

# NEWF TAILS

The Newsletter of the  
RIVER KING NEWFOUNDLAND CLUB



## Sept-October 2017 President's Message

Well another Obedience/Rally Trial and Regional are in the books, I want to thank everyone for all their help and support in putting on these two successful events. Congratulations to all that participated, it is an honor to be able to participate in these events with our versatile Newfoundlands. Sometimes we get caught up in "winning" or "qualifying" but the reality is that bringing a Newf into our family and sharing our lives with them, training them and watching them grow into the majestic animals that they are is the "real" prize that we need to honor and cherish.

Just a couple of reminders:

River King will be participating in the St. Louis Thanksgiving Day Parade; as soon as information is available it will be forwarded out to the membership.

Dues were due as of October 1, 2017 for the 2018-year. If you have not paid your dues already it's not too late a renewal form can be found in this newsletter.

Hoping everyone is having a wonderful fall, take care and give your Newfies a hug and kiss.

Cassie Iken

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## 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:**

So as bad as I want to admit it, the end of the year is almost upon us. If you are like me, where did it go, the water practice, the water trials, the Obedience Trials, the Regionals, our summer get together oh how I hate to see them go. I feel I have been robbed of most of my fun, but without the cold, the snow, the dreary weather, we would not realize how beautiful it is to see the spring weather, flowers, grass, and trees in bloom. Are we not lucky to have the beautiful patterns through out the year, say yes if you agree, come on say it louder "Yesssss!!!!!!!"

### **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
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*
- *The 2017 RKNC Obedience Trials at Westin Kennels*
- *The 2017 RKNC Regionals in Springfield*
- *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 (updated).*
  - *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, I am so Thankful.*



**River King Newfoundland Club**

## The RKNC Obedience Trials at Westin Kennels in Wentzville, Missouri on October 7-8, 2017

It was another successful obedience trials and this year a picture was taken of our club members who worked to make the trials a success, please join me and saying thanks to all of those who donated your time for the club to demonstrate what a great club we are.



Thanks to Bob & Pat Owens, Linda Manley, Chris & Jennifer Jones with Chip, Sylvia Steiling and Mark & Cassie Iken. All were wearing Cassie's latest Halloween Design Shirts. Are they or they not some of the sweetest people we have representing us. A special thanks from me, missed being with you guys.

## **RKNC 2017 Regionals in Springfield, IL:**

Regional Results (RKNC Members only listed)

### **Sweeps-Saturday, October 21, 2017**

#### **15 months and under 18 months Dogs**

2 – Woodside’s Somewhere on a Beach with Shadrach, “Cruz” owned by Mark and Cassie Iken.

#### **6 months and under 9 months Bitches**

1/BOSSW – Castanewfs Now Playn Shorepath, “Sammy”, owned by Dona Baker-Austin

#### **Veteran Sweeps 8 years and under 9 years Bitches**

1/BOSVSW GCH Longcreek’s Here for the Party, BN, RE, ”Party” owned by Sue Zientara

### **Regular Classes – Saturday, October 21, 2017**

#### **12 months and under 18 months Dogs**

2 – Woodside’s Somewhere on a Beach with Shadrach, “Cruz” owned by Mark and Cassie Iken.

#### **Bred by Exhibitor**

1/R Shadrach’s Make My Day, “Harry” owned by Mark & Kim Wankle / Steve & Jean McAdams

2 – Woodside’s Blaze of Hananiah “Blaze” owned by Heather Woodside

3 – Shorepath’s Take a Stroll, co-owned by Dona Baker-Austin

#### **Open Black Dogs**

1 – Cobar’s Paradise by the C, “Cole”, co-owned by Rick & Cathy Hartke

#### **6 months & under 9 months Bitches**

1 - Castanewfs Now Playn Shorepath, “Sammy”, owned by Dona Baker-Austin

#### **Open Black Bitches**

1/W/BOW/AOM Longship’s Up a Longcreek with a Paddle, “Paddle” owned by Sue Zientara

5 point Major/New Champion

#### **Best of Breed**

AOM Woodside’s Moon Goddess, CD, “Phobe”, owned by John & Denita Jackman

## **Sweeps – Sunday, October 22, 2017**

### **15 months and under 18 months Dogs**

2 – Woodside's Somewhere on a Beach with Shadrach, "Cruz" owned by Mark and Cassie Iken.

### **6 months & under 9 months Bitches**

2 - Castanewfs Now Playn Shorepath, "Sammy", owned by Dona Baker-Austin

### **Veteran Sweeps 7 years and under 8 years Dogs**

1 – GCH Longship Sails with Shadrack, "Sailor" owned by Steve & Jean McAdams

### **Veteran Sweeps 8 years and under 9 years Bitches**

1/BOSVSW GCH Longcreek's Here for the Party, BN, RE, "Party" owned by Sue Zientara

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**Congratulations Sue Cazel Zientara with Paddles**



**Congratulations Dona Baker-Austin and Sammie  
Sammie at home resting for the big show, it he not handsome**



Pictures from the past, do you remember, I love looking back and seeing where we have come from, and get excited about what our future can hold for us. Enjoy!!



From conception to an idea that is starting to take place



RKNC's fantastic Eight, it is coming into place, Encore, Java, Samson, Julie, Abby, Nitro, please help me out who is the #5 and #6 dog, having a senior moment and forgot.



Mark and Cruz on August 29, 2016



**Mark with Cruz at 16 months and a lean 120 pounds. Mr. Cruz you are growing up so fast and are such a handsome young man.**

Every man has a Daddy's Girl, they think we need a lot of taking care of and are typically right.



Mark snuggling with Cami



My Daddy's Girl who has grownup to be a fantastic Lady with a newborn son, Jayden



**My new little nurse joined our family, Miss Julie**



**Miss Julie is a Daddy's Girl and Nurse checks me over every day and night.**

# 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 could 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 fleabites 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 ([Updated this issue 10/24/17](#)) [source of this information is from the AKC.org website on nutrition.](#)

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.

Read below to find out which fruits and vegetables are OK for sharing in moderation and which should be avoided.

### Fruits & Vegetables



**Apples** Yes, dogs can eat apples. 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. [Read More](#)



**Asparagus** No, dogs shouldn't eat asparagus. While asparagus isn't necessarily unsafe for dogs, there's really no point in giving it to them. It's too tough to be eaten raw, and by the time you cook it down so it's soft enough for dogs to eat, asparagus loses the nutrients it contains. If you really want to share a veggie, something more beneficial is probably best. [Read More](#)



**Avocado** No, dogs should not eat avocado. While avocado may be a healthy snack for dog owners, it should not be given to dogs at all. The pit, skin, and leaves of avocados contain persin, a toxin that often causes vomiting and diarrhea in dogs. The fleshy inside of the fruit doesn't have as much persin as the rest of the plant, but it is still too much for dogs to handle. [Read More](#)



**Bananas** Yes, dogs can eat bananas. 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. [Read More](#)



**Blueberries** Yes, dogs can eat blueberries. 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. [Read More](#)



**Broccoli** Yes, broccoli is safe for dogs to eat in very small quantities and is best served as an occasional treat. It is high in fiber and vitamin C and low in fat. However, Broccoli florets contain isothiocyanates, which can cause mild-to-potentially-severe gastric irritation in some dogs. Furthermore, broccoli stalks have been known to cause obstruction in the esophagus.

[Read More](#)



**Brussel Sprouts** Yes, dogs can eat Brussels sprouts. Brussels sprouts are loaded with nutrients and antioxidants that are great for humans and dogs, alike. Don't overfeed them to your dog, however, because they can cause lots of gas. [Read More](#)



**Cantaloupe** Yes, cantaloupe is OK for dogs. Cantaloupe is packed with nutrients, low in calories, and a great source of water and fiber. It is, however, high in sugar, so should be shared in moderation, especially for dogs that are overweight or have diabetes. [Read More](#)



**Carrots** Yes, dogs can eat carrots. Carrots are an excellent low-calorie snack that is high in fiber and beta-carotene, which produces vitamin A. plus, crunching on this orange veggie is great for your dog's teeth. [Read More](#)



**Celery** Yes, celery is OK for dogs to eat. In addition to vitamins A, B, and C, this crunchy green snack contains the nutrients needed to promote a healthy heart and even fight cancer. As if that wasn't enough, celery is also known to freshen doggy breath. [Read More](#)



**Cherries** No, dogs shouldn't eat cherries. With the exception of the fleshy part around the seed, cherry plants contain cyanide and are toxic to dogs. Cyanide disrupts cellular oxygen transport, which means that your dog's blood cells can't get enough oxygen. If your dog eats cherries, be on the lookout for dilated pupils, difficulty breathing, and red gums, as these may be signs of cyanide poisoning. [Read More](#)



**Cranberries** Yes, cranberries are OK for dogs to eat. Both cranberries and dried cranberries are safe to feed to dogs in small quantities. Whether your dog will like this tart treat is another question. Either way, moderation is important when feeding cranberries to dogs, as with any treat, as too many cranberries can lead to an upset stomach. [Read More](#)



**Cucumbers** Yes, dogs can eat cucumbers. Cucumbers are especially good for overweight dogs, as they hold little to no carbohydrates, fats, or oils and they can even boost energy levels. They're loaded with vitamins K, C, and B1, as well as potassium, copper, magnesium, and biotin. [Read More](#)



**Grapes** No, dogs should not eat grapes. Grapes and raisins have both proved to be very toxic for dogs no matter the dog's breed, sex, or age. In fact, grapes are so toxic that they can lead to acute sudden kidney failure. Definitely skip this dangerous treat. [Read More](#)



**Green beans** Yes, dogs can eat green beans. Chopped, steamed, raw, or canned — all types of green beans are safe for dogs to eat, as long as they are plain. Green beans are full of important vitamins and minerals and they're also full of fiber and low in calories. [Read More](#)



**Mango** Yes, dogs can eat mangoes. This sweet summer treat is packed with four, yes four different vitamins: vitamins A, B6, C, and E. They also have potassium and both beta-carotene and alpha-carotene. Just remember, as with most fruits, remove the hard pit first, as it contains small amounts of cyanide and can become a choking hazard. [Read More](#)



**Mushrooms** No, dogs should avoid mushrooms. Wild mushrooms can be toxic for dogs. While only 50 to 100 of the 50,000 mushroom species worldwide are known to be toxic, the ones that are can really hurt your dog or even lead to death. Washed mushrooms from the supermarket could be OK, but it's better to be safe than sorry; skip out on the fungi all together. [Read More](#)



**Onions** No, dogs should not eat onions. Onions, leeks, and chives are part of a family of plants called Allium that is poisonous to most pets, especially cats. Eating onions can cause your dog's red blood cells to rupture, and can also cause vomiting, diarrhea, stomach pain, and nausea. Poisoning from onions is more serious in Japanese breeds of dogs such as Akitas and Shiba Inus, but all dogs are very susceptible to it. [Read More](#)



**Oranges** Yes, dogs can eat oranges. Oranges 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. Vets do, however, 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. [Read](#)



**Peaches** Yes, peaches are OK for dogs to eat. Small amounts of cut-up peaches are a great source of fiber and vitamin A, and can even help fight infections, but just like cherries, the pit contains cyanide. As long as you completely cut around the pit first, fresh peaches can be a great summer treat – just not canned peaches, as they usually contain high amounts of sugary syrups. [Read More](#)



**Pears** Yes, dogs can eat pears. Pears are a great snack because they're high in copper, vitamins C and K, and fiber. It's been suggested that eating the fruit can reduce the risk of having a stroke by 50 percent. Just be sure to cut pears into bite-size chunks and remove the pit and seeds first, as the seeds contain traces of cyanide. [Read More](#)



**Peas** Yes, dogs can eat peas. Green peas, specifically: snow peas, sugar snap peas, and garden or English peas are all OK for dogs. Peas have several vitamins, minerals, and are rich in protein and high in fiber. You can feed your dog fresh, frozen, or thawed peas, but do not give him canned peas, which have a lot of added sodium. [Read More](#)



**Pineapple** Yes, pineapples are OK for dogs to eat. 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. [Read More](#)



**Potatoes** Yes, dogs can eat potatoes. It's fine to give your dog plain potatoes every once and a while, but only if they're cooked, as raw potatoes can be rough on the stomach. A washed, peeled, plain boiled, or baked potato contains lots of iron for your dog. Avoid mashed potatoes because they often contain butter, milk, or seasonings. [Read More](#)



**Raspberries** Yes, dogs can eat raspberries. Raspberries are fine in moderation. They contain antioxidants that are great for dogs. They're low in sugar and calories, but high in fiber, manganese, and vitamin C. Raspberries are especially good for senior dogs because they have anti-inflammatory properties, which can help take pain and pressure from joints. However, they do contain slight amounts of the toxin Xylitol, so limit your dog to less than a cup of raspberries at a time. [Read More](#)



**Strawberries** Yes, it is OK for dogs to eat strawberries. 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. [Read More](#)



**Sweet potatoes** Yes, dogs can eat sweet potatoes. Sweet potatoes are packed with nutrients, including fiber, beta carotene, and vitamins B-6 and C. Just like with regular potatoes, only give your dog washed, peeled, cooked, and unseasoned sweet potatoes that have cooled down, and definitely avoid sugary sweet potato pies and casseroles. [Read More](#)



**Watermelon** Yes, watermelon is OK for dogs to eat. 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. [Read More](#)



**Spinach** Yes, dogs can eat spinach, but it's not one of the top vegetables you'll want to be sharing with you pup. Spinach is very high in oxalic acid, which blocks the body's ability to absorb calcium and can lead to kidney damage. While your dog would probably have to eat a very large amount of spinach to have this problem, it might be best to go with another vegetable. [Read More](#)

## 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 crossbreeds 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). NIn 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. A quarter-million pet owners will read this information this month. It is going to become harder to market pet food contaminated by unneeded, unwanted, and potentially dangerous ingredients!

Our general meeting and holiday party that occurs in November. A picture from our meeting and party in 2015.



## NEWS, BRAGS, ETC

Darlene and Faith have brag for 2017



Faith earned her Rats Title on February 19, 2017. So now Faith's new Title is Jolly Roger's Leap of Faith, WD, RATS. By the way Faith is the first Newfoundland to win the RATs Title. Way to go Faith and Darlene, we are proud of your accomplishment.

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

Darlene Rattner's Jolly Roger's Leap of Faith, "Faith" turns 7 years old on November 21, 2017. Please join me and send Faith a Birthday Card or Birthday wishes. She is a special Lady who brings us all joy when we watch her work.

## **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.

KC was surrendered on September 28, number of situations in her family's life. turns 2 years old today (10/22/17)! She food and environmental allergies and is Martocchio and Brad Olson agreed to that they wanted to adopt her. I would birthday present ever! KC also has Uno, siblings. Thank you to Joe and Brad. Joe and Brad have been long time supporters of Newfoundland rescue and have adopted many of our special needs dogs. Happy Birthday KC, I cannot think of a better Birthday Present than to placed in your forever home with two fine gentlemen who will take care of you and love you. Special thanks to Brad and Joe for doing this, May your kindness, love and caring be rewarded many times over.



to rescue by her owner due to a She is a very sweet natured girl who had been diagnosed with multiple on very expensive dog food. Joe foster KC and decided immediately say that being adopted was the best a Newf and Mazie a Bernie, as

In the last newsletter, I told you about Terry and Sarah Powley who had lost three of their beloved dogs in a short amount of time due to illnesses. Recently, Terry sent me an email asking me to remember them if RKNR would happen to receive any rescued Newfoundlands into our program as the Powley's greatly missed having dogs in their home. On the same day, Kim DeSutter let me know that two dogs (one Newf and one Newf mix) were in transit to her home and that she would be fostering these dogs for South Central Newfoundland Rescue. These two dogs were in route with their family to Northern Indiana after fleeing the hurricanes in Florida. To make a long story short, I connected the Powley's to Kim and South Central and the Powley's ended up adopting both Walter and Frankie! This was an answer to prayer.

I just spoke with Ashley Krecji who is fostering Gus and Gus is a work in progress. He has a fear of things like the veterinarian, the groomer and stairs. Ashley is using positive training methods to gain Gus's trust and alleviate fears. Thank you to Ashley for her efforts and dedication to our rescued dogs.

None of the above would be possible without the support of our members. A Special thanks to Nancy Long who donated her refunded water test fee to rescue. You are very appreciated!

(The prayer below is from Lynn Snook who adopted Sammy.)

*Loyalty above all else, Except Honor.*

*Please neuter your pets, weird friends and relatives.*

*Lord keep your hand on my shoulder and your hand over my mouth.*

*.... AMEN*

## 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
Sep-Oct	Oct 30	Oct 20
<b>Nov-Dec</b>	<b>Dec 30</b>	<b>Dec 20</b>

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.*