



Pawsitive

P.O.O.C.H. is a 501© (3) Non-Profit Organization supporting C-Bar-C Dog Park in Citrus Heights, CA, all contributions are tax deductible. Send a tax deductible donation check to ~ P.O.O.C.H. P.O. Box 962, Citrus Heights, CA 95611

Off Leash Dog Park @ C-Bar-C Park 8275 Oak Avenue, Citrus Heights, 95610

March ~ April 2014

You are invited to join us:

P.O.O.C.H. Board Meetings

When: held on the 3rd Wednesday of each month at 7:00p.m.

Location: Petco ~

Auburn and Greenback Lane. Bring your ideas and suggestions and see whats in the works for our park.



2014 P.O.O.C.H. BOD:

President ~ Gina Watson

Vice President ~ Keith Fettig

Secretary ~ Lynn Clair

Treasurer ~ Sue Egeness

Member at Large ~ Charlene Durrant

COMING EVENTS

CLOTHING DRIVE

We NEED Your Gently Used Clothing, Shoes & Household Items!



May 19th - June 1st 2014



Convenient Drop Off Location at
Citrus Heights ReUseIt Donation Station
MON-FRI 9am-5pm & SAT-SUN 10am-6pm

CITRUS HEIGHTS: 7770 Auburn Rd, Citrus Heights
Near Antelope and Auburn Blvd

Drive Up. Drop Off. Done!
Donations are tax deductible.

CLOTHING DRIVE
LOCALLY
BENEFITS



Donation Drive also benefits Big Brothers
Big Sisters of the Greater Sacramento Area.

ReUseIt.org

President's Report

What an excellent way to start the new year! The Pawsta Dinner on Saturday, January 25th was the best we've ever had!!! It was a very successful event with great food, great prizes and great people in attendance! After fees paid, we raised a total of \$2,000.00. We also signed up 15 new members. P.O.O.C.H. is donating one hundred dollars to the Sacramento Independent Animal Rescue and one hundred dollars to the Bradshaw Sacramento Animal Shelter.

Thank you to all of you who volunteered, donated your time and gifts to the raffles, and thank you to all of you who came and supported our annual event!

A big thank you goes out to the Del Campo AFJROTC, who posted colors and recited the pledge of allegiance, followed by a special presentation of appreciation to two of our founding members Sally Teitzel and Linda McCracken for their service and dedication to P.O.O.C.H.

We'd also like to send a special thank you to Papa Bear Specialty Printing for the beautiful new P.O.O.C.H. banners.

Gina Watson,
P.O.O.C.H. President

Monthly Doo's

The last thing any of us want on the bottom of our shoes is also the last thing that we want to see on the front page of the newsletter. But...Doggie Doo left behind is a continuing problem at the dog park.



There are county and city codes that you are violating when you dont pick up the poop. Its a health hazard, to you, your dog, to us and to our dogs.

So...Do the Doo!

Park Rules & Safety

I'm sure most of you have heard of or noticed the many issues with aggressive dogs in the park. Through a collaborative effort with Citrus Heights Animal Services and the Sunrise Recreation & Park District we are working on park rules revisions and enforcement. We owe a special thank you to Animal Services for their quick and dedicated response and presence at the park enforcing the rules and regulations. Aggressive dogs are prohibited. If your dog has aggression issues, be proactive, correct the behavior and do not bring aggressive dogs to the park. This applies to large and small dogs as well. As a reminder, all dogs must be licensed and rabies vaccinated.

P.O.O.C.H. Membership

We have Individual ~ \$15, Household ~ \$20 and Business ~ \$30 memberships available for park users.

Spring is approaching and there will be new park users coming to the dog park so please let the new folks know about our membership and the perks of the park! If the membership grows, then so do the possibilities of improvements and more pet friendly social events. Its good for your park and good for your community.

BAGS: The waste bags are provided as a courtesy for the park users and the cost of the waste bags are expensive. They are paid for by P.O.O.C.H., not the park district.

As a reminder, the bags are for use in the park only.

Kim Sparks,
Newsletter Chairman

LEND A HELPING PAW



Nothing teaches hope,
kindness, courage, and
compassion like
HELPING OTHERS

If you would like to volunteer for events, please request to be added to our volunteer list at poochdogpark@gmail.com

Help us to go green, sign up for the newsletter by email. Send your request to poochdogpark@gmail.com

Pet Safety

ALCOHOL COMA DEATH INTOXICATION	AVOCADO CONTAINS PERSIN: VOMITING DIARRHEA	RAISINS CURRANTS KIDNEY FAILURE
COOKED BONES STOMACH LACERATIONS	WALNUTS MACADAMIAS NERVOUS SYSTEM & MUSCLE DAMAGE	ONIONS GARLIC TOO MUCH: BLOOD CELL DAMAGE ANEMIA
DAIRY TOO MUCH: DIARRHEA	the world's MOST DANGEROUS FOODS FOR DOGS	GRAPES KIDNEY FAILURE
MUSHROOMS SOME VARIETIES: SHOCK DEATH	FATTY FOODS TOO MUCH: PANCREATITIS	
CAFFEINE VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM	XYLITOL (GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH	CHOCOLATE TOXIC TO HEART & NERVOUS SYSTEM DEATH
MEDICATIONS (TYLENOL, ADVIL, ETC.) KIDNEY FAILURE GI ULCERS	If you think your dog ate something dangerous, CALL YOUR VET OR: ASPCA POISON CONTROL HOTLINE (888) 426-4436 NATIONAL PET POISON HELPLINE (800) 213-6680 <small>Illustration by LILI CHIN layout by DESIGN LAB CREATIVE STUDIO</small>	

Pet Health

Homemade Gluten-Free / Grain-Free Dog Treats

By Teri Gruss, MS

<http://glutenfreecooking.about.com>

Did you know that dogs can suffer from celiac disease? Interestingly it's the Irish Setter that has been identified as a breed at risk for developing celiac disease. And dogs can suffer the distinct auto immune symptoms of celiac disease including weight loss, gastrointestinal distress, coat and skin ailments, weakness and failure to thrive.

You may have noticed that the dog food industry is offering more and more "grain-free" dog food products. This is because veterinarians and pet owners are finding that certain breeds of dogs thrive on diets that eliminate grains - including grains that contain gluten like wheat, barley, rye and cross-contaminated oats and even grains that don't contain gluten, like corn, soy and even rice.

If your vet has recommended a "grain-free" diet for your dog it can be a confusing learning curve. There are lots of grain-free dog foods available today and the good news is that you can easily bake dog treats for your grain-free best friend. The benefit of making homemade grain-free / gluten-free dog treats is that you can use high quality, nutritious human-grade ingredients. You can even treat your four-legged family members to organic doggie biscuits without breaking the bank.

Our homemade gluten-free / grain-free dog treats are made with nutritious buckwheat, a rich source of protein, antioxidants, minerals and fiber. Flaxmeal is an excellent source of plant-based essential omega-3 fatty acids, pumpkin puree, eggs and chicken stock. Good for people and good for pets!

In The Kitchen...

Homemade Gluten-Free / Grain-Free Dog Treat Recipe



Prep Time: 10 minutes
Cook Time: 40 minutes
Total Time: 50 minutes
Yield: 52 dog treats for large dogs

INGREDIENTS:

2 cups buckwheat flour
1/2 cup ground flax seeds (flaxmeal)
2 large eggs

1 cup canned pumpkin puree
1/4 cup chicken OR beef stock

NOTE: All of the above ingredients are available in organic form at most large stores and health food markets.

DIRECTIONS:

Preparation: Preheat oven to 350° F

Line two large baking sheets with parchment paper or silicone baking mats.

Place buckwheat flour and ground flaxmeal in a large mixing bowl. Add pumpkin puree, eggs and chicken or beef stock. Use an electric mixer or stand mixer and beat on high until the mixture is smooth and very thick.

For easy prep, use a 1 tablespoon equivalent spring-loaded scoop (like an ice cream scoop) to drop rounded mounds of mixture on prepared baking sheets. Use a fork to press down on mounds, just like making classic peanut butter cookies. Dip fork in water frequently to prevent sticking and press mounds until they are about 1/4-inch thick.

For small pets: Use a teaspoon instead of a tablespoon to drop mounds of dough on baking trays.

Bake in preheated oven for 20 minutes. Remove trays and turn the dog treats upside down. Return to oven and bake for an additional 20 minutes. When done cookies should feel hard to the touch. Cool completely on a cooling rack.

When completely cool place dog cookies in an air tight container. If cookies aren't completely cool when stored, they may become soggy. If this happens, crisp in preheated oven for about 8 minutes OR store in a small paper lunch bag instead of in plastic.

Depending on how often you give your dog treats, tightly wrap and freeze part of the batch and thaw and use as needed.

Recipe found at:

<http://glutenfreecooking.about.com>

2014 Paws Pals & Putts GOLF TOURNAMENT
PRESENTED BY
OLIVIA & KERRY STRAINE

Join us for our 5th annual Paws, Pals and Putts Golf Tournament on Monday, May 5, 2014 at beautiful Del Paso Country Club, 3333 Marconi Avenue, Sacramento. Proceeds from the tournament, presented by Straine Consulting, will benefit the 11,000 animals that the Sacramento SPCA helps each year.

Don't miss this unique opportunity to spend a day golfing on one of the oldest and most renowned golf courses in Sacramento. Del Paso Country Club's 18-hole park-style golf course with five sets of tees challenges amateurs and professionals alike.

Back by popular demand...the Helicopter Ball Drop! Just \$25 per ball entry. Win \$5,000 for a hole-in-one! Click here to download a form for purchase. Need not be present to win.

Paws, Pals & Putts tournament fees are \$250 per player and include an 18-hole golf scramble, contests, lunch, caddie for your foursome, and awards dinner and a live auction. Invite a non-golfing guest for just the dinner and evening program for only \$60.

<http://www.sspca.org/how-you-can-help/special-events/paws-pals-putts-2014/>

Healthy Home Made Dog Pastries
NO WHEAT,
NO CORN, NO SOY,
NO PRESERVATIVES

Baked Fresh with healthy Dog SAFE people food, fruits, vegetables.
Free samples available. **Featuring:** Biscotti, Donuts, Muffins, Cookies

Delivery Available
www.petpastriesbyandrea.com

Save Me, Save You



Cats About Town Rescue

A local animal rescue group dedicated & committed to saving animals that might otherwise be euthanized. If interested in Katina, Wolfie or other animals (dogs/cats) just send an email to

Catherine@catsabouttown.org or call her at 916-601-5341 for details or visit <http://catsabouttown.org>

I May Be Small,

But I have the heart of a giant. I am Katina, I am 2 years young, very sweet & loving. I am a native Chihuahua that will your heart once we meet, I promise. a very dainty and small girl that wants nothing but a nice warm lap and lots of love. Your legs will never go numb from my weight, I only weigh 5lbs, and these ears could listen to your sweet voice talking to me all day. I look great in sweaters, every color looks great on my easy care coat. My appetite fits every budget, and lets face it, you'd look great with me!



Pure Love

Wolfie is very sweet, loves attention and every human that he meets. He enjoys



playing with his toys, adjusts well in new environments with just a little guidance as he tends to run in to things occasionally.

Wolfie is blind, and a beautiful 4 yr old Shepherd mix that was found as a stray and ended up in an overcrowded shelter where he was at risk of being euthanized.

This guy does best with a dog that is not dominant. He prefers knowing and hearing that dogs or humans are near and doesn't like feeling alone. He does get overly stimulated and excited and wants to chase cats. Email: catherine@catsabouttown.org for more information on Wolfie.



Save The Date!!! Rusch Park ~ April 26th

Check Sunrise Recreation & Park Dist. Website for more information.

<http://sunriseparks.com/community-events/>

Have you heard?

Everyone searches for new and improved methods of training our dogs but have you heard of Zak George, Dog Trainer? Check out his YouTube channel or Facebook page to see his awesome technique for yourselves. He covers all kinds of issues including most little issues that rescue/shelter dogs come with, in such a loving and gentle fashion that you'll wish you had found this sooner!

Zak George's Dog Training rEvolution FaceBook Biography:

My name is Zak George, I am a dog trainer. I began teaching people how to teach their dogs out of a genuine desire to bring the world of dog training into the 21st Century and to show people that through relationship based training anything is possible. This is the official YouTube channel of me, dog trainer Zak George! :)

<http://www.youtube.com/user/zakgeorge21>

For Additional videos and interaction, join me on facebook:

<http://www.facebook.com/TheZakGeorge>

(also you'll have access to my "secret videos" on my Facebook page!)



Zak George
34,663 likes · 3,406 talking about this



PLEASE HELP US IF YOU CAN - SACRAMENTO COUNTY ANIMAL CARE IS VERY OVERCROWDED. Please consider adopting or becoming a foster home for these dogs/cats in need.

Spay/Neuter is Free to Rescues

(916) 368-7387 (PETS)

Live operators available M-F, 7am-6pm

Shelter Hours:

Wednesday-Friday 12:30-5:30

Saturday and Sunday 12 Noon-4:30

Closed Mondays and Tuesdays and most holidays

All dogs rescue eligible after 24 hours -

See all adoptable dogs here:

Sacramento County Adoptable dogs

<http://www.animalcare.sacounty.net/Pages/DogsPuppies.aspx>

Picture	Animal Description	Animal Name/ID	Intake Date
	My name is *INKY. I am currently being fostered and am not at the shelter. I am a spayed female, brown brindle and white Boxer. I have been at the shelter since Jul 24, 2013.	*INKY A599193	2013-07-24
	My name is ZEUS. I am currently being fostered and am not at the shelter. I am a neutered male, blue cream and white Pit Bull Terrier. I have been at the shelter since Nov 10, 2013.	ZEUS A523611	2013-11-10
	My name is BELLA. I am currently being fostered and am not at the shelter. I am a spayed female, brown brindle and white Pit Bull Terrier. I have been at the shelter since Nov 23, 2013.	BELLA A607726	2013-11-23
	My name is *CYRUS. I am currently being fostered and am not at the shelter. I am an unaltered male, brown brindle and white Boxer and Pit Bull Terrier. I have been at the shelter since Nov 29, 2013.	*CYRUS A608055	2013-11-29
	My name is OSWALD. I am currently being fostered and am not at the shelter. I am a neutered male, blue and white Pit Bull Terrier mix. I have been at the shelter since Dec 17, 2013.	OSWALD A608976	2013-12-17



P.O. Box 962, Citrus Heights, 95611



When Nature Calls...
Make Sure
You Answer
Please
clean up after
your pet.

