

# The Dog Guardian

Newsletter for Responsible Dog Owners of Canada

**SPRING 2019**

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## Highlights by Julie More

I love writing the Spring newsletter. It means Winter is coming to an end, and Spring will be here soon 😊.

I would like to welcome 3 new members: Kate Rehman, Lucy Nixon and Karen Godson (see the 'Welcome New Members' section). Lucy is helping out with social media. She has set us up on Twitter and Instagram, and updated our Facebook page. Kate and Karen are helping out with the newsletter; they have great ideas. Read Kate's powerful article, 'A Dog's Love In Addiction'.

Our 'Taking Your Dog To Work' article talks about the pros and cons of taking your dog to work with you, and how to go about it.

Read about our new 'Fundscrip' fundraiser and our 3rd annual 'Take your owner for a walk and support RDOC' fundraiser. They are fun, and not your everyday type of fundraisers.

Enjoy the newsletter 😊

## Board News

We had a busy couple of months. We introduced the Fundscrip fundraiser (see the article). We also made some changes in membership fees. Fees for individuals with disabilities have been reduced from \$20 to \$10. The board also decided to discontinue the membership discounts for volunteers. And lastly, the board felt that dog owners participating in the CCGC testing program should become RDOC members, since they are signing the Responsible Dog Owners oath form.

## Taking Your Dog To Work

Wouldn't it be nice if we could all take our dogs to work with us! Well, more and more businesses are allowing employees to bring their well-behaved, well-socialized dogs.



The article, '[11 Tips to Make 'Bring Your Dog to Work' Day a Success](#)', explains "This is a newer trend that is really starting to gain traction in certain cities, and it turns out that there is some strong scientific evidence that it could be good for people." Some of the benefits are co-workers getting along better, reduced anxiety levels, improved employees' health, and increased creativity.

The article gives 11 pointers on how to make this new adventure a success. First, of course, talk to your boss, and then your co-workers. Make sure it's OK with them that you are bringing your dog to work with you. Plan plenty of breaks, make sure he is physically healthy, is up to date with his shots, and your office is dog proofed. It's a good idea to pack a doggie briefcase with all the things he needs, and have a back-up plan if things don't work out. The list in the article is very helpful.

The next question is how to make sure this adventure is a success. Read the article, '[10 Tips for Taking Your Dog to Work with Total Success](#)'. It gives you some good pointers, like how to get to work, and what to bring with you (bed, food, toys, etc.). The article ends with "Once you get in the swing of things, having your dog with you at work really is one of the best things in life!"

What are the advantages of taking your dog to work with you? In her article, '[Benefits of taking Fido to work may not be far fetched](#)', Sathya Achia Abraham writes "Stress is a major contributor to employee absenteeism, morale and burnout and results in significant loss of productivity and resources. However, a preliminary study, published in the March issue of the International Journal of Workplace Health Management, found that dogs in the workplace may buffer the impact of stress during the workday for their owners and make the job more satisfying for those with whom they come into contact."

In her article [‘The Pros and Cons of Bringing Your Dog to Work’](#), Jan Reisen says it is important to consider the pros and cons of bringing your dog to work. Some of the benefits are reduced stress level, positive interactions between employees, less turnover, better morale, improved performance, and decreased pet care costs.

On the negative side, some of your co-workers may have allergies, while others may be scared of dogs. Your dog may cause disruptions and distractions. You will have to allocate time to look after your pup's needs, so you may have to extend your work hours. Finally there is the possibility of legal and insurance issues.

I would like to end with Jennifer Calfas's article, [‘Why Bringing Your Dog to Work Can Be Great for \(Almost\) Everyone’](#). “For employers, dog-friendly policies can be added to the list of workplace benefits made to attract and maintain talent, particularly in respect to millennials.” “But not all dogs are perfect for these environments — and not all employees enjoy dogs. Barking can ensue at the cubicle next door while you're on an important call, and the occasional accident could damage company property. And some people simply just don't like dogs or are allergic.”

## **A Dog's Love in Addiction** by Kate Rehman

The world can seem painful, judgemental and stressful. Addiction and depression is a place in which all struggle to recover and manage their treatment.

Addictions can arise from low self-esteem, mental health illnesses and abuse. Learning to navigate and find a way to let someone in can bring feelings of fear, judgement and rejection. No one gets close to you unless .... it's a wet nose, furry face and a waggy tail.



I was 14 when I started self harming and starving myself. I would force myself to throw up. These became my methods to cope with depression and addictions. My parents' dog Bailee and my dog Baxter had a huge impact on my life. Baxter senses my highs and lows. He never left my side when I felt unstable. I would sleep with him, talk to him like a human and took him on trips with me. Baxter got me through major things in my life. He kept me company when I had no one. He made me feel 'safe'. He kept me from regressing to the times of cutting and bulimia. He has been a 'constant' in my life. I felt I had no one, and Baxter was always there.

Being 25, I found myself in the rooms of NA (Narcotics Anonymous), running from addiction to addiction (smoking, drinking and drugs) since I was 11. Everything came to a head. Dealing with grief of my mother's death, foster care and being lost! I was at rock bottom. A friend had a dog named Rascal, and every time I went over, clean or high, Rascal would come over and lay on my lap/chest. He would look into my eyes. Rascal was normally stand-offish. When I came he did not avoid me, in fact he welcomed me into his space. Rascal

embraced me and sought me out. I had a sense that everything would be okay when this dog just stared at me. For once in my life I was not being judged or pitied. It got to me so much for a while that I would not visit my friend's house because I felt unworthy of Rascal. During recovery when I got clean, I spent my money on Rascal and not drugs! This dog saved my life and showed me that even a junkie could be loved and valued.

Dogs have an amazing sense. They are innate with non-verbal communication. They read you. Your energy, your facial expressions and body language. There is no hiding from dogs. Human society depends on hearing, listening, responding and verbal communication. What if we had no way to speak? Sometimes we don't want spoken words. Sometimes we need something that goes beyond. Dogs respond differently to us, without asking us to explain. They are loyal, trustworthy and their love is freely given (with the exceptions of pets and treats!)

Science proves that a dog's presence in one's life can:

- Reduce blood pressure
- Release powerful positive chemicals in the brain
- Act as a companion
- Increase chance of surviving a heart attack (1 in 4 survival rate for pet owners vs. 1 in 10 for non-pet owners)
- Keep you active and in shape
- Promote longevity in life
- Help rehabilitation efforts
- Lower heart rate
- Help with pain
- Promote social activities
- Develop social and life skills
- Help with depression

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If you know someone who is struggling, perhaps a dog's love could pave the journey to recovery. If you know someone who is struggling with addictions, or suicide, please contact <https://kidshelpphone.ca/>. There is always hope and you aren't alone! There are support services available. Please reach out.

Here's a link for depression (impact dogs have on people). [www.youtube.com/watch?v=OYMoDO36uiM](http://www.youtube.com/watch?v=OYMoDO36uiM)

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## Kid's Section

Welcome to our monthly *Kid's edition* of the *Dog Guardian* newsletter. It is aimed at the 3-8 year old age group. We would like to introduce you to our two famous four-legged authors. They are the *Dog Guardian* newsletter co-editors' dogs - Tyler (Julie's pup) and Morgan (Jill's pup). These two decided the Kid's newsletters needed articles written by dogs. They want to give kids their perspective of being responsible around dogs. **You can read the previous newsletters [here](#).**

Here is a short description of what each newsletter contains:

## 2018

**October:** Teach your dog a trick (take a bow); Dogs with jobs (hearing assistance); Dogs' Den storybook (dog classes); Colouring Contest (no teasing or chasing); Quiz.

**November:** Fun website (How To Love Your Dog); Indoor activities for you and your pup; Teach your dog a trick (clean up game); Dogs with jobs (police dogs); Dogs' Den storybook (don't pull our ears etc.); Colouring Contest (don't pull our ears); Game.

**December:** Fun website (Ottawa Humane Society); What if you can't have a dog? (about rabbits); Dogs' Den storybook (what to do when we get hurt); Colouring Contest (be kind to pets); Puzzle.

## 2019

**January:** Book report ('How to Speak Dog' by Sarah Whitehead); What if you can't have a dog? (about hamsters); Dogs' Den storybook (a strange dog runs up to you); Colouring Contest (meeting new dogs); Puzzle (find a word).

**Just a friendly reminder to visit the latest edition of the [Kids Activity Page](#) on our website.**

## Canadian Canine Good Citizen (CCGC) Test Program

RDOC would like to thank all our wonderful volunteers for helping out at the CCGC testing on January 6th. Thank you Cheryl Smith, for donating your time to do the evaluations. Thank you Terry, for bringing River to be our companion dog (test #8 - reaction to passing dog). River is a lovely dog. Thank you TAG Dog Training & Education Centre, for letting us use your school free of charge. Thank you Kit, Cliff, Sheri, Ted, Louise, Doug and Mike for making up our friendly crowd during the test.

**Congratulations!**

Congratulations to Linda and Finn for successfully completing the [CCGC program](#), and getting your CCGC certificate. You guys make a great team.

Our other 2 teams came very close to passing the test. They just require a little more work.

## Park Clean-Ups



Spring is coming ..... yes, really! That means it's Park Clean-Up time again. Every year, from Spring to Fall, we hold Park Clean-Up Days in Ottawa area dog parks. During the morning we hand out bags and gloves to dog owners. They

are the ones who do all the work picking up the garbage etc. Their reward is a much cleaner park, and their pups get dog cookies. Thank you to everybody who participates in these events.

Here are the dates:

**Stittsville Dog Park** – Saturday, April 27, 9:30-11:00 a.m.

**Bruce Pit** – Saturday, May 11, 9:30-11:00 a.m.

**Conroy Pit** – Saturday, May 18, 9:30-11:00 a.m.

## **‘Fundscrip’ Fundraiser**

We would like to invite you to participate in the Fundscrip fundraiser. The fundraiser will cost you nothing - all you need to do is purchase a gift card and use it for a gift, or for yourself. Click on <https://www.fundscrip.com/retailers> and scroll down to see the list of leading retailers. You can find gift cards for groceries, gas, pharmacy, home improvement, restaurants, pizza, coffee shops, household items, clothing stores, movies & books, travel, etc. Some of the participating businesses are Loblaws, Canadian Tire, Chapters, Starbucks, Tim Hortons, Esso, East Side Marios, Swiss Chalet, Marks, Toys R Us, Winners, Source, and many more.

**To join our fundraiser** go to <https://www.fundscrip.com>

- ✓ click on **‘support a group’**
- ✓ under ‘enter group invitation code’ type in **‘WMGWDR’** and click on **‘search’**
- ✓ Responsible Dog Owners of Canada organization will come up
- ✓ **follow the instructions** to place an order

**Here is how the fundraiser works, according to the [FundScrip](#) website:**

### **The Basic Concept**

Encourage supporters of your campaign to pay for their everyday expenses & gifts with gift cards bought from FundScrip. Each purchase automatically includes a donation to the campaign. The supporter isn't out of pocket, and they shop where they would normally shop.

### **Buy \$100, Get \$100**

Buy cards at face value, get face value at the retailers - you lose nothing.

### **Shop as Usual**

With cards from over 230 leading retailers, there's no need to change your shopping habits ([see list of retailers here](#)).

## **Pay with Gift Cards**

Pay with gift cards instead of credit/debit/cash for your everyday items & gifts.

## **Raise Funds**

Each purchase automatically includes a donation for your group that can quickly add up over time.

For more info please email [morejulie@hotmail.com](mailto:morejulie@hotmail.com). Thank you again for supporting RDOC.

# **Welcome New Members!**

## **Meet Lucy Nixon**

"My name is Lucy and I am so happy to have found RDOC. I have been a dog owner my whole life and have dabbled in Obedience and Conformation shows over the years. But, I never felt like it was a good fit for me, as I have not one competitive bone in my body.

I am most interested in the Canadian Canine Good Citizen side of RDOC, as I believe it is very important for owner and dog to have a strong trusting bond with each other as well as becoming a responsible, respectful part of society." *Lucy*

## **Meet Karen Godson**

"It is almost impossible to fit my experience with dogs into a 150 word bio. I promise I have done my best to keep it short!

I have bred, shown, groomed, rescued, trained, fostered, boarded and loved hundreds of dogs over my 54 years. Some people would doubt me if I said I can remember almost all of their names. Some people will understand. From age 3 I have lived and worked with dogs, but I count my actual career as having started at 14 when I volunteered at Hamilton Kennel Club as assistant to the Obedience Instructor. I also did a high school co-op at Clappison Animal Hospital in Waterdown.

In my 20's I bred and showed Rottweilers in CKC (Canadian Kennel Club) Conformation. In my 30's I was Groomer and Vet's Assistant at The Animal Clinic, Groomer/Manager at Umbrella Pet Services, and Groomer/Day Care Manager at Pet Cuisine, all in Toronto. I owned 3 grooming shops with daycare and training services in Toronto and Hamilton. In order to further help the animals in my care, I became a Certified Reiki Master. As all of this was going on, I was the founder of New Leash on Life All Breed Rescue, Going2TheDogs Small Breed Rescue, and Poodle Rescue Ontario. I was also a volunteer Groomer and Foster for Toronto Humane Society, working with their Special Needs and Palliative care dogs. And yes, I really do remember almost every one of them, even at my age. xoxo"

## Meet Kate Rehman

"My name is Kate. I have a passion for training dogs. I love the miraculous transformation that happens when both humans and canines come together to form compassionate partnerships. I do a lot of volunteering in my community. I am a certified professional dog trainer, certified life coach and a certified canine massage therapist. I'm currently undergoing CACE for credentials. I train dogs that perhaps need confidence building, behavioral adjustment, calmness protocols and so forth. I believe in targeting the entire dog. Not just obedience and training. The mind, body, emotion and spirit of the dog, which is where the power of touch comes in for massage. I work with the 2 legged clients too. We work on being patient, compassionate and using tools of positivity to work with their dogs. We set both up for success. We aim to have fun together, enjoy and engage in a stress free mentality.

Alongside of training, I trained my own service dog. He mitigates my disabilities. He will be 4 in 2019 and he has been working with me for the last 3 years. He does alerts and responds to knocking, fire alarms, dropped items, and timer for hearing. He takes my socks off, turns on and off the light switch, retrieval if needed, and alerts to various medical conditions. Oddly enough he is a 6.8 lb Chihuahua. His demeanor, capacity to work and temperament is phenomenal. I can only thank my service dog daily for the amazing job he has done and continues to do in my daily life."

## 'Take Your Owner For A Walk And Support RDOC' Fundraiser



Hi everybody,

Yep, our 3<sup>rd</sup> annual 'Take your owner for a walk and support RDOC' fundraiser is back again this year. Here are the projects we are able to work on, thanks to our successful fundraisers for the past 2 years:

- Handing out more '[Fido, Friend or Foe?](#)' activity books
- Working on the 'Dogs and Kids' safety project (booklet for 5 to 8 year olds) on 'How to be safe around dogs while having fun'
- Developing a monthly newsletter for children, the '*Kid's Edition*' of '*The Dog Guardian*'
- Putting together a 20 minute presentation for preschoolers on how to be safe around dogs while having fun

We are hoping that, with the money we raise this year, we will be able to expand our kids' program even more.



# RDOC 2019 Walkathon



**Responsible Dog Owners of Canada (RDOC)**

[www.responsibledogowners.ca/](http://www.responsibledogowners.ca/)

are pleased to announce our annual

## **‘Take Your Owner For A Walk And Support RDOC’ Fundraiser**

### **What is it?**

Our board members’ dogs decided to take matters into their own paws to fundraise (and at the same time exercise their owners) again this year.

### **What is RDOC?**

RDOC is working to build and support a network of responsible dog owners, and raise awareness of dogs and their behaviour.

### **What do we do?**

RDOC programs cover a wide variety of activities from preschool ([‘Fido, Friend or Foe’ activity book](#)) to seniors ([a survey of retirement homes pet policies](#)). We encourage responsible dog ownership in a variety of ways. We run the [Canadian Canine Good Citizen \(CCGC\) testing program](#), and organize twice-yearly clean-ups at 3 of our major dog parks.

### **When is the fundraiser?**

The walk will take place from **Saturday, September 14<sup>th</sup> to Friday, September 20<sup>th</sup>**. Each of the participants will walk a total of 7 hours during the week.

### **What would we like?**

We hope you will sponsor our dog-owners’ team again this year. The dogs are already starting to whip their owners into shape, by making sure they practise every day.

# Membership

Please consider joining RDOC. We would love to have you as a member, and our membership fees are very reasonable:

**Seniors, Students and Persons with Disabilities \$10**

**Adults and Family \$20**

**Not-for-Profit Organizations \$35**

**Corporations and Businesses \$50**

To join RDOC or to renew your membership, please email: [inquiries@responsibledogowners.ca](mailto:inquiries@responsibledogowners.ca)

Or visit our website at: [www.responsibledogowners.ca/membership.html](http://www.responsibledogowners.ca/membership.html)

Why not purchase a gift certificate! It's a great birthday gift, Father's Day gift, welcome new puppy gift, a welcome to a newly moved-in family in the neighbourhood gift, and much more.



A big thank you goes to our committee for proofreading this newsletter. We really appreciate your help. You are the greatest. A special thank you goes to Kit Watson for the final proofreading of the newsletter.

**Responsibility ▪ Respect ▪ Recognition**

**Contact RDOC by:**

E-mail: [inquiries@responsibledogowners.ca](mailto:inquiries@responsibledogowners.ca)  
Phone: 613-868-2201 Please leave a message

**Write to us at:**

RDOC, 24 Elderwood Trail,  
Stittsville, ON K2S 1C9, Canada

**Or visit us online at:**

[www.responsibledogowners.ca](http://www.responsibledogowners.ca)