



## ALLEN TOWN DOG TRAINING CLUB OCTOBER 2019 NEWSLETTER

### **\*MEMBER AND TRAINING INFORMATION\***

Fall is finally here and we are all hoping for the wonderful cool weather to enjoy and train our dogs. They also enjoy the cooler weather. Take the time when you come to the park to enjoy the colorful trees as it is a beautiful place and the town of Macungie is very fortunate to have such a wonderful park. It is not supported financially by the town but by the park association who raise money throughout the year by Das Awkscht Fescht and rentals of the park and building. The activities which have interfered with club training on Wednesdays and Thursdays are over and since we are back in the building, we no longer have to worry about the weather at least at this point. Later on as winter comes upon us, we may have to cancel training because of snow and ice but that is quite a way off for now.

As a reminder the training fee for classes is \$8.00 per night. If you have a dog you want to put in two classes, the second class will be \$4.00. It has to be the same dog. If you have two dogs and you want to put each in a class, the fee would be \$8.00 for each dog.

We are always looking for members to add input to the newsletter. The other month our Rally Judge, Linda Krasley wrote a great article on Rally. I hope all you members who participate in Rally or are thinking about it, read that article carefully.

We hope all who entered the Blue Mountain Cluster (Pocono, Lehigh Valley and Berks Kennel Clubs) did well in whatever they entered. More on that later in the newsletter.

As a reminder, the next general meeting will be on October 9 at 7:30. It is your club, so come out to the meeting and see what the board is planning for the future. Your input is always welcome.

### **\*NAME THE NEWSLETTER CONTEST\***

Debbie and Jacqui would like to have a better name for the newsletter. October will be the one year anniversary of the start up of this newsletter after not having one for several years. We thought it would be nice to have a contest open to the membership to come up with a name for the newsletter. At this point we are using whatever month it is for the title and we still will keep the month and year but a regular title would make it something special. So, put on your thinking caps and come up with some great names. We asked the board to offer two training vouchers for the winner and to also be the judges. So let's see what everyone can come up with. You can send your suggested newsletter names to Debbie Achenzie at [bullies@ptd.net](mailto:bullies@ptd.net) or Jacqui at [japhart@ptd.net](mailto:japhart@ptd.net). Let's make the deadline the October 16 so that will give the board time to pick the winner and we can start the November newsletter off with the new name.

## **\*TRAINING INFORMATION\***

Here is the updated training information. Please be sure to check your emails as changes may have to be made for weather, meeting nights, activities at the park and the availability of instructors.

### **WEDNESDAY EVENING TRAINING**

5:45 to 6:45 Advanced Beginner/Novice I Carol McCarthy is the instructor  
6:45 to 7:45 Show Ready Novice/Novice II Phyllis is the instructor  
7:45 to 8:45 Open Phyllis is the instructor  
8:45 to 9:45 Utility Phyllis is the instructor

### **THURSDAY TRAINING**

9:30 to 10:30 Utility Anna Guglielmo is the instructor  
10:45 to 11:45 Open Anna Guglielmo is the instructor  
10:30 to 11:30 Novice Club Training Dusty Springer is the instructor  
(Times may be subject to change)

### **THURSDAY INDOOR RING RENTAL**

Whole Floor \$25.

Half Floor \$15.

The whole floor is rented to Sue Sacco and Diane Hilperts from 12:15 to 1:15pm on a permanent basis.

If you wish to reserve ring time, please email Phyllis at [phyllisbrod@comcast.net](mailto:phyllisbrod@comcast.net).

### **THURSDAY EVENING...RALLY TRAINING**

Linda Krasley is the instructor

## **\*ALLENTOWN DOG TRAINING CLUB MATCH SHOWS\***

The **Obedience Match** is over and we hope that those who entered found it (as with all other matches) helpful to work on problems your dog may be having in the ring or most important preparing your dog for the ring. Match shows are so useful in helping your dog see that it is not a scary place by spending some of your ring time, playing with toys and food. We had written an article in the newsletter some time ago, encouraging our members to enter match shows whenever possible. Many of the local matches were listed. They also help YOU, as the handler, become more confident by working through problem areas.

Many thanks to Lois and Irwin Linker for offering their building and for to Lois for all the work she did with the scheduling, etc. And last but not least to all the volunteers, some who spent the whole day there, including setting up and tearing down and putting agility equipment back where it was. A special thank you to one of our newer members Erika Seibert, who volunteered to steward. There is no better way to learn about competitive obedience and rally, than to steward. Erika jumped right in and stewarded in Utility which is the busiest of all. Thank you, Erika.

### **From Lois Linker...Match Show 9/8/19**

Many thanks to everyone who came yesterday to work and show at our match. Special thanks to those who came early to help break down the agility equipment and set up the obedience rings, who judged and stewarded, and who stayed to break down the rings and set the agility equipment back up!

We had a total of 44 entries for a total of \$484 in entry fees. After accounting for \$52.05 for judges and stewards food, we made a total profit of \$431.95 for the Club!

Again, thanks to everyone who worked to make our match another successful event! We hope to see more new faces at our next event!!

The **ADTC Rally Match** on September 19 went well. But we would love more people interested in Rally to take advantage of this opportunity. I had Cooper entered in three of the Rally Novice classes at the Blue Mountain Cluster in September and it would have been nice to have a rally match to help prepare us for the real thing. For all you newer members this is a great way to get your dog and yourself in the ring. Novice Rally is not that difficult and Linda is very helpful. So if another one is offered and I hope that it will be, be sure to enter it. Just do it and have fun!!

### **From Phyllis and Linda...Rally Match 9/19/19**

Thank you to the following members who entered the rally match and supported the event.

Anne Wheeler, Judy Skorup, Jackie Mill, Linda Elden, Lois Obelcz, Jacqui Hartranft, Wilma Brucker, Anita Dengler, Debbie Achenzie

A Special thank you to Linda Krasley who judged. Linda timed and scored everyone and offered training tips. All who entered enjoyed the experience. The ring was regulation size and classes ran concurrently starting with Masters.

Thank you to Allen for helping to set up the Masters ring. Also thank you to Allen & Anita Dengler, Anne Wheeler, Jacqui Hartranft and Jackie Mill for helping to tear down.

### **\*ADTC BANQUET\***

Donna Barto and Sue Iobst have retired from running our Awards Banquet after doing this for many years. It is a wonderful evening of good food and fellowship and acknowledging what our wonderful dogs have done over the year. Please members, consider volunteering to take over this important job.

AND SPECIAL THANKS AGAIN TO DONNA AND SUE FOR TAKING ON THIS JOB FOR SO MANY YEARS. YOU HAVE DONE A GREAT JOB AND WILL BE MISSED.



Please contact President Chuck Achenzie at [bullies2@ptd.net](mailto:bullies2@ptd.net) for more information

## **\*VOLUNTEER THANK YOUS\***

The BLUE MOUNTAIN CLUSTER dog show sponsored by three kennel clubs, Pocono Mountain, Lehigh Valley and Berks Kennel Clubs is over. Thanks to all who volunteered to steward and help out where needed. The Pocono Mountain particularly needed volunteers and they offer not only Obedience for two days, but also FOUR RALLY CLASSES to earn legs or your title. For those of us this is close to home without traveling long distances. Even though this may not be your club, we need to help out to keep these clubs offering obedience and rally as they are mainly a breed clubs. We will be reminding members next year closer to the time to volunteer. Also the Pocono club does pay its stewards and gives you a nice lunch. Lehigh Valley makes a nice donation to our club as well as a delicious lunch. So next year remember to put it on your calendar and HELP!!

Also special thanks to Gail James who is head steward for Lehigh Valley KC for taking on this job and getting our members to volunteer to steward. Gail has done this for several years and does a great job. Thank you again Gail for all that you do and for all of those who helped. The show cannot go on without you!! Gail wishes to thank those who helped steward: Judy Skorup; Carol McCarthy; Marta Beckstead; Linda Krasley; Barb Katz; Mary Spatz; Pat Gombocz; Jackie Mill; Joanne Summers; Wilma Krause.

And looking ahead, Gail will also need stewards for the Lehigh Valley Kennel Club obedience trials in December. It is held on a Friday with the breed shows on Saturday and Sunday. More information to come.

## **From Carol McCarthy...YouTube Channel**

I took video of several club members at the recent shows at Macungie Park and have posted them on my YouTube channel. The best way to get to them is to go to YouTube, search for "Carol McCarthy ADTC" and the videos should show up.

If you watch the videos and you like them please indicate like by touching the thumbs up symbol. If you would like to subscribe to my channel just hit subscribe and hit notifications and you will be notified when I post a new video. I am trying to take video of club members at the shows I am attending.

Carol McCarthy

## **\*FOR SALE\***

If you have dog related items for sale or to give away, this is the place. The other month a member had meds which her dog no longer needed which she was offering to those who may need them. And we all know how much dog meds (as well as people) cost. I hope she had takers.

SUE IOBST has PVC obedience jumps free to a good home. Call her at 484-788-8739 or email her at [fourdogs@ptd.net](mailto:fourdogs@ptd.net). This is a great opportunity for those starting in open to get some equipment to practice at home.

**\*MEMBERSHIP—WHO IS NEW\***

This is not only for new members but also for those who have a new dog or puppy.

New Members for September.....

Sally St. George and her French Bulldog



Carol Knipe and her Golden Retriever

**\*2020 DUES RENEWAL\***

Your Allentown Dog Training Club dues are due by January 1, 2020.

Payment of your membership dues by 1/1/20 allows you to vote at the January meeting, be eligible for awards and continue to train with the club.

The Renewal Form will be available on the club website. [www.allentowndogtrainingclub.com](http://www.allentowndogtrainingclub.com)

Under Members tab, password ADTC1953

Complete the form and remember to sign the Waiver on page 2.

Make checks payable to ADTC, Inc.

Return Form to:

ADTC, Inc.

c/o Debbie Achenzie

1935 Kensington Road

Bethlehem, PA 18018

**\*PUBLICITY\***

**From Dusty Springer**

To everyone who showed up to set up, break down, and/or meet and greet folks at the **Macungie Farmers' Market** on Thursday, September 19, a warm and heartfelt thank you! ADTC was well represented by a nice cross section of members and dogs. As always, handlers and their dogs made our presence in the community visible in a highly positive manner.

Dear Friends,

This is the final call for anyone interested in marching in the **Macungie Halloween Parade** or in attending the goodie bag packing party. The bag packing party will be held on Friday, October 18 at Springers'. The parade is on Saturday, October 26. Details for each event and directions to Springers' will be included in emails to those who have indicated interest in either or both events as the dates get closer. Please respond to Dusty at [bohooch@yahoo.com](mailto:bohooch@yahoo.com) or by calling 610-965-6671 if you would like to be added to the list. Dusty 🐶

### **\*SUNSHINE\***

Joanne Summers was in an accident when her car was hit from behind. She is doing better and fortunately her dogs were not hurt. The car though was not so fortunate and was totaled.

Gail would also like to thank members for all their cards and expressions of sympathy on the death of her daughter. She greatly appreciated Dusty and Bill Springer and Joanne Sora for attending the funeral.

### **From Mary Ann Giles**

It is with a broken heart I must tell you that my dear little Mister Teedles crossed the rainbow bridge yesterday. The inevitable end came four months after being diagnosed with pulmonary hypertension probably caused by the pneumonia he had last year. He was 14 1/2 years old and was the fulfillment of any dream a breeder could have. He was a breed champion, had a CDX and an RA - even a tricks title. But best of all he had the most loving temperament and loved all people, children, babies, other dogs and even a certain cat. My heart dog. Rest in Peace Teedles. Marweg Poodles Eleven generations of joy



### **\*BEYOND THE OBEDIENCE/RALLY RING\***

We are starting a new column for members at a suggestion by Judy Skorup. She and Emma are actively pursuing Emma's Rally Master Title but they do other things. Since Emma is also a therapy she also visits nursing and assisted living homes bringing joy to those residents. She also participates in FAST CAT TRIALS on a regular basis and has AKC titles in that. Judy wrote an article for the newsletter in the January, 2019 newsletter on what is FAST CAT and what is involved in it. She would love to have our board consider sponsoring a Fast Cat event in the future. If anyone would like more information about Fast Cat, I can send you a copy of the January, 2019 newsletter. Contact me at [japhart@ptd.net](mailto:japhart@ptd.net).

Anyone who is doing other things with their dogs like therapy visits, tracking, scent work, field, agility, etc let us know and we will be happy to include it in the newsletter. Dogs love to do things with us and today there are so many things we can do with our dogs. It does not have to be anything competitive. Just some other fun things you have done.

## **\*MEMORABLE MOMENT\***

### **From Anna Guglielmo**

I think we all have moments when showing our dogs that will last a lifetime. Well Luna gave me one of those moments at the Pocono Mt. trial at Macungie a few weeks ago.

After completing and taking first place in the Utility ring we went on to show in the Open ring. Luna had a very nice class and had already completed all the exercises with one exception. She still had to do the "Stand go get your Leash:"

As I was about to stand her she started shaking her front paw in pain, when I looked on the ground I saw a Yellow Jacket and realized she had been stung. The judge was very sympathetic since she had done a very nice job, and the spectators were all offering thoughts such as letting me come back to complete the stand later. I really just wanted to get her some aid, but still needed to go get her leash. Trying to move things along faster, I suggested I see if she can do the stand and if not, so be it. To my surprise she stood immediately but on three legs and held while I retrieved her leash.

We won that class with a 199.5, took HIT and HC.

I was more impressed with her willingness to do the stand than anything, speaks volumes about her character. What a sweetheart!

BTW Just to prove she is just a dog we showed two days later at the same place and she NQ'd both classes. She was highly nervous and since she has no way of understanding where the pain originated, I can't help wondering if she associates it with something or someone else. I can only hope she can overcome this in time.



## **\*ACHIEVEMENTS\***

We know there should be many ACHIEVEMENTS this month by our members and their dogs with the Blue Mountain Cluster and Golden Retriever trials ending. So we are waiting to hear from those of you who are willing to share your success. You and your dogs work hard for titles and we love to recognize you and your achievements. So let us know so we can add you and pictures are appreciated.

LOIS GLASS AND SURFER EARNED A HIGH IN TRIAL at the Berks County Dog Training Club trial held in Macungie Park on September 15, 2019. A BIG CONGRATULATIONS ON THIS WONDERFUL AWARD!!



LOIS OBELEZ and ION finished their Rally Advanced title. Ion is now known as Indigo Sweetwood Charged Atom CD RA SC CRX OTR. CONGRATULATIONS!

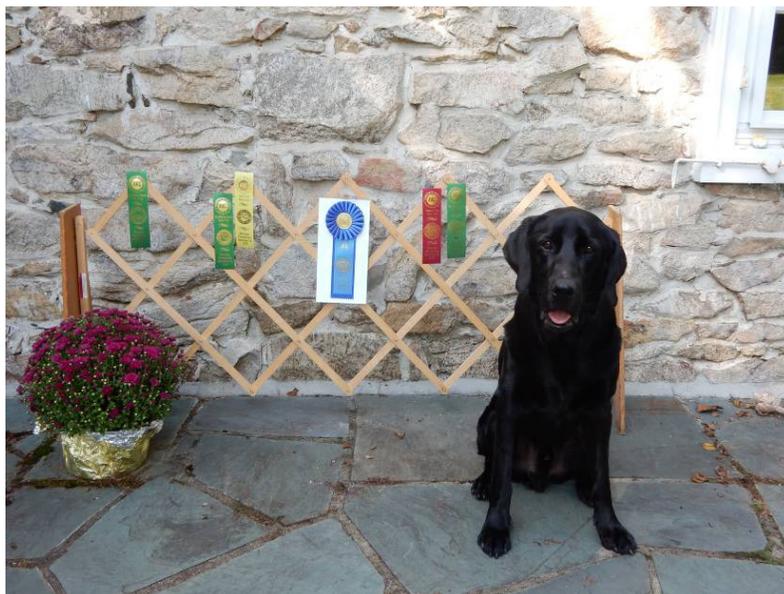
DONNA BARTO AND CHIP finished their Rally Masters title at the Blue Mountain Cluster. Not to be outdone by his best buddy, SUE IOBST AND QUID finished their Open Title also at the Blue Mountain Cluster. Both finished with placements.



CONGRATULATIONS TO THE BEST BUDS AND THEIR HANDLERS.



JACQUI HARTRANFT AND COOPER earned their Rally Novice title in three of the four days. They had a 72 for his first time in the ring and then a third place and second place finishes with scores of 98 and 96 which were nice surprises. This was Cooper's first time in the ring so she was not expecting much.



Not to be outdone by her brother, Cooper, JACQUI AND ABBEY earned their third leg and their AKC Utility Dog Title. They had three first places in achieving their title. Abbey is now known as Sundog's DJ Abbey of Stoney Hollow, UD PCD GN BN CCGC WC. Now looking for her Versatility and UDX titles. CONGRATULATIONS ON THIS BIG ACHEIVEMENT!



**ATTENTION IS THE NAME OF THE GAME**

**By Phyllis Broderick**

TO GET ATTENTION YOU HAVE TO MAKE YOURSELF INTERESTING AND FUN.

YOU HAVE TO GIVE 100% ATTENTION TO GET 100% ATTENTION.  
KEEP YOUR EYES ON YOUR DOG, CLEAR YOUR MIND OF DISTRACTIONS.  
PLAY ATTENTION GAMES.

**MOVING ATTENTION:**

LOOSE LEAD, WALK FORWARD KEEP CHANGING DIRECTIONS SO THAT THE DOG HAS TO LOOK AT YOU TO SEE WHERE YOU ARE GOING;.WHEN YOU GET 100% ATTENTION. STOP, PRAISE, TREAT OR PLAY A GAME. EXIT RIGHT.

**STATIONARY ATTENTION:**

IN FRONT OF DOG, ARMS EXTENDED OUT SHOULDER HEIGHT, COOKIE IN ONE HAND. HAVE DOG LOOK AT YOU, ONCE YOU HAVE ATTENTION, BRING YOUR ARMS TO MOUTH AND SLIDE TREAT DOWN TO DOG. DO THIS 3 TIMES.  
RELEASE, PLAY GAME.

ONCE THE DOG KNOWS THE GAME, PUT TREATS IN BOTH HANDS, WAVE HANDS, CIRCLE ARMS, DOG SHOULD HAVE ATTENTION ON YOUR FACE, NOT HANDS.

EVERY SESSION MUST HAVE A START AND AN END. HAVE A PLAN AS TO WHAT YOU ARE GOING TO WORK ON. HAVE TREATS, TRAINING AIDS AND EQUIPMENT NEARBY BEFORE YOU START YOUR SESSION.

BRING A CRATE WITH YOU. PUT DOG IN CRATE WHEN YOU ARE SETTING UP YOUR TRAINING SESSION. WHEN YOU ARE READY TO START YOUR SESSION, TAKE YOUR DOG OUT OF THE CRATE. IF YOU DO NOT USE A CRATE, PUT YOUR DOG ON A DOWN ON A MAT OR SPECIFIED SPOT. HE IS NOT ALLOWED TO GET UP UNTIL YOUR TRAINING SESSION STARTS.

DO A FEW GAMES, SPINS, FRONTS, HAND TOUCHES, AND WEAVES BEFORE YOU START YOUR SESSION.

IF YOUR DOG IS EASILY DISTRACTED KEEP YOUR SESSIONS SHORT. BETTER TO HAVE 2 OR 3 15 MINUTE SUCCESSFUL SESSIONS THAN AN HOUR OF DISTRACTED SESSION.

IF DURING YOUR SESSION YOU NEED A BREAK, PUT YOUR DOG ON A DOWN AND DO WHATEVER NEEDS TO BE DONE. DO NOT LET YOUR DOG SNIFF, LOOK AWAY OR WANDER.

AVOID INTERRUPTIONS. IF SOMEONE WANTS TO TALK TO YOU DURING YOUR TRAINING SESSION, STOP, PUT DOG ON A DOWN, HAVE YOUR DISCUSSION. WHEN READY TO TRAIN, GET YOUR DOG, PLAY A FEW GAMES AND RESTART YOUR TRAINING. .

EACH DOG IS DIFFERENT. YOU HAVE TO KNOW YOUR DOG AND LEARN TO READ HIS BEHAVIORS.

IS THE DOG CONFUSED? GO BACK A FEW STEPS, RETRAIN, BREAK DOWN EXERCISE INTO SIMPLE STEPS. NO HARSH CORRECTIONS. LOTS OF PRAISE FOLLOWED BY TREAT OR TOY.

DOG NOT RESPONDING?

TRY TO FIGURE OUT WHY IS THE DOG DISTRACTED? GO BACK TO SIMPLE ATTENTION EXERCISES. PROOF EXERCISE.

DOG FEELS HE HAS A CHOICE?

SET UP A SITUATION WHERE DOG MAKES A MISTAKE – CORRECT – PRAISE – TREAT. SOMETIME IN THIS SITUATION YOU SHOULD HAVE A PARTNER WHO SETS UP THE DISTRACTION/SITUATION.

MAKE HEELING FUN. FOOD TOSS. TOUCHES LOTS OF BREAKS AND PRAISE. ADD TOUCHES AND SPINS DURING HEELING.

REMEMBER WHEN TEACHING SOMETHING NEW IT TAKES:

2 WEEKS FOR THE DOG TO LEARN.

2 WEEKS TO RETAIN WHAT HE HAS LEARNED

2 WEEKS OF PROOFING.

MOST OF US HAVE TAUGHT A NEW EXERCISE; THE DOG DOES IT CORRECTLY MANY TIMES. THEN ONE DAY THEY TOTALLY FORGET THAT EXERCISE LIKE THEY WERE NEVER TAUGHT IT. MOST LIKELY YOU TOOK A SHORT CUT; DIDN'T DO THE TWO WEEK THEORY.



**How Did That Happen and How Do I Fix It?**  
**By Judy Skorup**

With Emma as my fifth Great Pyrenees who is competing in obedience and now rally, and other trials, I thought I knew how to complete a trial entry form correctly and obtain the necessary and correct pretrial paperwork from the show superintendent or trial secretary. On August 3rd, I learned an exhibitor needs to do more.

In late June, I filled out the paper entry form for the PM Rally Trial at Harrisburg Kennel Club scheduled for August 11, 2019. We are working towards the Rally Master and the RACH titles. I entered Emma in the Advanced B, Excellent B and Masters classes and enclosed my check for the three classes. The entry form was mailed and check cashed on July 2nd. On August 3rd, I received my parking pass, schedule for the August 11th trial and my number for the Rally Masters class. There was no Advanced B or Excellent B number in the envelope. In addition, there were three mistakes in Emma's listed titles, for a total of five errors. I tried calling the show superintendent, but the office is not open on weekends. Panic set in as I realized that I could do nothing until Monday morning and probably the classes we needed were full. Problem solving thought: send a letter by fax on Saturday and follow up with a phone call on Monday. In large font, I typed a letter stating the problems, boldfacing the changes and corrections needed, including all of the normal entry form information about Emma, giving my contact information and attaching a copy of my cancelled check. I requested an email or phone call giving me entry into the Advanced and Excellent classes and Emma's numbers for each class. I sent the fax Saturday afternoon. On Monday morning a phone call came from the superintendent, stating there had been an oversight and that Emma would be added to the Judge's book. I was given her numbers for both Advanced and Excellent Rally classes. Problem resolved, I hope!

When I mentioned this problem to members of my Rally Master's class, my instructor informed me that in the 21 times she entered her dog in Rally trials to earn the RACH title, nine times the superintendent or trial secretary had only entered her dog in the Masters Rally Class. She was able to get into the classes she needed as she had entered on line and had received a confirmation notification from the superintendent or trial secretary. Also mentioned by others in the class: three area superintendents or training/kennel clubs\* who repeatedly make mistakes with obedience/rally entries. Lesson learned: print clearly, mail in or register early and write down the date mailed/registered, keep a copy of your entry form or keep your confirmation sheet, note your payment method, date and amount, and check the trial paperwork you receive or the email confirmation info as soon as you receive it.

\* See me privately for the three names.

**Halloween Safety Tips ... from the ASPCA**



Halloween can be the spookiest night of the year, but keeping your pets safe doesn't have to be tricky. The ASPCA recommends taking these simple, common sense precautions to keep your pet happy and healthy all the way to November 1.

### **Stash the Treats**

The candy bowl is for trick-or-treaters, not Scruffy or Fluffy. Several popular Halloween treats are toxic to pets. Chocolate in all forms—especially dark or baking chocolate—can be very dangerous for cats and dogs, and sugar-free candies containing the sugar substitute xylitol can cause serious problems in pets. If you suspect your pet has ingested something toxic, please call your veterinarian or the [ASPCA Poison Control Center](#) at (888) 426-4435 immediately.

### **Watch the Decorations and Keep Wires Out of Reach**

While a carved jack-o-lantern certainly is festive, pets can easily knock over a lit pumpkin and start a fire. Curious kittens are especially at risk of getting burned or singed by candle flame. Popular Halloween plants such as pumpkins and decorative corn are considered relatively nontoxic, but can produce stomach discomfort in pets who nibble on them.

### **Be Careful with Costumes**

For some pets, wearing a costume may cause undue stress. The ASPCA recommends that you don't put your dog or cat in a costume unless you know he or she loves it. If you do dress up your pet for Halloween, make sure the costume does not limit his or her movement, sight or ability to breathe, bark or meow. Check the costume carefully for small, dangling or easily chewed-off pieces that could present a choking hazard. Ill-fitting outfits can get twisted on external objects or your pet, leading to injury. Be sure to have your pet try on the costume before the big night. If he or she seems distressed or shows abnormal behavior, consider letting your pet wear his or her "birthday suit" or don a festive bandana instead.

### **Keep Pets Calm and Easily Identifiable**

Halloween brings a flurry of activity with visitors arriving at the door, and too many strangers can often be scary and stressful for pets. All but the most social dogs and cats should be kept in a separate room away from the front door during peak trick-or-treating hours. While opening the door for guests, be sure that your dog or cat doesn't dart outside. And always make sure your pet is wearing proper identification—if for any reason he or she does escape, a collar with ID tags and/or a microchip can be a lifesaver for a lost pet.

**Can dogs eat pumpkin? Can cats eat pumpkin?**



Yes, they can! In fact, pumpkin is great for pets and offers several health benefits. It's a favorite pet super food. You just need to know how to prepare it properly.

### **The Benefits of Pumpkin for Pets**

The first major benefit of pumpkin is that it's a known stomach-soother. It contains a great deal of soluble fiber that can help absorb excess water in the digestive tract. This in turn reduces or can even totally relieve diarrhea.

Another tummy-related benefit of our favorite pet treat is that it can cure constipation. Fiber is a natural laxative. It also contains moisture. The combination of moisture and fiber leads to solid and regular bowel movements — a key part of good gastrointestinal health. Regular pooping means your pet is happy and healthy!

You know how this super food is a laxative? This also aids with hairball prevention. The fiber moves fur through your cat's intestinal tract. That way the fur ends up in your pet's poop and not in a hairball on your floor!

The fiber in pumpkin also helps with weigh control. Fiber contributes to a feeling of fullness, without adding excess calories. This is one reason why humans are encouraged to eat lots of fiber-filled veggies when they're trying to lose weight. The fiber makes your stomach feel full and satisfies your hunger without packing on the pounds.

Pets can eat this treat, as well as the seeds, provided it's prepared properly. The seeds contain fatty acids that are good for their skin and fur. And they're yummy too!

Here are some additional nutrients in pumpkin:

Vitamin A makes for a good immune system and vision

Vitamin E is an antioxidant and helps regulate enzyme activity

Lutein keeps eyes, skin and fur healthy

Vitamin C also helps with enzyme reactions and collagen synthesis

Alpha carotene is another antioxidant that helps keep cells healthy

Calcium keeps bones and teeth nice and strong

Iron is important for oxidation, cellular respiration and hemoglobin production

### **How to Prepare Pumpkin Treats for Dogs and Cats**

Don't just feed your pets any old pumpkin you have lying around. Pets can only eat certain parts of a pumpkin and it needs to be prepared properly. Don't feed your cats and dogs any part of the stem, as it's rough on digestive tracts. The skin is also difficult to digest. Don't feed your pets the gooey center of the pumpkin or raw pumpkin either. You also want to avoid old pumpkin and any kind of pumpkin that contains additives, spices, sugar or fillers.

So what kind of pumpkin CAN you feed your pets? Lots! 100% plain canned pumpkin is easy to serve your pets since you don't have to cook it. Just make sure it's free of other ingredients. You can also serve fresh pumpkin. Simply remove the seeds and bake it in your oven until it's soft. And for a crunchy treat, you can feed your pets pumpkin seeds. Clean them first, roast them in your oven for 1 hour at 350 degrees, let them cool and then grind them up in your pet's food.

