



Spring 2010

*Helping Labs Find Their Fur-ever Homes*



*Harley*

# Labrador Ledger

## Feeding Fido: Find out the Facts about Dry Dog Food

Choosing a high quality dog food can be an overwhelming and confusing task. There's a huge variety of dog foods on the market and many conflicting consumer reports. Pet nutritionists believe that a very high proportion of pet health issues (chronic digestive problems, urinary tract disease) are directly related to poor quality pet foods. It can be important to your dog's health to know what's in the food you are giving your dog and learning how to decipher the pet food label will provide you with a wealth of information. Fortunately, it is possible to make an educated guess as to the quality of a pet food. There is no single best food for every dog though and finding the best one for your dog will involve some amount of experimentation.

### What to look for:

Animal protein and animal protein 'meals' should be at the top of the ingredients list and the source should be named - chicken, beef, lamb, etc. If the species cannot be identified, neither can the quality so avoid any foods that use unidentified 'meat', 'animal' or 'poultry' products. Whole meats contain up to 75% water and do not contain enough protein (only 15 - 20%) to be used as the sole protein source in a dry dog food. An animal protein 'meal' is essentially cooked and dried (rendered) muscle meat and contains about 65% protein.

Fresh whole vegetables and

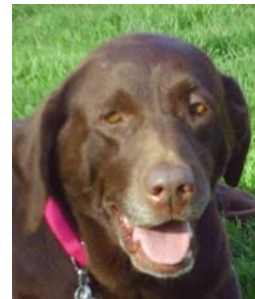
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*Candy*

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THANKS 'BEARY' MUCH!

Brookline wishes to thank the Build-A-Bear Workshop Bear Hugs Foundation for awarding us a \$1,000 grant. The Build-A-Bear Workshop Bear Hugs Foundation is committed to making life more bearable for

fruits are wholesome unprocessed ingredients with nutritional benefits. Where grains are used, look for good quality whole grains. Some formulators often use a concentrated (processed) constituent of a grain or vegetable to accomplish a specific task in a dog food. For example, beet pulp is used for its ability to concentrate the dog's solid waste (resulting in smaller and firmer poop). While whole ingredients are preferred for this purpose, one or two food fragments won't make or break the quality of the food, especially if they are lower on the ingredients list.

#### What to avoid:

Avoid foods containing meat or poultry by-products or by-product meal, most especially those of indeterminate origin ('animal', 'poultry'). By-products are any non-muscle parts of food animals that have little nutritional value and are worth less money to the processor, so they are considerably less carefully harvested, handled and stored. Poorly handled meats (which contain fat) and fat sources can quickly become rancid and therefore carcinogenic.

Avoid artificial colors, flavors, sweeteners or preservatives - especially those believed to be carcinogenic or that are banned from use in the human food chain. In dog food, principally these are BHT, BHA, Ethoxyquin, Propyl Gallate. Natural preservatives, such as tocopherols (forms of vitamin E), vitamin C, and rosemary extract, can be used instead. NOTE: Some ingredients, usually fish products, may contain artificial preservatives not disclosed on the ingredient list; if they're not added by the manufacturer, they're not required to be listed. Look for assurances by manufacturers using ocean fish products that their foods do NOT contain any artificial preservatives.



Rockie

Only you can answer what the best food is for your dog since you know how he responds to what you feed him. However, you usually get what you pay for and dog food is no exception. Now that you can decipher the food ingredients on the label, you can make an informed decision on which dog food to purchase within your budget. If your dog happens to be thriving on a food that does not meet all of the above criteria, then great. But if she has allergies, chronic diarrhea,

recurrent ear infections or a poor coat, you should consider trying some better foods.

Submitted by: Joyce Hamill. Sources: [www.whole-dog-journal.com](http://www.whole-dog-journal.com), [www.dogfoodanalysis.com](http://www.dogfoodanalysis.com), [www.nzymes.com](http://www.nzymes.com), [www.dogfoodcoop.com](http://www.dogfoodcoop.com)

## Featured Lab

# Get your Motor Running! Harley Needs a Special Home!

*Sleek, gorgeous, sporty and one-of-a-kind...* she's everything a Harley should be and she's looking for a special family to call her own. Harley is a two year-old Lab mix who is a wonderful, loving and affectionate dog. Her foster parents can't say enough great things about her. She is a total love bug and gets along great with other dogs. Harley loves her crate and to play fetch and tug. She just started to participate in some agility obstacles and is taking to it very quickly!

children, families and pets, in need of a helping paw. With the sale of each full-sized Bearemy's Kennel Pals® friend -- a collection of Build-A-Bear Workshop® plush dogs -- one dollar is donated to domestic pet programs including local animal shelters, stray pet rescue and rehabilitation organizations, and pet education programs around the country. These funds are available to qualified non-profit organizations in the United States and Canada through a quarterly grant process. Visit [www.buildabear.com](http://www.buildabear.com) for more information.

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### Help Us Win \$10,000

The Animal Rescue Site's Shelter Challenge has started again! Please help us win by voting every day until August 22 - please click [here](#) and search for "Brookline" in PA. Click "search", our rescue will appear and be sure to click "vote." Set a reminder to vote every day to help us win \$10,000! It just takes a moment each day - thank you for



helping us help our Labbies.

Harley needs a loving family who will be able to provide for her special dietary needs. She cannot digest kibble of any kind, so she needs a home-prepared diet with supplements to help keep her healthy. She has been thriving on a 'raw diet' for the last few months - and is the picture of health today!

Harley promises to give sloppy kisses as a thank you to her new family. Her foster mom is happy to provide guidance about her diet to her new adoptive home. She has been a joy to foster and the family who adopts Harley will be very lucky! To read more about Harley, check out her [blog](#).



*Meet Harley!*

## *Training Tips...*

### Teach your Pup to Swim!

So, you own a Labrador Retriever and summer is about to begin. Swimming will come naturally to your dog, right? People often assume Labs were born to swim and instinctually will take to water but some need a little help getting the hang of it. If your dog needs some help learning, don't give up hope! Here are some tips to help your dog become a wonderful water playmate.

Start slow! Don't assume that your dog will be a natural. Just like a child who takes swimming lessons, a dog needs to gain confidence before he can swim comfortably on his own. Never throw your dog into water as this may cause extreme fear and an immediate dislike of it. Start with gradual water exposure, like playing with a hose or a baby pool.



Take your dog to a pool or lake with a gradual slope. Your first lesson should take place where your dog can gradually walk in the water with you. Promote a positive attitude by bringing toys and encouraging your dog to retrieve. If he is more food-motivated,

take some treats to encourage him in the water.

As you move into deeper water, support your dog's belly to show him that he can float as he paddles with his paws. It is important that he learns to "level out" his torso to actually swim.

Help your pup find the exit by using commands and continuing to lead him. It's important for your dog to know how to reach solid ground again when he's getting tired. This can be done by leading the dog gently on a leash. If taking your dog in a boat, have him wear a life preserver in case the boat hits a bump and he ends up overboard.

Don't overdo it! Dogs that don't swim a lot lack the muscle conditioning for a strenuous swim. Keep it short, keep it fun and your dog will enjoy himself!

Watch those ears! Ear infections are common if ears are not cleaned properly. When swim time is over, gently rinse and towel dry his ears. Have a safe and fun summer with your new swimming partner!



*Tully*

*Submitted by: Dee McConaghay. Sources: "Webvet" and "Teach your dog to swim."*

## You Can Help Brookline

Brookline depends entirely on donations and fundraisers to operate. If you would like to help, please consider making a donation today. Thank you!



Fresno



## Winston's Winning Personality *A Success Story*

*Submitted by the Cohen Family*

Mommy tells me I am supposed to write my success story for Brookline. That is so cool! I'm going to be famous! Anyway, I had to ask mommy what "success" meant because I didn't know. Mommy says that some people measure success by the number of things they have. But she says that she measures success by the number of lives she touches. I like that definition better so I'm going with that one!

My Success Story started when I decided to get into the car of that nice lady that stopped to help me while I was laying on the side of the road. She took me to a shelter and, at first, I didn't think that was very successful. But then someone from Brookline came along and evaluated me. My good looks and winning personality were successful in winning her over! Brookline took me in and I went to a nice foster family with two kids to play with me. I thought my Success Story would end there because I was with them for a long time.

Then one day I was picked up and taken to a store where I met my future mommy, daddy and sister, Melissa. I also met my four-legged siblings. Let me tell you, that was a lot of dogs in one spot! I was very successful there....we were all sniffing each other and wagging our tails and talking. I thought I was big but I learned what big was that day! At first I thought the Great Danes were ponies, but after one good sniff of their back ends, I realized they were dogs just like me! Even Godiva, the Chocolate Lab boss, liked me so I was told that it was a successful meet and greet. I didn't get to go home with them that day because my mommy wanted to pick me up when it would be just me in the van. She said two Danes and two Labs wouldn't be very successful! *Click [here](#) to continue reading about Winston...*

## Upcoming Events, Foster Dog Blog and More Available Labs...

Brookline participates in a variety of events in many geographic areas. Our volunteers are always ready to explain who we are and what we do. At many events, we have some really great merchandise to sell. Click [here](#) to check out our t-shirts. If you are an approved adopter and are interested in a particular dog, ask your volunteer if that dog will be present at the event. Most of our foster dogs put in guest

appearances at our table. Click to check our [calendar](#) !



*Tyler*

visiting our [blog](#).

Click on the photos of the **Available Labs** pictured throughout this newsletter and you will see their detailed write-ups. Read about our other available Labs by clicking [here](#) .

Also, check out our [Foster Dog Blog](#) where you can read about some of our dogs in foster care waiting for their fur-ever homes. Thank you to all of our supporters who graciously donated to help our dogs, like Gunner and Jake, who needed medical care. You can read updates on Jake, Gunner, and all of our foster dogs by



*Ginger*

### Save the Date!



Brookline Labrador Retriever Rescue's  
8th Annual *Paws Across PA & NJ Pet Fair and Walkathon*  
Saturday, August 28, 2010  
at Cooper River Park in Pennsauken, NJ  
&  
Saturday, September 18, 2010  
at Cedar Beach Park in Allentown, PA  
9:00 am to 1:00 pm  
Click [here](#) for more details or to register!!!

Find us on Facebook 

**Meet our Board of Directors**  
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Rachel Stauffer...Vice President  
Sharon Frey...Vice President & Treasurer  
Mary Tennant...Vice President & Secretary

**Brookline Labrador Retriever Rescue**  
[www.brooklinelabrescue.org](http://www.brooklinelabrescue.org)

Brookline Labrador Retriever Rescue (BLRR), founded in 1997, is a nonprofit all-volunteer organization that specializes in placing Labs and Lab mixes. We place an average of 100 dogs per year in their forever homes. BLRR maintains a regularly updated list of available Labs being given up by their owners (but still living at home) and dogs pulled from shelters and puppy mills who are placed in foster care with our volunteers. We evaluate both the dog and the prospective adopting home to help ensure a good fit for everyone. All dogs are vet checked and their shots updated before they are adopted. BLRR serves areas of Pennsylvania and New Jersey depending on the number and availability of our volunteers. Please visit our website at [www.brooklinelabrescue.org](http://www.brooklinelabrescue.org) for links to other rescues serving locations beyond our coverage areas and for more information about adoption.



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