

# AMAL TALES

FEBRUARY 2020

## WELCOME TO 2020!!

The first month of the new year has hit the ground running and has not shown signs of slowing down yet. My last President's Message spoke of Gratitude, and the last day of 2019 gave those of us at Moonsong a reminder to always remember to be grateful for people in our lives. On December 31, 2019 Katy Flanagan lost her battle with cancer and we in turn, lost a wonderful friend and advocate for Alaskan Malamutes. Please see the tribute to Katy in this edition of the newsletter. I hope that it gives an accurate impression of what she was to malamute rescue, and I appreciate those of you who took the time to share your experience of Katy.

In rescue, often the tireless work of those on the front lines goes unnoticed, and just as often it seems there can be a sense of "so and so doesn't do enough." I would encourage you all to remember to thank those who offer kindness to rescue, or your personal lives, whether big or small, and to be considerate and supportive of fellow lovers of our breed. What may seem insignificant to us individually might be all that someone else can manage, and they may be setting aside all kinds of other things that are important to them to contribute in the small way that they are able.

I also encourage you all to be considerate of communication and other people's time and resources, as a general rule and with fellow affiliates, shelters, and rescue groups. Nothing is more frustrating than going on a wild goose chase for no reason! Please remember that we ALL had to start learning somewhere in this life, and if we think we know it all, it's probably a sure sign that we don't! When we get questions that seem silly from fellow malamute families or potential malamute homes, or applications that immediately put us on edge because of the applicant's belief that we don't agree with, please take the time to give a friendly, courteous response, ask some questions and try to educate if you can. Sometimes it doesn't make a difference and people will do what they will do, but maybe they REALLY don't know any better and a little time, patience and friendliness from someone will prevent a dog ending up in a bad spot.

Personally, I would LOVE to be able to hear at some point in my life "Those malamute people REALLY are a welcoming group and a great resource!" I'm also a realist and know we are attracted to this breed for a reason, but hey, a girl can dream. LOL

*Andrea Allen  
President*



**Alaskan Malamute Assistance League**

*..... We Pull For Them*



*Diesel*

## INSIDE

- **PLEASE PAY YOUR ANNUAL DUES!**  
Form, page 2
- **Nationals, page 3**
- **Dog Obesity, page 4**
- **Special Donations, page 5**
- **A sad farewell, page 6**
- **Gimme 5, page 7**

**AMAL BOARD OF DIRECTORS**  
**President**

Andrea Allen  
[president@malamuterescue.org](mailto:president@malamuterescue.org)

**Vice President**  
Tina Dunn

[vicepresident@malamuterescue.org](mailto:vicepresident@malamuterescue.org)

**Treasurer**

Sharon Nichols  
[treasurer@malamuterescue.org](mailto:treasurer@malamuterescue.org)

**Directors-at-Large**

Vicky Meluso & Miranda Murdoch  
[director@malamuterescue.org](mailto:director@malamuterescue.org)

**OTHER OFFICERS**

**Membership**

Shel Simpson  
[membership@malamuterescue.org](mailto:membership@malamuterescue.org)

**Secretary**

Mike Ulman  
[secretary@malamuterescue.org](mailto:secretary@malamuterescue.org)

**General Information**

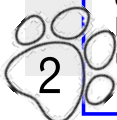
[contact@malamuterescue.org](mailto:contact@malamuterescue.org)  
P.O. Box 7161  
Golden, CO 80403

Visit AMAL on the Internet at  
[www.malamuterescue.org](http://www.malamuterescue.org)

The Alaskan Malamute Assistance League is a 501(c)(3) non-profit and charitable organization recognized by the national breed club, the Alaskan Malamute Club of America. We are an all-volunteer national rescue network which includes state and local breed rescue groups, as well as individual members.

**DONATE**

AMAL is a 501(c)(3) non-profit organization whose funding comes from donations and fund-raising events. All donations are fully tax deductible to the extent allowed by law and go directly to helping Alaskan Malamutes. To donate contact [treasurer@malamuterescue.org](mailto:treasurer@malamuterescue.org) or go to <http://alaskanmalamuteassistanceleague.org/about-amal/donate>



**AMAL Membership Application/Renewal**

July 2019 - June 2020

To renew online, go to  
<https://www.malamuterescue.org/index.php/membership/>

Name/s: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
(HINT: Use a return address label)  
Country: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**MEMBERSHIP LEVEL**

\_\_\_\_ \$25: Individual/Family who want to receive AMAL Tales, the quarterly AMAL newsletter.

\_\_\_\_ \$100: Benefactor

Please note that the Alaskan Malamute Pedigree & Registry Program is currently being moved to an online program. The Compact Disk is no longer available.

**MAKE A DONATION**

Please find \$ \_\_\_\_\_ enclosed. Is this in memory of or in honor of someone? Tell us here:

Yes, I'd like to be contacted about helping Alaskan malamutes in need of assistance: \_\_\_\_\_

**Membership / Donation Payment**

Total Amount Enclosed (membership + donations):

\$ \_\_\_\_\_

\* Include AMAL Memberships and other donations all in one check --- simply designate the amounts on this form.

Please make your Check or Money Order (International Money Orders must state "US Dollars") payable to the Alaskan Malamute Assistance League (No abbreviations please!).

Mail to:

AMAL Membership  
C/o Treasurer  
P.O. Box 7161  
Golden, CO 80403

**Please pay YOUR ANNUAL DUES!**

(Mail the form, or pay online)





2020 Alaskan Malamute National Specialty

OCT 18 - 24, 2020

LINN COUNTY EXPO CENTER

ALBANY, OR

LET'S DO THIS!

## AMAL AT 2020 ALASKAN MALAMUTE NATIONAL SPECIALTY

AMCA West Coast Region

This year's Alaskan malamute National Specialty will take place in Albany, Oregon on October 18 through 24 at the Linn County Expo Center, with Sharon Weston as the Show Chair. AMAL will participate in week-long AMAL table

sales, our Rescue Showcase events, and the end-of-show auction. Find information here: <https://www.amcanational.com/>

AMAL affiliates in the region should start thinking about adopters who have rescue dogs that are good breed ambassadors for the Rescue Showcase. I'll contact you within the next couple of months for a list of appropriate Rescue Showcase participants that you suggest with related contact information.

Donations are needed and appreciated for the AMAL table sales and auction. T-shirts, sweatshirts, malamute-themed gift items, unique Alaskan crafts, dog sleds, grooming boxes and related items, stuffed malamutes, dog paw design items, leash racks, prints, and children's gift items with malamutes/paws designs have sold well in the past. Bring donations directly to the AMAL table or ship them (contact information for shipments should be in the next newsletter).

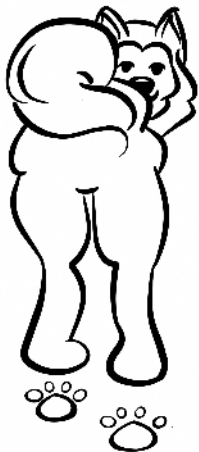
Show Lodging: <https://www.amcanational.com/about> Call now for reservations!

The National Specialty is always a fun event ... hope to see you there!

*Sharon Nichols*

## LETTER TO THE EDITOR

To the wonderful adopters of AMAL Rescue Dogs:



It troubles me that for the last two National Specialties not one person has come forward with a rescued dog to parade his success. I would love to have shown any of the six happy dogs that I adopted from GYAMR and CHAAMP if they had been healthy enough to cope with the trip. Several of these were rescued from cruel, neglectful, and abusive situations. They blossomed from timid, frightened dogs into loving, trusting animals once they received the love and care they deserved. They may not have had the careful breeding like the dogs in the classes had, but they were malamutes that finally lived happily ever after.

Every area has members who adopt our rescue dogs. Why not come to the National and take the opportunity to show others the successes you have achieved to make these dogs wonderful companions? When I come to a National, I make sure I'm there for the Rescue Parade. During the Parade, the narrator tells the heart wrenching story of each dog as it goes around the ring.

A lot of effort goes into organizing and preparing for this parade. We hope to see many of you and your dogs in the 2020 parade.

*Holly Levinter*

AMAL Tales is The Alaskan Malamute Assistance League's Newsletter, published quarterly in the spring, summer, fall and winter. All rights reserved. Copyright 2019.

All articles and photographs remain the property of their respective authors.

Submit articles, stories and/or letters to the editor to:

Jeannette Wick

Email: [jywickrph@aol.com](mailto:jywickrph@aol.com)

Phone: (703) 629-6259

The Alaskan Malamute Assistance League (AMAL) is not liable and assumes no responsibility for loss or damages arriving directly or indirectly from errors occurring in the publication of AMAL Tales. Opinions expressed by our correspondents do not necessarily reflect the standards, practices or opinions of AMAL's Directors or AMAL Tales' editorial staff.







# CANINE OBESITY: EPIDEMIC

*Chevannah Hardie*

*Sumo, pictured left, was rescued and adopted in 2013. The family who adopted him bought a new SUV because he didn't fit in theirs :-)*

“Humans are not the only residents of the United States who are getting fatter every year,” stated a 2019 New York Times article on obesity in dogs. Over the past 10 years, the trend, like that in humans, has moved upward. In 2016, a survey of a sample from The Association for Pet Obesity Prevention reported 54% of dogs were overweight or obese. Minnesota and Nebraska had the highest canine obesity rates at 41% and 39%, respectively, in 2016.

Researchers and veterinarians think that canine obesity is rising due to lack of portion control, poor recognition of weight gain, or failure to adjust diet in neutered dogs. As in humans, obesity’s health effects are important to recognize. It can decrease lifespan by 2 to 2½ years. In addition, it can cause or aggravate joint disease, breathing issues, cancers, bladder and urinary tract disease, liver disease, chronic kidney disease, diabetes, high blood pressure, and spinal disease. It decreases quality of life. In fact, 20% of common pet diseases, including diabetes and arthritis, are linked to obesity.

Prevention is critical. Pet owners need to monitor weight gain in their dogs to stall this growing epidemic. Vets say dog owners should be able to easily feel and count dogs’ ribs and observe a slight upward slope of the stomach when viewing their dog from the side.

Ideal weight in dogs varies by specific factors like breed, size, and age. Veterinarians can help determine a pet’s ideal weight and recommend weight loss. A kitchen scale is the gold standard for weighing portions.

Professionals recommend considering your dog’s size and weight when determining a starting point for calculating caloric requirements (see **Table 1**).

Guidelines for calculating caloric needs in dogs are not one size fits all. For example, a canine caloric need calculator available at <https://primalpooch.com/dog-food-calories/> estimates a 100-pound inactive malamute needs 1470 calories daily. The same size malamute

**Table 1. Estimating a Dog’s Daily Caloric Need**

Dog Size	Weight Range	Caloric Requirement (per pound)
Small	<20 pounds	25 to 40 calories
Medium	21 to 50 pounds	20 to 30 calories
Large	>50 pounds	17 to 25 calories

that is instead active needs 1960 calories (neutered/spayed) and 2205 calories (not neutered/spayed). Neutering/spaying decreases dogs’ metabolic rates.

Since manufacturers don’t always put nutritional information on dog food, many people are in the dark when they try to calculate calories. The Franklin Animal Clinic created a list of popular dry dog food brands and their calorie counts per cup. They provide 300 to 400 calories per cup. This means four to six cups of food per day for an inactive or active 100-pound malamute respectively, based on total daily caloric requirements from calculations above. Readers should note that most malamutes are efficient metabolizers, and will need less rather than more food.

In addition to diet control, exercise is essential. The recommended target is 15 to 30 minutes daily. For dogs needing to lose weight, an ideal weight loss goal is 1% to 2% of their total each week.

Obesity affects dogs’ health and lifespan, and it’s costly. In 2016, owners of overweight dogs spent 17% more on healthcare costs and 25% more on medications at its practices than in previous years. Researchers and veterinarians suggest that prevention is better than a cure for this increasing trend. **Table 2** provides links to helpful sites.

**Table 2. Helpful Sites that Address Canine Obesity**

Calorie Calculator	<a href="https://primalpooch.com/dog-food-calories/">https://primalpooch.com/dog-food-calories/</a>
Calories in Popular Dry Dog Food Reference	<a href="https://www.franklinanimalclinic.vet/sites/site-2382/documents/Dog_Dry_Foods1.pdf">https://www.franklinanimalclinic.vet/sites/site-2382/documents/Dog_Dry_Foods1.pdf</a>
Body Condition Scoring- How to Physically Assess Your Dog for Weight Gain	<a href="https://www.nomnomnow.com/obese-dog-weight-loss">https://www.nomnomnow.com/obese-dog-weight-loss</a>

# WEIGHT LOSS RECIPE FOR DOGS

## Ingredients

- 3 pounds whole wheat macaroni
- 2 pounds skinless, boneless chicken thighs
- 1 pound ground beef (at least 90% lean)
- 1/2 pound chicken liver
- 1/2 pound beef heart
- 1 egg white
- 3.5 ounces sardines in water
- 1 pound broccoli
- 6,000 mg calcium
- 1 tsp. kelp meal
- 200 IUs Vitamin E (about 10 drops)

- Cook the macaroni
- Chop and steam the broccoli
- Cut the meats into bite sized pieces; sauté with the ground beef
- When the meat is cooked, add the egg white and sauté for 2 minutes
- Combine all ingredients in a large mixing bowl
- Keeps for about five days in the refrigerator, or freeze in serving sizes for up to 3 months

The entire recipe contains ~4200 calories. Calculate your dog's caloric needs, and divide the finished blend appropriately.

From <https://topdogtips.com/homemade-weight-loss-dog-food-recipe/>



## SPECIAL DONATIONS

November 1, 2019 through January 31, 2020

- In Memory of Chugach (Storm Cloud's Perseid Meteor CGC) and Denali (Poker Flat's Andromeda Galaxy) Every malamute needs a home like they had, with snow in the backyard, tennis balls that squeak, raspberries in the summer, and a neighbor who gives them Milk Bones through the fence. *Stephen Peters*
- In Memory of Denali & Vinson, in Honor of Cinder. *Debora Castro*
- On behalf of Vicki Quint, as she retires. *Old Republic Risk Management*



## AMAL PROFIT & LOSS SUMMARY

October 1, 2019 through December 31, 2019

### INCOME

Donations in	
General	\$570.00
Membership	\$198.00
2019 NS	3347.64
Other	\$830.00

**TOTAL INCOME \$4945.64**

### EXPENSES

Newsletter	\$254.56
Vet	1666.71
Other: 2019 NS	126.89

**TOTAL EXPENSES \$2048.16**

**Quarterly Net Income \$2897.48**

**Checkbook balance \$85821.21**

**December 31, 2019)**



**DOUBLE YOUR DONATION!**

Most Employee Donation Matching programs will match your donation to AMAL! Ask your Human Resources Department about your company's procedure. Questions? Please feel free to direct them to [treasurer@malamuterescue.org](mailto:treasurer@malamuterescue.org).







## FAREWELL, KATY

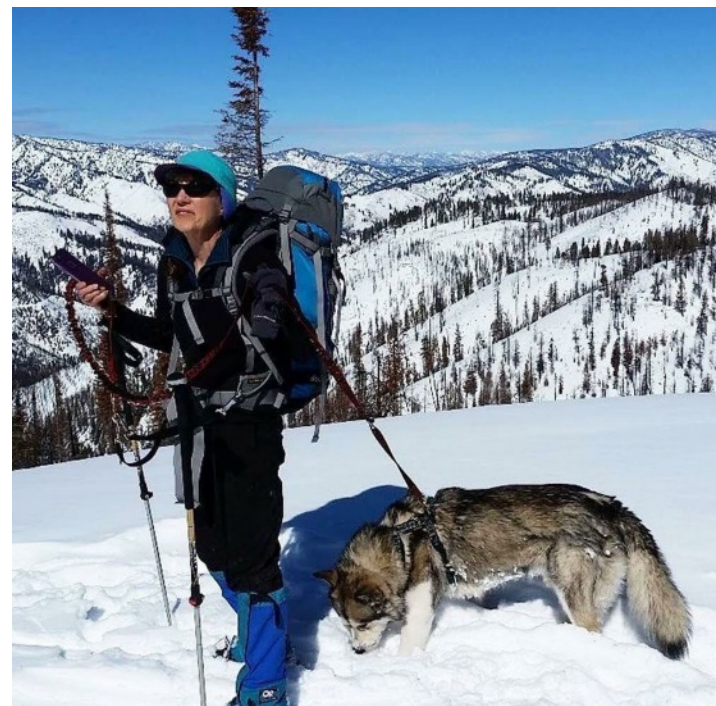


On December 31, 2019 the Alaskan Malamute lost a major advocate. Katy Flanagan was a woman who while slight in build, had a mountainous presence with an indomitable personality. All who worked with her in rescue witnessed her determination to provide a better world when needy dogs crossed her path. She began working with Lynn Murdock and Lynn's husband Brian when they were known as Intermountain Malamute Assistance League. Katy and her husband Gary were instrumental in giving the rescue a strong web presence; renaming the Idaho-based rescue Moonsong Malamute Rescue (MMR); and developing the logo, which they fashioned after an image of Katy and Gary's own dogs. She recruited volunteers far and wide and got MMR established as a 501(c)(3). Lynn was happy to have Katy at the helm driving MMR and helping it grow. Katy soon assumed the President's role, a position that she held until 2018, at which time she became VP. Moonsong Malamute Rescue has helped hundreds of malamutes, or mal-enough pups as Katy lovingly called them, largely in part to her dedication.

In 2010 Katy and other MMR volunteers received the Christensen Award for the "8 Above" project. This was the rescue of eight senior malamutes whose owner had suddenly passed away, leaving the dogs stranded in a very remote area in Montana. Katy and other rescuers had to ski in to access the dogs and ski and snowshoe them back out. In a few short days they arranged rescue, veterinary care, and housing for them. Katy had previously skied in to climb Denali in McKinley National Park. That's a 100 mile ski to the base of the mountain, towing a sled in addition to her fully loaded backpack in temperatures that dropped to minus 35°F, and she of course, summited on that climb. Skiing in and out for the "8 Above" was a walk in the park for her.

Katy was instrumental in the organization and support for the Aluk malamutes in Helena, MT. Everyone who worked on that rescue has said it would have failed without her intricate spreadsheets and detailed record keeping. She made the drive from Boise to "Malamute Village" in Helena every weekend she was able. She brought other volunteers along to help walk the dogs, support those who were in the trenches with the dogs day-in and day-out, and take photos so the dogs could be networked. Many lasting friendships were forged during that time over walks with the dogs, dinners, and strategy sessions about dog placement and transport.

Katy was a role model and dear friend to many. She was an activist for the good in everything, ALWAYS supplying a thank you to those who volunteered and helped our beloved breed. Now, Moonsong must shoulder the legacy into which she threw her heart and soul, and do all we can to make her proud. She was a true guardian angel most deserving of her welcome at the Rainbow Bridge.

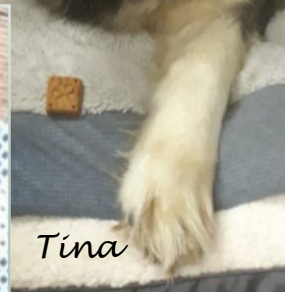




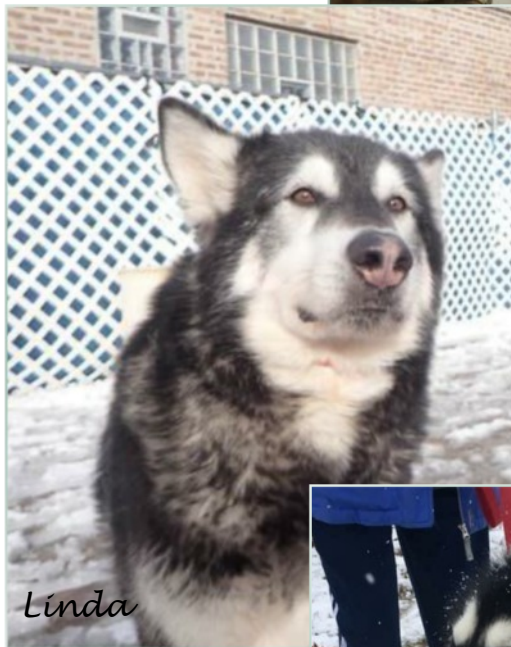
Mary



Jenny



Tina



Linda



Ziva

## GIMME FIVE? ALL AT ONCE???

At the end of 2019, a back yard breeder approached Illinois Alaskan Malamute Rescue Association (IAMRA) with a desire to downsize. The individual was earnest in wanting loving pet homes for five females (four adults and one pup), and wanted to surrender them to IAMRA. These girls had never lived inside of a home and were poorly socialized outside of the family. Regardless, IAMRA said they would take them, but would need to take them a couple at a time.

As are most rescues, IAMRA is a foster-based rescue, so the first challenge was to find five foster homes for these girls during the holidays. Once IAMRA had fosters lined up, they had to arrange transportation from the breeder in Indiana to their veterinarian (in Illinois). IAMRA worked with the breeder to bring in the girls at intervals in December and January. Each of the girls needed "the works" at the vet, including dentals, but thankfully all were pronounced healthy and heartworm negative.

As the saying goes, "It takes a village." That was truly the case for our new girls Mary, Jenny, Tina, Linda, and Ziva. IAMRA relied on many helping hands for transport, foster, and vet visits. The workload increased once the girls were ready for placement with screening applicants and home-checking. The great news: Mary, Jenny, and Tina have already found their new homes, and are learning about the big wide world and what it is like to be part of the family. IAMRA hopes that Linda and Ziva won't have to wait long for their "forever" homes to come along. If you would like to follow the girls, please visit IAMRA's website, [www.iamra.org](http://www.iamra.org).



## OUR COVER BOY: DIESEL

Poor Diesel was thin and sick in a downstate pound when Illinois Alaskan Malamute Rescue (IAMRA) learned about him. Their wonderful volunteers sprung into action and pulled him safely to IAMRA. This poor fellow was dirty, thin, and heartworm positive. IAMRA will fix the dirty and thin part quickly with soap and good groceries. But Diesel will have to go through heartworm treatment to treat his mosquito-borne heartworm.

Donations for his treatment are much appreciated! Find a donation link here: <http://www.iamra.org/how-to-send-a-donation.html>

### THINK 12!

Heartworm's risk factors are impossible to predict. Climate variations, wildlife carriers (e.g., coyotes, foxes, and wolves), mosquitoes that travel long distances by wind current, and relocation of infected pets to previously uninfected areas influence infection rates. Rates can change remarkably from year to year and among communities.

The American Heartworm Society recommends that you "Think 12":

- (1) Encourage adopters to have malamutes tested every 12 months for heartworm.
  - (2) Ensure all pets receive heartworm preventive 12 months a year.
- Infected mosquitoes can come inside, so outdoor and indoor pets need preventive medications!

AMAL Tales  
C/o Jeannette Y. Wick, Editor  
306 Preston Road  
Griswold, CT 06351

