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# Canine Zone

The magazine for all dog lovers



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Making them stress-free

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The magazine for all dog lovers

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# Dog talk



**A**s I write this, the people of the United Kingdom – and in fact, the world – are mourning the death of Queen Elizabeth II. Whether you're a royalist or not, you have to respect the British monarch for her deep sense of duty and her resilience, as well as her sense of humour and kindness. I've always also really admired her deep love of animals, especially dogs. Rest in peace Your Majesty. The world will miss you.

With summer upon us, I like to include articles on the dangers of heatstroke for dogs, as even with the warnings, every year, people still put their precious dogs' lives at risk by leaving them in hot cars. The warm weather is wonderful, but it can become dangerous to your dogs, so please read our article on page 20 and share the information with family and friends.

Now that it's time for many people to get back into pools, depending on the breed and your dog's personality, he or she might be a natural in the water, or swimming might be challenging. However, whether your dog enjoys taking the plunge or prefers staying on land, it's essential for safety that your dog learns to be comfortable in and around water. If your dog is scared of water, never, ever force them in. Keep in mind that the younger your dog is when you teach them to

swim, the better. Always keep the lesson positive and stress-free for them.

Do you follow any dogs on Twitter, Tik Tok or any other platforms? I follow so many that I've lost count, and although I've tried to make my own boy Instafamous, I just didn't have the time to post every day and ended up with the page becoming dormant. It can be loads of fun, though, and just think of all the memories you can keep track of. In this issue we've given you a few tips on how to make your dog a social media star.

During the summer months, it's common for dog shelters to become overcrowded due to people going on holidays and surrendering their dogs, or even due to fireworks. Regardless of why shelters become more crowded during the summer, they need help. If you're an animal lover, you can help by adopting, fostering, sponsoring, donating, volunteering or fundraising.

Did you know that Canine Zone is not only available as a printed copy on shelves at Woolworths, Checkers, Checkers Hyper, Exclusive Books and selected Spar stores, but it's also available as a free digital copy on our website, [www.caninezonesa.com](http://www.caninezonesa.com)

Most people still prefer relaxing with a printed magazine after being on computers and phones all day and suffering from digital fatigue, and we also believe that with the amount of information on the internet, people don't want to necessarily pay for digital content, which is why we made Canine Zone a free digital copy. It's also enabled us to increase our readership tremendously! A huge THANK YOU to all our readers for all your support over the years.

*Sharon*

## Canine Zone

The magazine for all dog lovers

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# UPFRONT

## ALL THE QUEEN'S DOGS



Queen Elizabeth's dogs are thought to have been among her most consistent loves. And Corgis aren't the only dogs the Queen owned and loved – throughout her life, she kept at least 30 Labradors, Cocker

Spaniels, Corgi-crosses and, of course, Corgis.

The Queen's father, King George VI, arguably sparked Elizabeth's obsession with Corgis after she was gifted her first pup, Susan, on her

milestone 18th birthday in 1944. Their bond proved so strong that Her Majesty even snuck her four-legged friend on her honeymoon in 1947!

The smaller dogs went where the Queen went – from palace to palace. This included on helicopters, trains, and in limousines. At Christmas at Sandringham, they each had their own stocking, filled by the Queen herself.

Buckingham Palace has 775 rooms, but the Corgis slept inside the Queen's private apartment. As royal author Penny Junor wrote in her book *All the Queen's Corgis*: "There is a special dog room where they have raised wicker baskets lined with cushions to keep draughts away."

In some cases, when loved ones







died, the Queen even adopted their dogs. This included the Queen Mother's three Corgis in 2002. According to *Vanity Fair*, when the Queen went to Clarence House to view her mother's body, she took the Queen Mother's Corgis home with her directly. She adopted another – Whisper – who'd belonged to her former head gamekeeper at

Windsor, Bill Fenwick, and his wife, Nancy.

At the time of her death, the Queen owned two Corgis – Muick and Sandy. Other much-loved royal Corgis included Candy, who recently passed away, Susan, Willow, Holly, Vulcan, Dookie, Monty, Honey, Berry, Emma, and Linnet.

It's now been confirmed that

Muick and Sandy will go to live with Prince Andrew and his ex-wife, Sarah, Duchess of York, at Royal Lodge, a mansion in the grounds of the Windsor estate.

*Acknowledgement* – <https://www.bbc.com>



## FIVE THINGS A DOG MIGHT SAY IF THEY COULD SPEAK HUMAN...

*By Tracy McQuarrie (Dogtown SA)*

Have you ever wondered what your dogs might say or would tell you if they could speak "human"?

I'm sure there are a host of things they'd like to tell us about how they feel or how they'd like us to interact with them. Our fur kids are continually communicating with us through their body language, but unfortunately, we often miss or fail to understand the "message" they're trying to convey. Their moods, emotions and feelings, in general, are all expressed through mannerisms and body language.

Here are just five of the many things I'm sure our dogs would like

us to know and understand:

- I was bred to play, hunt and seek out lots of enticing doggy things. Please don't neglect my needs or keep me confined in small areas for lengthy periods. This makes me extraordinarily bored, and then I might start displaying unwanted behaviours like digging or chewing just to try and avoid my boredom.
- I have emotions just like you do – ok, maybe not guilt, but certainly fear, sadness, stress and all the other emotions that you feel. I can also sense your general mood and emotions, so

I know when you need a loving paw on your knee or when you're happy to see me.

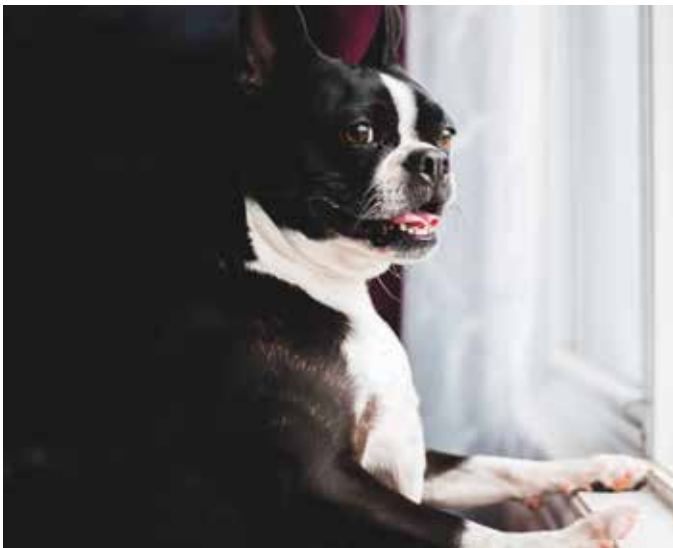
- I'm a dog, not a wolf. I don't want to control you or be the pack leader. If I lie in the doorway, I'm not trying to control you or block your way, I just find it comfortable to be in that spot. If I try to climb on your bed, it's because that's where you rest, and I want to curl up and rest with you.
- If I don't always do exactly what you ask, please don't get angry with me, it's usually because I'm not quite sure what you're

expecting of me. Please train me to understand you and clearly indicate what it is you're asking.

- I love you! That's why I follow you around, rest my head in your lap when you're sitting down, or jump into your lap for a cuddle. Please love me too.



## SEPARATION ANXIETY IN PETS - HOW TO SPOT AND MANAGE IT



If you adopted a pet during the pandemic, chances are that they might experience a certain level of separation anxiety should you return to the office or even just leave the house for a long period of time.

It's not always easy to diagnose separation anxiety since it can be confused with other behavioural problems. "Dog owners can describe

barking, pacing, and even suddenly urinating and/or defecating in areas where they wouldn't usually, like the bedroom or on the furniture.

Separation anxiety won't be resolved without intervention, and it usually involves a lot of pet therapy, which includes counter conditioning. "Training plays a vital role in assisting your pet with their coping mechanisms.

their pet as being excessively disobedient and destructive when in reality they could be displaying signs of separation anxiety," says Alet Joubert, Veterinary Nurse at Boehringer Ingelheim.

Behaviours that could indicate separation anxiety include being destructive,

Pet owners need to retrain their pets to tolerate and even enjoy being at home when their owners leave," says Joubert.

Post-pandemic separation anxiety in pets has become quite common and can range from mild to severe. "Every dog is different, and each recovery period will have its own timeline. You should, however, see some adjustment within six to eight weeks of training, but if your dog is still struggling thereafter, you should reach out to an animal behaviourist," explains Joubert.

When pets get older and start to lose some sight, hearing or become confused, it may trigger separation anxiety. However, the likelihood of your pet developing separation anxiety is also dependent on their personality. Working breeds are more prone to separation anxiety than non-working breeds, and puppies may also become anxious should an environment they're used to start to change.



## VETS SPEAK OUT ABOUT HOW MAKING HUMANE DECISIONS CAN TAKE ITS TOLL

Euthanising an animal – be it a dog, cow, horse or lion – is seldom an easy decision for an owner or custodian to make. For veterinarians, too, giving advice and having to put an animal down can be fraught with emotional difficulty – as morals, ethics, empathy, practicality, public health and the professional obligation to provide humane care collide.

The South African Veterinary Council (SAVC) spoke to veterinary professionals to hear their thoughts on the complex and multi-faceted issue of euthanasia – particularly when the decision is influenced by economic and other factors.

Their considered and often poignant responses show that every day, these animal health professionals have to weigh up many factors when exercising their duty of care to ease animals' pain and ensure their quality of life.

This includes dealing with the very human emotions – their own as well as those of the owners – that come with having to make life-or-death decisions. It can be difficult to “switch off and reset” after euthanising an animal and then immediately having to see another patient, and some find it equally hard to leave these emotions behind when going home.

“If you truly care about life and others, it will always be personal,” says Dr Jaco Jacobs, a retired vet who works with companion animals. For him, “the request to perform euthanasia makes the concept of life and death a direct reality in the daily execution of your duties as a veterinarian.”

Seeing an animal's owners in distress can be “a heavy burden”, he admits. But “what further complicates such a decision is the moment your emotions get activated. Then



euthanasia becomes very personal, and what should be a black-and-white clinical decision becomes a deep process.” This can inevitably impact one's mental health, he adds. “There will always be special situations that aren't black and white – and nothing can prepare you except to follow your heart and act in compassion, guided by your experience.”

Some of the most personally heart-breaking euthanasia requests he's received were when the parties in a divorce wanted to euthanise a previously shared (but healthy) animal to avoid a legal tussle, when elderly people were not allowed to take beloved pets into a retirement facility, or when people could no longer afford to take care of their pets.

“All owners bringing a pet to be euthanised are distraught and it should be expected that they'll experience the effect of a life being taken to different degrees,” says Dr Jacobs.

In his practice they tried to calm the environment and keep it quiet, asking staff and other clients to show respect. They lit a special candle and had a written notice alerting those entering the clinic that a euthanasia procedure was in progress. Depending

on the situation, he encouraged owners to have a loved one present for the final steps together with their pet, and to comfort them afterwards.

Former SAVC Councillor Dr Ayoub Banderker, who's worked for various welfare organisations on the Cape Flats and serves on the Cape of Good Hope SPCA board, says seeing abused and maltreated animals on a daily basis can take its toll, but “euthanising them to prevent further suffering brings a sense of relief.” He says “keeping the bigger picture in mind” is important when dealing with the emotional element of the job. “I always consider the welfare of the animal, the owner and the vet when dealing with any case, and my treatment options are based on what would be suited to all.”

Dr Banderker says while the number of unwanted pets has increased, the situation is most “dire” in areas with little or no access to veterinary or animal welfare services.

Euthanising healthy animals isn't a pleasant job, Dr Chetty says, “but if the owner cannot ensure that placement of an animal into a new home that results in the best life possible, then I strongly recommend euthanasia.”

# Your Photos



**ZORKA** – I'm adopted! Look at my BIG smile. I'm just the happiest boy ever.  
– **MARINEY LOMBARD**



**PAULIE** – Home is where my dog is!  
– **RENÉ PRETORIUS**



**YOGI** enjoys posing as a garden gnome. – **HELEEN LAVINI**



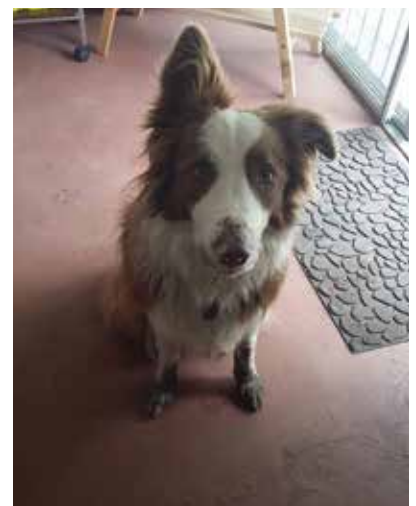
**BENJI**, my four-year-old Yorkie, says, "Look at me! I'm gorgeous and everyone thinks I'm cute." – **TERSIA V WYK**



**TANGO** is my off-duty service dog. He's trained in narcotic and explosive detection for K9 Intervention.  
– **JO AND TANGO POYNTON**



**CHESTER** doing his classic Chester pose.  
– **CATHERINE SMITH**





**WIN!** If your photo is the winning photo, you will receive a fabulous prize from Complete Pet. To enter, e-mail your photo and a sentence or two about your dog/s to [editorial@caninezonesa.co.za](mailto:editorial@caninezonesa.co.za)

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**SHELBY**, the Boxer pup, seems to be saying, "Oooh, hold thumbs she says yes to walks!" – **AIMEE RICHTER**



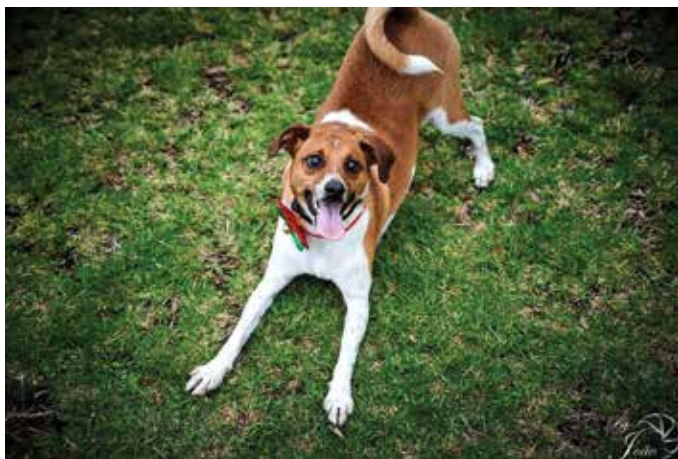
**ROLO** and **FIBS** are my South African grand babies.  
– **TILLY VAN RENSBURG**



**SABIA** – I just love when we get new teddies!  
– **CHIRESE DOS REIS**



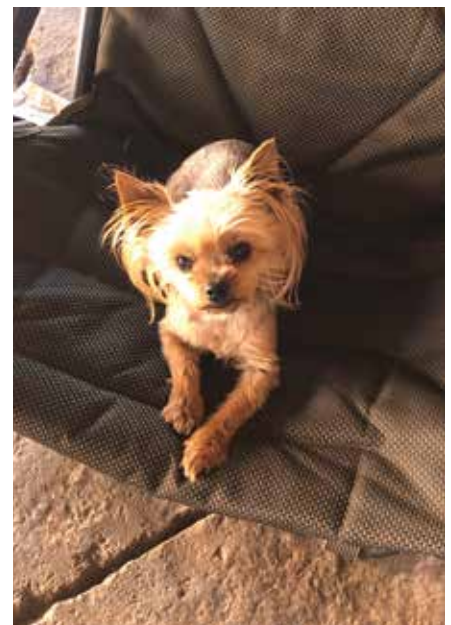
**LILLY** – I'm a Corgi cross named after Queen Elizabeth II, because she loved Corgis. I'm also my mommy's baby!  
– **KATEY SCOTT**



Hi, I'm **EGGSY**... Yup, like the guy from The Kingsmen. I had a rough start in life, but look at me now.  
– **NAMASHA RAO**



**LIBBY** – Our little girl enjoying her own camping chair. – **RYNO OPPERMAN**



# Help!



## GOT A QUESTION?

E-mail us at  
editorial@caninezonesa.co.za  
and we will forward your mail to our  
behaviourists, Julie Bezuidenhout and  
Caitlin Balt-Helmrich to answer



## HOW TO PREVENT POISONING

*We're very worried about dog poisoning, and the barbarians who do this seem to have no respect for any life. I was wondering if there's any way that we can train our dogs not to eat something that they shouldn't? Can we teach them a certain word, for example? But would that stop them eating something that's been thrown on the ground, over a wall? We'd appreciate any advice to protect our dog family. – RAMESH NAIDOO*

**CAITLIN SAYS** – Dog poisonings are a very sad reality that no family should have to face. Dogs are naturally curious and tend to eat all sorts of things, often landing themselves in trouble. You could try teach your dog a “leave it” cue. This can be introduced by placing a piece of kibble on the ground near them,

covering it with your hand, and saying “leave it” once you reveal the kibble. You may only be able to wait a second or two before releasing them to eat it with the word “okay!”. Build up to resisting tastier treats for longer durations. You can also practise exchanges – if your dog has a toy, you can ask them to “drop it” in exchange for another toy or treat, and this may translate to dropping food at a later stage. It's important to be proactive in preventing incidents. Let your dogs sleep inside if possible and perform a perimeter check before letting them out. Commercially available

poison kits have been shown to have some efficacy in reducing the effects of toxins while enroute to a vet. You should always have your closest emergency vet details on hand in case.



## EXERCISE AND TRAINING IN HOT WEATHER



*I notice each year that my large cross breed dogs become very lazy in summer. Is this normal with the hot weather? I took both my dogs, Ben and Sarah, to puppy training, and even though they're*

*now four and five, we've kept up with practising our “heel”, “sit”, “down”, “stay”, “come in” and “leave” every day. I was wondering if you could let me know what else I could be teaching them to keep things fresh and if I should cut down the training sessions in summer. Thanks for your great advice and articles! – SHARONA MATTHEWS*

**CAITLYN SAYS** – It's not uncommon for a dog's activity levels to change with the seasons. Always ensure that there's no medical reason for a change in activity, and find ways that work to help them stay cool. Training

is a fun way to strengthen the bond between you and your dogs and can be a great source of stimulation for them. The key is that they need to be having fun, so look out for relaxed, engaged body language. You can branch out from obedience exercises and find some fun games to play, such as hide-and-seek (finding you or treats), touching a nose to a marker, and stepping over or under things. There are loads of ideas for low-activity mental enrichment activities online as well, such as snuffle mats and puzzle feeding. Get creative! Keep any training sessions short and stick to the cooler times of the day. Training and enrichment should be integrated into your daily routine. Always end a training session on a positive note, with something that your dogs feel good at, and go at their pace.



## MY DOG IS SCARED OF WALKING

*The other day, a dog got out of a property as we were walking by with our own little Daxie. The dog bit our dog, Minx, but fortunately not badly. Minx is now terrified to go out for a walk and we aren't sure how to handle this. We did take her to the vet as she was bitten on her back leg, and I was wondering if we have the right to now ask the other dog's owners to pay the costs?*

— MONICA VAN GREENEN

**JULIE SAYS** — If the attack was completely unprovoked (in other words, if you had adequate distance between yourself and the other dog, in passing), and the attack happened in a public area, then I believe you should ask the dog's owner to pay your vet bill. You also want to take into account as to how the dog escaped his property to get to Minx. In other words, if the gate was open, or the dog scaled the wall, the dog owner loses much of

his credibility and increases your entitlement of him paying your vet bill. Because Minx is now terrified to go out on a walk, I suggest you change your walking route, and only walk short distances at this time. Provide high-value treats along the way, with loads of positive reinforcement. Try and ignore the fearful behaviour and coax with high-value treats or a squeak ball (if that's what Minx likes).



## MAKING A MOVE EASIER



*We're moving into a smaller home at the end of the year with our two fur kids, Nelly and Scott (both medium mix-breed dogs). Do you have any tips for helping them to cope with the moving process and settle into their new home quickly,*

*as we don't want them to be stressed. The garden they'll have will be a lot smaller as well, so should we now get them used to walking on a leash and taking them out for walks?*

— BRYAN & MEGAN CHANGER

**JULIE SAYS** — It's best to prepare Nelly and Scott for the move. Start walking them now so that changes coming up to the move can happen slowly, without associating any negativity to the move. Ensure that they're safe in their new environment, ensuring they can't escape. Less is generally best when it comes to perceived stress, so don't overcompensate by showing feeble behaviour, as this in itself will stress the dogs. Be confident and happy, and they will be too!



# Vet Visits

*By Caitlin Balt-Helmrich*



and building. Pop in to your vet with your dog and let them sniff, get some treats, and leave again. Your dog should also be gradually introduced to handling and gentle restraint by a veterinarian, using a force-free approach with lots of positive reinforcement.

Wearing a muzzle is an important life skill that dogs should learn. This will help them feel at ease should your vet choose to use a muzzle as a precaution during a consult. A muzzle can be introduced in short, fun sessions until your dog enjoys wearing it for extended periods of time.

## ON YOUR WAY TO THE VET

**V**isiting the vet is an inevitable part of a dog's life. Good-quality vet care can prolong their life and aid in their well-being. For many dogs and their humans, though, visiting the vet is a worrying and stressful event for various reasons. Here are a few things you can do to reduce the stress of a vet visit.

### PREPARING BEFORE THE TIME

Your dog should be comfortable riding in a car, and not only to go to the vet. If a car ride typically ends in a visit to the vet, your dog may already begin to feel stressed in the vehicle. Get your dog used to drives by completing regular short drives to nowhere, or drives to places that they enjoy visiting.

Establish a relationship with your veterinary practice of choice. This helps them to keep track of your pet's history and provide a personalised experience for you. Visiting the vet regularly, without needing treatment, is a really good way for a dog to build a positive association with the staff

Have your local veterinarian's number saved on your phone, as well as the nearest emergency vet. Whether your vet does appointments or not, it's a good idea to call them before the time to let them know you're on the way, especially if it's an emergency. An emergency vet visit may require you to grab a leash and towel at a moment's notice – it's helpful to have these items easily accessible.

### IN THE WAITING AREA

At the vet, you're likely to see other animals and people. For a well-socialised dog, this isn't usually a concern. For many dogs, however, this already stressful event is now exacerbated by the presence of unfamiliar sights, smells and other animals. If the visit is for something routine and not surgical, it's a good idea to have a bag of tasty treats ready for your dog to help them relax. Regularly treat your dog for focusing on you and not the other animals. Some dogs may feel better relaxing next to you, and others may want to sniff and walk around a bit. It's important that you respect the space and well-being



# Making your vet visit a stress-free experience

of the other patients at all times, and don't allow your dog to approach other animals, no matter how friendly they may seem. At the same time, don't be afraid to be assertive and ask others to respect your space, if that's what your dog needs.

Bringing a stressed, ill/injured, reactive dog into the waiting area can become dangerous, so if your dog isn't coping, it may be better to wait outside and let the reception know that you've arrived. Request an assistant to help you bring your dog inside if necessary. A dog who's barking and lunging is often doing so because they're scared, and it's up to you to reduce the likelihood of encountering things that may frighten your pet.

## IN THE CONSULT ROOM

Without the distraction of other animals, some pets may feel more relaxed. This is where the veterinarian will likely conduct a preliminary physical examination of your dog. Be ready to reinforce your dog for tolerating handling. If your dog is obviously stressed or uncomfortable with the handling, request that your veterinarian allow them some space before continuing. Finding a vet willing to read your dog's body language and work within their limits is important for building a sense of trust. The veterinarian may need to take your dog to the back for further examination.

## STAYING OVER

The veterinarian may advise that your dog needs to stay over for treatment or observation. While this may be worrying for you, trust that your dog is in good hands. Take time to discuss your concerns with the vet, as this will help to put your mind at ease. It's tempting to visit your pet while they're in hospital, but it may not be advisable, depending on their condition. If an animal needs to stay relatively still and calm, an exciting visit from a familiar human can undo treatment progress. Speak to the veterinarian to determine what's best for your dog. The staff will endeavour to provide you with regular updates, but as there may be

several patients at a time, they may not be able to update you immediately when you call. Be patient with the reception staff, who work tirelessly to ensure a seamless experience for everyone from start to finish.


## COMING HOME

When your pet is discharged, or after a consultation, it may be easier to have an assistant wait with them outside at your car while you settle your account. Your pet may be excited or still in some discomfort, and the quicker you can move them out of the waiting area, the less stressed they'll be. Ideally, you'd have prepared for their return from surgery by keeping other boisterous pets apart from them for their arrival. When an animal returns from the vet, they may smell or behave in ways that the other pets at home aren't used to and there can be some friction, especially after longer stays at the vet. Ensure that the recovering dog has space to be comfortable and undisturbed.

## THANKING THE STAFF

Veterinary staff work long, stressful hours and often have to deal with difficult and sad cases. Especially after longer stays, when most of the staff get to know your animal, a little "thank you" card and box of treats can go a long way in making someone's day.

## A WORD ON FINANCES

Vet care costs money. As much as veterinarians care about animals, they have costs to cover and can't always make exceptions for low-cost or free veterinary care. Diagnosing conditions often requires costly blood tests and imaging. Having a pet medical insurance can be the difference between a successful diagnosis and treatment, or the worst case scenario. Even having an accident-only cover can go a long way in covering unexpected emergency bills. Remove the stress of having to decide between what treatments your vet can offer and research and sign up for a pet medical insurance that suits your needs. 

# DOG STARS



**A**s a proud owner of a dog, you're bound to have considered giving your fur kid his or her own Facebook or Instagram page and build them up to become social media celebrities. But even though your dog might be incredibly cute and love posing for photos, you're going to need to put in a lot of work to get your dog and his adorable daily antics seen by the masses of animal lovers out there.

Dogs with their own social media profiles have become increasingly popular in recent years. Many dogs have even become major "influencers", partnering with various brands, especially in the USA and the UK, but South Africa is starting to catch up. But how do you get started?

## BE CONSISTENT

Consistency is key, and you'll need to post a photo or video at least once a day with a great caption and tags on Instagram. Twice a day also works, but you don't want to overwhelm people with your content.

## KNOW YOUR AUDIENCE

South Africa is still a bit behind when it comes to having our own social media celebrities and

influencers, so you might pick up more followers overseas. Using hashtags on IG is important. Perhaps use general hashtags related to your dog's breed, then relate the others to the rest of your image. You can also use tags such as #throwback-thursday to share puppy pictures, and a lot of dog accounts use #tongueouttuesday.

## BE SOCIAL

To build your own following, you have to follow similar accounts. The key to success on social media is to make connections with other people and their dogs on the social media platforms of your choice. In addition to following, you also want to regularly comment and connect with their content. You don't have to follow everyone back, but it's helpful to engage with the comments that your dog gets.

## CAPTION IT WELL

Good-quality photos always do well, but the caption and the picture have to work together to get people engaged and make them want to share the post.

## PERSONALITY COUNTS

Create great content around your dog's personality, and don't ever force your dog to do things that they don't want to. If your dog is shy, build your page around that theme. If your dog is very energetic, keep your followers up to date on his or her activities. Don't be afraid to experiment and try new content to see what resonates with your dog's followers.

## CHOOSING A PLATFORM

When you're planning to make social media profiles for your dog, you'll need to think about which platforms you're interested in pursuing. The main platforms where dogs are becoming famous and building careers are Instagram, TikTok, and YouTube. If you want to start building your dog's presence online in general, it's best to start with one platform and grow your presence there.



## How to make your dog famous on social media

### HASHTAGS

Hashtags are a searchable way to both connect with other platforms like yours and also allow people to find your dog's posts. A great way to start experimenting with hashtags is to look at the ones that other dog accounts are using and the hashtags that you enjoy following.



offered. One example of this is if your dog is receiving products for free – you need to disclose that it's a brand partnership when you post about those products. Additionally, when you're negotiating with companies, make sure that you understand what's being asked of you in terms of the kind of posts, how many, and when those posts need to happen.

### TALKING BUSINESS

As your dog's social media profiles start to grow and you begin thinking about partnering with companies, make sure you've read and understand the terms and conditions of whatever deal you're

### BECOMING A DOGGY SUPERHERO

The best part about dogs on social media is that they can be a voice for shelter dogs and educate people about how to take care of and respect dogs. 🐕

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# 5 Great Doggy Exercise Ideas



**All dogs need exercise, and we've got you covered with a few great ideas to keep your fur kid busy**

her dinner by creating an obstacle course she has to get through to find her food.

3. **INDOOR WALKING** – Invest in a treadmill for you and your dog – but take the right precautions. Spend a few days familiarising your dog with how it works. Use a slow speed and stand in front of the treadmill with a treat. Over three or four days, slowly increase the speed and the amount of time your dog spends on the treadmill. Work up to the same amount of time you normally spend on walks.

4. **TARGETING** – Being indoors gives you a great opportunity to practise targeting with your dog. Teach her to touch her nose to the back of your hand on command: this will make her focus on a target. It's a great exercise because it gives you an activity you can do together. And once your dog has learned to do this, you can use it whenever you want her to stop what she's doing and focus. For example, if you're

out walking and she becomes excited when she sees another dog, you can use targeting to redirect her attention. Plus, your dog can't bark when she's touching her nose to your hand!

**V**ital for a pet's physical and mental well-being, exercise is also a crucial part of the relationship between you and your dogs. Even on those days when bad weather makes walks impractical, you can still give your dog the workout he or she needs with these five exercise ideas.

1. **PLAY A GAME** – Hide-and-seek is a wonderful way to get your dog up and moving and mentally engaged. You can hide a treat or her favourite toy, but it's better to make her come find you. Start by throwing a treat to get her to go away from you, and then hide in another part of the house. This game can really tire your pup out as she rushes around searching, and it's good for reinforcing the "come" command.

2. **CHALLENGE HER NOSE** – Dogs have incredibly powerful scenting abilities, so exercises that require your pal to use her nose are especially stimulating. Make her work for



5. **GET OUT-DOORS!** Spend 30 to 40 minutes outdoors walking or throwing a ball or Frisbee and your dog will get a workout that leaves him exhausted – and his muscles toned. 🐾



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# IT'S A STEAL!

*By Jenny Davies*



**O**ur dogs want to look after us, just as we look after them. Big or small, it's in their nature to protect their "pack" and guard the home. But, today, it's our canine companions who need our guarding and protection as they themselves have become prime theft targets.

Theft of all kinds is on the increase, and our animals aren't exempt – making a quick buck from animals is easy. According to the National Society for Prevention of Cruelty to Animals Special Investigations Unit (NSPCA SIU), there's been a definite increase in stolen animal reports. Many have actually just wandered off, and trailers leaving the country with dogs are often legally purchased from puppy mills or "free to good home" dogs. However, if Facebook posts, police reports, and cross-border smuggling apprehensions are to be believed, it seems that increasing numbers are definitely stolen.

## WHY ARE OUR DOGS BEING STOLEN?

Breeding is big business and, according to the NSPCA SIU, this is the leading reason for dog

thefts. While Pit Bulls are generally grabbed for dog fights within South Africa, most purebred dogs or puppies and/or their offspring are used for breeding or guarding. Many are smuggled across the border – often "to order".

The NSPCA SIU explains – "Owning the 'right' dog is an age-old image and status prop. Many African countries have rapidly-growing economies – and associated increasing middle and upper classes – with the resulting societal pressures relating to image. Irresponsible and unethical individuals [breeders and thieves] have discovered [this] lucrative market for purebred dogs."

Unfortunately, backyard breeding is rife in SA. Many are either trusting, foolhardy, or unethical enough to sell to anybody with a fistful of cash, so it isn't hard to source dogs. However, as the NSPCA SIU points out, "Sourcing mature, unsterilised dogs that can be bred immediately makes better business sense than having to wait for purchased puppies to reach breeding maturity." Essentially, why buy when you can just steal one that's ready to go – and make even more money?

People are also on the lookout for tough, fierce guard dogs, preferably purebred; Rottweilers, German Shepherds, Huskies, Boerboels, and similar are taken primarily for this purpose.

## DOGS AT RISK

According to the NSPCA SIU, "Unsterilised, unidentified dogs, kept in unsecured environments are the most targeted animals." Unneutered males, and lactating females, or those on heat are at particular risk as it's easy to see that the target is "breedable". Frighteningly, dognappers even visit dog shows to check out the "merchandise" and follow them home.

Purebreds are tops, of course, with Rottweilers, Pit Bull Terriers, German Shepherds, Boerboels, Bull Terriers, Huskies, wolf-type dogs, Yorkshire Terriers, Miniature Poodles, Staffordshire Bull Terriers, and Greyhounds being the most popular. However, don't be mistaken that, because your dog





## Is your dog at risk of being stolen?

isn't on this list or is a mixed breed, it isn't at risk. Horrifyingly, dogs are also nabbed to use as bait to train fighting dogs, for experimentation, "crush" movies, or by sadistic abusers.

### HOW ARE DOGS STOLEN?

Most dogs are taken from their own homes, usually in broad daylight when people are at work and dogs are left outside unattended all day.

Although there are opportunistic thefts, most dognappings are planned – your home will have been watched. Police report that syndicates often pay people (including children) to photograph dogs, and these photos are then shown to prospective buyers. Dognappers sometimes pose as workers, such as garden services or municipal crews.

Small dogs and pups can easily be picked up and "pocketed"; drugged meat may be fed to larger or more "dangerous" dogs. Sometimes, meat or blood-soaked towels are used to lure dogs, which are then caught with ropes or catch poles.

There have even been reports of garden service crews simply loading dogs up and driving off. Once taken, dogs may disappear into townships, where they're fought or bred, or hidden until it's time for them to go to their (usually horrific) new lives.

### PROTECTING OUR DOGS

We're responsible for our animals' safety and happiness – especially if we've chosen to keep high-risk dogs. While it may take hard work or even cost money initially, it's our duty to do everything in our power to ensure that they're protected. We'd do the same for any other family member.

- If you aren't a breeder who breeds for the good of the breed, have your dog spayed/neutered – unsterilised dogs are, without doubt, the main targets.
- Look at your home from a dognapper's point of

view to suss out weak spots or access points.

- Never leave dogs alone anywhere visible from the street, particularly the front garden. Separate front and back yards with a wall if necessary.
- If you need to keep them indoors, do so – better a messy house than a stolen pet. Lock dogs inside the house when you have anyone working on the house or in the garden.
- Instead of leaving pups indoors, invest in "doggy daycare". It's a small price to pay for a better-socialised, happier, safer dog.
- Be aware of strangers peering into properties or eyeing dog walkers and take care that no one watches where you live when out walking your dog. Don't engage with strangers asking questions about your dog.
- Never leave your dog in the car or tied up outside a shop.
- Don't let your dog "take itself for a walk", as many suburbanites still do.
- Your dog should wear a collar and tag and be microchipped. It's estimated that 80% of dogs handed in to the SPCA with an Identipet microchip are returned to their owners, and it's important to note that Identipet microchips are the ONLY microchips that are used and endorsed by the National Council of SPCAs. To find a vet that does Identipet microchips, please contact (011) 957-3455/6 OR 082 6133 887, or 082 957-3455 for emergencies. It's vitally important to update your details with Identipet should you move or change your phone or email details.
- Keep up-to-date photos and proof of ownership. Should the worst happen, you stand a better chance of being reunited.

### RED ALERT

If your dog has disappeared and you suspect theft, alert the police and contact the SPCA. The National Animal Welfare Task Team also recommends distributing pamphlets and posters to vets, animal welfare organisations, and online, and going door-to-door in the neighbourhood. However, they caution against publishing reward amounts. Should your dog be found/returned home, let everyone know and remove posters. 🐕

# Beware the HEAT



**I**n South Africa, summer temperatures can skyrocket, which can be uncomfortable, if not downright dangerous for your dog. Even though exercise is important, knowing how to exercise them safely on blazing hot days while preventing overheating can be difficult. With the weather set to heat up, we've got a few tips to keep your doggo safe.

## AVOID THE HOTTEST PART OF THE DAY

It's always lovely to take a walk in the sunshine with our fur kid; however, when the weather is hot, it's best to avoid walking your dog during the hottest part of the day. It'll be more comfortable for both you and your dog if you walk them during early mornings or evenings, before 8am and after 5pm. Take extra care to avoid the midday sun, as this is when they're most at risk of overheating.

## AVOID THE SUN

It's also important to keep the heat in mind when your dog is spending time in the garden playing. On hot summer days, it's always best to keep your dog indoors as much as possible, as they can still overheat when lying in the sun. If they have to be outside, make sure that they have a cool place to rest in the shade at all times and enough fresh, clean water. Kennels should always be placed where

there's shelter from heat and storms.

## WATCH OUT FOR HOT TAR, PAVEMENTS AND OTHER SURFACES

Roads, pavements and even beach sand can become extremely hot on summer days, so it's important to be extra cautious to make sure that the pads of your dog's paws don't get burnt. To check whether the surface is too hot before you take your dog out for a walk, do the five-second test. Simply hold your hand or bare foot on the surface for five seconds – if it's too hot for you, it's definitely too hot for your dog's paws.

## HYDRATE, HYDRATE, HYDRATE

Whether the sun is blazing or it's just humid outside, one of the most important things to remember when exercising your dog in the summer is to ensure that they stay hydrated. If you're travelling or going on an outing or walk, always take water and a travel bowl with you and offer your dog a drink regularly.

## SLOW DOWN!

When the temperatures skyrocket, encourage your dog to take it slow. Overexcitement and running around frantically can overheat them and put them



## HOW TO SAFELY EXERCISE YOUR DOG IN HOT WEATHER

at risk of heatstroke. This is especially important for Brachycephalic dogs such as Pugs, Bulldogs or French Bulldogs, as they find it more difficult to breathe and have a harder time keeping themselves cool, as well as for dogs with thick fur such as Rottweilers.

### THE DANGERS OF HOT CARS

Over the years, we've focused on this so many times in Canine Zone as well as on our social media pages, and yet every year so many dogs still die after being

left in a hot car. When a dog is very hot, panting isn't enough to stop them from overheating. In warm weather, the temperature inside a parked car can climb rapidly and will be much higher than outside of the vehicle. Dogs left alone in a car on a hot day can quickly become dehydrated, develop heatstroke, and die.

### HEATSTROKE

Heatstroke is a life-threatening emergency, so if you spot any of the signs below, give first aid and call your vet immediately.

- Breathing very heavily/unable to stop panting
- Foaming at the mouth
- Bright red gums
- Shaking
- Struggling to breathe
- Weakness and collapse
- Confusion
- Vomiting and diarrhoea
- Seizures

Remember that it's always best to prevent overheating by taking careful steps to keep your dog cool and safe this summer. 🐕

Acknowledgement – <https://www.pdsa.org.uk/>

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# Tokyo's Life Blossoms

*By the TEARS Animal Rescue Team*



Life wasn't always easy street for little Tokyo. In fact, for Tokyo life started on the street. As the pet of a vagrant, he was a faithful companion to his owner. They lived day-to-day, meal-to-meal, but life was good, and Tokyo was loved.

In August 2020, Tokyo's life was turned upside down by no fault of his owner's. During the National Lockdown, authorities attempted to pull vagrants into temporary emergency accommodation. At these encampments, many vagrants were separated

from their pets as animals weren't welcomed. Tokyo was one of these dogs, and TEARS Animal Rescue was able to provide sanctuary for him and other dogs with the understanding that they'd be housed and cared for while their owners were isolating.

## NEW BEGINNINGS

Reunions were planned once the temporary housing ended. TEARS was able to reunite many separated best friends. Sadly, despite many attempts, Tokyo's owner couldn't be located. In the best interest of Tokyo, he

remained under the care of TEARS and ultimately, the decision was made to rehome him.

Tokyo was a favourite at TEARS Animal Rescue. It was his very happy demeanour and his sad eyes that lured us all in. He was a heartbreaker, and he knew it! The problem for Tokyo was that he blended in at TEARS. With lots of other tan dogs and Tokyo being a little bit older, he was continuously overlooked for adoption.

Little did he know, but Tokyo would meet his forever person on the 20<sup>th</sup> of November 2021 when she came to the TEARS Sleepathon. Miné took to Tokyo immediately, but the timing wasn't right. They spent a night together snoozing away, but in the morning, Miné had to walk away.

Again, in February, Miné was drawn to a TEARS event. She attended the TEARS Doggie Date to take a shelter dog for a date for Valentine's Day. Call it fate, call it divine intervention, but somehow something magical happened. Due to some confusion, Miné hadn't been assigned a dog to take for a date, so TEARS staff quickly found a dog that would be suitable, and Tokyo was brought out for a day of adventure with Miné.

## FAIRYTALE ENDING

This really feels like the end of the story – true love and happily ever after. Miné knew that she couldn't let him go again and she



## Tokyo spent 574 days waiting for his fairytale ending

adopted him. "I was never in the market to adopt a dog. I did the Sleepathon with Tokyo last year and then completely by chance got him again for Doggie Date. It was a sign I couldn't ignore," says Miné.

It was a tearful goodbye for us at TEARS. Tokyo spent 574 days waiting for his fairytale ending, and we're proud to say that it's come true. Nowadays, Tokyo enjoys walks, naps in the sunshine and the biggest and fluffiest bed. He goes to the boxing gym every morning with his new mom. At night, Tokyo drifts away, sleeping soundly with the knowledge that while his life may not be over, his life is complete. 🐾




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# The Society for Animals in Distress

*By Ancha Smuts (Fundraising SAID)*

## Giving back since 1958

**T**he Society for Animals in Distress (SAID) was formed in 1958 by the late Didi Rutherford, who had an unrivalled passion for the well-being of animals. We provide professional veterinary care that's built on a foundation of focused animal care education within marginalised and disadvantaged local communities. Our professional veterinary care is supported with experienced surgical and medical veterinarians and AHTs who achieve excellence in their respective disciplines.

We're situated in Vorna Valley, Midrand, on a 4.2ha farm. The facility comprises of a state-of-the-art small animal hospital, an equine care centre, paddocking for herd animals and equine, administration offices and storage facilities.

Our state-of-the-art small animal hospital provides professional veterinary care and sterilisations for animals brought in through fellow welfare organisations and our mobile units. The hospital consists of 72 kennels outside and 133 kennels inside. We have a fully equipped theatre with two theatre tables, a pre-surgery area and recovery, an X-ray and sonar facility, a treatment room, general wards as well as a pharmacy. Although we're not a 24-hour facility, we also have an ICU where animals are cared for during operating hours by our Veterinarian and Animal Health Technicians (AHTs).

### STATE-OF-THE-ART HOSPITAL

Animals that require a longer stay make full use of our dog run and outside kennels during the day. All animals are housed inside overnight, though. Our remarkable hospital is also equipped with underfloor heating to aid in our patients' recovery. We encourage animal welfare organisations to make use of our facilities at a fraction of the cost of private vets. Our core mandate is sterilisation, and we share that vision and passion with a number of NGO partners, thus it only makes sense to collaborate to end the scourge of unwanted and homeless animals in the community.

### FUNDRAISING INITIATIVES

At SAID we're always exploring new ways of generating sustainable income and are committed to be sustainable in all that we do to ensure longevity of the organisation for years to come! We have several ways of achieving this, including -

- Compost Sales – Every spring we sell our “home grown” organic compost to the public on a first come, first serve basis.
- Events – SAID hosts an annual Golf Day and partakes in other sporting events where our loyal supporters can run or cycle for a cause close to their hearts.
- MySchool Card – The public are encouraged to register with MySchool and add us as a beneficiary. This is 100% free and costs you nothing. As you spend, we earn.
- Rental Property – We're blessed to have a 4.2ha farm, and with that we have a few older buildings that we've refurbished and currently rent out to other businesses. We aim to expand this further.
- General Fundraising – We're continually applying our minds on how to generate additional funding, whether through payroll giving, general grant and proposal applications, debit orders, etc.

If you or your company are interested in becoming involved in any way, please contact: Ancha Smuts – Fundraising Manager on email – [ancha@animalsindistress.org.za](mailto:ancha@animalsindistress.org.za) or mobile – 0836408824  
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# Tick the Sleepathon Off Your Bucket List

*By the TEARS Animal Rescue Team*



TEARS Animal Rescue, a non-profit animal welfare organisation serving the Western Cape's South Peninsula for the last 23 years, is excited to announce that its annual flagship fundraising event, the TEARS 2022 Sleepathon, will be taking place on Saturday the 12th, 19th and 26th of November 2022.

A much-anticipated event, the Sleepathon is hosted at the TEARS Animal Rescue Kennels and Cattery in Sunnydale and invites animal lovers of all ages to dedicate one night to cuddling a rescue pet.

Tickets cost R230 per person, and registered "Snoozers" are provided with a Welcome Pack that enables them to power their passion for animals into fundraising to help TEARS sustain and grow its rescue, treatment, rehabilitation and rehoming service for homeless and neglected pets. Donations to the TEARS Sleepathon help to fund the TEARS Mobile Clinic and TEARS Veterinary Hospital that provide vital healthcare, including free vaccinations and sterilisations, for pets from low-income communities.

## **MOST IMPORTANT FUNDRAISER**

TEARS Marketing Manager Wendy Scheepers says, "The TEARS Sleepathon is one of our favourite and most important fundraising events of the year. In addition to its role as a critical revenue generator for the organisation, it has a massive positive impact on

## **Making a positive impact**

the animals in our care. We like to believe that our 'Sleepathoners' also enjoy the experience as much as our shelter animals do, and we've been fortunate in the past to facilitate some adoptions as a direct result of the Sleepathon."

Tickets can be bought via the TEARS Online Shop, with 105 tickets available per evening of the event. Participants are encouraged to sign up as individuals, corporate teams, or as a family or group of friends, with the invitation to secure additional donation pledges from family and friends towards the successful participation in the TEARS 2022 Sleepathon.

"Snoozers" will be required to check in at the Shelter at 5pm for an evening of pawsome hospitality and a delicious plant-based dinner. Everyone's encouraged to bring sleeping bags and camping gear, as well as snacks and treats, to make their sleepover as memorable as possible. The Sleepathon is only officially over at 7am the next morning.

TEARS' mission is to rescue, treat, rehabilitate and rehome vulnerable companion animals in need. As a pro-life, registered, non-profit organisation, it relies on the support of caring individuals and corporates for funding and to assist it in fulfilling its mission to bring relief to animals in distress, whether through rescue, pet care education, or medical assistance.

For more information and to book your ticket, visit [www.tears.org.za/sleepathon](http://www.tears.org.za/sleepathon) or contact us at [sleepathon@tears.org.za](mailto:sleepathon@tears.org.za). 🐾







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# Away with Worms!



## Talking about worms in dogs

Tapeworms are anchored into the dog's intestine and pass out segments full of eggs which move around like maggots and dry up in the dog's fur. Immature fleas pick up the infection and the dog then ingests the infected flea and repeats the cycle.

16 weeks of age, and older dogs every three months. You should discuss the post appropriate treatment for your pet.

**W**orm control is not only important for the health of your pet but also for your family. Two important things to do first off would be to -

- Ask your vet to make sure your pet is worm-free;
- Pick up all mess your animal makes, especially in public places.

All pets are infected at some point during their lives, and many are reinfected unless dewormed regularly.

### DO WORMS CAUSE DAMAGE?

Worms cause mainly diarrhoea, dehydration and anaemia, with severe causes causing pot-bellied puppies from protein loss. In South Africa, we also have *Spirocerca* worms that become fatal for dogs left untreated.

### HOW ARE WORMS PASSED ON?

Round worms living in the dog's intestines pass out thousands of eggs with the faeces. These survive years and wait to hatch and infect another animals. Bitches can pass immature worms to puppies via the milk.

### HOW CAN I TELL IF MY DOG HAS WORMS?

Tapeworm segments can be seen on dog faeces and look like slow-crawling maggots. Puppies may have white round worms in faeces or vomit. The eggs of round and tapeworms can only be seen with magnification under a microscope. Other symptoms include -

- Coughing
- Vomiting
- Diarrhoea
- Low energy/lethargy
- Pot-bellied appearance
- Change in appetite
- Weight loss
- Dull coat
- Itching and signs of skin irritations
- Dog rubbing its bottom on the ground "scooting"

### CAN WORMS BE DESTROYED?

Your vet will be able to advise you which remedy covers the worms you find or are discovered on faecal examination. Puppies should be treated for worms every two weeks from four to

### CAN MY FAMILY CATCH WORMS?

The common roundworm found in dogs is a rare but potentially serious cause of human disease. The larval stages of this worm burrow through the gut wall and migrate to abnormal areas of the body. There are occasional reports of children being blinded by this aberrant larval migrant. Hookworm may cause larval migration through the skin and into the skin under the feet, known as Sandworm in man.

### WHAT CAN I DO TO REDUCE THE RISK?

If left untreated, worms can damage your dog's internal organs and lead to loss of consciousness and death. If you suspect that your dog has worms, take it to your nearest veterinary office. Most worms are easy to treat, and your veterinarian will prescribe a medication based on the diagnosis. Remember to -

- Deworm your pets regularly
- Remove faeces from public places and bury or place in a sealed plastic bag for disposal
- Check for signs of fleas
- Wash children's hands before eating after playing in public places; but remember, the greatest risk of children being infected with worms is from other children, not your dog! 



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Efficiency **94%**

Tick & flea repellent **Yes** ✓

Chemical-free **Yes** ✓

Operation time **2 years**

Fixing method **Sticks to the collar**

Operated by **Rechargeable battery**

Colors



## TICKLESS® HOME

Recommended for **At home**

Efficiency **94%**

Tick & flea repellent **Yes** ✓

Chemical-free **Yes** ✓

Operation time **min. 2 years**

Fixing method **Plug into a power socket**

Operated by **110-230 V**

Colors

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# Seasonal allergies

## Ways to help your dog



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Our pets can suffer from seasonal allergies and be allergic to natural, seasonal substances such as plant and tree pollens, mould spores, dust, feathers and fleas, as well as chemicals such as those found in household cleaning products, cigarette smoke and certain perfumes.

The immune system overreacts, and your dog may lick or scratch themselves, experience itchy, swollen skin, sneeze repeatedly, develop itchy eyes and even suffer from diarrhoea and vomiting. In some cases, a secondary infection may develop.

### Reduce the damp

Minimise the amount of time your dog spends in damp environments, such as basements, bathrooms, or laundry rooms, as these places are more susceptible to mould growth. Reduce swimming activities and ensure that your pet dries thoroughly.

### Clean surfaces

Vacuum at least once a week, and remember to clean curtains and rugs that may have picked up dust and pollen. Use natural flea and external parasite sprays and powders for surfaces where your pet lies regularly.

### Keep beds clean

The surfaces your dog comes in contact with at bedtime can become covered in allergens, so make sure they're kept clean by washing them weekly in hot water. Place towels or blankets on top of beds (yours and theirs) and chairs to make this task easier. Wash soft toys regularly.

### Change your daily walk routine

If possible, avoid walking your dog in the early morning or late afternoon when pollen levels are typically highest. Steer clear of fields and parks where offending plants are common. On returning home, wipe your dog's body and paws with a moist cloth or a hypoallergenic, fragrance-free grooming wipe.

### Bath time

Prevent dry, itchy skin by giving your dog a bath more often with a gentle, hypoallergenic anti-itch shampoo that contains a soothing ingredient such as oatmeal, aloe, or evening primrose oil.

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# NDIDI – ONE WHO IS PATIENT

*By the Dogtown SA Team*



**B**ack in 2020, the Dogtown team set out on a mission to rescue a terrified, underweight little dog living in the water drains on a school campus. We don't know what happened to her or how she got there, but she was so petrified of humans that she needed our help – fast. It took the Dogtown team hours to catch her, and although a little traumatic for all involved, the sense of relief amongst us all was incredible. Once we had her safely in the crate, we told her that she'd never need to be scared again. We knew she needed some special Dogtown TLC and lots of patience to blossom into the wonderful dog we knew she was.

## LEARNING TO TRUST AGAIN

We named our girl Crawford, and she quickly bonded with another one of our recent rescues, Griffin. Poor

Griffin was found caught in a snare; sadly, the farmlands are riddled with these snares, and they cause so much pain and suffering. Fortunately for Griffin, he made a lot of noise to let people know he was in trouble, and our team thankfully found him in the nick of time. Crawford and Griffin became inseparable, and we believe that he helped her in her quest to forgive humans and start trusting again.

Crawford slowly started coming out of her shell; little by little, she was showing us glimpses of her playful nature. No matter how small, every step was a breakthrough. Fast forward a year and our girl had blossomed into one of the most incredible characters, so we began networking with little Crawford like mad – she was so ready to be adopted!



# The heart-warming story of Crawford

## LIVING HER BEST LIFE

By this point, Crawford was going to dog parks, on social walks on our beautiful farm, bonding with volunteers and, of course, living her best life with her best friend, Griffin. The dream was that maybe, just maybe, they'd be lucky enough to be adopted together. But double adoptions are few and far between, and we promised not to hold either of them back, should a fantastic family for one of them come to light.

A gentle, patient family arrived at the centre, searching for their new family member, and they fell in love with our Crawford. We were all so thrilled. To see this happy-go-lucky girl living her best life with a loving family was a very emotional moment. It was hard to believe she was the terrified, skinny little dog we rescued all those months ago. Instead, we saw a beautiful, playful and slightly mischievous girl who'd soon be sailing off into the sunset.

## THE DREAM COMES TRUE

Crawford walked into her new life as if she'd always been a part of that family. A gentler, loving, patient family you couldn't ask for, which is exactly what our Crawford needed to feel safe enough to be herself. As days and weeks go by, we regularly get photos and updates of Crawford and her new siblings (even a cat or two in the mix) just loving life; going to parks, experiencing great adventures, and snuggling on the couch with her family. Our girl really is soaking it all up. I often wonder if they remember that scary part of their life. To look at her now, you'd never know the scary past she's endured.

Crawford's new family renamed her Ndidi – meaning "One who is patient". The irony is that she taught all of us to be patient; earning her trust a little more each day was so worth it!

## GRIFFIN NEEDS HIS HAPPY EVERY AFTER TOO!

But what about her roomie, Griffin? He's busy making new friends at the centre, but I can't help but wonder about the stories Griffin and Crawford shared when they first came to Dogtown. We hope one day soon Griffin will find a loving family of his own. Every time a new visitor arrives at Dogtown, he does his best to show them just how wonderful he is. It's his time now – he's been overlooked so many times. Now we patiently wait for an awesome family to arrive at Dogtown, take one look at Griffin, and just know that he's THE ONE. Until then, we get to shower him with love and keep hoping that some of Crawford's luck rubbed off on him.

If you can be the happy ever after for handsome Griffin, please reach out to Dogtown on 076 044 1979 or email [adopt@dogtownsa.org](mailto:adopt@dogtownsa.org) 



# Just a Pit Bull – Living my best life...

*By Marizanne Kemp Ferreira on behalf of Yanka-Kwanita,  
self-appointed Pit Bull ambassador SA*

Photography by Marizanne Ferreira



**W**ould you like to be a proud Pit Bull – actually, any dog owner who can, and with confidence, take your dog out in public without any fear or anticipation of drama or mishaps, or would you prefer to be just another dog owner whose dog is in the garden, bored stiff, waiting for attention, zip personality, frustrated and now also aggressive?

My Momsie chose the first option, and that changed my life forever! My name is Yanka-Kwanita and I'm a Pit Bull.

Some people have such preconceived and misguided ideas about Pit Bulls, fuelled by the media and even other Pit Bull owners and so-called rescuers. My mother didn't like this, and she really wanted to show the world what we really are about.

**What Pit Bull ambassador Yanka-Kwanita wants you to know...**

## TRAINING TIME

My training started when I was 10 weeks old, and luckily for me, my mother realised that to be a Pit Bull owner she needed to be competent and super responsible. A competent dog owner will know and take into account the breed's strengths and weaknesses and will know how to work with them – responsibly.

At training I learnt certain commands, but most importantly, my mother learnt how and when to use them. I also socialised a lot with other and very different types of dogs and people. I was desensitised to so many different things like brooms, wheelchairs, noisy trolleys, screaming children, bicycles, loud music, crowds, many different animals, etc., etc.

## OUT AND ABOUT

Mom took me everywhere! I went with her to malls, play schools, hospitals, old age homes, coffee shops, music shows and retail shops (where allowed), and just about everywhere to introduce me to as much NEW as possible. Some of it was scary, but today, I'm so glad we didn't give up. This helped me a lot to cope with life in general. I'm more relaxed and easier going and not fearful of strange things; I'm a well-balanced dog; I'm happy; I'm mentally and physically stimulated; I'm loved, and I'm cared for. All my training was by positive reinforcement, only. This

brings me to my point.

## DON'T BLAME THE BREED

All these dog attacks are devastating, but what I find very interesting is that none of them were carried out by Pit Bulls who are well balanced, trained, socialised, sterilised and desensitised to all types of stimuli. None of my friends or even siblings have attacked people and other animals. So many of these dogs lived sad and lonely lives. Some were even chained and managed to break loose.

It's illegal to chain a dog. It's also very cruel. A chained dog will be desperately unhappy and frustrated, and that leads to aggressiveness. These dogs and others abandoned to a lonely back yard with no mental or physical stimulation are the ones that might cause trouble. The whole breed suffers, and people want all of us gone and dead, when in reality the problem lies with the owners who were simply not responsible and competent enough to have a Pit Bull.

So, please, if you want a Pit Bull, go to your local animal welfare shelter. If they decline you, please don't take it personally. They're only acting in the best interest of the dog. Rather get another type of dog or change what they require you to change so that you can adopt from them. This could save lives and prevent many tears. 🐾





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# PUTTING A STOP TO RABIES

**T**he global theme for this year's World Rabies Day, which took place on the 28<sup>th</sup> of September, is "Rabies: One Health, Zero Deaths". It's an important theme, because it speaks to the fact that it is possible to eradicate human deaths that result from rabies-infected dog bites through a concerted vaccination effort, despite 59,000 still dying from the completely preventable disease each year.

"The environment, human health, animal health and the human animal bond are all factors we need to consider when addressing rabies," says Dr Tarryn Dent, Business Unit Lead: Companion Animals at Zoetis South Africa (Zoetis), a global animal health company. "Healthy pets impact human health, both mentally and physically. Companion animals have become increasingly important in households, and we know, since the pandemic, that they also promote good mental health and wellness."

## THE CHALLENGE

The challenge is that there are still diseases, such as rabies, that are resulting in thousands of human deaths each year – and yet people can protect themselves and their families. World Rabies Day focuses on educating the public, and particularly pet owners, about this fact and encouraging vaccinations. "The main problem with rabies is that by the time symptoms appear, it's a fatal disease for both humans and animals," says Dent.

The result? According to GARC, children account for 40% of rabies deaths each year. These children tend to live in rural communities across Africa and Asia and don't have access to medication, which can be prohibitively expensive for poor and rural households. Similarly, millions of dogs (and other animals) suffer and die from rabies.

## UNDERSTANDING RABIES AND THE DANGER WE FACE

Rabies is a serious viral illness that can affect any warm-blooded animal, including humans. It's endemic in South Africa, which means aside from



feral domestic cats and dogs, many other species are carriers too, including mongooses and meerkats. The virus is present in high concentrations in the saliva of affected animals, which is why it's transmitted through infected bites – and why, when an infected animal becomes violent, the virus wants to be spread.

For dog and cat owners, this means that your precious fur kid could receive a small bite or scratch from a rabid animal today, and it will take on average between three to six weeks for them to display symptoms, which include a fever, licking or chewing at the site of a bite, dilated pupils, changes in behaviour, anxiety, and seeking solitude. The second stage includes avoiding light, snapping at imaginary things, lack of co-ordination, and restlessness. And the final stage, which usually lasts two to four days, is known as the "furious" stage, in which infected animals are unable to swallow, will drool, have a "dropped" jaw and their voice changes. This is when they're most prone to spread the infection – and bite humans.

"As we've mentioned, by the time symptoms appear, it's too late to treat, which is why our first line of defence must be vaccinations," says Dent, reiterating that while feral domesticated animals and wild animals cannot be controlled, companion animals and loved ones can be protected.




# One health, zero deaths – it's time to radically address rabies

## IT'S TIME TO VACCINATE

Rabies is considered to be a health crisis in South Africa, which is why the vaccination of domestic dogs and cats is mandatory by law. However, it's up to pet owners to ensure their pets are vaccinated. "Urbanisation means that we're increasingly seeing wild animals in suburbia," says Dent. "These animals enter gardens, and that's when dogs and cats are bitten. Keeping your dog in the yard is not enough – not to mention what might happen if you're walking through a local park or along a creek near your home."

Instead, Dent says that we can achieve zero rabies deaths through vaccinations, bite prevention education and a general awareness of rabies. "The timely

treatment of bites is critical to prevent death," says Dent. "Assume the worst if an animal bites you or a loved one and get immediate treatment. Don't wait to see if symptoms arise. Similarly, vaccinate your dogs and cats as it will protect them and your family."

Who to contact for assistance – National Institute for Communicable Disease (Human exposures). 24-hour Doctor on call. Tel: 082 8839920 / Allerton Provincial Veterinary Laboratory (Animals) Tel: (033) 347 6200 / OIE Regional Rabies Reference Centre for Southern and Eastern Africa (Onderstepoort Veterinary Institute) (Animals) Tel: (012) 529 9440. 

References: <https://www.cdc.gov/worldrabiesday/index.html> <https://rabiesalliance.org/world-rabies-day> <https://rarediseases.org/rare-diseases/rabies/>



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# Focus on PLCA in dogs

*By Dr Larry Kraitzick, Bruma Lake Veterinary Clinic*



**H**as your dog ever eaten something completely inedible? You might also have wondered, “Why is my dog eating these strange things?” Perhaps you may even have considered that it could be something to be concerned about.

Most dogs eat something odd from time to time, especially if your dog’s still a puppy. But when your pet starts eating inedible items, it could be a sign of pica.

Pica is a health condition in which dogs crave and eat non-food items, such as dirt, rocks, paper, cloth, plastic, and even faeces. Some dogs may only eat one type of object, while others

will eat a wide variety of items. It can endanger a dog’s health, because what they swallow may be toxic, disrupt the normal digestive process, or get lodged in their intestinal tract.

## WHAT ARE THE CAUSES?

Pica may be an indication of a serious underlying medical issue or poor nutrition, but it can also be a psychological, compulsive behaviour issue in dogs.

This condition is typically seen in adolescent and young adult dogs. Puppies often ingest non-food items, but this is often by mistake as part of normal puppy behaviour as they use their mouths to explore and investigate their world. However, when dogs

chew and swallow inedible objects, it can be extremely dangerous and have serious consequences.

## DANGERS OF PICA

When dogs eat spoilt food or faeces, the only sign may be vomiting and/or diarrhoea and only supportive care may be required. But objects ingested by dogs with pica may be toxic or cause gastrointestinal blockages or perforations.

These objects may not be able to pass through the gastrointestinal tract and become lodged in the mouth, oesophagus, stomach or intestines. If that happens then your veterinarian may need to perform surgery to locate and remove the objects. Objects lodged in the throat may lead to suffocation. Cases of perforation (where a sharp object pierces the stomach or intestines) are especially dangerous, requiring immediate surgery.

## ARE THERE ANY SYMPTOMS?

Symptoms that may indicate that your dog has swallowed something inedible or toxic include vomiting, diarrhoea, lethargy, straining when defecating, decreased or no appetite, pain in the abdomen, drooling or gagging, and even collapse.

X-rays, and occasionally ultrasound, are often required to determine if a foreign body has been ingested, and if so, where





By **Dr Larry Kraitzick**  
BVSc MRCVS  
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it's lodged. Blood and urine tests may be required to determine if a toxin has been ingested, and if so, has resulted in compromised or damaged organs.

### HOW DO YOU TREAT PICA?

If the veterinarian determines that the cause of pica in your dog is due to a health condition, a treatment plan will be made for them. A dietary plan may also be necessary. If the cause is

due to psychological or behavioural issues such as separation anxiety, boredom, depression or frustration, then your veterinarian may recommend increased exercise and mental stimulation or refer you to a dog behaviourist. The behaviourist should be able to determine the psychological issues causing the problem and address them through behavioural modification in your dog.

It's important that you address the problem with your veterinarian as soon as possible. You can help them to make a diagnosis by observing your dog's behavioural habits and finding out which objects he or she is eating. Follow-up visits may be necessary, and it's very important that you stick to the treatment plan and schedule regular follow-ups. In most cases, the treatment and prevention of pica will be ongoing. 🐾



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# HELP! MY DOG IS MISSING

*By Elanza Kloppers (Dogtown SA)*

It's a fact: the single greatest threat to a pet's life is getting lost.

**I**n South Africa, one in three pets goes missing in their lifetime – a shocking statistic! And without proper identification, 90% of them never return home. And yet, many owners don't have collars with tags on their dogs and don't microchip their pets.

It's important to note that even if your pet never leaves your home and garden, all it takes for your pet to go missing is for someone to leave an access gate or garage door open for a second. The person leaving your gate or garage open could be one of your friends or family, a visitor, pet sitter, domestic staff, garden service, or an emergency or armed response personnel, and sadly, it could be a criminal breaking in. The scary truth is that all it takes is that ONE SECOND where someone isn't vigilant and your beloved dog escapes.

The risks are higher if you travel with your dogs or take them for walks outside your property. What if you're hijacked or have a car accident with your dog in the car? What if your dogs chase after a guinea fowl, hare or other animal on a walk?

When a pet is lost, the owners are often wracked with regrets and guilt, but after the fact is sadly often a little too little too late. Putting a collar with a tag on your dog and microchipping is inexpensive but effective. It's a fact that a microchip for dogs and cats gives the best protection with permanent identification that can never be removed and is always possible to read.

## GETTING CHIPPED

Microchipping your pet is

simple and safe, quick, and more or less painless (similar to them getting a vaccination). The microchip, about the size of a grain of rice, is injected (without anaesthetic) beneath the pet's skin between the shoulder blades. This is a permanent form of identification, and as long as you make sure all your details are updated on the data base every time you move home or change phone numbers, your chances of having a happy reunion should your pet go missing are maximised. Your dog has a unique number which, when scanned by the microchip scanner, identifies the dog and links back to your contact information.

We urge you not to be irresponsible, apathetic or blasé – without a collar, tag and microchip, your chances of being reunited with your missing pet are slim at best. By providing your beloved pet with identification, you'll be saving your dog and your family lots of pain and distress. 🐕





# TRAVELLING WITH YOUR DOG – PREPARATION FOR HIS/HER JOURNEY



**T**he day of your dog's move may require careful attention to detail, but with the right knowledge and planning, it doesn't have to be stressful. Here are a few tips to keep in mind as you prepare for your dog's upcoming journey.

## TRAVEL CONTAINERS

Airlines require all dogs and cats to travel in IATA-compliant travel containers. It's important to have your dogs familiar and comfortable in their travel containers before their journey. Crate training your dogs will help them feel safe and secure when travelling.

## CRATE TRAINING TIPS

Crate training takes time and patience, but by going slowly, your dog will become gradually more comfortable with staying in the crate. It's important to make crate training a positive experience.

Rewarding with treats for going into and staying inside the crate will encourage this behaviour. Making the crate comfortable and placing toys and a worn t-shirt inside could also help to make it an appealing space. Keep the container's door open until your dog has used the container for several weeks.

## BEDDING & ABSORBENT MATERIALS

Adding bedding such as a kennel pad, flat bed, blanket or towel to your dog's travel container will not only provide comfort but also stability during your dog's journey. Keep in mind that the bedding mustn't be bulky or take up too much space in the travel container. The bedding will help capture the scent of your home and family members, which can be very calming for your dog.

## FEEDING & HYDRATION

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bowls will be securely attached to the inside of the travel container. Animal Travel Services and/or airline personnel will refill water as needed during check-in, transit and upon arrival. Some dog owners choose to freeze water in the bowls prior to travel to ensure the water remains cool and minimises spillage throughout the journey.

Apart from comfort stops, dogs are typically not given food during travel. We recommend feeding your dog at least six hours prior to pick-up, to avoid an upset stomach during travel. A small amount of dry food may be attached to the top of their travel container for the airline to provide at the transit facility.

### SEDATIVES

Sedatives are banned by the airlines and by Animal Travel Services. Sedatives interfere with a dog's natural ability to balance and can also create breathing issues, which can be dangerous for air travel. Crate training before a move is the most successful way to help your dog feel safe and calm during travel. For nervous travellers, we recommend herbal products with no side effects.

### ACCESSORIES

Many airlines will not allow toys, collars or leashes

to travel with your dog, so it's important to send these items separately to ensure they make it to your destination. Animal Travel Services will remove all collars, harnesses and jackets prior to travelling, for your dog's safety. Animal Travel Services and other designated

handlers have their own leashes and equipment to use during relief-walks. Take a leash with you to use upon arrival so you won't be left empty-handed once you're reunited with your dog!

Animal Travel Services and the airline will provide the necessary stickers, labelling and zip ties prior to and during check-in. If you'd like to include additional vet letters or notes about your dog's personality or temperament, please provide these items to the representative collecting your dog and they'll attach them to your dog's travel container.

### PRIOR TO COLLECTION

Tired dogs make better travellers, so we recommend lots of exercise before a dog's trip begins. Take dogs for an extra-long walk and spend some time playing with them in the house, prior to collection. Clip your dog's nails and trim long, unruly hair to avoid matting and tangling. A clean, well-groomed dog will be more comfortable for travel. Plus, your reunion photo will look even better when your dog arrives!

It's important for you as the guardian to stay calm. Remember, dogs tend to feed off your energy; the calmer you remain on the day of travel, the less stressed your dog will be!





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**T**he Cavalier King Charles Spaniel combines the gentle attentiveness of a toy breed with the verve and athleticism of a sporting spaniel. The Cavalier's all-around beauty, regal grace, and even temper mark him as one of dogdom's noblemen. This beautiful little dog has heart-melting large, round eyes and a silky coat that can be in different distinct colours. These dogs may be aristocrats, but they know how to have fun and get along with children and other dogs. Adaptable Cavaliers do equally well with active and couch potato owners.

### HISTORY

Toy spaniels were the province of European nobility from at least Renaissance times. Two 17th-century British monarchs, the ill-fated King Charles I and his son, Charles II, were especially devoted to a black-and-tan variety of toy spaniel that eventually was named in the latter's honour.

According to the famed diarist of the Restoration era, Samuel Pepys, Charles II seemed more concerned with breeding spaniels than ruling Britain. He was so attached to his spaniels that they went with him everywhere. He even issued a royal decree that the dogs should be allowed in all public spaces, including Parliament.

The breed is notable for its four

distinct colour patterns, each of which, at various times, was associated with a particular noble family: Blenheim (chestnut markings on a white background), Tricolour (black markings on a white background), Black and Tan (black with tan markings), and Ruby (a rich red).



### LIVING WITH A CAVALIER


They're one of the friendliest breeds, showering affection on their family and happily getting along with other dogs, children, cats, and total strangers. Originally bred as companion dogs, it's only natural that they excel as therapy dogs. A combination of athleticism and trainability help the Cavalier King Charles Spaniel excel at sports like agility and obedience.

Cavaliers have retained their original hunting instincts, so be careful with having them off leash as they're inclined to bolt off.

With a Cavalier in residence, you'll never be alone – not even in the bathroom. Because they're so attached to their people, they do best when someone is at home during the day to keep them company. They're a housedog and will never thrive in an environment where they're relegated to the backyard or otherwise ignored.

Like any dog, Cavaliers come in a range of personalities, from quiet and sedate to rowdy and rambunctious. Their size and generally quiet nature make Cavalier King Charles Spaniels good candidates for townhouse or even apartment living. They're moderately active indoors, and a small garden is adequate for their exercise needs.

### HEALTH

Cavaliers are generally healthy, but like all breeds, they're prone to certain health conditions. Not all Cavaliers will get any or all of these diseases, but it's important to be aware of them if you're considering this breed. For example, Mitral Valve Disease (MVD) is a common condition in Cavaliers. It starts with a heart murmur that becomes increasingly worse until the dog has heart failure. 



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## TEARS ANIMAL RESCUE (CAPE TOWN)



**GABRIEL** – I was rescued from the streets after several days of being tracked across the city. When I arrived at TEARS, I was very traumatised, but I've put all that behind me and I'm enjoying life once again. I'm one of those wise souls who takes a bit of time to get to know you, but once you're in, that's it! I'm hoping that I don't have to wait much longer for my dreams of a family to come true.



**BONES** – I was rescued from a very sad situation, together with eight other dogs. It takes me a while to trust people because I've had such a terrible experience in the past, but with plenty of TLC, I'm learning to have faith in humankind once again. I'll need a calm, confident person to give me back my belief that life is to be lived to the full and without fear.



**SKYLER** – I'm holding out for a hero. It's nearing 700 days, but I know the perfect family is out there looking for their Super Dog! I'm as soft and squishy as a marshmallow, and cuddling, car rides and playing ball are some of my favourite pastimes. I'm a beautiful, bouncy lass and would do well with adults and kids who can handle my size and voluptuous enthusiasm.



**WYATT** – I'm a young chap with a gorgeous smile, and I'm just learning that the world is indeed a friendly place! My owners gave me up, together with my mother, Honey, as they didn't want us anymore. We're very close and would give anything to find a home together. I love going on outings, and now that my confidence has blossomed, I adore spending time with new humans.

## DOGTOWN SA (GAUTENG)



**GRIFFIN** is a five-year-old Terrier blend. He's a very social dog who loves being around people and other dogs. Griffin enjoys going on walks and adventures, followed by his all-time favourite – chilling and cuddling.



**COCO** is an affectionate, eight-year-old girl who grew up in a home with kids and with other dogs. She's a social girl who loves everyone. Coco would love to spend her golden years in a loving home and part of a family again. She's a Husky/German Shepherd mix.



**MILO** is a five-year-old handsome boy who was sadly surrendered to Dogtown because his family could no longer care for him. He loves walking and loves to show off his good manners. Milo gets along with other dogs and loves people. Please come and meet him – he'll steal your heart in no time.



**REX** is a five-year-old German Shepherd blend who's blossomed into a kind and gentle boy since being rescued. Rex hasn't known much kindness prior to coming to Dogtown, yet he loves people and is eager to please. He enjoys going for walks and spending time with his humans. Rex has never been part of a loving family, and we're hoping somebody will give him the opportunity to experience family life.



## ANIMAL WELFARE SOCIETY PE (GQEBERHA)



**JENN** is always smiling and she's a friendly, happy and playful girl. Beautiful Jenn is an 18-month-old and will need a friend to play with in her new home. She'll also need a secure, safe property. Jenn was surrendered to AWSPE on the 20th of January, as her owners sadly could no longer keep her.



**STITCH** arrived at AWSPE as a stray over a year ago. Sadly, his owners never looked for him. Stitch is such a loving boy who loves going on beach walks. He's social with other dogs and would make an amazing family pet. He loves his ball and play-time. Stitch has definitely crept into our hearts.



**YUKI** arrived at AWSPE with his brother, who's been adopted. Yuki was surrendered as his owner moved and chose not to take him along. He's a one-year-old busy boy who's social with other dogs and good with children. Yuki will need regular exercise and a friend to play with.



**SOOT** is an 18-month-old male terrier who was found as a stray and never claimed. He's a cuddler and would love to be an only spoiled dog or share his home with a female companion. Unfortunately, he's not a fan of cats. Soot LOVES children and would make the perfect family companion.

## WHERE TO FIND US...

### DOGTOWN SA (GAUTENG) COCO, GRIFFIN, MILO & REX

Nestled in the Hennops mountains is the most remarkable sanctuary for dogs who've lost their families or have been rescued from dire situations. Every day the dedicated team at Dogtown provide individual care to each of these dogs in a peaceful, tranquil setting while they wait for their forever homes. There's often a misconception that all rescue dogs are going to be damaged in some way, but that's simply not true. There are plenty of wonderful dogs at Dogtown SA who, through no fault of their own, have found themselves homeless and are just hoping for a second chance at a new life in a loving home. For more information, visit [www.dogtownsa.org](http://www.dogtownsa.org). Please contact [adopt@dogtownsa.org](mailto:adopt@dogtownsa.org) for more information or to adopt one of our dogs.

### TEARS ANIMAL RESCUE (CAPE TOWN)

#### BONES, WYATT, GABRIEL & SKYLER

A registered non-profit organisation, TEARS Animal Rescue is one of the country's leading animal welfare organisations. Our mission is to provide a sanctuary for companion animals in need, striving to end homelessness, neglect and abuse in the communities we serve through medical assistance, humane education, rescue, rehabilitation and rehoming. We believe we can do this by fostering a partnership approach through individual and corporate giving, and by working together with community and animal welfare groups to create a better world with compassion and understanding towards animals. Together we CAN make a difference. Visit our website on [www.tears.org.za](http://www.tears.org.za) or call 021 785 4482 or email [tears@tears.org.za](mailto:tears@tears.org.za). You can visit us at 4 Lekkerwater Road, Sunnyside, in Cape Town.

### ANIMAL WELFARE SOCIETY PE (GQEBERHA)

#### STITCH, JENN, YUKI & SOOT

The Animal Welfare Society of Port Elizabeth was founded in 1971. The catteries and kennels house stray and surrendered pets who are available for adoption. AWSPE accept all animals brought in and run a 24-hour service to deal with the many cases of cruelty and neglect which are reported. AWSPE upholds their Mission Statement proudly and are known to always act in the best interest of the animals. We believe that every living creature has a fundamental value and is a sentient being. We consider that the welfare of an animal includes its physical and mental state and that good animal welfare implies both fitness and a sense of well-being. For adoptions or donations, contact us on 041 366 1660 or email [relations@awspe.co.za](mailto:relations@awspe.co.za). You can visit our shelter on Victoria Drive, Walmer, Gqeberha. Emergencies: 083 650 6229 (Inspector Edward) / 083 607 2198 (Inspector Morné). Visit our website on [www.awspe.co.za](http://www.awspe.co.za)

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