

# **UPPER SNAKE RIVER VALLEY DOG TRAINING CLUB NEWSLETTER December 2018**

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## **December Meeting/Christmas Party**

Saturday, December 15, 2018 @ 5:30 pm

Eastern Idaho College

HCE Building rooms 6163 & 6134

## **Scent Work Trial**

December 1-2, 2018

Idaho Falls Activity Center

(Great opportunity to Volunteer)

## **2019 Class Information**

...Coming Soon

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# I'm dreaming of a Golden Christmas!

## The Upper Snake River Valley Dog Training Club Christmas Party



**When:** December 15<sup>th</sup> 2018

**Where:** Eastern Idaho College, HCE Building, Rooms 6163 and 6164

**Time:** 5:30 pm

**Cost:** Twenty five dollars per person

**What do I get:** Chef Dave is putting together a lavish meal for us this year! Your twenty five dollars will go towards dinner/dessert and drink as the club is picking up the tax and tip this year. So please come hungry.

<b>Events:</b> 5:30 – 6:00 pm	Organizing, Seating and Social
6:00 – 6:30 pm	Awards and Accolades
6:30 – 7:30 pm	Food Glorious Food
7:30 – 8:00 pm	Ugly Sweater Contest (How ugly can you go? Prizes to the top three choices.)
8:00 – 9:15 pm	Gift Exchange (Can anyone top the Dog Pooping Calendar this year?)

*\*RSVP required by December 10<sup>th</sup>. Please email Frank at [masofran@icloud.com](mailto:masofran@icloud.com) or call 208 524 5284.*

# BRAGS



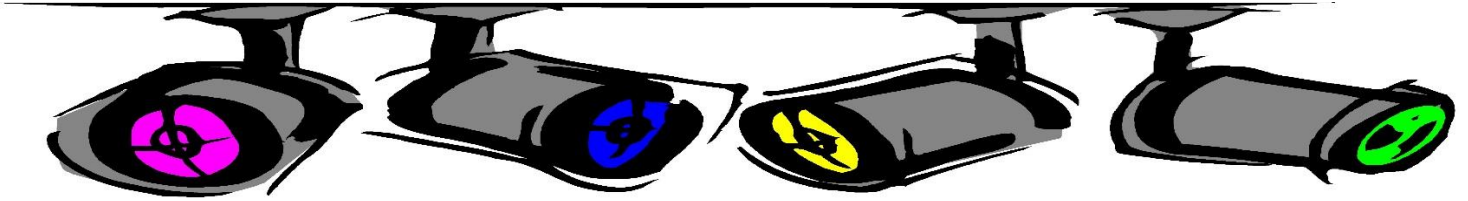
## Mary Ann Igoe and Pari

Pari was super fun at the Scentwork Trial in Boise on Nov 10 and 11. She earned three Element titles: Novice Buried, Advance Containers, and Advance Exterior. Completion of Novice Buried earned the SWN title. Placement ribbons were earned with a first place in Advance Exterior, second place in Novice Buried, and fourth place in Advance Containers. She also earned the Advance **HIT** for Trial 1 on Sunday! They left Boise before being notified, so are looking forward to receiving that special ribbon!





# Member Spotlight



## Steve and Lois Olson

Steve and Lois are long time members of the club who teach Tracking, Scent Work and Agility. If you have not had an opportunity to take a class from them, you definitely should. You won't be disappointed! They recently answered a few questions for me so that we can all get to know them a little better.

- What is your favorite hobby (other than dogs)?
  - Steve – woodworking
  - Lois – cross stitch
- If you could plan a vacation anywhere in the world, where would you go?
  - Italy
- What is one item you cannot live without?
  - Each other
- What do you consider your greatest accomplishment to date?
  - 41 years of marriage
- Android or iphone?
  - Android
- What is your favorite book?
  - Steve – Science Fiction
  - Lois – a book that teaches me something
- What is your favorite food?
  - Scott's hamburgers
- Have you always had animals? How did you come into dogs/dog training?
  - Yes. A little hard headed cocker spaniel named Alex.
- How long have you been a part of USRVDTTC?
  - 40 years
- What is your favorite part of being a member of USRVDTTC?
  - The people we meet.
- Tell us about your dogs.
  - Belgians are the BEST!
- What is your favorite part of training?
  - Teaching the dog and they finally get it and understand what you want them to do.
- Do you have any favorite success stories or breakthrough moments in training?
  - All training is amazing and full of breakthroughs
- What is your favorite tip for someone wanting to get involved with dogs/dog training?
  - Just do it! You won't be disappointed.
- What is the best piece of advice you have ever received regarding dog training?
  - Don't give up!

## • Chronic Ear Infections in Canines

- Sometimes, just knowing how to clean your dog's ears the old-fashioned way is better than the newest antibiotic.

- By CJ Puotinen

- *[Updated September 19, 2018]*

## • EAR INFECTIONS IN DOGS: OVERVIEW

- 1. Keep your dog's ears clean. Use a gentle cleaning agent such as green tea, or a commercial product such as Halo's Natural Herbal Ear Wash.
- 2. Use a pinch of boric acid to keep the dog's ears dry and acidified.
- 3. Consult your holistic veterinarian in cases of severe or chronic infections; she may need to treat an underlying condition.

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- Chronic ear infections are the bane of long-eared dogs, swimming dogs, recently vaccinated puppies, old dogs, dogs with an abundance of ear wax, and dogs with allergies, thyroid imbalances, or immune system disorders. In other words, ear infections are among the most common recurring canine problems.
- In conventional veterinary medicine, infected ears are often treated with oral antibiotics, topical drugs, or even surgery. The problem is that none of these treatments is a cure. Ear infections come back when the dog eats another "wrong" food, goes for another swim, experiences another buildup of excess wax, or in some other way triggers a reoccurrence.



- Clean ears, free of inflammation, debris, or any foul odor, are made possible through a superior diet, holistic care, and regular cleaning.

- Holistic veterinarian [Stacey Hershman](#), of Nyack, New York, took an interest in ear infections when she became a veterinary technician in her teens. “This is a subject that isn’t covered much in vet school,” she says. “I learned about treating ear infections from the veterinarians I worked with over the years. Because they all had different techniques, I saw dozens of different treatments, and I kept track of what worked and what didn’t.”
- Over the years, Dr. Hershman developed a program for keeping ears healthy and treating any problems that do arise, without the steroids and antibiotics usually dispensed by conventional practitioners. In addition, when she treats a dog with infected ears, she usually gives a homeopathic remedy to stimulate the dog’s immune system and help it fight the infection’s underlying cause.
- “Ear infections are a symptom of a larger problem,” she says. “You don’t want to just treat the ear and ignore the rest of the body. You want to treat the whole patient.”
- Dr. Hershman believes that many ear infections, especially in puppies, stem from immune system imbalances caused by vaccinosis, a reaction to vaccines. “The ill effects of vaccines,” she says, “can cause mucoid discharge in puppies. For example, it’s not uncommon for puppies to have a discharge from the eyes or to develop conjunctivitis after a distemper vaccine.”
- Once a dog develops an ear infection, conventional treatment can make the problem worse. “Dogs are routinely given cocktail drugs, which are combinations of antibiotics, antifungal drugs, cortisone, or other ingredients,” she explains.
- “After a while, you’ll go through 10 tubes, and your dog will develop a resistance. Then you’ll have to go to more powerful drugs to treat the recurring infection. In conventional veterinary medicine, chronic ear infections are considered normal. Dog owners are told they’re a fact of life, they’re never cured, they just keep coming back, and the best you can do is ‘manage’ them. My goal is to cure, not to manage.”
- Dr. Hershman’s treatment for infected ears is not a cure by itself, but it’s a remedy that isn’t harmful, and it gives you an important kick-start in treating ears holistically. “That’s the approach that leads to a cure,” she says.
- **Note:** If your dog develops an ear infection for the first time, or if his condition seems especially severe or painful, take him to see your holistic veterinarian, to rule out a tumor, polyp, or something else that requires veterinary attention.

## • Maintenance Ear Cleaning

- Dr. Hershman’s healthy ears program starts with maintenance cleaning with ordinary cotton balls and cotton swabs. “This makes a lot of people nervous,” she says, “but the canine ear canal isn’t straight like the canal in our ears. Assuming you’re reasonably gentle, you can’t puncture the ear drum or do any structural damage.”
- Moisten the ear with green tea brewed as for drinking and cooled to room temperature, or use an acidic ear cleanser that does not contain alcohol. Dr. Hershman likes green tea for its mildness and its acidifying, antibacterial properties, but she also recommends peach-scented [DermaPet MalAcetic Otic Ear Cleanser](#) or [Halo Natural Herbal Ear Wash](#).
- “Don’t pour the cleanser into the dog’s ear,” she warns, “or it will just wash debris down and sit on the ear drum, irritating it.” Instead, she says, lift the dog’s ear flap while holding a moistened cotton ball between your thumb and index finger. Push the cotton down the opening behind the tragus (the horizontal ridge you

see when you lift the ear flap) and scoop upward. Use a few dry cotton balls to clean out normal waxy buildup.

- Next, push a Q-tip into the vertical ear canal until it stops, then scoop upward while rubbing it against the walls of the vertical canal. Repeat several times, rubbing on different sides of the vertical canal. Depending on how much debris is present in each ear, you can moisten one or several cotton balls and use two or more Q-tips.
- “You don’t want to push so hard that you cause pain,” she says, “but for maintenance cleaning using gentle pressure, it’s impossible to harm the eardrum. I refer to the external ear canal as an L-shaped tunnel, and I tell owners to think of the vertical canal as a cone of cartilage. People are always amazed at how deep the dog’s ear canal can go. I often have them hold the end of the Q-tip while I demonstrate cleaning so they feel confident about doing it correctly without hurting their dogs.”
- If excessive discharge requires the use of five or more Q-tips, or if the discharge is thick, black, or malodorous, Dr. Hershman recommends an ear flush.
- [Dogster.com offers another protocol for cleaning your dog's ears](#) .

## • **Washing Out Debris from Your Dog's Ears**

- Dr. Hershman realized that when an ear is not inflamed and not painful but full of debris or tarry exudates from a yeast or bacterial infection, flushing the ear makes sense. “If you don’t flush it out but keep applying medication on top of the debris,” she says, “you’re never going to cure the problem. But I also learned that flushing the ear is an art. You can’t simply fill the ear with otic solution and expect it to flow out by itself, taking all the debris with it. Because the dog’s ear canal forms a right angle, you just can’t get the liquid out unless you suction it gently with a bulb syringe or some kind of tube with a syringe attached.”
- Flushing the ears, says Dr. Hershman, is one of the most important techniques you can learn for keeping your dog’s ears healthy. “They don’t teach this in veterinary school,” she says. “It’s something people learn by experience.”
- When should the ears not be flushed? “If they’re painful, ulcerated, or bleeding,” she says, “or if there’s slimy, slippery pus in the ear or a glutenous, yeasty, golden yellow discharge. In any of these cases, flushing is not recommended. But if the ears are not inflamed and are simply waxy or filled with tarry exudates, flushing works well.”
- The procedure begins with a mild, natural, unscented liquid soap from the health food store. Place a few drops of full-strength soap in the ear, then thoroughly massage the base of the ear. The soap is a surfactant, and it breaks up debris that’s stuck to the sides of the ear canal. From a bowl of water that’s slightly warmer than body temperature, fill a rubber bulb syringe or ear syringe, the kind sold in pharmacies for use with children or adults. Place the point of the syringe deep down in the soap-treated ear, then slowly squeeze the syringe so it releases a gentle stream of water.
- “By the first or second application,” says Dr. Hershman, “you should see all kinds of debris flowing out. It’s like a waterfall. At the end of each application, hold the syringe in place so it sucks remaining water and debris up out of the ear canal. Then empty the syringe before filling it again.”
- For seriously debris-filled ears, Dr. Hershman repeats the procedure three or four times, then she lets the dog shake his head before drying the ear with cotton balls and Q-tips. “I look for blood or debris,” she says,

“and I check inside with the otoscope. If there’s still a lot of debris, I put more soap in, do a more vigorous massage, and flush it a few more times.

- “An ear flush can be traumatic if the ear is inflamed,” she warns, “and occasionally there will be an ulcer or sore that you don’t know is there and it will bleed. That’s why you have to be careful about how you do this. You have to be vigorous but not aggressive. You don’t want to make the ear more inflamed, painful, or damaged than it was to begin with.”



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- After flushing the ear, Dr. Hershman applies calendula gel, a homeopathic remedy. “I put a large dab in each ear and ask the owner to do that once or twice a day for the next three days. The gel is water-soluble and very soothing. Calendula helps relieve itching and it stimulates the growth of new cells, so it speeds tissue repair.”
- If the discharge in the dog’s ear is yeasty or obviously infected, Dr. Hershman skips the ear flush, instead using the following treatment.

## • **Treating Canine Ear Infections**

- Careful treatment is required for infected ears and ears that are full of debris that resists even an ear flush. But what approach works best?
- When Dr. Hershman began her veterinary practice, she met many dogs who wouldn’t let anyone touch their ears. “I knew that nothing I’d learned in vet school was going to help them,” she says, “so I thought back to all the treatments I’d seen over the years. The one that seemed most effective was a combination of boric acid and a thick, old-fashioned ointment that looks like pink toothpaste. I couldn’t remember its name, but I never forgot how it smelled – really peculiar, like burnt embers.”
- The ointment was Pellitol, and as soon as she tracked it down, Dr. Hershman developed her own protocol for using it in combination with boric acid. Through groomers she had learned the importance of ear powders. “Like those powders,” she says, “boric acid dries and acidifies the ear. Yeast and bacteria are opportunistic organisms that die in a dry, acidic environment. They thrive where it’s moist, dark, and alkaline.”
- Experimenting first with her own dogs and dogs at the animal shelter where she volunteered, she placed two or three pinches of boric acid powder in each infected ear unless it was ulcerated, bleeding, or painful. “Being acidic,” she explains, “boric acid might irritate open wounds. In that case, I would use the Pellitol alone. Otherwise, a pinch or two of boric acid is an effective preliminary treatment.”
- Boric acid is toxic; note warnings on the label. It should not be inhaled, swallowed, or placed in the eye. Shielding the face is important and usually requires a helper, someone who can hold the dog’s head steady while protecting the eyes, nose, and mouth.



- “I put the boric acid in and use my finger to work it deep into the ear canal,” she says. “If the dog has a very narrow ear canal, I gently work it down with a Q-tip.”
- Next, she attaches the Pellitol applicator to the tube and squeezes the pasty ointment into the ear canal, applying enough pressure as she withdraws the tube to completely fill the canal. “I massage the ear,” she says, “especially around the base, then leave it undisturbed for an entire week. I learned this by trial and error. The Pellitol dries up within a day or two, but if you leave it undisturbed for an entire week, it removes whatever exudates are in the ear, whether they’re sticky, tarry, yeasty, or slimy pus. It just attaches to whatever’s there, dries it up, and everything falls out together.”
- Pellitol ointment contains zinc oxide, calamine, bismuth subgalante, bismuth subnitrate, resorcinol, echinacea fluid extract, and juniper tar. “Zinc oxide,” says Dr. Hershman, “is a drying agent; calamine helps with itching and inflammation; bismuth is soothing and has antibacterial properties; resorcinol is used to treat dermatitis and other skin conditions; echinacea is antiviral and antibacterial; and juniper tar, like all tree resins, fights infection and makes the ointment very sticky. Once applied, it stays in place until it dries and flakes off, taking the ear’s debris with it.”
- After a week, the ear should be much improved. “That’s when I use cotton balls or Q-tips to remove whatever’s left,” says Dr. Hershman. “I love this treatment because it works well, it doesn’t traumatize the ear, and it doesn’t antidote homeopathy.”
- If Pellitol has an adverse side effect, it’s the product’s stickiness. “I tell people to protect their furniture for a day or two,” says Hershman. “The ointment will stick to anything it touches, and when you fill the ear, it can stick to the outside of the ear or the dog’s face. That excess will dry and fall off. You can remove it with vegetable oil, but leave the inside of the ear flap alone.”
- Sometimes a second treatment is needed, and sometimes Dr. Hershman flushes the ear to complete the therapy.
- While dog owners can successfully treat many ear problems with the foregoing program by themselves, don’t hesitate to bring your dog to your holistic veterinarian if he exhibits severe pain or discomfort, or if the ear problems recur. There may be an underlying issue that your holistic veterinarian can identify and treat.
- Also, there have been cases in which the alternatives described here don’t work. If this happens, conventional treatment might be needed to defeat the bacteria infecting the dog’s ear. Dr. Hershman’s cleaning and flushing program can be used afterward for preventive maintenance.
- **A NOTE ON PELLITOL:** Since this article was originally published, Pellitol stopped being manufactured under that name. The same product is still sold, but have your veterinarian contact your pharmacy to make sure you are getting the right product.

## • Ear Mites

- Not every ear infection is an infection; sometimes it’s an infestation. Ear mites are tiny parasites that suck blood and fill the ear with waste matter that looks like black coffee grounds. The problem is most common in dogs from pet shops, puppy mills, shelters, or breeders with unclean environments.
- Ear mites are species-specific, meaning that feline ear mites prefer cats’ ears and canine ear mites prefer dogs’ ears. Their bites ulcerate the ear canal, often leading to secondary infections.

- How can you tell if your dog has ear mites? The definitive test is by microscopic examination, but Dr. Hershman describes two simple home tests. “Smear some ear debris on a white paper towel and wet it with hydrogen peroxide,” she says. “If it creates a brownish red stain when you smear it, you’re looking at digested blood from mites. In addition, most animals with ear mites have a positive ‘thump test.’ They vigorously thump a hind leg when you clean their ears because of intense itching.”
- Ear mites are usually treated with pesticides, but there’s a safer, easier way. Simply put a few drops of mineral oil in each ear once or twice a week for a month.
- Mineral oil has a terrible reputation in holistic health circles because it’s a petrochemical that blocks pores and interferes with the skin’s ability to breathe. But when it comes to fighting ear mites, these characteristics are a virtue. Mineral oil smothers and starves ear mites. Reapplying the oil twice per week prevents the growth of new generations.
- **Note:** Herbal ear oils containing olive oil or other vegetable oils can be less effective in the treatment of ear mites, either because they contain nutrients that feed the tiny parasites or because they are not heavy enough to smother them.
- For best results, use an eyedropper to apply mineral oil to the inside of the ear. Then use a cotton ball saturated with mineral oil to wipe inside the ear flap. Massage the entire ear to be sure the mineral oil is well distributed. Before each subsequent application, remove debris from the ear with cotton balls and Q-tips.
- If mites have caused a secondary infection, follow the mineral oil treatment with Pellitol ointment and leave it undisturbed for several days.

## • Veterinary Help for Chronic Ear Problems

- If you are unsure of your ability to clean or treat your dog’s ears, you can ask your holistic veterinarian to help you; with a little practice, you should be able to prevent ear problems and help your dog maintain a clean, dry, healthy ear on your own.
- “These are simple, old-fashioned remedies,” says Dr. Hershman. “There is nothing high-tech about them. But after 30 years of treating ear infections, I’m convinced more than ever that they are the best way to treat canine ear infections.”
- *CJ Puotinen is the author of The Encyclopedia of Natural Pet Care and Natural Remedies for Dogs and Cats, both of which are available from DogWise. She has also authored several books about human health including Natural Relief from Aches and Pains.*

# Can Dogs Eat Turkey Meat?

By Sarah Ann Taylor



**T**urkey is a lean, low-fat meat that is most often consumed by people during Thanksgiving dinners but is also a favorite ground turkey option and luncheon sandwich meat as well. This meat is full of essential vitamins and minerals but contains far fewer calories and fat than other traditional meats. But can dogs eat turkey meat just as we can, or is turkey bad for dogs? If you've been wondering, "*can I give my dog turkey,*" the answer is **YES – dogs can eat turkey**, it's not toxic to them and is in fact a very healthy and nutritious food option. There are several benefits dogs can reap from consuming this low calorie meat.

In this article we'll discuss turkey meat in more detail, can dogs eat turkey and how should you prepare it, and is turkey bad for dogs in any way.

## *What is turkey?*

Turkey is a mostly white meat that is leaner than red meats, and which is most often associated with and frequently consumed around the Thanksgiving holidays.

Many people turn to turkey not only for its low fat and low calorie content but also because of the myriad of minerals and vitamins it contains, many of which assist in providing lean protein as well as possibly preventing illnesses like diabetes and cancer.

**This is what deli turkey meat looks like:**



It's important to note that only the white meat portion of turkey is lean and low-calorie. Any turkey meat that includes dark meat is just as high in fat and calories as any other kind of dark meat. But can dogs eat turkey and which type is good for them? Is turkey bad for dogs in some circumstances and when should it be avoided?

## **Turkey for Dogs 101**

### *Can Dogs Eat Turkey?*



So can dogs eat turkey meat just as we can? Yes, absolutely – your dog can eat turkey as this meat on its own is non-toxic and nutritious. However, the only turkey given to

dogs should be **well-cooked** or in **appropriately raw form** (vacuum-sealed, commercially sold) without any additives like sodium or preservatives.

Feeding turkey to a dog must be done with care. Often, store bought turkey is combined with other foods or spices that can be toxic to a dog, so any turkey fed to a canine must be thoroughly cooked and plain. Otherwise, serious health complications may occur.

Turkey has been well-studied in human trials, and white turkey meat is one of the healthiest meat options out there, a lot of which comes down to its very high protein to carb to fat ratio. Here are a few proven facts we know about it:

- **Turkey helps to stay fuller longer and preserves muscle mass** ([1](#), [2](#), [3](#))
- **Turkey is high many vital nutrients, minerals and vitamins** ([4](#))
- **Turkey can help with weight loss** ([5](#), [6](#), [7](#))
- **Turkey is one of the healthiest poultry meats to consume** ([8](#))

Turkey meat isn't as popular as other poultry meats or red meats, and it hasn't been studied well in dogs. One study with canines, however, found that it's one of the least to be contaminated meats for dogs to consume in the United States ([Workman et al. 2005](#)). But can dogs eat turkey at all times, or are there any precautions? Is turkey bad for dogs in some circumstance?

## **5 Benefits of Turkey for Dogs**



1. White turkey meat is very high in lean protein.

Protein is necessary for a variety of significant body functions, and white turkey meat provides it in high amounts. In dogs, protein is needed for all components of development and growth throughout a canine's lifespan.

Protein is burned as calories and may also be converted and stored as fat molecules. It is also a critical player in the development and health of the immune system.



## 2. Turkey contains significant portions of riboflavin.

Riboflavin, also known as Vitamin B2, is part of a series of Vitamin B-complexes. Vitamin B2 is a water-soluble vitamin which, along with Vitamin B1 and B3, plays a major role in the production of energy in cells.

Enough riboflavin needs to be in a dog's diet to prevent bladder stone formation.

## 3. Phosphorous in turkey helps with multiple key body functions in dogs.

Phosphorous promotes a normally functioning and regulated metabolism and has a vital role in membrane integrity. Combined with calcium, phosphorous helps to develop solid bone structures, like teeth, and turkey provides a decent amount of this mineral to make it beneficial to dogs' health.

## 4. White turkey meat is a moderate source of omega-3 fatty acids.

Dogs need omega-3 fatty acids for certain healthy body processes to happen. As functional fats that a dog cannot produce on its own, omega-3 fatty acids help manage allergies and sensitive immune systems, strengthen eyesight, and regulate blood-clotting within the body.

Omega-3 fatty acids also help prevent or manage diseases and illnesses like cancer, cardiovascular disease, cognitive function, and osteoarthritis. While you can get the most from feeding [fish oil supplements](#), natural meats like turkey may be a better option.

## 5. Turkey offers selenium, a mineral for sharp minds and healthy bodies.

Selenium is an essential mineral in a dog's diet. It contributes to building and securing a strong, stable immune system, which contributes to the overall well-being of the canine. This mineral also boosts cognitive function, helping dogs stay sharp and fight an early aging process.

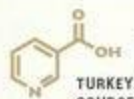
Selenium is also beneficial for dog's DNA synthesis, thyroid hormone metabolism, and protecting against oxidative damage which often leads to the development of cancer.

# HEALTH BENEFITS OF TURKEY MEAT

<b>CLASS:</b> Aves (bird)	<b>DIET:</b> broad diet (seeds, grasses, bugs)	<b>MALE:</b> Toms or Gobblers <b>FEMALE:</b> Hens
<b>WEIGHT:</b> 30-35 lbs	<b>RUN SPEED:</b> 20-25 mph	<b>FLY SPEED:</b> 50-55 mph (short distance)

TURKEYS ARE TRULY NATIVE TO NORTH AND SOUTH AMERICA. THEY WERE DISCOVERED TO BE ALREADY PRESENT AND INTIMATELY INVOLVED WITH NATIVE AMERICAN CULTURES

## BENEFICIAL FACTS ABOUT CONSUMING TURKEY



TURKEY MEAT CONTAINS ALL B VITAMINS  
TURKEY IS A SPECIFICALLY EXCELLENT SOURCE OF VITAMIN B3 (NIACIN)

**4 OZ** OF SKINNED TURKEY BREAST PROVIDE 30-35G OF PROTEIN



Tryptophan, which is found in turkey meat, is used by the brain to produce serotonin, a neurotransmitter which calms the mood. Selenium is another nutrient found in turkey which promotes sleep and boosts immunity.

TURKEY, PASTURE-RAISED, LIGHT MEAT, ROASTED (4 OZ / 113.40 G)

CALORIES: 167 • GLYCEMIC INDEX: VERY LOW

NUTRIENT	AMOUNT	DRI/DV (%)	NUTRIENT DENSITY	WORLD'S HEALTHIEST FOODS RATING
VITAMIN B3	13.2 mg	83.2	9.0	Excellent
PROTEIN	34.17 g	68.3	7.4	Very Good
SELENIUM	34.25 mcg	62.3	6.7	Very Good
VITAMIN B6	0.92 mg	54.1	5.8	Very Good
PHOSPHORUS	260.82 mg	37.3	4.0	Very Good
CHOLINE	94.57 mg	22.3	2.4	Good
PANTOTHENIC ACID	1.02 mg	20.4	2.2	Good
ZINC	1.95 mg	17.7	1.9	Good
VITAMIN B2	0.23 mg	17.7	1.9	Good
VITAMIN B12	0.42 mcg	17.5	1.9	Good

EXCELLENT DRI/DV>75% | VERY GOOD DRI/DV>50% | GOOD DRI/DV>25%

## FUN FACT



ACCORDING TO THE NATIONAL TURKEY FEDERATION, ABOUT 20% OF ALL TURKEY (JUST OVER 3 LBS PER PERSON) IS CONSUMED ON THANKSGIVING DAY.



Many fitness experts recommend turkey for bodybuilding. Turkey is rich in protein and low in carbohydrates and fat. Eating turkey helps build and maintain lean muscle. All additional nutrients found in turkey help bodybuilders recover properly after workouts.

## FUN FACT

THE U.S. IS BY FAR THE WORLD'S LARGEST PRODUCER OF TURKEY (2.5 MILLION TONS PER YEAR). THE EUROPEAN UNION PRODUCES 1.75 MILLION TONS PER YEAR.



## THE AMERICAN LIVESTOCK BREEDS CONSERVANCY & THE SLOW FOOD MOVEMENT

These organizations are working to save four of the best-known heritage turkeys eaten by our forefathers before the era of manufactured birds. The four most popular breeds, the Bourbon Red, Jersey buff, Narragansett & Standard Bronze, are all renowned for their taste.



CREATED BY EPIC  
EPICBAR.COM

[HTTP://WWW.WHFOODS.COM/GENPAGE.PHP?TID=100&PID=100&CID=100&DID=100](http://www.whfoods.com/genpage.php?tid=100&pid=100&cid=100&did=100) || [HTTP://WWW.BETHHEALTHCLUB.COM/HEALTH-FOOD/TURKEY.HTML](http://www.bethhealthclub.com/health-food/turkey.html) || [HTTP://WWW.SLOWFOOD.ORG/2012/11/18/TALKING-TURKEY/](http://www.slowfood.org/2012/11/18/talking-turkey/)

## So can dogs eat have turkey then?

Yes, absolutely – dogs can eat turkey and it's safe for them, provided it's plain turkey and/or cooked well. Store bought turkey meat may contain a variety of spices, salt and other additives which can be harmful to dogs, so make sure you know exactly the type of turkey you're giving your dog.

### **3 Potential Side Effects of Turkey**



Is turkey bad for dogs in some ways, and when should it be avoided? Although turkey for dogs generally safe as long as it is well-cooked, there are some other forms and combinations with turkey meat that can cause your dog serious health issues.

#### **1. Raw turkey may cause salmonella poisoning.**

Raw meat like turkey shouldn't be fed to dogs unless done so by a professional or via specially devised and packaged fresh commercial food companies. Unfortunately, feeding a dog raw turkey in general can expose your dog to salmonella, a zoonotic bacteria transferable from animals to people that can result in violent sickness and abdominal pain.

#### **2. Deli and frozen meat turkey are full of unhealthy additives.**

Dogs should not be fed too many slices of turkey deli meat. This processed variety of turkey is often filled with high levels of sodium, spices, and preservatives that are not healthy for your dog.

Pre-packaged frozen turkey burgers or meals are also dangerous because of the same concerns: too much added salt, sugar, and other additives. Over time, a dog fed these kinds of turkey may develop salt toxicity, which can result in death.

#### **3. Watch out for turkey paired with garlic and onions.**

Too often, especially for dinners and holiday celebrations, turkey is cooked in combination with a variety of other spices, vegetables, and flavorings. Turkey that is combined with [onions](#) and [garlic](#) can be deadly to dogs.

Onions contain N-propyl disulfide, which is toxic to dogs as it causes the red blood cells to break down, resulting in anemia. Only a small amount of onion is necessary for this danger to occur.

Garlic is also toxic to dogs, but it will need to be consumed in large quantities to impact a canine's health. Similar to onions, garlic toxicity affects the red blood cells and cardiovascular function, and should be avoided at all costs.

## Summary

### *Can Dogs Eat Turkey?*

So can dogs eat turkey safely then? Yes, white turkey meat is completely safe and even very nutritious for dogs to consume. However, they should only eat white turkey meat that has been thoroughly cooked and is plain. In that form, turkey can be a lean, healthy source of protein and a nutritious addition to a dog's diet.

Is turkey bad for dogs in any way, shape or form? There are instances where your choice of turkey meat may not be good for dogs to eat. Meats with spices and additives can be harmful to dogs, and particularly so if those are toxic vegetables like garlic or onion.



## **Izzy's Favorite Doggy Biscuits**

2 cups flour

(I use oat flour by placing quick oats in my blender)

1 egg

½ cup pumpkin

1/3 cup peanut butter

Combine all ingredients

Roll out to about ¼ to ½" thick and cut into biscuits

(I roll out then run my pizza cutter over rolled dough to make small squares then break apart after baking)

Bake at 350 for 40 minutes

# November Meeting Minutes

## USRVDTTC BOARD MEETING MINUTES

November 15, 2018

Special guest speaker Idaho Department of Fish and Game K9 Team Tim Klucken and Dexter.

The regular monthly board meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Marilynne Manguba, at 7:22 p.m., on Thursday, November 15, 2018, at The Zone, in Idaho Falls ID.

Steven Olson moved to approve the previous Board meeting minutes as published in the newsletter. David P'pool seconded. Passed.

Board Members Present:

Marilynne Manguba

Frank Mason

LaDawn Moad

Suzanne Belger

Steven Olson

David P'Pool

Lucien Frederick

Report of President: None

Report of Vice President: Frank Mason moved to donate \$500.00 to Idaho Department of Fish and Game for the K-9 program. Steven Olson Seconded. Passed.

Marilynne Manguba presented the check to Tim Klucken.

Report of Secretary: None

Report of Treasurer: Report held for regular meeting

Report of Committees: None

Unfinished Business: None

New Business: None

Steven Olson moved to adjournment. Dave P'pool seconded. Passed.

Meeting adjourned at 7:25 pm



## **USRVDTC REGULAR MEETING MINUTES**

**November 15, 2018**

The regular monthly meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Marilynne Manguba, at 7:05 p.m., on Thursday, November 15, 2018, at The Zone, in Idaho Falls ID.

Introduction of Guests/Visitors: Elizabeth Kraychir

Members Present:

Stephanie Nielsen	LaDawn Moad	George Haller
Glenda Haller	Rosha Adams	Steven Olson
Lois Olson	Mary Ann Igoe	Diana Robinson
Mark Whitham	Donna Whitham	Charlie Urbanski
John Baughman	Duane Loomis	Cheryl Loomis
Elise Desautel	LeeAnn Chaffin	Shel Williams
Nicki Bowden	Rosemary Durfee	Desirae Chase
Lucien Frederick	Janet Frederick	Joe Bellin
Brian Meyers	Melisa Meyers	Layla Johnson
Heike Vitacolonna	Carl Friedrich	Suzanne Belger
David P'pool	Kelly P'pool	Amanda Williams
Taylor Williams	Aubrey Parry	Jordan French
Leslie Hill	Marilynne Manguba	

Glenda Haller moved to approve the minutes as published in the newsletter. Elise Desautel seconded. Passed.

Report from the Board Meeting: No report because all were present.

Report of the President: Marilynne Manguba mentioned the AKC donations letters the club received in the mail. The consensus is to keep our donations local.

Report of the Vice President: Frank Mason reminded everyone the Christmas Party is December 15 at the Eastern Idaho College, HCE Building, Rooms #6163 and #6164, 5:30 pm. The cost is \$25.00. Flier was emailed to all. RSVP by December 10<sup>th</sup>.

Report of the Secretary: None

Report of the Treasurer: Suzanne Belger read the monthly and year-to-date financial reports.

Report of Committees:

Agility Trial: LaDawn Moad reported the Agility Trial went well and thank you to all that volunteered. The trial made a profit of \$2,524.65.

Scent Work Trial: Suzanne Belger reported the trial is full and conformations will be emailed soon. Volunteers are needed to make the trial run smoothly.

Obedience Training: Marilynne Manguba reported we have not been able to find a building to rent so our second choice is to rent the city activity center which is available on Thursday nights.

Suzanne Belger reported that Eagle Rock Kennel Club has been renting a Boy Scout building. Marilynne said she would check into it.

Marilynne Manguba reported the CGCU & CGCA testing went well and presented the qualifiers with ribbons.

Unfinished Business: Please get your 2018 title information to Lucien ASAP.

Achievement of Excellent award is due now. Information is on the website.

New Business: None

The annual vote for board results:

President – Marilynne Manguba      Vice President – Frank Mason      Secretary – LaDawn Moad      Treasurer – Suzanne Belger  
Board - Nicki Bowden (3 Year)

The annual vote for Club Member of the year was held and will be presented at the Annual Awards/Christmas party.

Membership applications read Kristina Colby and Elizabeth Kraychir.

Lois Olson moved to adjourn. Nicki Bowden seconded. Passed

Meeting adjourned at 7:57 pm.