



August & September

BICHONS BITS & BYTES

Completing Our Family

Dayna and Ron Farris

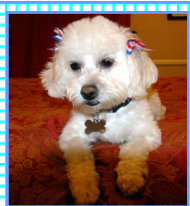
We cannot thank Bichon FurKids enough for bringing us Dallas and Scarlett. Last February our beloved dog died in an accident. Our family was devastated by the loss which came so unexpectedly. Our boys, Travis (age 10) and Lucas (age 5) really wanted to get another dog right away. For four months we searched for the right dog for our family.



After looking at many web sites, we came across Bichon FurKids. Marti and I spoke—and she convinced me to get not one, but two dogs. I had never had two dogs before and at first, was hesitant. Two boys *and* two dogs? Could we do it?

Dallas, was named for our favorite team, "The Dallas Cowboys" and Scarlett was named after Scarlett O'Hara of "Gone with the Wind". They came to us as a "bonded pair" meaning they had been together and had to remain together. Both dogs are two years old, trained, and very smart. Within just one week they were using the doggie door and had the lay of the land. You would have thought they had been ours forever.

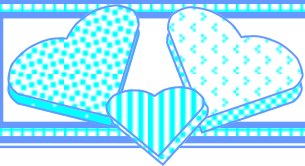
I love to run ~ so Dallas and I now go running in the mornings. He is so fast that I can't keep up. I keep thinking he must be part Greyhound :) Scarlett is so sweet and cuddly ~ she loves to run as well, but prefers



laying in your lap and snuggling. As a family we love to travel and have taken both dogs on three RV trips already. This summer they will be skiing ~ and going to Disneyland with us as well.

Travis and Lucas are so happy that we found these wonderful dogs. We encourage anyone who is looking for a dog to go through Bichon FurKids. Marti and her team made the process so simple and easy.

Completing Our Family	1
Bichon Love	2 - 3
Happy Adoptions	4
GOODSEARCH	5
A Pet's 10 Commandments	5
An Old Dog's Prayer	6
BFK Happenings	6
What We Learn From Dogs	7
A Dog's Discussion with God	7
Nannies Network	8 -9
From Marti's Desk	10
Separation Anxiety In dogs	11 - 12
Chef Emeril's Doggie Deli	13
People We Recommend	14



BICHON LOVE

By Tracy Gee and Ponyboy

Bichon FurKids has helped many people to find true love of the furry variety, but BFK also helped me to find the human sort.

I was walking my first "foster" dog, 'Jordan' through Balboa Park one Saturday afternoon in October and decided to sit near a fountain to enjoy the sun and rest for a bit. After a few minutes another Bichon came along and started playing with Jordan. There, on the other end of that leash, was Dan. We began a pleasant conversation on Bichon Frises, college football and neuroscience. After ten minutes or so, Dan admitted that the dog wasn't his, that he was only dog-sitting for a friend. We made plans to have lunch later in the week. My friends told me that I had fallen for the oldest trick in the book ~ 'Puppy-baiting', using a cute puppy to pick up girls in the park. I didn't care. I had already been caught.

Dan and I began dating that week. He helped take care of Jordan, who has since gone on to a loving home. We moved in together and once we were settled into our new home, decided to foster another furkid. Scooter came to us after having been found on the streets. He was afraid of our washer and dryer, riding in the car, the dishwasher, the blinds, and our electric toothbrush. He had never been in a crate, and wet himself the first time he was introduced to one. We offered him toys, treats and kibble, but they were ignored. After a few days he began to become more comfortable with his surroundings and with us. He began to eat, roll over for belly rubs and overcame his fear of the blinds. Marti called me and mentioned that there was a lot of interest in Scooter's online profile and asked us to begin scheduling weekend appointments to meet potential parents. My response was, "Why? He's our dog." That is how I failed fostering on my second try.



Since we have adopted Scooter we have made a name change. Instead of 'scooting along on walks, he prances like a show pony, so we call him "Ponyboy", "Pony" for short. He has become a puppy again, playing constantly. He loves "Fetch" and "Hide-Mommy's-shoe-so-she-can't-leave-for-work". He's no longer afraid of the appliances, and even helps me do the laundry by picking up errant socks and following me into the next room with them. However, it appears that the vacuum cleaner will always remain his mortal enemy.

He was housebroken within two weeks and has had only one small casualty involving our bedspread which Pony ate while he was bored in his crate, and one pair of boxers left lying on the floor. Pony has helped me to train Dan to put dirty laundry in the hamper if he expects to wear it again.



BICHON LOVE

We've nicknamed Pony the "puppy genius" because he graduated at the head of his class in Obedience School, and he figured out how to open Tupperware containers. When I bake Dan his favorite Peanut Butter cookies, I make sure that I bake Pony Peanut Butter biscuits.

Pony goes for a jog with Dan every morning. He spends his day with me working from home. I have perfected the foot-to-belly-rub while typing. He also goes with us to the dog park at least twice a week, where he runs around like a little white tornado. We recently introduced him to the dog beach, where he enjoyed the sand but is still on the fence about the waves and the water.

When Dan, who coaches High School baseball, has a weekend game, Pony likes to sit in the dugout with the team where he enjoys all the special attention he gets as the unofficial mascot. He also accompanies us to family parties in LA, where he is doted on by my large family and their many children.

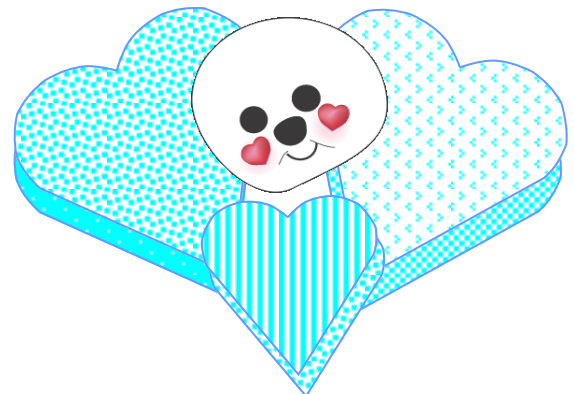
In addition to basic obedience Pony can shake and high five. When you point your finger at him and say, "Bang", he plays dead. Needless to say, he's a huge hit at parties.

As an important member of our family, Pony was asked by Dan to deliver a very special birthday present to me on April 29th. While seated at the fountain where we first met, I found a beautiful engagement ring attached to our little Pony's collar. We will be married in Balboa Park on April 24th, 2009.

We owe our happiness to a pair of furry Bichons. I guess it is true, what my friends told me, "The best way to meet people is through your friends".

Ponyboy was also named Valedictorian of his Obedience School.

Tracy Gee





Happy Adoptions



I just wanted to say a huge thank you to Bichon furkids and Marti for bringing to us the most wonderful addition to our family, Prince. I never in my life thought I could love a dog so much in such a short time.

He is friendly and so very smart. He is loving and playful and although I have had to purchase more than one new pair of slippers it has been well worth the joy he brings to our family daily.



Although no transition is ever perfect, and it always takes time to adjust to a new family member, we feel that Marti could not have made a better choice for our family. We have two small active children who just **Love** Prince. He is great with them.

I tell anyone I meet about Bichon FurKids and hope others will experience the joy of having one of these beautiful dogs become a member of their family.



We want you to know how much we love our Bichon/Poodle Abbie Rose. She is the sweetest dog we have ever had. I am so grateful to Bichon FurKids Rescue for having saved her and to her foster Mom, Daria, for being so wonderful. Abbie has been with us now for several months and her personality is sweet, smart, playful ~ and she loves everyone.



Although we live in Arizona, when we saw her photo on the BFK website, we knew she was meant to be ours ~ so we made the commitment and drove out to adopt her.

Abbie Rose loves our 8 year-old daughter, Sophia. She adores my husband and goes crazy when he walks in the door at the end of his day. She follows me everywhere I go all day long. She also loves her toys and chew bones. She is

still working on convincing our Shih Tzu that he should love her, (she sneaks up on him and gives him kisses when he is not paying attention). Soon she is bound to win him over. Thank you Bichon FurKids for all that you do.

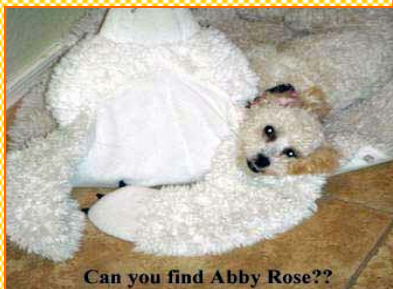
The Thurow Family in Arizona



Send us your funny pictures of your FurKids



Prince and the Magic Slipper



Abby Rose hides on the bear rug

We all know what clowns these adorable dogs can be. If you have caught your 'kid' in one of their moments of goofiness, please share the smiles with us. We are always looking for cute shots to use, and will try to use them all at some time or another. Tell us your name and your Bichon's as well. Thanks.

You can send your photos to judmond@verizon.net.

GOODSEARCH

Would you like to help Bichon FurKids earn a penny every time you search for something on the Internet? With your help - and the use of a new search engine - we can!

GoodSearch (www.goodsearch.com) is a new search engine , powered by Yahoo!, that will donate half its per search revenue, about a penny per search, to the charities its users designate. You would use it just as you would any search engine to get great results.

Please go to www.goodsearch.com and be sure to enter Bichon FurKids Rescue as the charity you want to support. Just 500 of us searching four times a day will raise more than \$7000 in a year! And please be sure to spread the word to your friends and family!

Thanks for your help - and happy searching!

Bichon FurKids Rescue

If you have questions downloading the toolbar, we'd be happy to help!

marti@bichonfurkids.org Marti

eileen@bichonfurkids.org Eileen

A Pets Ten Commandments

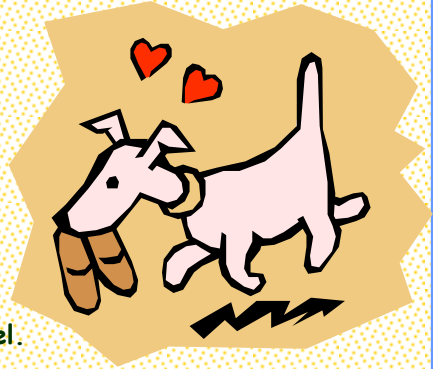


- My life is likely to last ten to fifteen years. Any separation from you is likely to be painful.
- Give me time to understand what it is that you want from me.
- Place your trust in me. It is crucial to my well-being
- Don't be angry with me for long, and don't lock me up as punishment. You have your work, your friends, your entertainment, but I have only you.
- Talk to me. Even if I don't understand your words. I do understand your voice when speaking to me.
- Be aware that however you treat me, I will never forget it.
- Before you hit me, before you strike me, remember that I could hurt you, and yet, I choose not to bite you.
- Before you scold me for being lazy or uncooperative, ask yourself if something might be bothering me. Perhaps I am not getting the right food, or I have been in the sun too long, or my heart is getting old or weak.
- Please care for me when I grow old. You too will grow old.
- On the ultimate difficult journey, please go with me. Never say you can't bear to watch. Don't make me face it alone. Everything is easier for me if you are there, because I love you so.

Take a moment today to thank God for your pets. Enjoy and take good care of them. Life would be a much duller, less joyful experience without God's critters. We do not have to wait for Heaven, to be surrounded by hope, love and joyfulness. We have it here on earth, standing near us on four legs.

An Old Dog's Prayer

Some of us are nine or ten and we will never be young again.
The time we have left we'd like to share that empty space beside your chair.
A little stiff, sometimes, we might be but bask in your loving company.
That little bit of care we know you'd show would get us up and on the go.
We are not so young, we are not so fit, a faithful friend is what you'll get.
Take us home and you will see just how grateful we can be.
When you go out we will sit and sigh, we miss you friend, and that's no lie.
But when you come home, the joy we feel, we will stay beside you at your heel.
Our wagging tails and big brown eyes show you that there are no lies,
no deceit, no falseness here. Just love and trust and lack of fear.
We know we are home, we are here to stay, from now until our dying day
So thank you friend for giving my friends and me, our last few years with company.



BFK Happenings

Bichon FurKids will be participating in "Dog Days of Summer" in Cardiff this year. We will be there on August 9th from 10 a.m. until it closes at 2 p.m.

This is our first year to have a booth at this event, but had such a great time at the Pet Expo in Orange County, that we wanted to join in more fun.

It should be a fun expedition for you and your furkid(s). We hope to see you there.



Our online auction is scheduled to start in October. We will be in the process of collecting items or services that can be included.

If you have any items to donate, or would like more information, please contact Eileen at:

eileen@bichonfurkids.org

Unconditionally your friend, your child, your comforter, ...

your defender, always your puppy, ...

You are their life, their love, their safe haven, their leader. They will be yours, faithful and true, to the last beat of their heart.

You owe it to them to be worthy of such devotion



What We Learn From Dogs



Live Simply

Love generously

Care Deeply

Speak kindly

When loved ones come home, always run to greet them

Never pass up the opportunity to go for a joy ride

Allow the experience of fresh air and wind in your face to be pure ecstasy

Take naps

Stretch before rising

Run, romp, and play daily

Thrive on attention and let people touch you

Avoid biting when a simple growl will do

On warm days, stop to lie on your back on the grass

On hot days drink lots of water and lie under a shady tree

When you are happy, dance around and wag your entire body

Delight in the simple joy of a long walk

Be loyal

Never pretend to be something you're not

If what you want lies buried, dig until you find it

When someone is having a bad day be silent, sit close and nuzzle them gently

Enjoy every moment of every day

A Dog's Discussion with God

Dear God:

Why do humans smell the flowers, but seldom, if ever smell one another?

When we get to Heaven, can we sit on your couch?
Or is it still the same old story?

Why are there cars named after the jaguar, cougar, mustang, colt, stingray and rabbit, but not one named for a dog? How often do you see a cougar riding around? We do love a nice ride! Would it be so hard to rename the Chrysler Eagle, the Chrysler 'Beagle'?

If a dog barks his head off in the forest and no human hears him, is he still a bad dog?

We dogs can understand human verbal instructions, hand signals, whistles, horns, clickers, beepers, scent ID's, electromagnetic energy fields, and Frisbee flight paths. What do humans understand?

More meatballs, less spaghetti, please.

Are there mailmen in Heaven? If there are will I have to apologize?

Let me give you a list of just some of the things I must remember to be a good dog:

- I will not eat the cat's food before they eat it or after they throw it up.
- I will not roll on dead seagulls, fish, crabs, etc. just because I like the way they smell.
- The litter box is not a cookie jar.
- The sofa is not a face towel.
- The garbage collector is not stealing our stuff.
- I will not play tug-of-war with Dad's underwear when he is on the toilet.
- Sticking my nose into someone's crotch is an unacceptable way of saying, "Hello".
- I don't need to suddenly stand upright when I am under the coffee table.
- I must shake rainwater out of my fur before entering the house, not after.
- I will not come in from the outside and immediately drag my butt.
- I will not sit in the middle of the living room and lick my crotch.
- The cat is not a squeaky toy, when we are playing, if he makes that noise it's usually not a good thing.

P.S If I get to Heaven may I have my testicles back?

I find that most of us are very emotionally involved with our dogs. Placing them in the care of some one else for a period of time, allows that person, (who is more subjective), an opportunity to observe little habits that may need correction, to enable the furkid to become more socially integrated when in the company of others. It gives the owners some insight as to how their dogs act when away from them, and the choice of making small corrections early on. These observations are not meant as criticism, merely as illustrations to consider.

Of course the Nanny Network's biggest benefit is the knowledge that your furkid is safe, allowing you ease to enjoy your time away. I told Meg and Sean to call him when they missed him and I would pass along the hugs and kisses.

Meg and Sean are going to watch my two the next time I have to leave town for business. I am sure they will discover some interesting little quirks when my two stay at their home. They are very caring and attentive owners so I have no worries at all.

I advise everyone who has adopted through BFK to get to know people in the network, and to sign up to participate, as well. It is a relief not to always have to impose on family, or worry about kenneling them when you need to be away. Try it. You meet some great people as well as great dogs.

Warning ~ Xylitol

Xylitol, an ingredient in sugar-free gum, has recently been proven to be highly toxic to dogs. If you suspect your furkid has ingested sugar-free gum ~ contact your vet immediately and transport your dog to an emergency care animal hospital.

Xylitol lowers their blood pressure drastically, and causes the collapse of veins and liver failure. Only quick action can save your furkid, and avoidance is the only sure protection. Keep sugar-free gum out of reach and out of your home and save your dog's life.

Supercalafragelistic!

From *Monster's Mom*

My fiancé and I had a family vacation planned for this summer and could not bring our 8 month old Bichon, Monster, along. We were fairly concerned about what to do. We read about the Nanny network in the BFK Newsletter and contacted them.

We received quite a few emails in response. if unable to sit for us, many offered recommendations for kennels and sitters that had proven trustworthy. One of the Nannies, Sharon, offered to take him for us. We met with Sharon beforehand and let Monster meet her two dogs, Tiny and Topper, they all seemed to get along well.

When we dropped him off the night before our flight, he seemed more interested in playing with Topper and Tiny than in our departure. We checked in with Sharon over the week and heard that Monster was having his ups and downs, experiencing some separation anxiety, but by mid-week he had adapted.

We learned that our boy gets into a bit more mischief when we aren't there and were shown some of his projects. Sharon had worked with *Monster* and instilled quite a few very good behaviors that we truly appreciate, and plan to continue to work on.

We plan on watching Sharon's two when she goes out of town and only hope we can do as well.



Tennish anyone?

We really liked the comfort of knowing our boy was with a fellow dog lover and felt very confident of his care. We would have worried if a kennel had been the only option.

Meg Walraed-Sullivan & Monster

The Bichon Nannies Network

This has been a busy month for our membership. We have gained several new members, and had our first successful exchange of services.

Our membership in the San Diego area has grown to nine, with most of those located between Carlsbad and Escondido. We have two members in Orange County and one in Los Angeles.

The more members we gain, the easier it will be to get our little furkids together for play dates, or longer visits while Mom and Dad enjoy trips or vacations. If you know of members in OC or LA area who may not read the newsletter, mention this group. Our members up north are too sparse to be much help to each other.

We are always looking for people who are willing to provide their own furkids with a chance to interact and play with others. And it is so comforting to know that your little ones are being watched over by fellow Bichon aficionados who know the ways and wiles of the breed.

Our First Successful Babysitting Exchange

Two of the San Diego membership recently gave the system its first try. Meg and Sean had recently adopted an 8 month old Bichon, that they named *Monster*. Since timing is always a thorn in any decision, it happens that they had planned a trip, which they had been anxiously anticipating. But, now they had little *Monster*. What to do?

TA DA! Bichon Nannies Network to the rescue! *Monster* is being lovingly cared for by one of the San Diego Nannies. I asked Sharon to share with us her experience, and when Meg and Sean get home, I will get their input as well.

I find it interesting that so many of the members are also foster parents for BFK. Members who have experience with little strangers-in-a-strange-land, and who understand the needs and concerns of fellow FurKid folks.

The Monster Who Won My Heart

by Sharon Muse Nanny, Foster-Mom, and BFK member

Meg and Sean have been very accommodating and we met about a half a week before they were to leave. They drove to my home and we prearranged to drive to a nearby park so the dogs could meet on neutral territory. *Monster* is still a puppy with a lot of energy, whereas my two are about 5 yrs now.

My female poodle, Tiny, is playful but likes her space. Topper my male Pekeapoo is a bit of a grouch, so he doesn't play with any one but Tiny. He doesn't play with the Bichon furkids I foster, but I know he is a mellow dog and only acts like the boss when the kids try to get too frisky. Before Meg and Sean brought *Monster* back up to stay with me, I asked her to be sure to have a hand-written note, authorizing me to seek medical treatment for *Monster* should anything happen, and of course, the phone numbers where they could be reached, if necessary.

She brought his crate, his favorite toy that he sleeps with, his treats, and regular food. I ex-

plored his habits and routines with them before they left.

The poor little boy surely missed his Mom and Dad and had a rough first night going to bed. He searched every room. I kept him on a leash even in the house just so he could get use to following me, and also if anyone opened the door I could prevent him from running out. He did better staying close to me and I didn't have to worry about an accident on the carpet. He wore a belly band with his parents permission because it obviously prevents any mishaps. I made sure he went out every hour or two. We have an enclosed back yard, so he liked that.

I think it is great to leave your pet with other people in the Nanny network because you already know they love dogs, especially Bichons. You are a part of a network of people with whom you have established a relationship of trust, not just some stranger, or kennel. They are in a loving home and stand much less chance of picking up diseases or of being ignored and not getting the care you would be giving them yourself.



From Marti's Desk



Welcome to our mid summer issue. We hope this finds you staying cool and having fun with your fur kids!

We want this newsletter to be as relevant as possible to all Bichon lovers - and we invite you to share ideas, recipes, recommendations that have worked for you and your fur kid. One of the sources of a lot of information for me personally is a publication called the Whole Dog Journal (www.whole-dog-journal.com) Each month there is an article that catches my attention, describes something important and invites me to learn new things. In this issue, for example, there is an article on Canine Separation Anxiety. (Of course bichons don't think they are necessarily canines so how could they suffer from separation anxiety?) Seriously though, it is an issue and concern for many of us as we foster and transition these little fur kids to loving families. We must have pretty good 'brain waves' as Nicole Andrews, one of our favorite trainers, developed an article on Separation Anxiety for this issue - and that was before we saw the article in Whole Dog Journal. Hopefully, if this is an issue you have faced with your Bichon, you can find learn new ways of addressing it.

Because we are often asked for recommendations, we continue to add to the People We Recommend section on our web site. We are also including that current list on the last page of our newsletter. If you have groomers, trainers, vets, dog sitters etc. that you recommend. please contact us - we'll contact them - and expand the list of wonderful service providers.

As a result of having so much fun at PetExpo in April in Orange County, we decided to attend the "Dog Days of Summer on August 9th in Cardiff. It runs from 10 AM-2 PM and this will be our first time at the event. We'll be bringing some fur kids and flyers. We plan to have a good time... and hope to see you there.

This summer has seen an incredible number of Bichons who have been hit by cars. We have done surgeries on broken legs, hips and pelvises - on puppies and slightly older fur kids. Please be watchful as it takes only a second for a pooch to get away and be injured and the road to recovery is a long one. Many thanks to Sandie Hastings, Joan Russell Brown, Jo Shariff and Brent Palmer, Stanlee and Greg PhelpPs for taking on the long term fostering of little ones who underwent these surgeries. They could not have recovered without your loving attention - not to mention your patience. Thanks for hanging in there and helping them to be happy, healthy, loving fur kids once again!

As we head into the end of a warm and wonderful summer we hope you enjoy the articles our volunteers have written, the cute photos, happy adoptions and the new recipe (thanks Chef Emeril and Eileen!) We also invite you to share photos that you have taken of your fur kids as we would like to include more photos in future newsletters. Got a cute or funny photo to share? Please email it to info@bichonfurkids.org - and we'll get it to the right person!

For those of you who have recently adopted a fur kid or two, we wish you many healthy, happy years together filled with doggy kisses, belly rubs, long walks in the sun, breezy rides in the car, happy Bichon buzzes and all the love you can receive.

Until next time,

Marti

Separation Anxiety in Dogs

By Nicole Andrews of K-9 Connections: Training by Nicole

Dogs are highly social animals. When dogs live with people, they become attached to their human families. This attachment is essential to social life. It is not surprising that dogs, when left by their families, exhibit separation anxiety.

Animal behavior studies show that an individual generally responds to separation with increasing activity and vocalization. These bad behaviors usually result in a quick reunion. If they fail to do so, the animal may withdraw, becoming lethargic and depressed. In dogs, the characteristic increased activity may take the form of digging, chewing, and scratching at points of exit (doors and windows), which are attempts to escape and reunite with the owner. Similarly, by howling and crying the dog might get the owner to return. Urination and defecation (even in housebroken dogs) are common consequences of being anxious. (Separation anxiety is certainly not the only reason a dog might urinate, defecate, vocalize, or be destructive in the home. Such behaviors could also reflect medical disorders, lack of sufficient exercise or opportunity to be outdoors, "teething", lack of housebreaking, or a response to such exciting stimuli as neighborhood dogs or pedestrians. Your veterinarian should be consulted).

Separation anxiety occurs in both sexes, purebreds as well as mixed breeds, and at any age. It frequently occurs (1) in dogs that have never, or rarely, been left alone; (2) following a long interval, such as vacation, during which the owner and the dog are constantly together, or (3) after a traumatic separation such as the dog's having become lost, or perhaps spending time at a shelter or boarding kennel.

Separation anxiety behaviors have nothing to do with obedience or the dog's dominance or submissive relationship to the owner.

The basic goal of treating any anxiety behavior is to ensure that the animal experiences the problem situation without becoming anxious. The treatment plan involves gradually getting the dog accustomed to being alone. The dog experiences planned departures and short separations from its owner without becoming distressed. Gradually the separations are made systematically longer.

Practice sit/stay exercises in a pleasant manner. Do not use leash corrections, yell, hit, or otherwise punish the dog. The goal is to accustom your dog not to follow whenever you move away. This is called counter-conditioning: you are conditioning (teaching) the dog a behavior that is counter to another behavior (following).

Continued

Remember....

With the temperatures so unseasonably warm, make sure that your furkids have lots of water, shade, and access to the interior of your home. Walk them early in the morning or in the evening when temperatures moderate and you will both enjoy yourselves.



Once your dog demonstrates that it can tolerate your leaving the room without following, you can then begin going to and from the front door during the sessions. Then, a few times, step outside without closing the door and immediately return. Next, step outside for a few seconds and then return. Later, after several training sessions, step outside, close the door, then immediately return. You slowly get your dog accustomed to sitting alone with the door closed between you for several seconds. The number of practice sessions for this portion of the training will vary.

Now you are ready to say what you usually say when leaving ("I'll be right back"). Then leave your home and return within one minute. Do not make a fuss over the dog upon returning. Either ignore the dog or greet it mildly with soft words or a gentle pat. If the dog is relaxed, repeat the procedure. If the dog appears anxious, wait until it relaxes. After the dog has tolerated several one minute absences, leave it alone for two or three minutes. Gradually increase the length of the absences. Do many departures/absences that last under ten minutes. Don't worry about the dog's attention span; if the dog loses interest and doesn't pay attention to your departures, so much the better.

Some dogs have such severe problems that they become extremely distressed even before their owners leave. The dog must be counter-conditioned to the departure routine of the owner. This involves teaching the dog to sit and stay for praise and/or treats while you do one or more things related to your departure ~ but do not leave. For example, the dog is told to sit/stay as you pick up and put down the car keys, go to and from the door, rattle the knob, put on a coat, etc. The dog gradually learns that when you behave in these ways it will get the reward if it stays seated or does not follow and remains calm.

Alternatively, you can repeat the pre-departure routine continually until the dog ignores them. No reward is required. The reason the dog reacts to these stimuli is that it associates them with being left alone. Repeating some or all of these routines many times without actually leaving will disassociate them from the unpleasant experience of being alone and anxious, and eventually the dog will reduce its response to them.

It is impossible to predict how quickly your dog will learn. Just be patient and try to understand the situation from your dog's point of view.



**Hey!
Hi!
Watcha
doing?
Wanna
play?
I love you!**

Be Generous for Free!

There are two websites online that provide food for hungry dogs at the mere click of your mouse. Please bookmark them and try to go in daily to provide animals in need with the nourishment to hold on until someone can come to rescue them. Those websites are:

www.thehungersite.com

www.theanimalrescuesite.com



BAM!

Chef Emeril's Doggie Deli

The last issue went out with a few of these ingredients missing.
Please accept our apologies.

Fitter Figure Recipe

Ingredients: 2 Beef bouillon cubes 1 cup warm water
1/4 cup skim milk 1 Tbsp margarine
1/2 cup whole wheat flour 3-1/2 cups shredded reduced fat cheddar

Preheat oven to 350° Dissolve bouillon cubes in warm water. Mix shredded cheddar cheese with flour. Add skim milk, margarine, and beef broth. Knead the dough until firm, and roll to 1/4 inch thickness. Use a bone or paw shaped cookie cutter and place on an ungreased cookie sheet. Bake for 30 minutes. Makes 2-1/2 dozen cookies which freeze well.

Howl Wheat Recipe

Ingredients: 4 cups whole wheat flour 1/2 cup Oatmeal
1-1/2 cup water 1/2 cup wheat germ
2 Tbsp Chopped parsley 3 Tbsp vegetable oil

Preheat oven to 375 degrees. Combine flour, wheat germ, oatmeal and parsley. Add water and oil to dry ingredients. Knead for 2 - 3 minutes. Roll dough to 1/4" thickness and cut with cookie cutter. Bake at 375 degrees on an ungreased cookie sheet for 30 minutes or until edges start to brown. Makes 2-1/2 dozen. These freeze well and dogs love them.



There are many talented resources that Bichon FurKids calls upon to guide and help us with our own Bichons, as well as those we rescue. Feel free to contact the people below as they have proven themselves to be wonderful and caring resources.

VETERINARIANS

Animal Medical Center—East County

600 Broadway, El Cajon, CA 92121
619-444-4246

amcofeastcounty.net/default.aspx

Carlsbad Animal Hospital

Dr. Lauren Bauer & Associates
2739 State Street, Carlsbad, CA 92008
760-729-4431 carlsbadanimalhospital.com

Drake Center for Veterinary Care

195 N. El Camino Real, Encinitas, CA 92024
760-753-9393
drakecenterforanimalhealth.com

Estrella Veterinary Hospital

Dr. Michael Ontiviers & Associates
26925 Camino De Estrella, Capo Beach 92624
949-496-6661 estrellavet.vetwuite.com

4 Paws Animal hospital

Dr. Bruce Barnes
16625 Dove Canyon Road, San Diego, CA 92127
858-487-PAWS (7297) my4pawsvet.com

Pearson Animal Hospital

Dr. Dorota Pearson
1903 W. San Marcos Blvd, San Marcos 92078
760-598-2512

Pacific Beach Veterinary Clinic

Dr. Benita Keiss
1361 Garnet, San Diego, CA 92109
858-272-6255

Stonecreek Animal Hospital

Dr. Jeffrey Glass, Dr. Brandie Melville, Dr. Lisa McDonald
4178 Barranca Parkway, Irvine, CA 92604
949-726-1800
myvetonline.com/website/stonecreek

Telegraph Canyon Animal Medical Center

Dr. Lynette Henderson & Associates
577 Telegraph Canyon Road, Chula vista, 92920
619-421-1323

CARPET CLEANING

Upstairs/Downstairs

Malcolm Widdison Owner/Operator
760-726-3093 or 760-471-9569

GROOMING

AAA Pet Professionals Terry Upton
508 Nautilus Street, La Jolla, CA 92037
858-456-1552

Alcala Pet Care Alison
1273 Crest Dr., Encinitas, CA 92024
www.alcalapetcare.com 760-436-6619

All About Animals Lenise
5622 La Jolla Blvd, La Jolla, CA 92037
aalajolla@gmail.com 858-459-4583

A Pet's Best Friend Chris & Diane
3251 Greyling Dr., San Diego, CA 92123
apetsbestfriend@sbcglobal.net
www.apetsbestfriend.biz 858-278-1909

Classy K -9 Clips Yvonne
3320 Mission Ave., Oceanside, CA 92123
760-721-1562

DawgyStyle Christian
34085 PCH #112 Blue Lantern Plaza
Dana Point, CA 92629 949-496-3315

KM Dog Grooming Kaoru—Kay
316 E Street, Chula Vista, CA 92058
www.kmdoggrooming.com 619-427-0341

Karen's Custom Grooming Karen
7130 Avenida Encinas, Ste 100
Carlsbad, CA 92009 760-431-7553

La Paws Grooming
22912 Pacific Park Dr. Ste B
Aliso Viejo, CA 92656 949-716-8800

Raining Cats & Dogs Patrick
1911 Sunset Dr. Ste 1
Escondido, CA 92025 760-743-0136

South Paw Dog Wash Telly
34155 PCH
Dana Point 92629 949-248-9910



CANINE BEHAVIORISTS

TRAINING — OWNER EDUCATION

Problem Solving & Behavior Modification Group and Private Lessons

K-9 Connections: Training by Nicole

Nicole Andrews 760-438-3644

My Canine Coach,

Stephanie Houfek, BA 714-234-1111

Smart Dog,

Jamie Bozzi, CPDT 619-246-5634
Jamie@smrtdog.com

Solutions Pet Services,

Jamie Lurtz 714-404-9314
www.solutionsPets.com

The Uncommon Canine, Inc.,

Joella Cunningham, CPDT 858-679-5861
theuncommoncanine@cox.net

DOG SITTING

Mimi's Pet Sitting Service

Ruth Clifford 760-757-0940

Sun Dawn Pet Care 858-722-6191

Licensed—Bonded—Insured
Serving Scripps Ranch & surrounding areas
sundawnpetcare@att.net

The Animal Keeper 760-753-9366

Encinitas
www.theanimalkeeper.com/loc_encinitas.htm

The Animal Keeper 760-941-3221

Oceanside
www.theanimalkeeper.com/loc_oceanside.htm

The Animal Keeper 858-748-9676

Poway
www.theanimalkeeper.com/loc_poway.htm

Happy Summertime!