

The Dog Guardian

Newsletter for Responsible Dog Owners of Canada

SUMMER 2019

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Highlights *by Julie More*

Summer! My favourite season! It's swimsuit time time to get in shape. Your pup can help you; he is the perfect personal trainer. Read our article 'Your Dog, aka Your Fitness Trainer' to find out why.

Summer holidays are coming up. Kids are out of school. Friends are visiting. Let the fun times begin! Read Kate's article 'Holidays and Dogs: When Too Much is Really Too Much for Your Dog!' She offers some great suggestions on how to get your pup ready for the holidays.

Don't forget to visit us at the Teddy Bear Picnic on Saturday, June 22nd at the Rideau Hall grounds. We will be sharing a booth with Ottawa Therapy Dogs. It's a fun and educational event.

We are introducing our new advertising program. The article on page 11 of the newsletter tells you all about it.



Board News

The board has been concentrating on planning outdoor events. We are organizing the park clean-ups, garage sale, 'Fundscrip' fundraiser, and the third annual 'Take your owner for a walk and support RDOC' fundraiser. We are also participating in the Teddy Bear Picnic.

We have finished [our new brochure](#). A big thank you goes to our hard working brochure committee. We also introduced our new advertising program for our newsletters and brochure.

The board would like to thank all our hard working volunteers. We couldn't have done all this without their help. 😊



Your Dog, aka Your Fitness Trainer *by Julie More*

Was getting fit one of your New Year resolutions? Are you having a problem sticking to it? Would a personal trainer help? Well, look no further, you have a trainer living with you. Yep, it's your dog. Your 4 legged companion. Your dog is happy to help you out. After all, he would do almost anything for you, except maybe share his cookies. 😊

As Lindsay Patton says in her article ['How to Get in Shape With Your Very Best Friend – Your Dog!'](#), "There is nothing like the entreating look of your pup to motivate you to get off the couch and get a little exercise. Of all the many ways our pups make our lives happier, helping us get active is one huge way that is often overlooked."

Ash agrees with her in his article ['5 Ways to Get in Shape with Your Dog'](#) and also points out that if your dog is overweight, then you help each other. "Dogs are already great exercise partners, since they need regular walking and exercising to stay healthy. However, the idea of an overweight dog, and an out-of-shape owner, getting fit together, is pretty awesome."

Tyler, my black lab, agrees with this quote in the article ['Rover.com's Guide to Getting Fit With Your Dog'](#), "Exercise is good for humans and dogs alike. Whether you're just starting a fitness program or looking for ways to mix up your workouts, try exercising with your dog. When you find ways to get fit with your pet, you both reap the benefits. Plus, your bond will only get stronger!" Tyler told me anytime I want to exercise, he will be happy to help. 😊

Ok, now you have a training partner. What next? In her article ['13 Fun Ways to Work Out With Your Dog'](#) Catherine DiBenedetto observes "Dogs make the best workout buddies. They never complain about hills, or cancel on you last-minute. They're always stoked to follow you out the door. That energy can be contagious".

Here are some of her suggestions: In the winter, take your dog snowshoeing or cross-country skiing. The rest of the year, go cycling, walking, running or roller-blading.

My big thing is walking. My daughter's is cycling. My pup is happy to do both. He also loves to play fetch, soccer, catch frisbee and anything else we are up for. Are you a water person? Go swimming, paddle boarding or kayaking with your pup. Don't have a dog? No problem. Your local animal shelter will love to have you as a volunteer dog walker. Their dogs will be happy to help you get in shape.



Be imaginative. In the article '[10 Fun Ways To Make Your Dog The Best Workout Buddy](#)', author Melina Giakas came up with a new version of playing ball with your dog. It's called 'Run, Race, Repeat!' "We're putting a new spin on the classic game of fetch. Stand next to your dog and throw a ball as far as you can. Then, race against your dog to see who can get to the ball first instead of waiting for him to bring it back to you! Repeat the same steps going back and forth as you wish." I don't know about you, but my lab will win every time.

Nellie, my Australian Shepherd, loved to do agility. Her problem was that I couldn't keep up with her fast pace. Lucky for me she was very patient. 😊

These are just a few ideas on how to exercise with your dog. What about you? How do you keep yourself and your dog in shape? Email morejulie@hotmail.com with your favourite 'keep fit with your pet' activity.

Holidays and Dogs: When Too Much is Really Too Much for Your Dog! *by Kate Rehman*



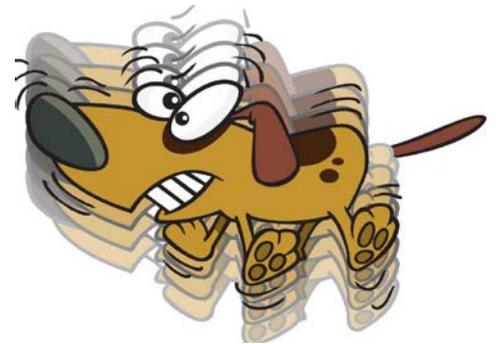
There are times that dogs are put in situations that are not suitable for them, such as busy homes during festive holidays; people not watching small children (hence at times injuries and quick bites happen); loud noises; food within reach of dogs; people behaving excitably towards dogs, causing them to respond with high amounts of impulsiveness/adrenaline, or even fear/shyness because they are not comfortable with interacting.

Just as with children, there are important ground rules and boundaries for all that enter your home. The best action is to be proactive and to carefully plan what your goal is for your dog. How do you want to see your dog respond, act and behave?

You would tell your children to wash their hands before they eat, clean up their toys before they do something else or, if they are going to be active in the house by running around, then those activities are best suited for outside. We ask ourselves, why? Well, these rules and boundaries aren't to stress our children out. These boundaries are to ensure that no one gets sick from spreading germs, or trips on a toy and falls. Running around indoors could very easily cause someone to break something, or have something fall on them, possibly resulting in injury and a trip to the hospital.

It's the same thing with our dogs. At times we expect a lot of our dogs. We don't want behaviours like jumping while greeting, sneaking food off the counters, or perhaps growling at a child. Yet we haven't taken the time to truly work with them in a high stimulation environment. It is very important to set the dog up for success so that he can cope and implement positive, wanted behaviours when holiday guests are over.

When we investigate these situations more deeply, there are things we need to observe. Dogs cannot remove themselves fully from these situations of stress. Unless you, the owner, are on board providing a safe environment, then your dog is at the mercy of the situation.



Often things happen when no one is watching. The house is so busy; kids are running around; perhaps they brought another dog over; people are coming and going; there's laughing, screaming and loud TV noise playing in the background. It can be too chaotic for a dog to cope and handle this type of environment. Your dog gets stressed and things are bound to happen. There are times we as owners expect our dogs to just 'deal' with it, but our dogs only tolerate things to a point. We should not put our beloved dogs in such a situation.

Perception and assumptions depend on how we feel the dog should respond, and we are disappointed when the responses are unwanted behaviours. We can safely ask, was the dog really prepared? Did we read the body language? Were we available to respond to help our dog, or perhaps were we too busy in the kitchen or visiting guests? Did we take into account that perhaps our dog just wanted to be in a quiet room without all the chaos? Did we ensure we had rules and boundaries for our guests when they came over for the holidays?

There are some things beyond our control, for example fireworks. With the things we can control, we should absolutely make every effort to ensure our dogs feel safe, and provide a

low stress environment that promotes positive behaviour. The goal is to promote a successful experience for not only your dog but yourself and your house.

Some different things that can be done for family holidays:

- ◆ Assign a family member to watch your dog, making sure to check in often and frequently.
- ◆ Give your dog time away from the intense high stressful stimulation.
- ◆ Engage in mental brain games such as puzzles, snuffle mats and Kongs.
- ◆ Take a long sniff walk (exploring and enjoying the surroundings).
- ◆ Practice calmness protocols beforehand.
- ◆ Try canine massage before and after stressful events.
- ◆ Set up a separate room just for your dog, to be able to relax and enjoy time away from the business of the holiday.
- ◆ Ensure all guests know what is expected. No feeding real human food, no climbing on the dog, "Please redirect my dog when he is getting too excited", and the list goes on.
- ◆ Ensure everything on the counters is put away, gates are up, leave nothing that your dog may end up getting into simply because there is too much going on.
- ◆ Some people choose to give CBD oils or remedies for calmness for that day. Example - when pets travel on a plane.
- ◆ Possibly remove your pet altogether for the day, and board or have a friend take your dog so that you know your pet is well taken care of and attended to.
- ◆ Thunder shirts can be helpful.
- ◆ Plug-ins for calmness that you can buy at Pet stores, with refills.
- ◆ Whatever you do decide, please ensure that you have carefully thought out the best suitable stress-free and positive situation for your dog to be in. Your dog will thank you!



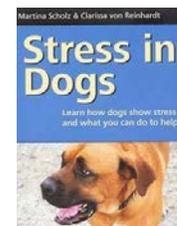
Some useful links for you:

<https://www.fitbark.com/blog/the-top-10-tips-for-relieving-your-dogs-stress/>

<https://www.dogslife.com.au/dog-news/dog-health/stress-management-for-dogs>

[The Stress Escalation Ladder](#), a chart by Turid Rugaas, author of '[On Talking Terms with Dogs: Calming Signals](#)'

[Hints for Managing the Stressed Dog](#)
(by apbc.org.uk), a chart in pdf format)



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. **You can read the previous newsletters [here](#).**

Following is a short description of what the February and March newsletters contain:

February: Book report ("May I Pet Your Dog? - The How-to Guide for Kids Meeting Dogs [and Dogs Meeting Kids]" by Stephanie Calmenson); What if you can't have a dog? (about fish); Dogs' Den storybook (don't reach through the fence); Colouring Contest (don't take away our toys or bones); Game (detective)

March: Dogs with jobs (therapy dogs); Helping with your dog (for the 4 year old); Dogs' Den storybook (be calm); Colouring Contest (ask before petting); Game (word puzzles)

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

Canadian Canine Good Citizen (CCGC) Test Program

Ever wonder if you and your dog make a good team? Why not find out? Take the CCGC test. It's a ten step test focusing on everyday experiences like meeting another dog, greeting a friend, grooming manners, walking in a crowd, reacting to sudden noises and strange situations, etc. It's a fun way to see what a good job you did in helping your dog become a responsible member of your community. It's your dog's way of telling you how much he appreciates you for taking the time to train him.



<http://www.responsibleowners.ca/ccgct-info.html>

For more information, please email morejulie@hotmail.com

Teddy Bear Picnic



Come and bring your children to see us at the Teddy Bear Picnic on **Saturday, June 22nd** on the grounds at Rideau Hall. We will be sharing a booth with Ottawa Therapy Dogs. It's a fun way for your children to learn about dog safety, especially the polite way to meet a dog. Then they can meet one of the therapy dogs, so they can practice what they learned. Our booth will be open from 8:30 a.m. to 1:30 p.m. We hope you will come and visit us.

Park Clean-Up

We would like to thank all our 2 and 4 legged friends who helped us with the Spring Park Clean-Up. You guys are wonderful!

Here is our Fall Park Clean-Up schedule:

Stittsville Dog Park – Saturday, September 28th, 9:30 -11:00 a.m.

Bruce Pit – Saturday, October 5th, 9:30 -11:00 a.m.

Conroy Pit – Saturday, Sept. 21st, 9:30 -11:00 a.m.



'Fundscrip' Fundraiser

We would like to invite you to participate in the Fundscrip fundraiser. The fundraiser will actually end up costing you nothing extra - 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

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

Thank you again for supporting RDOC.



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



Our 3rd 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

How does the fundraiser work?

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.

When is the fundraiser?

The walk will take place between **Saturday, September 14th** and **Friday, September 20th**. 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.

Garage Sale *by Julie More*



RDOC is very pleased to host our annual garage sale. It will be held on **Saturday, June 1st** at Dagmar's house (42 Bunting Lane, Kanata), 8 a.m. to noon. Thank you, Dagmar, for offering to hold the fundraiser at your house.

Everybody, go through your house. It's time to declutter. Whatever you don't need we will be happy to take. Items can be dropped off at Dagmar's house on Friday, May 31st, from noon to 8 p.m.

Please put a price on each item as it will make our lives much easier. Please keep the prices low for quick sale. If there is an item you want back if it doesn't sell at a certain price, please mark "firm" so we don't let it go for less than the price tag.

We also need volunteers to help out on Saturday. If you can help, please email me at morejulie@hotmail.com

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

Or visit our website at: www.responsibledogowners.ca/membership.html

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

Advertising program

RDOC is pleased to introduce our newsletter and brochure advertising programs. We have 2 newsletters:

The Dog Guardian Newsletter

The newsletter you are reading now is a quarterly online* newsletter dealing with everyday dog ownership issues. We cover a variety of topics including indoor fun with your pup; dog dementia; winter sports; travelling with your pet; moving to a retirement home with your 4 legged friend, etc. <http://www.responsible dogowners.ca/newsletters.html>

The Kid's Edition of the Dog Guardian newsletter

A monthly online* newsletter devoted to educating children on safe interactions with dogs. Some of the topics covered in past issues have been fun websites for kids about dogs; indoor activities with their pups; teach your dog a trick; dogs with jobs (e.g. guide dogs); Dogs' Den storybook (e.g. how to meet a dog), etc.

http://www.responsible dogowners.ca/newsletter-kids_version.html

* In addition to being published online, our newsletters go to our members, vets, animal hospitals, groomers, kennels, dog training schools, dog breed clubs, etc. The *Kid's Edition* newsletters also go to daycares, nursery schools, CHEO (the children's hospital in Ottawa - their child life department).

As you can see, we cover all sorts of businesses and interest groups. Our prices are very reasonable:

<u>Dog Guardian Newsletter:</u>	<u>Kid's Edition of the Dog Guardian newsletter:</u>	<u>Brochure</u>
Full page \$60 Half page \$45 Quarter page \$25 Business card size \$15 <i>Members get a 10% discount</i>	Full page \$40 Half page \$25 Quarter page \$15 <i>Members get a 10% discount</i>	Full panel \$100 Half panel \$50 1/3 panel \$40 <i>Members get a 10% discount</i>

Thank you for considering advertising in our newsletters and brochure.



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.

Responsibility ▪ Respect ▪ Recognition

Contact RDOC by:

E-mail: 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

Dates referred to in this newsletter:

Annual RDOC garage sale - Saturday, June 1st

Teddy Bear Picnic - Saturday, June 22nd

Fundraising walk – between Saturday, September 14th and Friday, September 20th

Fall Park Clean-Up schedule:

Conroy Pit – Saturday, Sept. 21st, 9:30 -11:00 a.m.

Stittsville Dog Park – Saturday, September 28th, 9:30 -11:00 a.m.

Bruce Pit – Saturday, October 5th, 9:30 -11:00 a.m.



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