

Siberian Tales

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BAY AREA SIBERIAN HUSKY CLUB

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5 New Years Resolutions for you and your dog

You may be spending a good bit of time right now finalizing — and, of course, implementing — your resolutions for the new year. Congratulations! Focusing on a happy and healthy lifestyle is a huge investment in your future.

[The benefits of owning a pet -- and the surprising science behind it](#)

But have you thought about what might be optimal for your best friend and furry companion? Here are some new year's resolutions experts say can benefit you and your pet.

[Pet identification](#)

If your pet went on an unplanned walkabout, would your neighbors be able to call you or bring them home? Identification tags are inexpensive and available at most pet stores. Even better: The more permanent form of identification, a microchip, cannot fall off or be removed and can be a lifesaver if your pet wanders farther from home.

[Watch the treats](#)

America is in the midst of an obesity crisis, and it's affecting our dogs and cats. Too many pets today are overweight, said Dr. Dana Varble, chief veterinary officer of the North American Veterinary Community.

"If your dog or cat was to speak to you, he or she might admit that they are getting too many treats. 'It is getting awfully hard to catch my breath when we play ball and my hips and knees are starting to ache,' your dog might say.

"Your cat might give you a dirty look for allowing the vet to check their weight, and will certainly blame any extra pounds on you. 'The fact that you give in every time I yowl, purr, or rub your legs isn't helping my weight problem,' your cat might say," Varble added.

Instead of acquiescing to those plaintive meows or soulful eyes, Varble suggests reducing the amount of food you give at any one meal or feeding. Instead, provide a smaller amount at set times throughout the day to help your pet lose a few pounds.

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Is sleeping with your pets good for them? —

"In general, it is a very good thing for animals to sleep with their people," said Dr. Dana Varble, the chief veterinary officer for the North American Veterinary Community.

"Do you really think there's enough room for you?" -- Delilah, a 10-year-old Siberian husky.

Courtesy Brawner Raymond

Is sleeping with your pets good for them?

Bring on the zoomies

Exercise is good for both you and your pet, Varble said. That's easily achieved with a dog: Nearly every dog would benefit from at least two walks a day, or a good chase after a ball or Frisbee, she said.

"You need the fresh air, and your dog needs to be able to check out all the smells in the neighborhood, which keeps their minds busy and their body tired," Varble said.

Mind games

Both dogs and cats can benefit from mental exercise as well. Food puzzles are a great way to keep your pet's mind engaged. The internet is full of such items to purchase, but it's also full of DIY examples you can easily make on your own.

[Doggie dementia risk rises each year after age 10, study finds. Here's what to look for](#)

Cut circles in the top of a shoebox and drop in treats for your cat to fish out. Roll some treats up in a towel for your dog to unravel. Cut small holes in a toilet paper roll, put treats inside and tape up the ends — voila, you have a rolling treat dispenser. Or do the same with a plastic bottle.

(Wouldn't coming up with these ideas also be a good human brain game?)

Focus on grooming

You like to shower and style your hair, right? A good brushing stimulates blood flow to your scalp and distributes natural oils, making your hair shine with health. Your dog and cat benefit from daily brushing — and an occasional bath — too. (Your couch will also thank you.)

Take it a step further and brush your pet's teeth. Yes, cats need their teeth brushed too. Start when your pet is a puppy or kitten and you'll have no issues, but with some patience you can ease your adult pet into the process too, experts say.

[What petting a dog can do for your brain](#)

Periodontal disease, which is inflammation of the gums and bone that support your pet's teeth, has been linked to an increased risk of heart disease in dogs. And because the kidneys and liver filter bacteria from the mouth that's circulating in the blood, those organs are especially vulnerable to damage.

"Following a good oral care routine, including brushing teeth and regular dental evaluation with your veterinarian, can prevent these serious consequences," Varble said.

~ Marilyn Lassagne ~

January 30, 1937 ~ December 17, 2022

Saturday December 17, SHRR/CA lost a long-standing member and founder of rescue in California. Marilyn Lassagne passed away quietly in her sleep with family members nearby. She was responsible for saving a



countless number of huskies and helping a number of current rescue members find their way into rescue throughout California, Oregon and Nevada through Siberian Husky Rescue Referral.

Through SHRR, she helped many rescues start up in both northern and southern California. SHRR would take the adoption fees and pay the medical bills of dogs that startups had. They raised money and it went to SHRR as it was a 501C3.

Marilyn was the last founding member of BASH. She and her husband Art taught so

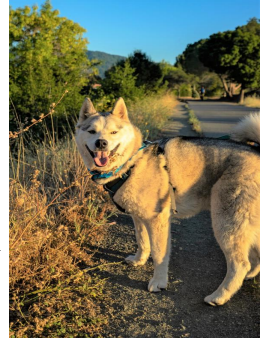
many of us about rescue and the show world. BASH use to to a Fun Match at Hayward state for both obedience and conformation. We did it for year and raised money to do our SnoBASH and other events. Her family always supported the things that Marilyn and Art were involved in doing.

She will be greatly missed here, but it must have been a wonderful reception at the [Rescue Rainbow Bridge](#)

December Rescue

Heron Ho heronbash@gmail.com

Meet **Ray**! a handsome 58lb male husky that loves to play with dogs and be with people! He is so sweet and affectionate, playful and has a big personality, and is able to stay home loose in the house with his husky brother and sister. He loves going on walks but is also perfectly fine with lounging with you on the couch! He learns his manners very well from older dogs and loves to play with any dog that is willing to play! He has a very easy-going attitude towards dogs! He is happy to just lounge around in the house with you chilling on the couch or go on an adventure! He is just a happy and sweet boy that has so much love joy to give!



Introducing Miss Shelly the Husky ! **Shelly** is the most lovable of all fluff-ness and gives the sweetest of tiny kisses. She jumps with delight for walks on cool summer evenings and loves the wind in her face on car rides around town. Miss Shelly is a lady of few words, but will voice her passions when something stirs her soul. Shelly will appreciate your patience in allowing her time to gain your trust, but once it's been earned then she be your most devoted companion and will share her heart openly. Shelly arrived to our foster home in late March, 2022. It takes a bit of time for Shelly to ease her anxiety & feel comfortable with new sights, sounds & friends but as each day passes she becomes more confident in new environments and her new mobility has opened up a whole new world of playful fun.



Karen Fento 650-714-1922 fendragn1970@yahoo.com

He is incredibly friendly and welcoming to new dogs he meets and so playful. He loves squeaky plush toys and playing fetch but isn't resource possessive. He has a strong desire to be with his "pack", whether human or doggos, at all times and would get into mischief on his own or develop separation anxiety. He ADORES kids of all ages and hasn't met a human puppy yet he didn't snuggle up to and flop over for belly rubs for. He enjoys getting brushed and doesn't mind baths. Before the rain started over the holidays we put him in mushing harness with scooter and Canicross and he did great!



I good on leash, house and crate trained. I cannot be left in a yard unattended without a kennel.

We can always use a new foster home. One dog a year helps us a great deal. We check them out prior to offering them to someone to foster. We have dog food, toys etc for your foster and help with all issues.

Contact HERONBASH@gmail.com for more information on fostering.

Bay Area Siberian Husky Club

Membership Renewal and Associate Application 2023-24

Membership \$35.00

To be a voting member you need to attend 2 general meetings and then
ASK to be voted in as a voting member

Date _____
Name(s) _____
Mailing address _____
City, State, Zip _____
Area code and phone _____
E-mail Address _____
Amount Enclosed \$ _____

____ I would like the newsletter mailed to me.

Make checks payable to BASH. All memberships are valid through March 31, 2024. Send membership renewal form and check to:

Bay Area Siberian Husky Club, 2633 S Bascom Ave, Campbell CA 95008

Bay Area Siberian Husky Club

www.bayareasiberian.org

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