

AMRONE

Tales



Volume 6, No. 1 Spring 2006

Uniting great dogs with great people

PUPPIES!



Unusual for AMRONE, so many at once are a delight



Special puppy issue

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Does your mal look like a **WHALE?**

Overweight dogs might seem happy but they're in trouble

By Joanne Duval

I know if I cut back on my food portions or if I exercise more I could lose a few pounds. I know I am not thin anymore. Maybe if I walked everyday...didn't eat that second helping....

By now you are probably asking what this has to do with dogs. It is really pretty simple. Many of us are overweight. We are hearing that human obesity is an epidemic. What we don't hear so often is that pet obesity is also an epidemic. Before you read any further take this test:

1. Can you feel your dog's ribs under a layer of fat?
2. When you view your dog from above can you see his waist?
3. Does your dog have fat deposits at the base of the tail or in the lumbar area of the back?
4. Does your dog's belly distend instead of sloping up to meet his hind legs?

If you said yes to any one of the questions then you probably have a dog that is overweight or obese. Don't feel alone — the American Kennel Club says that one in every four dogs is obese!

So what is the big deal, you ask? Isn't a fat dog a happy dog? I spent some time researching dog obesity and here are some of the interesting things I learned:

- Approximately 25 percent of overweight dogs develop serious joint complications. Arthritis can develop or worsen with every extra pound. Hip dysplasia can become



You might be loving your dog to death.

more severe than if the dog were lean. Overweight dogs are very prone to strains and tears of the cruciate ligament.

- One of the most common complications of obesity in dogs is the development of diabetes mellitus (sugar diabetes).
- Like overweight people, overweight dogs tend to have increased blood pressure.
- In overweight animals, the lungs don't function properly. The additional fat in the chest restricts the expansion of the lungs. Your good dog might be well behaved because running, jumping, etc. is too much for him to manage. Overweight dogs have less endurance and stamina.
- Fat is an insulator, which is fine if you are a harbor seal. But if you are an overweight northern breed dog in the heat of summer it makes you less able to regulate your body temperature. Hot days are at best miserable or at worst dangerous.
- An overweight dog's liver function can be decreased due to the

fat that builds up in the liver.

- Dogs sometime need surgery and being overweight can have dire consequences during anesthesia. Poor circulation of oxygenated blood increases the risk of cardiac arrest. Fat layers make it harder for the vet to find what they are looking for, which makes the surgery harder and longer, thereby increasing the risk.
- Overweight dogs have an increased risk of developing constipation and have more flatulence.
- Overweight dogs might have a decreased resistance to viral and bacterial infections. They also have a bigger risk of skin and coat diseases.
- Studies suggest that obese dogs tend to have an increased risk of developing some kinds of cancer and tumors.

Those facts alone are pretty convincing evidence that keeping your malamute lean is a good thing. But if you love your dog and I haven't convinced you yet that he might need to lose some weight, then

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Camp N Pack Weekend

An Alaskan Malamute Rescue of New England Event

September 8 - 10, 2006
Camp Timber Trails
Tolland, MA

It's time for the NINTH Annual Camp N Pack Weekend. To keep our costs low, we will **not** be doing a mailing of the Camp N Pack flyer. The full flyer with registration form is available on our web site, WWW.AMRONE.ORG under Events.

Camp N Pack may include the following and more:

- Fun, interesting dogs
- Fun, interesting dog people
- Hot, tasty meals
- Fresh air
- Agility equipment
- Weight pulls, novice and open classes - AMCA regulations
- Live auction and silent auction
- 10-mile qualifying hike
- Dog videos
- Raffles
- Campfires
- Fenced doggie exercise areas
- Canine Good Citizen testing
- Short casual hikes
- Ice cream buffet
- Rescue parade
- Workshops on agility, obedience, sledding, backpacking and ski/bike-joring
- Group photos
- Dog games
- AMRONE sweatshirts and T-shirts, and dog goodies available for sale
- Stargazing
- "Gently used" donated dog items available for sale



Please review the flyer on our web site, WWW.AMRONE.ORG for detailed information about the weekend's schedule, registration form, location, maps and rules.

Newcomers are welcome - including dogs of every breed. Feel free to copy this page and give it to friends, or post anywhere accessible to fellow dog lovers.



Kona, right, and Shiloh romp. Read Kona's story on Page 5.

AMRONE does not have puppies come into rescue very often; typically most of our dogs are between 16 months and 3 years old. When we do get puppies you might not hear about them since we do not advertise them. We usually are very careful about placing them and have homes that are ready and waiting.

This has been an unusual time in that we have had 10 dogs under six months old turned over to us. Seven of these pups were turned in by two different families who thought that having pups would be a fun thing to do. One of them told me he was hoping to make quite a bit of money selling them.

Needless to say, both families found that breeding is not always easy and finding good homes for the puppies is even harder. They were unable to find homes for all the pups in the litter and turned to AMRONE for help. AMRONE did

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help after it was clear that the puppies' parents had been sterilized so that there would not be more unwanted litters in the future. The other puppies we took in were turned in after they were placed in families that found out that a malamute puppy could be a handful!

Recently, Danny and I fostered four puppies for AMRONE: Rainey (now Kona), Squirt (now Bella), Taz (now Dillon) and Bella (now Breeze). While we were updating their vaccinations and getting them spayed/neutered the pups spent a lot of time with my family. My son Grayson, 4, fell in love with them. He was very upset when they all had to go to new homes and screened some of the adopters harder than I did!

Danny and I were thrilled with the homes the puppies found and look forward to seeing them grow up. I hope you enjoy reading about them.

— Joanne Duval

Dillon (formerly Taz)

The puppy Dillon, formerly known as Taz, has been a joy. He has added so much life to our home, something missing since the death of our samoyed last October. At first it was clear he missed his sisters and all the fun he had with them at the Duvals' home. After a few weeks of the Ghorbi routine he adjusted quite well.

Everyone in the neighborhood has fallen for him, which is not hard to do. He enjoys his human brothers, especially our youngest son, Ali. They love to wrestle and Ali does a great job of brushing him while they sit on the couch watching T.V.

Dillon has taken to the leash well and enjoys his twice-daily walks. He particularly enjoys

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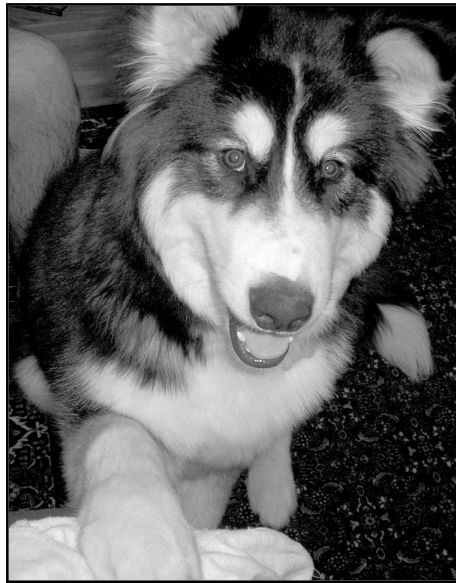
🐾 PUPPIES! 🐾

[From Page 4]

walking with our neighbors' dog, Maggie, part mastiff and great Dane. He has just begun training classes, something very important due to his size and strength. He just visited with Susan Conant and has become a weight watcher now. My those training treats certainly add up!

He is a wonderful dog and once his puppy days are behind him we are still confident he will still possess that mischievousness that we are sure earned him the original name of Taz.

— Julie Ghorbi **Dillon, friendly and mischievous.**



Kona (formerly Rainey)

(NOTE: Kona, photo on Page 4, came to us at the end of February at the age of 6 months. The first week was very difficult as she was not being very friendly towards our ever friendly Shiloh, and we were deeply concerned that she was simply not going to work out. By the end of one week, however, their relationship improved, and we had all fallen hopelessly in love with sweet little Kona, and now we cannot imagine our lives without her. For Kona's perspective on her new home, in her own words, please read on.)

Hi There! My name is Kona. I'm the one that's laughing in the picture, because I

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Breeze (formerly Bella)

When we visited the Duvals to choose a puppy we took along our best pal, 10-year-old Kodi (another AMRONE dog), so he could help make the decision. We knew we would have to get him a girlfriend — or else it would be a rival. Kodi seemed to be OK with Breeze, whose face just enchanted us, so the decision was made. On the trip home Breeze proved to be an excellent rider, settling quickly in the car.

She made herself at home just as quickly and began a two-week process of making friends with Kodi, an old guy who was dealing with the recent loss of his life-long buddy, Shadow. Grumpy, bored and just wanting to be left alone, Kodi soon began to perk up. Ever persistent, Breeze didn't give him much choice; he was going to like her or else. And it worked; Kodi has taken a renewed interest in life, has become re-energized and now frequently initiates play time.

The cat, Inky, has had a different experience, however. Breeze is fascinated by her, a living, breathing, (very) mobile squeaky toy. They are slowly learning to co-exist and daily rub noses now, but there is a long road remaining.

Breeze has completed an eight-week obedience class with nine other dogs and is preparing to move into an advanced class. She learns quickly as she proved early on by being about 99 percent housebroken the day she arrived.

Now that the weather is warmer she went clamming



Kodi shares his bed with Breeze, left.

with us and amused us by hopping deer-like through the shallows at low tide. A little later she elevated that feat to a mystical level by charging across our swimming pool on its solar cover, barely touching water. When we are busy Breeze amuses herself for hours by bird-watching on the deck, playing with her toys and — her own innovation — dipping for treats in waste cans. She just loves those dryer sheets!

Breeze has a warm, very friendly personality, exuberantly greeting everyone she meets. During her frequent walks around the neighborhood she has made friends with all the other dogs (and people, too). Upon meeting the dogs she will give them little malamute kisses, which they seem to like.

Breeze is a champ, a real treasure, and we are very thankful to AMRONE for bringing us together.

— Ruth and Bob Mellen

🐾 PUPPIES! 🐾

[From Page 5]

love my brother, Shiloh, so very much. We play, run, wrestle and chew on each other constantly. I used to be very afraid of him, and growled and snapped at him when I first arrived at my new home. He was so very big and curious and a little too friendly for my tastes. But once I realized how sweet he was, we became best buddies.

I'm scared of a lot of things, but Shiloh helps me not to be scared. I used to get very nervous and throw up in the car and I would do my best not to get in the car at all! But Shiloh taught me that its a lot of fun to go for car rides.

I used to be so scared of my leash, I would lie down and would try not to budge, every time my people took it out, but Shiloh showed me that the leash means we are going on a walk and walks are a lot of fun.

I used to try to crawl on my belly all the way through the city of Newburyport on walks with Shiloh and my people. But once again Shiloh showed me all of the great things, people and dogs there are to sniff in Newburyport. Now I love going there, especially when we get to jump around the rock formations by the playground.

I go to doggie school now, too. The first class, there were so many big, woofy dogs, I spent most of the time in

my people's laps! But now after a few weeks I realize that they're just like Shiloh, and now I even woof back.

My best trick is lying down, and they didn't have to teach it to me in doggie school! Sometimes, if something scares me or if I don't want to do something, I just lie down, as flat as can be.

When I first came to my new home, I used to lie down a lot. Lying on the floor and crawling. Those were my specialties. But now, I'm becoming a lot bolder and sitting tall and proud, just like Shiloh. My people say I'm growing up. I am growing a lot, especially my legs. My people say I look like a gawky teenager. I don't know what that means.

At the end of the day, what I love to do is snuggle up with my people and Shiloh and watch a little TV and then I and Shiloh go into our cozy crates at the foot of our people's bed and nap for the night. I dream about my new home and my people and especially my big brother, Shiloh I love them all! Thank you, AMRONE!

The night before Kona (formerly Rainey) was picked up from her foster home with Joanne and Danny Duval, there was a wild winter wind. Kona is a Hawaiian winter wind that brings rain, or in this case, Rainey. Shiloh was adopted from AMRONE in August 2005.

Ginger and Gracie

Ginger and Gracie were the sweethearts of Camp N Pack 2005. As 6-month-old puppies, they sat quietly in their crates and got lots of attention and walks from various people. They were the most well-behaved malamute puppies we've ever likely to see! We fell in love with them instantly, and when we got a third cancer diagnosis on our older two dogs, we decided someone was trying to tell us something. We adopted the girls a week or two later.

Four females together has been a challenge. We've had our share of fighting, and separation. Ultimately, though, we've learned that nobody really wants to do any damage, and the fighting is simply play with excess escalation. Being vigilant about separating and intervening when behavior begins to deteriorate has



Gracie, left, Ginger, center, and Meeko accompany Jill Hunter at this spring's Bark in the Park.

solved these issues. Separation isn't nearly as bad as it sounds, since every dog gets to spend time with every other dog. We've eventually learned that there's a three-way combination that's to be avoided.

The puppies have been a lot of fun, and a lot of work. And a lot of money! Our vet has been joking

about naming the new wing after us; we've paid for it.

Ginger wiped out at top speed, fell over a 4-foot retaining wall, and spent the next eight weeks crate-bound, with a torsion fracture of her tibia. As our vet put it, "She'll heal like crazy." And that she did. She

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🐾 PUPPIES! 🐾



Scarlet makes herself comfortable in her new home.

Scarlet (formerly Squirt, then Bella)

(NOTE: *Here is a message that Grayson Duval received from one of the puppies, Squirt, after she was adopted. _J. Duval*)

Dear Buddy Gray,

I just wanted to write to tell you that I am very happy here with my new family — Diane, Jim, Zoey and Siverado (also AMRONE dogs). All of us get along and love each other. I do miss you, Gray, and I will think of you often. You have a big place in my heart. Thank you for petting me, playing with me and loving me! Here is a new picture of me. We will keep in touch.

Thank you,
Squirt

[From Page 6]

was ready to bounce around the house and yard long before she was allowed. It took massive doses of acepromazine to make a dent in her to stay quiet in her crate.

When she first broke the leg, she just decide things were out of her control, and put her faith in us to help. Since that day, she's been far more affectionate than before. So as awful an experience as that was, I think it helped shape her personality for the better.

More recently, Gracie has spent a couple of nights with our vet as well. In the span of a few days, the two produced a couple of field mice, a bird and a bumblebee. (I wish we could have gotten a picture of Ginger sitting in her crate with nothing but a talon sticking out of her mouth.)

The bee left its mark. Gracie got stung in her mouth. Jill found her sitting quietly in her crate an hour later with her muzzle swollen to the size of a football. Her tongue was swollen so much that she couldn't close her mouth. We rushed her to our vet, and one night and several hundred dollars later, she's just fine.

Two weeks later, she refused to stand up for the morning meal. This is a 15-month-old bouncy puppy who overnight refuses to move. Again another night with our vet. Preliminary diagnosis is Lyme, or some other tick-borne illness. She is again doing great, back to her normal self, now just half way through the treatment.

Both puppies compete for our attention 'round-the-clock. We've settled into a routine where the older dogs clear out, and the puppies watch television with us. One puppy lying belly up with her feet in the air, and her head in my lap, and the other snuggling into Jill's neck. Every 20 minutes or so, they either swap places, or make a break for something they heard out in the yard. Invariably, they're chasing a noise that came from the television.

We've not done any formal training with these guys, since there's always been something preventing us from doing it. (Did I forget to mention the 45-day quarantine after trapping an opossum?) They're still the very well-behaved puppies they were at CNP, aside from the digging, fighting, hunting and counter surfing, of course. After all, we're still talking about malamutes!

— Matt Fienberg

Burnout: the monster in the rescue closet

"I'm so tired and discouraged all the time. I feel like I'm on duty 24/7 and never get a day off. The harder I work, the harder they want me to work. Nothing ever gets better, it seems like it only gets worse. The dogs don't stop coming no matter what I do."

•••••

"I have days where my hands shake just thinking about picking up the phone to call another owner who wants to dump their dog. I can hardly bring myself to do it anymore. When I do, I just want to scream at them."

•••••

"My bills are all past due, I owe a fortune to the vet, there's no food in the fridge, I'm using the charge card to make ends meet and I'm over my credit limit again. I don't know how I'm going to buy dog food this week."

•••••

"Sometimes I grieve for the life I had before rescue. It's been so long, I hardly remember the fun I used to have, hobbies, trips, friends. I miss them so much!"

•••••

"I want to quit so badly but I can't. The dogs are depending on me to save them. Thinking about quitting makes me feel guilty and ashamed of myself. But I can't go on this way much longer. I really wish someone would rescue me!"

By Vicki DeGruy

Do any of the above sound familiar? If you've been a rescue volunteer for any length of time, I know they do. They're some of the innermost thoughts of overextended rescuers, rarely expressed out loud even to each other. How do I know? Because I've been there myself. All of those thoughts have been my own at one time or another throughout my rescue career.

Rescue is an extremely stressful activity with a high rate of burnout. The same applies to people who work in animal shelters. Burnout is a common problem that eventually affects almost everyone. It's hard to prepare new volunteers for this because their enthusiasm blocks out the warnings of the more experienced. You can tell them about it but

it goes in one ear and out the other. They don't understand until they've arrived there themselves, and then they don't know how to cope with it.

Oddly, for as common as it is, burnout is seldom discussed. It's hard to get people to talk about it. The subject makes people uncomfortable, especially those who are suffering from it. I'm not a psychologist but I imagine there must be reasons for this reluctance. Maybe we're afraid we'll be seen as weak, unable to measure up to saintly expectations; maybe we think we've failed somehow. Whatever the reason, this silence has created a gaping chasm that many rescuers fall into, never to be seen again. Burnout is probably the most dangerous problem that rescuers face. We need to talk about it and help each other through it.

To cope with burnout, you have to take back control of your life. We get

into rescue to help animals in our spare time but it quickly takes over all our time and resources, becoming the only thing in our lives. To put rescue back in perspective:

Take care of yourself first. You're no good to anyone or anything if you're tired, miserable, broke, or angry all the time. Neglecting your own needs makes you less effective, not more. You deserve to eat and sleep well, to be healthy, to have fun and be happy as much as anyone else.

Look at your situation and compare it to where you want to be. What are your true personal priorities in life? Make a list of them beginning with those most important to you. Are the ones at the top of your list getting the largest amount of your time and resources? If not, rearrange your time so they are.

What activities besides rescue do you enjoy most? Do you (or did you) have a hobby? Make another list. Do something from that list every day. It doesn't have to be a big thing, it can be as small as reading a few pages of a novel or taking a walk with your dog. The important thing is to make time every day to do something that makes you happy. Don't put this off until you have time — make time! This little daily break will do wonders for your attitude and well-being.

Take at least one day a week off from rescue. Do whatever you want or need to do on that day as long as it doesn't involve rescue. Even shelter employees have days off and so should you!

Stay connected to the "real" world. Some volunteers get so deeply involved with rescue, they isolate themselves and develop a very narrow, negative mindset. Read books and newspapers, visit with non-rescue friends, go places, meet new people.

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Could you be a foster volunteer?

By Stephanie Bayliss, Treasurer

There is one question I am asked most often by the public, by dog lovers I meet, by friends and family, by new volunteers in rescue when discussing rescue:

“How can you give up a dog you have fostered?”

The easy answer is, when I take a dog into foster care, I know from the beginning that the dog does not belong to me. I am giving the foster dog a temporary home with care and attention until AMRONE can find the perfect permanent home for that dog.

The more complex answer is, sometimes it's harder, sometimes it's easier!

Fostering IS extra work. It requires the time for daily care of an animal; feeding, exercise, cleaning. It requires trips to the vet. It requires evaluation of the dog's temperament, behavior, and training. For those of us with our own pets, it requires separation and juggling of animals. It requires communication with, and evaluation of, potential adopters.

The reward of fostering is helping my foster dog find the perfect match. There's no feeling that equals knowing my former foster dog is now a beloved companion. When I see pictures of (or better yet, in person) a former foster dog as an adored member of a new family, I'm happy and satisfied. It makes the work truly



worthwhile.

Usually I'm both sad and happy when a dog leaves for a new home. Sad because I get attached to most of my foster dogs, and I'm sorry to see them go. Happy because I know they're starting a new chapter in their life, and will receive all the care and love they deserve.

In a few cases, I don't get attached to a foster dog. Sometimes a foster volunteer just doesn't hit it off with a foster dog. That's OK – not every person loves every dog, and not every dog loves every person.

In a few other cases, the foster dog becomes a resident dog, and never leaves. Fostering a senior or special-needs dog is often a permanent foster. Tinka was a blind senior who happily lived out her last years with us. She was easy-going, affectionate, and just wanted to hang out.

Our two current mals, Blizzard and Smokey, were fosters before we adopted them. We wanted to adopt a second dog, and after fostering Blizzard for awhile, we decided that he was the right match for us and we were the right match for him. A few years later we adopted Smokey.

Every foster home has a different


environment. Some volunteers foster dogs in outdoor kennels, some volunteers foster dogs indoors, and some are a mix of the two. Some keep foster dogs totally separate from resident dogs, some slowly integrate the foster into the pet household. There is no right, or perfect, foster home.

AMRONE does its best to match dogs with appropriate foster homes. If a dog has always been an indoor dog, he may not do well in an outdoor kennel. If a dog has always been an outdoor dog, it may take some adjustment for the dog to be primarily indoors. The training and temperament of the dog, as well as the pets, schedule and experience of the foster home play a part in the match.

But virtually any home can be a foster home. AMRONE is always in need of foster care. New fosters are mentored by experienced volunteers who provide assistance and support with all aspects of fostering. AMRONE has written guidelines for fostering to help foster homes understand the process. AMRONE reimburses for expenses involved with fostering.

If only TEN new volunteers stepped forward each year and offered to foster just ONE dog every few years, AMRONE would never have a shortage of foster homes.

Think about it. Could you be a foster volunteer?

 On the money trail with AMRONE JULY - DECEMBER 2005	Income					
	Adopter	\$1500				
	Camp	\$11,945				
	Donor, books	\$75				
	Donor, general	\$919				
	Miscellaneous	\$278				
	Promotion	\$596				
	Interest	\$73				
	Total Income	\$15,386				
			Expense			
		Apparel	\$1098	Printing	\$1,477	
		Bank Charges	\$20	Shelters	\$50	
		Boarding	\$338	Veterinary	\$2271	
		Camp	\$4,821	Web cost	\$30	
		Microchips	\$19	Total Expense	\$10,387	
		Postage	\$263	Net Income	\$4999	

Wulfie

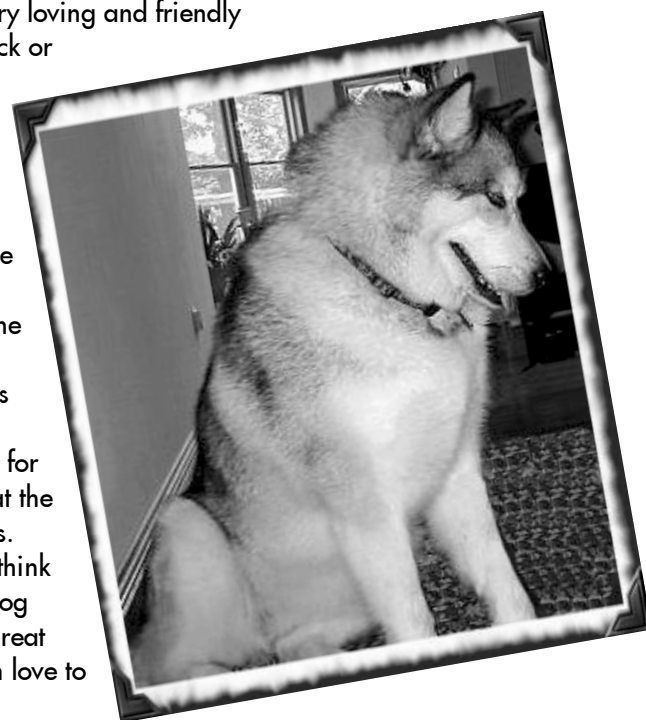
Wulfie is a 3-year-old neutered male. He is in foster care with AMRONE because his former family is expecting twins and does not have room for three kids and a big dog. In his former home he was described as "loving and friendly" by his owners. His foster home agrees but also feels that he had never been made to do anything he didn't want to do and had never learned the word "no." He is full of energy and according to his foster dad he is very smart, which makes him a good candidate for a new family that wants to have a dog that will be active with them and even maybe do a "sport." Agility, backpack-



ing, weight-pulling, obedience and Rally O are all possible great activities for Wulfie. On the other hand, since he is so smart Wulfie is not a candidate for a family that wants a "ready-made" dog that will do everything they want. He thinks for himself so he will need guidance, love and continued obedience training to make him reach his potential as a super companion for his perfect new family.

Meesha

Meesha, who just turned 7 in April has been the perfect dog, according to her owners, but sadly she makes their son sick. She is spayed and up to date on all shots. Her owners say she is very loving and friendly (unless you are a duck or chicken). Housebroken and loving to stay in the house with everyone, Meesha also likes to be outside, where she never tries to get through the fence. She has been good with other dogs and she is trainable and listens well. She loves to go for walks and behaves at the vet and the groomers. Overall, my owners think Meesha is an easy dog and would make a great pet for someone with love to give her.



Meet Our Fosters

The dogs on these pages were in foster care as of the middle of June. To learn more about them, new dogs that AMRONE has taken in, or to fill out an adoption application, please visit our Web site at www.amrone.org.

Moose

Moose has spent the last four of his 11 years of life living on a short chain. When this gentle old guy came to live with his foster parents he was out of practice playing and running. Now in his foster home he has 1 1/2 acres of fenced yard to run in and a harem of beautiful lady malamutes to dote on him. He always presents a happy face to the world and likes to lean against you to get rubbed and hugged. Most of all, he loves his marrow bones and, unfortunately, rocks. He gets the former and his foster parents have worked hard to keep him from eating the latter. Moose loves walks and is waiting for a special home to give him the attention he craves.



Jacques

Jacques will celebrate his birthday in August — he will be 13 years young! He thinks he is still a puppy the way he runs around his foster mom's yard and jumps up and down at dinnertime. In his foster home he has made friends with two other foster dogs who are both girls (He thinks they are really cute!) Jacques has some health issues for his age but is overall a happy-go-lucky guy waiting for a home.

Soco

Soco is a handsome fellow with eyes so dark that they are almost black. His expression is alert and intelligent, and he is interested in everything. He is neutered, up to date on all shots, and on heartworm preventive.

At 19 months, Soco is puppyish. Soco's obvious intelligence and his responsiveness to oral praise and food treats make him a fine candidate for the obedience training he

needs. He sits on command and glows with pride at his accomplishment. Helping Soco to master new behaviors in which he can take pride will enable him to leave his babyish behaviors behind. This will be a fun dog to train.

Soco comes from a loving, responsible home. His owner simply does not have the time needed to exercise and train a lively adolescent malamute. If you do, please consider Soco.



Suki

Suki has owners who love her very much but she is making one of their children sick. They have tried several things but nothing seems to work so they are trying to find a great new home for Suki. She is about 3 years old and originally came from an animal shelter. She is spayed and has had all of her vet work kept up to date, including lyme vaccinations and heartworm pills. Great inside the house and with all the family members, Suki also likes other dogs and even cats, living with two of them. She is active, likes to get regular exercise and is smart, having graduated from obedience school.



Nedda

Nedda is a woolly, black, white and grey, 7-month-old spayed puppy with an abundance of energy and curiosity. She is a very sweet puppy and has never met man nor beast that she didn't like with exuberance. Her greetings often include some mouthing, which we are working on, but she has a very good recall, sit, leave-it and drop-it. Her favorite thing to do is destroy trees. She rips the bark off and then chews off branches that she can reach.



She is completely housebroken and likes staying in her crate. Nedda comes to us from a very loving family that just found that they were not up to the task of raising a puppy. Because of her solid background she is very confident and outgoing. Her high energy and drive would serve her well if she ever had the opportunity to be a working dog (weight pull, sledding, packing, etc).

Her attention span is a little on the short side and she already appears to have a plan to get through life on her good looks. When she cocks her head and blinks her big brown eyes, followed with a paw wave or belly up, one can hardly help from laughing, never mind remembering what it was she was asked to do in the first place.

Emotional aspects of rescue are burdensome

[From Page 8]

Set a SMART goal for yourself and do something every day toward reaching it. A SMART goal is Specific, Measurable, Achievable, Realistic, and has a Timetable. An example of a SMART goal is, "I am going to teach my foster dog to sit and stay on command within two weeks."

Goals like, "I'm going to end all pet abuse in the U.S.," or, "someday I'm going to move to the country and build a sanctuary," are noble thoughts but too big and vague to keep you focused on them. They usually produce discouragement. SMART goals automatically steer you toward progress and achievement that provide personal satisfaction and the enthusiasm to set and reach your next SMART goal.

Keep a record of your successes and look at them often. In rescue, the negative can seem to overwhelm the positive. Our efforts can feel insignificant and we forget how much good we've done. Keep a photo album of all your placements, all your happy endings, and review them regularly, not just when you're feeling low. You'll be amazed to see how much you have actually accomplished. Be

proud of them! They'll charge your batteries for another go.

Ask for help. None of us is in this alone although many of us seem to think we are. When you're discouraged, depressed, overwhelmed or just need to vent, tell somebody! We all need support at times. When we support each other, we all feel better.

Evaluate your rescue activities and make adjustments that allow you to have a life as well as a rescue program. If you've been in rescue long enough to feel burned out, you've been in long enough to know what you're best at, what you can afford, and how many dogs you can care for properly. Use this information to set new priorities and limits for your program, and then stick to them.

This last is probably the hardest for rescuers to put into practice because it means saying "No" sometimes. We're not very good at that, are we? The emotional aspects of rescue weigh heavy on us. We're constantly pressured to say yes. It's very, very hard to say no and it's usually attached to a guilt trip. It's amazing how many burdens we'll take upon ourselves to avoid feeling guilty, but they'll bring you to only one place: burnout.

You have to say no to survive for long in rescue because the animals never stop coming and people will never stop making demands of you. Saying no is the only thing that gives you any real control over what happens to you in rescue. It's the most powerful thing you can do to get your life back on track and make yourself happy and fully effective once again.

Vicki DeGruy is an active member of the Wisconsin Chow Chow Club. She writes about rescue for the National Animal Interest Alliance newspaper and presents seminar programs on various aspects of breed rescue. Vicki is also a winner of an Award of Excellence from the Dog Writer's Association of America. Reprinted with Vicki's permission.

Correction

The article "Volunteers make camp a success" in the Autumn 2005 issue of AMRONE Tales named the wrong person as the children's games coordinator. Alice Sherard planned and ran the children's activities throughout the weekend. We apologize for the error and thank Alice for her contributions.



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Kubota's adventures in training and commands

By Corinne Zipps

Training is such a wonderful thing that I had never even considered that there could be a down side. After all, what on earth could be negative about using a local agility course, teaching a dog about climbing small wooden ladders and going through tunnels? What could possibly be negative about teaching commands that can keep your dog safe, such as the "Trade" command? Or training your dog to eat a bone on a small rug to keep the mess off the rest of the carpeting?

Well, malamutes are experts in kicking things up a notch, that's what!

Around my house, "Trade" is now interpreted as, "Hmmm, what is the currency of the moment?" During a recent phone conversation (do they all hate it when we're on the phone?), Kubota first brought out a paperback book that I'd already read. It wasn't very good, I had no plans for passing it on, and it didn't pose any danger to him, so no trade.

Next up was a pair of socks, and again no deal. The third attempt to get the human off the phone was a remote control, which was worth a "Trade" for a cookie. Or in malamute thinking, "Aha! I have now discovered the currency of the moment!"

Before the conversation was finished, I had been delivered four additional remote control units. I still don't know where on earth he found them all or what they operate. Until then, I didn't even know I owned four remote control units!

You would also think it would be virtually impossible to lose a moose-sized dog in an 864-square-foot house. Well, it used to be impossible until he learned to crawl through tunnels into which he barely fit. After that training, Kubs apparently lost any inhibition whatsoever about squeezing into small, dark places.

One day, I searched inside the house for close to an hour, checking and rechecking doors, windows, under beds, and everywhere else I could see. The frantic human eventually discovered that the moose-sized dog had somehow managed to squeeze through the 5-inch space between the dryer and a wall. He was happily occupying his very own cave under the foyer stairs along with a favorite stuffed teddy bear.

I've also learned that any canine fear of heights



Fear of heights? What fear? Kubota likes the view from on high.

apparently can be conquered after learning to climb just a few wooden rungs onto a platform. A handyman was checking out a vent pipe from my roof this fall when I heard him exclaim, "Well, I ain't never seen nothing like that before!"

Of course, I headed outside assuming that something rather strange was emerging from the vent pipe. Instead, I found Kubota at the top of the rickety aluminum ladder peering onto the roof. If you ever need to jump start your heart, I can highly recommend this method.

Even something as simple as learning to eat a bone on a small scatter rug can have its consequences if the creature learning this skill is a malamute. It is a wonderful thing to teach in that it saves a lot of carpet mess. But please tell me, how on earth can you resist a beautiful malamute with a big smile and swishing tail waiting expectantly after retrieving the special scatter rug and arranging it perfectly on the carpet?

I don't know how your training efforts are coming along, but I suspect my malamute is training me rather well!

Mail Call

Letters and photos from adopters

What can we say about Cubby? He is just a wonderful dog. He adores Kita, our little Siberian. They eat, sleep, and play together. They love to patrol along our fence looking for the neighbor's cat or for squirrels, chipmunks, turkey, deer, or anything moving in our woods.

Cubby has shown Kita the joy of digging huge holes and tearing up the landscape fabric underneath. Cubby's favorite thing is to go for a walk. He goes for two walks a day minimum. He loves to go up to people, press his head into them and then roll over on his back for a belly rub.

He and Kita have many friends along our walk routes who look forward to



Cubby, left, and Kita have many pals.

greeting and petting them. We call them "fan clubs". Cubby loves (demands) attention and we give him a lot of it. He now weighs a healthy 57 pounds, and by all appearances is very happy being in our family.

— Tom & Jane Gonska

Hi,

Just wanted to give you an update on how Nola has been doing. He is doing great! His first few days were a little shaky when he was adjusting, going a little nuts, but he has calmed right down.

Loves to go for wicked long walks. He's a great dog. I am going to take him to some obedience classes to try to curb his jumping and play-biting. He doesn't do it to me but when he gets really hyper and playful he does it to my girlfriend and brother.

He is great at night and has made his own little areas to play in, ha ha. If you have any suggestions on how to get him to not jump on people I'd love to hear them because he really just goes nuts with that and that's about it. Thought you would want to know how he has adjusted though.

— Matt McLean

I'm sitting here with tears streaming down my face, having just returned from the vet who put down our beautiful 14-year-old malamute Bandit.

We took her in from Sally Boggs 10 years ago as a foster dog temporarily!

Bandit was 4 years old, and she only had 3 legs. She had lived for the first four years of her life on a 4-foot chain outside someone's house. Malamute Rescue had been trying to save her for years. Then, one day, she got loose, and she got hit by a car. Rather than trying to save the left hind leg, her owners had it amputated. I guess, at that point, they decided she was too much trouble, so they gave her up to Malamute Rescue.

Sally knew we had a malamute and would be able to be a foster family for this dog, so that's how Bandit came to us. But we knew within minutes that this dog would never go anywhere else. She was totally maladjusted socially, with both dogs and humans. She would growl if you bent over her or came at her from overhead. She thought she should be alpha dog, so she growled at all other dogs, even our 120-pound malamute Niki.

She was a total chow hound — couldn't ever get enough food. We always had to watch her weight, because with three legs, she didn't need extra weight to carry around. The only animal she seemed appropriate with was the cat. We think her only companion on that 4-foot chain was a cat! In fact, one cold winter day, she held Grady down with her paws and licked him so much he was soaking wet and got hypothermia and almost died! She was just loving on him.

Poor Bandit's life wasn't easy. Her body was always torqued to the left, so that her right hind leg was more in the middle so she could balance herself. She never got used to the fact that she couldn't be alpha dog, and she never felt like she had enough food. When we

went for walks, she was the only one of our dogs who had to be on a leash, because she would take off!

One day, when she was about 9 years old, we thought we could trust her, but she took off, taking our puppy with her. They went up to the local gas station, crossed a busy road, crossed back again, went down to the river... my husband finally found them by going across the river onto the road that followed the river. By looking across, he could see them at the river's edge. Bandit was so exhausted she was lying down resting, with the puppy near by.

This past Friday we decided to put her down this week on Wednesday when the vet comes to put down our old rescued Standard-bred horse. On Saturday night Bandit stopped being able to use her hind leg. However, she didn't stop being interested in food! She would drag herself down the hall to the kitchen where we were eating. And she could no longer get through the dog door to the deck and back yard.

For some time she had stopped being able to go up and down the stairs on the deck, and she couldn't hold herself up while she "did her business," so things were going south pretty fast. Several nights ago, in the wee hours of the morning, my husband heard this pathetic hoarse bark and found her outside, off the deck, unable to get back up.

And her dignity was sorely hurting. She even no longer had a howl in her. When the other three dogs started one of their several daily howls, she was mute. She had lost her voice. It was time to go. And she didn't even growl at us as we bent over her to say our goodbyes!

Thank you AMRONE for bringing this incredibly strong and beautiful creature into our lives.

— Doris Luther and John Wood

Mail Call

Letters and photos from adopters



Dakota knows how to be a big hit with her family.

Dear AMRONE,

What is it they say about good intentions? We've been meaning to send a letter and pictures for a while, but just never seem to get around to it. We adopted Uther (formerly RJ) in 2000 and Clovis (formerly Miki) in 2003. What a couple of characters!

Uther is a big cuddler. He loves nothing more than burrowing up against you and nuzzling. He has no idea that he's 8 or so years old and bounces around here like a puppy. Chase me, rope tug, and keep away are a few of his preferred games. He also loves to play with his favorite toys, a stuffed duck and flying squirrel, and goes to great lengths to keep them away from Clovis, who unstuffs them if given the opportunity. He's one of the few dogs we know who watches television intently, becoming very excited when another dog comes on the screen. America's Funniest Videos is his favorite show!

Clovis is hysterical. I think she believes she's the world's first female malamute comedian. She talks all the time – woo woo, woo woo! She chases her tail, steals mittens and gloves, and has made the bench by our front door her personal perch from which to overview the driveway (although she can see out the window perfectly fine while standing on the floor). She also loves to snuggle, but sometimes it's hard to stop wrestling with Uther in order to devote time to her people!

Hello,

We adopted Dakota in August 2005. She was scared of life and all of the new sounds around her (television, microwave, telephone). Getting her into the car was a fight because she turned into a statue, stiff as a board.

She has come a long way. Dakota has completed obedience training and can follow most commands — she still does not like to come when called, but no one is perfect. We have taught her to howl on command, a big hit with the family. She now has a yard to run in and an entire house to roam.

She also has a hidden talent —

landscaping. She will bury anything she can walk away with; we keep a close eye on the recycle bin. She enjoys getting up every morning at 6:30 to let us know it is time to eat, go out, and get her belly rubbed. We no longer have a problem getting her into the car, and she may fall asleep during the ride.

Dakota is quite friendly with people, and she has even become friends with our neighbor's cat, but has made it clear that she does not like other dogs.

All in all, we would like to thank everyone at AMRONE for taking all of these loving malamutes into their homes and helping us bring Dakota into ours.

— Rachel Booth and Bill Jarvis



Clovis the clown and Uther the cuddler.

Together the two of them have made playing a full-time profession. We have a big fenced yard and a dog door into the house. They do not distinguish between inside and the outside. Their dog toys migrate in and out and we can ask them where a particular toy is and they'll go find it and bring it to us to play.

Many of their games involve running great loops around the yard, in through the dog door, around and around the living room (with Clovis literally flying over the furniture) down the hall to the bedroom where they make a giant U-turn on the bed, back

into the living room with a few more bounces off the couch, then out the dog door again! We've considered contacting Barry & Elliot to see if they'd be interesting in doing a Jordan's Furniture ad featuring our dogs demonstrating just how tough that microfiber stuff really is!

They also spend a lot of time outside in the wooded part of the fenced yard where they have several ongoing excavation projects. Sometimes these projects creep out into the grassed section of the yard, but for the most part they're content to dig in the woods.

They love to go out to the front section of the fence that faces the school bus stop. In the morning Uther has a routine of watching out the window for the kid down the street. When he sees the kid coming up the road he tells Clovis and the two of them run out the dog door. By the time the kid gets to the bus stop they're waiting to greet him good morning.

We could not ask for better pack mates. They're loving, fun, entertaining and great companions. No matter how tired we are after a day's work, we can't resist an invitation to tug on a rope or wrestle. That's got to be good for us!

Thank you, AMRONE, for allowing us to adopt and share our home and lives with these beautiful, wonderful dogs!

— Donna & Steve Cusking

Mail Call

Letters and photos from adopters



Kamick enjoys seeing other mals.

Dear Alaskan Malamute Rescue Friends,

I want to thank you very much for all your hard work in organizing Bark in the Park this year. I know it takes a lot of effort to plan all the activities and take care of all the details so that malamutes like we can get together and we can all hang out at Berry Pond and socialize. I hope both dogs and humans appreciate the effort that is involved in making the day a success. It was nice that the weather and the black flies cooperated this year.

There are no malamutes that I see regularly where I live, so I especially enjoy seeing other malamutes, and this is a good opportunity to meet malamutes and enjoy the companionship, the good food and all the activities during the day.

Keep up the good work.

— Kamick

Star has certainly bonded to us, following us around like a baby duck follows its mom. We love her very much and think that she has fit perfectly into our lives. She continues to be gentle and somewhat timid about noises.

She is certainly smart and also definitely into luxury. I don't think she laid down in the house for more than five minutes anywhere until we figured out that she didn't like her elbows resting on the hardwood floor. She barely fit onto one of the kid's old beanbag chairs but used that until my girlfriend, brought over her Newfie's too-small dog bed. That entrance was greeted with a woof and a big plop onto the dog bed before she could even get it in the garage door! Miraculously Star has not "eaten" any of the stuffed fluffy toys yet.

We had a New Year's Eve party where we got to introduce Star to some of our friends and family. Star slept quietly through most of the party and when no small kids were left we let her out to meet the adults, who were all totally charmed by her. At one point we walked into our formal living room to see Star cradled on the couch between two of our friends (I could claim innocence, ha ha), feet up in the air, her head on a lap and her belly being rubbed by the person on the other side. When these people had to leave, she remained and two friends with cats took over as "worshippers/masseuses." She was a perfect angel, so much so that all my friends have volunteered to come stay with her if we ever go away!

Star is actually never home alone for very long, as she goes to work with me daily

unless I have to be out of the office for an appointment, which fortunately is rare. We put up a child gate and she just lies by the doorway watching people go in and out of the staff room. After all of the clients have left for the day we let her out of my office. She really enjoys running around greeting my staff and playing chase around the corners. They all really enjoy having her around and I often catch them spoiling her with extra treats they have purchased just for her.

We are immensely enjoying our walks in the woods behind our home. She really enjoys tracking all the animal scents — deer, raccoon, fox. Miraculously she is not excited by the fat squirrel that comes up to our window feeder at (her) nose height in our breakfast room.

My sister-in-law who is a self-proclaimed "not a dog person" says that if she had to have a dog it would be Star! She is curled up right now near me on her big dog bed, having eaten and not ready to go out yet. We enjoy her so much and can't imagine not having her in our lives.

— Name withheld by request



Star likes to be comfortable wherever she is.

AMRONE extends sympathies for the loss of these adopted malamutes.



Calvin, 1992 - 2005, loved by the Barach Family

Sir Raven de la Nuit, loved by

Howard and Barbara Leonardi

Dakota, loved by Patti Davis

Onaway, loved by Ginny & John Rivielle

Loba, loved by Ron & Judith Harris

Savoy, loved by Al Broggi & Carolyn

Carson

Bandit, loved by Doris Luther & John Wood

Darrius, loved by Kim, Pat & John Miller

Kodial Wood, loved by Carol Graves & Geoff Graves

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Pay attention to the kind and quality of food

[From Page 2]
think about this: Nestle Purina indicates that cutting an average pet dog's daily food ration by 25 percent could extend a dog's life by more than 20 percent. So in simple terms if you have a 10-year-old dog and cut his normal three cups a day down to 2 ¼ cups you will be adding two years onto the time you will be able to spend with him!

Many people ask what kind of food the breeders and experienced malamute owners use. The better question is to ask how much they use. One breeder told me, "Don't pay attention to what it says on your dog's food bag. Use your dog as the

measure of what you feed."

When I asked six active malamute kennel owners (between them they own over 60 mals) about feeding, they all recommended buying the best food you can afford in a maintenance or performance variety. Maintenance is better for dogs that don't exercise much, need to lose weight, are inside all the time and are regular pets. Performance food is for active dogs that have a job, are hard to keep weight on or are outside a lot in the winter.

Most of the owners switch their dogs back and forth depending on the season, whether the dog needs to gain or lose weight or is changing his

activity level. All of the malamute owners feed their females 2-3 cups a day and their males 2-4 cups a day. They used a regular kitchen measuring cup, not a larger cup.

One expert on malamute health had this to say: "I weigh my dogs every time they go to the vet, which we sometimes do even when they are not going for anything in particular. (There's nothing wrong with stopping by the vet just to visit, weigh, and get biscuits from the techs.) No matter how skilled you are at determining good weight, it's still difficult to be accurate with a malamute who is in full coat."

[Continued on Page 20]

Try some of these simple tips to help your mal slim down

Here are some common practices and techniques that might help your dog shed pounds. Go slowly. You want an overweight dog to lose only about two pounds a month until he is at the ideal weight. Consult with your vet before and after to make sure there are no other medical problems and that your plan is right for your dog.

Food

- Cut back. If you are feeding your malamute more than 2-4 cups a day you might be feeding too much. Add other things to the food bowl if you feel guilty about the amount and if it does not upset your mal's stomach. Fresh or frozen veggies are great. If you added canned beans check the salt content.

- Don't feed table scraps.
- Don't free-feed your dog. Put the bowl down and pick up what has not been eaten in five minutes.
- Feed your dog more times during the day — two to three smaller meals instead of one big one.
- Feed quality dog food. Fat content of dry food should range from 12 to 16 percent, with sedentary dogs getting a lower percentage than active or performance dogs.
- Do not add vegetable oil to your mal's food if your dog is overweight.

Snacks

- Always feed appropriate snacks and limit snacks if your mal needs to lose weight.

- One of the malamute owners I spoke with reminds us to "not forget to subtract the equivalent of whatever treats your giving him from his meals." If you give him two biscuits that might be the same in calories as a cup of dog food.

- Healthy snacks could include baby carrots, rice cakes or biscuits cut into smaller pieces.
- Mals are great at asking for snacks; make sure your dog does not get treats from each member of your family. Have a treat chart and mark down when anyone treats the dog. You might be surprised to find that your mal has a whole extra meal or more each day in treats.

- Experts advise to use treats to teach a new behavior or reward something specific. Don't give a snack each time he comes into the house.

Exercise

- Provide prolonged exercise a few times a week. An hour of sustained exercise per day is ideal, but anything is better than nothing.
- If you are unable to give your dog prolonged exercise at least find a way to have him move more. Will he chase a ball? Maybe a local high school track team member would jog with your dog a few times a week for a small fee. Be creative to get your dog moving. If you can't do a long workout then check with your vet to see if your dog could pull a tire or carry a backpack on your shorter walks to add to the workout.



In a game of musical sit, it pays to be well trained. The last dog to sit when the music stops is out.

Puppies et al. come out at Bark

By Susan Conant

Some of the puppies AMRONE has helped during the past year had a coming-out party at AMRONE's fifth annual Bark in the Park on Sunday, May 7.

Under clear, sunny skies at the Harold Parker State Forest in North Andover, MA, 73 people and 39 dogs gathered at the Berry Pond Picnic Area to enjoy what is becoming AMRONE's family reunion.

Twenty-eight of the dogs were rescues. Many of them showed their stuff in a splendid rescue parade. It was a special treat for everyone to see the puppies, including a few who are now close to adult size.

As always, attendees displayed malamute-size appetites in enjoying the delicious barbeque. The more energetic hiked around the pond, and everyone welcomed the good company of fellow dog lovers.

This year's games were outstanding. The tail-wagging contest was especially competitive, and the sight of a big entry of happy dogs vigorously wagging their beautiful plummy tails was a joy to spectators.

Although Bark in the Park is a social event, it is also a fund-raiser. In that respect, too, it was a great success. The raffle items were numer-

ous and varied. Sales of raffle tickets and AMRONE items, as well as registration fees, brought in money needed for getting rescue malamutes ready for adoption.

All of us owe thanks to everyone, especially the Ferragamo family, who made this year's Bark in the Park a big hit. Kathy and Jerry Ferragamo worked hard to organize everything, and Jerry's brothers, Paul and David, more than pitched in. Because Paul's business, Building Supplies Outlet at 20 Webster St., Peabody, MA, sponsored Bark in the Park, all proceeds will go to AMRONE's rescue malamutes.

Many thanks to Roger Davies for leading the hike; to Stephanie Bayliss for manning the AMRONE store and raffle table; to Ruth Ellis for organizing the games and collecting bag after bag of malamute hair for AMRONE's spinning project; to

everyone who donated raffle items; to the volunteers who checked people in and who helped to set up and clean up; and, of course, to the wonderful people and the delightful dogs of all breeds whose attendance made May 7 a great day.



Raffle winner Donald Borek claims his prize, above. Many folks and dogs enjoyed the great day, below.



Watch behavior for signs of unhealthy weight gain

[From Page 18]

She mentioned that "as a general guideline, you should be able to feel the dog's ribs without having to dig. If you can't feel his ribs or his hip bones, he is too fat. You should be able to see tuck up under the belly and a waist from the top.

"Also monitor behavior. A previously energetic mal who is turning into a couch potato at 2 years old might be gaining too much weight. A dog that pants excessively with exertion or heat may be too fat."

How can you get an overweight dog to lose weight? The malamute owners that I spoke with all said most mals get fat because of a combination of not enough exercise and too much food. So what are some of the

things they do to slim their dogs?

Most said they increase their malamutes' exercise level and cut back on food. None of the owners changed to a "diet" food. One person said, "I don't recommend 'diet' foods for dogs. Purina researchers have published data that indicate a higher-protein food will help dogs lose weight better than the low-protein, low-fat stuff that is usually marketed as diet food. In our kennel, we simply feed less of our normal high-quality food."

When I asked a local vet about this he said that diet foods are not all they are cracked up to be. He said that to help a dog lose weight you should change the things in his life that made him fat. If he is healthy the type of food is probably not the

problem. The problem is usually a discrepancy between the amount of food compared to the amount of calories he burns off (exercise).

Obese dogs suffer from poorer health and a reduced ability to run and play, and even to breathe. Overweight malamutes can be more irritable due to being chronically hot, in pain or simply uncomfortable. Overweight mals die younger than those at an optimum weight.

We control our dogs' weight. They have to count on us for this, but Americans are letting their dogs down. Be committed to giving your dog extra years of life or at the very least active, healthy years. Look carefully at your dog today and implement some changes if you see that your buddy is getting chubby.

**ALASKAN MALAMUTE
RESCUE**



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