

# NEWF TAILS

The Newsletter of the  
RIVER KING NEWFOUNDLAND

July-August 2017



CLUB

## President's Message



It is with great heartbreak that I have to report that on Sunday, August 20, 2017 At the River King Newfoundland Club Water Test two Newfoundlands were left in a vehicle and succumbed to the heat.

**Rest In Peace Encore and Bravo**

Cassie Iken  
President

## Officer & Committee Reports

### **RKNC Officers**

*President: Cassie Iken*

*Vice-President: Jean McAdams*

*Treasurer: Sylvia Steiling*

*Corresponding Sec'y: Mark Iken*

*Recording Sec'y: Janice Henderson*

*Board Members: Danielle Rimkus  
& Sue Zientara*

### **Committees**

*Awards: Carol Giffhorn & Gene  
Manley*

*Conformation: Rita Jacobs & Jean  
McAdams*

*Draft Test: Cassie Iken, Pat Owens,  
& Sylvia Steiling*

*Education: Steve McAdams &  
Danielle Rimkus*

*Fundraising: Danielle Rimkus &  
Heather Woodside*

*Historian: Pat Owens*

*Membership: Mark Iken*

*Newsletter: Gene Manley*

*Nominating Committee: Steve  
McAdams, Chris Jones, & Cynthia  
Harrington*

*Obedience: Mark Iken, Sue  
Zientara, Sylvia Steiling, Carol  
Giffhorn, Pat Owens, & Cassie Iken*

*Parades: Carol Giffhorn, Kim  
Wankel, and Lorrie Carpenter*

*Regional: Jean McAdams, Janice  
Henderson, Rita Jacobs, Mark &  
Kimi Wankel, Tom Brant, Lonnie  
Specht, Jean & Andy Zinsmeyer, Sue  
Zientara*

*Rescue: Debbie Fitton (chair), Lisa  
Noel, Deb Berg, Marilee Hejna*

### **Awards Committee:**

Glad to see some of our exhibitors pass the water trials. It has been said that this is the favorite time of the year when working with our Newfoundlands. The laughter, caring, fellowship, great food, teaching and guidance of our peers make our weekend practices, exciting, enjoyable and an exciting event to attend. When an attendee can not make it, everyone misses them. To sum it all up, the Love, the Cheerful atmosphere, the time to hug our fur children, the congratulations that we share with each other. It almost feels like Christmas with none of the hustle and bustle to get the gifts. And I love that time of the year.

### **Parade Committee:**

When the committee gets the information for the Thanksgiving Day Parade it will be sent out to everyone. Hopefully you will be able to attend this parade this year. The STL people love our Newfoundland Dogs when they get to see them. They are extremely hungry for information about them when you walk the sidelines. So please mark you calendars for the parade. **Can we plan on seeing you his year?**

### **Draft Test Chairman:**

No Update

### **Education Committee:**

No update at this time.

## RKNC Calendar of Events 2017

Date	Event	Time	Location
Oct 7-8	Obedience Trial	8:00am	Westinn Kennels, Wentzville Mo.
Oct 20	Regular Dog Show	8:00am	Springfield IL
Oct 21	River King Regional #1 Dining w/Dog Friends	8:00am 6:30pm	Springfield IL Restaurant TBA
Oct 22	River King Regional #2	8:00am	Springfield IL
Nov 19	Holiday Party – General Meeting #4	1:00pm	Fire & Ale Restaurant, Sherman IL
Nov 23	Thanksgiving Day Parade	8:00am	Downtown St. Louis
Dec 10	Board Meeting #4		Green Valley, IL

### What do you need to know about this newsletter?

- *The President's Report*
- *The Committee's Reports*
- *The 2017 RKNC Calendar of Events*
- *RKNC Water Trial Pictures on 08/19/2017*
- *RKNC Water Trial Exhibitors who passed the trials*
- *RKNC Water Trial Exhibitors who did not pass*
- *RKNC 2017 Regionals Flyer (Regionals 10/ 21-22/2017 in Springfield, IL)*
- *The information for Canine Health*
  - *Seven Home Remedies for Your Dog*
  - *Nutritional Concerns for your senior dogs.*
  - *Fruits and Vegetables that our dogs can and cannot eat.*
  - *Berserk Behavior*
- *The News, Brags, Birthdays (none received this time)*
- *The River King Newfoundland Club Facebook Page (info)*
- *The Rescue Report*
- *The Rainbow Bridge portion None this time*



**River King Newfoundland Club**



## RKNC Water Trials on 08/19-20/2017 Pictures and Score Board:

The scoreboard always tells the story, most of the time not the story you want but we are there to have fun with our Fur Babies and qualifying is just a highlight.:

- Results from RKNC Water Test today, there were No Senior Qualifiers!
- Cassie Iken and Cami earned her (WD), Water Dog Title
- Kathy Hartke and Clarence earned his (WD), Water Dog Title
- Sarah McDowell and Archie earned his (WD), Water Dog Title

WRDX	SEARCH FOR ABANDONED BOAT	MULTIPLE PERSON RESCUE	RESCUE UNCONSCIOUS VICTIM	RESCUE FROM UNDER BOAT	DELIVER LINE TO SHORE	RESCUE FROM BEHIND BOAT	PASS / FAIL
SPENCER S. PUTT	P	F	F	F	F	P	F
CHARLEY C. KURSNER	P	F	F	F	P	F	F
BOMBAY S. McDOWELL	P	F	F	F	P	P	F
TREI C. KURSNER	P	F	F	F	P	P	F
DOOZIE S. ZIENTARA	P	F	P	P	P	P	F

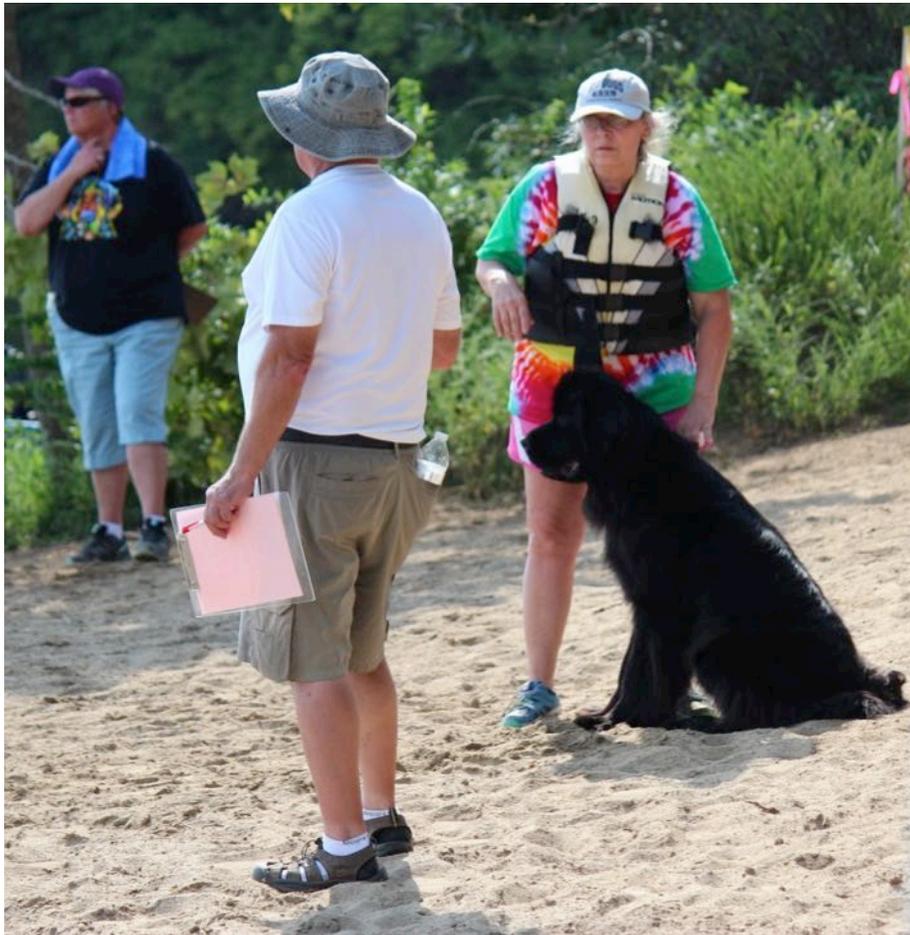
	WATER DOG	BASIC CONTROL	SINGLE RETRIEVE	DROP RETRIEVE	TAKE A LINE	TOW A BOAT	SWIM WITH HANDLER	PASS/FAIL
<b>RIVER</b> <i>R. Bick</i>	P	F	P	P	P	P	P	F
<b>BELLA</b> <i>T. HENSLEY</i>	F	F			P	P	F	F
<b>CLARENCE</b> <i>C. HARRIS</i>	P	P	P	P	P	P	P	P
<b>CRUZ</b> <i>M. IREN</i>	F	P	F	P	P	F	F	F
<b>CHUCK</b> <i>N. LOWE</i>	F	P	P	F	F	F	F	F
<b>CHIP</b> <i>J. JONES</i>	F	P	P	F	F	P	F	F
<b>LOUIE</b> <i>M. THOMPSON</i>	P	P	P	F	P	F	F	F
<b>SUMMER</b> <i>S. MATTHEW</i>	P	P	P	F	P	F	F	F
<b>CAMI</b> <i>C. IREN</i>	P	P	P	P	P	P	P	P
<b>RITA</b> <i>C. BRIGHAM</i>	F	P	P	P	P	P	P	F
<b>ARCHIE</b> <i>S. McDONNELL</i>	P	P	P	P	P	P	P	P

## Our New Title Winners

**#15 Cassie Iken with Shadrack's On the Road Again With Willie**, call Name: **"Cami."**

Earning her Water Dog Title at River King Newfoundland Club Water Test, **08/19/17**

**Cassie and Cami getting instructions from the judge, notice that Cami is looking at the water, I would bet; she is thinking enough lets get me wet, really not yet.**





**It has to be a great feeling to have an energetic Newfoundland like Cami, she just gets excited for the event to keep moving, Look at her after Cassie tells her to take it.**

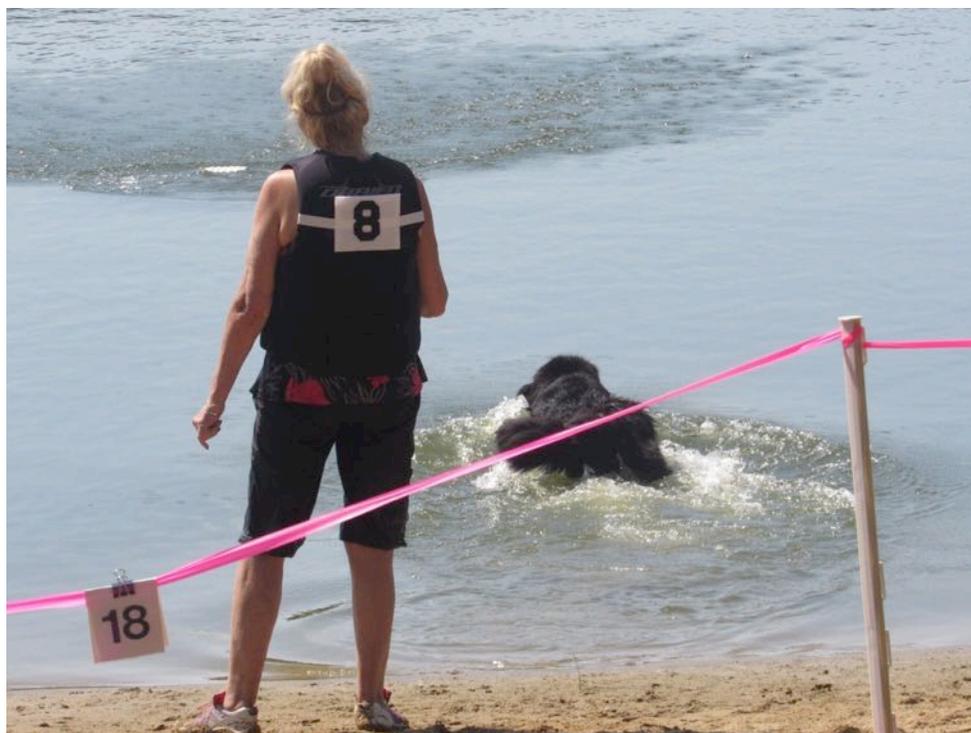


**Cami loves to jump off of the boat, this will excite you, while watching Jump**



*Cassie and Cami doing the paddle retrieve exercise; look at the jump she is watching paddle the whole time. Exciting.*

**#8 Cathy Hartke and Clarence also qualified as WD, Water Dog. (Fantastic)  
Here are some pictures of them in Action. Enjoy:**





*Clarence says come on Mom we got this; I will stay right with you on our journey to a new title.*

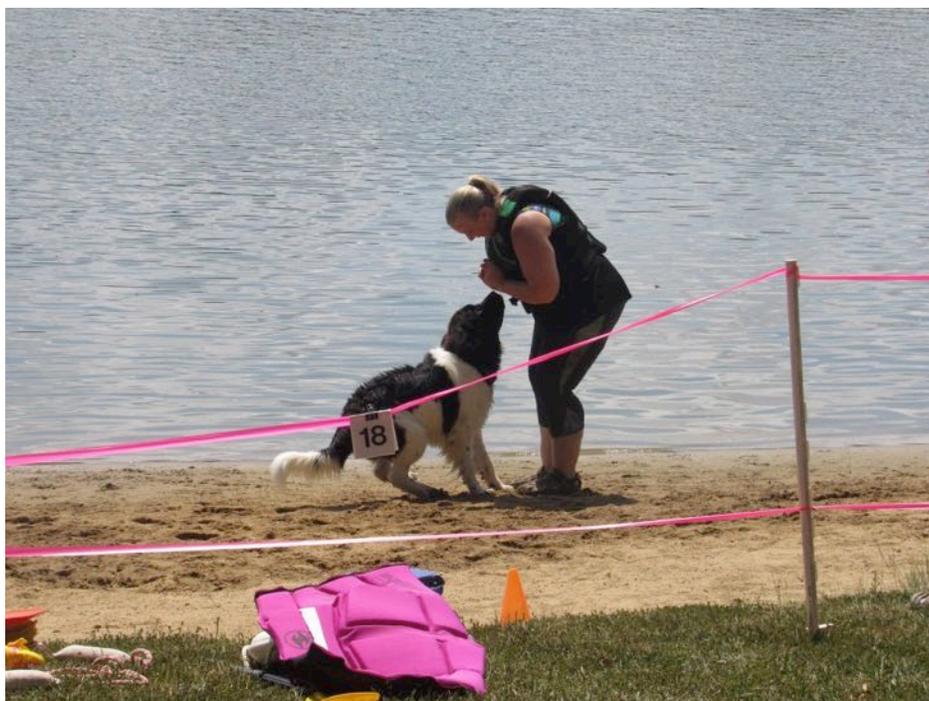


*See I told you that I got this on my end, we are going to make it; today We together will qualify to earn my new title WD.*

**#26 Sarah McDowell and “Archie” (who was 6 months 2 days old) earned his WD Title, Water Dog on Saturday at RKNC Water Trials on August 19, 2017. Way to go Archie, you are going to be a great Newf when you get a little older.**



*You are a little cootie, Archie!!*





*I am almost there, I am bringing you the line to hold onto please grab it!!!*

*Now a picture of all of our exhibitors, so sorry that you did not get your title but did you have a great time with your Newf? I truly believe if you watch their eyes they are letting you know how much fun they had.*

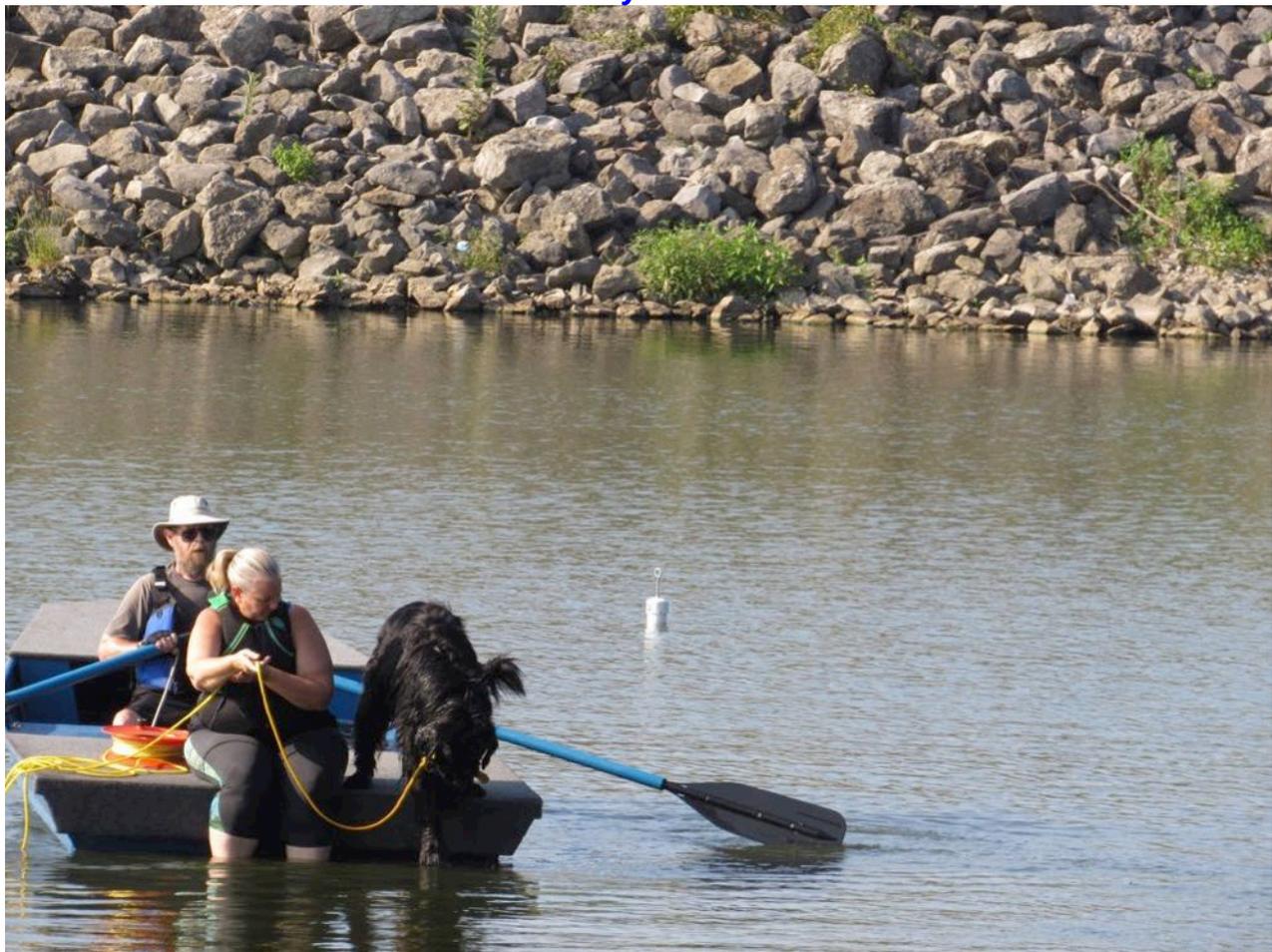
***Exhibitor #1 Sue Putt and Spencer***



**Exhibitor #2 Cindi Kursner and Charlie**



**Exhibitor #3 Sarah McDowell and Bombay**



**Exhibitor #4 Cindi Kursner and Trei**



**Exhibitor #5 Sue Zientara and Doozie**



**Exhibitor #6 Carol Giffhorn and Zia**



**Exhibitor #7 Linda C Manley and Julie**



**Exhibitor #9 Mark Iken and Cruz**



**Exhibitor #10 Nancy Long and Chuck**



**Exhibitor #11 Jennifer Jones and Chip**



**Exhibitor #13 Mary Trauernicht**



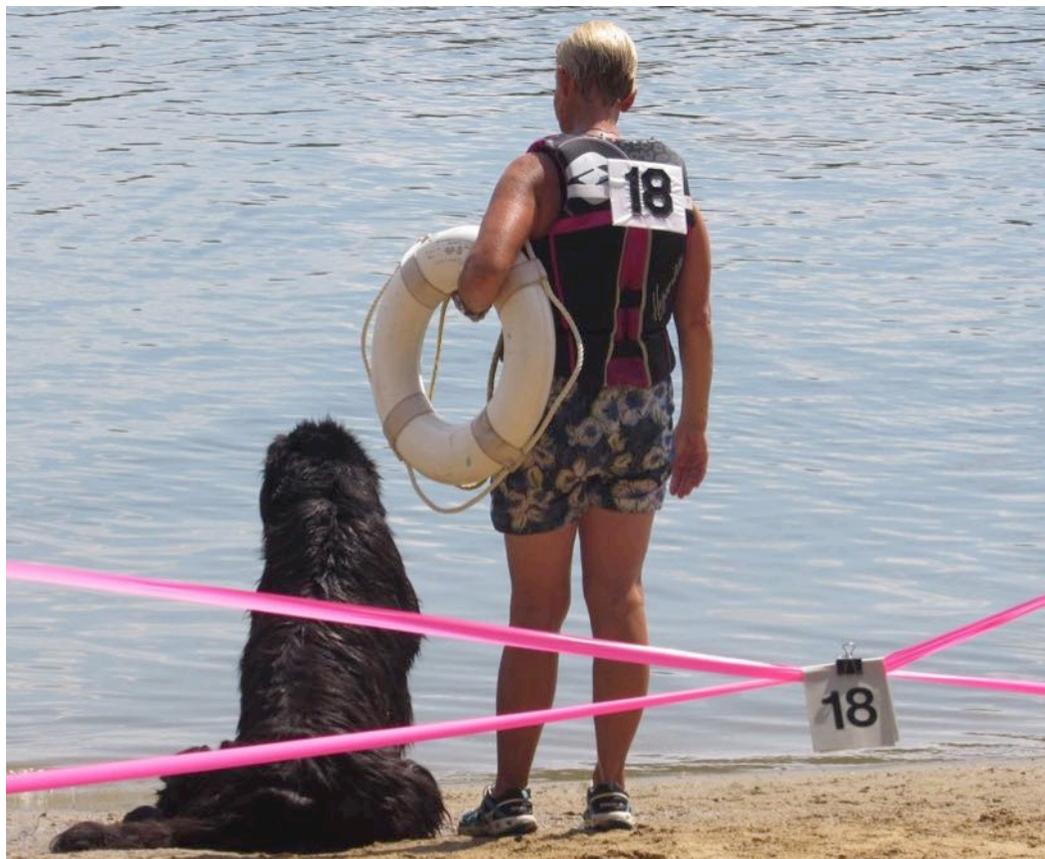
*Exhibitor #14 Sue Matzke and Summer*



*Exhibitor #16 Christine Brigham and Rita*



**Exhibitor #18 Sue Zientara and Twister**



**Exhibitor #19 Peggy Pack and Harbor**



**Exhibitor #20 Lawren Coulman and Kinney**



**Exhibitor #21 Darlene Rattner and Faith**



*Exhibitor #22 Vince Molinarolo and Tuco*



*Exhibitor #24 Joan E Gunn and Tilly*



**Exhibitor #25 Hillary Ryan Bias**



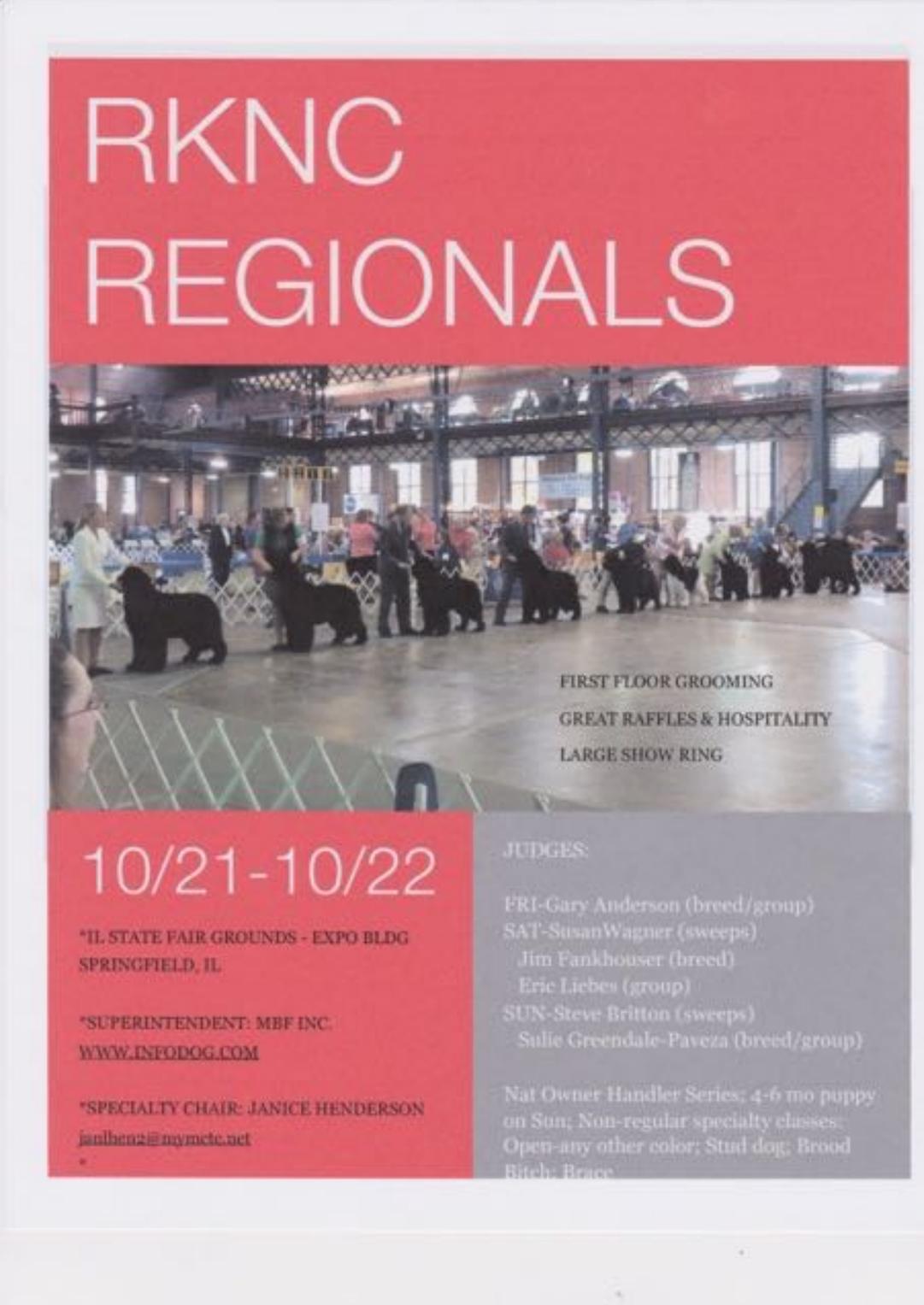
**Exhibitor #27 Peggy Pack and River**



*Exhibitor #28 Tammy Henderson and Bella*



RKNC Regional Flyer, Our Regionals are going to be on October 21-22, 2017 in Springfield Illinois at the Fair Grounds. Sure look forward to seeing everyone there. If you are able to help during the Regional, please let Cassie



The flyer features a red header with the text "RKNC REGIONALS" in white. Below the header is a photograph of a dog show in progress, showing several black dogs being handled in a large, well-lit indoor arena. The text on the flyer is organized into several sections: a date section, a location section, a list of judges, and a list of specialties. The date "10/21-10/22" is prominently displayed in white on a red background. The location "IL STATE FAIR GROUNDS - EXPO BLDG SPRINGFIELD, IL" is also in white on a red background. The judges' names and their specialties are listed in white on a grey background. The specialties include "Nat Owner Handler Series; 4-6 mo puppy on Sun; Non-regular specialty classes; Open-any other color; Stud dog; Brood Bitch; Brace".

# RKNC REGIONALS

FIRST FLOOR GROOMING  
GREAT RAFFLES & HOSPITALITY  
LARGE SHOW RING

10/21-10/22

\*IL STATE FAIR GROUNDS - EXPO BLDG  
SPRINGFIELD, IL

\*SUPERINTENDENT: MBF INC.  
[WWW.INFODOG.COM](http://WWW.INFODOG.COM)

\*SPECIALTY CHAIR: JANICE HENDERSON  
[janhen2@mymctc.net](mailto:janhen2@mymctc.net)

JUDGES:

FRI-Gary Anderson (breed/group)  
SAT-SusanWagner (sweeps)  
Jim Pankhouser (breed)  
Eric Liebes (group)  
SUN-Steve Britton (sweeps)  
Sullie Greendale-Paveza (breed/group)

Nat Owner Handler Series; 4-6 mo puppy  
on Sun; Non-regular specialty classes;  
Open-any other color; Stud dog; Brood  
Bitch; Brace

and or Jean McAdams know. There is always something that can use the extra help.

# Canine Health: What do you think about this next article, if it works on shelties, it should work on our Newfoundlands? Right?

## Seven Home Remedies For Your dog

[This information was copied from The Telegram January/February 2017  
[s.pacesetter@sheltie.com](mailto:s.pacesetter@sheltie.com)]

— My Pet MD When you're feeling under the weather, you might find that the perfect thing for treating what ails you is something you already have in the kitchen. Did you know that you can use similar, simple home remedies to treat allergies in dogs, ailments in dogs and other canine annoyances, too? Below you will find seven great natural remedies for making your dog happy and healthy again, whether they are suffering from allergies, dehydration, fleas and more.

### 1. Vitamin E for Dogs with Dry Skin

Have you ever wondered how to treat dry skin on dogs? Vitamin E is good for preventing those pesky age lines on your face, and it's also great for your dog's dry skin. You can give your pup a doggy massage by applying vitamin E oil directly to the skin, a soaking bath with vitamin E added to the water, or you can go all "Hollywood" and pop your dog a pill (of vitamin E, that is). If you give the vitamin orally, check with your vet on the recommended dosage for your specific dog breed.

### 2. Electrolyte—Replacing Liquids for Diarrhea and Vomiting

Flavorless electrolyte-replacing liquids, such as sports waters or pediatric drinks, not only help athletes to replenish fluids and babies to rehydrate after an illness, they can also supply your sick pooch's body with much needed fluids after a bout of diarrhea or vomiting.

Consult your veterinarian as to the appropriate dosage amounts when giving these types of liquids to your dog.

3. Yogurt and Acidophilus for Dogs  
Plain yogurt is a healthy treat for your dog. Just as with humans, the live acidophilus in the yogurt keeps the good bacteria in your dog's intestines in balance, so that bad bacteria is swiftly knocked out. If your dog is on antibiotics, a little yogurt (fed at a much later time...away from the antibiotic) will also help keep yeast infections at bay (a common side-effect of antibiotic treatment). You can also give your dog acidophilus pills—wrapping the pills in bacon is strictly optional.

Puppies are especially prone to yeast infections, so a little plain yogurt as a snack (or even dessert) can help keep things in balance; especially useful while the intestinal system is building immunities.

### 4. Chamomile Tea for Dogs

Chamomile tea uses the natural disinfecting effects of the chamomile plant to settle upset doggy tummies. It is recommended for colic, gas and anxiety. It can also alleviate minor skin irritations. Just chill in the fridge and spray onto the affected area on the dog's raw skin. Your dog should feel an immediate soothing effect as the chilled tea kills the yeast and/or bacteria on the skin. A warm (not hot) tea bag can also be used for soothing infected or irritated eyes

## 5. Oatmeal to Stop Your Dog from Itching

An itchy dog can be quite an annoyance, especially as it goes around scratching itself on any piece of furniture it can reach. But don't blame your dog, sometimes they're itchy because of allergies and can't help but to scratch. If your pup is itchy, forget the backscratcher! Finely ground oatmeal is a time-honored remedy for irritated skin. You can use baby oatmeal cereal or grind it yourself in a food processor. Stir the oatmeal into a bath of warm water and let your dog soak in the healing goodness. Your dog will thank you. Dogs with skin allergies, infections and other diseases which cause itchiness have been shown to gain immediate relief with this approach, too.

## 6. Epsom Salt Bath for Dogs' Wounds

Dogs can be like kids at times, and as such they are bound to suffer from wounds and the occasional unexplained swelling. Try treating these ailments with Epsom salt soaks and heat packs next time. A bath consisting of Epsom salt and warm water can help reduce the swelling and the healing time, especially when combined with prescribed antibiotics and veterinary supervision. Be sure that your pet does not ingest Epsom salt, however, as it can be very harmful. Also, do not bathe your pet in Epsom salt if there are open wounds.

If soaking your dog in an Epsom salt bath twice a day for five minutes isn't convenient or practical, a homemade heat pack using a clean towel drenched in the same warm-water solution can be applied to wounds for the same effect.

## 7. Flea Home Remedies

Does your dog have fleas? Some dogs are allergic to flea bites and just one can cause them to itch for days. Never fear. Before turning to the big guns, try some borax powder. The standard stuff at the store will work wonders on fleas by poking holes in their crunchy insect exoskeletons. A good way to make sure those parasitic suckers get annihilated is to sprinkle the borax on your floor, and then sweep or vacuum up the excess. The invisible borax crystals left behind will kill the fleas and you won't even have to lift a finger. It's inexpensive and practically non-toxic compared to an appointment with the exterminator, just make sure that your dog does not ingest any borax. To relieve the dog's allergies and repel fleas in its fur, try a simple solution of lemon water. Fleas are repelled by citrus, so this can work both as a flea preventive, and for making your dog smell clean and refreshing. A useful solution can be made by pouring boiled water over lemons and allowing them to steep over night. This solution can then be applied all over your dog's skin using a fresh spray bottle. And, the tried and true Brewer's yeast method cannot be left out. Brewer's yeast can be given as part of a regular diet in powdered form, sprinkled over the dog food, or in tablet form, perhaps wrapped in a small slice of bacon or cheese.

Home (or holistic) remedies aren't just for tree huggers anymore. It's important to take care of your dog from day to day, not just when it's feeling a little under the weather, and the best way to maintain the best health is often the most natural way. But most of all, it'll help keeping your "baby" from crying like a hound dog.

## Nutritional Concerns for Senior Dogs

If you have time and would like to read and or listen to pod casts on our four legged Children try out this website. It is the AKC Canine Health Foundation.

Here is a link to a podcast on Nutritional Concerns for Senior and Geriatric Dogs.

<http://www.akcchf.org/educational-resources/podcasts/nutritional-concerns-for.html>.

Keeping you dog safe during the Holidays

<http://www.akcchf.org/educational-resources/podcasts/keeping-your-dog-safe-during.html>

Here is a link that discusses Bloat, the video is approx. 40 minutes long, what is bloat, what causes bloat, what can be done if you dog has it, possible complications, length of recovery etc.

<http://www.akcchf.org/educational-resources/Webinars/bloat.html>

<https://vimeo.com/74830629> (Short cut to video)

Pet Therapy Programs: Tapping into your Dogs Natural Instinct

<http://www.akcchf.org/canine-health/your-dogs-health/pet-therapy-programs-tapping.html>

The Basics of Canine Massage and Chiropractic

<http://www.akcchf.org/canine-health/your-dogs-health/caring-for-your-dog/the-basics-of-canine-massage.html>

## AKC › Dog Health › Nutrition **Fruits & Vegetables Dogs Can and Can't Eat**

Staff Writers | December 03, 2015

As dog owners, it's not uncommon to want to spoil your four-legged family members by sharing table scraps or your favorite snack with them. After all, if it is safe for you to eat, it must be OK for them as well, right? Not necessarily. While many human foods, especially fruits and vegetables, are perfectly safe, some are very unhealthy and downright dangerous to dogs. Dogs digest differently than humans, and eating the wrong foods can lead to long-term health problems and, in extreme cases, even death. As carnivores, they have no need for fruits and vegetables as part of their diet, but an occasional fruit or veggie as a treat is OK.

But that doesn't mean all [human food is off limits for dogs](#). Read below to find out which fruits and vegetables are OK for sharing in moderation and which should be kept on your plate

## Canine Health: Continued

AKC › Dog Health › Nutrition Fruits & Vegetables Dogs Can and Can't Eat Cont'd

Fruits & Vegetables (*No updates this issue 04/27/17*)



### Apples –

Yes. Apples are an excellent source of vitamins A and C, as well as fiber for your dog. They are low in protein and fat, making them the perfect snack for senior dogs. **Just be sure to remove the seeds and core first.** Try them frozen for an icy warm weather snack.

Yes, [dogs](#) can eat apples. And most love 'em, too.

Apples are a great source of vitamin C, fiber, calcium, and phosphorus, and they're a safe way to satisfy your pet's sweet tooth (as opposed to [chocolate](#) and other doggy diet [no-nos](#)).

### How To Safely Feed Apples To Your Dog

**Do not feed the seeds to your dog as they contain cyanide, a toxic substance. (Some also advise keeping the stem from your pet, too.) And do not give the core to your dog, as it can be a choking hazard.**

Cut the apple in slices so it's easier for your dog to eat.

Also, like in people, eating too many apples can cause a dog to have a [bellyache](#) and [diarrhea](#), so serve them in moderation.

You can also use apples in recipes if you cook or make treats for your dog. One of our favorite recipes is for Dog Apple Pretzels



### Bananas –

Yes. In moderation, bananas are a great low-calorie treat for dogs. They're high in potassium, vitamins, biotin, fiber, and copper. They are low in cholesterol and sodium, but because of their high sugar content, bananas should be given as a treat, not part of your dog's regular diet.

Yes, [dogs](#) can eat bananas. Actually, many veterinarians even recommend this potassium-rich fruit as a healthy alternative to fatty, salty treats. Other benefits? Bananas are high in fiber, which can help if your dog is having gastrointestinal [problems](#), and magnesium, which promotes bone growth and helps the body produce protein and absorb vitamins.

### Ways To Feed Your Dog Banana:

You can mash it up [with his food](#)

Mix it with a little yogurt or peanut butter

Stuff it in a [Kong](#), and freeze it

Freeze, peel, and slice (this is the least messy option)

AKC › Dog Health › Nutrition Fruits & Vegetables Dogs Can and Can't Eat Cont'd



**Watermelon** – Yes. It’s important to remove the rind and seeds first, as they can cause intestinal blockage, but watermelon is otherwise safe for dogs. It’s full of vitamin A, B-6, and C, as well as potassium. Watermelon is 92 percent water, so it’s a great way to keep your dog hydrated on hot summer days.

**The answer is yes, with a couple of precautions.** Seeds could cause an intestinal blockage, so make sure you remove them. It’s also probably not a good idea to allow a dog to chew on the rind, because it can cause gastrointestinal upset.

The fruit itself is a health-food powerhouse, low in calories and packed with nutrients—vitamins A, B6, and C, and potassium.

According to the [National Watermelon Promotion Board](#), the fruit has only about 50 calories a cup and 92 percent water, so it’s great for hydration on a hot day. It also has no fat or cholesterol, so it’s pretty much guilt-free.



**Strawberries** – Yes. Strawberries are full of fiber and vitamin C. Along with that, they also contain an enzyme that can help whiten your dog’s teeth as he or she eats them. They are high in sugar though, so be sure to give them in moderation.

Warm weather means that [fresh fruits and vegetables](#) are in abundance and just as we are incorporating them into our diet, we can incorporate those in our dogs. It may be hard or confusing to figure out which fruits and vegetables are safe for your dog (**here’s a hint: grapes and raisins are on the no-no list**), but there is a warm weather favorite that you can give your dog, STRAWBERRIES! Yes, your best friend can have fresh strawberries. **However you should not feed your dog canned or strawberries in syrup. These are not good for your pet at all.**

Strawberries are not only a healthy sweet treat for your dog; By giving them the berries you are also helping them to stay healthy in more ways than one. Over time, fresh fruit helps with aging, strengthens the immune system and helps with weight management. Removing the high fat, salty snacks also helps with your pup’s teeth.

**So now that you know that you can give your dogs strawberries, what is the safest way to do it?**

Well, it is recommended that you cut the fruit up in small pieces to avoid choking and easier digestion.

If you have a smaller dog, you can mash up the berries or puree them and add them to the dog food they normally eat.

**AKC › Dog Health › Nutrition [Fruits & Vegetables Dogs Can and Can’t Eat Cont’d](#)**

As with adding any other food into your dog’s diet, it is always a safe idea to call your veterinarian prior to adding the berries.

Once you do begin to add the berries into his diet, be careful, start with small quantities and watch for any changes in behavior or digestive issues.

## Should you notice anything odd, stop adding them.

And just in case you are wondering what other fruits you can feed your dog to keep them cool and healthy, here are a few more:

- Frozen bananas
- Watermelon (remove the seeds)
- Apples (remove the seeds and the core)
- Blueberries
- Cantaloupe



**Oranges** – Yes. Small dogs can have up to 1/3 of a full-size orange, while large dogs can eat the whole thing. While the peel isn't toxic to them, vets recommend tossing the peel and just giving your dog the inside of the orange, minus the seeds, as the peel is much more rough on their digestive systems than the fleshy inside of the orange.

Not all fruits and vegetables are safe for dogs. Oranges, however, are fine for dogs to eat, [according to veterinarians](#). They are also an excellent [source of vitamin C, potassium, and fiber](#), and in small quantities can serve as tasty treats for your dog.

### Benefits Of Oranges for Your Dog

Oranges are full of nutrients and low in sodium, which makes them a healthy snack in small quantities.

However, oranges do contain natural sugars, which might make them a poor choice for obese dogs, and oranges can cause [digestive upset](#) in some dogs.

If you want to try adding oranges to your dog's diet, then it is probably a good idea to start out with one or two segments per day to see how his stomach reacts.

Stop feeding oranges at once if you notice any unusual behavior after feeding your dog an orange.

### AKC › Dog Health › Nutrition [Fruits & Vegetables Dogs Can and Can't Eat Cont'd](#)

Even if your dog loves oranges and shows no signs of adverse reactions, limit his intake to no more than one whole orange a day for large dogs and one-third of an orange for small dogs.

A segment or two is enough for most dogs, and limiting their treat intake can help avoid digestive upset and overfeeding.

Not all dogs enjoy the tart taste of an orange. Other dogs will eat anything you put in front of them, including both the fruit and the orange peel.

**Orange peels are not toxic, however they can be rough on your dog's digestive tract, so vets generally recommend keeping orange peels out of your dog's reach.**



**Blueberries** – Yes. Blueberries are a superfood rich in antioxidants, which prevent cell damage in humans and canines alike. They're packed with fiber and phytochemicals as well. Teaching your dog to catch treats in the air? Try blueberries as an alternative to store-bought treats.

Next time you pop a handful of blueberries into your mouth, you might want to consider sharing some with your dog. Thanks to their nutritional value and small size, blueberries are a great treat for both [large dogs](#) and [small dogs](#).

## Benefits Of Blueberries For Your Dog

Blueberries are low in calories and contain high amounts of vitamin C, fiber, phytochemicals (naturally occurring chemical compounds found in plants), and antioxidants, and have been [proven to improve the health of animals](#) as well as humans.

The antioxidants in [blueberries help fight free radicals](#), which are responsible for cellular and molecular damage in dogs and humans.

Sources of antioxidants, like blueberries, help strengthen immune systems by fighting free radicals naturally.

As an added bonus, [studies show](#) that adding antioxidants to a dog's diet reduces the effects of brain aging, which is good news for those of us with older dogs.

Vitamin C and fiber are vital components of proper canine nutrition.

### AKC › Dog Health › Nutrition [Fruits & Vegetables Dogs Can and Can't Eat Cont'd](#)

Phytochemicals are linked to several aspects of health, including the ability to [fight cancer in humans](#).

There are a few things to keep in mind when [feeding fruits and vegetables to your dog](#).

Blueberries are small, which means you don't need to cut them up, but any new food poses potential risks.

Consult your veterinarian if you have concerns about feeding blueberries to your dog, and monitor your dog closely after giving blueberries as a treat for the first time.



**Pineapple** – Yes. A few chunks of pineapple is a great sweet treat for dogs as long as the prickly outside is removed first. The tropical fruit is full of vitamins, minerals, and fiber. It also contains bromelain, an enzyme that makes it easier for dogs to absorb proteins.

Pineapple is a favorite fruit for many people. It is tart, sweet, and tangy, and its tropical origins put us in mind of warmer climates. In moderation, it can also be a healthy treat for dogs, similar to [other types of fruit, like strawberries](#) and watermelon.

Ripe, [raw pineapple contains](#) a whole lot of vitamin C, along with thiamin, riboflavin, niacin, vitamin B6, and folate. Pineapple is also full of minerals, including manganese, copper, potassium, magnesium, iron, and small amounts of calcium, phosphorous, and zinc. This makes it a nutrient-dense snack for humans and dogs, alike, and these nutrients play an important role in your dog's immune system and digestive health.

All of these vitamins and minerals make pineapple sound like a wonderful choice for dogs, but there are a few other things to consider before feeding pineapple to your canines. Pineapple is high in fiber and contains a significant amount of natural sugar.

This means that while pineapple is a perfectly healthy treat in small quantities, **it can have adverse effects on your dog's digestive system if fed in large amounts.** Keep an eye on your dog when you first feed him pineapple.

### **If he has diarrhea**

**Or shows signs of an upset stomach, then pineapple might not be the fruit snack for him.**

**The tough, central core of the pineapple has the potential to cause obstructions, as does the spiny skin, so stick to feeding the flesh of the pineapple for your dog's safety.**

**AKC › Dog Health › Nutrition [Fruits & Vegetables Dogs Can and Can't Eat Cont'd](#)**

### **So Is It Safe for Dogs to Eat Pineapple?**

Yes. Raw pineapple, in small amounts, is an excellent snack for dogs.

Canned pineapple, on the other hand, should be avoided. The syrup in canned fruits contains too much sugar for most dogs' digestive tracts to handle.

A few chunks of raw pineapple are usually enough for most dogs, provided they are peeled and sliced into bite-sized pieces. Plus, frozen pieces of fresh pineapple make a delicious treat in the summer.

If your dog does not like pineapple, there are plenty of other [fruits and vegetables that are safe for dogs to eat](#).

**More to follow in next Newsletter May-June, source information is from AKC Nutrition email 10/25/2016.**

## Canine Health: Continued

### **Berserk Behavior** [by Nel Liquorman, Nutrition Editor TheDogPress.com]

[This information was copied from The Telegram January/February 2017

[s.pacesetter@sheltie.com](mailto:s.pacesetter@sheltie.com)]

Estrogen inhibitors and excitotoxins in pet foods cause reproductive problems, infertility, and hyperactive, aberrant behavior!

Certain dog food ingredients can cause unprovoked aggression, excessive barking, nervous pacing, and behavioral problems which medical doctors would term Obsessive-Compulsive Disorder (OCD).

One cat owner reported her cats “went crazy” when she changed cat food. A long-time breeder who feeds dry kibble said her dogs became hyperactive while gaining weight at the same time. As questions mounted, all seemingly related, I did hours of in-depth research, which resulted in some very disturbing answers.

Behavioral problems, particularly aggression and hyperactivity, may be caused by excitotoxins in the food. Behavioral abnormalities have escalated in both humans and animals, from rampant Alzheimer’s disease to raging elephants to uncontrollable family pets.

The science of excitotoxicity will amaze you! Many pet foods also contain additives, which act as estrogen-blockers and cause frustrating problems for cat and dog breeders.

Fertility and Reproduction Estrogen Inhibitor Oils: Many pet foods are now touted as

Rich in Omega 3 oils, from wild salmon and other oily fish, along with cruciferous plant substances including flax seeds, oil from flax seeds, broccoli, and rapeseed oil (renamed Canola). Oil from hemp, a cruciferous plant, which is 80% fatty acid, is also being sold as a supplement for dogs and cats. All these substances are natural estrogen inhibitors, plus they interfere with thyroid hormone production and with many prescription drugs.

Vitamin D: Vitamin D in pet food is just more oil from fish and Vitamin D3 is specifically from Cod Oil, which contains especially high levels of vitamin A. What is the significance of high levels of vitamin A? High levels of “A” are known to cause ii Hypervitaminosis A with side effects ranging from skin problems to birth defects.

Cruciferous vegetables, extremely healthy for humans, have been used in hundreds of cancer studies. Since 2004, cancer doctors have been telling patients to add such vegetables to their diets because they are beneficial to overall health and are believed to aid in combating the disease. But controlled studies, such as at the University of Illinois at Urbana, found that extracts of cruciferous vegetables act as anti-estrogen and estrogen antagonists. These findings were published in 2000 by the American Chemical Society. Other university studies are available and indications are that over 300 studies with similar results took place.

Mercury: High concentrations of methyl mercury, an organic form of mercury, have been found in Omega 3 from fish oils rendered from large, long-lived ocean fish. Mercury is a neurotoxin (as in vaccine-associated autism). Symptoms include vision impairment, lack of coordination and numbness, which can lead to seizures and death. High levels are common in wild salmon.

PCBs and Fish Oil: Earlier this year there were lawsuits due to polychlorinated biphenyl compounds (once used in the electrical industry) found in nearly a dozen different fish oil supplements. Just over thirty years ago, the EPA banned PCBs from the USA but this chemical (which causes cancer and reproductive toxicity) is still found in fish from which the oil is extracted.

The Mayo Clinic website had the following to say about fish oils: "There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements...however, high doses may have harmful effects, such as an increased risk of bleeding."

It should be noted that fish oil, cruciferous plants and exci- totoxins from MSG are not included in the AAFCO requirements published in 2008, yet they are added to many pet foods. Pet food manufacturers are just following "health trend hype."

According to researchers, Omega 6 found in vegetable oils, including corn and safflower, increase estrogen activity but these oils are also thought to be pro-inflammatory. Canola oil (an estrogen inhibitor) is also believed to be pro-inflammatory.

li Soybeans have moved into the top ten-allergen list in the human population. It is hard to find soybean listed on human food labels as, like MSG, it masquerades under many aliases. It is harder still to pinpoint in cat or dog food list of ingredients. We can however, expect some of these ii Soy Allergy Symptoms to manifest in our pets. In addition, for well over 20 years, soybean in pet food has been linked to bloat (gastric torsion) in dogs. This is not simple gas; torsion is a crisis situation that requires immediate emergency vet care.

Soy protein isolate (ISP) is a source of textured vegetable protein (TVP). That sounds good but soy actually hinders protein digestion and causes red blood cells to stick together interfering with oxygen intake.

In addition to direct allergic reactions, it is widely reported that an alkaline solution is used to remove fibers from the soybeans. Fibers are acid washed in aluminum tanks believed to leach aluminum, a heavy metal that we may be absorbing and ingesting from other sources as well. Aluminum toxicity has a wide range of symptoms including colic, rickets, gastrointestinal problems, nervousness, anemia, headache, speech problems, memory loss, softening of bones, weak/aching muscles, liver and kidney function decline; the list grows yearly.

You should also be aware that MSG and other flavorings are added to human and pet foods to cover up the soybean taste but labels usually state only "natural flavoring."

Marigold extract is considered a folk remedy for skin conditions which must be why some pet food makers are including it in their recipes even though the Association of American Feed Control Officials (AAFCO) does not consider marigold a nutritional need for cats and dogs.

Marigold extract (calendula) contains lutein. In the human population, lutein supplements can cause a tightening effect on the uterus and are not recommended while breast-feeding. Animal studies indicate that marigold/lutein is toxic to sperm and may adversely affect fertilized eggs. Symptoms of too much lutein include indigestion, chest pain, heartburn, dizziness, blurred vision, eye irritation, skin discoloration, and difficulty swallowing and there may be evidence of renal and liver overload. Marigold's best use is probably as a natural pesticide ingredient!

### Aggressive, Hyperactive or Obsessive Behavior

Dog trainers, therapists and behaviorists are multiplying almost as fast as canine behavioral problems. Even carefully bred, perfectly raised puppies turn into uncontrollable, destructive pets that often wind up at the local shelter. Loving house cats may suddenly exhibit the same behavior. Some veterinarians, at a loss for explanation, blame it on the old standby—genetics. Obviously that does not explain the crossbreds and mutts that are affected.

Excitotoxins: Sounds like a mad scientist made up that name but excitotoxicity isn't new. I knew about the often-misdiagnosed side effects in human foods. I wondered, could a wide range of excitotoxins be in cat and dog food and could they cause uncharacteristic out-of-control behavior in dogs and cats? Most of the known adverse effects are related to the human population, presumably because no one has studied this in animals, but I believe the effect on our pets can be even greater.

According to Dr. Russell Blalock (well known neurosurgeon, author, lecturer, and nutritionist), hidden MSG and many other specious ingredients are excitotoxins, which quite literally excite cells to death. Brain studies were in the human population but effects on pets would be more significant due to an animal's lack of inhibition.

MSG – monosodium glutamate: Most people now recognize the risk of MSG in human foods, particularly in "prepared" foods. Many products proudly proclaim "no MSG" on the packaging, but in many cases there is hidden MSG in what the label refers to as "natural flavor". What you may not realize is that monosodium glutamate (MSG) has become common in pet foods and is believed to be mildly addictive to more than the taste buds. Dogs and cats "taste" food through their olfactory senses but they ingest MSG just as we do and can therefore be equally affected.

MSG causes hyperactivity and behavioral aberrations in the human population and while studies have yet to be done, we can extrapolate that to our formerly mild mannered pets.

Once referred to as "hidden MSG" (due to that additive's pseudonyms) the following ingredients were identified by a leading research group as being excitotoxins: gelatin, calcium caseinate, textured protein, sodium caseinate, yeast nutrient, autolyzed yeast, hydrolyzed protein, carrageenan, maltodextrin, malt extract, natural food flavoring, broth, ultra-pasteurized (when containing additives), soy sauce extract, whey protein concentrate, pectin, and anything protein fortified, enzyme modified or seasoned.

These additives are in everything from soup to ice cream, and increasingly found in dog and cat foods. Since the industry keeps coming up with new names, our best advice is: if you don't know what an ingredient is, research to make sure that it is not hidden MSG.

You may not reduce the risk of cat or dog food additives by using human foods. For example, feeding your pet raw or cooked chicken you buy for your family may not be a good idea. Check the wrapper again. If the chicken contains “broth” it probably contains excitotoxins. Associated Press reports that 30% of U.S. chickens are injected with additives that represent up to 15% of the meat’s weight. This process is called “plumping” and it is used to make former “factory farm” laying hens” more marketable. It may also be used simply to tip the scales a bit!

One particular brand, Perdue, uses broth containing “2% or less seasalt, carrageenan, xanthangum, vinegarand naturalflavor.” Carrageenan and the natural flavor are the culprits. Natural flavor can be anything from MSG to rosemary (a neurotoxin) to soy (affects estrogen production). In addition, this broth doubles or triples the sodium content. These additives, like many others contained in pet and human food are hidden MSG, now known as excitotoxins.

When several pets have the same personality or health changes occurring at the same time, it is not coincidental. Unless you have moved, installed new carpet, treated the lawn, etc. it is almost certain to be a result of something that should not be in their food. For now, we can only say read the label. It is time for the FDA to do its job and to insist on plain English identification of all food additives whether for human consumption or in pet foods.

Oprah Winfrey exposed the food industry and our addiction to fake foods in her August 2010 show. As Oprah observed “non-fat foods make you FAT!” While her authoritative guests did not go in depth on additives, the message was clear. Today’s food supply can be downright harmful to your health.

It would be wise for pet food companies to rethink what they are adding to their products. The cat is out of the bag. This information will be read by a quarter-million pet owners this month. It is going to become harder to market pet food contaminated by unneeded, unwanted, and potentially dangerous ingredients!

## **NEWS, BRAGS, ETC**

**None received**

## **Birthday Celebration of Newfoundlands that have reached 7 or more years**

Hi everyone, I thought I had read about some of our Newfoundlands celebrating their Birthday which was 7 years or older, but I did not get anything for the Newsletter and unfortunately could not find what I thought I saw on Facebook. If anyone knows of a Newf in our club that is celebrating their 7<sup>th</sup> Birthday this year please let me know. I think our breed is very special, but there are times that some do not make 7 years due to unforeseen issues. I appreciate your help with this, I make a big deal out of every birthday my guys have because they give us so much and don't ask for anything in return except our love.

None received

Did not receive any info about this for this Newsletter.

### **Our River King Newfoundland Club Facebook Page:**

I have been adding pictures to our Facebook page. I will be adding more pictures from past events as time allows. Do you have something that you would like to share with the club? Send to Cassie or Me.

My desire is to show everyone what a phenomenal Newfoundland Club that we are. *If you have anything that can help promote how great our club is, please send it to me.*

### **This edition of Newf Tails**

Thanks to everyone who sent me information. It sure helped me with getting this edition out the door to you.

I am very appreciative of any thing that you send me; please keep it up.

Gus remains in rescue. Kim and Jim DeSutter fostered Gus for the first few weeks. The DeSutter's provided training, evaluation and needed veterinarian care. Gus has since been transferred to Ashley Krejci for fostering. Ashley, a former RKNC member, lives in the St. Louis area. Ashley is working intensely with Gus to ensure that he will be adoptable and placed into the correct home. Gus has some personality traits that would make him unsuitable in certain situations.

Many of our rescued Newfoundlands come from difficult situations. Whether they were deprived of veterinarian care, basic needs like food and shelter, love, proper socialization or training, a Newf that comes in to rescue has had a very different life than our own beloved pets. Foster homes play a huge part in taking the rescued Newf and getting it to the level where the dog can be adopted into it's forever home. A very special thanks to Kim and Jim DeSutter and Ashley Krejci for your help with Gus

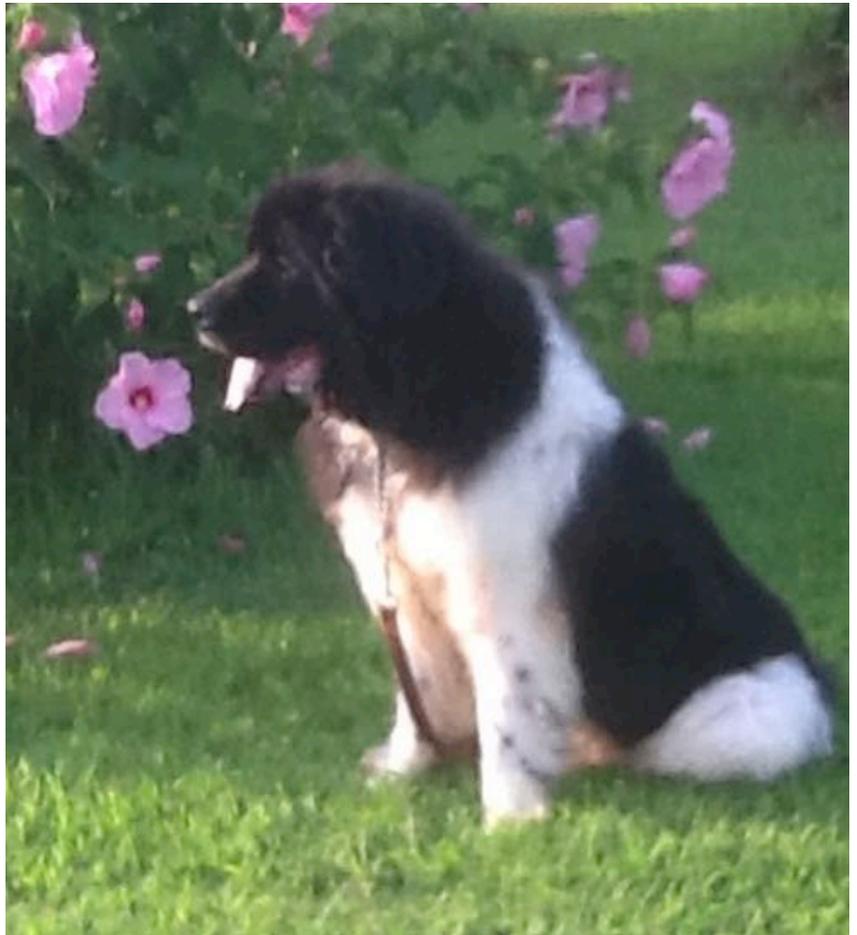
Please see the picture of Misha in this newsletter. Misha was adopted through River King Rescue in August 2016 and lives in up-state New York. Misha is a very lucky dog in that she is quite loved and even gets to go on vacation with her family! Misha was fostered by Rita and Dave Jacobs.

On a sadder note. I received word that three of our past rescued Newfs had passed away recently. River King sends deepest sympathy to their owners on their loss but also thank you for adopting and loving your adopted family member. It is great owners like these that make rescue worth it's while.

First there was **Mel** who died in early summer of congestive heart failure. Mel is the dog that is featured on our web site. The *before* picture shows a very heavily matted, dirty Mel then the *after* picture shows a clean shaven, clean smelling, Mel. When Mel was first picked up by Lisa Noel, she named him Smelly Mel because of his condition. Ed and I fostered Mel for six months because of his medical needs but then he was adopted into a loving home where he lived for the rest of his life.

I was also notified that **Jake** died in June. Jake was adopted in June 2013 and lived a lovely life with his owners. Jake is another dog that took vacations with his family.

Terry and Sarah Powley wrote me that their rescue dog, **Willow**, died recently. Willow was adopted through River King when Lisa Noel was rescue chair. Willow was a very sweet dog and big sister to **Ernie** who the Powley's also adopted through rescue. Unfortunately, the Powley's have lost both of their rescued Newfs this year. The Powley's have been huge supporters of Newfoundland rescue. They sent a generous donation to River King Newfoundland rescue in Willow's memory. Thank you Terry and Sarah. You are very appreciated!



A shout out to Rita and Dave Jacobs for hosting a garage sale and sales of crocheted items that benefitted River King Newfoundland rescue and raised \$700! Rita gives credit to a long list of people who assisted in some way to achieve this goal. The following is a list of people who donated time, space, items, or money for this event.

- Lana Tauben (RKNC member)
- Carl and Cecelia Blomquist (Rita's parents)
- Laura Campbell (Rita's niece)
- Annette Kao (Rita's sis)
- Cathy Wiles
- The Metz family
- Lea Ann Watson.

## Help Make Your Newsletter Valuable

This newsletter is all about RKNC, of course, and RKNC is nothing if not its members, so please help make this newsletter all it can be by sending in your news, updates, brags, notices, photos, and everything else Newf- related (short of classified ads.)

If you have a lot of photos from a recent RKNC event, please consider creating a slideshow on a free photo- sharing site (such as PhotoBucket). The newsletter will publish a photo or two from your collection along with a link to the entire set of images; this way, the size of the newsletter can be kept manageable for emailing. (Photos, even web-resolution JPGS, consume a lot of file space and computer memory, and 'compressing' the newsletter PDF file compromises the quality of the entire document.)

The newsletter is currently published bi-monthly, and as a helpful reminder here are the current schedule and submission deadlines:

Issue	Estimated Publication	Submission Deadline
Jan-Feb	Feb 28	Feb 18
Mar-Apr	Apr 30	Apr 20
May-Jun	Jun 30	Jun 20
Jul-Aug	Aug 30	Aug 20
<b>Sep-Oct</b>	<b>Oct 30</b>	<b>Oct 20</b>
Nov-Dec	Dec 30	Dec 20

This schedule will make the newsletter “summary” in nature, being published at the **end** of each two-month period; this will allow us to include draft test results in the March-April issue, water test results in the July-August issue, specialty results in the Sept-October issue, and obedience trial results in the January-February issue. But that can happen only if results and reports are submitted in a timely manner. And if you’re writing something for this newsletter, please keep in mind the relationship between what you’re writing about and when the newsletter will be published. THANK YOU for your support of the RKNC newsletter!

*A special request from me to the members, during the entire year several things happen which should not have happened and would be fun to share with our membership, please if possible grab a picture of it on your phone and please send it to me with a short description about who and what I would appreciate it.*