



Keeping Tabs on our Labs:

- We have 2 Labs in foster care
- There are 0 Labs in kennel care
- 8 Labs are awaiting adoption
- 2 Labs are trying out a home

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Fit & Trim: Walk the Walk

Is there a portly pooch in your house? Everyone has wanted to loose a few pounds at one time in their lives, but what about your dog? Labs have extremely "efficient metabolisms" (in plain words they get fat easily) and it's nothing for them to pack on a few pounds without much effort. If your vet tells you that your four-legged friend could stand to loose some weight or get more exercise, it's time to take action! Even if your vet hasn't mentioned it, but your canine is looking more like a cork with legs, it's time to take a walk! Follow these common-sense steps to make walking part of your routine.

Start slowly if you and your Lab aren't used to regular walks. This isn't the time to jump in with all six feet. A leisurely stroll around your neighborhood (that goes for you rural dwellers too!) for about 20 minutes is enough to get started. A marathon session at this point will leave both of you with sore muscles and joints and not eager to go out ever again.

Pick a pace that seems right for both of you. Again, if you don't normally walk in your area, you will find that your dog will make a lot of stops to "read the news" and then file his or her own report. This is to be expected. Don't rush your friend along, but be patient. Now that you're walking regularly and on more or less the same route, the frequency of news breaks will become less and less until he's only reading the abridged version. If after a couple of weeks of daily walks, she's still looking for the Lifestyle section every three feet, it's time to gently encourage her to move on, or to simply prevent her from stopping as often by picking up the pace.

Once you're in the swing of things, increase your walks either in number or duration – 20 minutes twice a day or 40 minutes all at once – and pick up your pace a little. No race-walking, but a brisk pace that requires your dog's attention to stay focused on where you're going, not on what's on the ground in front of him. By this point, walking may seem a little dull, but if you're so inclined you can start jogging – both of you. Even if you only jog from one street to the next, you'll be doing yourself and your companion

good – and who doesn't get a kick out of seeing that pink tongue hanging out the side of her head?

It's a fact that aerobic exercise is good for all of us – it improves heart function, helps us loose weight, tones muscles, helps posture and yes, eventually gives us an energy boost. Side benefits include, meeting your neighbors and checking out their landscaping techniques, finding a good contractor (they put out those yard signs for a reason), the opportunity to socialize your dog with others in the neighborhood, and a chance to think about things unrelated to home or office. If after all that you *still* need a reason – do it for your dog.

Now, if you've read up to this point, you're thinking, "Well, this makes a lot of sense and it's a good idea, *but...*". And here come the excuses as to why you just can't make walking work. Never fear, there are answers to the excuses too!

Excuse Number 1: My dog doesn't walk well on a leash.

This is probably the number one problem when it comes to walking the dog and the hard answer is - it isn't the dog's fault. Walking on a leash does not come naturally to dogs and they require training in order to do it well – without pulling, without getting tangled, going in the same direction as you and with a loose lead. If you've tried before and been frustrated beyond anything but four letter words, it's time to try again using a new technique, a new collar (a gentle leader if necessary), or with professional help.

Excuse Number 2: I don't have the time

We seem to want to pack as much as possible into each day and even those of us that aren't trying, seem to have it packed pretty well for us. Finding time to walk your dog isn't easy at first. It does take a little plan-

Inside this issue:

Fit & Trim	1
The Chuck Wagon	2
Donation Form	2
If It's Free...It's for Me!	3
Success Stories	3
Out and About	3
Our Mission	4

ning, but shortly becomes second nature, after all you don't *plan* to brush your teeth, you just do it. You can make it easy on yourself by picking a time that will work best for you and that may not necessarily be 7AM on the nose, it might be after breakfast and before your shower. Summer is a perfect time to start a walking routine as the days are longer it's a little less of a jolt to the system than walking at 6PM in the December darkness. Start now and you'll be in the habit by the time winter rolls around.

Excuse Number 3: My dog doesn't keep up his end of the conversation.

Nothing says that you have to walk the dog and the dog alone. Take another human with you for company. Here's your opportunity to get some of that "quality time" everyone's talking about. Use the walk time to talk to your spouse or your child about their day, or don't talk - just hold hands.

Excuse Number 4: I don't want to carry a "Pooper Scooper" around the neighborhood.

Not only that, you don't want to spend the money for it either. Although there are those that swear by them. Plastic bags may be low tech, but they're also low cost and less conspicuous than other methods. You can make your grocery bagger's day by saying, "Plastic is fine." Picking up the "hard news" is not only the neighborly thing to do, it's required in most communities. Most people would agree that picking up isn't the most fun or rewarding part of a walk, but it is necessary and is sure to win the respect of those around the neighborhood.

Excuse Number 5: I always get busy with other things and then it's too late to walk.

Don't worry. If you can stay in the habit of walking every-day for two weeks you won't need to remind yourself, someone else will do it for you.

Excuse Number 6: It's raining/snowing/windy/cold (anything but 75 and sunny)

Let's face it, the only one this bothers is the one holding the leash, not the one wearing it. Chances are that you have the gear to brave any kind of weather, you just don't want to take the time to put it on. (*see pg. 3*)

The Chuck Wagon: Tasty Treats for Your Fur Friend



Peanut Butter & Honey Treats

¼ cup honey
1 cup crunchy peanut butter
2 cups chicken broth or water
1/3 cup peanut oil
1 cup rolled oats
1 cup oat bran
3-4 cups oat flour
Preheat oven to 350 ° F.

In a small Dutch oven or large saucepan, combine honey, peanut butter (try to find a brand that has no added sugar, salt or other ingredients; ideally it should only contain peanuts), chicken broth, and peanut oil. Heat, stirring often, until mixture begins to simmer. Remove from heat. Stir in rolled oats and oat bran and let cool until lukewarm—or cool enough to work with. Gradually blend in oat flour, adding enough to form stiff dough. Transfer to a floured (oat flour or rye flour) surface and knead until smooth (about 3-5 minutes). Shape the dough into a ball, and roll to ¼-inch (6 mm) thick. Use a mini-cookie cutter or cut into small squares. Transfer to un-greased baking sheets, spacing them about ¼ inch (6 mm) apart. Gather up the scraps, roll out again, and cut additional biscuits. If the dough becomes too crumbly to work with after a few rollings, sprinkle with a little water to bind it together and knead it for 30 seconds or so. Bake for 30 minutes. Remove from oven and turn over. Bake for an additional 30 minutes, or until golden brown on both sides. After you finish baking all batches of biscuits, turn off the oven, spread all the biscuits in one baking pan and set them in the oven to cool for a few hours or overnight. The extra time in the oven as it cools off helps make the treats crispier. These make a more delicate crunchy biscuit, so we use them more for special or training treats, not tartar control. Makes several dozen small treats that keep and freeze well.

From *Two Dog Press* www.twodogpress.com

Donation Form: Help Us to Help the Labs

I want to help the Labs! I am able to give

___ \$10 ___ \$20 ___ \$30 ___ \$50 Other \$ _____

Contributions are tax deductible

I would prefer my donation count toward

___ Bright Horizons Fund ___ General Fund

I would like to help! Please contact me about the following opportunities:

- ___ Items (leashes, crates, etc.) I have to donate
___ Fostering a Lab
___ Sponsoring a Lab with a monthly donation
___ Volunteering with B.L.R.R.

Contact me at:

Name _____

Address _____

City/State _____

Zip _____

Telephone _____

Email _____

Checks made payable to **Brookline Labrador Retriever Rescue** should be sent to P.O. Box 638, Warrington, PA 18976

Out & About: Hit the Road



You wanted to take a trip to Yellowstone and take your Lab along too – but does Yellowstone permit dogs? Yes and no. Don't assume that National Parks permit pets. Rules and regulations regarding pets (ie, dogs) vary from park to park and even within the park itself. Some parks allow pets only in proscribed areas, others not at

all. Still others have specific instructions about leashing, including regulations regarding maximum leash length.

Know before you go! If you're planning a trip to one of America's National Parks, check out the National Park Service web site at www.nps.gov for rules and other useful information about each of the Nation's parks. For the record, Yellowstone prohibits dogs in its backcountry areas, but permits them in areas just of roadways (including campgrounds). While the park itself doesn't provide kennel facilities, their web-site gives the names of several area kennels outside the Park.

Walk, continued...

Compromise is everything. Shorten your walk by 5 minutes and spend that 5 minutes putting on your coat.

Excuse Number 7: My dog doesn't like to go for a walk. Hogwash.

Excuse Number 8: My dog is too old

Maybe to learn new tricks, but unless your vet tells you otherwise, they're never too old to walk even a little.

Excuse Number 9: I play with my dog in the yard, why do I need to walk her?

This is actually a fair question, but unless you have a yard that requires a riding mower and two hours to mow, it's not large enough for a Lab to get up a good enough speed to get an extended aerobic workout. Besides, walking ensures that your canine couch-potato actually moves at a good pace. Fetching a ball might take 2 seconds or 20 minutes, depending on how distractible your friend happens to be. Lastly, older dogs tend not to play as hard as younger dogs. All the more reason to get out the leash and walk.

Excuse Number 10: I can resist this guilt – I don't really have to walk my dog

Sure. Just say that out loud a few times and it will start to sound as ridiculous to you as it does to us. Not only that but your powers of resistance are already in question if your dog needs to be on a diet. But if you feel you can resist, at least put it to a real test. Go get out your dog's leash and a plastic bag or two. Now look your dog in the eye. Can you still resist?

Success Stories: Why we do what we do

We have several adoptions to celebrate this issue! The following were finalized between April 1 and July 31. Congratulations to all our new parents and to their new fur-kids!

Taz is right at home with his new family. He and Dan are a great pair. Everyone loves **Sammi** and Sammi loves everyone. Maggie got a great new sister! Sammi is learning to swim, she loves the water. **Jake** is learning to hunt with his new dad and everyone is helping to train him. What a great life! **Colby's** new family just loves her to pieces. Even if she still sneaks up on the furniture when they aren't looking!

Sweet **Bo** has settled into his new home with his mom, dad, and new brothers and sister, who he just adores! He enjoys rides in the car with dad, morning jogs with mom and is the hit of all the sporting events he attends with his new brothers and sister! **Rocky** is very much at home in his new family and is receiving lots of love and attention from his new mom, dad and their five kids. **Maxine** is one spoiled lady between her mom and dad and her two brothers! She loves her new kiddie pool and playing ball with the boys! **Lacey** is living the good life running free in her fenced in yard and going camping with her new family. She's becoming fast friends with her dog sister, Maya, and is even learning not to chase the cat. Congratulations to all our Labs and their owners!

If It's Free, It's for Me!

So you've got a real beggar on your hands and you've run out of low-calorie snack ideas... Try ICE! Ice cubes are a welcome doggie treat for those hot summer days and O how they love to CRUNCH! Also, try freezing larger "cubes" and add those to the water dish in the morning to keep the dish cool. Sherbert containers work well for this (fill only half way) and if you cover the containers with their lids, you can stack them in your freezer.

Kiddie-pools are very popular, but they tend to be replaced often. Keep your eye out for a used hard-plastic (not inflatable) pool for your fur friend. Even a pool that's a little sun-faded or has a small hole (duct tape makes an adequate patch in most cases) or crack can bring hours of fun. Even 2-3" of water in the pool will be enough to entice your pooch to spend time cooling off. If only kids were as easy to please.....

A Special Thank You!

BLRR would like to extend a very special "THANK YOU!" to **Carlisle Fish & Game** for allowing us the use of their picnic area for our first ever BLRR Volunteer Picnic! The facility was enjoyed by one and all – both two and four legged attendees. BLRR would like to thank Carlisle Fish & Game once again for its kind donation of their space for our use and we look forward to a long association with them.



**Brookline Labrador Retriever
Rescue, Inc.**

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*Save the Dates!
We'll see you at these events!*

*Saturday, September 22nd,
Mt. Holly, New Jersey Dog Day
Afternoon, 11 to 5PM*

*Sunday, October 14th,
Peddler's Village Rescue Fair,
Bucks County, PA*

*Sunday, November 11th, Philadelphia
Armory Holiday Bazaar,
Roosevelt Blvd in NE Philly (this is an
inside show),
9 to 4PM*

*Saving Labs in Pennsylvania
and the Delaware Valley*

Attention Genuardi's Shoppers!

*Save your receipts and mail them to us at the address above.
BLRR gets a percentage back on the total submitted to help support our rescue efforts.
There is no deadline—we're always accepting receipts.
Tell your friends and neighbors!*

Don't toss out this
newsletter! Recycle
it by posting it
where others can
see it!

Our Mission

Brookline Labrador Retriever Rescue (Brookline) is a non-profit 100% volunteer organization funded entirely by donations and nominal adoption fees. At Brookline Lab Rescue we maintain a list of available Labs. This list is updated on a regular basis and is made up of dogs in area shelters, dogs being given up by their owners (but still living with the owners) and dogs who are in foster care. We do our best to evaluate each dog and to give potential adopters detailed and accurate information regarding each dog.

Dogs being surrendered by their original families stay with them until an adoption can be arranged. If the dog is scheduled to be destroyed at a shelter, we arrange to place the dog in a foster home with one of our volunteers. If a foster home is not available, then we place the dog in a kennel near one of our volunteers until an adoption can be arranged.

We evaluate both the dog and the prospec-

tive adopting home to ensure a good fit for everyone. All dogs are vet checked and their shots updated before they are adopted.

We operate mostly in Pennsylvania and parts of New Jersey. If you're not sure if you are in our coverage area, please check the map on our Web-page.

For further information about the adoption process, to download forms or inquire about becoming a Brookline Volunteer visit our web-site at

www.dogsaver.org/brookline.

