



## Siberian Husky Rescue of Florida, Inc.

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An Official 501C Not-For-Profit Organization

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How do Huskies show gratitude? A long wooooo woooooo comes to mind. That is what we say to our volunteer of the quarter, Lynne Driscoll. This wonderful volunteer has generously shared her time, knowledge, and enthusiasm to help save huskies and other fur creatures through the years.

This energetic volunteer is always available to lend a hand. Through the years, Lynne was our volunteer coordinator, reviewed applications, and was the editor of an upbeat newsletter that was the voice of SHRF volunteers. She is a wonderful communicator and writer who also worked on procedure booklets. She has fostered, transported dogs to their destinations, and done home

inspections. She sometimes does follow-up visits to adopters who may be experiencing issues with their new dogs to share her experience and offer words of wisdom.

Lynne loves dogs and working with them; even those with behavioral issues. This experience started years ago when she managed a kennel where she learned how to handle all sorts of dogs.

She is a two time SHRF adopter. Jack and Diamond (A.K.A. Amina) are two huskies that had a second chance in life thanks to Lynne. She has fought abusive puppy mills and years ago saved Georgia, a Siberian Husky, from an unthinkable fate at a puppy mill. Goldie also

joins the league of creatures that want to say "thank you" to Lynne. She is a Dingo-type dog that Lynne found in the woods in 2000. Lynne loves all fur-balls equally!!

Her passion is not limited to Siberian Huskies. She has also served as part of a hybrid rescue and Malamute rescue groups. This amazing volunteer recently responded a request for assistance with her usual upbeat and positive response "Whenever y'all need me, I am here for the Rescue!" We thank you Lynne for your enthusiasm!! We thank you for helping save so many lives!!!

**Board members can be reached at any time at 727-391-8934 or by e-mailing:  
[board@siberrescue.com](mailto:board@siberrescue.com)**

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## Speaking of Pets

Help your pets lose weight

By KIM DONOVAN

Article published on  
Tuesday, Jan. 6, 2015

In America, obesity in people is a fast-growing health crisis and the same is true in our pet population – and it's completely preventable!

Compared to us, pets don't have a very long life span. The life span of an overweight pet is even shorter because the same disease processes that occur in obese people also affect our obese pets: diabetes, high blood pressure, heart disease and arthritis are real life problems.

Sadly, many dogs are put to sleep every year because they are unable to walk due to painful, debilitating arthritis. Obesity not only wreaks havoc on joints but the fat tissue also secretes inflammatory mediators and hormones that are toxic to other areas of your pet's body. Consistently feeding your dog a well-balanced diet recommended by your veterinarian will keep him lean. It may even extend his life by two years or more.

There are three criteria to use when judging the body condition of your pet. Ideally, the first starts with an hourglass waistline when you look at your pet from above. Secondly, you should be able to just feel and count each rib using your hands without having to push too hard. You don't want to see the ribs but you should be able to feel the ribcage and each individual rib easily. Your pet is overweight if you have to press deeply to feel them. Lastly, when you look at your pet from the side, the abdomen should be tucked upward from their chest. If the chest and abdomen are at the same level or the abdomen is lower than the chest, then your pet is overweight.

How much should you feed your pet? ALWAYS feed based on your pet's IDEAL weight (especially if he's already overweight) – not the amount recommended on the bag of pet food. The goal of a pet food company is to sell more food.

This is accomplished by printing the maximum amount to feed on pet food bags. If you notice that your pet is getting heavier, the portions you are feeding should be decreased. If your pet still seems hungry you most likely need to switch to a lower calorie diet.

What should you feed your pet? Pet food packaging can be very misleading. Surprisingly, "weight control" and "less active" labels do not promote weight loss. The only term recognized by the Association of American Feed Control Officials as being calorie restricted is "light."

Hill's Prescription Metabolic Advanced Weight diet has proven to be very successful. The nutrition of this diet "is clinically proven to work with each dog and cat's unique metabolic response by activating the body's natural ability to burn excess fat and affect calorie utilization." I have personally seen positive results with this diet in many of my patients ... and even in my own pet. By increasing the amount offered by just a little bit more, this diet can continue to be fed once your pet reaches his target weight. It is available in dry and/or canned formulas and treats, too.

Could my pet be overweight due to illness? Hypothyroidism is a disease that affects young to middle aged dogs. Symptoms include significant weight gain, excessive shedding, skin problems, lethargy, loss of fur (especially on the tail), slow heart rate, seizures and laryngeal paralysis. Some dogs affected by hypothyroidism may even seek warmer rather than cooler areas. This disease is not common in cats. Cats become overweight mainly due to genetics, diet and inactivity.

Exercise is still recommended whether your pet is of normal weight or overweight. Movement is good for the joints and your pet's well being. Go for walks with your dog, get out the laser toy for your cats, or just throw some kibble around and make your pet chase his food.

Please be sure to enlist the help of your veterinarian ... the best resource for a weight loss program.

Kim Donovan, D.V.M. is an associate veterinarian and medical director at Oakhurst Veterinary Hospital in Seminole with 18 years of experience. She has a special interest in feline medicine.

Article published on Tuesday, Jan. 6, 2015

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### **A Rescue in Progress –an article by davo, your editor**

OK, I admit it; I have most likely been wanting another dog. Perhaps it has been more on an unconscious level, but never the less something has guided this reality.

On Wednesday January 21st , my sister called to tell me an employee of hers down at Fridays on Tyronne had a Husky chase down her car on 66thst. I was on alert. As I basically expected, I got a call a few days later on Sunday that the nice gal that took the dog home was unable to deal with the needs of this dog. Without hesitation I went to pick up the dog. We met up at Fridays. I felt bad as this gal with a giant heart was crying having to give her up. This dog she called Sheba is stunning looking, with a disposition to match.

I really did not know what I was going to do. My only mindset was one step at a time, as I did not want the dog going to the pound. I had learned from Janet (Evans) the procedures in getting the dog into the queue as an adoptable dog, was a bit more complex than I imagined.

I had not been in the presence of a puppy in some time. On the ride home and as I got better acquainted with this puppy, I watched her with joy, seeing how she sees the world with curiosity and wonder. Just the way I would like to, and am trying to do just that.

I realized watching this dog, that the husky I rescued just about 10 years ago was robbed of her innocence and child hood by abuse and neglect by her previous owners. This had never been so clear to me before.

My wife Lisa liked the name Shieva. I did not argue as I wanted this interaction to go as smooth as possible. I bought her a tag at a pet store but had the woman spell it SHEEVA for some unexplained reason.

I started searching every site as I thought if this was my dog, I would certainly be wanting her back in the worst way. Hard to figure that no one seemed to be looking for her. Also the microchip in her ear had no registration. I still don't understand that.

So now I am faced with turning her over to the rescue group or keeping her. My other Husky Juneau is jealous of her and there have been some fights initiated by Juneau. Sheeva defends herself but starts nothing. We inherited a poodle from Lisa's mom, when she passed. They seem to be working out well, but our giant cat is another issue. I don't think Sheeva would hurt him, but she has a very high drive to chase him. I have a lot of work to do there, as Lisa loves that cat, and I don't want him to run away either.



*This is Sheeva. She was bleeding from flea bites but now we have that under control and her coat is looking better.*

(Continued next page)



My first Husky was a chow/husky mix. She loved to run with me. When she passed I rescued Juneau, but Juneau did not like running at all. She is like a stable rental horse. Force her out there, but when you turn around she is ready to gallop back to the barn.

Sheeva's energy is a bit disproportionate to all of us around her. So the next day I figured perhaps I could tire her out some with a nice run. I think I got hooked. Running with her had me think of my younger days running with Kio (My chow mix). We ran 5 miles and she looked like a horse in perfect stride. The next day Lisa and I ran 6 miles with her. We all had a nice time. Sunday's I usually run with my good friend Randy. We have run many marathons together. I decided to take Sheeva. Our goal was 10 miles out at Flatwoods park on the trails. Sheeva did great for about 6 or 7 miles, then slowed down, but did not quit. She was delightful and everyone wanted to meet her along the way... very useful if meeting new women was in my game plan! Actually that is how I met Lisa, by bringing Juneau to an outdoor concert.

I get the feeling Sheeva wants to stay with us. Each day she seems more comfortable. She has even learned to be in peace in the crate. I was uncertain about her being housebroken, so that seems to be a good aid in teaching her.

I take a class called A Course In Miracles. I took Sheeva to it. A Course in Miracles stresses the importance of learning to live in the present. Who better then a dog to teach humans that lesson., Sheeva greeted everyone; like 20 people going around the room, and then took her place under my chair. Everyone in that room even non dog lovers felt she was very special. The course instructor commented on how this dog is aligned with our mission to be loving and caring and drop the judgments on others.

So now my job is to get Sheeva, Cat friendly. I have done it before, and I am so hoping I can do it again. I am optimistic that Sheeva will understand the importance of this because I believe this is a very purposeful event for all of us.

I hope to have happy details in the next Newsletter. Until then... I will be heavily rewarding cats and dogs with the best treats I can find for nice behaviors.

*My first Attempt at Selfies*



*Me, Sheeva and Randy after our 10 miler at Flatwoods*



*And Just the 2 of us*





**WHEN:** Sunday February 22, 2015 11:00 AM  
to 5:00 PM

**WHERE:** Lake Seminole Park (Pinellas County)  
**Pavillion # 10**

**WHO:** Any and All Siberian Huskies (and their Humans!)

*When entering the park immediately watch for signs to the "HUSKY OLYMPICS"*

**\$5.00 entry fee covers all Olympic events.  
PLEASE BRING CASH OR CHECK FOR ENTRY!**

**OLYMPIC EVENTS (starting at 12PM):**

**BEST HUSKY KISER, "MOST HAIRIEST"  
HUSKY, BEST HUSKY TRICK  
CURLIEST HUSKY TAIL, PRETTIEST HUSKY  
EYES, BEST HUSKY HOWLER  
BEST HUSKY BOBBER, BEST HIGH JUMPER**

*We are going to have a 50/50 raffle and a silent auction.*

**Tickets will be \$1 each or 6 tickets for \$5.**

\*\*\* You will need to bring the following things: Lawn chairs, dog treats for bait/reward, dog water, bowls, poop bags, leashes, crates (if needed), brushes (for hairiest contest), towels, raffle item donations, \$\$ to enter events, rain gear (if necessary) \*\*\*

**We will not cancel due to weather!  
Bring the whole family!**

*This event is hosted by the **Siberian Husky Rescue of Florida, Inc.**, which will receive all proceeds from the event.*

**WWW.SIBERRESCUE.COM**



*No Need for a Port-O-Potty rental; at this affair...*



*Wow, what Dog would not want some of this...*

## athena's salmon sensation

2 Cups Wheat Flour  
1/2 Cup Oatmeal  
1/4 Cup Parsley  
2 Eggs  
1/4 Teaspoon Baking Powder  
1/2 Teaspoon Garlic Powder  
1 small can salmon in oil, undrained.  
(if you can only find it with water  
add 3 tablespoons fish oil)  
1/3 Cup Water



### Something to Howl about

Combine flour and oatmeal and set aside in small bowl. Combine salmon with the oil and water, then add remaining ingredients. Mix until thick, then remove and start to knead on floured surface. Form into a ball. Roll out (about 1/4" thickness maximum) and cut into shapes. Bake on lightly greased or non stick cookie sheet at 350 degrees for 20-25 minutes. Cool completely before serving.

## Luka's Liver nibbles

1 Pound Beef or Chicken Liver  
1 Cup Whole Wheat Flour  
1 Cup Cornmeal  
12 Cloves Garlic  
2 Eggs



Put liver and garlic in food processor and puree together. Fold in eggs, whole wheat flour and cornmeal. Grease or use a non stick cookie sheet and pour batter onto cookie sheet. Bake in 350 degree oven for 20 minutes, flipping over halfway through baking. Cut into desired size squares. Freeze for future use.

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LAP DOGS!



## Fun Page

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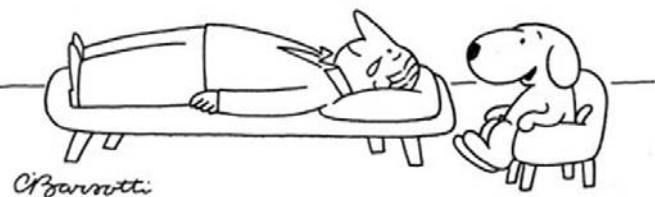
"What happened to unconditional love?!"

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"One more thing – Lucky's not coming in today.  
Warm nose."



"Well, I think you're wonderful."



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"Yeah? Well, I happen to know that you're  
not supposed to be in here, either."

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"Don't say anything! I need this job!"

