



Special Interest Articles:

- As Winter Goes on from Editor and Freegle Lucy
- Good Day Sunshine

Individual Highlights:

- Sunshines Blog.....2
- Driving Miss Daisy.....3

BeFreegle Foundation

"Giving Former Research Beagles a New Leash on Life"

On Solid Ground...

By Lucy D'Introno



From the Desk of Lucy the Freegle.

Hello everyone, it's me Lucy. Welcome to another xcitin issue of "The BeFreegle Howler". Most days we have plenty of real fun playing games in our backyard and just doing generally silly stuff. With snow piled up so high, its way over my head. There were days when I would try to walk in it but I would get stuck and someone would have to save me. It was a learnin experience for me. Now until the snows melts....I'm stayin a solid ground so I can see my paws. Being a Freegle, you learn about good things and not so good things. This month my brother and I had to go the vet for some medical attention. I guess it's good thing because it makes you feel better and bad thing because it's scary for a little dog. My brother had surgery and had to get his teeth cleaned. He's getting better slowly and he is a little embarrassed about wearin that silly collar around his neck. I had to get my teeth cleaned and some taken out. I'm feelin better now and I lost the xtra weight from eatin baby food for a few days. Even though I'm six, my family says I look like a puppy again. So things look like they took a turn for the better.

Now if you are lookin for something really xcitin to do this weekend at in indoor event may I suggest a stop and visit at the New York City Vegetarian Food Festival this weekend at the Metropolitan Pavilion. If you are lucky, some of the Freegles will be appearin at some point during the event. Aunt Kate even promised I could stand on a table and say hello to everyone.

Freegle Sunshine has a new blog where she can tell her story about being one of the new Freegles. Everyone should pay close attention to her story and maybe you'll find kindness in your heart to adopt her.

Lastly, Vice President Melanie is going to tell her story about fosterin Freegle Daisy and helpin her adapt to real life. Sit back, relax and enjoy this issue of the BeFreegle Howler.



Always the fashionista, Freegle Lucy

Good Day Sunshine

By Kate Aubry



Freegle Sunshine's first photobomb!

"I resisted the urge to shout out, "Way to go Sunshine!", lest she stop midstream!"

Today was a great Sun-Shiny Day!! We started the day with an inside toy carried outside by Sunshine. Normally I don't let the inside toys to go outside as they have a tendency to get buried in the snow. But this morning Sunshine looked so happy that I let her. Spoil her? Oh why not?! We started on a new holistic supplement last night, as recommended by our family and BeFreegle vet, Dr. P. We conferenced about Sunshine yesterday and he suggested that we try another holistic remedy before prescribing meds for her anxiety. Nutricalm for Dogs is chock full of good things like L-Tryptophan and Valerian Root. With the supplement and continued behavioral guidance, I am sure that our baby, Sunshine will be feeling so much better in a few weeks.

I continue to be amazed and inspired by all of our Freegle girls bravery. Their willingness to reach beyond their fear is a great lesson that I need to apply to my own self. If they can do it, anyone can!

We continue to learn new things about each other and a yesterday I had a humbling ah ha moment when I scolded her for messing in the house. Dogs, I have come to learn, who have spent time in similar circumstances as Sunshine and the other Freegles, have no concept of potty inside versus potty outside. My scolding her only taught her that potty was bad when I was around. And since I always watch them outside she would never potty until she got back inside when I would literally leave the room for 30 seconds. When I discovered this it broke my heart and I vowed to do better, starting immediately. This morning, armed with extra time and treats in my pocket, we started the day by going outside right away. She sniffed and ate snow, sniffed some more, watched a leaf blow across the snow, sniffed... I issued a defeated sigh as I stood outside with her in 18 degree whether silently chanting to myself, patience, patience, patience... Patience is hard when it's 18 degrees and you have to go to work in 45 minutes. She didn't go, so I brought her back in, put her in her crate and let the rest of our pack out, the pack who has to good sense to potty and get it over with fast and get back in where it's warm! After about another 15 minutes I took her out again. Once again she sniffed and circles, sniffed, watched a leaf, circled, circled, circled... and squat!!! I resisted the urge to shout out, "Way to go Sunshine!", lest she stop midstream! So I waited until she was done. Many good girl shrieks and treats later she and I went back in for breakfast. After breakfast with the pack outside we went again for some playtime. Feeling, obviously pleased with herself she grabbed her toy. What could I do?



Nothing better than a pile of Freegles, except maybe a pile of snuggling Freegles!

Not only have we had no accidents in the house since but our trips to the frozen tundra of the backyard got a wee (pun intended)bit shorter as the day progressed. I read a surefire way to know your dog is housebroken. It will cost 250 pennies. For each successful potty outside one penny goes in a jar. For every potty inside five come out. By the time all 250 pennies are in the jar one can say the Freegle is housebroken! At present count, we have 4 pennies in the jar, only 246 to go. But hey, every journey begins with a single step. Wish us luck!!

For the complete list of Sunshine's blog postings, please click [here](#).



Like a little flower blossoming
Freegle Daisy out for a walk.

"...we watched Daisy's tail get higher and higher, her confidence grow with each wondrous moment that passed and paw that plodded on."



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Questions/Comments?
Letter to the Editor?

Email:

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Love beagles?
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Spring Ahead

By Melanie Portsche

What a whirlwind this first part of 2014, "The Year of the Freegle", has been thus far and spring is just around the corner! As I sit here reminiscing on the past few weeks, I cannot begin to express the gratitude I, our Board Members and volunteers feel for the wonderful outpouring of support for BeFreegle Foundation! Thank you for being there with us from our bare beginning, our journey cross-country, as we all met the three BeFreegle girls and followed their new leashes on life. What an honor it has been to be involved with their Homecomings, to see them grow, play and romp together at BeFreegle Central is something I will not soon forget. Their joy in each moment has been nothing less than awe-inspiring.

Our three newest BeFreegles continue to teach us about being brave, taking new chances, conquering their fears of new sights, new sound & new smells and finding their way to just living in the moment. "Our" Daisy has truly blossomed since her homecoming such a brief time ago. To watch her confidence soar, her personality emerge and all the moments in between have been priceless. Daisy had her first walk on a leash with some serious trepidation. She got close to the doorway and circled back, unsure of what this leash "thing" was all about. Worst of all, you could see in her eyes she was asking "What scary stuff is beyond that doorway?" Our previously adopted Freegle, Harriet, took the lead, and Daisy dug down deep into her soul and found her brave! Although very timid at first, we watched Daisy's tail get higher and higher, her confidence grow with each wondrous moment that passed and paw that plodded on. She began to truly enjoy her walks and my heart swells just thinking about it all! She quickly assumed the role of pure pup, wanting to smell and explore absolutely everything.

In such a short time from homecoming to foster, a forever family fell head over heels for "Our" Daisy and adopted her into their loving home. Daisy absolutely loves to walk with her new Mom, Dad and "big" brother Professor, a 122 lb Rottie mix. Both Daisy and her parents continue learning about each other. There are still scary things in the world, but there is a gaining trust on Daisy's part that, now that she is with her forever family, they will always keep her safe and sound. While she is no longer "Our" Daisy, she is certainly the beautiful blooming Freegle she was always meant to be, and we feel truly blessed to be part of that journey.

So, as we look towards spring and continue to grow, and build our foster network, I hope that more and more people will want to share in the BeFreegle "firsts", too. Fosters are a vital part of BeFreegle Foundation, as they help teach our Freegles about what it means to be free! We can't do what we do without our foster families. If you are interested in sharing in these first moments of home with a Freegle, please see our website for our foster application. Stay tuned for further details as we continue to spring ahead. Thanks for being there with us and here's to an incredibly Freegley spring!

Coming up in our April Aarrosletter: Daisy is currently on her first vacation, enjoying the snow, fresh air and wide open spaces in Vermont. We can't wait to hear and share all about her first big adventure as a Freegle!! aaarrrroo!!!

