



# The Peppertree POST

2008 Volume 3

## What do we do?

Rescue Dogs of good temperament who need new homes • Cooperate with and assist other rescues, shelters, and animal control • Educate the public about how to obtain a companion animal.

## A Matriarch's Love of Animals Leads to Memorial Donations

Karen Harmon

Our Peppertree family continues to grow with each successful adoption and our volunteers find our lives becoming intertwined with those of many of our adopters. Seven-year-old Petey, a terrier mix adopted in February 2004 by the Cleary family of Niskayuna, has forged one of those connections. Peppertree lost a special friend when Petey's "great-grandmother," 88-year-old Blanche Blozen, died in June. Blanche was a lifelong animal lover who helped instill that love in her children and grandchildren. Blanche's daughter, Barbara Gallagher, requested that memorial donations be sent to Peppertree in memory of Blanche, raising an impressive \$685 to help more dogs like Petey.



My daughters attend Barbara's School of the Dance, a wonderful dance studio located in Delmar, New York, which is owned by Barbara Gallagher. Barbara's mom, Blanche, was a permanent fixture at the studio, greeting students and their families for 33 years, offering cookies to kids and treats to dogs who visited. The studio is an admirable family affair as Barbara's own daughter, Sue Cleary, attends the studio regularly with her three daughters, Nicole, Kayla and Christina.

Over the years, Barbara, Blanche and I had many conversations about our mutual love of animals and Peppertree's efforts to

rehome dogs. Barbara became one of our best word-of-mouth advertisers, always spreading the word among her students to raise awareness about Peppertree dogs. Looking back, it seems inevitable that Barbara's daughter, Sue, would adopt a Peppertree dog when she started looking for one.

Sue and her husband Mike had been thinking about adopting a dog for their family for some time. The only glitch, though, and it was a big one, was that their youngest daughter Christina was so frightened of dogs that she would scream every time she saw one. They finally decided that adopting a dog might help lessen her fear; that was when Petey the terrier mix literally fell into their laps.

One evening Sue approached me about her interest in adopting a terrier-type dog. Ironically, a couple of weeks later I heard that one of our volunteers had taken in a scruffy little guy at the request of an area shelter. I e-mailed his picture to Sue to see if I could tweak her interest and she jumped at the chance to meet him. She and the girls raced to our adoption clinic the next day so that they would not miss him, and the rest, as they say, is history.

Barbara laughingly recalls that "After Petey was adopted through Peppertree, Mike, Christina's dad, had to carry Christina around the house for two weeks because she was so afraid of the dog. Petey was so smart – he ignored her

completely – and tolerated her screaming – until eventually they became the best of friends. Petey has added such joy to all of their lives." Sue agrees, adding "We are so lucky to have him. He has the most wonderful disposition. He loves to lay right next to the girls no matter where they are, including the car. He loves to run in the woods still, sometimes we are with him...sometimes not! (ha ha)" Editor's Note: Petey loves to wander, which is probably how he ended up in a shelter to begin with!

Sue recalls being surrounded by animals since childhood, thanks to her grandmother, Blanche, affectionately called "Nan," and her mom, Barbara. "My best memories of my grandmother as an animal lover are when she used to get a lot of stray cats coming around since she lived in the country. She had a big garage and would always feed any cats there. She would bring out warm milk and food at 4:30 every morning, before she went to work at the bakery, and again when she got home. As I best remember it, she always had between 10 and 20 cats living there at any given time. She used to crochet blankets and bring them out to the garage and make them beds. When one got sick, she would get up extra early to check on them and give them the extra care they needed, which is where my mom came in. When Nan was at work, she would have mom check in on them. They would give them any vet care needed. Of course, my mom would always let me keep one every so often."

When I first began bringing my own daughters to Barbara's School of the Dance, Blanche used to sit at her desk with her beloved little old white dog

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## A Matriarch's Love of Animals

Continued From Page One

named "Lizzie," curled up on the floor next to her. Lizzie and Blanche were inseparable and Blanche was devastated when Lizzie passed away. One day Blanche told me the story about how she adopted Lizzie when she was up at the Saratoga Lake and saw a boy drowning a little white puppy. She yelled at him, "What are you doing?" and he said, "My mother told me to drown it." She grabbed the pup away from him and never parted with Lizzie again. I remember Blanche telling me that story with such pride and conviction. I was so impressed that I often repeated it to people when I needed to tell a good hard-luck story about a rescued dog.

It was only after Barbara and I were reminiscing about Blanche on the phone one day that I learned the truth. I mentioned the story to Barbara and she started laughing. She said, "Oh, mom told such good stories, didn't she?" I was dumbfounded and asked her to explain. She said, "It is true that we were up at Saratoga Lake at our family cabin. Mom kept watching a group of boys across the street who were holding a white pup and finally said, "I have to have that dog," so I went over and offered them \$50 and they handed Lizzie right over to me and pocketed the money without a thought. My father was so mad that he told my mom to get out and take the dog with her because he didn't want a dog, but the next morning we got up and he was on the floor playing with her so nobody had to leave!" Barbara and I had a good laugh over Blanche's infamous storytelling skills and great sense of humor. I told Barbara that Blanche's version was a little

more dramatic than hers is, but we both agreed that Lizzie had been a lucky girl regardless of which version was told.

Barbara and Blanche made a joint decision that when Blanche passed away, they would raise awareness and funds about the plight of animals by requesting that memorial donations be sent to Peppertree. Barbara hopes that Blanche's memorial request will encourage others to "think about doing something for the animals too by donating to Peppertree."

Blanche passed away in her home on Sunday, June 29, 2008. Peppertree is very grateful to Blanche and Barbara for their act of kindness. The money raised will help defray medical costs such as spay/neuter procedures. We are sure, too, that Blanche is finally reunited with her beloved Lizzie at the Rainbow Bridge, telling her grand stories about Petey the terrier's adventures with the grandkids. 🐾



## Peppertree Rescue, Inc.

(A 501 (c) (3) Not-for-Profit Charity)

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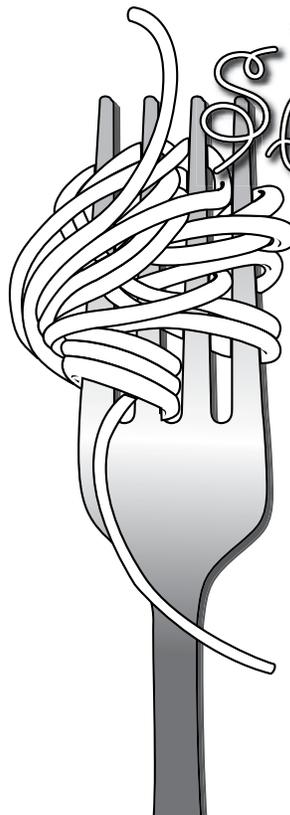
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## 2<sup>nd</sup> Annual Spaghetti Dinner

### SAVE THE DATE

# October 11<sup>th</sup>

## 5PM to 8PM

Cohoes Multi-Service  
Senior Citizen Center, Inc.

10 Cayuga Plaza  
Cohoes, NY 12047

# Got a Couple of Spare Hours to Save a Life?

Kevin Wilcox

**One of the most common questions from people interested in volunteering in dog rescue is: “How much time is needed to really be effective in helping the dogs?”**

The answer is that any amount of time can be extremely helpful. Through the Canine Underground Railroad (CUR) just a couple hours a month or even a year can help save the life of a dog in need.

Canine spay and neuter programs and efforts to close puppy mills have been much more successful in the northeast states than in the Southern and Midwestern states, so rescues and adoptive homes in the northeast are often called upon to help place Southern or Midwestern dogs in need. One major stumbling block is how to transport the dogs. Air transportation is cost prohibitive, and while some larger rescues are successful in arranging the transport of a dozen dogs or more via a van in order to reduce the cost per dog, individual adopters and smaller rescue groups cannot afford or do not have the connections to arrange such a transport. This is where the CUR comes into play.

The CUR is a network of volunteer drivers and transport coordinators who work together via the internet to arrange for the movement of dogs. One of a number of volunteer transport coordinators is contacted by a shelter or rescue group who has the opportunity to place some dogs in a northeast state, but has no way to get the dogs there. These transport coordinators have developed proven routes broken into a series of transport legs (usually about 60-70 miles and one hour in length one way) and a network of contacts who volunteer to drive these legs. Usually CURs are scheduled over a weekend when more folks are available to help out. The transport coordinator e-mails their list of contacts with the dates for the CUR, information on the passengers, starting and ending points, information on the surrendering and receiving shelters, rescues and adopters, and the trip broken into individual legs complete with mileage for the leg, exact meeting times at the beginning and end of the leg and the expected travel time for the leg. Volunteers then sign up via e-mail to take the legs along the way or provide an overnight location for the dogs to sleep on multi-day CUR transports along with their contact info and vehicle type, color and plate number.

Now, this is your opportunity to spend that two hours monthly, quarterly or yearly getting your dog rescue fix and helping save the life of a dog in need! All you need to volunteer to drive the leg of a CUR is a car, a cell phone and a sense of humor. 🐾

## CUR FAQs

### How successful are CURs?

A CUR from Missouri to New Hampshire established via e-mail on a Monday by a known transport coordinator with a decent sized list of contacts can be filled and started by that Friday.

### Where do the CURs usually operate?

CURs normally go from Southern and Midwestern states to New England, and routes are almost always along Interstate 90 for west to east routes and Interstate 87 for south to north CURs. Because Albany lies at the crossroads of these two interstates, the large majority of CURs run right through Albany.

### What if I'm not good at directions?

The CURs stay right along the interstates that run through the Capital District with reach meeting spot right off an exit of the interstate so you can easily get right back on.

### Where do I meet the previous leg of the CUR and the next leg?

The CUR legs will tell you what exit on the interstate to meet the previous and next legs and then you can contact the previous and next drivers to establish an exact meeting point. For west to east CURs along interstate 90, the most common two legs in the Albany area are from Herkimer (exit 30) to Albany and then Albany to the Springfield, Massachusetts area. For south to north CURs along interstate 87, the legs are usually Saugerties or Kingston to Albany and then Albany to Saratoga Springs. If neither driver is familiar with a good meeting spot at the designated exit, then the first driver to arrive finds a good spot near the exit ramp (a fast food restaurant or gas station) and calls the other driver to tell them where they are located.

### What if I don't have a minivan or other large vehicle for transport?

No problem. I personally transport in a Chevy Malibu and have seen people using Honda Civics or smaller vehicles.

### Where do the dogs stay at night during multi-day CURs?

The transport coordinator schedules overnight stays and then asks for volunteers to take the dogs for the evening. These same people usually drive the last leg of the previous day or the first leg of the new day.

### How long does it take to get dogs from, say, the Midwest to New England?

A CUR of this length will usually start late afternoon on a Friday, stop each day at around 8 pm and start the next at around 8 am and the dogs will be in their forever homes or with the receiving rescue by Sunday evening.

### With the cost of gas going up, have people stopped volunteering for CURs?

Not at all and because the mileage driven is deductible on your tax returns for those who itemize their taxes, volunteers are able to recover some of their costs.

### Do you have to crate the dogs while they are being transported?

Some people do crate the dogs if their vehicles are large enough to accommodate a crate, but most transporters simply put the dogs in the back seat secured to the door or in a harness.

### What about food and water for the dogs?

The dogs are fed at their overnight locations, but transporters should bring some water with them to give the dogs at the end of their leg.

### What happens if the CUR gets off schedule due to traffic or a problem?

For most CURs, the transport coordinator monitors the CUR. Once a person hands off the dogs to the next leg or encounters a delay, they call the coordinator who adjusts the schedule accordingly and e-mails or calls the next few drivers with the revised information. Amazingly, I have never seen a CUR run more than 30 minutes late as the coordinators build in a bit of extra time for unforeseen circumstances.

### Do you need a special permit to transport dogs across state lines?

No, all of the dogs come with complete medical records which are handed off to the next driver along with the dogs.

### How do I get started?

Contact me, Kevin Wilcox from Peppertree Rescue, at [kwilcox1@nycpp.rr.com](mailto:kwilcox1@nycpp.rr.com) or 598-9633 with your e-mail address or any further questions. I will send you the next CUR e-mail request I receive. Once you volunteer with a coordinator, they will add you to their e-mail list and the coordinators also share lists. The nice thing about the CURs is you can do a CUR once a week, once a month or once a year and still be a large part of saving the lives of dogs in need. So, don't wait — get involved in this fun and worthwhile activity today!

# The 1<sup>st</sup> Annual Peppertree Rescue Dip and Sip Dog Swim:

THE RETRIEVERS RETURN TO THEIR NATURAL HABITAT.

Lucia Perfetti Clark

Our last newsletter featured an article on the **Furry Fun Run** and introduced you to the fund raising committee if you missed that one you can check it out at [www.peppertree.org/newsletters](http://www.peppertree.org/newsletters). The Peppertree Rescue fund raising committee is dedicated to providing Peppertree supporters with unique experiences throughout the year, the latest of which was the **Dip and Sip Dog Swim**.

The Dip and Sip was held on August 23, 2008 at Grafton Lakes State Park. The committee got the idea from other rescues that hold this kind of event, but other groups usually use a municipal pool on the last afternoon that it is open before the city drains it. Grafton Lakes State Park seemed like an ideal location, because it offered opportunities for hiking, a pavilion for a picnic, and a Park Naturalist, Melissa Miller, who is a near and dear Peppertree alumni! In exchange for use of the venue Peppertree volunteers participated in a community service project that morning cleaning the trails by the water, clearing brush, and picking up trash. It was a great opportunity for our group to give back to the community that supports it.



Dueling grillmasters, Joe Grimaldi and Tim Clark, kept the burgers, hot dogs and veggie burgers flying while other volunteers assisted with the buffet line. Lunch was delicious, and then the swimming was on! The weather was perfect for humans and canines alike, not too hot, but warm enough to coax even the most hesitant non-water breeds into Second Pond. It was pretty clear once the dogs made it down to the pond that some of them have the urge to swim deeply ingrained in their genetic code. The retrievers ruled as they fetched sticks, balls, toys, and even each other. They provided great examples to those dogs who were new to the idea of a swim and a little on the reluctant side. Some dogs, like my girl Cassie, are more waders than swimmers, not wanting to leave the security of being able to touch bottom. Whatever the case may be, they all enjoyed a little refreshing Dip and Sip as they romped and stomped through the woods and the pond. Please e-mail us with any feedback about the event at [rescue@peppertree.org](mailto:rescue@peppertree.org).

T-Shirts from the event are still available for purchase for \$15.00 for any one who is interested, you can arrange for that via the peppertree e-mail as well. Peppertree Rescue would like to thank Infamous Graphics in Albany for the great work they did on the t-shirts. Enjoy some of these photos from the day.

PHOTOS COURTESY OF NED AUDETTE, JOE GRIMALDI and DAVID SAWICKI



# An Introduction to Dealing with Canine Separation Anxiety

By Nancy Campbell

**A common issue Peppertree Rescue adopters face is dealing with a dog who has some form of separation anxiety. This condition ranges from mild to very serious with corresponding consequences also ranging from mild annoyances to serious harm to the dog or property. Peppertree is reprinting this article with the permission of the author because we thought so many of our readers could benefit from it. This article was written by Nancy Campbell; a well know breeder of German Shorthaired Pointers, top dog show competitor and author, and first run in the GSPCA Parent Club Magazine, Shorthair. Nancy will answer questions via e-mail if the circumstances require a specific answer not included in these articles. Contact her via e-mail at NanROCCo@aol.com**

The problem with most separation anxiety dogs is that we do not know how they got that way. They come to us as second time around dogs, or we did it and we don't know what we did to make them that way. Each one is a little different.

Each one may have different behavioral "triggers" to make them that way. Some may be so over the top that we need to calm them down artificially for a short time so they can learn to calm down for the long run. If you have a dog that merely whines or barks when you leave him, you may or may not have to worry about it, unless this turns to destruction or you have a nearby neighbor who complains. It does, however, make the dog suffer, so even at that level, you may want to address it so that A. it gets no worse and B. he is more comfortable alone.

How you know what you have: most separation anxiety dogs tend to be second skin or Velcro dogs. They are constantly under foot. Some rescue adopters create separation anxiety dogs out of perfectly OK dogs by assuming that, they are neglected or abused (a totally different set of problems), and thus need constant coddling (for a little while) to compensate them for a horrific background. Sigh...not true. First of all, don't leave a new dog whose behavioral problems are unknown to you unconfined in the home in the first

place. Why would you do that? Maybe he is a "rescue for a reason." If it is your own dog, and you have made him the way he is or a combination of his nature and your nurture have created your special monster, then you need to totally rebuild the dog. If he alerts to something before he begins to show anxiety, like you standing or you putting on your coat, or getting the car keys or your just putting down a book or the paper or turning off TV and heaving a sigh, you need to see when his eyes and his body posture change. I am talking about a standard tedious practice of extinguishing "triggers" here, so you need to find the earliest trigger for anxiety in his chain of these triggers to wipe out.

So now, suppose you have it identified. It is getting your hat from the peg. What you do, in addition to everything else you are going to do, (which I will get to) is stand, pick up the hat, put it on, sit down, open a book, do nothing. Put the hat back and repeat as many times as it takes until the dog no longer reacts to the hat trick. You then take the dog out, make him very tired in structured play and training, take him back in, into his crate, do not put on the hat, leave the house. Stand right outside the door, as soon as you hear him rustle, come back in the door, ask for a sit in the crate, let him out, sit again, wait at the door, more tiring work, back to the crate, sit in the room with him crated.

When he is asleep, sneak out the other door. I have even parked my car down at the end of the drive, so when I got out, he would not hear me start the car.

OK, this is pretty advanced work, and it takes doing it over and over again every day until you have truly broken the trigger chain that is imprinted on him as the cue for the anxiety. Each day it will take fewer times of changing the trigger reaction to get to no reaction at all from the dog. Finally, you can once again put on your hat and leave. Some dogs may have more than one trigger to extinguish. Each one must be done separately. Meanwhile we are changing our relationship with the dog. Usually, by the time anything that is relationship breaking with the dog goes wrong, at least a thousand smaller things

have gone wrong to make up the matrix of your relationship, which constitutes a bad human/animal bond.

Sorry, but if it is not working to suit the human, it is by nature, bad. It is bad for the human, and it is bad for the dog. You both lose, so when I hear people start responding to what I tell them to change with "Yes, but..." there follows a rationale for what they are doing that does not work, I simply ask if they want to fix the problem or to learn to love their problem. Those are the choices. Change is hard for humans, particularly when love is involved. With our dogs, of course, love is involved, so we must learn to change or lose that which we have loved, but perhaps have not understood.

A separation anxiety dog may need more structure and training of all sorts, more activity, less boredom, a change of scenery every time he is left alone, (move the crate from room to room, even building to building) a playmate (but do be careful they do not become coconspirators in destroying your stuff) less dramatic comings and goings, a lower protein food, a temporary dose of prozac, comacalm, calms, valerian while he learns the new reaction to down time, a baby sitter, doggy day care, a set of distractions for the first fifteen or 20 minutes he is alone, or all of the above and more.

Does this seem daunting? Maybe it is, and the first thing a person who owns or adopts a separation anxiety dog should figure out is if they have the determination and dedication to stay the course. It is neither easy nor short. I usually tell families who come to me with a problem dog that it will likely take the dog as long to change his unwanted behavior as it took for him to get that way.

The next question becomes, what is acceptable change. Some dogs may get all the way to "bright" and show no more signs of separation anxiety, and others may just be controlled enough for you to live with them in a unique way.

Here is an example of Peter: Peter came into our program from an odd situation. He had been with an older man who

lived in a trailer park. Peter was never contained nor alone. His older owner got him from a breeder I know near here as a puppy, and Peter became a sort of old fashioned dog. He was always with his owner, or wandering around the trailer park with other people or their dogs. He laid around in front of the trailer like the dogs you see in front of the general store in western movies.

Peter's owner died. Peter stayed at the trailer park and other trailer residents fed him until the dog officer came and collected Peter. Up until this time, Peter was a calm dog. Why? He was always in his pack with his Alpha, and was unconfined. He was roughly as though living in the wild, but for food and inter-species pack involvement. He was happy. Then he went to the pound, and tore it up, and then he went to a rescue volunteer who lost several crates, the wall of her laundry room, the inside of her car, and then Peter came to me. He wrecked two of my crates, ate a chair, blew through a door, and I was then determined to find a way for Peter to be left alone. While I was around, Peter was angelic. I did all the wrong things, and finally placed Peter in a home with a girl who worked. He was fine the week she was at home on vacation. He wrecked the house when she went back to work. Then I put him where someone was to be home at all times, but they had to go out on occasion, so Peter ate a few things there.

Then it struck me, Peter was invisible fence trained here as an adult, and he would never, ever violate that fence. Is scared the business out of him. So, we got one of the then new, interior invisible fences, trained him to it, put his bed, bone, all toys in the middle of the room in which he was to be left, and did all of the "triggers" of leaving. He could not reach the doors or walls or furniture. We also put a bark collar on Peter. Barking seemed to start up his anxiety. If he did not bark, he soon calmed. Well, that was the end of it.

Not everybody would have gone that far with Peter, but it was early in my rescue experience, and what I would do then, I would not now. Peter was a great pheasant hunting dog, who gave his new, and well

armed owners great pleasure until he died at 14, quite naturally. There is a picture of Peter lying on the owner's sofa, sound asleep here in my office as I speak. I did not know then what I know now, but even the one that seems impossible can sometimes be stopped. The effect of the interior invisible fence and the bark collar was the same, however, as extinguishing his triggers in any other way.

Peter learned by prevention that he could not bark without discomfort, and the barking never elevated, therefore, to full blown anxiety. He could not tear up the furniture or walls, because he could not reach them. In time, he did not need the bark collar or the IF collar, as he had calmed about being left alone.

The theory about using drugs is the same as about using restraints of some other sort. If the animal can stop the response to the stimulus, he will eventually extinguish the behavior. The problem with the drugs is that some dogs punch right through them, and others never have a proper environmental and training change when first on them to eliminate the stress and anxiety. Separation anxiety is about removing a dog who is used to one kind of living, and is naturally predisposed to pack freedoms, to a more constrained and isolated life. Each dog is different. Extinction of anxiety triggers is tedious, but it is one way to go.

Distraction behavior is another. It has to be worth it to the owner to change it. You have to start with what "enough" change is. It takes time and effort. It may take devices (a crate is a device) and/or drugs, but it will certainly take retraining, and changing the whole relationship to a healthier one. If the dog is new to the household in which it is now having a problem, like the case with Peter, and you cannot know how it grew up, you may need to rebuild the dog. Lots of exercise and structured work are good. Interruption of loneliness is good. Removal of good-byes and greetings is a good practice. Leaving distraction activities behind can work for mild cases. If you need a crate that most dogs cannot get out of or injure themselves on, the stainless steel crates that some profession-

al handlers use in their rigs are the best I have found. They have flat surfaces so there is less chance of injury, and they are strong enough to withstand even the stronger German Shorthaired Pointer.

I am happy to answer more specific questions, and some may be beyond my experience, too, but I have brought some of the worst ones through. The easiest way to solve the problem (easy for us, not the dog) is to get a crate the dog will not bust out of and put him in a space where we do not care that he barks or frets until he stops fretting, and we let him out. One other easier way that works for SOME (not all) dogs is to let him live freely with other dogs when we are away from him. 🐾

### **Suggestions from Peppertree Volunteers who have dealt with separation anxiety cases:**

1. Leave the dog with a kong filled with peanut butter which has been kept in the freezer, this will both occupy the dog for the first 10-20 minutes you are gone, which can be the most stressful, and also act as a pleasant new trigger that you are leaving.
2. Consider using a daycare service so the dog will become accustomed to getting left, but then also being retrieved by you, which can be reassuring for a dog who is insecure about his owner's return.
3. Take the emphasis off coming and going, do not greet the dog until he/she has soothed themselves over the excitement of you coming home. For example when you come home if the first thing you normally do is greet your dog, try setting your things down, opening the mail, checking on a few other things, and then greeting your dog.
4. Also a good way to prevent separation anxiety in a puppy is to slowly allow them access to larger and larger spaces. Start by crating them when they are left, moving on to a small confined area, a like a bedroom before graduating to giving the dog full access to the house while you are not home.
5. Don't sooth the dog when they are exhibiting these behaviors, it only reinforces that their reaction is a correct one, and that you, and your company are the only solution to the problem.

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# Foster Homes Needed

Please consider opening up your heart and home to one of our dogs or puppies for a few days or weeks to give them a chance at a new life.

We have to turn away many animals in need because of a shortage of foster homes.

Most of our dogs are fostered before being placed, so if you own a



Peppertree dog, your pet probably benefitted from the kindness of one or multiple foster home volunteers.

Won't you show another dog or pup the same kindness?



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**[www.peppertree.org](http://www.peppertree.org)**

*A Rescue For Dogs Of Good Temperament*