Tired of serving the same old sliced bread day after day? Bored with those brown-and-serve rolls? Why not celebrate springtime by surprising your friends and family with a nice plate of hedgebuns?

To make the hedgebuns pictured here, I used a basic challah recipe that usually yields one loaf of bread. After the first rising, I divided the dough into 12 pieces and shaped them into basic hedgehog oval shapes with noses. I used raisins to create the hedgehogs’ eyes and noses. I embedded the raisins in small slits in the dough, hoping they would not pop out during rising and baking. Some did, but most stayed in place. You could, of course, find a substitute for the raisins—chocolate chips perhaps.
A spiny hedgehog-esque texture was created by repeatedly snipping into the dough with sharp scissors. Usually bread dough is allowed to rise a second time before baking. But I was afraid a second rising would ruin the spiny texture so I skipped this step, put the buns right into a preheated oven and baked them for fifteen minutes. Although I did not use a glaze, an egg-white mixed with a quarter teaspoon of salt could be brushed on the buns before baking to give them a shiny finish. This might even help keep the raisins in place.

Here is the recipe I used:

- 1 envelope of yeast (2 1/4 teaspoons)
- 1/4 cup sugar
- 2 large eggs, beaten
- 3 1/2 cups white flour
- 1/2 teaspoon salt
- 2 Tablespoons oil
- 3/4 cup warm water

In a large mixing bowl, stir the yeast into the warm water. Allow to sit for 5 minutes until the yeast mixture becomes slightly foamy. Add the oil, eggs and salt. Gradually mix in the sugar and flour.

Knead the dough on a lightly floured bread board for at least 5 minutes. The dough should feel very elastic at this point. Place the dough in a greased bowl, cover with a cloth, and allow to rise in a warm place for one hour.

Preheat the oven to 350 degrees.

Turn the dough out onto a floured bread board and divide it into twelve pieces.

Shape each piece into an oval; pull a pinch of dough out to form the hedgie’s snout.

Form a quilled texture by making small snips in the dough with a pair of sharp scissors. Add raisins or chocolate chips to form the hedgie’s nose and mouth.

Place the completed hedgies on a greased baking sheet and bake for about 15 minutes.
Erica’s spay

Erica had a large weight gain a few months before her spay. She weighed in the 300 gram range one year prior and in the 500 gram range about one month prior to the spay. On January 23, 2009, the day of her spay she weighed 620 grams. Her activity level had decreased and she was eating less. Erica’s abdominal area was very enlarged and taut and the vet could not palpate anything. She was able to ambulate okay despite the weight gain and distended abdominal area. X-rays showed three areas of gas and the rest of the abdominal area was a white out. An abdominocentesis was performed drawing off 70 ml of bloody fluid. The cytology results from the fluid showed a total protein of 2.0 and red blood cells, but not many bacteria.

The vet used laser surgery to perform the spay. A laser midline incision was made and a large amount of sanguineous fluid was removed from the abdominal cavity. There was a left ovarian mass and small bumps found along the left omentum. The right ovary was cystic. Both ovaries, the uterus and as much of the contaminated omentum as possible were removed. The diagnosis was ovarian neoplasia which likely spread. The rest of the organs appeared okay at this time.

Chris, Erica’s owner, would like to thank the staff at the Animal Medical Center in Appleton, Wisconsin for going above and beyond, in giving up their lunches to do same day surgery.

On Saturday January 31, Erica appeared to be getting puffy again. A call was placed to the vet concerning the weight gain. Erica seemed fine otherwise except she did not want to use her wheel. She looked and behaved normally. This made it difficult to remember that she was still sick and terminal.

On Monday February 2, 2009, the vet touched base with Chris. Chris reported that Erica was eating like a “horse” and getting puffy. Her activity had declined since her spay and she was sleeping more. The incision looked good.

On Thursday February 5, Erica was seen by the vet for a follow up exam. The vet noted that the abdominal area was filling up with fluid again. The rest of her exam looked good. Another abdominocentesis was performed, drawing off 115 ml of serosanguineous fluid. Her blood was sent out for a CBC and chemistry. Erica was started on Furosemide twice a day to help pull the fluid off the abdominal area. The diagnosis was possible heart disease, liver disease and neoplasia. Erica never came back after the second draw off, and would not eat or drink.

On Sunday February 8, 2009, Erica passed away at home at the age of 4 years and 4 months.

Cuddles’ spay

In August of 2007, Cuddles gained a great deal of weight and became less active. She also began biting my fingers, something she had never done before. She was seen by one of our vets and they thought she had a urinary tract infection. A test of her urine sample revealed a very high reading for white blood cells, red blood cells and bacteria. She was started on Baytril and was on it for about one month total. The next urine test looked much better, showing just a few red blood cells.

In October of 2007, I started noticing a dark ring around the urine spots on her liner. I updated our vets and they said to monitor the urine spots on the liners for any changes. I monitored the urine spots on the liners closely every day. When I was holding her one night she started acting like she was going to hyperventilate, it stopped as suddenly as it started. I again updated our vets. Cuddles had a history of allergies and they thought this may have been connected to her allergies or perhaps it was an upper respiratory infection.

About two weeks later she started to bleed bright red blood with clots (the rings around the urine spots were probably blood). We brought her into the vet that morning (Saturday) and x-rays revealed that something was pushing her internal organs up into her chest cavity. This may have been why she had trouble breathing at times.

We scheduled a tentative spay for Tuesday. The spay would take place if the urine test results on Monday were within normal limits. Her spay had to be postponed for at least one week because the urine lab work came back with a very high level of bacteria. Cuddles was restarted on Baytril. All our vets were on stand-by for an emergency...
November 6, 2007, Cuddles was spayed using laser surgery. Our vets were shocked by what they found. Her uterus and ovaries were huge taking up at least 25% of the abdominal area. A large amount of free fluid was also noted in the abdominal cavity. The ovaries were polycystic (there were many cysts on the ovaries) enlarging them to almost golf ball size. The uterus was also very enlarged. Having polycystic ovaries and an enlarged uterus was probably painful which would explain her sudden biting behavior. All the other organs appeared to be normal and whatever was going on seemed to involve just the uterus and ovaries. The free fluid was thought to be leaking from the cystic ovaries. The incision had to be enlarged to get everything out. It was so large that a total of 12 subcutaneous dissolvable sutures, 6 removable sutures (which had staples in between each suture) and 5 staples had to be used to hold the incision together! Cuddles spent the night at the vet hospital.

November 7, 2007 Cuddles came home. She looked happy and was active, eating and eliminating.

On November 9, 2007, we received the histopathology from Cuddles’ ovaries and uterus. The finding for the ovaries was dysgerminoma (a malignant neoplasm of the ovaries). The finding for the uterus was leiomyoma (tumor of the smooth muscle of the uterus). Cuddles’ prognosis ranged from favorable to likely favorable.

By December 2007 she had lost hundreds of quills. Our vets believed it to be either stress from the surgery, or hormonal changes, or both. I started to count the quills she lost after her spay but lost count after 200 plus quills.

In September 2008, we noticed Cuddles’ abdominal area becoming distended again. We brought her into the vets for a check up and found she had developed another urinary tract infection which turned out to be resistant to many antibiotics. We had to use Naxcel, a very strong injectable antibiotic, to clear up the infection.

In December, 2008, we noticed Cuddles’ abdominal area was again distended. One of our vets performed an abdominocentesis drawing off 70 ml of serosanguineous fluid. The fluid was sent out for testing. The results showed 2.0 total protein, white blood cells and red blood cells. The comments on the findings said that modified transudates peritoneal fluids usually develop secondary to portal venous hypertension. Similar fluid accumulation is also most commonly associated with heart failure, chronic liver disease liver vessel leakage and primary portal hypertension. Further imaging would be necessary for a specific diagnosis.

Cuddles prognosis at this time was changed to poor. She was started on Furosemide twice a day to help remove the fluid from the abdominal area. The vet was treating her for possible right-sided heart failure which is the most common diagnosis for abdominal fluid retention.

In January 2009 Cuddles had another abdominocentesis performed and was doing well. At the end of February her third abdominocentesis was performed. One week after this procedure she started getting worse. On the night of February 28, 2009, the decision was made to euthanize her on the coming Monday morning if she was still with us. Cuddles declined rapidly during the weekend, but was still with us on Monday morning. On March 2, 2009, at the age of 5 years and 2 months, Cuddles was put to rest so she would not suffer any further. We chose to have a necropsy performed so that we and our vets could have the opportunity to learn something that might help future hedgehogs. The necropsy results revealed kidney failure and malignancies that had spread from the ovaries.

**Thoughts to ponder**

Female hedgehogs are prone to reproductive issues and there are pros and cons concerning when to spay. Some hedgehog care givers have chosen a prophylactic spay rather than waiting until uterine problems arise. The risks of surgery versus the benefits of a spay are always a concern.

The benefits for spaying a hedgehog are:

1. Removal of the uterus and ovaries before cancer or other diseases, have a chance to develop.
3. Prevention of blood loss from uterine bleeding when

**Continues on page 5...**
problems start.
4. Removal of infected or abnormal ovaries and uterus, hopefully stopping the spread of disease and giving the hedgehog a longer, healthier life.
5. If your hedgehog is under anesthesia and the vet finds that the health issue is inoperable, it is a humane way to euthanize. An example of this situation is when the spay will not cure the problem because the hedgehog is full of cancer or full of tumors.

Some of the risks of spaying a hedgehog are:

1. While many hedgehogs do well under anesthesia there is still a risk of a reaction and possible death. If your hedgehog has had trouble with anesthesia in the past, an elective spay may not be your first choice.
2. Infection is a problem with any minor or major surgery. Intact skin is the body’s first and primary defense against infection. The infection can be localized (involving the incision site only) or systemic (involving the whole body and possibly leading quickly to death).
3. Bleeding before, during and after a surgery is also a concern. Hedgehogs are small animals and do not have a lot of blood to lose. The amount of blood your hedgehog loses before the spay may or may not affect her recovery. Because the uterus is highly vascular, there is a fair amount of blood lost during the surgery. After the surgery some hedgehogs have bloody discharge. The bloody discharge should be a small amount and usually stops within the first week.
4. The incision can be another area of concern. The hedgehog may chew at the incision causing issues. If the hedgehog is very active sutures and/or staples may pop.
5. Intake (of food and water) and urine and stool output may also be an issue following surgery. Monitor all intake and output closely. Assist with feeding if needed, making sure the hedgehog takes in enough water and food daily. The hedgehog should be eliminating daily. If she is not, a vet appointment is needed immediately.

**Things to watch for after surgery**
1. Incisions need to be monitored closely for signs of gaping, sutures or staples that are no longer intact, signs of infection and bleeding. Do not place your hedgehog in water before the sutures and/or staples have been removed. Usually the incisions should not be allowed to get wet until the incision site has healed.
2. Moderate to large amounts of bleeding or bleeding from the vaginal area that continues for more than a week.
3. Hedgehog not wanting to eat.
4. Hedgehog not passing urine or stool.
5. Hedgehog’s activity level.
6. Respiratory problems: Sneezing, coughing or nasal discharge.

**Possible post surgical set-up for hedgehogs**
Even if your hedgehog is usually very active, keep in mind that the hedgehog has just had surgery. Remove the wheel from her enclosure to prevent her from being over active. Your vet will tell you how when she can resume strenuous activity. To prevent the incision from opening, be sure there is nothing she can climb on. At the same time, you want her to keep moving to prevent post surgical problems with the respiratory system and GI system. There should be plenty of room for her to walk around and toys to keep her interested. The set-up should be in a warm, draft-free setting. Plenty of food and fresh water should be available at all times.

**Erica and Cuddles’ memories**
Erica’s memory is kept alive by sponsoring a Tibetan refugee who lives in the Dalai Lama’s city in India. The refugee is a handicapped older boy. He is hearing disabled and has severe asthma. In a metaphorical way Erica’s life force will be carried on.

Cuddles’ memory lives on through donations to breast cancer research and the American Heart Association to help find cures for these diseases.

If you have suggestions or ideas for items you would like to see in the newsletter, e-mail the editor at newsletter@hedgehogwelfare.org
Welcome to Pog-Chit-Chat...
Where hedgies tell it like it is.

Q-ball’s Spring Trainin’ Guide

A while back, some smart-Alec pipsqueak (no names) made fun of me when my sweet pog-wife Bell called me “buff”. Whilst I gotta admit I got a bit of paddin’ over the winter, there’s still plenty of muscle under there. I posted some pictures that showed the kid why Bell calls me “buff” and I wuz asked to share my spring trainin’ guide wif y’all.

Firstest, S-T-R-E-T-C-H out good ‘fore you start runnin’ round. Don’t wanna get a cramp. See how long you can get. Stretch from the tip of yer nose to the tip of yur toes. Arch yer back, nose high. Get a high ridge of quills on each side of yer spine. This is usually good for an “aww” from Mom. Lick your nose, yawn. Don’t that feel good?

Next, sniff out the bestest breezes, then head upwind to see if’n there’s anything worth annoin’ wif. A slow jog is fine fer the first bit. Run yer chin & belly through the new grass. Green racin’ stripes is always fashionable in spring. Potty breaks are best done ‘fore the REAL w o r k o u t starts!

Now that you is limbered up, time to start runnin’ laps. Back & forth, ’round in circles, weavin’ thru the plants, vines, pots, dead leaves, bushes, new grass, feet, patio chairs, whatever is there. Anytimes you needs to catch yer breath, feel free to stop & sniff anythin’ interesting. Don’t worry if’n ya starts out kinda slow. Been a long winter fer sum of y’all up North, so it takes time to get back into shape. The obstacle course makes far more interes’tin’ runnin’ than a wheel. Bonus: fer thems that ain’t fond of poop boots, yer more likely to gets mud than poop in yer toes doin’ this.

The final challenge - climbin’ makes fer great abs! Climb on yer Mom’s feets, tree root bumps, little hills fer flowers, anything not flat. My favorite is the front steps. (See photo) Doin’ these pull ups requires a bit of front nails, so may be more difficult for those wif Moms prone to stealin’ what they can. ‘Cause Mom likes watchin’ me do this, she lets my front nails be. I usually duz this when I’z ready fer a snack & nap, but Mom is my personal trainer. Sumtimes she sez “not yet” and makes me run from the far end of our LONG building, by the mailboxes, then climb them again. Build endurance!

Now comes the reward. Once I duz all this & impresses Mom again wif how fast I can find my way home, it’s time fer some fresh mealies or pupea & a good rub-down on her lap. This daily workout is quality time wif Mom and the admiration of my sweet pogwife Bell makes it all worthwhile!
Our hedgehog trivia item for this issue is the durian fruit. Although the fruit has a spiny green rind that gives it the appearance of a very large hedgehog, this does not rank as its most prominent distinguishing feature. The fruit has two other far more memorable qualities—at least in the minds of those who have actually encountered them. The first of these is the durian’s odor. This has been compared to rotten eggs, rotting vegetables, bad drains, animal flesh in a state of putrefaction, a civet cat (a mammal known for the foul-smelling secretions of its scent glands), and—my personal favorite—“pig manure, turpentine and onions garnished with a gym sock.”

Well, what could top that? Apparently those who are able to ignore the fruit’s vile odor find its flavor to be absolutely scrumptious! Having never seen, smelled or tasted a durian, I am not in a position to personally verify or deny either of these attributes. However, I should point out that among people living in the tropical forest regions of Southeast Asia where durians grow there is a common saying: “The durian tastes like heaven but smells like hell.”

The hellish smell has already been documented but what about the heavenly taste? My sources describe the taste as strawberries and cream, avocado and pear, pineapple—sweet and a bit chewy, apple, sweet and nutty, or caramel and coconut. Biologist Alfred Russel Wallace described the taste as, “custard flavored with almonds…onion sauce..brown sherry, and other incongruities.” Most agree that the fruit has the texture of custard.

Durians also have a scientifically unsubstantiated reputation as an aphrodisiac. According to a Malaysian cabbie quoted by Henry Genthe, “Durians make you hot! Durian season is when all Malaysian women get pregnant. We say that when the durians come down, the sarongs will soon follow!” According to Bob Halliday, a western expert on Thai foods, durians also have other heat-inducing properties:

Many people perspire excessively for an hour or two after consuming a durian—the high sulfur content is generally thought to be the cause…

A common remedy is to eat durian along with mangosteens, a small fruit with a hard purple shell and sweet, white flesh that many Thais believe has a cooling effect.

The durian probably originated in Borneo or Sumatra but today most are grown in Thailand and Vietnam. The fruit is very popular in Southeast Asia where it is described as the “King of Fruits.” The football-sized fruit grows on tall trees and is available from April to July. The durian has a green skin covered with stout spines. On the inside the ari, a smooth white custard which is usually eaten raw, surrounds the large seeds.

1. “Forbidden fruit is no feast.”
2. Genthe, Henry.
3. Sesser, Stan


“Strange fruit; Durian fruit stink.” Herald Express 1 February 2008

Hedgehog Welfare Society - Committee Reports - January-March 2009 (Quarter 1)

Chief Volunteer Officer: Deb Weaver - No Report

Vice Chief Volunteer Officer: Anne Traylor – No Report

Chief Organizing Officer: Vicki McLean – No Report

Chief Information Officer: Donnasue Graesser
Election results were announced to HWS members and a new board has been put in place. We are actively training new board members regarding organizational policies. Several board members have volunteered to help answer the HWS e-mail, and are responding to inquiries promptly.

Advocacy Committee: Jennifer Plombon & Kristen Zorbini-Bongard, Co-chairs
The Committee remains committed to assisting concerned HWS members in contacting the USDA to report poor conditions seen in pet stores and assisted others in determining the licensing status of pet stores and breeders. The Advocacy Committee has been working with several members this quarter who have contacted the HWS with pet store and breeder licensing concerns. The Committee hopes to set new goals for this year.

Care Package Committee: Jennifer Plombon, Committee Chair – No Report

Fundraising and Ruby’s Rescue Shop: Donnasue Graesser
Our Goodsearch and Goodshop programs have seen increased success this quarter. We are still using “Tuesday Trivia” to encourage community members to use Goodsearch to help raise funds for the HWS. For anyone interested, this is an easy search-engine that will pay a penny to the HWS for every search carried out. Just go to www.goodsearch.com, verify the Hedgehog Welfare Society as your cause, and do a few searches to help contribute to hedgehog welfare.

Wheelathon 2009 has wrapped up. Gross funds raised were $2,055. Net income will be finalized after T-shirt shipping is complete. All prizes have been shipped except for one T-shirt. The participant has yet to indicate her T-shirt request.

Unfortunately, Ruby’s Rescue Shop will most likely close as of May 1, as we continue to experience website problems with the shopping cart. Members will be notified if the store closes. Laura Dunklee is looking into the possibility of alternative hosting sites.

Health and Education Committee: Gioia Kerlin, Co-chair
During the first part of 2009, the Committee funded $267.56 in veterinary bills for rescued hedgehogs. We also corresponded with non-members and members of the HWS concerning hedgehog care and husbandry, helped a new owner find a foster mother for her female hedgehog who gave birth unexpectedly, and have begun planning an educational event at the University of Tulsa’s University School. This event will be for Marilyn Cox’s sixth grade class and will consist of hedgehog (and tenrec) FAQs, geography of Africa and Madagascar, ecological challenges faced in these areas, and an in-person visit by Gioia’s animals.

Membership Committee: Jennifer Sobon, Chair
During the first quarter of 2009 we have had 77 new people join our group. Changes to the “Welcome” letter have been made to reflect the change in board members. These have been sent to our new members.

Newsletter Committee: Jennifer Sobon, Editor
One newsletter had been produced. The second newsletter is in the works and will be finished prior to May 1st.

Public Relations: Tonya Thomas and Cindy DeLaRosa Co-chairs – No Report

Rescue Committee: Sheila Dempsey and Cyndy Bennett, Co-chairs – No Report

Webmaster: Jennifer Sobon
Corrections and updates continue to be made in a timely manner.

Financial Report: Monthly financial reports are available to any HWS member, or other interested party, by sending a request to: donnasue.graesser@aya.yale.edu. HWS yearly reports are submitted to the Internal Revenue Service and the Oregon State Department of Justice, Charitable Activities Division, and are available for public viewing on the ODJ web site http://www.doj.state.or.us/cgi-bin/charigroup_db_query.pl Registration # 31631