

# Hopeful Hearts Beat

*February 2010*

## ***Editor's Note:***

Welcome to the first edition of "*The Hopeful Hearts Beat*" – the bimonthly newsletter from our rescue group. Our goal is to keep you informed on Hopeful Hearts activities and happenings in the dog world.

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## **Greetings from Roz**

Hello again everyone, as we trudge through winter and pay those post-holiday bills, things are still very busy at Hopeful Hearts. We continue to take in record numbers of dogs in need of love, stability and care. Just when I hope things will calm down just a tad, the need seems to increase.

We've had much to celebrate in the last three months with the highlight being our dogs arriving all the way from Lebanon! Mum, Lexie, River and Otis made the long journey for a new start in Canada after spending years in a shelter in Beirut. Laurie Martin was instrumental in getting these dogs to Canada after finding some of them listed on another site here in Montreal. After contacting the shelter, Laurie worked hard with the ladies of BETA (Beirut for the Ethical Treatment of Animals) to ensure that the most needy were sent to Hopeful Hearts. Mum, now called Stella, has already been adopted by a wonderful family and is starting her obedience classes this week! Mum (Stella) you may remember had had her ears cut off and fed to her in an attempt to make her mean. I can assure you, it did nothing of the sort! Miss Stella is a loving girl who provides her family with much joy. Now we focus on getting Lexie, River and Otis into their new forever homes.

We have also welcomed even more puppy mill dogs; this time mostly from Amish mills near St. Mary's Ontario. These little angels are slowly getting used to life in a loving home and becoming more comfortable with 'normal' lives. It's heartwarming to see these little ones flourish; some, like Faith, taking longer to adjust. I'm happy to report that little Miss Faith is now sleeping on my head (yup) and lets me touch her when she is near me. She is a long way from being adopted but I have faith that one day she will be confident enough to join her new family. We have some wonderful events scheduled this month to help raise funds to cover vet costs etc. We just paid for emergency surgery at Ottawa Vet Hospital to have Stitch's eye removed after a terrible accident which ultimately led to him being released to Hopeful Hearts. In December, we had Lucy's pyometra surgery (basically a full hysterectomy) done at Carling Animal Hospital as well as her aqua-therapy with the wonderful gang at Canine Water Wellness. This added to the virtually constant vet appointments and spays and neuters really adds to the financial strain. So far, we have been very successful in our fund-raising efforts, thanks to our amazing supporters and hope to see you at one of the upcoming events.

Thank you so much everyone for your continued belief in our work. Quite simply, we couldn't do it without you.

Hugz

Roz

# The Long Road to Canada

By Laurie Martin

One day while surfing the web and looking at dogs in other rescue groups needing homes (as many of us involved in rescue often do) I came upon a web site that was seeking a foster home for a small dog. This was not your ordinary small dog. This little guy was all the way over in Lebanon AND his two hind feet had been cut off! The vet said this was done intentionally. You see, Lebanon is a very unpleasant place to live if you are a dog; shootings, torture and poisoning is in fact so commonplace that many strays will only venture out at night. This tiny soul had been at the rescue in Beirut for almost four years now. Nobody would even think of adopting him because of his less than perfect body. Upon seeing his picture and reading his story I knew that Hopeful Hearts would want to help. By the time I contacted the group they had already found a wonderful family that wanted to adopt this boy; so he was going to be safe and loved.

I was told however, that the rescue in Lebanon had over 250 dogs at their shelter. Many of them would never be adopted because of previous injuries they had suffered, their black fur or simply because they are no longer puppies; many have spent three or more years at the shelter. With these stigmas attached to them, BETA (Beirut for the Ethical Treatment of Animals) had selected four dogs and arranged flights to Canada. Now they just needed foster homes. Knowing that Hopeful Hearts could give these dogs a chance at a better life, we told them we would love to help. There was a lot of planning, arranging and waiting. Finally on January 17, 2010 our four new fosters arrived in Canada. I have had the joy of personally welcoming River and Lexi into my home.

**River** – a 3 ½ year old male Black Shepherd mix that had been living in the shelter since he was 1 month old.

**Lexi** – a 5 year old Black Lab mix, abandoned by her owner has spent the last three years at the shelter.

**Otis** – a beautiful 5 year old Lab/Greyhound mix was found wandering the streets thin and frail. He too has spent the last three years at the shelter.

**Mum** – Ahhhh, Mum, a very sweet border collie mix, whose ears were cut off with a pair of scissors and fed to her in an attempt to make her aggressive. Fortunately, this did not work and Mum remained sweet and loving. She is the first of this group of four to find her forever home with a loving couple whom I have no doubt will pamper and spoil her.



*River*



*Lexi*



*Otis*



*Mum*

Mum will also be attending our next fundraising event and will be appearing in a fashion show no less. Imagine, in just six weeks she went from a shelter in Lebanon to high fashion in Ottawa.

It is wonderful to watch them blossom, to learn to play with toys, to learn their house manners and fit into their foster homes. Despite these dogs rough start in life all of them have wonderful, loving personalities.

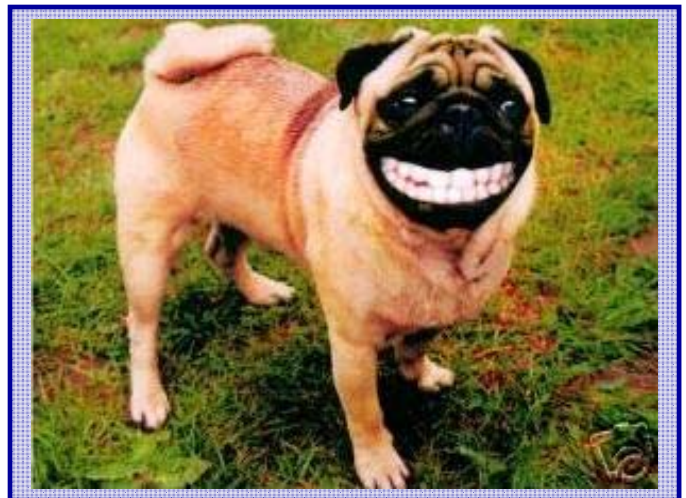
Welcome to Canada, you adorable dogs. It won't be long now before you are all in your new forever homes.

## Up and Coming

Mark February 26th on your calendar and put your best paw forward. Have your dog's nails looking marvelous with a clipping by professional dog groomer, Pam Casselman for only \$5 Bring all paws to Natural Pet Foods, 339 Churchill Ave between 7 and 9 p.m... All proceeds go to support Hopeful Hearts.

## Smile!! Kicking-Off Your Pet's Daily Dental Ritual!

Your dog's dental health is as important as any other aspect of their care. It is also the most commonly overlooked. Veterinarians report that 70-80% of pets show signs of oral disease by the age of three. Poor dental health can lead to other physical problems including heart, kidney and lung disease.



### The Daily Regime

To maintain healthy dental care you need to make sure that your pet receives professional care from your veterinarian as well as home care performed by you. It is important to stick to a dental care regimen at home for your pet. Brushing your pet's teeth daily is the most effective way to prevent plaque and tartar buildup.

### Easing Them In

Your pet may be quite leery of having their teeth brushed for the first time. To overcome this fear, you can even dip your finger in beef bouillon and rub your finger over their gum line and teeth. Start in the front of the mouth and work your way the back teeth. Once your dog is comfortable with this, gradually get them used to this being done with gauze over your finger. When they comfortably tolerate the gauze you are ready to begin with a toothbrush.

## Not Quite Human

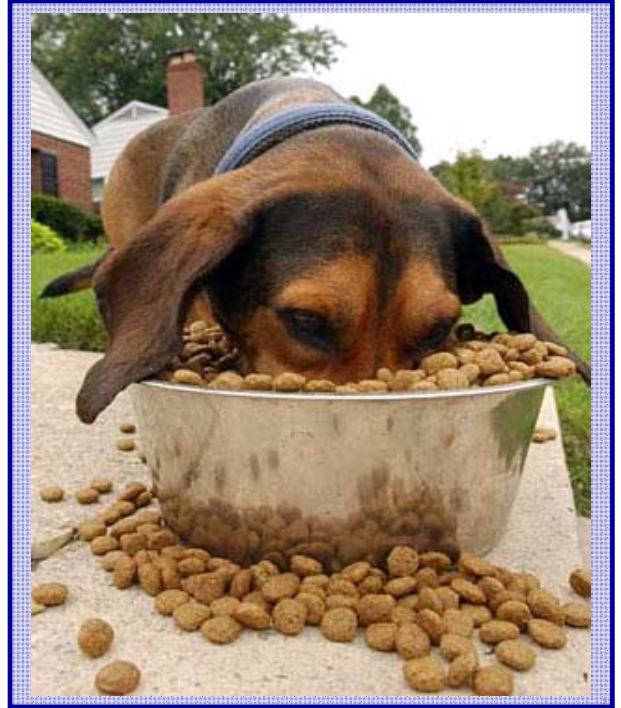
You should use a toothbrush specially designed for dogs, which is softer than one designed for people. Hold the bristles at a 45-degree angle to the tooth, moving in an oval motion and focusing on the gum line. Over time you can add special pet toothpaste to the toothbrush. Do not use baking soda or human toothpaste, as this may upset their stomach. The process of brushing your pet's teeth should take only one or two minutes.

## How To Help Your Pet's Health

Just like you, your dog may crave cookies and French fries but it's natural foods that mean a healthy life style – for you and your friend. The trend toward natural pet food saw projected sales in North America reaching \$754 million in 2009.

A healthy diet starts with good ingredients. Look at the ingredient label:

- The first ingredients listed should be quality lean meat proteins;
- Wholesome grains and fruits and vegetables should also be found at the top of the ingredient list
- No meat by-products or fillers such as wheat, wheat gluten, corn or soy;
- Look for the designation “natural” diet to ensure the absence of artificial colors, flavors and preservatives.



While reading labels tells you the ingredients, it doesn't always indicate their quality or digestibility. Bottom line? Buy a brand you trust

And a few FAQs:

**Q: Can dogs digest carbohydrates? I heard that they are recognized as sugars and easily stored as fat.**

Dogs are very capable of digesting well-cooked carbohydrates. The carbohydrates may be stored as fats if the diet is consumed beyond the dog's caloric needs. This is why it is very important to either strictly manage your dog's diet, or choose a diet that delivers moderate calorie content (kcal/kg).

**Q: Why is it important to control the calcium and phosphorus levels?**

High levels of calcium and phosphorus interfere with the absorption of trace minerals like Zinc and Iron. Over time, this can lead to deficiencies and result in poor growth rates, skin lesions, and red blood cell levels and many other health conditions.

**Q: I have heard that the calcium to phosphorus ratio is important. What does that mean and why is it important?**

Calcium and phosphorus both have important functions for a dog including the building of healthy bones. A very good ratio of Ca to P will range between 1.2- 1.5 to 1. This ratio is important to keep at this level to manage the bioavailability and absorption of these nutrients and to prevent bone related disorders.

**Q: What is the difference between chicken meal and chicken by-product meal?**

Chicken meal is a high-quality protein source that contains muscle meat as well as a small percentage of bone. The bone fraction contains rich sources of calcium and phosphorus. By law it may not contain heads, feet or intestines. Chicken by-product meal contains a variety of chicken "parts" including heads, feet and intestines. The only part of the chicken which cannot be included in chicken by-product meal is feathers.

**Q. What is DHA?**

DHA (Docosahexaenoic Acid) is a natural Omega-3 fatty acid essential in the development of the brain, vision and nervous system of young mammals. Healthy brains are about 60 percent structural fat, and DHA is the most abundant fatty acid in the brain. Dietary DHA is critical for optimal neural development in puppies because DHA synthesis in the body is limited. Prior to weaning, puppies get DHA from their mothers. Mothers, both human and canine, transfer DHA from their body tissues to their offspring during pregnancy and lactation. After weaning, puppies can obtain DHA for continuing neural development through the diet in cold water fatty fish and fish meals.

