



Volume 2, Issue 1

Spring 2026



A Tribute to Our Founding Mother

Heartfelt Tributes.....	p2-5	Database Now Live in Florida	p8
Rainbow Crossings	p4	Gulfport Get Rescued 2026	p9
New Board Member	p5	Raccoon Alert	p9
First Quarter Success Stories	p6-7	Bone Appetit	p10
Dog Gone Good News.....	p8	Laughter is <i>Still</i> the Best Medicine	p11

Linda – We Truly Miss You!

Adopted as an infant, Linda grew up in an Air Force family, always ready to move at a moment's notice. While stationed in Texas, her father surprised her with a German Shepherd puppy for her birthday—beginning a lifelong love for the breed that would ultimately shape her future.

Linda earned her master's degree in social work in Maryland, dedicating her career to helping keep families together. Though the work was demanding, it was also deeply meaningful to her. She served the state of Maryland for nine years before retiring to Florida to support her late husband's health needs.

Soon after relocating, Linda began volunteering with Heidi's Legacy, working closely with their founder Lori, until her untimely passing. Recognizing a critical gap in rescue efforts—specifically for senior German Shepherds—Linda felt called to act. With the support of a close-knit network of friends and volunteers, she founded Healy Pack Senior German Shepherd Sanctuary in 2019.

Operating out of her home in St. Petersburg, Florida, Healy Pack became a lifeline for senior German Shepherds in urgent need. Many were rescued from high-risk situations, including shelters in Texas and Miami-Dade, as well as cases of abandonment and neglect. While seniors remained her primary focus, Linda never turned away a dog in need. Over time, she built a dedicated volunteer network that helped transport dogs across the state—often traveling long distances to bring them to safety.

Healy Pack's mission has always been twofold: to place healthy dogs in loving homes and to provide specialized care and sanctuary for those with more complex needs. Recently, two rescues found their forever families. Kimbo (9 years old) now enjoys a happy life with his adopter, Woody, and a smaller canine com-



Photos by Yamile

panion. Gigi, who had endured severe abuse before arriving in Florida, required surgery on her right eye due to prior trauma. Lovingly fostered by Claudia Stappert, Gigi was destined to become a “foster fail” — a joyful outcome for

all. With the help of the Stappert family, funds were raised for her surgery, and she is now thriving.

On April 20, 2025, our collective hearts were heavy as news of Linda's passing slowly made its way into our lives. In accordance with her wishes, she was cremated, and her ashes were combined with those of her beloved sanctuary dogs. Together, they were laid to rest in a place that held deep meaning to her. A celebration of her life was held one month later in Gulfport, Florida where friends from near and far gathered to honor her remarkable legacy.

Today, a dedicated board of five volunteers continues the rescue work Linda began, carrying her mission forward with compassion and commitment.

We invite you to explore this issue of *Shedder's Corner* to see photos and read the inspiring stories of German Shepherds whose lives have been forever changed.

Shedder's Corner

*brought to you by
the Healy Pack Board of Directors*



Editor: Sharon Bond (*Treasurer*)
Contributing Writers: Sandy Vogel (*President*)
Anne Long (*Vice President*)
Kathy Flynn (*Secretary*)
Barbara Sargent (*East Coast Representative*)
Fosters/Adoptions: info@HealyPack.org
Newsletter/Ad info: info@HealyPack.org
Layout & Design: ZebraGraphicsUSA@gmail.com
727-324-3939

www.healypack.org

*Healy Pack Senior German Shepherd Sanctuary is a
501(c)(3) non-profit organization, honoring Linda's legacy*



A Tribute to Our Founding Mother...



BY SANDY VOGEL, PRESIDENT

In November, 2013, I picked up a dog from Hernando County Animal Services on behalf of Heidi's Legacy Dog Rescue, and I was going to house her overnight.

Pretty Hope (pictured above) was in rough shape, but her life was about to change, because it was determined that Linda was going to foster her. Linda and I arranged to meet so she could pick up Hope and bring her home.

I'm in the parking lot when Linda pulls up and gets out. She says to me, "I brought one of my dogs to keep Hope company on the way home".

She takes Hope and puts her into the car with her dog like there was nothing to it, and I guess to her there wasn't. I remember being so astonished and thinking how amazing she was. I guess that's how I will always remember her, as the compassionate woman who brought company for a bewildered and abused dog so she wouldn't be alone on the drive.



BY ANNE LONG, VICE PRESIDENT

Champion (above) brought Linda and me together. I saw a posting about this poor starved GSD and read that Heidi's Legacy had saved him. That's how it started.

Linda and I talked all the time and when Lori lost her battle with cancer Linda decided that she wanted to go off on her own but was unsure what to do. She got the help of good friends, asked me to be on the board and started Healy Pack Senior GSD rescue.

It wasn't easy but that wonderful, beautiful lady raised funds and rescued so many dogs. It became her life's work and I gladly did whatever I could to help her.

My sister my friend. I miss you more than words can say and I will continue your work no matter how hard it gets because there is always another that needs our help.



BY SHARON BOND, TREASURER

As the saying goes, birds of a feather flock together, the same holds true for those who share a passion for GSDs. It didn't take long for Linda and me to connect when we met at Gulfport Veterinary Clinic.

And so, a friendship based on our mutual admiration for this magnificent breed soon developed and it wasn't long before several members of her pack were romping through my yard and playing alongside my own dogs. Linda enjoyed coming to visit and chilling out in my backyard.

Thankfully we were fortunate to share several Christmases, birthdays and holidays throughout recent years, along with a group of dog people who were happy to just shoot the breeze and talk dog all day!

Linda, we miss you terribly and hope that you are at peace — free from the illness that eventually took its toll. Rest easy my friend.



BY KATHY FLYNN, SECRETARY

After Stanley (my heart GSD) passed away, I had two boxes of pee pads. I wanted to give them to a German Shepherd rescue. A friend gave me Linda's name and I went to Pet Supermarket in South

Pasadena to drop them off. Linda and I talked about our mutual love of German Shepherds and what she needed for the rescue. She gave me her card and I was soon following Healy Pack online. The next year I adopted Kane, an older GSD who had been abused by his adopter's family while his adopter was in the military. Kane was heartworm positive, but Linda helped me with the slow process.

Kane lived for another 18 months. Linda and I continued to be friends and I visited Healy Pack several times a year. I also helped to transport two dogs that had been sprung from the Miami Dade shelter.

BY BARBARA SARGENT, EAST COAST REPRESENTATIVE

Linda and I became rescue sisters in 2015 when we were both fostering for Heidi's Legacy, founded by Lori Hoffman. Linda did a lot of the seniors and adult dogs and I did mamas and puppies and adults as well.

We first met in person when I went to stay at her house for the Rescue Me event in 2015. She was so heartwarming, inviting me into her home with my daughter as if we were family. We stayed close even after we left Heidi's and she started Healy Pack.

One of my favorite memories with Linda is when we got Glory out of the Rock Pit in Hialeah at the truckyards. Once we found her litter, Linda and Nancy drove from St Pete to meet me and Kelly Diaz on Alligator Alley to reunite mom and her puppies. She then took Glory and her babies home.

Linda and I have always stayed close and when she passed I took in one of her fosters, Lily, a tripod who had been shot and had to have her leg amputated. This was something I felt I could do for Linda.



Alice Chateau

Linda & I met thru Facebook, connecting because of our shared love of dogs.

Even though I live in Mobile, AL, I took several roadtrips to visit with her at her sanctuary house in St. Pete. I was in awe of how one woman cared for so many large dogs in that tiny house. She told me I was one of the few people that would come inside!

She deeply loved each & every one of her dogs, and I had never met anyone as selfless, dedicated, and loving as Linda — I miss her painfully.



Photo by Alice as featured on Healy Pack's Facebook banner

Alan Moses

I met Linda through several other German Shepherd rescue people when she was thinking about starting her own Rescue. At the time I was serving as interim president of Share Shepherd rescue as our founder was fighting cancer.

Linda was a very brave and determined rescuer with a huge heart. I pulled several dogs out of Miami for her and helped transport them across the state.

Linda was always helping the underdog and less privileged in both humans and animals. I am very proud and honored to have worked with her and been able to call her a friend.



Jim Goncalo

In 2015, I found a dog on Heidi's Legacy Rescue Network and Linda met me to introduce me to him. I adopted him on site!

We just lost Bandit a few weeks ago and we are still heartbroken. We had over 11 years of love with him.

But Linda's compassion for these poor pups was undeniable!

RC Comeau

I met Linda through Big Cypress German Shepherd Rescue. She helped us here in El Paso, TX and I will always appreciate her for everything.

Sherry O'Brien

I was Linda's nurse. Very dry lady and she was always worried about her pups!!!

Marla Clark

I met Linda via FB and followed her rescue (as I owned rescued dogs). I found her to be an amazing lady and dedicated to housing rescue dogs. Then Hurricane Michael hit Panama City, FL and Linda sent a wonderful care package for my dogs and myself. Something I never expected and never forgot. I miss her dearly. Women like Linda are irreplaceable!! I imagine she is in heaven loving on all our shepherds that have passed on.



Rainbow Crossings

We at Healy Pack send our heartfelt condolences to Saving Sage Animal Rescue. Sage for who the rescue is named, passed away at the age of 14.

While our time with them is always too short, Sage will never be forgotten as her legacy will continue on thanks to her amazing humans.

Our deepest condolences go out to Alan and Sue Moses who recently lost their beloved German Shepherd, Honey.

Luckily they had 13 great years with her and she lived to a ripe old age of 15.

Rest in peace Honey girl.



Kristen Sturdevant

I am so thankful to have so many memories and photos from those years we spent together at events during 2011–2015 with Linda, the dogs, and all of us who volunteered with Heidi's Legacy before she started the Healy Pack.

We actually go back even further than that, to before dog rescue. We shared several mutual friends both in and out of rescue. She truly changed my life when she adopted me from the now-defunct New Port Richey animal protection unit, which turned out to be an extreme hoarding situation run by a very troubled woman. I will always be grateful to her for getting me out of there.

One of my favorite dogs I ever helped during rescue was our senior boy, Sampson. He eventually went to a wonderful home. I wish I still had the photo of him with his family. I spent every evening walking him until the day he was finally adopted, and I'll never forget him.



Above L-R: Kelly Kerstig, Kelly Van Nevel, Kristen Sturdevant, Linda Healy, at Tails at Twilight following Get Rescued in 2016



Above: Linda, Nancy and Beth Landry Smith (deceased)



Thanks to Kristen — former librarian for Heidi's Legacy — for all the great photos

R: Linda and Nancy Profeto

Healy Pack Welcomes New Board Member

Healy Pack is delighted to welcome Barbara Sargent to our Board of Directors.

As a dedicated rescuer, transport organizer, foster, adopter and researcher with decades of experience, Barbara's extensive and practical know-how grew from time in the field. Having seen both happy endings and heartbreaking losses she learned how to keep going without burning out, an invaluable skill to have in this industry.

We are very excited to have her on board and especially for her most recent efforts in helping to save Miley and Penelope from Miami Dade Animal Services who are now both safe in foster care. (see page 7).



1st Quarter Success Stories



Gigi

Gigi Marie Stappert is officially a member of the Stappert family!

Thanks to Claudia and Ron who formally adopted her and also helped make her eye surgery possible. This girl is now thriving in a very loving environment and just living her best life... and who could be more deserving?



Faith of Pinellas Park surprised her daughter recently with a very special birthday gift.

Having prepared her for months on end about the responsibilities of dog ownership, she was over the moon when she met her very own dog for the first time.

Little Violet (now known as Jynx) found her forever home in a wonderful family of six that also includes a former military dog trainer.

So we have some serious work ahead of us, Jynx :)



Little Stevie now known as Kaiser, was the first of the Redlands puppies to be adopted. Rebekah, Michael and a new big sister Abby, welcomed him into their home. Rebekah says that he is often reminded about how lucky he is that he's cute — especially if there's an accident in the house, lol. Love conquers all!

Kimbo

When Woody met Kimbo at this year's Get Rescued event in Gulfport, he fell in love.

We are delighted to say that this deserving boy, has finally found his forever home along with a little brother to keep him company if Woody has to step out.

Sadly his previous owner could no longer keep him due to ill health and was forced to return him to Hillsborough County Animal Services in 2025 when Healy Pack stepped in to save him, making him the first rescue after Linda's passing.



Little Lindy also made it onto the foster fail list and was officially adopted on 4/10.

This is another happy puppy who landed with her "bum in the butter". She is now enjoying life in St. Pete with big sister, Maya who is more than happy to show her the ropes.



Congratulations Karen, on your newest family member.



Congratulations to Missi Cof Gulfport who is our latest foster fail :) Little Mama, now known as Rowan, has found her forever home with a big sister, Oonaugh.

Missi is now wondering what the going rate for babysitters should be, since Oonaugh (below) likes to be paid in cookies.



Linda (Miley) and Penelope

Linda/Miley (below) is safe with her foster Christy, of Cici's Dog Sitting. Healy Pack would like to thank the many people involved in getting her to safety, including Susanna CB and her wonderful transporter who battled traffic to get her to the vet, Helen Fielding who worked tirelessly for three days to get Linda to safety, the Healy Pack Board members who said yes and facilitated her freedom, and her great foster Christy, as well as many others who helped along the way. Linda has a long road to recovery ahead, but with your support she will get there.



Penelope (right) on her way from MDAS to a new life. Thank you to Barbara Sargent, the transport team, and Penelope's foster for making this happen. We are super excited for you, beautiful girl!





Rex is Safe in New Jersey!

When the plight of this young dog with a crushed pelvis came to the attention of Anne Long, she moved immediately to rescue him.

With the help of one very active rescuer and Healy Pack supporter Debra DonVito, these two women were able to save Rex who is thought to be 4-5 years old.

Once Rex was pulled from the shelter in Georgia, he spent a week at a vet and was then boarded for two more days before being transported to NJ. Kudos to everyone especially Debra and her team who helped make this complex rescue and journey possible.

According to the vet this poor boy has had a very rough life. Together with the damage to his hind quarters, he was also terribly underweight and not able to carry any weight on his left leg.

Rex is now living the good life, gaining weight, keeping mom awake at night and humping Lambie at every chance he gets.

Bemba's Story

Bemba, a senior dog, was being kept at a boarding facility after his owner sadly passed away. Helen Fielding soon realized he was in a bad way and more than likely, a hospice case.

Emaciated, riddled with worms and severe muscle atrophy among other symptoms, they took him to their vet who confirmed it was likely DM (degenerative myelopathy)—a crippling disease that our beloved breed can be prone to. In addition, Bemba's anxiety level was something that Helen and her family had not seen before. And so, on Valentine's Day they decided to formally adopt him. Although his time is likely very limited it will be filled with an abundance of love and joy.



Bear

Introducing our smallest rescue, Bear. This little non-GSD boy needed help, and thanks to Haley Rae and Adam who stepped up to foster him, facilitated by Helen Fielding. Haley Rae reports that he is the skinniest, most emaciated dog she has ever seen, and that it hurts to look at him and imagine the pain he has lived through.



The good news is that this pup improved so much in 24 hours that he started eating, drinking and walking tons. They both want to do everything they can to give him ample support while he heals.

chewy



**HEALY PACK
WISH LIST**



*Helping
Healy
Pack
is just
a click
away*



**CLICK OR TAP
TO DONATE**



PayPal

FOR BEAUTIFUL IMAGES AND PHOTOGRAPHS OF YOUR PETS

BLUE MERLE SIGNATURE PET PHOTOGRAPHY

CLEARWATER • ST. PETERSBURG • TAMPA

The best photographs capture authentic moments. My approach is relaxed and fun, ensuring you and your pet feel at ease during the session.

My personalized pet photography experience means we can craft a pet photography session for you. I work with you to choose the perfect location, props, and poses that reflect your style and your pet's personality. Whether it's a playful session at the beach or a cozy shoot at home, I'll ensure that the experience is as enjoyable for you as it is for your pet.

Yamile



(305) 801-6232

BlueMerlePhoto.com

info@BlueMerlePhoto.com

IG: @BlueMerlePhotographs

Pet Supermarket™

Shop with us!

Your destination for all things pet!



Not a member?
Join for FREE today!



Get rewarded for every purchase
Earn free dog washes



Exclusive members
only offers & events



Look out for Healy Pack
adoptions at these 2 locations:

5001 34th Street S.,
St. Petersburg, FL
(727) 864-0140

2649 E. Gulf to Lake Hwy.
Inverness, FL 34453
(352) 341-2916

www.petsupermarket.com



DOG GONE GOOD NEWS

ALL THE GOOD STUFF ABOUT DOGS & THEIR SAFETY

BY KATHY FLYNN

Germany: Germany has banned the chaining of dogs outside. This is a permanent ban, and we wish that the United States would enact this law as well. Perhaps it will become law state by state. At present, in the U.S. the chaining of dogs is the owner's choice.

Greece: A flight carrying dozens of cats, dogs, and their owners arrived safely in Athens. This flight was part of a successful government effort to repatriate Greek nationals from the war in the Middle East without forcing them to leave their pets behind.

France: On March 12, 2026, the French Ministry of Agriculture announced an emergency waiver allowing dogs and cats to enter France from 13 Middle Eastern countries even if they do not meet the usual EU sanitary import requirements. The French animal welfare organization Argos 42 along with the Brigitte Bardot Foundation pushed the Ministry for this emergency waiver. At the outbreak of the war, France had an estimated 400,000 citizens living in or visiting the Gulf region.

The Netherlands: Stray dogs are a rare sight in the Netherlands because dogs must be microchipped and registered in this country. This means that each dog is linked to an owner in an official database. If a dog is found wandering or is picked up by the authorities, its microchip can be scanned and traced back quickly. When abandonment can be traced, it becomes harder to walk away from responsibility. Most lost dogs are reunited with their owners.

Dexter's Law Now In Effect:

A Public Registry of Convicted Animal Abusers in Florida

Dexter's Law is named after Dexter, a dog found decapitated in Pinellas County. The law increases penalties in severe animal abuse cases and now requires the FDLE to publish the searchable registry of convicted abusers.

The website uses public records to pull information into an easy-to-search database. It is available on the Florida Department of Law Enforcement's website:

<https://web.fdle.state.fl.us/dexter/about.jsf>

People who have been found guilty, or pleaded guilty or no contest to animal cruelty charges, are included in the database. The database assists shelters and pet rescues that wish to vet potential owners before the adoption process is complete. It also assists pet owners looking to re-home their pets, and even law enforcement and investigators as they work cases.

In addition, Miami/Dade has their own extensive database that offers more in-depth information such as photographs of the offenders.

<https://www.miamidade.gov/Apps/ASD/crueltyweb/>

Another Awesome Win for Rescue Groups!

With 28 rescue groups and a great mix of vendors, the streets were buzzing all day long with activity, happy pups and lots of adoption interest.

The Healy Pack crew got an early start that Saturday morning, excited to connect with the community, share the amazing work we do, and of course introduce everyone to our adorable adoptables. And it definitely paid off!

Our raffle gift basket, packed with awesome goodies, was a big hit and helped boost our donations, bringing in a total of \$330.

We had many wonderful visitors stop by to chat, but one story really stood out. A kind-hearted guy named Woody instantly connected with Kimbo—it was love at first sight! After a quick walk together, Woody knew Kimbo was the one and soon filled out an adoption application. Moments like that are what it's all about.

While this year's fundraiser and supply drive turnout was a bit lighter than usual for GGR, it didn't slow down Suzie King, who has been passionately organizing this event for the past 20 years. Her dedication continues to make a difference for so many rescue animals — and we're so grateful to be part of it.



Kathy "hawking" raffle tickets with Donna in the background. Taylor, one of our fabulous supporters, kindly donated a huge bunches of toys, some of which helped us to raise funds that day. Thank you, Taylor :)

Jen Becker was the lucky winner of our fabulous gift basket. Juno, her all black GSD was quick to jump in and pick out her first favorite toy from the basket. Thank you so much for supporting Healy Pack, Jen. We truly do appreciate it.



Raccoons are a familiar sight in many neighborhoods, often spotted rummaging through trash cans or wandering in search of food. While they may appear calm, friendly, and even cute from a distance, their signature black mask hides potential dangers for pets.

One of the biggest concerns is their capacity for aggression—especially toward dogs. Raccoons are highly territorial and may attack if they feel threatened or cornered. Smaller dogs are particularly vulnerable, as they may be unable to defend themselves against a raccoon's sharp claws and teeth. Beyond physical injury, raccoons can carry serious diseases such as rabies, distemper, and leptospirosis, which can be transmitted through bites or scratches.

As opportunistic feeders, raccoons may also view dogs as competition for food, increasing the likelihood of conflict. For this reason, pet owners should stay alert and prevent any direct encounters between their pets and wildlife.

There are simple steps you can take to reduce risk. Avoid attracting raccoons by managing outdoor food sources—bring bird feeders indoors before sunset or use designs that discourage wildlife access. Even trained wildlife rehabilitators exercise caution, keeping raccoons strictly separated from pets.

It's also important to note that even indirect contact can be dangerous. Exposure to raccoon saliva has been linked to a serious condition known as coonhound paralysis.

Staying aware and taking preventive measures can go a long way in keeping your pets safe.*.

See *Coonhound Paralysis/VCA Animal Hospitals

Bone Appetit!

These 3-Ingredient Biscuits Work!

You don't need a culinary degree to make solid dog treats. You need a decent baking sheet and three smart ingredients. That's it.

The magic comes from choosing foods that dogs digest well and actually enjoy. We're talking simple carbs, a binder, and a protein or flavor booster. Less fuss, fewer risks, faster baking. FYI, your dog doesn't care if your biscuits look rustic. They care about crunch.

The Base Formula (Mix-and-Match)

Think of this as your biscuit blueprint. You can swap flavors based on what your dog loves (and what your pantry allows).

Choose 1 from each category:

Flour/Base: oat flour, whole wheat flour, or ground rolled oats

Binder: egg, unsweetened applesauce, mashed banana, or pumpkin puree

Flavor/Protein: peanut butter (xylitol-free), canned pumpkin, mashed banana, or cooked pureed sweet potato

Popular combos that always hit:

Oat flour + egg + peanut butter

Whole wheat flour + pumpkin puree + egg

Ground oats + banana + peanut butter

1 cup oat flour (or blitz rolled oats in a blender)

1/2 cup unsweetened peanut butter (xylitol-free)

1 egg

Directions:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment.
2. Stir peanut butter and egg until smooth.
3. Add oat flour and mix into a firm dough. If too sticky, add a bit more flour; if too dry, add a splash of water.

4. Roll dough 1/4-inch thick. Cut into shapes or just slice into squares. Your dog won't judge.
5. Bake 12–16 minutes until edges turn golden.
6. For extra crunch, turn the oven off and let them dry inside for 10 more minutes.
7. Cool fully before serving. Then watch the zoomies begin.

Soft Biscuit Variation

Swap oat flour for a 50/50 mix of oat flour and pumpkin puree, and skip the egg. Bake 10–12 minutes and store in the fridge. Great for seniors or tiny teeth.

Swap oat flour for a 50/50 mix of oat flour and pumpkin puree, and skip the egg. Bake 10–12 minutes and store in the fridge. Great for seniors or tiny teeth.

Flavor Twists Your Dog Will Flex On

Want to be fancy without trying? Add a pinch of safe extras. Keep it minimal to stay under the 3-ingredient umbrella for the main recipe.

Apple-Cinnamon: Oat flour + applesauce + egg + tiny pinch cinnamon (optional). Smells amazing.

Banana Bread Vibes: Oat flour + banana + peanut butter. Slightly softer, super snackable.

Pumpkin Spice (Dog Edition): Whole wheat flour + pumpkin + egg. Add a dusting of plain flaxseed for texture (optional).

What to Avoid

No xylitol. Ever.

No nutmeg, clove, or allspice. Not dog-friendly.

No raisins, chocolate, or artificial sweeteners. You know the drill.

Texture: Crunchy vs. Chewy

Some dogs want that artisan crunch. Others just want soft and snackable. You control the vibe.

For crunchy:

Use whole wheat or oat flour for structure. Roll thin (1/8–1/4 inch).

Bake longer and let cool in the oven.

For soft:

Use more moisture (banana or pumpkin). Roll thicker (1/3 inch).

Bake less time and store in the fridge.

Storage, Shelf Life & Safety

Counter: 3–4 days in an airtight container if fully crunchy and dry.

Fridge: Up to 1 week, especially for softer treats.

Freezer: 2–3 months. Thaw as needed. Your dog won't mind a slightly cold snack.

Pro tip: *Let biscuits cool completely before storing. Trapped steam = soggy treats and faster spoilage. Also, IMO, smaller shapes keep better and bake more evenly.*

Make It Fit Your Dog's Needs

Every dog's different. Your treats can be too.

For sensitive stomachs: Stick to oat flour + pumpkin + egg. Simple and gentle.

For training: Cut tiny pieces to reduce calories. Or bake as a sheet and break into bite-size bits.

For allergies: Avoid wheat and dairy. Use oats, pumpkin, banana, peanut butter (if safe), or pureed sweet potato.

Portion Control

Treats shouldn't hijack your dog's diet. Keep treats under 10% of daily calories. Small dogs: 1–2 small biscuits a day. Big dogs: a few more. Adjust for activity level.



www.PupsGourmetKitchen.com/

FAQ

Can I use regular all-purpose flour?

You can, but I wouldn't. Whole wheat or oat flour adds fiber and texture. All-purpose works in a pinch, but it brings less nutrition and sometimes a chalky crumb.

What if I don't have oat flour?

Blend rolled oats in a blender or food processor until fine. It takes 20 seconds and saves a grocery trip. FYI, a few bigger oat bits add a nice crunch.

Is peanut butter safe for all dogs?

Most dogs handle it well, but always choose xylitol-free peanut butter. Start with a small amount if your dog hasn't had it before. If your dog has pancreatitis or needs a low-fat diet, pick pumpkin or banana instead.

How do I make the biscuits last longer?

Bake them a little longer and let them dry in the turned-off oven. Store in a breathable container for the first day to let residual moisture escape,

then switch to airtight. For maximum longevity, freeze.

Can I add cheese or meat?

You can, but you'll leave the 3-ingredient zone and reduce shelf life. If you go savory, keep portions small and refrigerate. Dry treats last longer; moist treats taste awesome but spoil faster.

Why did my biscuits spread or crack?

Too much moisture causes spreading; add more flour. Cracking usually

means a dry dough; add a teaspoon of water or applesauce. Also, roll evenly and avoid overworking the dough.

Conclusion

Three ingredients. One pan. Happy dog. That's the game. With a solid base, a binder, and a flavor punch, you can crank out biscuits that beat store-bought any day. Keep it simple, keep it safe, and tweak flavors until your dog does that awkward happy tap-dance. You bake, they celebrate—a perfect division of labor, IMO.

Laughter

Old Dog

An old German Shepherd starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.

The old German Shepherd thinks, "Oh, oh! I'm in deep do do now!"

Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old German Shepherd exclaims loudly,

"Boy, that was one delicious panther! I wonder if there are any more around here?"

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees.

"Whew!," says the panther, "That was close! That old German Shepherd nearly had me!"

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, "Here, squirrel, hop on my back and see what's going to happen to that conniving canine!"

Now, the old German Shepherd sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?," but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old German Shepherd says...

"Where's that squirrel? I sent him off an hour ago to bring me another panther!"

Moral of this story...

Don't mess with the old dogs... age and skill will always overcome youth and treachery!

Bullshit and brilliance only come with age and experience.

is STILL The Best Medicine



Seeing Eye Dogs

A man with a German Shepherd goes into a pub and sits down at the bar. The bartender says "Sorry, you can't bring that dog in here." The man replies "But this is a seeing eye dog!" The bartender then says "Well, okay then, I guess it can stay".

After a while, the man and the German Shepherd get up to leave. As they're going out the door, another man with a Chihuahua is coming in. The first man says "The bartender won't like you bringing that dog in here, but just tell him it's a seeing eye dog and then it'll be okay".

The second man looks dubiously at his tiny Chihuahua, thinks a few seconds, then thanks the first man and goes on in. The bartender says "Hey! You can't bring that Chihuahua in here!" The man stares straight ahead and exclaims "What? They sold me a Chihuahua?!"

It's important to do something that doesn't involve dogs every once in a while so you can remind yourself why you never do things that don't involve dogs.

@thingsdoghandlerssay

Doggone it

Little Jamie asked her dad, "Daddy? Can I please, please take our doggie for a walk around the block?"

Dad thought for a moment. Their dog was "in heat" and he really didn't want to let her out of the yard. Any male dog would pick up the scent. But Jamie was being so sweet.

"Um...ok honey, but before you go, let me take care of something."

So they went to the garage where dad got a rag, put some lawnmower gas on it, and rubbed the dog's ass with the rag.

"What are you doing, Daddy?," said Jamie.

"Oh...I'm...I'm just giving her a little gas for your walk!," says Dad.

So off she goes with the dog.

A little while later, Jamie walks in holding the empty leash.

"Honey? Where's the dog?," says dad.

"Well, she ran out of gas on the next block. But it's ok. A German Shepherd's pushing her home!"

YOU DON'T GET
TO TELL ME
WHAT TO DO,
YOU'RE NOT
MY DOG.

Share your favorite memes, snippets, jokes, news, tips, etc.
We'd love to include them in our next newsletter. Email info@HealyPack.org

fi NANO

MICROCHIPS & COLLARS

safe • modern • cost-effective

Fi Dog Collar Review: GPS for Active Dogs

The Fi Dog Collar Series 3 is a GPS smart collar for your dog, which uses a combination of Wi-Fi and GPS to track your dog's location, as well as tracking the number of steps your dog has taken in the day, and it also offers dog sleep tracking.

Your home — where your dog's Fi Collar base station should be plugged in and connected to Wi-Fi. This creates a WiFi Geofence for your dog.

Proximity to you — or more specifically, within Bluetooth range of your phone. This creates a Bluetooth dog fence relative to your smartphone. When your dog steps outside the range of bluetooth, the Fi Collar switches to tracking your dog with GPS.

Custom Safe Zone/GPS Dog Fence — You can set custom radial GPS dog fences in any location you like, using the Fi dog collar App. So this is the geofence you would use if you were at a friend's house, or camping for example, where there's no GPS base station, and your pup could potentially wander off, away from your parent's smart phone.

As needed, additional base locations (such as your office, or dog sitter/parents' home), and the phones of other trusted people, such as your dog walker, friend, spouse, kid, etc.

Read the full review at <https://trailandkale.com/fi-dog-collar-review/>

Know the difference • Track with confidence

Not all trackers measure up. Fi gives real-time GPS tracking with no guesswork or gaps.

~~~~~  
Only 5% of dogs in the US are microchipped

~~~~~  
52% of implanted microchips are never registered to their owners due to hidden registration fees and obsolete technology platforms



Try Fi before you buy

Get a 1-month free trial with a refurbished Fi device to take total command of your dog's safety and health.

Try Fi for free



fitracking.com/

AI Behavior monitoring



Eating

Stay tuned to shifts in appetite, and keep track of when they're being fed.



Drinking

Know when it's time for a water break, even before they start panting.



Barking

Get notified of unusually vocal or quiet days to address any stressors.



Scratching

Keep tabs on your dog's skin health to spot signs of irritation early on.



Licking

Track excessive licking to tackle sources of discomfort.

Healy Pack is truly grateful for the generous donation of microchips from Fi Nano