

# SCRAPS

WINTER 2017

Official Newsletter of the Western Province Boxer Club



# WHO'S WHO

## 2017

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[www.fotothing.com/photos/cf8/cf8ecd371e78b8acdf0be397c0393d8f.jpg](http://www.fotothing.com/photos/cf8/cf8ecd371e78b8acdf0be397c0393d8f.jpg)

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## From the Editor

Hello Everybody

So happy that we are having a cold wet winter here behind the Fynbos Curtain. Hope it goes on and on until all the dams are full again.

Breeding is REALLY not for the faint hearted. After 13 years of not breeding, I decided that I needed a puppy, as Boxer numbers here were down to three, of which one is very elderly and frail. So I carefully picked a suitable bridegroom and Kwezi duly produced five babies. For the first six weeks it was an absolute breeze. Kwezi was a model mother who had as much milk as one could have hoped for. She kept her whelping box and her sleek roly poly children spotlessly clean. Then, the night before the babies turned six weeks old, disaster struck. (See p13) for details.

However, I learnt some very valuable lessons which I thought might be helpful to other breeders and owners and have therefore included some information about it in this issue.

Although our club membership is healthy, the number of Boxers being shown in the Western Cape has been dropping steadily and it is now down to an all time low.

Perhaps some of our members would like to let us know why the idea of exhibiting their Boxers does not appeal to them? It would help the committee to know if there is anything that could be done to remedy the situation. Please drop any of the committee members a line.

Marlien Heystek, Editor



# WHAT'S ON?

## calendar of events

DATE	CLUB	TYPE	EVENTS	CONTACT
JULY				
30	Cape Working & Herding	Open	BR (Pups Juniors Veterans)	082 535 1135
AUGUST				
6	Port Elizabeth KC	Open	BR, CA	073 833 3123
SEPTEMBER				
08	East London KC2	CH	BR, HCL	082 655 6132
08	Quinera W & H	CH	BR	082 655 6132
09	East London KC1	CH	BR, HCL, AG, OB	082 655 6132
10	Port Rex KC	CH	BR, HCL, OB, AG	082 323 3650
10	Breede Rivier Vallei KC	Open	BR, HCL, OB, AG, DJ, CA, FLY	082 824 1422
30	Overberg KC	QUAL	BR	072 249 6963
OCTOBER				
01	Whale Coast KC	QUAL	BR	082 619 3128
07	Breede Rivier Vallei KC	CH	BR, HCL, OB, AG, DJ, FLY	082 824 1422
08	Cape Town KC	CH	BR, HCL, OB, AG, DJ, FLY	082 649 9229
14	Breede Rivier Vallei KC	CH	BR, HCL	082 824 1422
15	Cape Town KC	CH	BR, HCL	082 649 9229
15	W P Boxer Club	CH	BR	082 570 7802
17	Cape FCI	CACIB	BR	083 925 4350
20	Cape Working & Herding	CH	BR	082 535 1135
21	Hottentots Holland KC	CH	BR, HCL	082 521 4374
22	Western Province KC	CH	BR, HCL	083 253 0266
NOVEMBER				
5	West Coast KC	Open	BR	083 457 2659
18	WC Top Dog & Puppy	Gala	BR (invitational)	tba
26	Kennel Association	Open	BR, HCL, OB, AG, DJ, CA, FLY	072 671 7416



Photo: Tana Swanepoel

## WHY MUST MY BOXER PUPPY GO TO PUPPY SCHOOL?

There is a small window of time during the brain development of puppies when they are most impressionable, called the imprinting, or critical learning period. This period occurs during the first 16 weeks and is the most important period in your puppy's entire life. He will learn more during that short space of time than at any other time in his life. The quality and quantity of what he experiences during this period will have a huge impact on his future personality and will determine the formation of many of his "good" or "bad" behaviour tendencies. The window closes forever by 16 weeks of age. By then the pup shows the brain waves of an adult dog on EEG scans. From then on learning is actually based on knowledge and experience with the puppy practising and honing the social skills acquired during the imprinting period.

*"Between 3 to 8 weeks of age, dogs tend to focus on other dogs (if available) for social interaction, and between 5 to 12 weeks of age they shift their focus to people. Dogs are most receptive to learning how to deal with new situations until about 16 to 20 weeks of age. After this age, dogs do not stop learning from exposure; they just do so at a much slower rate and perhaps in a different way. It is not critical to change the focus of exposure at one specific period, because given adequate opportunities, puppies will learn about the social and physical environments when they are ready. Dogs that are kept exclusively kennelled or not exposed to people by 14 weeks of age may have severely undeveloped social skills. The best age to adopt a puppy is at about 8 weeks of age. Unless there is no other choice, puppies should not be adopted until at least 7½ weeks of age."*

<http://www.merckvetmanual.com/dog-owners/behavior-of-dogs/normal-social-behavior-in-dogs>

(The Merck Manuals is a unique reference source that has been in the pocket, desk, or mobile clinic vehicle of a host of students and practitioners since the publication of the first Merck Veterinary Manual (MVM) in 1955)

Hopefully you bought your puppy from a reputable breeder who is responsible and knowledgeable and provided the litter not only with the very best environment and nutrition required for optimal physical development, but also with the handling, exposure and neurological stimulation needed for puppies to develop confidence and the ability to bond with humans and to interact appropriately with other dogs,

However, if you would like to ensure that your puppy matures into a confident, well-adjusted and happy companion, it is absolutely essential that you continue to provide the necessary socialisation and mental stimulation before he turns four months old. At this point the mental window that opened wide quite suddenly at 3 weeks of age closes forever. You must make every effort to help your puppy acquire the life skills needed during the period when learning happens so effortlessly.

Members of WPBC are very lucky to have Casey Ward to help them do just that at her Sunday morning socialization / training classes for all breeds held in Pinelands. Casey is a passionate, committed and very gifted teacher and her training methods are based on up to date research on how to facilitate the development and maintenance of acceptable behaviours, using natural instincts and positive reinforcement.

Her training methods are reward-based, whereby the dog is set up to succeed and then rewarded for performing the 'good' behaviour (positive reinforcement).

Reward-based training is enjoyable for the dog and positively enhances the relationship between the dog and handler. Rewards may be in the form of a food treat, favourite toy, or verbal praise given when the dog performs the 'good' behaviour.

Reward-based training also involves generally ignoring any 'unwanted' behaviours. In this way, the dog is not rewarded for any unwanted behaviour. If dogs are not rewarded (i.e. receive no attention or treats) for a certain behaviour, they tend to stop doing it.

Reward-based training is the most humane and effective way of training dogs and addressing any unwanted behaviours. It does not involve aversive techniques, physical punishment or the assertion of dominance over the dog.

STARTING TIMES:

Beginners - 08.45

Intermediate - 10:00

Advanced - 11:00

Please contact Casey at 082 824 7589 or [caseyward.dt@gmail.com](mailto:caseyward.dt@gmail.com)

For informative articles, news updates and action photographs visit the Facebook page:

<https://www.facebook.com/groups/935454759875813/>



# Training

## CASEY'S CORNER



# Critical Periods in Puppy Development

During a puppy's life he will go through several developmental stages, or "critical periods" and whatever happens to him during these periods, will have a significant effect on his eventual disposition later in life.

Breeders, and later the new owners of puppies, should know what to do and what to avoid during each of these developmental periods in order to create the most favourable conditions for optimal development of the pup into a confident, well adjusted dog that can adapt to any situation or circumstance he may be confronted with and who can confidently live and interact with the human component in his life.

## Neonatal Period (0-12 Days):

From birth to twelve days, a puppy is totally dependent on his mother. He can neither see, nor hear, his sense of smell, taste and touch are weak and developing, he cannot control his body temperature and requires assistance from his mother to urinate and defecate. No emotional development, social attachment, or learning takes place during this period. Puppies' brain waves remain constant whether sleeping or awake. The puppy responds only to warmth, touch, and smell. After birth each pup should be gently picked up, held, and examined daily. Gentle handling while still blind and deaf causes mild stress that helps speed up development and prepares the pup to adapt to social and environmental changes more easily later in life. Puppies begin to crawl at around five days of age and by day seven are crawling easily. During the 1<sup>st</sup> week, puppies sleep 90% of the time and eat the other 10% of their time.



## Transition Period (13 - 20 Days):

During this period, their eyes and ears begin to open and they begin to walk on wobbly legs. At around 14 days, they will begin to explore their surroundings and their baby teeth begin to emerge. Puppies aged 17-21 days old will start to wag their tails, interact with their littermates and will start urinating and defecating on their own. Pups start reacting to sound but cannot locate it.

## Awareness Period (21 - 28 Days):

There are significant changes in brain waves during this period and pups are now able to learn from experiences and retain what they have learned. Mobility kicks in during the fourth week and pups begin investigating the immediate environment. Mobility also gives pups more scope for interactions with littermates and mom. They are fully alert to their environment and will startle easily at sudden sounds and movements. Avoid loud noises or sudden changes during this period. Negative events can permanently imprint on pups during this week.

## Canine Socialization Period (21 - 49 Days):

Sight and hearing now function well, enabling visual associations with previously formed tactile, auditory and olfactory associations.

The fear response has not yet developed, so all things seen, smelled, heard and felt are experienced as non-threatening. Because fear only begins developing in week six, the associations formed from two to six weeks will last as pleasant associations for the pup's entire life. For this reason, prospective buyers should visit, pick up and handle any pups they might be interested in. Olfactory imprints made prior to fear assure a lifelong



Photos: Johannes Saayman

positive relationship between pup and owner, because the pup forever identifies the smell of all individuals met at this time with low anxiety—again, pleasant stuff.

The puppy is learning that he is a dog and has great need for a stable environment. Removal from the litter at four or five weeks will cause hardship for the rest of a pup's life because he will have had no dog-on-dog socialization and will know nothing of being a dog. Similarly, he will probably have had very little or no dog-with-people socialization.



Interacting with his mother and littermates, the pup learns various canine behaviours. He is now also aware of the differences between canine and human societies.

The fear response starts to develop during the sixth week, escalates rapidly through the seventh and by the eighth, the rate of increase starts to decrease, to max out in the tenth week. But if properly prepared during the low anxiety period prior to the escalation of fear, pups will show a startle response to some fearful event but will quickly return to a normal level because of the preformed pleasant associations with things.

Handling the pups at this time reinforces the people bonding they got in their first six weeks, but the major learning during their last four to six weeks together has to be



Photo: Lorraine Ward



Photo: Niel Esterhuysen

from the mother and littermates.

This period is the most critical for pups to interact with the dam and the littermates. This is the time when pups learn the subtle body language, the postures and the messages to be used in all social situations their entire lives. All dog social amenities are learned during this short window of opportunity. This is the time a pup learns to be a dog, discovering what starts fights and what stops them. And they learn all the social signals in an adolescent way so they have them available as adults.

If this period is cut short or missed, it can never be regained, since it can only be obtained in the litter with mom and the siblings.

## **Human Socialization Period (7 to 12 Weeks):**

This is the best time for going to a new home. The pup now has the ability to learn respect, simple behavioural responses: sit, stay, come. Housebreaking begins. He now learns by association. The permanent man/dog bonding begins, and he is able to accept gentle discipline and establish confidence. The puppy's developing pack instinct will keep his total attention on you at this time.

The pup's owner can now utilize the puppy's natural instincts to shape and develop behaviour patterns. Patterns and behaviours taught at this age will remain with him for life.

## **Fear Imprinting Period (8 - 11 Weeks):**

During the Human Socialization Period, when your puppy is around 8-11 weeks of age, it is important to expect what is known as a Fear Imprinting Period. If puppies have "bad" or scary experiences during this time, the impressions are likely to last a lifetime and resurface during maturity. So, protect your puppy from long-term effects by avoiding bad experiences. Should your puppy become afraid for any reason - dangerous or not - immediately step in and remove him from the situation.

While it is very important to introduce him to other humans and other dogs at this time to help him become more socialized, he must be closely supervised to minimize adverse conditioning. Learning at this age is permanent.

## **Seniority Classification Period (13 - 16 Weeks):**

This critical period is also known as the "Age of Cutting" - cutting teeth and cutting apron strings. At this age, the puppy begins trying to figure out how and where to fit into the family. If littermates are still together, there is intense competition.

*"Traditional training theorists have led people to believe that social hierarchies among multidog households and human/dog families are rigid, with an 'alpha' (dog or person) at the top of the hierarchy and other members of the human or canine family fitting nicely into fixed slots underneath.*

*Although social hierarchies do exist among dogs, with certain dogs being more controlling than others, studies have shown that such dynamics are not fixed; rather,*



Photo: Tana Swanepoel

*they are constantly changing.*

*Dogs that live in multidog households, for example, are usually able to work out among themselves who has primary access to what, depending on the value each dog places on a resource."*

<https://positively.com/dog-training/myths-truths/the-truth-about-dominance/>

Biting behaviour must be discouraged from thirteen weeks onwards. Not breaking the cycle at this stage will cause problems for a strong-willed dog for the rest of his life. Praise or reward for the correct behaviour response is the most effective tool to shape positive attitude.



Photo: Tana Swanepoel

By 16 weeks of age the brain of a puppy will reach 80% of full development and his emotional makeup is fully developed and cemented for life, barring desensitisation.

Do not put off training...you are literally on the clock.

Teach a reliable RECALL and practice it every day! Do this before the pup enters the "flight period" at about 16 weeks.

### **Flight Instinct Period (4 to 8 Months):**

This stage is characterized by independence and wilfulness and can last from a few days to several weeks. It could occur at anytime during this period.

Puppies will test their wings - your once 'obedient' pup may not hang on your every word and will turn a deaf ear when called. They may even ignore their house training.

The period corresponds to teething periods. Your pup will be uncomfortable because his adult teeth are growing in. Behavioural problems become compounded by physiological development chewing.

Be aware that these changes are coming and stay calm... Like all adolescent behaviours this too will pass. It remains critical to reward positive and ignore negative behaviour during this time, but try and discover how to achieve the desired response.

<https://doggiedogmadness.blogspot.co.za>



## **Second Fear Imprinting Period (6 - 14 Months):**

Also called, "The fear of situations period", it usually corresponds with hormonal changes and growth spurts. Your previously confident pup may display fearfulness of new situations, objects, people or other dogs. Small dogs tend to experience this period earlier than large dogs.

Many dogs will show a rise in their level of aggression/reactivity during this time. They may become protective and territorial and may make new attempts to test owners.

Some individuals will pass through this period faster than others, often with no noticeable problems. Others may display marked changes in behaviour in strange situations. Great care must be taken not to reinforce negative behaviour. Force can frighten the dog even further - his fear should be handled with patience and kindness. Avoid punishing timid behaviour or forcing him to "face his fears". Postpone extremely stressful or traumatic experiences for dogs that appear to be in this fear imprint period.



<http://www.dogingtonpost.com/wp-content/uploads/2013/04/scaredatvet.jpg>

Training during this period must set the dog up for success, while allowing him to work things out while building self-confidence.

## **Maturity (1 - 4 years):**

Giant breeds continue to grow and physically change well beyond four years of age. The average dog develops to full physical maturity between 1 - 1½ years and three years of age. A Boxer will not be mentally fully mature before about three years of age.

### **Remember:**

Nobody is perfect and we are all bound to do something wrong somewhere... but hopefully understanding the physiological and emotional stages your dog is going through, will give you the patience to handle the situations better.

## **SOURCES**

<http://www.merckvetmanual.com/dog-owners/behavior-of-dogs/normal-social-behavior-in-dogs>

<http://www.k9workouts.com.au/dog-training-puppies-critical-periods-of-development/>

<http://ice.ucdavis.edu/~robyn/Korina/BCIdeas/Criticalperiodsinpuppydevelopment.html>

<https://www.facebook.com/4pawsuniversity/>

<http://wonder-puppy.com/puppy-stages>

<http://www.mannersunleashed.com/blog/20-stages-of-canine-development>





## Whipworm Infections in Dogs

*I have been breeding Boxers since 1977 and over the years have had roundworm, tapeworm and even hookworm in puppies, but never whipworm. Worms are common in dogs and are normally easily eliminated by two doses of a broad spectrum anthelmintic administered 2 to 3 weeks apart. Preventing infestation of a litter of puppies is usually achieved by deworming the pregnant bitch at 5 and 7 weeks gestation and again with the puppies when they are three and six weeks old.*

*I had done all this when Kwezi had a litter in March this year. Kwezi and the puppies were wormed with praziquantel/pyrantel pamoate tablets when the pups were three weeks old. The pups were doing really well. They were eating well and were looking sleek, fat and healthy. I was therefore completely unprepared for the nightmare that was about to start the night before they were due to be taken for their vaccinations at six weeks old. They had all eaten their supper but then they started vomiting, non-stop, one by one. By 8:00 next morning I arrived at the vet's rooms with five very sick, bedraggled little dogs.*

*They tested negative for parvovirus but then were diagnosed with a massive whipworm infestation. They were hospitalised for 4 days, started eating, came home, but soon after it was found that they had been reinfected and infected with coccidia as well and it took nearly three weeks of almost daily trips to the vet before the periodic vomiting and bloody diarrhoea finally stopped. The pups could go to their new homes at 9 weeks old, but even then they all had to be treated by their owners' vets again before the all clear was finally given.*

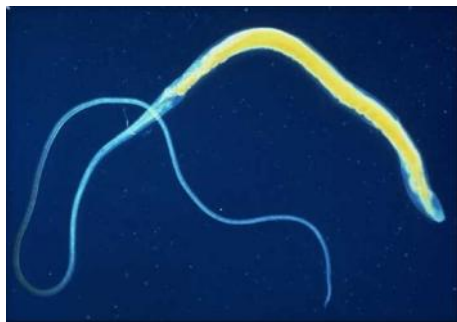
*Luckily they were greedy little doglets and never became very thin, doing quite well on their pumpkin and chicken diet (p 18) once the vomiting had stopped. Herewith information on whipworm and coccidiosis for the benefit of other breeders who might be unfortunate enough to encounter these nasty parasites.*

*- Marlien Heystek*



## What are whipworms?

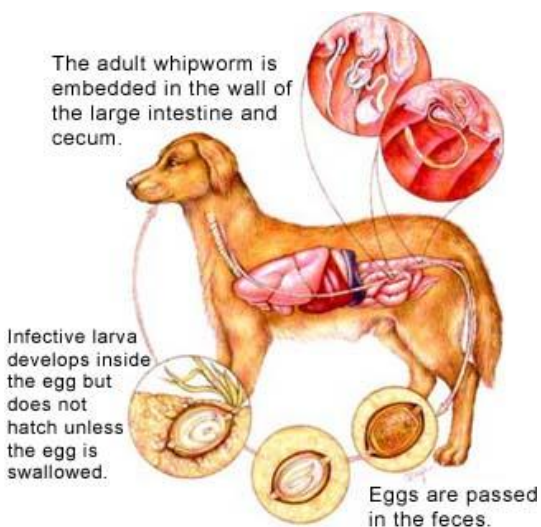
Whipworms (*Trichuris vulpis*) are small intestinal parasites that are commonly found in dogs. They are one of the most pathogenic worms found in dogs. The name is derived from their appearance, having a skinny head and a thick tail. It can be difficult to detect whipworms because they live in the lining of the large intestine and don't lay eggs continuously. Because they are smaller and harder to detect than the other common parasites (roundworms, tapeworms, and hookworms), pet owners may not be aware of the possibility of a whipworm infection.



<http://drugline.org/>

## Lifecycle

Microscopic whipworm eggs are passed in the stool of the host dog. The eggs are very resistant to drying and heat, so they can remain viable (alive) in the environment for up to 5 years. Once laid, they embryonate (mature to an infective stage) in the environment and are able to infect a dog again in 30 - 60 days. The embryonated eggs are swallowed and hatch and mature to adults in the lower intestinal tract, completing their life cycle. The complete cycle of a canine whipworm's existence - from egg to adult whipworm to egg again (with the next generation of whipworm eggs) - takes place within the body of a single host animal. This is termed a '**direct life cycle**'.



<http://vet network.net>

## How do dogs get whipworms?

Because the eggs take so long to become infective, it is unlikely for a dog to be infected through the direct consumption of faeces. Dogs are generally infected by consuming contaminated water, soil or grass that carries the long-lived eggs. Dogs can also ingest eggs while grooming themselves after being in a contaminated area. Regularly cleaning up dog faeces will help prevent whipworm. However there is no effective method for killing whipworm eggs in the soil.

## Diagnosis

Whipworms are diagnosed by finding eggs with a microscopic examination of the stool. However, multiple stool samples are often required because these parasites pass small numbers of eggs on an irregular basis, so some samples may be falsely negative. In addition, it takes approximately 11 - 12 weeks after hatching for a female adult to begin to lay eggs. Any dog with chronic large bowel diarrhoea should be suspected to have whipworms, even if the stool sample was negative. Thus, it is an accepted practice to treat chronic diarrhoea by administering a whipworm dewormer. Response to treatment is an indication that whipworms were present but could not be detected on faecal examination.



## Treatment

There are several drugs that are very effective against whipworms. Because of the long prepatent period of whipworms and the typical reduced efficacy of many anthelmintics against larval intestinal worms when compared with adults, veterinarians often administer fenbendazole or febantel formulated with praziquantel and pyrantel 2 additional times to clear dogs of any newly maturing worms. **The most frustrating aspect of whipworm infections is the high rate of re-infection because the eggs are extremely hardy in the environment.** Therefore, if a dog is diagnosed with a whipworm infection, it is advisable to treat again every three to four months.

### SOURCES:

<http://www.pet-informed-veterinary-advice-online.com/dog-whipworm.html>  
<https://www.cliniciansbrief.com/article/treating-whipworms-dog>



# Coccidiosis In Dogs

## What is coccidiosis?

*Coccidiosis* is a parasitic disease of the intestinal tract of animals caused by coccidian protozoa (one-celled organisms). Coccidia are ubiquitous parasites - most dogs are exposed to infection early in life. Clinical disease is usually seen in young dogs and dogs that have been stressed. The one-celled coccidia invade the dog's intestines, causing coccidiosis, resulting in symptoms that may be mild to life-threatening.

## Symptoms

The primary sign of an animal suffering from coccidiosis is diarrhoea. The diarrhoea may be mild to severe, depending on the level of infection. Blood and mucous may be present. Severely affected animals may also vomit, lose their appetite, become dehydrated, or worse. Young animals tend to have more severe symptoms associated with coccidia infection. Most infected adult dogs possess sufficient immunity to suppress the symptoms, but they may spread the parasite by excreting it in their faeces.

The following symptoms signal a possible coccidian infection:

- Abdominal discomfort
- Loss of appetite
- Watery diarrhoea
- Explosive mucous-tinged diarrhoea
- Blood-tinged diarrhoea
- Weight loss
- Vomiting
- Dehydration

## How do dogs contract coccidiosis?

Opportunistic internal parasites, coccidia thrive primarily in young puppies weakened by other infections or living in an unsanitary or stressful environment. However, any dog can become ill or remain a carrier

Dogs and puppies contract coccidiosis when they consume infected faeces, which contains "oocysts", (coccidian eggs). If a bitch is a carrier shedding the infective organisms in her faeces, her newborn puppies can contract coccidia by ingesting her excrement. Up to half of all young puppies harbour the coccidian parasite.

In crowded, unsanitary living conditions, coccidian contamination may be substantial, spreading easily from one animal to the next.

In fact, puppies may also contract the parasite from exposure to faeces of other infected

puppies and kittens living in group facilities. Puppies whose system is under attack by other parasites - like roundworms - are most likely to develop a full-scale coccidian infection. In addition, the stress of moving to a new home may cause an infection to manifest itself.

Finally, puppies and dogs alike may contract coccidia by ingesting small animals infected with the parasite, or their excrement.

## Diagnosis

If a coccidian infection is suspected, the vet will analyze a faecal sample under the microscope, checking for the presence of coccidian eggs. Because symptoms of coccidiosis may not be apparent or severe at first, the vet may opt to test multiple faecal samples to arrive at a conclusive diagnosis.

## Treatment

Coccidia may or may not cause a compromised health status in canines, so veterinarians usually reserve treatment for pets exhibiting clinical symptoms. Treatment for coccidia may include the following:

- Administration of fluids for dehydration
- Medications to eradicate other parasitic infections stressing the puppy's body
- Anti-protozoa medication such as ampolium and furozolidin
- Sulfa-based antibiotics

## Prevention

Preventing the spread of coccidiosis requires taking strict sanitation measures.

Once puppies have been determined to be infected with coccidia, the first step for owners is to isolate them from other dogs.

Additional prevention measures include:

- Bagging, removing and preferably incinerating infected faeces
- Thoroughly and consistently disinfecting a puppy's living quarters with ammonia
- Steam-cleaning furniture and possessions
- Providing clean drinking water and uncontaminated food
- Preventing access of flies, roaches, rodents and small animals to a puppy's living quarters
- Reducing stressful conditions in a puppy's daily life

## SOURCES:

<https://www.vetinfo.com/symptoms-coccidia-dogs.html>

<https://vcahospitals.com/know-your-pet/coccidiosis-in-dogs>

<http://www.msdevetmanual.com/digestive-system/coccidiosis/overview-of-coccidiosis>

<https://en.wikipedia.org/wiki/File:Coccidia.JPG>

# The Perfect Bowel-Soothing Food for GI Upsets and Diarrhoea

Dr Karen Becker DVM

*When the standard rice-and-boiled-chicken diet prescribed for gastrointestinal upsets helped very little to stop the very loose stools of my litter of puppies recovering from whipworm (see p 13), I came across this article on the internet.*

*Dr Becker, who lives in the USA, recommends using canned pumpkin and ground turkey. I live in Moorreesburg. So I used mashed boiled butternut instead of canned pumpkin and combined it with boiled chicken. The pups loved it and to my astonishment the next morning the consistency of the stools on the newspaper spread out on the puppy room floor was normal. Colour bright orange but consistency normal! With my vet's approval I fed the pups a mixture of three parts mashed boiled pumpkin or butternut to one part boiled skinless chicken breasts with 1 teaspoon baby multi-vitamins and 1 teaspoon calcium powder for the next few days. It stopped working when they then became infected with coccidiosis, but as soon as the treatment for this kicked in the pumpkin diet again cured the diarrhoea. I then very, very gradually started mixing in a dry puppy food containing 55% poultry. The puppies thrived and by the time they went to their new homes they all weighed between 4 and 5 kg.*

*- Marlien Heystek*

## Why I Recommend Pumpkin Over Rice as the Foundation of a Bland Diet

Canned pumpkin (100%) provides about 80 calories and 7 grams of soluble fibre per cup, compared to 1.2 grams of fibre in a cup of cooked white rice. Pumpkin is especially rich in soluble fibre (the type that dissolves in water to form a viscous gel, which also coats and soothes irritated bowels). Soluble fibre delays gastric emptying, slowing down GI transit times (and the number of episodes of diarrhoea).

When animals have diarrhoea, they can lose important electrolytes, including potassium, which puts them at risk of dehydration. Hypokalemia, or low potassium levels, can result in cramping, fatigue, weakness, and heart rate irregularities. Pumpkin happens to be an excellent source of potassium, with 505 milligrams of naturally occurring potassium per cup. Pumpkin is also safer for diabetic patients. Unlike rice, which is a grain, and will ultimately break down into sugar, pumpkin extracts may actually restore beta cell function – beta cells are the cells that produce insulin in the pancreas.



Rice is a bland source of fibre, but in my opinion, it isn't the most species-appropriate choice for a recovery diet for carnivores. First, it's an unnecessary food. Dogs and cats don't have a nutritional requirement for grain, so feeding pets a pro-inflammatory food when they're already having GI upset seems counter-intuitive to me. Additionally, the FDA has issued a potential warning about arsenic loads in white rice.

I have many new client visits that occur when a pet's diarrhoea was supposed to clear up with a local vet's recommendations, but didn't. I've had many people tell me that although the stools were slightly improved on a homemade diet of cooked rice and hamburger, the rice would often be passed out whole in the stool, giving rise to the question of how much digestion and absorption of this carbohydrate was actually taking place.



## **Ground Turkey vs. Ground Beef: The Battle of the Burgers**

My reason for recommending turkey is simple: hamburger has more fat, which can worsen GI upset, and boiling ground beef doesn't substantially decrease the fat content.

Boiling the meat for a bland diet is important because it's the cooking technique that removes the most fat. Meat must reach 464°F in order for the fats to melt away from the flesh. Boiling water only reaches a temperature of 212°F, so it may only slightly reduce the overall fat content of the meat. The remaining fat can exacerbate pancreatitis and GI symptoms.

Baking the meat at 470°F may seem like a better idea, but it's impossible to remove the fat during baking. Rinsing boiled or baked meat removes surface fat, but it can't

remove the fat that remains in the flesh.

For this reason, I recommend fat-free meat for bland diets. You can easily find fat-free ground turkey or turkey breast in most grocery stores, along with 100% solid packed pumpkin in the baking aisle (make sure it's NOT pumpkin pie filling). Organic canned pumpkin is also becoming more readily available.

## **Clean Foods Are Best, Plus... Alternative Foods for Allergic Pets**

Many people (and I'm one of them) prefer to buy organic and non-GMO foods whenever possible. So if you prefer, you can certainly buy fresh, organic pumpkin, steam or boil it, and can it or freeze it for later. If you also have access to fresh, organic turkey meat, even better.

On occasion clients will say, "My dog doesn't like pumpkin," or "My pet is allergic to turkey." In those cases I recommend using skinless, cooked, mashed sweet potatoes (my preference, but white will do), and cooked chicken breast or cod fish (recognizing that fish contains a higher percentage of naturally occurring fat than poultry).



If your pet's diarrhoea doesn't resolve in 48 hours, he grows lethargic, or is acting like he's sick, it's time to visit the vet. If a bland diet resolves the diarrhoea, transition your pet back to his regular food 24 hours after his stools have returned to a normal consistency. It's important to remember that this recovery diet isn't balanced, and should not be fed long term.

<http://healthypets.mercola.com/sites/healthypets/archive/2014/09/01/pumpkin-dietary->

# Cooper's Capers

*Blog of a Rescue Boxer*

*who landed with his bum squarely in the butter*

Hello everyone!

I hope you have had a good start to the year. Wow, I can't believe its half way through the year already.

I've been kept busy...cos mom says if the house is too quiet, Cooper must be up to something.



Rogan in hospital

Mom found me eating a clothes peg one morning. She was about to tell me off, but realised it wasn't one of her pegs and on further investigation she found my grumpy older brother Rogan had stolen a bag of cat food! You see!! I was not the naughty one...this time.

Rogan had stolen the bag from mom's office, where she was storing stuff for the Animal Anti Cruelty League. He can open doors and mom had forgotten to secure it. Grumpy Rogan ended up getting very sick and had to have two operations. He was so sick that he didn't want to run outside with me to bark at Bart, my bestest friend, who lives next door. Then you must know how sick he was, cos he hates Bart.



Unfortunately Rogan isn't on Medipet, so mom had to work extra hard to pay for his hospital bills. That's why it is very important to get pet insurance when you get your new puppy/rescue.

While Rogan was in hospital the grumpy old girl Tara, who celebrated her 12<sup>th</sup> birthday (... she looks 100 to me though) was home alone (cos I go to a day mother) and she didn't approve...

Anyway, enough about the grumpy ones.

I made my acting debut earlier this year. (You may now ask for my pawtograph ...☺)

I had to walk with 6 other dogs on lead, being held by one human.

I made a few new friends that day.

Dot is a beagle/Jack Russell. She always barks, so they made her share a crate with me.

That kept her quiet!





Another dog was Keeper. He was cool, he is a French mastiff and very big. The two of us tried to see if we could get the human to run. It didn't really work, cos mom told me not to pull.



I went to my first agility show a few weeks ago. It was just a fun beginners competition. We first watched the experienced dogs. Wow, but they run fast and fly high! I can't wait to be like that, but at the moment we are still learning.

I found a toy that a doggy had dropped at the show and I couldn't stop playing with it, it was so awesome, but then mom gave it back while I was distracted. I tell you I looked for it everywhere, how could it just disappear like that? I mean finders keepers and all?

I had fun on my agility round. The course was very easy, so I decided to run off course and go back to my friends. Mom wasn't very happy, so we had another attempt and I did very well and came runner up...is that because I did a runner? 😊

I think they were just being kind cos I came 4<sup>th</sup>.

I'm in big school now for agility so I hope to be able to join the shows as soon as mom can learn how to run as fast as me and to run a course without getting lost.

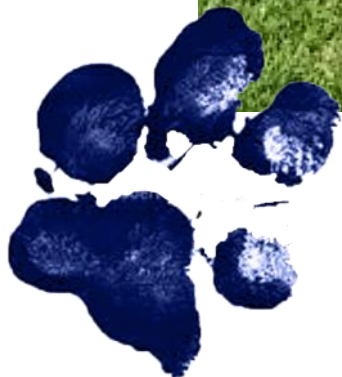
Mom ended up buying me 2 identical toys to the one I found at the show. I really like them but I'm acting cool. I ignored the toy when mom was trying to get me



excited for class last week. I'm going to let her stew a bit for giving the toy back to the doggy in the first place.

I must go sleep now, need all my energy for agility tomorrow!

Chat soon.



COOPER

## Viola and owl cottages



### Pet Friendly - Self Catering Cottages - Cape Town Blouberg/Tableview

**Viola and Owl Cottages** are not just **Pet Friendly** but **Pet Safe**. Your four legged family members are always welcome in our tastefully furnished / equipped **Self Catering Cottages in Cape Town**. Situated in the quiet residential area of Tableview, just 5 mins from the beach overlooking Table Mountain and Robben Island, it is ideal for **exploring Cape Town** and its beautiful surrounds.



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#### FOR MORE INFO:

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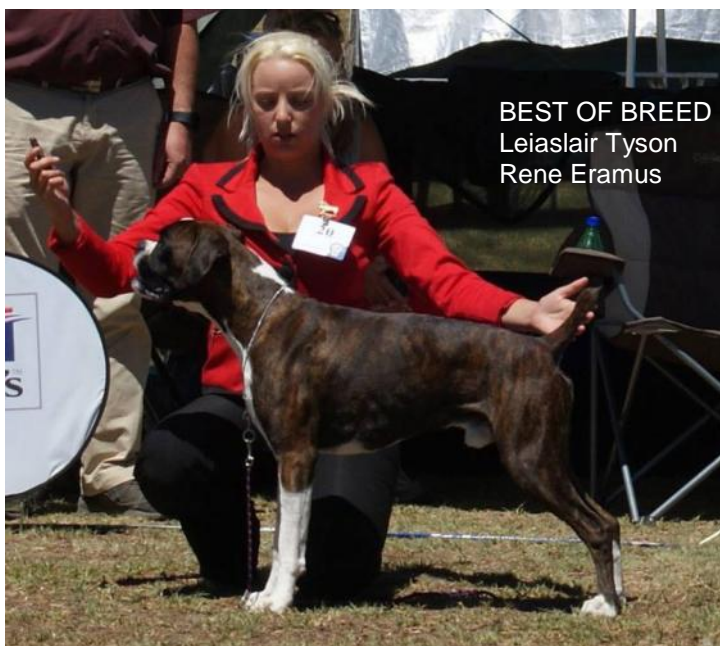
<http://www.pet-friendly-accommodation.co.za/index.html/>

# CHAMPIONSHIP SHOW RESULTS

## HOTTENTOTS HOLLAND KC CHAMPIONSHIP SHOW 18 FEBRUARY 2017 JUDGE: MR L KRUGER (GAUTENG)

CLASS	DOGS		OWNER
JUNIOR	1 <sup>st</sup>	Leiaslair Tyson	Rene Erasmus
OPEN	1 <sup>st</sup>	Dawkendale's Aces High	Ken & Dawn Hull
CC		Dawkendale's Aces High	Ken & Dawn Hull
RCC		Leiaslair Tyson	Rene Erasmus
CLASS	BITCHES		OWNER
S A BRED	1 <sup>st</sup>	Mardusmara Tamarah	Margot Holtrop
CC		Mardusmara Tamarah	Margot Holtrop
BEST OF BREED		Mardusmara Tamarah	Margot Holtrop
RES BEST OF BREED		Dawkendale's Aces High	Ken & Dawn Hull
BEST JUNIOR		Leiaslair Tyson	Rene Erasmus

## FCI CAPE TOWN INTERNATIONAL SHOW 19 FEBRUARY 2017 JUDGE: MRS M GRIFFIN (WC)



**KENNEL ASSOCIATION CHAMPIONSHIP SHOW**  
**25 FEBRUARY 2017 JUDGE: MR M ANDERSON (KZN)**

CLASS	DOGS		OWNER
OPEN	1 <sup>st</sup>	Dawkendale's Aces High	Ken & Dawn Hull
CC	Dawkendale's Aces High		Ken & Dawn Hull
CLASS	BITCHES		OWNER
S A BRED	1 <sup>st</sup>	Mardusmara Tamarah	Margot Holtrop
CHAMPION	1 <sup>st</sup>	Ch Manitoka Aphrodite Apt Ex	Rossouw / Verrinder
	2 <sup>nd</sup>	Ch Tortuga Accolade by Jakkalsdans	Marlien Heystek
CC	Mardusmara Tamarah		Margot Holtrop
BEST OF BREED	Dawkendale's Aces High		Ken & Dawn Hull
RES BEST OF BREED	Ch Manitoka Aphrodite Apt Ex		Rossouw / Verrinder



**LIESBEEK KC CHAMPIONSHIP SHOW**  
**26 FEBRUARY 2017 JUDGE: MR F KANE (UK)**

CLASS	DOGS		OWNER
OPEN	1 <sup>st</sup>	Dawkendale's Aces High	Ken & Dawn Hull
CC	Dawkendale's Aces High		Ken & Dawn Hull
CLASS	BITCHES		OWNER
S A BRED	1 <sup>st</sup>	Mardusmara Tamarah	Margot Holtrop
CHAMPION	1 <sup>st</sup>	Ch Manitoka Aphrodite Apt Ex	Rossouw / Verrinder
	2 <sup>nd</sup>	Ch Tortuga Accolade by Jakkalsdans	Marlien Heystek
CC	Mardusmara Tamarah		Margot Holtrop
BEST OF BREED WORKING GROUP 3rd	Ch Manitoka Aphrodite Apt Ex		Rossouw / Verrinder
RES BEST OF BREED	Dawkendale's Aces High		Ken & Dawn Hull



# WPBC TROPHY SHOW

Pinelands

5 March 2017 - JUDGE: Anita Esterhuizen (WC)

## RESULTS

CLASS	DOGS		OWNER
BABY PUPPY	1 <sup>st</sup>	Bailey	Kelsey Huppert
JUNIOR	1 <sup>st</sup>	Tyson	Rene Erasmus
VETERAN	1 <sup>st</sup>	MacDuff	Marlien Heystek
OPEN	1 <sup>st</sup> 2 <sup>nd</sup>	Biggles Optimus	Ken & Dawn Hull Lucian Rolleston
CHAMPION	1 <sup>st</sup> 2 <sup>nd</sup>	Max Duke	Marelize Wiese Renate Vorster
NEUTER DOG	1 <sup>st</sup>	Rogan	Michelle Martin
CLASS	BITCHES		OWNER
BABY PUPPY	1 <sup>st</sup> 2 <sup>nd</sup>	Isabella Rose Princess Luna	Aimee Harris Roxanne Chatburn
GRADUATE	1 <sup>st</sup>	Tamarah	Margot Holtrop
NOVICE	1 <sup>st</sup> 2 <sup>nd</sup>	Ginger Piper	Ken & Dawn Hull Casey Ward
VETERAN	1 <sup>st</sup>	Tara	Michelle Martin
OPEN	1 <sup>st</sup>	Skye	Margot Holtrop
CHAMPION	1 <sup>st</sup> 2 <sup>nd</sup>	Kwezi Juno	Marlien Heystek Ken & Dawn Hull
BEST IN SHOW RES BEST IN SHOW	Max Skye		Marelize Wiese Margot Holtrop
BEST CHAMPION	Max		Marelize Wiese
BEST VETERAN	MacDuff		Marlien Heystek
BEST JUNIOR	Tyson		Rene Erasmus
BEST BABY PUPPY	Isabella Rose		Aimee Harris
BEST HEAD	Isabella Rose		Aimee Harris
BEST MOVEMENT	Max		Marelize Wiese
BEST RED COAT	Optimus		Lucian Rolleston
BEST BRINDLE COAT	Rocky		Diana Rodrigues
BEST SOLID	Piper		Casey Ward
BEST RESCUE	Cooper		Michelle Martin









Tyson



MacDuff



Optimus



Max



Duke



Biggles



Rogan





Tamarah



Piper



Tara



Skye



Kwezi



Juno

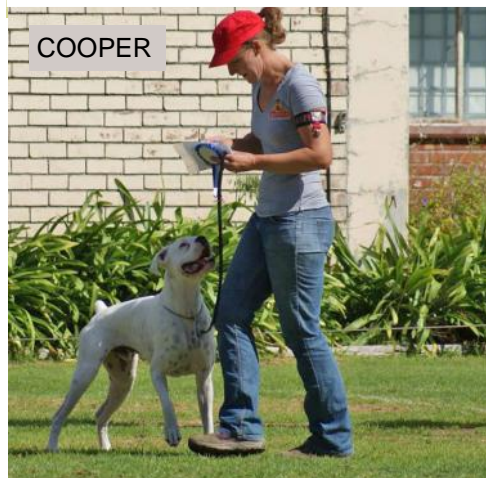
CHAIRMAN



JUDGE



COOPER



RING  
STEWARDS





# BOXER RESCUE



Today I wondered if Michelle, or anyone else, kept tally of the number of Boxers (and Boxer crosses) in distress who went to live in loving new forever homes that Michelle found for them over the many years that she has been doing this sometimes painful and thankless job? Must be several hundred...

Quietly, calmly, always without fuss or dramatics, she just gets on with it.

ON BEHALF OF ALL OF THEM

## THANK YOU

### WESTERN PROVINCE BOXER RESCUE

Michelle Martin

[shampooched@mweb.co.za](mailto:shampooched@mweb.co.za)

082 738 5926

<https://www.facebook.com/wpboxerrescue>

[www.wpbrc.co.za/rescue.html](http://www.wpbrc.co.za/rescue.html)