



# Pawsitive

## Newsletter

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

poochdogpark@gmail.com

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

May~June 2014

### You are invited to join us:

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

**When:** held on the 3<sup>rd</sup> Wednesday of each month at 7:00p.m.

**Location:** Petco ~ Auburn & Greenback Lane. Bring your ideas and suggestions and see whats in the works for our park. Want to join as a chairman? Let us know how you'd like to help.



### President's Report

Did you make it to Pet-A-Palooza? We did and had a great time at our booth raising awareness and donations for P.O.O.C.H. The music, food and activities were enjoyed by folks with their families and pets.

Thank you to all of you who volunteered, donated your time and gifts for game prizes, and thank you to the Del Campo AFJROTC for helping out at this event.

We are making great strides with with park improvements, one being updating the outdated rules signs. We have been working with Sunrise Recreation & Park District, Citrus Heights Animal Services and Citrus Heights Police Department to collectively revise our park signs. New metal chairs were added in the large side for \$270, and a new hose in the small dog park for \$15.

Check the kiosks frequently for upcoming events, forms, notices and information on the park.

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

### Park Rules & Safety

New park rules signs will be going up soon. Cost of approximately \$300 will be shared by S.R.P.D. and P.O.O.C.H.

We want to send out a special thank you to Papa Bear Specialty Printing Company and Sunrise Recreation & Park District for their contributions in making this happen.

Aggressive dogs are prohibited, so do not bring aggressive dogs to the park. This applies to large and small dogs as well. If your dog is exhibiting aggressive behavior, have this behavior corrected before bringing your dog to the dog park. Take a look in the kiosks for resources for correcting this behavior. There is also a multitude of resources online. Sacramento County Animal Care's website lists free, discounted and reasonable behavior specialists in the Sacramento area. We want the dog park to be an enjoyable experience for all so please do your part to help maintain this atmosphere. Remember, all dogs must be licensed and rabies vaccinated.

**Kim Sparks,**  
Newsletter Chairman

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

President ~ Gina Watson

Vice President ~ Keith Fettig

Secretary ~ Lynn Clair

Treasurer ~ Sue Egenes

Member at Large ~ Charlene Durrant

### COMING EVENTS



**Saturday May 10<sup>th</sup>**  
from

**9am till gone!**

Join us for our bake sale at C-Bar-C Park near the dog parks. If you can donate or volunteer, contact Jo at 916-727-5241.

@ C-Bar-C Park

### P.O.O.C.H. Membership

**Individual ~ \$15 Household ~ \$20**

**Business ~ \$30**

Spring is here 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, the possibilities of improvements do also 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. Cost of bags run about \$3,000 a year. P.O.O.C.H. funds have enabled us to provide new locking dispensers, approximately \$300, that are now up in the park! As a reminder, the bags are for use in the park only.

**Kim Sparks,**  
Newsletter Chairman

### Business Sponsorship:

We are planning great renovations to the dog parks and we need our members to help get the word out. We have just incorporated the forms for business sponsors so if you, or someone you know would like to be a business sponsor, download the forms from the website or send an email request for forms to [poochdogpark@gmail.com](mailto:poochdogpark@gmail.com).

Memberships, Sponsorships and Donations can all be paid on PayPal now. If you would like to be invoiced through PayPal note that in an email request.

### 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](mailto:poochdogpark@gmail.com)

### CLOTHING DRIVE

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

May 19<sup>th</sup> - June 1<sup>st</sup> 2014



Benefits POOCH and Big Brothers Big Sisters of Greater Sacramento

### It's Time For

## Spring Cleaning!

Join us in this fundraiser and be sure to let them know that its for POOCH.



Sign up for the newsletter by email. Send your request to [poochdogpark@gmail.com](mailto:poochdogpark@gmail.com)

## Spring is here...



## Pets & Toxic Plants

A surprisingly large number of common garden and household plants are toxic to pets, and reactions to toxicity range from mild to life-threatening. Pets, like young children, explore the world with their senses, and they are therefore vulnerable to accidental poisoning. Many of these plants make wonderful additions to the garden, but it is important to know which plants are toxic. If possible, avoid planting these where pets (or children) will have frequent unsupervised access to the plants.

The 12 plants listed below are responsible for the majority of calls to our Veterinary Medical Teaching Hospital (VM TH) about possible plant poisoning. The list was compiled by Director of Pharmacy Dr. Valerie Wiebe. The toxicity of the plants below varies according to the species of animal exposed (cat, dog, bird, etc.), the amount of the plant that was ingested, and the specific variety or species of the plant.

If you suspect your pet has ingested any of the plants below, call your veterinarian immediately. Do not wait to see if symptoms appear, because in some cases of poisoning, by the time symptoms appear it is too late to save the animal.

- **Lilies** (Lilium, all spp.): Ingesting any part of the plant can cause complete kidney failure in 36-72 hours. First symptoms appear in a few hours and may include appetite suppression, lethargy, vomiting. Cats are especially sensitive to lily poisoning, so be very careful to keep your cats away from lilies of any kind, including the Amaryllis, Easter lilies, and Stargazer lilies so often found in homes around the holidays.
- **Lily of the Valley** (Convallaria majalis): Ingesting any part of the plant can cause cardiac dysrhythmias, vomiting, diarrhea, confusion, weakness, and even death.
- **Anemone** (Anemone and Pulsatilla, family Ranunculaceae): Irritating to the mucus membranes, and can cause blisters, hemorrhagic gastritis, shock, convulsions, and death.
- **Aloe Vera** (family Liliaceae): Vomiting, depression, diarrhea, anorexia, tremors, change in urine color.
- **Amaryllis** (family Amaryllidaceae, incl. Hippeastrum spp.) All species, including Belladonna Lily, are toxic, and especially dangerous to cats. The bulbs are the toxic part of the plant. The "Amaryllis" commonly seen during the December holidays are Hippeastrum species. Symptoms include vomiting, depression, diarrhea, abdominal pain, hyper-salivation, anorexia, tremors.

- **Asparagus Fern** (family Liliaceae): Allergic dermatitis, gastric upset, vomiting, diarrhea.
- **Daffodil** (Narcissus): Vomiting, diarrhea. Large ingestions cause convulsions, low blood pressure, tremors, cardiac arrhythmias.
- **Philodendrons**: Irritation, intense burning and irritation of the mouth, lips, tongue, excessive drooling, vomiting, difficulty swallowing.
- **Jade Plants** (Crassula argentea): Vomiting, depression, ataxia, slow heart rate.
- **Chrysanthemums**: Vomiting, diarrhea, hyper salivation, incoordination, dermatitis.
- **Cyclamen** (Cyclamen persicum): The tubers or rhizomes contain the toxic glycoside cyclanin, a terpenoid saponin. Ingestion can cause excess salivation, vomiting, diarrhea, heart rhythm abnormalities, seizures, or even death in rare cases.
- **Cycads** (including Sago palm; cardboard palm; etc.): The "Sago palm" is a cycad, not a true palm, and all parts of the plant are poisonous. Symptoms include vomiting, lethargy, melena (black "tarry" feces), icterus (jaundice), increased thirst, hemorrhagic gastritis, bruising, coagulopathy, liver failure, and death. A northern California police dog, a patient at one of our Companion Animal Memorial Fund donor clinics, died in November 2011 after ingesting parts of this plant.

### Common plants that are highly toxic but only rarely ingested by pets include:

- **Angel's Trumpet** (Brugmansia spp.)
- **Castor bean** (Ricinus communis)
- **Daphne** (Daphne spp.)
- **Deathcamas & Meadow Deathcamas** (Zigadenus venenosus)
- **English yew** (Taxus baccata)
- **Foxglove** (Digitalis purpurea)
- **Jimson weed or Devil's Trumpet** (many common names) (Datura spp.)
- **Nicotiana/Tobacco plants** (all spp.)
- **Oleander** (Nerium Oleander)
- **Poison hemlock** (Conium maculatum)
- **Pokeweed** (Phytolacca americana)
- **Tree tobacco** (Nicotiana glauca)
- **Western water hemlock** (Cicuta douglasii)
- **Yew** (Taxus cuspidata)

Article can be viewed at [http://www.vetmed.ucdavis.edu/ccah/health\\_information/plants\\_pets.cfm](http://www.vetmed.ucdavis.edu/ccah/health_information/plants_pets.cfm)



## How to Estimate the Right Serving Size for Your Dog

by MIKE SAGMAN (Access Calculator Online)  
<http://www.dogfoodadvisor.com/dog-feeding-tips/how-much-dog-food/>

The verdict is in. And the results confirm what you'd always thought... Overweight dogs don't live as long as normal weight dogs.

According to a recent study published in a respected veterinary journal<sup>1</sup> overweight dogs suffer from a higher incidence of these life-shortening diseases...Hypothyroidism, Oral disease, Diabetes, Pancreatitis, Cancer, and Arthritis.

So, how much should you feed your dog to ensure his health?

Well, don't just blindly follow the directions on a dog food package. That's because manufacturers like to "hedge" by suggesting an overly broad "range" of serving sizes.

For example, a bag of kibble might read... "for dogs from 5 to 15 pounds feed 1/2... to... 1-1/2 cups a day".

Wow. That's a monstrously wide range... a 200% variation! It's simply not precise enough.

If you follow that advice you'll be guessing. You could be significantly overfeeding... or underfeeding your dog. Misjudging a serving size by even a small amount... and then feeding that same amount day-in and day-out... multiplies the error. And it could have a devastating effect on your dog's health.

### Don't Guess... Follow These Three Easy Steps

When deciding how much to feed your dog... never guess. Be scientific. Always calculate and measure.

Use our Dog Food Calculator and follow these three simple steps...

**Step 1 - Enter your dog's ideal weight**

**Step 2 - Select your dog's life stage and activity level**

**Step 3 - Insert your dog food's "calories per serving" (found on bag).**

Then, use a measuring cup or a scale... and feed the calculated amount.

Of course, keep in mind... results are approximate. Certain breeds and conditions may require some adjustment. And please remember... the calculator assumes your dog is at or near his ideal weight.

So, be flexible. If your dog appears to be overweight... or underweight... substitute something closer to "ideal" for your weight entry.

By the way... the calculator is for adult dogs only. Puppies require their own special feeding program.

Once again... never guess. Always measure each serving. And check your dog's weight once a month or so. Over time, you'll be glad you did.

Learn how to determine your dog's ideal weight.

Here's an easy way to weigh your dog. Use our Dog Food Calculator to reveal your pet's recommended serving size.

# 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 adoption just send an email to [Catherine@catsabouttown.org](mailto:Catherine@catsabouttown.org) or call her at 916-601-5341 for details. You can also visit the website at <http://catsabouttown.org>



**Name: Bala**  
**Age: 3 Years**  
**Interests: Long walks, social events, cuddling and watching TV.**

**You Need Me,** and I need you. I answer to Bala, I am 3 yrs young with a very social and sweet personality. I am a Chihuahua mix so my compact size will fit nicely in your lap. I enjoy walks, playing, cuddling and encourage you to rub my belly every chance you get, its good for the soul you know. I love everyone, two and four legged friends, whether they meow or bark and even little children, they are all really drawn to me. I would love you for the rest of my life, I promise! For more info Email: [catherine@catsabouttown.org](mailto:catherine@catsabouttown.org)

## Did you know... The Chihuahua

(Spanish: chihuahueño) is the smallest breed of dog and is named for the state of Chihuahua in Mexico. Chihuahuas come in a wide variety of sizes, head shapes, colors, and coat lengths.



The Chihuahua's history is puzzling and there are many theories surrounding the origin of the breed. Both folklore and archaeological finds show that the breed originated in Mexico. The most common and most likely theory is that Chihuahuas are descended from the Techichi, a companion dog favored by the Toltec civilization in Mexico. No records of the Techichi are available prior to the 9th century, although dog pots from Colima, Mexico, buried as part of the western Mexico shaft tomb tradition which date back to 300 BC are thought to depict Techichis. It is probable that earlier ancestors were present prior to the Mayans as dogs approximating the Chihuahua are found in materials from the Great Pyramid of Cholula, predating 1530 and in the ruins of Chichen Itza on the Yucatán Peninsula.

In fact, wheeled dog toys representing both the "deer head" & "apple head" varieties of Chihuahua

have been unearthed across Mesoamerica from Mexico to El Salvador. The earliest of these were found at Tres Zapotes in Veracruz, Mexico, which date to 100 AD. Dog effigy pots dating to around 1325 AD discovered in Georgia and Tennessee also appear to represent the Chihuahua. It has been argued that these pots arrived with survivors from the Casas Grandes site in Chihuahua, Mexico, after it was attacked and destroyed around 1340 AD. Pots unearthed at Casas Grandes include representations of the "deer head" variety of Chihuahua. Hernan Cortés wrote, in a 1520 letter, that the Aztecs raised and sold the little dogs as food. Colonial records refer to small, nearly hairless dogs at the beginning of the 19th century, one of which claims 16th-century Conquistadores found them plentiful in the region later known as Chihuahua.

A progenitor of the breed was reputedly found in 1850 in old ruins near Casas Grandes in the Mexican state of Chihuahua from which the breed gets its name, although most artifacts relating to its existence are found around Mexico City. A pot featuring the "deer head" variety of Chihuahua has been unearthed at Casas Grandes which dates from 1100-1300 AD showing the long history of the breed at this site. A wheeled dog toy which has been dated to 100 AD from Tres Zapotes in Veracruz, Mexico, depicts a dog identical in appearance and size to the modern Chihuahua, indirect evidence that the breed was in Mexico over 1400 years before the first Europeans arrived. The Chihuahua has remained consistently popular as a breed, particularly in America when the breed was first recognized by the American Kennel Club in 1904.

[http://en.wikipedia.org/wiki/Chihuahua\\_\(dog\)](http://en.wikipedia.org/wiki/Chihuahua_(dog))



**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

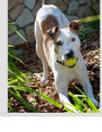
Saturday and Sunday 12 Noon-4:30

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.saccounty.net/Pages/DogsPuppies.aspx>

Picture	Animal Description	Animal Name/ID	Intake Date
	My name is *TATER TOT. I am currently being fostered and am not at the shelter. I am a spayed female, tan and white Chihuahua - Smooth Coated. I have been at the shelter since Sep 25, 2013.	*TATER TOT A603400	2013-09-25
	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 OSWALD. I am currently being fostered and am not at the shelter. I am a neutered male, brown and white Pit Bull Terrier mix. I have been at the shelter since Dec 17, 2013.	OSWALD A608976	2013-12-17
	My name is *TARZANA. You will find me in kennel DH-10. I am an unaltered female, brown brindle and white Pit Bull Terrier mix. I have been at the shelter since Jan 15, 2014.	*TARZANA A610368	2014-01-15



P.O. Box 962, Citrus Heights, 95611



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

