Greetings and Happy New Year from all of us at NEBTR. This is the second edition of our newsletter. We hope it finds you in good health, and high spirits.

If you have any topics you would like to see featured in future newsletters drop us an email at northeastbostonrescuenews@gmail.com and we will do our best to include them.

Please welcome our new contributing editor Strausie Stevens. Strausie is the Application Liaison for NEBTR. She facilitates communication between the applicants and the foster families and their teams. She can also answer any questions about specific pups as well as questions about our process in general both before and after approval. The liaison position was created to be a one stop shop so the applicants have on point-of-contact to walk them through the application process.
A word from the NEBTR President:

NEBTR ended the year with one more lucky Puppy Mill survivor coming to us on New Year's Eve. She is the 204th Boston Terrier we have brought into our care in 2014. Her foster Mom has appropriately named her Lang Syne.

We thought 2013 was a busy year with 144 needing us, but now that record has been broken again.

We have a strong team with each of us doing all we can to bring them to safety.

NEBTR has a membership of over 500 volunteers, a cohesive Board of Directors managing our infrastructure and the day to day business of running a non-profit Corporation, a dedicated team of at least 20 Coordinators who handle our Intake, Transport arrangements, Home Checks, Application processing, Phone Interviews, Grant writing, Fundraising, Foster Support, Placement, Welcome packages, Video production, Petfinder biographies, Facebook, Public Relations, an annual mega Auction, Virtual Foster, Chip-In promotion, Special Events promotions and administration, a beautiful and up-to-the-minute Website, and a very well-oiled internal administration. We also have over 150 foster homes who open their hearts and homes (and their pocketbooks) to give each of our Bostons (and some other mixes when we can) a second chance.

Through the tireless efforts of our fundraising promoters we have a generous inflow of donations and support from so many people who follow our work. Without their charity and love of our breed we would not be able to help as many we do.

Congratulations to all of us and let's hope for a quieter 2015

Sheryl Trent
NEBTR President

A look back at 2014

Our talented Stacie Kyle created a video for us titled: “2014 NEBTR Year in Review”. Please take a look (you might need some tissues!

2014 Year In Review
2014 EVENTS

Northeast Boston Terrier Rescue had two contests this past year. One was a Halloween Costume Contest; the other was a Holiday Photo Contest.

The winner of the Halloween contest was Cody with a total of 175 votes!

The winner of the Holiday Photo Contest was Otto with a total of 107 votes!
**Boston Parade**

Bug's 1st Annual Black and White Boston Terrier Parade kicked off Sunday, at the Spa City Farmers Market, and ended at the Ice House, where pups enjoyed well deserved shade and buckets of cold water on the patio. It was exceptionally warm, and some Bostons stopped to cool off in the Saratoga Hilton Garden Inn fountain en route. The event was a smashing success! This Parade was the brainchild of Moira Shortway, who hosted the day.

![Boston Parade Image]

**Secret Santa**

This year we held our second annual Secret Santa for our dogs in foster care, and you answered the call! We had an overwhelming response to our request for secret santas that all of our foster dogs received wonderful gifts that made their holiday a little brighter. Our thanks to Kristy Ieraci for coordinating this fun project.

![Secret Santa Image]
We would like to take the opportunity to spotlight one of your current fosters (or in this case a duo!). We are spotlighting dogs that may be more difficult to place due to age, health, or who have just been passed over for whatever reason, and have been in foster care longer than most. We are hoping to not only highlight them for a possible forever match but to also help get the word out through our readers’ social media accounts. So please help by spreading the word and sharing these great pups.
This quarter please meet Winston and Daisy! They are a bonded pair, that need to find a home willing to take both these love bugs. Here is Winston telling you about himself, and his sister in his own “words”.

Hi there! We're Winston and Daisy, but I'm so sophisticated that I prefer you call me Sir Winston. ;) The two of us are inseparable and would love to be adopted as a duo since we've been together since I was born.

My sister, Miss Daisy Mae (as our foster humans like to call her) is 12 years young, loves to cuddle, give you kisses, relax and has a total obsession with tennis balls. I personally don't get it, but whatever makes her happy. Since coming into foster care the vet has removed her right eye, but no worries it has actually made her even spunkier...sometimes she even thinks she's a pirate...argh! Hehe she's a silly sister.

I'm 10 going on two, as my fosters would say, and I, on the other hand, couldn't care less about tennis balls, but I thrive on attention (as one of my stature should). I can be a bit of a diva, and no worries, I will let you know when you aren't fulfilling my attention quota at that present time. I love kisses, Nylabones and bully sticks, but treats are my absolute favorite!

So why are we in foster care you ask? Well, our owner passed in April 2014, and his son tried to take on the responsibility of us, but it just wasn't working. We needed more people time and less crate time, but unfortunately his work schedule wouldn't allow that. So he did what he felt was best and found NEBRT and here we are today!

We love our new foster family, and never fail to bring a good laugh and plenty of love...maybe we can pass that along to you? See, my sister here is getting older (don't tell her I told you that..hehe she's a little sensitive about her age) and we would really love a great loving retirement home where we can get lots of cuddles and attention. Is that you? Could you give us our one last home?

Sir Winston

As they say a picture or in this case video is worth a 1000 words. Check out Winston doing his Winston thing! He likes to put on a little tap dance when asked to sit for treats. Winston certainly can dance for his supper LOL!

Winston Shows Off His Tap Skills

And because we can't get enough of this duo, here are a couple or recent pictures of Winston and Daisy in their foster home. Can they be any cuter?! Winston is showing of his sense of high style, and Daisy her favorite sleeping positions. Who says you lose flexibility with age!
If you are interested in making Winston and Daisy part of your family, please visit our Website and fill out an application: Online Application. If you can’t adopt, please help by sharing their story!

THANK YOU THANK YOU!

We would like to thank our Adoption Heroes, and indeed they are heroes. Thank you for opening your hearts, and your homes to a dog, who through no fault of their own, found themselves homeless. Thank you for looking past their “imperfections,” and their history, and loving them for the great dogs that they can be, and already are. Our foster parents are wonderful, and are the dog’s first stop on the road to a new life. But you are their heroes, for providing what every dog deserves, which is a family, and loving home of their own.

Since last quarter we had 44 dogs adopted by 44 heroes. We wish you well, and want you to know that you will always be part of the NEBTR family.
ADOPTED OCT - DEC 2014:

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<td>Turbo</td>
<td>Rocco</td>
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<td>Duncan</td>
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<td>Chase/Ace</td>
<td>Mosby</td>
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<td>Summer</td>
<td>Francine</td>
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<td>Bam Bam</td>
<td>Gizmo (she)</td>
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<tr>
<td>Max</td>
<td>Maisy</td>
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<td>Joey</td>
<td>Sammy</td>
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<td>Tigger</td>
<td>Molly</td>
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<td>Molly</td>
<td>Jax</td>
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<td>Boscoe</td>
<td>Gizmo/Little</td>
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<td>Baxter</td>
<td>Penny</td>
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<td>Byron</td>
<td>Quincy</td>
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<td>Indiana Bones</td>
<td>Minnie</td>
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<td>Lucy (was Pepper)</td>
<td>Brooklyn</td>
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<td>Rico</td>
<td>Caius</td>
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<td>Frank</td>
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<td>Lucy</td>
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<td>Delilah</td>
<td>Troy Aikman</td>
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We are introducing “Training Talk” with this edition. Each quarter we will talk about a training method and/or tip. We will be looking at the latest in training techniques based on the latest research. Focusing on positive reinforcement, that makes training both fun for you and your dog, as well as strengthens the human/canine bond. This quarter we are spotlighting the teachings of Dr. Sophia Yin. Dr. Yin was a veterinary and animal behaviorist who made significant contributions to the animal world. Her work in safe animal handling using non-force, has greatly impacted how veterinarian offices, groomers, and shelters interact and handle animals in their care, to reduce animal bites to humans as well as stress to the animal. Unfortunately Dr. Yin tragically passed away the end of last year but her contributions live on.

Specifically we are looking at her “Learn to Earn” method or also known as “Nothing In Life Is Free”. This is the training technique of having your dog earn anything valuable (i.e. food, toys, attention), by displaying appropriate behavior. This can range from sitting quietly before being petting when greeting (a chore for anyone who has a Boston!), to sitting and focusing on your for a game of fetch. This is a great method for teaching dogs self-control, (again this can be a chore with our happy happy Bostons!) as well as looking to you for guidance and approval. Dr. Yin wrote a great booklet on this topic called “Teaching Fido to Learn to Earn” and is a great short read with lots of helpful tips.

For a more in-depth look at Dr. Yin and her work you can still access her videos and research at http://drsophiayin.com/. Also check out her blog at http://drsophiayin.com/blog.
The Learn to Earn Program

Dr Yin’s Program for Developing Leadership in Humans and Impulse Control in Dogs

From excessive barking, to jumping, to aggression and separation anxiety, one of the common issues is that these dogs tend to lack impulse control and their humans need to find better ways to provide guidance and leadership. Fortunately humans can develop the needed communication skills while training dogs to have self-control and emotional control in Dr Yin’s fun, reward-based version of the Learn to Earn Program.

Become a Leader Your Dog Can Trust

Once owners set guidelines and communicate the rules by consistently rewarding desired behaviors while removing rewards for unwanted behaviors until the desired behaviors are a habit, then the owners are seen by the dog as the leader whom they can trust to guide them. Alternatively, when rules change randomly or the messages are garbled the dog may view the owner the same way you might view an ineffective boss who bumbles.

Throw Away the Food Bowl

For the fastest training, dogs should earn their meal throughout the day when you are home. That means no food in the food bowl. Instead you’ll carry food around with you in a bait bag, your pockets, or have it available in easily accessible containers throughout the house. Then, throughout the day, when you are home, you’ll reward appropriate behavior. Now your dog will get 100 rewards for desired behavior instead of a free meal.

Require the Dog to Say Please By Sitting

In this program we turn the house rules on their head. Whereas taking things without asking worked before, the only thing that works to get the dog what she wants now is to automatically say please by sitting.

FREE!

Use All Motivators to Your Advantage

If on top of that you require her to sit for other resources such as petting, attention, and play when she wants these things, you’ll increase your toolbox of rewards even more. Add to this, removal of all rewards for undesired behavior and now you have a formula for changing the dog’s behavior patterns virtually overnight (meaning days to weeks instead of weeks to years).

Keep Your Dog Attached to You

Tethering to you teaches your dog that when she doesn’t want to pay attention to you, she can’t just blow you off and walk away and then get rewarded by something else, such as food that she grabs off a table. That is, tethering her to you helps prevent rewards for undesirable behavior. Plus, if your dog’s near it’s easier to reward good behaviors as they occur. Otherwise you tend to forget and miss opportunities, which makes the training take weeks or months longer.

Walk with a Loose Leash

When your dog’s attached to you on leash, she should sit and remain seated when you are stationary and then walk by your side on a loose leash (not ahead of you) when you move from place to place.

© 2012 Dr. Sophia Yin, DVM, MS
In this edition of “Try Something New” with your dog, we are talking about dog sports! There are a wide variety of dog sports out there that go far beyond just confirmation dogs (i.e., Westminster) or AKC obedience. There are sports that encourage dogs to do the work they were bred for, such as herding, lure coursing, earth dog trials, and dock diving. But don’t be fooled, our Bostons are competitors! They have proven themselves in a range of sports, from obedience, rally, and agility, to sports one would not expect such as nosework and flyball. So if your Boston loves the water, why not see if they love to dock drive, and show those Labs whose boss!

This quarter we are spotlighting the dog sport of Agility. Traditionally the sport of Shetland Sheepdogs and Australian Shepherds, but Bostons make great little agility dogs. Most of our Bostons love to run and play and jump...all great motivators for agility! Agility is the sport where you and your dog run an obstacle course made of various obstacles including jumps, tunnels, dog walks, and seesaws.

Agility is not a sport for a very young dog (one that is still growing), or an older dog with joint or spinal issues. Your dog also needs to be under control while off leash, so some basic manners should be taught. But if your dog is healthy, and knows some basic obedience skills, Agility can be great fun! Not only is it great exercise for your dog, but it helps to build both confidence in your dog, (which can be especially helpful for a shy or timid dog), and strengthen the bond between you and your dog, because it requires working as a team to complete the course.

There are many agility clubs where you can compete not only through the AKC, but there is also The North American Dog Agility Council (NADAC), and United States Dog Agility Association, Inc. (USDAA). The best place to get started is to take an intro agility class at your local dog training center. Look for a teacher who uses positive training and makes it fun for your
Every dog is different. There are some who have no fear, and master obstacles with no problem. Others are a bit unsure, and need help feeling safe to go through a tunnel, or over a 4 foot dog walk. Your teacher should be patient and make it fun!! There is nothing like seeing that confidence grow in your dog when they master something that used to be scary.

Some helpful links to get you started:
http://www.usd aa.com/faq.cfm
http://dogs.about.com/od/sportsrecreation/a/agility_training.htm
https://www.akc.org/dog_shows_trials/agility/links.cfm
http://www.nadac.com/
http://www.usd aa.com/aboutUs.cfm

Whether your goal is to compete in agility trials or just to build a stronger bond with your dog, Agility is a great activity to try. And if you do end up competing you can collect some pretty ribbons that look great on a Boston!
Essential oils are extracted from plants to give you the concentrated properties of that plant. This will include the fragrance/aromatherapy and the medicinal or cleaning properties. Oils are volatilized or diluted in a carrier oil, such as coconut oil, olive oil, etc.

Our thanks to Ana Cecere for contributing this article.

**Essential Oils: The Hidden Dangers for Well-Meaning Animal Lovers**

by: Mel Possehl

(NaturalNews) As Aromatherapy is becoming more widely accepted in the mainstream, more people are using essential oils on their own, at home. Unfortunately, as some people are finding out, this is not always having a positive effect on the animals in their lives.

There have been many reports of animals harmed, even dying, from essential oils. Tea Tree *Melaleuca alternifolia*, has received a bad rap lately, most likely stemming from the fact that it is so widely available. Well meaning owners have used this oil to treat dermatological afflictions such as bites and scratches, only to end up at the veterinarian's office with an animal exhibiting signs of toxicity, such as ataxia, incoordination, weakness, tremors, vomiting or depression.

Misinformation is an enormous problem in this area as well. As an increasing amount of people turn to a more natural approach at life, companies are jumping to cash in. Thousands of products include essential oils in their ingredients; pet products are no different. The average person, unaware of the dangers, can easily think these products would be completely safe when in fact they are not.

Pennyroyal (*Hedeoma pulegioides*), for instance, is widely used as flea control. This oil is a known abortifacient in humans, and considered a toxin to the liver and the kidneys. Not exactly a strong selling point, although it is very good at keeping fleas at bay!

Many products for cats also contain essential oils. Unfortunately for the cats, many cat owners are unaware that by using these products, they can slowly cause toxins to build up in the feline's system, causing a slow onset of organ failure. A cat's liver cannot process toxins as a human's or even a dog's can, and the chemical constituents of the oils, such as terpenes, phenols, and
ketones, are no exception. The effects of these can be immediate in showing up, or can take years.

Birds are well known for being sensitive to scents and particles in the air, and essential oils are no different. Gillian Willis, a toxicologist in Vancouver, has seen many cases of avian poisoning, including a well-meaning cockatiel owner who, upon seeing an abrasion on her bird's foot, applied a drop of Tea Tree oil. The bird became depressed and even with veterinary intervention, died within 24 hours of respiratory failure. Even diffusing oils around a bird can produce dire consequences.

Not All Is Lost

While this may all seem daunting to an animal lover who also enjoys the benefits of aromatics, all is certainly not lost. A little knowledge can go a long way while incorporating essential oils in and around your animals.

Choosing Essential Oils:

Purity can be an issue when it comes to essential oils (EO's). For example, it takes approximately one hundred pounds of plant material to produce one pound of Lavender *Lavandula angustifolia*. Due to the expense, many essential oils are diluted in other substances. These can range from carrier oils, such as Jojoba, to synthetic fragrance, even chemicals. When you are choosing essential oils to use therapeutically for yourself and your pets, you want only the purest available. To determine this, there are a few key things to look for:

* EO's should not be oily or leave a greasy residue.

* Packaging should include the common name (Lavender), the Latin binomial (*Lavandula angustifolia*), the country of origin, the method of distillation, the part of the plant used, lot number, amount of oil in bottle, contact information of the company, how the plant was grown, and the words "100% pure essential oil" or the ingredients, if in a carrier or blend.

* Price usually dictates quality.

* Not all bottles of the same size yet of different oils should be priced the same. In other words, if they carry 50 different types of oils, yet every 5ml bottle is $7.40, there is something wrong, and you can guarantee these oils have been adulterated in some way.
Using Quality Oils in Homes With Pets:

Once you have your essential oils and are satisfied with the quality, the task then becomes using them correctly. While they can be very therapeutic and helpful, they can also do harm. Remember, just because a product is natural, does not mean it is safe.

There are some essential oils that should never be used for animals: Anise, Clove Leaf/Bud, Garlic, Horseradish, Juniper, Thyme, Wintergreen, or Yarrow, to name a few.

Some that can be used include: Cedarwood Atlas, Chamomile, Eucalyptus, Ginger, Lavender, Myrrh, Ravensare, Rose, and Valerian (note that these lists are not exhaustive and further research from the pet owner should be done).

For dogs, essential oils can be used in a variety of ways, from bathing to calming the nerves through diffusion. Some points to remember:

* Dogs cannot tell you what is or is not working. As such, you must closely watch their reactions. Excessive scratching, sniffing, nervousness or whining are all signs to watch for.

* Always dilute the oils. A common acceptable dilution is 25% of the adult human formula.

* Giving essential oils internally is not generally recommended.

* Do not use any oils on medium-large breed puppies under 8 weeks, and small or toy breeds under 10 weeks. Hydrosols are a much better choice.

* Gradually introduce the oils.

* What is good for a large dog is not good for a small dog. Size matters, and less is definitely more when working with oils, for animals or humans.

* Sick, frail, older, or pregnant dogs have special considerations, just as in humans. Do not administer the same dose to them as you would to a healthy animal of the same size.

* Never use oils near the eyes, mouth, nose, or genital area.

Felines are especially sensitive, as previously mentioned. Even dispersing oils in the air or using them as cleaning agents around the house can be detrimental. Make sure that the cat has a way to go into another room, with fresh air to 'escape'. Oils should never be used topically because of
their liver’s inability to process them. Hydrosols, also known as hydrolats or floral water, are a much safer option with many of the same benefits. For smaller animals, such as hamsters, guinea pigs, and rabbits, hydrosols are also the best option, at a 50% dilution of what is used for felines.

Birds should never be exposed to oils, whether topically or in the air due to their extreme sensitivity. Hydrosols can be used, but in very minute amounts, much like in homeopathic remedies.

Fish cannot tolerate oils or floral waters. The oils, not being water-soluble, would end up sticking to the fish, causing a host of problems, up to and many times, including death. Hydrosols each have their own pH levels, and have the possibility of wreaking havoc on the pH levels within the tank, also causing harm to the fish.

An animal lover’s best bet, for the sake of their pet, would be to educate themselves even further. One must be cautioned about searching the net, however, as misinformation is everywhere. Be sure to check the credentials of the writer before following the advice of any site. There are a few good books on the subject, one of my favorites, and the reference for this article, is Holistic Aromatherapy for Animals by Kristen Leigh Bell.

Remember, with a little love and research, aromatherapy can be highly beneficial to humans and animals alike!

Reference:


About the author

Mel Possehl is a Holistic Wellness Consultant working towards dual diplomas in Herbalism & Holistic Health, and enjoyed a year long certification course in Aromatherapy.
Now for the reader participation part of our newsletter. We thought it might be fun to have a little DIY project with a Boston Terrier flair.

We found this on You Tube.com. Instructions on how to make an Origami Boston Terrier. We hope you enjoy it. If you would like to share your creation with us please send photos of your origami BT to the editor: Chris Cassner cassner@embarqmail.com

https://www.youtube.com/watch?v=gcUv70UbZq4