

# Newfie News



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## Both You and Your Newf Feel the Effects of Daylight Savings Time

Daylight savings time ends November 1 this year, as we turned the clocks back one hour on October 31. The extra hour of sleep was welcomed, but the "shorter" days, with sunsets happening an hour earlier, is a sad occasion for many as the afternoon fall hours fade quickly now into darkness.

Americans have been fiddling with the clocks for over a century, since Daylight Savings Time was introduced in 1918. And, we're still grappling with the affects a hundred years later. If you are like most people, it takes you a few days to adjust to the new daylight schedule, whether the clocks are turned back or ahead. You may notice that your Newf needs a couple of days to adjust to the new schedule as well.



Dogs thrive on consistency and routine, and that is largely set by their owner. You know exactly when it's time for your Newf to get fed, go potty or for a walk, and your Newf learns that routine as well. Dogs are also in tune with their own biological clock, or circadian rhythm, that tells them when to eat, sleep, and potty. Changing that schedule by an hour can be confusing for the dog and you may be woken an hour earlier than you'd like following the clock "turn back," as your Newf is still on Daylight Savings Time. Puppies and older dogs may especially be affected.

Many dogs have a set potty time first thing in the morning. They may not be able to wait an extra hour and, hopefully, let you know about it (as opposed to the alternative "accident"). It may take a few days for your Newf to adjust to the "new" potty schedule with the hour difference. To ease the change, you could gradually change the increments by 15 or 20 minutes, and be back on schedule within 3 or 4 days.

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## Who's at TNP?



**Azi** arrived at TNP last month due to owner surrender. TNP is finishing eye exams on this sweet 4-year-old Newf and have already identified a new home for her once she is medically cleared.

TNP took in three French Bulldogs in October. One remains at TNP to address some eye concerns and cleft lip. The other two (pictured) are in their foster home.



That Newfoundland Place has received many, many requests for help with food - dog and cat - both locally in Connecticut and other locations. If you need assistance, please reach out to TNP: Cathy Derench 860-465-6839.

## Recently Adopted

**Peaches** finally arrived at her forever home with Laura & Craig Ogden in Ridge, NY on October 4. Peaches, 3, had a tumultuous start to life in a puppy mill and several homes. She had ACL surgery on both legs in March and April with very caring owners but due to family hardship, she was released to TNP. Now, bright days are ahead for Peaches.

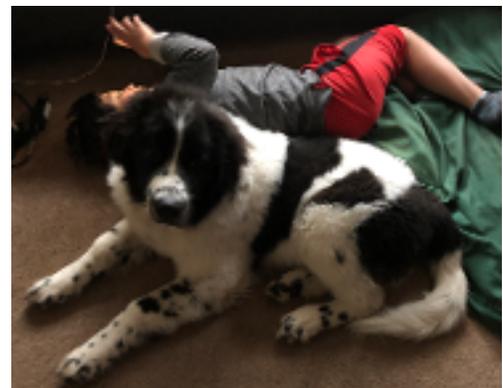


Peaches is settling in nicely with Laura & Craig, but is still finding her comfort zone. "She's always close by," Laura said, "but is getting more comfortable where she will find her own spot." Peaches has a large fenced in property to explore with chickens and neighboring horses. She's

venturing out further every day.

Earlier this year Laura & Craig lost their two Newfoundlands, Deja, 8, and Sasha, 11 ½. They are thrilled to have another Newf in their lives. "Peaches is so sweet," Laura said.

There are a few noises and items that trigger Peaches, but Laura & Craig are patient and try to avoid any unsettling situations. "We want to do whatever we can to make up for the years she suffered and give her the life she deserves," Laura said.



**Wick** is beginning to show his puppy side with Thao, Todd, Jonathan & Amelia Green. This 6-month-old Newf was mild mannered when he was adopted last month, but is now more rambunctious and insists that his family play with him in his Avon, CT home. He likes to play fetch and tug-of-war.

Wick's favorite activity is chewing wood. "Todd brings wood in the house in a bag and he thinks that's his treats," Thao said. He's also "extremely well trained and very well behaved," according to Thao and Todd.

Wick is the only pet in the home and it has been about 10 years since the family lost their Newf Emma at a young age. Hopefully Wick will provide years of happiness to come.

## Expert Excerpts

*With Dr. Lauren Flanagan of  
Pepperell (MA) Veterinary Hospital*

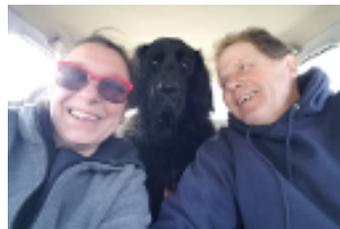
We all are aware of the weight problems in our modern society. Our pets are not immune to the issue. A recent study of dogs in the US reports that 40% of dogs over 1 year of age are overweight or obese. Overweight is defined as body weight greater than 10% over ideal, while obesity is defined as body weight greater than 20% over ideal. Many factors contribute to obesity, including genetics. Luckily for Newf owners, Newfs do not appear to be genetically predisposed to obesity. Since there are many other factors that contribute, you still must be vigilant with your Newfie to keep him/her in top condition.

Most pet owners do not accurately assess their pet's body condition. Veterinarians often get a surprised reaction from pet owners when the owner is informed their pet is overweight or obese. So how can you tell if your dog is overweight? I suggest both visual and tactile evaluation. Due to their heavy coat, tactile may work better for Newfie evaluation but you should be able to combine the two. Run your hands over your dog. You should not feel excess fat deposits over the hips, spine or tail-head. With a flat palm on your dog's side you shouldn't feel ribs, but you should be able to make out ribs using your fingertips. As you run your hands over your dog's waistline, apply some pressure to compress the coat while you look down over the dog's back. There should be a clear waist, an hour glass shape to their body. Viewing your dog from the side you should see a definite tuck of their abdomen behind the ribs, gently sloping upward toward the hips.

*Next month: What to do if your Newf is overweight*

## TNP Alumni

Inke has been part of Michele Plourde and Jim Haslam's life for just over two years but has already brought them a lifetime of love and joy.



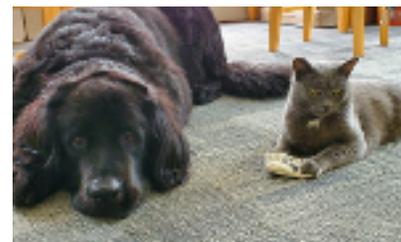
Inke, 8, is Michele and Jim's first Newfoundland. Michele had Labs growing up and Jim had Bulldogs. In fact, their last

Bulldog, George, passed away just a few months before they met Inke. Now, they can't imagine not having a Newfoundland. "She's an absolute doll," Michele said of Inke.

Michele learned of TNP and Cathy 10 years ago through a mutual friend and began following the TNP Facebook page. When Cathy posted a request for a foster family for Inke, Michele responded, despite Inke having a chronic ear infection.

Michele and Jim had dealt with health issues with George and have a great support system and relationship with vets. Michele says it was not much of a stretch to welcome another dog with a health challenge. With medication and holistic care such as acupuncture, the ear infection is being managed. Inke was officially adopted in the past year.

Inke shares her home with her cat brother, Ozzie. Inke lets Michele and Jim know when



Ozzie is ready to come inside by barking and Ozzie opens the door for Inke so she can go out. Fortunately, the yard is fenced and Inke doesn't go further than the porch.

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*Both you and your Newf Feel the Effects of Daylight Savings Time continued from page 1*

Your Newf may also be concerned that breakfast is an hour later than usual when we transition back to Standard Time. Many dogs can wait fairly patiently for a late meal, but others may greet their owner in bed with wet jowls on the sheets or bark them out of a sound sleep. Again, easing your Newf into the new feeding schedule with meals a few minutes earlier each day over the first couple of days can get his or her tummy back on schedule.

Dogs' medication schedules are also highly scheduled, and while taking medication with an hour's difference is not harmful in most instances, check with your vet about how to adjust to the time change.

The same principals hold true in the spring when Daylight Savings Time begins. Your Newf's routine is moved up an hour. You may notice that the day after the clocks are moved ahead, your dog isn't hungry when you get up (although most dogs won't refuse getting fed an hour early!) or doesn't need to go potty quite yet. They may even still be sleeping when you jump out of bed an hour earlier than they are used to. To get ahead of the change, gradually alter the feeding a potty schedules in the days leading up to and just after "springing ahead" so the hour change is virtually unnoticeable.

Overall, dogs are resilient and adaptable and can adjust to the time difference in a couple of days without any problems. But it's important to pay extra attention to your Newf's needs and behavior during the transition. Having to wait an extra hour to relieve themselves, eat, or go for a walk can be stressful to some dogs. Increased understanding and comfort can ease their concerns.

Sources and additional resources on the effects of daylight savings time on dogs:

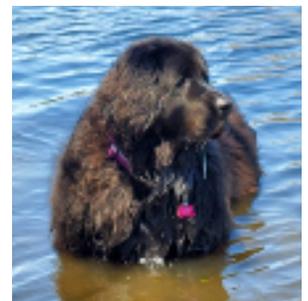
<https://dogtime.com/dog-health/dog-behavior/74369-start-daylight-saving-time-dog>

<https://www.dogster.com/lifestyle/adjusting-your-clock-for-daylight-savings-may-mess-with-your-dogs-head>

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*TNP Alumni "Inke" from continued from page 3*

Like most Newfs, Inke loves people and children. She also loves to go for car rides and bark out the window, play "find it" with small treats at Michele's mom's house, go to the farm stand to pick out her food (Michele cooks Inke's meals due to food allergies), and sit on the deck to survey the neighborhood.



This summer, Inke learned a new trick. She had been going to the Presumscot River near her home in Gorham, Maine, but preferred wading. One Friday afternoon, Inke got in the water with Michele and Jim and began swimming. "It was so cool to see her swim," Michele said.



Michele and Jim are Inke's third family. Her Last family surrender her due to health issues, but has remained in Inke's life. They visited Inke in summer 2019 from New York. "We are in contact with them every day through Messenger and send lots of pictures," Michele said. The bond that Inke has with both families is strong. "We feel like we've gained a second family," Michele said.

Inke likes to visit the neighborhood miniature horses on her walks

## November 16 is National Slobber Appreciation Day



While there is no official National Newfoundland Dog day, they must have had Newfs in mind when Slobber Appreciation day was named.

Emma is ready to celebrate Slobber Appreciation Day!

All dogs slobber and drool – which is just saliva. Dogs’ mouths are constantly

producing saliva; it’s a reflex, just like humans have. The only difference is that humans typically are able to keep the saliva in their mouths. A yummy smell or taste, excess heat, exercise, and stress can increase drool in dogs.

Of course some dogs are expert droolers, including Newfs. Hundreds of years of breeding have created the classic Newf shaped head, nose and mouth with loose upper lips that causes the drool to drip on their chests, owners pants, floors, and, with a good shake of the head, coat the walls and ceiling. Many Newf owners have these badges of honor adorning their homes.

So, on November 16 put away the drool rag and take off your Newfie’s bib and embrace the slimy, stringy, wet liquid that’s part of being a Newfoundland.

Happy National Slobber Appreciation Day!

### Follow us!



### Support Us!



## Upcoming Events

# GIVING TUESDAY

### Giving Tuesday Fundraiser

That Newfoundland Place will be participating again in Giving Tuesday, held this year on **December 1**.

Giving Tuesday was created in 2012 and is a global generosity and charitable day of giving to create community and kindness during holiday commercialism.

Your gift to TNP is more important than ever as the annual Reunion and Fundraiser was canceled due to COVID-19.

TNP continues with rescue work as well as fulfilling requests for food and other support when possible. Your gift provides funds that keep the program going, as every dog entering TNP receives a thorough medical exam and any required treatment or surgery, including spays and neuters. Medication, prevention and food for Newfies also is a huge expense.

Your support is greatly appreciated and goes directly to care for the dogs.

Watch the TNP Facebook page for detail on how to donate.

**Thank you!**

Shop at AmazonSmile and Amazon will make a donation to:

That Newfoundland Place Inc

Get started

amazon smile

Order Pet Food at **chewy.com** and they'll donate \$20 to our cause!



CLICK HERE >

That Newfoundland Place Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes. Specifically, this organization has been formed to prevent cruelty to animals. Our mission is to offer quality of life to senior dogs of various breeds, to assist in rescue, rehabilitation, and re-homing of dogs in need, with a focus on Newfoundland dogs, and to provide humane education as related to care and life quality. of animals. Cathy Derench, President      *Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com*