Nancy Langholff;
Rebecca Yost in Honor of Joy Kelso;
Bridget Binko; Bruce and Heather Phillips
in Honor of Trudee Lewis

Keeping Everyone Safe from Infectious Contact is a Matter of a Few Simple Habits

ONE OF OUR TEACHERS began the infection control, safety and site protocol section of our training seminars with this experience:

"I always wanted to be a nurse and so I couldn't wait for my first class in nursing school when I could start learning about diseases and treatments, medical procedures, blood types, surgery... the subjects were endless. But to my utter dismay and disappointment, the first thing we practiced for more than a week was handwashing!"

Nancy Langholff has been a nurse for nearly 30 years and she still doesn't forget the first and one of the most important lessons she learned. Wash before, between and after seeing patients. That is one of the best ways to keep infectious diseases from spreading and to ensure the success of our PFH teams as professional therapy support.

With the advent of antibacterial gel hand washes, like Purell®, and antibacterial handwipes, such as "Wet Ones®", Handwashing 101 became easier and more practical. That is why PFH requires all teams to carry antibacterial wipes to hand to patients and staff members who pet the canines, to use themselves, and to wipe down their canine companions between visits.

While gel works for people, it isn't practical for our dogs. Gel, alcohol

wipes, and even pet wipes don't do the job if your dog comes in contact with someone who has a cold, the flu or carries other germs that might be transferred to another patient. It is easy to keep your canine therapist from becoming a "carrier" of infectious diseases.

Handwashing protocols:

- 1) wash for at least 10 seconds (or as long as it takes to sing "Happy Birthday.")*
- 2) rub briskly between fingers to create friction that also kills germs.*

A swipe with an antibacterial towelette over a dog's cape and bandana or on the top of his head or wherever someone has petted him is a simple act of cleanliness that will make visiting easy and safe for everyone involved.

Before leaving the hospital, don't forget to sign out... and what else? Wash your hands!

Exploding Hand Gel???

Evidently, the alcohol in hand gel can overheat and cause the bottle not only to break or leak, but to possibly explode and burn your skin.

So, if you're carrying sanitary hand gel in the summer, make sure not to leave it in the car where temperatures climb into the 100s° very quickly. If you forget and find you gel heating up, don't handle the plastic bottle until it completely cools to avoid any injury.

Thank you, Mary Ellen from Hospice, for passing this on.

News and Notes from and about PFH Volunteers

Volunteers in the News

From the Windsor Times —

Mary Foster and Hummer have started a R.E.A.D. program at the Windsor Regional Library this Spring. Hummer, a beautiful and



Won't you read to me, please?

well-behaved boy, loves to share the small sofa with a child and book, often putting his head on an empty lap.

Anne Marie Murphy, Children's Librarian and Branch Manager, and Laura Wright, Librarian, oversee the program that welcomes readers of all ages and abilities. The goal of R.E.A.D. is to provide a non-judgmental environment in which to read, make mistakes and try out new books.

Soon the program will expand and Chihuahua Jalepeña will take turns with Hummer. Currently, Hummer's favorite stories seem to be those about Carl the Rottweiler and his many adventures!

From Pat and Steve Davis — Vacaville

"On one of our visits to Loyalton, we decided to do our therapy work while people were waiting in the living area for their flu shots from Kaiser. We visited with everyone until the nurse arrived. Her helper couldn't come, so in typical boxer fashion, Louie "stepped up to the plate". He stood proudly next to each person who was getting a shot. He also consoled the frightened with licks. He's been asked to return next year on shot day, and of course he will."



Got love?

From the St. Helena "Nairator," the Rotary Newsletter —

Chris Geyer, Activities Director of Calistoga Gardens, describes the only nursing home north of Napa as a place where people are still engaged and even voting. It is also one of the PFH sites that Steve Yost and his Puli, Badger, visit every week.

Calendar Sponsors, Donors and Angels

cont. from page one

and educational settings. The second purpose is to celebrate the organization's first decade of service to local communities with canine therapy. 13 original teams have become some 175 teams. Dogs range in size from tiny Yorkies to great Mastiffs, we have almost every breed and lots of rescued dogs that have become excellent therapy canines. The 2008 Calendar will be a wonderful testimony to the rightful place that these dogs—and all canines—have in our lives.

We are very grateful to the following companies and individuals for making this project come true:

Sponsors (\$400)

- Umpqua Bank ☺ January
- JC Buller, MD, and Andrea Clarke, MD, ☺ February
- Silverado Brewing Company ☺ March
- Napa Small Animal Hospital ☺ April
- Wilson Feed ☺ May
- Richard Bien, MD, ☺ June
- Super Pets ☺ July
- Dr. Wilkinson's Hot Springs Resort ☺ August
- Greene's Cleaners ☺ September
- Lucio Perez Family Estate Vineyards ☺ October
- Lixit ☺ November
- Alley Cat Small Animal Hospital ☺ December

We have an additional sponsor, David Brotemarkle, Brotemarkle,

Davis & Co. LLP, who was inspired by Steve Yost and his 4 Puli therapists to support the project. A special thank you to both Steve and Dave. Steve also enlisted the help of Central Valley Builders Supply as a Donor. The following list acknowledges the people who have contributed to date. A final thank you will appear in our September Newsletter, as well as in the Calendar.

Donors (\$100)

- Pat and Steve Davis
- Tom and Mary Lou Gracy
- Leilani Grey, Trailside Inn
- Stephen and Susan Parry, Parry Cellars
- Steve Patterson, Central Valley Builders Supply
- Randy and Lea Stegman
- Chris Williams

Angels (\$50 +)

- Carl and Alannah Ashlie,
- Judith Bernat, Lauren Bellew,
- Joyce Bristow, Arnold Daglia,
- Jane Ann Erickson, Karen Glover,
- Nikki Goddfry, Cindy Jacque,
- Andrea Kern, Marlene Kniveton,
- Clare and Jack LeBrun, Trudee Lewis,
- Linda McMann, Patricia Peterson,
- Donna Schwerin,
- Randy and Lea Stegman,
- Sandy and Nellie Yates

What's a Dog to Do — or the Guardian — When Pet Food Becomes Unsafe?

BY NOW, EVERYONE is aware of the contaminated brands and heart-wrenching stories of lost or sickened pets that have made meal times a worrisome proposition for owners and their animals. Industry insiders are not sure when the investigations will end or what they will find.

In the latest issue of *Bark*, a comprehensive article devoted to pet foods and nutrition is full of insights, statistics and suggestions. Claudia Kawczynska writes, “No matter how you define it, dog food is processed food. It is manufactured, meaning that it goes through many steps before it reaches the dog’s bowl. The more steps a food takes before it is consumed, the more likely it is that a production or deliver system failure will affect its quality.”

Today, the pet food industry is a multi-billion dollar business, partly inspired by owners who feel buying high quality brands ensures a more comprehensive and nutritionally sound diet for their pets. It’s also so huge because pet guardians feel inadequate when it comes to knowing what’s good and what’s bad for their pooch. How much protein? What kinds of grains or vegetables are good? What about vitamins and other nutrients?

And in our hectic, stressed-out life styles, picking up a can of organic food, a top-flight kibble, and treats with glucosamine-chondroitin make feeding our pets easier, guilt-free and safe. Or so we thought until the Canadian company Menu Foods began its recall this year.

So what can owners do?

First of all, know some facts.

1. FDA inspects only about 1% of the imported food it regulates (*USA Today*, 4/9/07).

2. Ethoxyquin is a rubber stabilizer that has become increasingly popular as a preservative with companies that make high-performance pet foods. Monsanto, the chemical’s inventor, refined it for use in animal

food and companies found it cheaper than other means of extending the shelf-life of pet foods. It is linked to increased auto-immune diseases, from skin problems, to birth defects in puppies and higher rates of cancer. (www.cbc.ca/consumers/market/mp30/ethoxyquin.html)

3. Most pet food is made from the low end of the food chain: by products are parts of chickens, cows and pigs that are unfit for human (and animal) consumption: feathers, hooves, beaks,

“No matter how you define it, dog food is processed food. It is manufactured... it goes through many steps before it reaches the dog’s bowl.”

Doggy Dinner Loaf (Chicken, Beef or Fish)

From *The Pet Lover’s Guide to Natural Healing for Cats & Dogs*

by Barbara Fougère, BVSc

Base:		OR	
Rice (brown or white), raw	1 cup	Ground beef, regular, raw	2 c.
Water	1 qt.	Liver	3 1/2
Pasta (whole wheat or plain)	1 cup	oz.	
Oats (rolled), raw	1 cup	OR	
Eggs, raw	4	Fish, raw	14 oz.
Flour, whole wheat	1/2 c.	Olive Oil	2 T.
Calcium carbonate	1 1/2 t.		
Vegetables:		Cook rice; then add pasta, potatoes, carrot and pumpkin and cook 15 minutes longer. Add remaining ingredients choosing one meat source. Mix well and place in oiled loaf pan.	
Potato, raw, chopped	1 ave.	Bake 1 hour at 350°. Remove loaf from tin and put back in oven on a cookie sheet for 10 to 15 minutes to set.	
Sweet potato, raw, chopped	1/2 c.	A 1-inch slice is <u>approximately</u> 500 calories.	
Carrot, raw, grated	1/4 c.		
Pumpkin, raw, chopped	1 cup		
Spinach or chard, raw	1 cup		
Meat:			
Chicken, raw with skin	14 oz.		
Chicken liver	3 1/2		
oz.			

lungs, bones and ligaments, hair, and heads. Wheat gluten is a cheap, low-grade protein source that is added because by-products are so deficient.

Second, educate yourself about basic pet nutrition. Donald Strombecke, DVM, PhD and professor emeritus, UC Davis, School of Veterinary Medicine, published the first book on preparing home-cooked pet foods. *Home-Prepared Dog and Cat Diets* is still considered an excellent reference and introduction to the subject.

Ann Martin is another important writer and advocate whose *Food Pets*

Die For helps consumers understand the awful facts about how most pet food is made and what the terms on labels really mean.

Finally, we suggest that our readers go to the latest issue of *Bark* (June 2007) and read Kawczynska’s article. It also contains information on the caloric needs of dogs, how proteins, carbohydrates and fats are used by our pets, and includes a sample recipe (reprinted above) and the appropriate quantities for feeding. Readers may also go to the *Bark* website: thebark.com for more recipes and information.

At least one Utah soldier owes his life to a war dog. Army Sgt. Joey Fowler of Orem was serving in Iraq in December 2005 when his Humvee hit an improvised explosive device. Fowler suffered severe burns on 54 percent of his body, but his dog, a Belgian Tervuren named Dak, took most of the shrapnel. Dak lost his life that day but saved Fowler's.

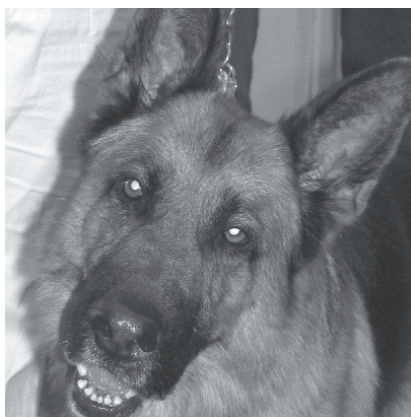
Cunningham is working not only to honor the dogs service but to memorialize the lives that were lost. When the U.S. pulled its combat troops from Vietnam, he said, the government considered the dogs to be equipment. Most were euthanized.

It really was disheartening to a lot of the soldiers. To this day, a lot of them still grieve the untimely, unnecessary loss of those animals, Cunningham said. So this is a way to help them get reconciliation.

Dogs are not the only animals that have served America during wartime, and the plaque on the memorial honors those other service animals, as well. Horses carried troops into battle. Passenger pigeons were used to send notes from the battlefield. During the 2003 invasion of Iraq, dolphins helped the military detect mines in the waters of the Persian Gulf.

Cunningham is pleased that his dream of a war dog memorial is finally a reality, but he is not stopping there. He has petitions in veterinary clinics calling for a commemorative stamp for

the animals, and has sent about 6,000 signatures to the postmaster general. He is also publishing *Silent Voices*, a book about the war dogs he said he hopes to release this summer.



Through the US War Dogs Association, Chris found out that the military is not supplying sufficient food to the patrol and bomb dogs serving in Iraq today. One of their programs, "Operation Military Care K-9" sends care packages to dogs and their handlers.

The members are all past and current military dog handlers from different branches of the service, and last year they were able to send packages of food and treats to 68 k-9 teams.

Chris asked that we post the site's address in case our readers care to find out more: www.uswardogs.org. There are many touching photos of handlers and dogs serving throughout the world. There are training shots, as well as photos of the dogs on duty. It is amazing to see how they are able to adapt to the stress of combat and to military life.

CHRIS WILLIAMS IS OUR CONTACT at the Veterans Home and he sent on this story for our readers. At the end is a sad note about how our war dogs need need help and an address for more information if readers are interested.

Reprinted from *The Associated Press - Posted : Monday Apr 23, 2007 8:15:06 EDT*

PROVO, Utah From the Revolutionary War to the wars in Iraq and Afghanistan, dogs have served faithfully alongside America's fighting men and women. But rarely has there been any public recognition for man's best friend in a world where a man most needs a friend.

Alan Cunningham appreciates the roles dogs have played during wartime and is hoping others will take notice. This month, the American Fork veterinarian unveiled a memorial at Utah Veterans Memorial Park near Camp Williams, honoring America's four-legged service members.

Near the entrance to the visitors center, a bronze German shepherd sits majestically over a plaque that reads, "In honor of canine war heroes and forgotten service animals."

After reading an article about the dogs that served the U.S. in the Vietnam War, Cunningham spent several years and \$9,000 on the monument.

"I think of the lives of these great heroes. Their lives are unsung and I'm

trying to get their story told," he said.

The War Dog Memorial Fund in Corona, Calif., estimates that 4,900 dogs served the U.S. in Vietnam. In the field, they would take the point in front of their handlers, warning troops of enemy soldiers and trip wires. In firefights, the dogs were known to shield troops with their bodies and drag the wounded to safety, Cunningham said. In the troops down time, the dogs served as much-needed companions.

Maurice Johnson of the War Dog Memorial Fund said those dogs are credited with saving 10,000 American lives in a war that claimed 58,000.

"There would be more than 10,000 [more] names on the wall if it weren't for the dogs," she said, referring to the Vietnam Veterans Memorial in Washington, D.C. The War Dog Memorial Fund hopes to erect a national war dog memorial there, as well.

Dogs' roles as service members go back to founding of this country, according to Maj. Hank McIntire of the Utah National Guard. Soldiers kept their pet dogs with them in the field and sometimes used them to send messages.

Today, dogs still serve the U.S. in Iraq and Afghanistan, serving as guards or sniffing for bombs in places where explosives claim the lives of scores of soldiers.

(cont. on page 7)