

Newfie News



That
Newfoundland
Place
Rescue With A Heart

May 2023

VOLUME 4

ISSUE 9

First TNP Open House of 2023 is a Soggy One

Steady rain did not deter folks from attending the first Open House of the year on April 23.

Previous and potential adopters huddled under tents, in the kennels, and under awnings to escape the downpours that persisted throughout the day. Of course, the Newfs took it in stride.

Interested adopters learned more about the Newfoundland breed and filled out applications. Princy and Spencer were on hand for visitors to meet. TNP is looking for just the right home for Princy and Spencer found his new

dad at the Open House. Pizza, soda, and snacks were available and a handful of visitors took home hanging baskets of flowers as door prizes.

Don't miss the next Open House on June 4.

See page 9 for more photos from the Open House



Volunteers Rebecca and Jason man the registration and application tent.



Cathy talks with folks who came to learn more about TNP.

Understanding Emotions Leads to Better Training For Your Dog

If you have a dog, you will likely encounter a time – or many times – when he or she does something you disapprove of: constant barking, chewing, pulling on a leash, etc.. A natural reaction would be to tell the dog "Stop!" or "No!" But Distressed dogs DO NOT need instructions. They DO need to feel safe again. Yet we want our needs to be met too. And this leaves the gap between the dog's emotional needs and our expectations.

Marilyn Mele is a dog trainer and blogger who offers solutions to our dog's "behavior problems," which she contends aren't problems at all, rather actions that are meeting a need. She challenges us to change the relationship with our dogs using empathy and understanding. Marilyn believes we must follow the well-known principle "seek first to understand, then to be understood."

Continued on page 5

What's Inside

Who's at TNP?
Available Dogs Update
Page 2

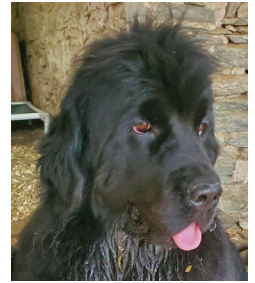
Recently Adopted
Page 2

Expert Excerpts
Page 3

Upcoming Events
Page 9 & 10

Who's at TNP?

Princy is looking for her forever home. She has had a few transitions in last three years, and was initially surrendered to TNP because her owner felt she needed more one-on-one attention. Princy found a lovely home in March but an allergy from a close extended family member has landed her back at TNP. This happy and energetic girl knows basic commands and lived with older children and other dogs.



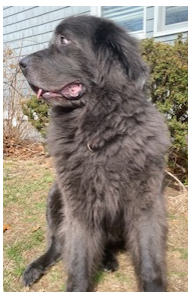
Layla arrived at TNP on April 15 due to changes in her family. This 3-year-old cutie has been vetted and is scheduled to be spayed in early May. She is being fostered by Nancy Weaver in New Jersey. Layla already has a family waiting for her and will join them once she is healed. Stay tuned for updates in future newsletters and the TNP Facebook page.

Interested in adopting from TNP?

All dogs are placed only in APPROVED homes. Email Nancy for an application: nancy@thatnewfoundlandplace.org. Home checks are also required (virtual or in person).

Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Recently Adopted



It's been a long wait, but 7-year-old **Blue** finally has a new home with Diane Ferraro and Troy Tran of Montauk, New York.

Blue's journey with TNP began in November 2022 when he was rescued from a puppy mill. He stayed with TNP volunteer Nancy Weaver for neuter surgery, then was brought to Connecticut where he was fostered by Faith Ferguson who nurtured him through heartworm treatment and exposed him to many experiences. Blue's final journey was via ferry on April 3 to his forever home.

"He's acclimating quickly," Diane said. "He's such an amazing animal. So sweet." Diane is aware of the attention and love that Blue has gotten from so many people at TNP and the thousands of people that were rooting for him through his story online. She senses Blue is aware, too. "He seems so grateful. Not fussy, goes with the flow."

Everyone's hard work with Blue has paid off. "He's coming into his own," Diane said. Blue is learning how to play, rolling on his back, and play with his mouth. "All his Newfie mannerisms are showing up naturally as he becomes more comfortable in his own skin - counter surfing, attraction to children and water."

Diane reports that he is "amazing with other dogs - diplomatic and congenial." Blue is also doing excellent with his housetraining. "He tells us when he needs to go to the bathroom and is patient until he can get outside," Diane said.

Blue has found a true friend in Troy. "They are inseparable," Diane said. "They always have

Continued on page 3

Expert Excerpts

Unregulated Nutritional Supplement Industry Means You May Not Get What You Read

By Dr. Lauren Flanagan of Pepperell (MA) Veterinary Hospital

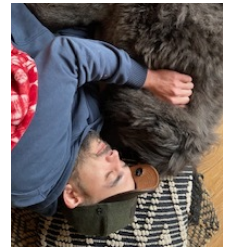
Last month we explored common nutrition supplements for dogs. Dr. Flanagan noted that manufacturers of nutritional supplements do not have to prove what they claim nor do they have to contain the active ingredient in the quantity stated on the label. She recommended pet owners do their research and buy from a reputable company that has conducted scientific studies and guaranteed analysis on their product. In this article we will look at pre-biotics and probiotics, essential fatty acids and vitamins.

Pre-biotics and probiotics are gaining a lot of attention in both human and animal medical fields. As discussed in a previous article (see September 2022 and October 2022 TNP newsletters), we are just beginning to understand the role the gastrointestinal microbiome plays in an individual's overall health. I do believe pre-biotics and probiotics are quite safe and if used appropriately benefit most individuals.

Essential fatty acids, such as those provided by fish oils, are just as beneficial to our dogs as they are to us. They play a vital role in reducing inflammation throughout the body, supporting kidney health, cardiac health, joint health, eye health, and nervous system health. Some

Recently Adopted - Blue continued from page 2
to be touching."

Diane and Troy have stayed home quite a bit, slowly introducing Blue to his new environment and people. Blue truly enjoys their company and has been okay if left alone for a bit, but his greeting when they return is joyous. Now that he is out of the mill, Blue has discovered that he loves walks and has become an adventurer, exploring the neighborhood further each day. "His favorite thing on walks is meeting people," Diane said.



Troy and Blue



Blue also has the opportunity to become a water dog, with a beach at the end of the block. Diane and Troy try to bring Blue to the beach daily, but also "following his lead. If he's into it, we go," Diane said. Blue likes exploring the beach and going into the water if the surf is not too high.

At home, Blue joined two ten-year-old cats, Bert and Ernie. They are all still in the introduction phase and Bert and Ernie are trying to figure Blue out, who is taking it in stride.

Blue is Diane's third Newf. Her first was a brown Newf named Coco Bear and then a grey Newf, Baron Von Blue, whom she got as a puppy. Baron passed away in January from cancer at age 9.

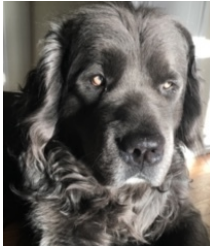
Diane wasn't necessarily looking for another dog when she saw a post about Blue online. "I was missing Baron and wanted to see other Newfs and their stories. It was a way to handle my grief and get through the loss of him." But serendipity stepped in. "It just felt right and everything lined up." Even Blue's name was perfect – it was one she had considered for Baron, as a first name. It's the happiest of endings for everyone.

Note from Diane: Thank you so much to Joanna for writing this article and sharing Blue's journey. My heart belongs to Cathy, Diane Giotis Kentros (my fellow Long Islander who did our home check!) and the entire team at That Newfoundland Place, with deepest thanks to Nancy and Faith who had their first months with Blue

continued on page 11

continued on page 4

when he left the puppy mill. We are ecstatic to have Blue with us: we cherish him for exactly who he is and where he is in his life stage. We deeply respect him and honor him for all he's been through. We are in awe of his courageous heart as he takes life in stride and with a completely pure spirit. He absolutely loves people and other dogs, and is so cool with our cats Bert and Ernie! Now that we have Blue, and are celebrating every moment with him, we wouldn't want him any other way than for exactly who he is. We came upon Blue while we were grieving the loss of our beloved Baron von Blue. I wanted to name Baron, Blue! But, we agreed to Baron and I snuck Blue in there anyway (von Blue). He was our absolute everything. And Blue has come to keep us laughing and loving. We are eternally blessed. And filled with Newf love. Thank you all so much!



Baron

It didn't take **Sage**, who will be 2 in September, very long to find a new home with Rachel and Mike Dubrueil in Westbrook, Connecticut.

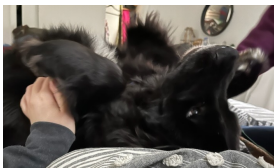
Sage arrived at TNP on April 2, an owner surrender because the owner felt Sage needed more than she could give her. On April 7, Sage became a member of the Dubrueil family.



"She slept a lot her first few days from all the transitions but the last few days the puppy has come out," Mike said. "She's getting used to the routine."

That routine includes lots of playtime with Penny, Rachel and Mike's 6-year-old daughter. "Penny is loving her for sure," Rachel said. "They love to run around and play tug of war." Mike added, "Penny wants to be a vet and Sage is the perfect patient. Penny loves to help with the dog, picking up after her in the yard."

Sage also shares her new home with 6-year-old Adeline, a tuxedo cat. She and Sage are still finding their comfort level, but are already hanging out on the same couch, according to Mike.

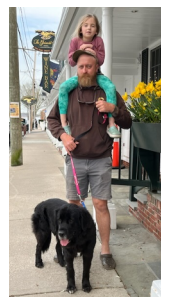


Rachel and Mike have discovered that Sage "adores belly rubs," and was well trained by her former owner. "She's an amazing leash walker," Rachel said. "We took her on a walk downtown to get used to other dogs and she did great," Mike said. "She didn't pull." Sage was interested in other dogs but well behaved.

Sage also loves rope toys and stuffed animals. "She doesn't tear them apart, just carries them around and cuddles them," Rachel said. Sage has also stolen Adeline's and Penny's stuffed toys, but treats them with the same gentleness.

Rachel and Mike have both had Labrador and Golden Retrievers, but Sage is their first Newfoundland, and their first family dog. "We wanted a family dog that matched our vibe...relaxed, maybe go for hikes, really good with kids, and we wanted a big dog," Rachel said. "We did our research. My aunt had a Newf growing up, and two dachshunds." Rachel recalls the Newf's calm demeanor and wanted something similar for her family.

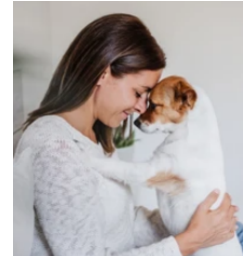
The Dubrueils chose TNP because they were looking for a local rescue and "wanted to lean on an organization and expert to match a dog to us," Rachel said. They have not been disappointed. Rachel and Mike have also been



Where Does it All Start?

"What all dogs need primarily, fundamentally, no matter whether they're rescue dogs or whether they're living a very stable life in a home, they need to feel safe," Marilyn explains. "I'm talking about the emotion of feeling as if the environment is a safe place to be; It's a friendly place. There's there are no immediate threats that are going to test the dog's survival."

Marilyn thinks of our relationship with dogs as caretakers and as a parent relationship, because parents advocate for the best interests of the child, providing support and protection. "We have kept dogs in an infancy that they are dependent on us. The scientific term is neotony," Marilyn said. "They don't have to go hunting for food, they don't have to protect themselves from predators, they don't have to worry about caring for their offspring or anything like that. We take care of all of that."



©Shutterstock

As caretakers it is our responsibility to make sure that the dog feels safe. This is achieved by someone the dog can trust. "It's also not putting the dog in a position where they don't understand a threat coming directly from a trusted human," Marilyn said. For instance, when we scold a puppy for peeing on the floor, if we express anger and yell, the puppy internalizes that fear and feels the once trusted person is now unpredictable and may not keep the puppy safe. And dogs need predictability.

Start with Questions

So, what can we do when our dog is displaying behavior that we don't like? What are some alternatives to yelling that will continue to make the dog feel safe, but stop the behavior?

Marilyn suggests we first ask why we do not want that behavior. If it's because the behavior doesn't conform to some arbitrary social standard, and the caretaker expects extreme obedience that's unrealistic and not aligned with the dog's nature, the person has to assess if having a dog is appropriate.

Next, we need to ask if the behavior is normal behavior for a dog. "Dogs are scavengers," Marilyn said. "They're very curious. They're meant to explore and investigate. And that is

normal." But there are behaviors that are damaging to property, disruptive, not safe or healthy, or downright inconvenient, for example, barking at 3 am. Barking is completely normal but you don't want it happening in the middle of the night. Ask 'why would the dog be barking?' Is the dog experiencing discomfort? Is the dog perceiving a threat due to unfamiliar sounds? Is the dog prone to guarding and protecting because that's a genetic disposition? And is it fair to the dog to not allow that behavior?



©Shutterstock

"All behaviors start in the nervous system with an emotion," Marilyn said. "And emotions are based on needs. So, an emotion is meant to fulfill a need." If safety is the need, it's important to understand that dogs that don't feel safe can't learn. "If they don't feel safe, then anything else that you want to do with them is going to be counterproductive," Marilyn explained.

This theory is the core of training a dog. "If you try to train a dog that feels unsafe, you might get a dog that complies superficially, but they might do that just to avoid more discomfort or

Continued on page 6

pain or fear," Marilyn said. "What the dog is saying is 'I'll do what you want. Just make that stuff stop.' So, it looks like the dog is being obedient. But what's really going on is the dog is emotionally shut down."

One of the most obvious signs to determine if this is happening is a dog that appears to be physically shrinking. Their ears, eyes, tail, and mouth may also change, which can tell the emotional state of the dog. Other signs may be what Marilyn calls appeasement behaviors which include licking, panting, yawn, and shaking themselves off in an effort to calm themselves down.



©Shutterstock

"If there's an emotional need that's not being met and the human adds another layer of pressure on top of that by scolding, yelling, reprimanding, hitting, doing all of those negative punishing things, you may get a dog that shuts down, or you may get a dog that retaliates with aggression. And then the dog is going to be blamed for being bad, which is tragic, because it's not the dog's fault."

What Do You Do Instead?

If the situation is unsafe, or more importantly if the dog *perceives* it is unsafe, then you have to take steps to keep the dog physically and emotionally safe.

Mirror for the dog, the feelings, actions, and behaviors that you want the dog to reflect back to you.

"Learning doesn't start with a situation where the dog is highly aroused and the person is highly aroused," Marilyn said. "It has to start when things are at an even keel, when things are settled and relaxed and calm, when the dog is relaxed. One of the things that I advise people to do is to behave and to respond and to engage with the dog in a conversational way so that you're always making the dog feel that he's okay, everything is fine, you're safe with me, I'm happy with you, I'm not upset with you, I love you, you're wonderful."



©Shutterstock

Make a habit of using calm facial expression, tone of voice, and words. Repeat words often so the dog recognizes them. Pair that with gentle touching and stroking or delivering a toy or treat. Keep in mind though, that some dogs don't like a lot of handling and that should be respected.

Steps in the Process

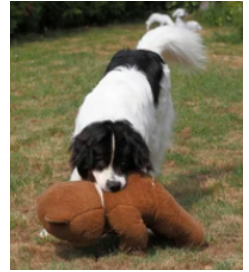
Marilyn offers a Master Class *Reactive Dog to Calm Companion* that involves a six step process for changing those unwanted behaviors based in fear. Marilyn's method isn't training that you spend 20 minutes on a few times a day. It's a lifestyle that you are always practicing. Your relationship with your dog is "based on feeling and trust and devotion. It's dynamic." The method is rooted in human behavior and human psychotherapy.

"In the beginning when people start to do this, they have to think of each step one at a time because it's new, but once they do it a number of times, it flows together." Marilyn said. And it can seem counterintuitive at first. But stick with it.

It takes **leadership** to follow through these steps instead of just going with the impulse of the moment. Not a self-absorbed leader that thinks he or she is the boss; Leadership is modeling

what you want your followers to do.

1. **Acknowledge** the dog's emotion.
2. **Appreciate and Validate** the dog's true emotion.
3. **Accept** the dog in front of you in the moment.
4. **Accommodate** the dog's needs as much as possible so he can feel relief from anxiety. Get the dog feeling safe again so the thinking and problem-solving brain can come back online.
5. **Ask** the dog *What would you like to do now?* This is the hardest part for a lot of people to understand. You want to give the dog choices to feel safe again. It's also important to recognize that if you're afraid, one of the first things you want to do is get distance away from the source, so the chosen activity of the dog should reflect that.
6. **Agency**. The dog is confident he can control the things in his environment that affect his safety and well-being.



©Shutterstock

"After you've been through this process a number of times and get to the point of asking the dog, if you're doing it properly, the dog is already taking some deep breaths and is calming down," Marilyn stated. "One of the techniques I teach people is how to teach the dogs to take deep breaths because you know when you're upset that's the first thing somebody tells you to do."

The goal of the process is for the dog to have the power to choose what to do about the things in his environment that impact his well-being. By following this system, the dog can be reassured that various situations are not dangerous, that everything is okay.

The Method in Action

Here's an example: The dog is barking at some people that are walking by and won't stop.

Acknowledge the emotion: "I see that those people walking by are making you upset."

Appreciate and Validate the emotion: "I can see how that would make you feel upset. You don't know them and you don't trust them."

Make **accommodations** to help the dog feel safe, then **ask** the dog what he wants to do: "What would you like to do now?" If the dog is hesitant, you can offer options. "How about if we go play with your favorite toy? Or would you like to come in the kitchen and get a treat?" or whatever activity your dog may enjoy. Do what the dog chooses. This enables **agency**.

"Commands" Make Dogs Subservient and Deny Them Agency



©Shutterstock

"Traditional obedience is a culture from the military," Marilyn said. "And we know that our dogs are not little soldiers. Formal command-based obedience training is transactional and fear-based. It's not based on developing a conversational relationship with the dogs." Further, traditional obedience does not address the emotional needs of the dog. A dog needs to feel loved and secure and have a trusting relationship with the people in his life.

Understanding Emotions Leads to Better Training continued from page 7

"An emotionally intelligent dog is socially appropriate and emotionally secure with people and other animals," Marilyn explained. "He is self-regulated and so doesn't require a human dictating his choices. Figuring things out, making decisions, and making choices involve complex thinking. In order for dogs to function cognitively, emotional needs have to be met first."

Because Marilyn's method is based on a relationship of trust, as are other force free positive training methods, she sees dogs offering behaviors naturally: "I just do a lot of games and playing and I offer them toys and treats and do a lot of interaction. They'll come and offer a sit. Sitting is just a normal thing. I'll put a cue on it afterwards. Because it's conversational training and I'm talking to them all the time, they frequently hear me repeat the cue when they sit. And the association is made organically."

Marilyn's final piece of advice is "Don't be afraid to challenge anything that you hear or read about traditional obedience training, aversive, or punishment-based training. Challenge it. And then find another solution because there are kind and compassionate ways to work with dogs. Don't get stuck. Have a growth mindset. Be open to change and new ideas."

About Marilyn:

Marilyn Mele brings her skills as a former teacher to guiding dog parents toward happier relationships with the dogs in their lives. When she started as a dog trainer more than 40 years ago, the approach to training family pets was limited by the available information at that time. Today Marilyn applies modern knowledge about dogs to help dog parents build positive emotional, social, and cognitive interactions with their dogs. When that happens, good training follows smoothly. Email: marilyn@marilynmele.com

Website: <https://dogwisdomworkshop.com/>

Facebook group: <https://www.facebook.com/groups/dogwisdomworkshop>

Free PDF download *Quickstart Checklist for Bonding with Your Dog*:

<https://www.marilynmele.com/quickstart-checklist-bonding-with-your-dog>

May 8-12 is Puppy Mill Action Week, an initiative of the Humane Society of the United States (HSUS), that begins the Monday before Mother's Day each year.

Puppy mills are mass breeding facilities that churn out puppies for profit, ignoring the emotional needs and often basic healthcare needs of the dogs. Mother dogs spend their entire lives in cramped cages with little to no personal attention. When the mother and father dogs can no longer breed, they are abandoned or killed. Due to poor sanitation, overbreeding, and a lack of preventive veterinary care, puppies frequently suffer from a variety of health issues.

According to the HSUS:

- 10,000 Puppy Mills Are estimated to be currently active in the United States
- 500,000 dogs are kept solely for breeding purposes in all puppy mills
- 2.6 Million puppies are sold each year after originating from a puppy mill

TNP rescues a number of Newfoundlands from puppy mills each year. These dogs require extra care and attention to overcome their traumatic past but can learn to live the life they deserve and become loving family members.

Find out more at: <https://www.humanesociety.org/all-our-fights/stopping-puppy-mills>

More TNP Events in 2023

Weren't able to make it to the April Open House? You have two more chances this year to meet up with old friends and make some new ones. Open Houses are scheduled for **June 4** and **August 20**. Both are noon to 3pm at 554 Pucker St, Coventry, Connecticut.

Open Houses enable interested adopters an opportunity to learn about Newfoundlands and TNP rescue as well as meet some of the available dogs. All well behaved, leashed dogs are welcome to attend - and bring their human to enjoy pizza and soft drinks.

At the Open House, be sure to pick up an application for adoption and TNP's adoption agreement if you're considering adopting in the future. You won't be able to bring home a new family member that day, however, as Open Houses are meet and greet events only.

Save the Date

The not-to-be-missed Reunion and Annual Fundraiser is tentatively scheduled for **October 1** at TNP.

All TNP events are held rain or shine.

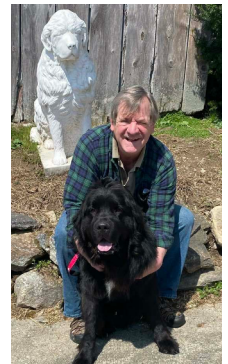
Watch future newsletters and the TNP Facebook page for more information.

Recently Adopted - Sage cont. from page 4

impressed that they can reach out to TNP anytime with questions. "We have already called Cathy a few times," Mike said. "We're excited to be part of the [TNP] community. It's great to have so many resources nearby."

Spencer arrived at TNP on April 22 as an owner surrendered because his family recently added a new baby in addition to the toddler they already had and realized they could not give Spencer the time he needed to thrive. This active 2-year-old was vetted and groomed and adopted on April 26 by John Deagle of Peru, Vermont. Spencer will need some training and TLC but will receive both from John and be a wonderful companion to John.

Watch for updates in future newsletters and the TNP Facebook page.



Heat Stroke In Pets



Heat Stroke reminder

Temperatures are heating up in New England. The region has already seen multiple days with temperatures above 80 this spring. Pets can overheat quickly on hot days, especially double-coated dogs such as Newfoundlands.

Keep these tips in mind and act quickly if you suspect your dog may have heat stroke as it can be deadly.

From Kirby Veterinary Hospital



Over 700K cancer deaths in the United States is the projection for 2023.

We all know someone affected by cancer.

The funds we hope to raise will help sustain critical research and patient services. Every dollar really does count.

What: **Relay for Life of Northeastern CT "A Newf for Life" team, lots of fun for a great cause.**

We NEED YOU and your NEWFs on our team!!

When: **Saturday, June 10th (ends 10am June 11th for those that stay overnight)**

Where: **Roseland Park, 205 Roseland Park Rd, Woodstock CT**



Pictures from "A Newf for Life" team 2022

Contact Christina McKenna-Weinberg for more details

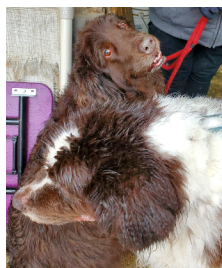
Cell: 860-455-3770 camckenna2000@gmail.com

Relay For Life is a movement, a community of like-minded survivors, caregivers, volunteers, and participants who believe that the future can be free from cancer. For over 35 years, communities across the world have come together to honor and remember loved ones and take action for lifesaving change. Funds raised through Relay For Life directly support breakthrough research, 24/7 support for cancer patients, access to lifesaving screenings, and much more.

Rescue Collaboration

That Newfoundland Place (TNP) and New-Pen-Del (NPD) Regional Newfoundland Club are collaborating their rescue efforts. Longtime TNP volunteer Nancy Weaver will manage rescue in the NPD area. New-Pen-Del has established a rescue committee that will assist Nancy and TNP in NPD's coverage area of New Jersey, Delaware, and Eastern Pennsylvania.

TNP Open House Photos cont. from page 1



Follow us! Support Us! *Click on any of the icons to connect to that source.*



Expert Excerpts cont. from page 3

individual dogs may be sensitive to the fat content and it can cause gastrointestinal upset so always introduce fatty acids to the diet slowly. Depending on the purpose of the supplementation, the dose of fatty acids vary, so you should check with your veterinarian as too high levels can actually be toxic to some animals.

As a general rule, a dog eating a healthy balanced diet should not need vitamin supplementation. There are some conditions, inflammatory bowel disease for example, where the body's ability to absorb certain nutrients is impaired and your veterinarian may recommend a multivitamin. If you're worried your dog is not getting enough vitamins from their diet it is safe to add in a multivitamin but be sure it's one made for dogs unless specifically advised by your veterinarian. Some human products can contain more iron than our pets need, which can be toxic.

As a veterinarian, these are the most common supplement issues I address on a daily basis. Certainly, other individual animals can benefit from other supplements such as some of the products on the market to help reduce stress and anxiety, nutritional support for brain health as cognitive decline occurs, even nutritional support for seizures, bladder health, cancer support...the list goes on. Most veterinarians do feel comfortable discussing such supplements so if you have specific concerns for your pet you should always feel free to bring it up with your veterinarian.

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