



Greyhound Pets of America - Minnesota

Home Stretch

September - October 2009

Volume 15, Issue 1

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GPA-MN Announces a New President - Lisa Quast!

By Barb Gates Schaben

It is my greyt privilege to announce that GPA-MN's newest President is Lisa Quast. Lisa has served on the board for 3½ years, most recently as Vice President. She brings greyt leadership qualities, initiative, and the heart required to serve the hounds in the best way possible.

Lisa is taking over the rest of my term. Due to health issues I've had to resign from the Board and my position as President. While that was a heartbreaking decision to make, it is one I am comfortable with, as I know I'm leaving the organization in the capable hands of a very dedicated and skilled Board of Directors, as well as an outstanding membership!

It has truly been an honor to serve the organization in the capacity that I have. I'm proud to be a part of the GPA-MN family and look forward to seeing everyone (hound and human!) at the various events, and continuing to help where I can.

So with that I pass the baton to Lisa. May her experience be as rewarding as it was for me. I have no doubt that it will.

Sincerely,
Barb Gates Schaben

Board elections are fast approaching

Lisa Quast, GPA-MN President

Every fall we have our election of new board members. Five of the nine board positions are open this year. We would like you to consider applying for one of the openings! It has been another wonderful year for GPA-MN, all due to the tremendous job our volunteers do. Being a member of our Board of Directors is another important way you can help GPA-MN.

The voting members vote the board of directors in each year. Each director has a two-year term and can succeed himself or herself. The board advises the executive officers, who themselves are board members and are voted in by the board at their first meeting.

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GreyFest 2009: Another GREYT Day!

Barb Gates Schaben, GreyFest Coordinator

GreyFest 2009 was everything I hoped it would be – greyt weather, greyt people and the best animals we could ask to spend time with.

The generosity and support was once again overwhelming and heart-warming - from donating raffle items to donating time to being a good sport when your dog licked peanut butter off of your face – every one of you contributed to the success and the fun and I thank you for that.

GreyFest truly is a special event and is a really fun day, but it's also a fundraiser to help the hounds we hold so close to our hearts. In spite of obstacles such as the economy it was a successful day, due to our greyt members! Profit from GreyFest 2009 was \$3936.75.

I owe many, many thanks to each of the board members for their hard work, to the volunteers for making the day easier, to the Boy Scouts who jumped in wherever needed, and to all the attendees for being there to help support a cause we all love.



I am proud to be part of an organization that works so hard and has fun doing it. Thank you all!

Watch for the group shot later in the year... you're going to love it!

PetsWelcome.com

By Lisa Quast

It's a pet crazy universe out there, so why not explore it with petswelcome.com, the internet's largest pet travel resource? Click on the "Lodging Listings" link for over 25,000 hotels, B&Bs, ski resorts, campgrounds and pet-friendly beaches. Check out the "Travel Tips" section to learn how to take your pet anywhere. Or visit the "Info Xchange" to find answers from millions of other sophisticated travelers like yourself.

Once you have found a pet-friendly place to stay, surf their Web site to pick up traveling tips, learn what doggie essentials to pack and discover some ways to exercise your dog in your hotel room. That's right, IN your hotel room! Petswelcome.com has a wealth of information to make a trip with your hounds enjoyable.



Volume 15, Issue 1

The board wants to be accessible to chapter members. Please contact us with concerns, questions, suggestions, or to get involved.

Below are the e-mail addresses for all the board members and the committee each chairs. If interested in getting involved with a committee, contact that board member directly.

Lisa Quast - President, Media/PR
lquast@memsi.com

Mark Downey - Treasurer, Merchandise
mark@nervecenter.net

Susan Spiller - Secretary
spillgirl555@yahoo.com

Paula Docken
pdocken@travelers.com

Ed Mall - Newsletter
coach2_2@hotmail.com

Nicole Middlecamp - Foster Coordinator
Nicole.Middlecamp@target.com

Pete Opitz - Fundraising
pete_opitz@hotmail.com

Lori Rasmussen - Special events
ourmustang@comcast.net

Adoption Coordinators:
Luana Ball - luanaball@yahoo.com
Teri Petrin - xracinggreys@msn.com

Meet-n-Greet Coordinator:
Sylvia Kresal
nskresal@comcast.net

Pet First Aid Kit

By Ed Mall

Now here's a greyt idea. Get together the things you would need in the event your Greyhound (or other animal) gets injured. Do it ahead of time and have it ready.

Below are some suggestions for contents.

- Instant Ice packs
- Super glue
- Pedialyte
- Vet wrap - 3 to 4
- Gauze pads all sizes
- Scissors
- All in one pliers
- Benedryl
- Gloves
- Neosporin
- Vet wash
- Tape
- Foam pipe insulation
- Travel calm
- Melatonin
- Medications
- List of dogs, when they had shots, tag numbers and which ones are micro chipped. Also keep extra tags for when you travel to write where you are staying with your cell phone number.
- Saline (eye care) for washing out wounds.
- A mixture of Bag Balm, vitamin E and Aloe Vera to spread on most wounds.
- A package of those PAWZ boots to protect feet and prevent scratching.

All of this can be accumulated and put into a small plastic tool box.

September Hound of the Month - Lucky

By Kari Keller

Lucky is a lucky-ducky-dog to be September's Hound of the Month - it is also his first gotcha!

Lucky's race name was Bad Boy Chuck but when I fostered him for a long weekend, there was nothing "bad" about him, in fact he was PERFECT. It only took two days for Passion to pick him to be her new brother and I also was in love.



I was nervous to ask if I could adopt him since I was only supposed to foster for a long weekend, as his real foster family was out of town. Lucky for me, I got the answer I was anxiously waiting for (YES, you can adopt him).



Some of Lucky's favorite things to do are: roach, roo, roll over on his back for belly rubs and chase Passion in the yard. They are perfect playmates for each other. At night, Lucky snuggles up with me and gives me kisses.

His nick name is Ducky and he comes running when I call because he knows he's going to get love or treats. He is learning "sit" and "down" and is so very eager to please. My Ducky is the perfect hound and I feel lucky every day that he came into our lives.



Our New Billboard is up!

Susan Spiller

We are hitting the “big board” again. This is latest billboard that is now up at 2922 Lyndale Ave. South, in Minneapolis.

Clear Channel gives us a very low rate as a non-profit group, but we can not choose where we want it located or when.

This is a great promotional opportunity for GPA-MN!



Dog Days of Summer

By Lori Rasmussen

On July 25, GPA-MN had a booth along with 26 other vendor and animal organizations at Dog Days of Summer in Burnsville. It was held outside of Alimagnet Dog Park, which has been recognized as the third best dog park in the nation.

Our group had a lot of positive feedback from people attending the event, and our volunteer greyhounds had a “greyt” time being ambassadors. A fun time was had by all!

Those working the last shift decided to let our dogs run at the dog park. My youngest, Tommy, lead the charge. Four greyhounds followed him down some stairs directly into the mud, where the pond had started to dry up on the edge. What a sight! The usually sleek and regal animals were covered in mud! They came running toward us, with HUGE smiles on their faces. They had the best time ever!

I would like to thank everyone who volunteered at the event, and to let those that have never volunteered that it's a fun opportunity for both you and the dogs. It gets them out to be with other dogs, and lets you socialize with other hound owners.



Hounds:

Louis (owned by Paula Docken)

Dasher (owned by Karen Hawkinson)

Louie (owned by Wendy Young)

Tommy (owned by Lori and Dan Rasmussen)

September

2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gassy Walk Sundays at 2p.m. - Weather permitting Meet at the Rose Garden at Lake Harriet or Como Lakeside Pavillion		1	2	3	 4	State Fair M&G's Richfield 12-2 Woodbury 11-1 5
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. 6	 Labor Day 7	8	9	10	11	M&G's St Cloud 12-2 Eden Prairie 12-2 12
Grandparents Day Gassy Walk 2 p.m. Gassy Walk Too 2p.m. M&G's Duluth 12-2 13		15	16	17	18	M&G's Fridley 11-1 Ridgedale 11-1 Coon Rapids 11-1 Woofstock 19
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. M&G's 4 Mankato 1-20	14	22	23	24	25	M&G's Highland 11-1 26
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. M&G's Urbanimal 11-2 Urbanimals 11-1 27 Mpls St Paul	28	29	30			

October

2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gassy Walk Sundays at 2p.m. - Weather permitting Meet at the Rose Garden at Lake Harriet or Como Lakeside Pavillion						M&G's Richfield 12-2 Woodbury 11-1 3
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. 4	5	6	7	8	9	M&G's St Cloud 12-2 Eden Prairie 12-2 10
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. M&G's Duluth 12-2 11	12	13	14	15	16	M&G's Fridley 11-1 Coon Rapids 11-1 17
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. M&G's Mankato 1-4 St Paul Urbanimals 11-1 18	19	20	21	22	23	Membership Appreciation 4 to 6 p.m. M&G's Ridgedale 11-1 24
Gassy Walk 2 p.m. Gassy Walk Too 2p.m. M&G's Mpls Urbanimal 11-2 25						M&G's Highland 11-1 31

October Hound of the Month - Thunder the Wonder Dog

by *Thunder Jeatran*



Hello fellow greyhounds. This is Thunder reporting in after a year and a half on my mission with my Mom, Julie. So far her training is going very well.

I used our strategy of standing stock still quite a bit in the first year. Immediately she was patting the sofas and beds, literally begging me to understand the command, "Up!" Ha! Now I have all of my favorite soft spots commandeered. If I get bored with the loveseat, there is always the bed or 'her' sofa. If I need to act aloof I now have **THREE**, count them, three, soft doggie beds piled with blankets (she can't go near a yard sale that she doesn't come home with one or two more soft blankets).

Standing still also worked with the toys. LOL. You should have seen her running around the yard tossing toys. If I had video capability, you could have looked her up on You Tube under 'funny greyhound owners.' Now, when I run and chase and toss my toys she goes into paroxysms of praise and joy.

Playing picky about the food was a brilliant ploy. Her going to the greyhound chats helped, since many of you other hounds have already trained your owners well. We upgraded to a delicious and healthy food, which I disdain unless there is just the right amount of chicken broth and drizzled yogurt on it. Being slow about learning tricks ensured lots of small treats. I recommend learning basic commands, as it will definitely increase the goodies and praise.

There are lots of awesome places to walk here in Duluth. My favorite is Brighton Beach because of the number of other dogs I get to meet and the many people who 'ooh' and 'ahhh' over me and give me attention when we walk there. I am doing my best to be a greyhound ambassador here.

I recommend retirement to as many of you as can manage it. I am looking forward to my greyhound sibling. My mom says as far as another greyhound goes, it is not a matter of 'if', but a matter of 'when.'

Be well my comrades and keep up the good work.

○ Ya Thunder Sky



Canine Arthritis Treatment Options

Dr. Jami Stromberg of the Brooklyn Park Pet Hospital recently attended a conference on arthritis treatments for dogs and wrote up a summary of the conference to provide to her patients. She has graciously given GPA-MN permission to reprint it for the benefit of our members.

Osteoarthritis (OA) is defined as inflammation in the joint (arthritis) caused by the breakdown of cartilage, which is the tissue that provides lubrication and cushioning of the joint. It is by far the most common form of arthritis in people and small animals. OA can be caused by simple aging (wear and tear), damage to the ligaments in the joint (such as cruciate ligament rupture), congenital joint defects (such as hip dysplasia), or previous joint trauma, surgery, or infection. Osteoarthritis can result in pain, lameness, exercise intolerance and difficulty jumping or rising. Any dog can develop OA but larger dogs, due to increased weight the joints must support, are usually more symptomatic. Fortunately, many new treatments have become available for this common and potentially debilitating disease.

Anti-inflammatory/pain medication

1. **Non-steroidal anti-inflammatories** (NSAIDs) such as Rimadyl, Deramaxx, and Metacam, inhibit prostaglandin synthesis, which reduces joint inflammation and pain. These drugs are generally well-tolerated, but some dogs may exhibit gastrointestinal upset or liver damage. They must be used with great caution in animals with liver or kidney disease, and periodic lab monitoring is required in all dogs on these medications chronically. These medications have greatly improved the mobility and quality of life for millions of dogs with arthritis.
2. **Narcotic-type pain medications** such as tramadol, codeine, and morphine, are useful as an adjunct treatment with NSAIDs or in animals that cannot tolerate NSAIDs. They work in the brain to decrease the sensation or recognition of pain. Most dogs have few side effects, but sedation, constipation, vomiting, or occasionally agitation may occur.
3. **Steroids**, such as oral prednisone or cortisone injected directly into the joint, can be used in severe cases. Because steroids tend to damage cartilage and have other side effects, they are used only in special circumstances.
4. **Amantadine** is an antiviral drug that has been shown to be useful in treating chronic pain in both humans and dogs. It can be used with most other types of pain medications. Vomiting and diarrhea are the most common side effects.
5. **Doxycycline** is an antibiotic that also has some anti-inflammatory properties. It is probably most useful in acute injuries and lameness.

Supplements

Nutraceuticals are nutritional supplements or vitamins that may have some beneficial properties by being antioxidant as well as anti-inflammatory. Most of these products, while considered generally safe, have NOT been evaluated by the FDA as being safe and effective. Additionally, there is little monitoring in the industry and some products may not contain the amounts of the ingredients they are labeled for. It is best to choose brands that have been independently tested and proven to contain the labeled amount of active ingredients. One resource is www.consumerlab.com.

1. **Glucosamine and chondroitin** are considered joint protectants. Glucosamine acts as a building block for cartilage and chondroitin blocks enzymes that break down cartilage. The two are often supplied together in a single dose that may also contain magnesium, MSM, or other ingredients to maintain joint health. These supplements are best used in early or mild cases of arthritis. The only veterinary glucosamine/chondroitin products that have passed consumer lab's testing are Cosequin and

Dasuquin. They are also the only veterinary products to be clinically proven to rebuild joint cartilage. After an initial 4-6 week loading period, the dose may be decreased to once daily or every other day.

2. **High doses of vitamin C** have been used for their antioxidant properties. The recommended daily dose is 100 mg for small dogs to 500 mg for large dogs.

- continued

Canine arthritis continued

- 3. Grape seed extract** is an anti-inflammatory/antioxidative. The daily dose is 50 mg for a small dog; 200 mg for a large dog.
- 4. Essential fatty acids** (EFAs) are fatty acids that cannot be readily synthesized by the body and must be supplemented. Omega-3 fatty acids (which include EPA and DHA) are found in fish oil. EFAs may be useful to promote heart and joint health, skin integrity, and as anti-inflammatories. Many fatty acid supplements also contain vitamin E for additional antioxidant effects. The recommended dose of omega-3 fatty acids is 15-25 mg/pound/day. It is important to make sure the EFA source is from mercury-free fish. 3V Caps are a good source of omega-3 fatty acids.
- 5. Adequan** is the only FDA approved joint supplement. It contains polysulfated glycosaminoglycan, which inhibits cartilage-destroying enzymes that are found in acute and chronic arthritis. It also increases the formation of cartilage, decreases inflammatory prostaglandins, and increases joint lubrication. Adequan must be given as an injection. Our protocol is to give one injection under the skin twice weekly for 4 weeks, then once monthly indefinitely. In most cases, the owner can learn to give the injections at home. More information can be found at www.Adequancanine.us.

Diet

- Weight control is one of the most significant aspects of arthritis management. A 12 year study on paired Labrador retrievers showed that dogs fed 25% less over their life than their counterparts lived on average two years longer and had significantly less arthritis. It is well acknowledged that increased body mass index (BMI) in people and dogs contributes to the signs of degenerative joint disease. A body condition score chart may be helpful to determine the ideal weight for an individual dog.
- Two prescription dog foods have been developed specifically for the treatment of joint disease – Hill's j/d and Purina JM. Both contain high levels of EPA and glucosamine/chondroitin. In addition, j/d has carnitine (which can increase muscle mass and promote weight loss) and JM contains high doses of vitamin C and E. These diets have been clinically shown to improve the mobility in arthritic dogs and can only be sold through a veterinarian.

Other therapies

- 1. Acupuncture** has been used for thousands of years in human medicine and has recently become popular in animals. There are several veterinarians certified to perform acupuncture in the Twin Cities area.
- 2. Physical therapy** is becoming increasingly popular in the treatment of pets with joint disease. In addition to certified veterinary physical therapists, there are facilities in the area that offer massage and hydrotherapy.
- 3. Chiropractic** medicine is available for dogs. Currently, chiropractic therapy can only be performed by veterinarians who are certified in this field, or by licensed chiropractors who have completed advanced training with animals.

Canine osteoarthritis is a very common problem that results in decreased quality of life for many of our patients. Fortunately, there are many treatment options available. Please ask us if you have any questions about the information contained here, or if you would like to know which therapies to try in your pet.

Donations to GPA-MN

- * O. Ya Greyhounds in honor of Lois, Dasher, DJ, Jackie, XXL, and G Girl
- * Patrick Eckart, Heal-A-Hound donation
- * Mahtomedi Animal Rights Club
- * Petco Foundation
- * Gary & Toni Virta, in honor of Susie
- * Barbara Ball, in memory of Sammy
- * Mary Schmid, in honor of Pauline Seglem
- * United Way
- * Jim, Bev Martin, Heal-a-Hound donation
- * Jim & Bev Martin
- * Susan Wilson
- * Susan Timmerman
- * Andrea Nelson, in memory of Gretel
- * Schaper and Toby and Winnie Hendricks
- * Sue Mohler
- * John & Lisa Quast, in memory of Sammy Ball
- * John & Lisa Quast, in memory of Pyro
- * Kathleen Thompson
- * Anonymous cash donations at:
 - Maple Grove Days
 - Greyfest
 - Dog Days of Summer

Membership Appreciation and General Board Meeting

Membership Appreciation is GPA-MN's once-a-year opportunity to personally thank our members for their support. As a previous adopter, financial contributor or volunteer you are a very important part of our membership and we'd love to see you there! The dedication and enthusiasm of the members within our group helps us to carry out our mission year after year. Our membership is the foundation of our organization, and we hope you will share this time with us. Please join us in celebration and an afternoon of fun on Saturday, Oct. 24!

When?

Saturday, Oct. 24
4 to 6 p.m.

Where?

Sunny Square Park Community Building
2150 Sunnyside Terrace
New Brighton, Minnesota

Who is invited?

You are! As a previous adopter, financial contributor, or volunteer, you are an important part of our membership and we'd love to see you!

Can I bring my hound?

Sorry folks—this is a human only event as the room does not allow dogs.

Why should I go?

- Food & drink! We've got something for everyone, including vegetarians.
- Merchandise! We will have wonderful raffle items, as well as GPA merchandise including T-shirts and sweatshirts, GPA calendars and more!
- A chance to socialize! See old friends and make new ones.
- Open Board Meeting! During a brief open board meeting, you can learn about the status of the organization, meet current board members and nominees running for the open board positions.
- But most of all because it's a GREYT time! We hope to see you there!

Directions from 694:

- Take the Silver Lake Road exit which is 2 miles west of 35W.
- Head north on Silver Lake Road
- Turn right on Gregory Drive (first right after railroad tracks) and go to the parking lot at the end of the street.
- You will see the park building along the walking path.

Waiting at the Rainbow Bridge

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Sammy - Luana Ball

Gretel - Robin Schaper

Aruba - Karen

Annie - Victoria Jones

Blew Bear - Robin Krautbauer

Tango - Sue and Roger Swanson

Winnie - Liz and Greg Hendricks

Rose - Pennie and Richard Turcott.

GPA-MN Resources

As an organization, we take great pride in giving our members access to information open forums where they can ask questions, make comments and just talk about greyhounds.

GPA—MN's E-mail list

To subscribe to the GPA-MN E-Mail Correspondence List and automatically receive a digital copy of the Home Stretch go to: www.gpa-mn.org/mailman/listinfo/list_gpa-mn.org

GPA—MN's Home Stretch

To request a digital copy of the newsletter only that you can read on your computer screen or print to read later go to: http://gpa-mn.org/mailman/listinfo/gpa-mnnewsletter_gpa-mn.org

To request a paper copy of the newsletter be mailed to your home please send your name and address to info@gpa-mn.org or leave this information on the GPA-MN phone line which is 763-785-4000.

GPA—MN's Web site

Visit our Web site to learn about special events, volunteer opportunities, greyhounds available for adoption and helpful links. www.gpa-mn.org

PETFINDER.COM

Petfinder.com is where we keep information and pictures of all our greyhounds that are available for adoption. Visit www.petfinder.com and under the breed category, select greyhound.



Greyhound Pets of America - Minnesota

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www.gpa-mn.org

Renaissance Festival 2009



Special thanks

GPA-MN would like to thank the following businesses and organizations for their support and financial aid.

PETCO Stores — throughout the Twin Cities,
St. Cloud and Rochester
PETCO Foundation
PetSmart Charities Spay & Neuter Grant
Pet Expo—Mankato, MN 507-625-2505
Brooklyn Park Animal Hospital 763-566-6000
Cottage Grove Animal Hospital 651-768-0200
Maplewood Pet Care Clinic, P.A. 651-770-8373
Alta Veterinary 612-285-6550
Chanhassen Vet Clinic 952-934-8862
Blaine Area Pet Hospital 763-754-2131
Lupient Chevrolet of Bloomington, 952-884-3333
Chuck & Don's Pet Food Outlet, 612-926-8161

Speed EZ Printing 763-545-1707
Fast Frame 612-924-9213
Barnes & Noble
Urbanimal 612-879-0709
WorkAbilities 763-541-1844
Papa's Pizza & Pasta
GoodSearch.com
Solid Gold Northland
Voyagers K9 Apparel
National Greyhound Association
Rescue Pet Store
Minneapolis Kennel Club