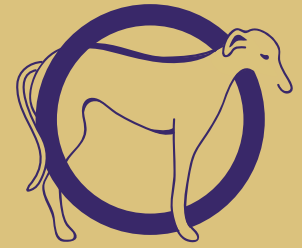


# THE Skinny

on Greyhound Welfare



VOL. 2, EDITION 3, FALL 2010

## Change Equals Continuity

BY DON SPELLMANN & ELIZA CIOCCARI

In this election year, Greyhound Welfare also made major leadership changes, naming a new president and vice-president, and selecting several new team coordinators. But, unlike the controversy on the national stage, the message and motivation of GW's process was continuity and affirmation of our mission and philosophy. Only the faces and personal styles have changed.

Since GW began nine years ago, it has had four presidents and five vice-presidents. The original board members and officers are gone, yet they remain permanent members of our community.

With all of these leadership changes, Greyhound Welfare fundamentally operates much as it always has, as envisioned from inception, as a foster-home-based rescue and placement organization. The original foundational pillars remain: knowing our hounds, introducing our hounds to the public, educating the public about greyhounds, screening and training our adopters, providing lifetime follow up and support, and building a strong regional greyhound community.

Our community is largely self-supporting and self-sustaining. Our adopters provide a strong and stable base. They build local bonds through our open houses, regional ties through our walks and picnics, and connect virtually through GWAdopters. They also provide a fresh and steady flow of volunteers (most were adopters). Reflecting this regenerative process, our current leadership all adopted from Greyhound Welfare in the formative years. And, like other adopters from our early (and even later) years, some of us now have mourned the loss of our first hounds.

Greyhound Welfare also has been enriched by the infusion of volunteers who do not have greyhounds, or who came with their hounds from

other groups or other states. Each has shared their own knowledge, experiences and ideas.

Our dedicated volunteers keep our rescue and placement operations up and running every day. Hardly a moment passes without volunteers planning a haul, lining up foster homes, bathing or medicating hounds, attending open houses, receiving new applications or phone inquiries, scheduling and conducting phone screens, home visits and reference checks, making follow-up calls, helping adopters with training or behavioral problems, updating spreadsheets, writing checks, picking up the mail. All of these actions are essential. The small tasks are no less crucial than the large tasks to accomplishing our mission. We are successful and effective because of your dedication and commitment, and for your collaborative and cooperative efforts.

Greyhound Welfare networks and collaborates with adoption kennels and placement groups across the country to accomplish our common mission of providing permanent loving homes for retired racing greyhounds. Northward, we provided second chances to greyhounds in peril in New York. In Massachusetts, we teamed up with Greyhound Options to preserve the foster operations we started in Boston. For years, we brought in retired hounds from tracks in New Hampshire, and then Massachusetts and Connecticut. We welcomed seniors in need from a rescue group in Kansas. We reached out to farms and kennels in West Virginia with hounds longing for permanent homes. Southward, we joined with other groups to respond to

## in this edition

SENSITIVE TUMMIES . . . . .	PG 2
GREY T BITES . . . . .	PG 3
Pumpkin Peanut Butter Treats	
RECENT EVENT HIGHLIGHTS . . . . .	PG 4
TRAINING CORNER . . . . .	PG 5
Teaching Recall Without Going Hoarse!	
ANNUAL PICNIC PHOTOS . . . . .	PG 6
PHOTO CONTEST . . . . .	PG 8
Giving Thanks	

pleas for help from Florida and Texas, with financial contributions and extra hauls, particularly for the many broken-leg dogs in Daytona and the crowding conditions in the Florida panhandle. Greyhounds in need of forever homes, and the groups like us that rescue and place them, know no boundaries.

Greyhound Welfare and its volunteers and adopters have much to be proud of and thankful for this holiday season. Each of you played an important part in enriching the lives of one-thousand greyhounds and their adoptive families over the past nine years. Thank you for all that you do for the hounds and Greyhound Welfare, and for making our greyhound community so special. ■



Our walking group at Great Falls Park (photo courtesy of Sylvan Stormberg)

## Sensitive Tummies

BY COLLEEN MORITH

I adopted my first greyhound in 2005 and began my adventure with the sensitive stomachs of the breed. While not all greyhounds have sensitive stomachs, more than a few do so I hope these tricks I have picked up with my dogs and foster dogs help. In the wonderful world of greyhounds, you will find yourself analyzing and discussing poop openly with other greyhound owners. I know everyone is nodding and laughing because it's true!

### Diarrhea

Almost all greyhounds go through a battle with diarrhea at some point. I have woken up to explosive poop in the crate and come home to poop in the crate or somewhere in the house. I don't react in any way when I find these messes, I simply clean it up and start the dog on a bland diet. More often than not, I cannot find a specific culprit for the onset of diarrhea; it can be stress, something they ate, worms or any other weird thing. So you come home to a diarrhea mess or maybe your dog has a bad poop on a walk. What do you do?

This is what I always do when a dog presents with diarrhea.

1. One of our favorite tricks is to give the dog two Metamucil wafers, then fast the dog for at least one meal (no kibble, no snacks, only water) to allow his gut to rest. Do keep him hydrated at all times – diarrhea can quickly cause dehydration. If your dog tends not to drink a lot, you can make his/her water more appetizing by putting an additive such as milk or no-sodium broth in it.
2. After the skipped meal, the next one is a bland diet. **Bland diet** is boiled chicken or hamburger with cooked rice or cooked potatoes. My go-to bland diet is boiled chicken breasts with white rice. Boiled eggs are another good source of bland protein. In general, you'll want to start with about 2 cups of rice/mashed potatoes and ¼ - ½ cup of your protein source.
3. Slowly reintroduce the kibble over at least three days time.
4. Often this is all you need to fix up a diarrhea problem, though persistent diarrhea will require a vet visit.
5. I also will sometimes give Metamucil wafers to the dog as the bedtime snack during the fasting stage or even while on the bland diet to help to continue to firm things up.

If the diarrhea continues after doing this, you may have a dog who needs more fiber, has a problem with the current kibble or has some sort of intestinal bug (bacteria, worm or other parasite).

### Finding the food that works

I pick each bag of kibble based on the basics required for greyhound health. "Greyhounds for Dummies" has a nice page that explains the dietary needs of the more heavily muscled greyhound (pages 150-156). The food must contain mostly animal protein product, which means meat, poultry, fish etc. must be listed in the beginning of the ingredients list in front of corn, rice, barley, etc.

When dealing with a dog that seems to have digestion issues, it is easiest to narrow down good foods by picking a kibble with one main protein source, for example lamb and rice, or red meat in a grain free kibble, rather than an ambiguous so called "adult formula" which may have chicken, fish and beef mixed together. I have no problem walking into a food store and engaging the owner in a long discussion about the foods they carry and reading each label. If you are in a situation where you need to really

*story continues on page 3*

### Greyhound Welfare Board of Directors

Don Spellmann  
CHAIR

Eliza Cioccarì  
SECRETARY

Rikki Tate  
TREASURER

Jen Boyd-Morin  
DIRECTOR

### Officers/Coordinators

Don Spellmann  
PRESIDENT

Eliza Cioccarì  
VICE PRESIDENT

Colleen Morith & Alana Groshong  
FOSTER COORDINATORS

Rikki Tate  
ADOPTION COORDINATOR

Jenny Glenn  
EVENT COORDINATOR

Nichole Zurgable  
SCREENING COORDINATOR

Cynthia Wilber  
TRAINING TEAM COORDINATOR

Ryan Hansen  
FOLLOW-UP COORDINATOR

Beverly Larison  
MEDICAL COORDINATOR

Nichole Zurgable  
VOLUNTEER COORDINATOR

*The Skinny on Greyhound Welfare is a publication of Greyhound Welfare.*

**Greyhound Welfare** is a greyhound rescue and placement group serving the metropolitan Washington D.C area (Maryland, Virginia and DC). Greyhound Welfare is a 100% foster home group, which means that all our greyhounds live in real homes until they are placed. This helps us teach the dogs about their new world, and learn more about the individual dogs. Knowing our dogs well helps us greatly with our placement success.

### Newsletter Staff

Tina Carlsen, MANAGING EDITOR

Paige Davis, GRAPHIC DESIGNER

Brenda Currin, WRITER

Additional contributions by  
GW adopters and friends.

*To submit story and photo ideas, please send an email to [twostickdogs@verizon.net](mailto:twostickdogs@verizon.net)*

*Sensitive Tummys, continued from page 2*

search food options, the smaller specialty food stores have more knowledgeable staff than the big box stores and usually do not have specific food salesmen wandering their aisles. I also find it helpful to stick with one store because they track your purchases so you know what kibble you have tried.

When finding the right kibble for your dog, it is important to go slow and not switch foods often. I always try a new food for a full cycle of a 30-40 lbs bag, which is almost a month. If it isn't working, I will buy a different protein source and slowly introduce the new food. It may be useful to go to the bland diet for a short time while switching kibble.

In my personal dog's case, his stomach seems to get bored of a food after three to six months and he gets diarrhea. I then have to find a new food, or more accurately, I rotate between two proteins (duck and fish) using a grain-free kibble. My other greyhound is one with a firm stomach and she can handle whatever switch we need to make for my sensitive tummy guy.

Hopefully you don't find yourself in a situation where you know all the various proteins and

brands of kibble out there, but if you do, take heart — you can systematically find a good food for your hound's digestion and keep your sanity.

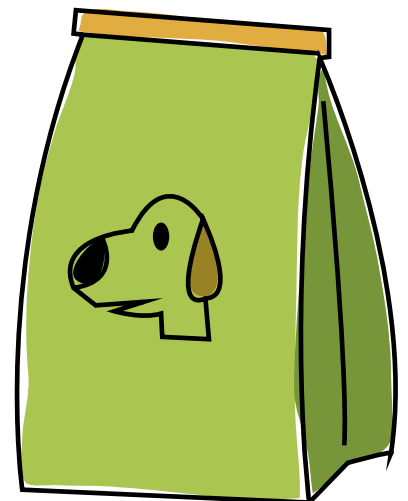
**Food additives**

Here are a few things people will add to their dog's kibble to help firm up poop.

1. Canned pumpkin – a tablespoon with each meal should fix up a minor problem. Cooked sweet potatoes are another good option – lots of fiber and most dogs love the sweet taste. Be careful not to use too much of either because it can cause diarrhea.
2. Metamucil – shake in a tablespoon on top of the kibble each meal.
3. Yogurt with active cultures – same as canned pumpkin. Be careful not to use too much as some dogs are also lactose intolerant and the yogurt could exacerbate the problem. If you find your dog cannot tolerate yogurt, you may want to use simple acidophilus tablets, available in the health food section of most stores.

4. Beet Pulp – shake a little on top of the kibble. This is available in farm stores and only comes in large containers. Same caveat as pumpkin and Metamucil – too much fiber can cause loose stools.

Obviously, the key when using any supplement is moderation. Start off with a little and increase if you are not seeing results. Be careful not to cross the fine line of too much, however. If these stand-bys don't work or your dog has diarrhea for more than a few days, a vet visit is in order. ■



**Greyt Bites**

BY TINA CARLSEN

**Pumpkin Peanut Butter Treats**

*Fall is the season for pumpkin pies and other goodies. Don't let your greys be left out of this seasonal tradition.*

**Ingredients**

- 2 1/2 cups whole wheat flour
- 2 eggs
- 1/2 cup canned pumpkin
- 2 tablespoons peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

1. Preheat oven to 350 degrees F (175 degrees C).
2. Whisk together the flour, eggs, pumpkin, peanut butter, salt and cinnamon in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces.
3. Bake in preheated oven until hard, about 40 minutes.

*Makes about 25 treats.*

## Recent Event Highlights

After a busy and fun summer and fall, chock full of greyhound events around the DC region, the Special Events Committee is gearing up for our winter events!

We wanted to share a few highlights from the most recent events:

**Woodrow Wilson Half Marathon Celebration at the National Harbor.** Barkley Square, in Del Ray, Va., invited Greyhound Welfare to take part in the celebration at the conclusion of the half marathon. Plenty of runners came over after the race to commiserate with our retired racers. The dogs received a lot of attention and we answered many questions with a few people indicating they were going to put in applications for adoptions.

**Doggie Happy Hours at Barkley Square.** Greyhound Welfare teamed up with Barkley Square over the summer for two of Del Ray's "First Thursday" street festivals. With plenty of dog-themed beer and wine and Barkley Square's beautiful patio and decadent dog treats we were able to raise more than \$600, show off the greys and speak with members of the community. Half of the funds raised were sent to support the greyhounds rescued from the hoarding situation in Ft. Worth, Texas, and the other half were contributed to the Daytona track repair efforts. Thank you to all the members of the Greyhound



A runner stops to admire a retired racer at our tent at the Woodrow Wilson Half Marathon (photo courtesy of Sylvan Stormberg)

Welfare community for the company and the contributions! We plan to continue working with Barkley Square and continue to host Greyhound Happy Hours during First Thursday celebrations throughout the spring and summer of 2011.

**DC Greyhound Walks.** The Special Events Committee has set a goal to hold a group greyhound walk once every month while the weather is tolerable (so no guarantees for January and February) to raise awareness about our wonderful companions just by taking a morning constitutional. We started working toward this goal in June with a group walk through Embassy Row and the National Cathedral but were quickly sidelined by record breaking temperatures. However, we quickly picked back up again in September with a gorgeous walk around the National Monuments. As usual, the greyhounds attracted so much attention along the way! In October we walked around Teddy Roosevelt Island, and our most recent walk was at Great Falls Park in November. We will typically meet on the second Saturday of each month at approximately 9 a.m. and plan for a walk which lasts about 45 minutes to an hour. Check out the events calendar on the Greyhound Welfare website and the Facebook page for information and come walk with us! We are always looking for new locations around the DC metro area, preferably a park or populated area downtown where we can show off our beautiful greys! Please help keep our walks going by sending your walk ideas and potential locations to [events@greyhoundwelfare.org](mailto:events@greyhoundwelfare.org).

**"Every Dog Has Its Day" Gala and Art Exhibit.** The Special Events Committee has also been working to combine our educational and fundraising efforts with the efforts and events within the arts community in the DC metro area. Not only are we happy to regularly host meet and greets at the Torpedo Art Center in Old Town, Va., but we were also invited by VSA, DC, the International Organization for Arts and Disability, to participate in the "Every Dog has its Day" art exhibit and opening night gala.



Two of the many greys we showed off at our meet and greet at the Torpedo Factory (photo courtesy of Cody Williams)

VSA, DC contributors and members of the community commissioned paintings by young artists living in the DC metro area living with Autism to raise awareness and highlight the extraordinary talent of these young artists. Greyhounds Ollie, Laddie and Stella wowed the audiences with their cocktail attire while Special Events Committee members Emily Cole, Kristyn Wilcox and Jill Shohet spoke to people in attendance about our greyhounds and volunteering with GW.

We will continue to work with VSA, DC on their upcoming events and will also be hosting meet and greets at the Torpedo Factory Art Center over the winter, so keep an eye on the calendar and bring your hound or foster out to visit us!

**Invitation to the GW community:** As always, the Special Events Committee invites the members of Greyhound Welfare to share your ideas with us. If you have a special location in mind for an event, greyhound happy hour, DC Greyhound Walk (including all metro areas), or something completely new - please contact us at [events@greyhoundwelfare.org](mailto:events@greyhoundwelfare.org). ■

CORNER

BY ALANA GROSHONG

**axel. Axel! AXEL!:  
Teaching Recall  
Without Going Hoarse**

I remember that moment of terror I had when standing in the middle of the practice ring at our basic obedience class. Axel was standing on the far side, held by an instructor, awaiting the beginning of the exercise. Our nemesis, another instructor, was crouched between us. In her hands was a bright purple Kong Wubba.

I knew I didn't stand a chance of Axel reaching me with such a fantastic prize presented along the way. My open house, stuffie-stealing boy was true to form. "Axel!", I called. His leash was dropped, he looked me in the eye, then proceeded straight for the Wubba, proving that greyhounds are as quick to play as they are to run, catching even the instructor by surprise. Since this activity was well into our course, I knew I should know better. Yet, there I was, desperately trying to distract Axel from his favorite toy ever by saying "Axel! Axel! Axel!" to no avail.

Recall does not need to be an activity fraught with desperation and disappointment! If you hear yourself calling your greyhound's name repeatedly in desperation, consider doing this exercise with a command such as *come* or *here*. Like our work on *stay*, the complexity of this exercise increases with distance, time, and distraction/obstruction. The reward when working on recall should be one of the highest value rewards that you can provide your greyhound, treat or toy.

Ask your greyhound to remain still in a down. Wait for them to be still but attentive. If your greyhound has difficulty with a *down/wait*, have someone hold your greyhound's leash. Your starting point for recall should only be a few steps away. Use a happy, upbeat voice and praise profusely when your greyhound approaches you after you give the recall command. Continue to work on distance before adding any distractions. Distractions include physical obstructions, other people present,



Axel Foley enjoys playing outdoors, but as it gets colder and walks become shorter, his mom turns to indoor games like Hide and Seek. (photo by Alana Groshong)

and placement of mid-value (avoid high value) rewards in the recall path. Location is another level of complexity. Moving from in your house to your yard can be challenge enough for some dogs. Thought about if your dog would heed a recall in at a busy open house? It's possible, but it's a difficult task that takes considerable concentration and partnership to be completely successful! If your greyhound is a bit bouncy on recall, consider adding a sit or down when they reach you.

**Recall Game: Hide and Seek**

As the colder weather sets in and walks become shorter, it is important to increase mental exercise indoors. By far, Axel and Abbey's favorite game is hide and seek which combines *stay/recall* commands with the reward of engaging their hunting instinct. Start with your greyhound in a *down/stay* position wherever they are most comfortable.

Start with a basic recall and begin to add the complexity of distance (which often means out of sight in our homes). Step into the next room but remain easily reachable at first. Call your greyhound to you either by name or *come*. Treat and praise when your greyhound finds you. Wait until your greyhound is coming to you consistently before adding any further distance or obstructions at any stage. If your greyhound gets disoriented while searching for you, resist the urge to repeat the recall and instead use tongue clicks or soft claps to reorient them to your position.

Ways to add complexity are: stand/crouch near furniture to obstruct you, stand behind an open door, start to close the door for the room you hide in, turn off the lights, or move between floors. ■

## Greyhound Welfare 8th Annual Picnic, Fall 2010



## Greyhound Welfare 8th Annual Picnic, Fall 2010

---



## Fall 2010 Photo Contest Winners: Giving Thanks

Thanks to everyone who emailed or posted photos as part of our photo contest. For all of the photo contest entries, visit Yahoo! Groups GW Adopter site. Look in the photos folder, *Newsletter Fall 2010*. Get out those cameras and watch your email for announcements about upcoming photo contests!



**Winner:** Jazzy (photo courtesy of David E.)  
*We are thankful that Jazzy has leaped into our hearts and for her love of travel, nature, and her new family!*



**Winner:** Abby (photo courtesy of Kimberly Grantham)  
*I'm thankful every day that I have this beautiful girl in my life. Just seeing this expression of contentment makes me smile.*



**Winner:** Ben (photo courtesy of Andrea Killmond)  
*I'm thankful for Ben - I've finally found a dog that can keep up with me (and he looks so cute while he's at it, too!).*



**Winner:** Me Too (photo courtesy of Alyce McKelvy)  
*This marvelous companion has introduced me to some wonderful people whom I wouldn't have met otherwise. He motivates his people to stay active with frequent walks and is known by name throughout our neighborhood. He makes fostering enjoyable for both the new hounds and for us. We can't imagine life without him!!*



## Fall 2010 Photo Contest Outtakes



Howie (photo courtesy of Rikki Tate)  
*I am thankful that Howie is with us after his 5th birthday since he shouldn't have made it past 3 years old!*



Boo (photo courtesy of Nichole Zurgable)  
*We are thankful for this little girl because she has brought us joy in such a trying time.*



Dr. Finian (photo courtesy of Mary DeLapp-Snyder)  
*I am grateful for Dr. Finian because he was able to heal our broken hearts when Anna passed away. He is also able to engage my husband in his training in a way no other pet has ever done. The challenge of gaining the confidence of a very cautious soul develops into a very special bond.*



Marley (photo courtesy of Connie B.)  
*I want to thank Marley for socializing me and for having the opportunity to meet all those wonderful greyhound people.*