



About ARF

ARF is an incorporated association of people in the ACT and surrounding NSW region who rescue dogs from euthanasia and foster them in their own homes for as long as it takes to find the loving, permanent homes. The dogs are desexed, C5 vaccinated, heartworm tested, wormed and microchipped before going to their new homes.

ARF quarterly

ACT Rescue and
Foster Inc.

Rescues July–December

75 dogs rehomed.

Welcome...

to the Christmas edition of the ARF Newsletter!

In 2009 we are planning six editions – February, April, June, August, October and December, so if you have any great stories, training tips and hints, delicious doggie recipes or anything else you want to share with your fellow dog lovers, send them through to the info@fosterdogs.org email address.

Do you have your
ARF 2009 Calendar yet?
If not, visit www.fosterdogs.org
to order your copy in time
for Christmas!



**Merry
Christmas
to you and
your furry
friends!**

What's New?

New dog parks for Belconnen and Tuggeranong

The ACT government has developed two new off-the-leash dog parks in Canberra in:

- **Belconnen** — Diddams Close next to Lake Ginninderra; and
- **Tuggeranong** — off Lewis Mortimer Drive in Greenway.

Those of you familiar with the dog park in Forde will know how popular they are with poochies as well as their owners!

The off-the-leash, fenced park includes walking trails, landscaped gardens, seats, bubblers for people and a water supply for the dogs. Both parks should be open before Christmas and ready for use.

To download a map or for more information visit: http://www.tams.act.gov.au/live/pets/wherecanitakemydog/fenced_dog_park



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org**



Coming out of the shadows

Thank you to Jo Clay for sending through this update on Shadow

I adopted Shadow in August 2007. Her foster Mum was Eva.

Shadow is doing extremely well. She was a little timid when she arrived and suffered some separation anxiety. Not any longer! She loves playing ball on our local school oval and has now overcome her fears of other dogs and strange men, to make friends on our walks. We passed second grade at the ACT Companion Dog Club and have started 3rd grade. Among her many achievements is her silver medal from the shotput at the RSPCA Dog Olympics last weekend (we were so proud). Shadow is very attached to our other dog, Tunza. Tunza is an old boy who used to suffer from a lot of health problems, one of which landed him in the doggy ICU overnight a couple of years ago. All his health troubles have miraculously disappeared now that he has a younger woman to keep up with and play with. He's also lost weight and gained a partner in crime.



Thank you so much to ARF for bringing me Shadow!

Do you have any good news stories? Send them through to info@fosterdogs.org

SCRUMDIDLUMPTIOUS Doggy treats!

Beef Dog Biscuits

- 2 cups wholemeal flour
- 1 cup cornmeal (Polenta)
- ¼ cup wheat germ
- 2 teaspoons beef stock powder
- ½ teaspoon yeast extract or Vegemite (adds additional meaty flavour)

Mix above ingredients in a medium bowl. Add one large egg, 1 tablespoon cooking oil and 1 cup hot water. Stir well.

Roll out on a well-floured surface to 1cm thickness and cut out with cookie cutters. Place on ungreased cooking sheet. Bake on centre rack, 275°F or 140°C for about 2 hours until dry and very hard. Let stand overnight to dry thoroughly.

TIP: Does your dog have smelly breath? Try adding two teaspoons of dried parsley and mint to the mixture.

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Do you have a great recipe you want to share? Send it through to info@fosterdogs.org and we can publish it in a future issue.

TRAINING TIP

Who's a good boy then?

Letting your dog inside and outside

Some dogs seem to know how to tell you, others need to be taught this skill.

Put your dog inside while you step outside the door. It will want to join you. Open the door slightly. Command 'speak' in an excited voice, or even making a barking noise; anything to get the dog excited. Repeat again and again and all of a sudden, your dog will let out a bark. Instantly open the door and praise the dog. Practice doing this from inside as well as out, so that the dog learns to bark for passage either way.

Thank you Scott and thank you Framemaker!

Scott Scowcroft from Framemaker in Fyshwick did a fantastic job — at a very generous price — of mounting the display prints from the ARF Calendar. His professionalism and the quality of the work were very impressive.



www.fosterdogs.org



Doggy Health Tips — Stop! Sit! Wait!

Below is a guide on what foods to avoid when feeding your dog. Some are poisonous, some can cause allergic reactions and others just aren't good for your dog!

Alcohol	Very toxic to dogs. It can cause vomiting and, in severe cases, coma.
Artificial sweeteners	Can cause a sudden drop in blood sugar levels, resulting in depression and loss of coordination.
Avocadoes	Contain a toxic component called persin that can damage a dog's heart and lungs. They are also high in fat and can cause stomach upsets.
Chocolate	Contains theobromine or theophylline, which can stem the flow of blood to the brain (Editor's note: I find it has the same effect on me!)
Coffee, tea and cocoa	Contain theobromine and caffeine that can cause vomiting and diarrhoea.
Cooked bones	Raw bones are nutritious for your dog, but cooked bones can splinter and lodge in the throat or stomach.
Grapes and raisins	Contain a toxin that can damage the kidneys of dogs.
Hops	Dogs can go into shock if they digest hops used by home brewers. Dispose of hops very carefully.
Macadamia nuts	Create weakness and stiffness in the legs by attacking the nervous systems.
Mushrooms	Can contain toxins that affect the nervous system and, in severe cases, cause shock.
Onions	Can cause anaemia and even kidney failure. Just one is enough to cause harm. Garlic and chives (also members of the onion family) can be eaten in small quantities without causing harm to your dog.
Potato, tomato and rhubarb stems and leaves	Can upset the digestive system and urinary tract.
Raw eggs	There is a small risk of salmonella. They also contain an enzyme that can reduce the absorption of biotin. Can be fed occasionally to a healthy dog.
Raw fish	Too much can lead to a deficiency in thiamine, resulting in loss of appetite, and seizures. Only feed occasionally and sprinkle with brewer's yeast, a great source of thiamine.
Tobacco	Contains nicotine that can affect the nervous and digestive systems. This can result in an increased heart rate and physical collapse.
Yeast dough	If eaten raw, it can expand in the stomach causing pain and possible rupture.

One for the Calendar!

January 2009

25 January Bungendore show — TBC



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Meal-time tips

Making you the pack leader

Make your dog sit and wait before every meal. Try to use the same language / hand signals every time you do it. I use an open hand in front of their faces for 'wait'. Place their food on the floor and if there is any premature movement say 'Uh-uh' and take the food away. Wait a few minutes and try again — they will learn quickly, trust me!

Repeat this as many times as necessary. When they are sitting quietly and the food bowl is on the floor, say 'free' and release them. Don't make them wait too long the first couple of times you do it and they are still learning. You can gradually build up the time as they get used to the new routine. Also remember to feed them after you and the rest of your family have eaten — after all, the pack leader always eats first!

You could also try these tips I found on the web.

Try spiting (EEEWWW) into you dog's food before you give it to him. This helps to establish you as the alpha dog and makes the rest of your training a bit easier. As you know, dogs are pack animals. In the wild, when the pack takes down an animal, the alpha dogs (or wolves) eat first, then the rest get their turn. Besides getting the choice bits, this also allows the alpha dog to get his (or her) saliva all over the meat.

This helps establish you in the alpha dog's position.

You can also try this trick. If they haven't eaten all their dinner within a few minutes you can remove the dishes, clean up, and they can wait until the next day. This helps to establish a routine, as well as your dominance, and helps to ensure that the dogs will actually eat their dinner. Keep in mind that dogs in the wild might go several days without eating, so if they don't eat much one night, they will be sure to eat the whole lot the next day!



Reminder — send your contributions for the February edition of the ARF newsletter to info@fosterdogs.org by Sunday 25 January 2009

A person can learn a lot from a dog, even a loopy one like ours. Marley taught me about living each day with unbridled exuberance and joy, about seizing the moment and following your heart. He taught me to appreciate the simple things — a walk in the woods, a fresh snowfall, a nap in a shaft of winter sunlight. And as he grew old and achy, he taught me about optimism in the face of adversity. Mostly, he taught me about friendship and selflessness and, above all else, unwavering loyalty.

John Grogan, *Marley and Me*

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foster carers and sponsors needed!

ARF Membership Form

Please complete this form and send it with \$15 annual membership fee to the address above.

Name:

Address:

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Telephone: Email:

Signature: Date: