



# Bichon Bits & Bytes

December 2020  
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## A Story about Patience, Timing— and of Annie and Lucy

By Kerry Smith

**Editor's Note:** *As we have all come to realize, 2020 has not been an easy year for anyone! For rescues it has been particularly challenging, as there have been fewer dogs available to rescue. That is due, in part, to shelters asking 'the community' to foster dogs that would have previously remained in the shelters, as well as more people being home and having the time and desire to adopt. When Kerry and Cindy Smith decided to add to their family, they started looking at rescuing a FurKid—and began that process with an online search that led to contacting Bichon FurKids. That is where their story began....*



Annie and Kerry just before heading south to meet Lucy

Annie is a fun-loving, curious pup who has been a huge part of our lives since we brought her into our home when she was six weeks old. She hasn't always been an only pup though. When Annie first came to us, our older dog Emily, who was 18 years old, tolerated the antics of this young puppy and at times appeared to be imparting basic knowledge of 'how to be a dog' to her much younger sibling. Emily was strongly independent and adventurous, and we believe she was, in part, responsible for Annie's development of that same strong independent streak.

Sadly, Emily passed away about nine months after the arrival of Annie. Annie was never isolated from other dogs, however. Her uncle Buddy (my father-in-law's Bichon), her cousins, Cooper

and Parker (my daughter's Bichon/Poodle mix and her Bichon/Maltese mix respectively), and her cousin Karma (my younger daughter's 75-pound black lab mix with whom Annie engaged often in tugs of war and at times, winning that war) were always coming by to visit.

While Annie had ample time to play with other pups, we sensed that Annie was sad when the other pups went home. About a year ago when she was two and a half years old, we decided that we would seek a sibling for Annie, one who would not go home at the end of the day. We also decided that we wanted to rescue a pup for whom we could provide a happy forever home and a sibling for Annie as well.

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### Fosters Needed

To get a Foster Application, please go to the BFK website at:  
<https://bichonfurkids.org/volunteer-foster/>

**Donate to BFK**




Link BFK to your Amazon account at [smile.amazon.com](https://smile.amazon.com), then whenever you shop there, a portion of your purchase amount will be donated to BFK.



Sign up for the Ralphs Community Contribution Program and link your Ralphs Shopper's Card to BFK. When you shop at Ralphs, a portion of your purchase will be donated to BFK.

Bichon FurKids Rescue  
Phone: 858-408-1937  
Fax: 760-966-1702  
[www.BichonFurKids.org](http://www.BichonFurKids.org)  
[www.facebook.com/bichonfurkids](https://www.facebook.com/bichonfurkids)  
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6965 El Camino Real,  
#105-425,  
La Costa, CA 92009  
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Marti Colwell, President

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## Cover Story, continued...



Happy adoption...Kerry and Cindy with Yasmine and the pups



Annie has invited Lucy in to share her personal space.



A friendly game of tug of war

It was about that time, last February, that I discovered Bichon FurKids Rescue. I ran across a Facebook posting for a rescue pup in the San Diego area and applied. While this adoption did not work out for us, we were assured that our application would remain on file and that we would be contacted if a pup came along that would be suitable for us and Annie.

Then Covid came along, and California implemented some heavy travel restrictions. Several more pups were posted by Bichon FurKids over time, and each time I would email to let BFK know we were interested. As we live in Southern Oregon, we were not able to adopt any of the pups posted as we could not travel to Southern California during this time. Happily, however, it appeared that all the pups we applied for were adopted into loving forever homes.

As restrictions were appearing to be lifted, I was contacted at the beginning of October to move to the next step in the adoption process, that being the home safety inspection. On the first Saturday in October I took the required pictures of our home, completed the checklist and submitted them all on Monday of that week. We were notified on Tuesday of that week that we were approved. Then, on Thursday evening, Marti called.

During that conversation, we were told about a little pup named Luna who appeared to be a potentially good match for our Annie. Luna was being fostered by Yasmin in Carlsbad, CA. An hour later we were Zooming with Yasmin and Luna. This was our first opportunity to "meet" Luna.

We felt that Luna would be a good match for Annie and the process moved forward very quickly. To make a long story short, between 5:00pm and 8:00pm that night we went from not knowing about a possible adoption to quickly planning a trip to Carlsbad. Due to our schedules, we needed to arrive there on Saturday morning, meet and interact with Luna, then head back to Southern Oregon.

Annie had never traveled that long a distance (700+ miles) so we did not know how she would handle it. Happily, she rode well in her seat and we arrived in Carlsbad on Saturday morning. While a little slow to warm up to one another initially, Annie and Luna eventually relaxed with one another and we determined that they would be a good match. Two hours later we started for home, another 700+ miles, arriving back home on Sunday afternoon. It was a whirlwind trip but all of us handled it well!

It took a few days for Luna (who is now known as Lucy) to settle into her new surroundings. This was to be expected as her little life had been chaotic at best prior to her being rescued by Bichon Furkids. She had been lovingly fostered for a month at that point.

This was also a time for adjustment for Annie. While she had plenty of opportunity to play and associate with the other pups

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Lucy—all grown up!



Christy and Dodger



Chloe and Dodger

## Cover Story, continued...

in her life, they always went home at the end of the day. Lucy, as Annie soon discovered, was not going anywhere.

Annie has taken on the role of mentor for Lucy, much as Emily had filled that role for her. Lucy follows Annie around and has adapted well to our home and Annie's routines. They now play together and genuinely appear to be enjoying each other's company. Cooper, Parker, and Buddy have also welcomed Lucy into their lives. Parker, the Bichon Maltese, has taken particular interest in Lucy and when he comes over to play, they are almost inseparable.

Lucy still has a medical issue that we are tending to but is well on her way to putting the neglect of her first year behind her. She loves to cuddle on our laps and run and play with Annie and the others. As I told Marti: "Good things come to those who sit and wait—and that is particularly true for Lucy, Annie, and us!"



## Dodger Joins the Merritt Family

By Christy Merritt

It has been so special having Dodger join our family. We had just lost our older male dog, and our female, Chloe, was moping around the house missing him. She had always had another fur brother, and our vet advised us that she would be happier if she had another furbaby in the house.

From the moment we brought Dodger home, he fit right in. Chloe's whole outlook also changed, as she was happy to have another furbaby to live with. She loved him and he kept her young.

Dodger has been a complete angel, and everyone loves him. We have enjoyed having him; he has brought laughter and love to the house. He does a few tricks for treats, goes up on two legs and then twirls around and around.

Dodger has a love for everyone and wants to play with all dogs he sees on his walks. He is a very special dog and I am so fortunate to have adopted him. We all love him.

*Editor's Note: It is with sadness that we need to share that Chloe crossed the Rainbow Bridge after Christy wrote this article. She was much loved and adored by Dodger and the entire family.*



# The Emotional Power of Pets

This article by Marnie Schwartz appeared on SHAPE.COM in November 2020.



## **The bonds we forge with our cats and dogs bring us pure joy and can even deepen our human relationships, science shows. Find out how...**

Pets have a way of lightening our mood, no matter how irritable or anxious we might feel. Mental health professionals use this phenomenon for treating patients; emotional support animals help their owners function better “on almost every level,” says Philip Tedeschi, the executive director of the Institute for Human-Animal Connection at the University of Denver Graduate School of Social Work. “People are able to relax and be more social, confident, friendly, and optimistic around them.”

These are the ways our furry friends work their magic.

### **They make us more playful**

“One of the ways that all mammals take care of themselves is through play,” Tedeschi says. If you’ve ever watched a normally serious adult speak baby talk to a pet, you’ve seen how pets can bring out our silly side. During long work-from-home days, a dog dropping her ball at our feet or a cat bringing us his toys provides a chance to have some fun. Plus, being playful with a pet can shift our neurochemistry, Tedeschi says, activating oxytocin, a hormone involved with love and bonding, and dopamine, a neurotransmitter that improves our mood.

### **They respond to our emotions**

Your dog recognizes small changes in your face, registers your posture and the tone of your voice, and knows your normal breathing and heart rate—and she can use this information to quickly identify your emotional state, Tedeschi says. This deep connection to our pets staves off loneliness and provides a sense of well-being, he adds. In fact, an Australian study found that when people acquired a dog, their levels of loneliness went down measurably within three months. Playing and cuddling with a pooch lifts our state of mind in the short term and may affect mood in the long term as well, says Lauren Powell, Ph.D., the lead author of the study.

### **They expand our network**

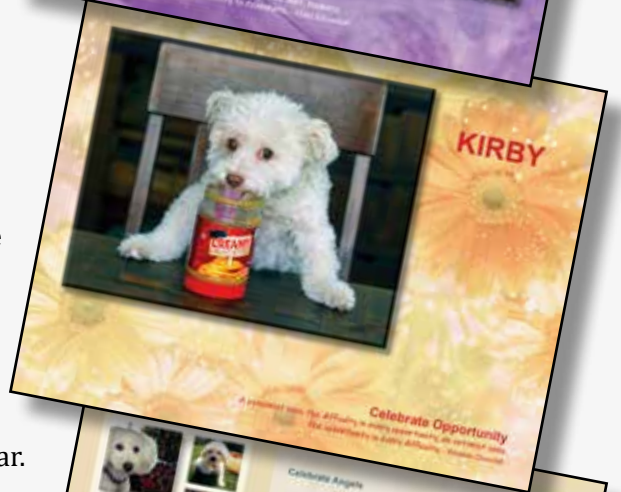
“People are more likely to talk to strangers if they are accompanied by a dog,” Powell says. Having a four-legged pal with you helps break the ice and immediately gives you something to talk about—the kind of interaction that’s more important than ever during these socially distanced times. Our pets can also deepen the relationships within our own families. For example, a study from Kent State University found that kids who felt close to their dogs were more securely attached to their parents. When you spend time with your partner or children in the presence of your pet, that extra oxytocin helps keep you relaxed and genuinely connected and makes you laugh, and you start to associate that positive feeling with family time and build deeper connections, Tedeschi says.





**Celebrate Hope**  
 Hope smiles from the threshold of the year to come, whispering,  
 'it will be happier.' -- Alfred, Lord Tennyson

There's nothing like the gift of a brand new year...a year full of hope...of renewed opportunity...and so many other good things that make life worth celebrating!



## Order your 2021 Calendars now!

The 2021 Bichon FurKids calendar is ready to order for holiday gift-giving and, of course, as a gift to yourself! This colorful package celebrates every month of 2021 with photos of the adorable FurKids who participated in our calendar contest. It not only makes a great holiday gift, but it's also the perfect birthday or anniversary gift for any bichon lover! And remember, all proceeds go towards the needs of incoming FurKids.

The price is \$25 and includes shipping and handling for one calendar.

### To order from the Bichon FurKids website:

1. Go to <https://bichonfurkids.org/bfk-calendar/>
2. Click **Buy Now**.
3. Enter the number of calendars that you want to order, then click **Continue**.
4. You will be redirected to PayPal, where you can pay with your PayPal account or pay with a credit/debit card.

### To send a check by mail:

- Make the check payable to Bichon FurKids and let us know how many calendars that you want to order.
- Mail the check to Bichon FurKids, 6965 El Camino Real, #105-425, Carlsbad, CA 92009

# Easy ways to help Bichon FurKids

## AmazonSmile



If you have an Amazon account (or want to open one) AmazonSmile is a great way to support Bichon FurKids every time you shop with Amazon. The selection of products and pricing is exactly the same as Amazon.com, but most of the purchases qualify for a small donation to a charity of choice (pick us!).

To get started, make sure you have an Amazon account. To open one, go to <https://www.amazon.com> and hover your cursor over **Account and Lists** on the upper right-hand bar of the Amazon window. Click the **New Customer? Start here** link, then create the account.

Once you have an account, go to <https://smile.amazon.com> and follow the instructions, and make sure to select **Bichon FurKids**. From that point on, all you have to do is shop as you normally would, and Bichon Furkids will begin to benefit. Easy right?

## Ralphs Community Contribution Program



One of the ways in which you can help BichonFurKids is through the Ralphs Community Contribution Program. If you have a Ralphs Shopper's Card, this program makes fundraising easy by donating to local organizations—such as BFK—based on the shopping you do every day. All you have to do is create an online Ralphs account and link your Ralphs card to the organization of your choice—that would be us! Once you link your card, all you have to do is shop at Ralphs and swipe your card.

To sign up and start the donations coming our way, go to <https://www.ralphs.com/i/community/community-contribution-program> and follow the simple instructions.

## NuVet Plus Vitamins



NuVet Labs has a goal to provide the best immune system support possible for our pets. They employ a team of top scientific, medical and pet industry professionals to find real solutions that promote pet health. NuVet products are made in an FDA-registered laboratory with natural ingredients compounded to deliver the most effective nutritional health benefits. If your FurKid enjoys the benefits of NuVet Plus vitamins (and we believe enough in them to start every FurKid on vitamins when they enter our program) please enter **Order Code 78817** when you place your order. Bichon FurKids gets a portion of the company's proceeds at no extra cost to you. Your FurKids benefit from these vitamins and we benefit too!



# No-Sew Blankets

For those of you who want to help our FurKids to be warm and cozy all year-round, here are instructions on how to make the No-Sew Blankets that every FurKid loves!

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## Supplies:

Good pair of cloth scissors  
Tape measure or ruler  
Two 1-yard lengths of coordinating fleece  
4"x4" cardboard template marked with 1" intervals

## Directions:

Please read all directions before starting your blanket.

1. Lay out fleece wrong sides together (if "wrong" sides are evident).
2. Match up edges.
3. Pin together to hold while you knot.
4. Cut off rough edges.
5. Cut 4"x4" square out of each corner.
6. Make 4" deep cuts at 1" intervals around all 4 sides.
7. Start in one corner – Tie overhand knot close to blanket edge – Use one strip from top fleece, one from bottom fleece – Tie second knot – Make sure your knot is tight.
8. Knot EVERY OTHER pair of strips until you are all around the blanket one time.
9. Turn blanket over – Knot the same way until you have tied all your knots.

## Hints:

Use your template as a guide to keep cuts even and equally deep.

Keep your knot tie tension steady while tying your knots so you don't overstretch your fleece.

Snug knots will hold well through washing/drying.

For more information, pictures, and tutorials:

<http://www.youtube.com/watch?v=o9S7y6eeQH0>

<http://www.instructables.com/id/No-Sew-Fleece-Blanket-1/>

## Packing:

Optional: When you have your blankets ready, you may roll one up tightly, tie with a ribbon, and tag with a note: "This blanket was made with love and hope for your BichonFurKid Forever Home from "<your name>"

## Mailing:

If you live in Southern California we may be able to suggest a drop-off location for the blankets.

If not, you may mail them to one of these locations:

Bichon FurKids  
6965 El Camino Real #105-425  
La Costa, CA 92009  
(Please note: This is a UPS store that cannot receive drop-offs.)

Or...

Cherie Bauer  
7959 Calle Madrid  
Carlsbad, CA 92009



# Homemade Pumpkin Bacon Dog Treats

A favorite year-round!

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Baking Time: 350 degrees for 30 minutes

## Ingredients:

- 2/3 c. canned pumpkin
- 2 large eggs
- 1/4 c. creamy peanut butter
- 1/2 c. packaged crumbled cooked bacon pieces
- 2 -1/3 c. whole wheat flour

## Directions:

1. Preheat oven to 350°F.
2. In a large bowl, beat the pumpkin, eggs, and peanut butter with an electric mixer on medium speed until smooth.
3. Beat in bacon then beat in flour. If needed, add another tablespoon or two of flour until dough is no longer sticky.
4. On a lightly floured surface, roll dough to 1/4" thickness, then cut into shapes with cookie cutters. (We used a variety of small and medium to large sized cookie cutters.)
5. Place dough shapes 1" apart on ungreased cookie sheets. This dough barely spreads when baking.
6. Bake for about 30 minutes, or until crisp and lightly golden.
7. Transfer to wire racks to cool. Store in an airtight container for up to one month.

