



GreyHeart Greyhound Adoption

Newsletter – June 2019 Edition

The President “Speaks”

Well hello once again and Happy Summer!

A lot of good has happened since the last newsletter! Another great haul with Victory Lap. The picnic was an awesome success. We also had the opportunity to spend some quality time with Linda Cliffel from The Sunburst Project. Greyheart has also managed to “sneak” in a few hounds from Wheeling Island West Virginia. One of those (L’s Viggie) is the littermate of none other than “Jax Willie”.

A couple of things I would like to mention. The summer is here and our hounds are spending more and more time outdoors. We have already had several escape. Once again, just like last year, the lawn maintenance crews are leaving gates open. Please don’t blame losing your hound on them. It is the responsibility of whoever opens the door to leave Fido out. Make sure the yard is secure every time before they go out. **Check Gates Every Time!** So far all of our escapees have been returned unharmed for the most part. With the 4th of July just right around the corner, please be careful letting your pup out to potty in the evening. More hounds escape this time of year than any other. Using a leash in a fenced in area is not a bad idea, especially if your Grey spooks easily. I know that I have mentioned these things before but it doesn’t hurt reminding everyone again.

Something of concern that I have noticed more this year than in the past is the fact that a good amount of our hounds need to “trim” up a bit. It is very important to keep these retired athletes at a proper weight. I have included an article at the end of the newsletter that has a lot of really important information. I’m sorry the article is a little lengthy but keeping our hounds healthy is very important to me. I hope you feel the same way. Most of the information is from our good friends at greyhoundcrossroads.com With all that being said, let's enjoy this summer once again! Get those pups out there and have some fun!!

Thank You!

Art Zylka, GreyHeart President

Oakwood Common Retirement Facility (A Beaumont Community)

We will be visiting Oakwood Common again on Sunday, July 14th at 11:00 a.m. If you haven't joined us before in visiting the seniors, please make it a point this time. We have visited this facility several times in the past and the seniors love interacting with our hounds and it's fun to showcase them and share information. We will be posting this event on Facebook when it gets a little closer to the date and you can let us know then if you are interested in joining us. Here are a few photos from our last visit.



Our 20th Anniversary GreyHeart Picnic Celebration on Saturday, June 9th in Canton was an amazing success. **HUGE thanks** go to Steve and Jen Thomas who did most of the planning, organizing, shopping and setting/cleaning up. Also thanks to Art & Assi who assisted in many of the activities involved in making sure the picnic turned out greyt. The day was extra special because Linda Clffel from Sunburst Kennels was able to fly in from Florida to join us. As you know, Linda and Sunburst Kennels provide all of our wonderful hounds that come in on each haul. Many thanks to each of the following members who contributed to the success of the day:

- Savannah Schaeffer who collected over \$136 for clipping nails which she donated to GreyHeart.
- A member of Steve & Jen's family who contributed much of the food that was provided.
- Mike Christiansen gave the Blessing of the Hounds.
- Julia Christiansen who did the memorial reading.
- Jason Craft who was the photographer of the day.



Linda Clffel
Al Schneider Award



Linda, Art & Blaze



Past Presidents Sue Deneau & Robin Wittner, Linda & Art Zylka, President



June Greyhound Hauls

It was an absolutely perfect, beautiful day for our haul on Saturday, June 8th. We brought in 3 male and 4 female amazing hounds. Victory Lap met the drivers/riders at the Ohio border and took wonderful care of our cargo on their trip from Florida. Everything ran smoothly and they arrived right on time. Once again thanks to our drivers: Ed Pietrzak, Jeff Henkel & Steve Thomas and our riders: Art Zylka, Mike King & Jen Thomas. And of course Linda Cliffel and Sunburst Kennel for sending us such beautiful hounds.



PJ Strollinnolan (Nolan) is a 4.5 yr old black male. Fostered by Keith Warner



NB's Blitz Again (Blitz) is a 6 yr old dark brindle female. Fostered by Andy Bommersbach



Bart's Bacardi (Bacardi) is a 2 yr old female cow dog. Fostered by Megan Hunter



Apples' Fast Boy (Boyd) is a 2 yr old red brindle male. Fostered by Karen Daren



Seize My Heart (Heart) is a red female. Fostered by Stacie Mykolaitis



Bart's Sea Me (MiMi) is a 2 yr old black female. Fostered by Lisa Sierski



KB's Gusman (Gus) is a 3 yr old white/black cow dog. Fostered by Kaylee Johnson



Volunteers,
Adopters & Fosters

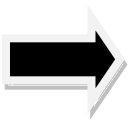
A few weeks ago we were contacted by Wheeling Island Adoption Center to let us know that L's Viggle was now being released for adoption. You may remember that Kelly Coughlin met Viggle last year and that Viggle is Jax Willie's sister (from the same litter). We have been anxiously waiting for Viggle to retire. In addition, they asked if we would take on one more hound (Loco Trump). Another Michigan group agreed to bring both hounds to Michigan along with their haul and they arrived on Saturday, June 22nd. Neither dog is vetted however, they both appear to be cat tolerant. Viggle is a real sweetheart, knows her name and actually comes when you call her. Trump is a big happy, goof ball who loves exploring. Many thanks to several GreyHeart members who agreed to foster with very short notice. Sandi Shalhoub/Kelly Coughlin will be fostering Viggle and Dave & Sarah Britton will be fostering Trump.



L's Viggle



Loco Trump



Our next haul is scheduled for some time in late July

If You Open Your Heart To Them, They Will Open Your Eyes.

There will be a selection of GreyHeart short & long-sleeve t-shirts and zipper hoodies for sale at future events (i.e. Meet & Greets). They will come in a variety of colors and sizes so buy early to get the best selection of what you'd like.

Upcoming Events

- **Meet & Greets** (*Specific maps/locations can be found on the GreyHeart website*)
- Sat, July 6 2:00 – 4:00 p.m. W Bloomfield PetValu
 - Sat, July 13 12:00 – 2:00 p.m. Livonia Pet Supplies “Plus”
 - 1:00 – 3:00 p.m. Gr Pte Pet Supplies “Plus”
 - Sat, July 20 11:00 – 2:00 p.m. Aubree’s (21775 Pontiac Trail,
South Lyon)
 - Sat, July 27 12:00 – 2:00 p.m. Shelby Twp Purely Pets
 - Sat, August 3 2:00 – 4:00 p.m. W Bloomfield PetValu
 - Sat, August 10 12:00 – 2:00 p.m. Livonia Pet Supplies “Plus”
 - 1:00 – 3:00 p.m. Gr Pte Pet Supplies “Plus”
 - Sat, August 24 12:00 – 2:00 p.m. Shelby Twp Purely Pets

WANTED - VOLUNTEERS!! *Please consider bringing your greyhound to one or more of these fun events. Not only are Meet N' Greets a wonderful opportunity to introduce our wonderful greyhounds to the public, it also gives us a great opportunity to educate possible greyhound adopters. It's a lot of fun to meet with other greyhound owners and share experiences!*

Stay tuned for impromptu summer fun walks & other events. Check Facebook for announcements of dates & times when we will walk our hounds (i.e. Hines Park, Downtown River Walk, etc.) or organize play dates. This is a wonderful opportunity to showcase our amazing hounds and solicit potential adopters. If you have any other fun ideas, let us know!!

How can you tell if your greyhound is at the proper weight?

Your greyhound should have just the tips of his hipbones barely visible and the outline of a couple of ribs. If your greyhound is smooth across his hind end with no bones showing at all it may be too fat. If it has no ribs visible, it is probably overweight. A dog with a more rounded ribcage like the one below can have the outline of ribs showing even when obese. If your dog doesn't have a pronounced tuck (waist) it is definitely too fat. If your greyhound has put on 10, 15 or even more pounds above its racing weight it is overweight. Use your dog's tattoos or racing name to find out your dog's racing weight here: <http://www.greyhound-data.com/>

Unless your retired greyhound continues to participate in performance events like lure coursing or agility, it will lose a lot of muscle when it retires from the track to a couch. That muscle will be replaced by fat. Muscle is heavier than fat, so replacing 5lbs of muscle with 5lbs of fat will make your greyhound look less bony, even if it doesn't gain a pound over its racing weight. Some very muscular racers can look overweight after they lose all that muscle, without actually gaining a pound. Unless your greyhound was exceptionally thin at racing weight it is best to keep him within a couple of lbs of his racing weight for the rest of his life. "Pet weight" should be thin and fit, not fat and flabby. Retiring from racing and becoming a pet doesn't mean your greyhound should gain 10lbs and be fat.

As greyhounds get older and more lazy, they naturally lose even more muscle mass. Senior greyhounds can be hard to keep weight on. Be aware that as your dog ages and loses muscle mass, its' ideal weight is likely to fall below racing weight.

For a dog obesity is a weight 15% above their "optimal body weight"

Healthy Racing Weight	Overweight	Obese (dangerously overweight)
50lbs.....	50-57.5 lbs.....	57.5lbs+
55lbs.....	55- 63.25lbs.....	63.25lbs+
60lbs.....	60-69lbs.....	69lbs+
65lbs.....	65-74.75lbs.....	74.75lbs+
70lbs.....	70-80.5lbs.....	80.5lbs+
75lbs.....	75-86.25lbs.....	86.25lbs+
80lbs.....	80-92lbs.....	92lbs+
85lbs.....	85-97.25lbs.....	97.25lbs+
90lbs.....	90-103.5lbs.....	103.5lbs+

You are putting your greyhound's health in jeopardy by letting it get fat! If it has passed the obese mark, it is in serious trouble. Not all vets are familiar with racing, fit greyhounds, so they may not tell you to take weight off your greyhound until it is already obese. Just because your vet tells you your greyhound looks "OK" doesn't mean it really is at the optimal weight for a healthy fit greyhound. A couple of lbs under ideal weight is better than a couple of lbs over unless your dog is older. It is hard to keep weight on most senior greyhounds. If your older dog loses a significant amount of weight quickly it could be a sign of a health problem and should be checked by your vet.

How To Get The Weight Off

It is easy to get a dog overweight without even realizing it. When you see an animal every day, you may not even notice as the pounds add up. What do you do when you suddenly realize that your greyhound has accidentally gotten overweight?

- **Check with your vet to rule out a health problem first.** They can rule out metabolic problems, give you suggestions and make sure your greyhound is healthy enough to start an exercise program.
- **If you are free feeding your greyhound... stop.** "Free feeding" is when a bowl of food is left out all day so your dog has constant access to food. Like humans, greyhounds will be tempted to snack more when food is always within reach. It is better to feed regular meals so you can control how much your dog is getting and cut back when necessary.
- **Cut back on your greyhound's food** to slowly get it back to a good weight. You are likely to get the sad hound eyes, but don't give in. Love your dog enough to do what is best for its' health, even if you prefer not to see bones on a dog. Resist the temptation to fatten up a greyhound, even if you prefer dogs on the pudgy side!!

- **How much do I feed?** First of all make sure that the cup you are using is an 8oz measuring cup, and not a larger cup or scoop. Most male greyhounds weigh 65 to 78lbs and do well on 2 cups of food fed twice per day (4 cups total per day) for maintenance. If your dog is fat, you will need to feed LESS than this for awhile, to get the weight off. Smaller females may need only a cup and a half of food, or even less, fed twice daily (3 cups total per day) to maintain their weight. They would need to be fed even less to lose weight. A larger male or greyhound that gets a lot of exercise every day may need a little more food than average. We are talking bigger by racing weight, not bigger because of over eating. If your dog has been gaining weight on what you have been feeding you must cut back well BELOW what you have been feeding and a little below your dog's maintenance level to get weight loss. Cutting back only to the maintenance amount will just make him stop gaining weight, but will not allow him to lose weight. Once your dog has gotten to a good weight, the best way to keep him there is to do a daily hipbone and rib check and cut back on food a little as they start to disappear. Note: Fat rolls do not count as the outline of ribs!
- **Pay attention to treats and things you add to your dog's meals.** Adding a large milkbone or a handful of treats every day can be equal to a half a cup of additional food or even more. If you give lots of treats you will have to cut back on the actual meals to make up for it. If you add half a can of moist dog food to your kibble or half a cup of yogurt, be sure to cut back on the amount of kibble by that much. Low calorie treats like carrot sticks are better to use for treats than high calorie, high carb milkbones and cookies.
- **The food you are feeding can effect your dog's weight** nearly as much as the amount you feed. Feed less of rich foods, because of the calories. You may also need to feed less of the cheaper foods, because of the high amount of carbs from rice, wheat or corn that may be used as a cheap filler. High quality meat protein builds muscle for dogs. Carbs can make your dog flabby just like they do with humans. This is why the so called "diet" foods often don't work very well to help your dog lose weight. They have too many carbs, even though there may be fewer calories. It is better to feed less of a higher protein food than to feed a high carb, lower calorie food. Some people find it helpful to add low salt canned green beans or canned pumpkin (not pie filling) to their dog's food. These are both low calorie, fiber rich foods that will make your dog feel more full without putting on the pounds.
- **Exercise is important for weight-loss too.** Getting more muscle on your dog is important, since muscle burns more calories than fat, even when the dog is resting. Greyhounds are famous for being couch potatoes and getting no exercise at all is not healthy and is likely to cause them to look like a potato.



Medium size male at racing weight of 75 lbs.



Same male retired and overweight at 83 lbs

If you have any suggestions for future newsletters, please let us know. These articles can be about information you believe will be useful to all greyhound owners or stories you would like to share.

→ Please forward all newsletter inquiries, suggestions and photos to: Ginnie Bondy at bond0011@aol.com

→ Articles, photos and any items to be included in the next newsletter must be submitted to Ginnie by August 15th.

