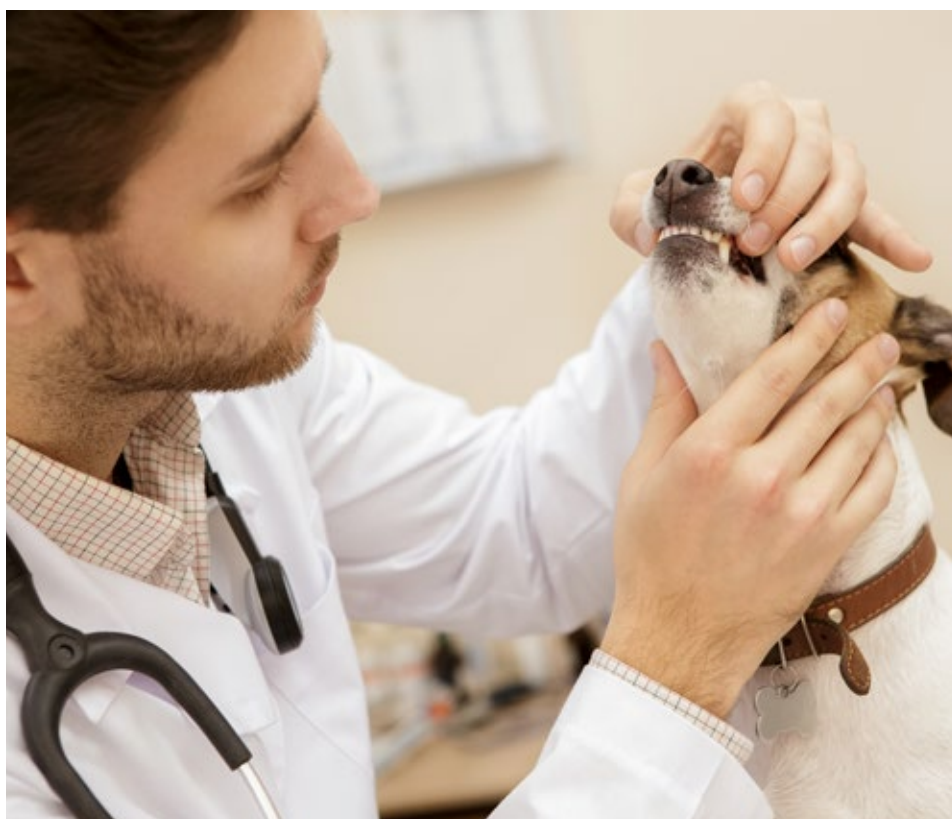


February Is Pet Dental Health Month!



We all brush our teeth every day, but too many of us don't care for your pets' teeth quite as well. Healthy teeth and gums are fundamental to having healthy dogs and cats. Want to find out more about how you can better care for your dog's teeth? Check out this video and tips from Pet Health Network.

WAGS AND WIGGLES FOR DIXIE LEE MACDONALD!

Huge thanks to real estate agent Dixie Lee MacDonald, who will be donating \$500 to Speaking of Dogs Rescue for every house she lists that results in a sale! You can see her listings and find out more about her at dixieleemacdonald.com.

FEBRUARY 2019 THE OFFICIAL SPEAKING OF DOGS MONTHLY NEWSLETTER

In this month's newsletter

Dogs looking for homes	2
Updates.....	4
Ask the Trainer	5
Bits and bites	7
Recent adoptions	8
Forever in foster pupdate	9
In memoriam	10

About Speaking of Dogs

Speaking of Dogs is a Toronto-based organization that launched in 2001 and is dedicated to educating and enlightening people about dogs through seminars, workshop forums, outreach and rescue. Our goal is to end cruelty, abandonment, mistreatment and homelessness of man's best friend.

Speaking of Dogs Rescue is the operating name of Speaking of Dogs Rescue Program, a Canada Revenue Agency-registered charity based in Ontario.

Contact Speaking of Dogs

P.O. Box 8058, RPO Hurontario
Collingwood, ON L9Y 0H1
Phone: 705-444-SODR (7637)
Email: info@speakingofdogs.com
Web: www.speakingofdogs.com

Newsletter Team

Editor: Nancy Foran
Design: Cathy Vandergeest at www.gawck.ca
Contributors: Nancy Foran, Lorraine Houston, Emily Fisher and Kim Gladding

Newsletters

If you no longer want to receive our newsletter, email newsletter@speakingofdogs.com, with "unsubscribe" written in the subject line.

Dogs Looking for Homes

A friend in need is a friend indeed

Without a doubt, a dog is a real friend. Our dogs come in all shapes and sizes, but they have one thing in common – they all need loving forever homes. Open your heart and your home to a rescue dog. You'll be glad you did. For complete information about the adoption process, please visit www.speakingofdogs.com/adoption-process. For more information on each dog, simply click on their name.

Gabby

LABRADOR / HUSKY MIX
LARGE, SENIOR, FEMALE



FEATURED DOG:

Gabby is a spayed female German Shepherd and Labrador mix (with perhaps some Husky?) who is about 11 years old. This lovely, calm girl came to us from a shelter, where she had been surrendered by her elderly owner since he was moving and could not take Gabby with him.

She enjoys leisurely walks and takes every opportunity to sniff. She is housetrained and overall a very quiet and calm lady, even when the doorbell rings or visitors are knocking at the door. She is very easy to care for and handle. She's a smart, happy girl who just needs someone to love her – all 80 pounds of her.

Gabby is affectionate and good with people and dogs; the notes we were given by the shelter say she would be best in a home without cats. She shows no signs of stress or related anxieties and can be left alone without chewing, barking, or eliminating. Although she loves attention, she doesn't often seek it out. Her foster parents say she is laid-back, polite, easy to love, and has learned to give a vocal cue to go outside.

Gabby is not much for toys but enjoys a good chew stick at the end of the day (in fact, she will ensure you don't forget). Every night, she checks on her entire human family before turning in (even when company is staying overnight). She's a floor sleeper as opposed to a couch girl (so an XL doggy bed is advised).

Do you have room in your heart for this special senior lady? Who wouldn't love to see those gorgeous baby blue eyes every day and delight in her gentle, calm nature!



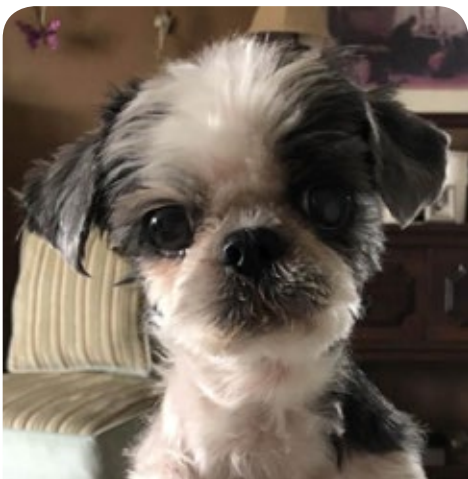
Finn
LABRADOR MIX
MEDIUM, YOUNG, MALE



Mylo
SHIH TZU
SMALL, SENIOR, MALE



Betty
CHIHUAHUA
SMALL, SENIOR, FEMALE



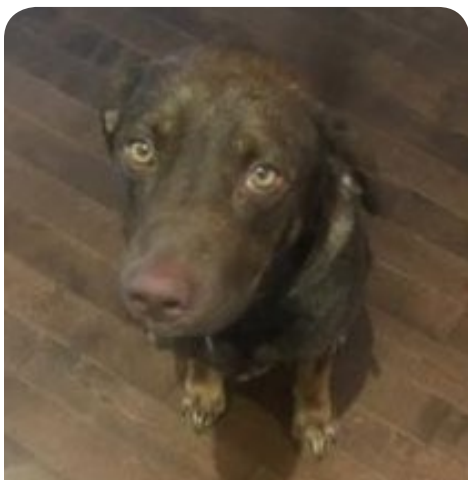
Dixie
SHIH TZU
SMALL, SENIOR, FEMALE



Skamp (aka Snuggles)
TERRIER / SPANIEL MIX
MEDIUM, SENIOR, MALE



Maxx
SCHNAUZER / TERRIER MIX
SMALL, YOUNG, MALE



Hank
LABRADOR MIX
LARGE, ADULT, MALE



Coco
CHIHUAHUA
SMALL, ADULT, FEMALE



Jack and Pippy
SCHNAUZER / POODLE MIXES
SMALL, SENIOR, MALE AND FEMALE

Updates

THE BENJAMIN PROJECT IS SHARING THE JOY!

Speaking of Dogs Rescue is proud to be partnering with the Benjamin Project, which was created in memory of a very special dog who belonged to Malcolm and Helen Bernstein for 13 wonderful years. The project has a two-fold mission of educating about responsible pet and animal stewardship as well as raising funds for animal shelters and animal welfare organizations.

The Bernsteins adopted Benjamin from the OSPCA, and he was a beloved family member who brought unconditional love and incredible joy to countless others, both two- and four-legged. Malcolm wrote a book about Benjamin, which was published in 2014 and served to launch the Benjamin Project. He published his second book about



Benjamin, a children's book, in April 2018. The proceeds from these books are donated to shelters and rescues.

If you purchase one of these books through our special link –speakingofdogs.com/benjamin-book-order-form – the proceeds of your purchase will be directed to Speaking of Dogs Rescue.

These wonderful books are only \$20 each and make a great gift for the animal lovers in your life or a treat for yourself.

For more information about the Benjamin Project, please visit thebenjaminproject.net.

From: Kim and Jason

To: Speaking of Dogs Rescue

Subject: Shyla (formerly Chanel)

Dear Speaking of Dogs Rescue,

It's been a year since Chanel, now known as Shyla, joined our family. When she came into the rescue her skin was red-raw, itchy, and painful, and she was easily frightened and did not really know how to walk on leash. She has since blossomed into a happy and healthy girl.

Shyla is so excited to see us when we get home (even if we're only gone for 15 minutes) that any memories of a bad day we've had disappear. She loves hiking with us and going to off-leash parks, where she can run around with other dogs. Over the summer she went swimming in the lake. (We're not sure who enjoys it more: her or us watching her.) She's the first dog we've had who actually likes to swim. She is a snuggle-bug and, at times, insists on getting into our lap, despite the fact that she's 60 pounds of unconditional love and joy.

Shyla and her fur-sister Nikki (also rescued from SODR) play together well. Thank you so much for both these wonderful dogs – they are the light of our lives and make us laugh every day!



Shyla (right) and Nikki

Ask the Trainer

HOW MANY TREATS?!

Before you ask this, ask yourself: Would it be reasonable for your boss to exclaim, “How many dollars?!” when reviewing your pay cheque?

Training treats provide information to your dog, specifically information on the “correct answer” to your training questions. When training is applied properly, each piece of food acts to “reinforce” the behaviour that it follows – meaning that the behaviour will occur again.

The better trainer you are, the more meaningful each piece of food is, and the closer you are to your training goals!

Many owners have hang-ups about using food during training and can derail their own efforts by using food ineffectively. Here, we'll review some common concerns.

My Dog Will Get Fat!

A dog will gain weight because their caloric intake doesn't properly match their caloric output (meaning their eating doesn't match their level of activity) or because they are experiencing a health problem.

If your dog is gaining weight out of proportion to how much they're eating, please contact your vet and speak to them about any potential underlying health problems. Your vet will likely perform an exam and may want to take blood or do other diagnostic tests.

Calorie input versus output is a much easier calculation for dogs than for people. If your dog is eating too much, especially if they're not in heavy exercise, they will gain weight – period! It's not about how many treats they're eating; it's about how many calories they're eating.

You absolutely do need to be mindful about this in order to prevent weight gain. Some dogs gain weight more easily than others, and this weight gain can sneak up on you. There are two good ways to ensure this doesn't happen.

First, drop into your vet clinic every couple of weeks and pop your dog on the scale.

Second is to monitor the fat covering over your dog's ribs by feeling their sides with your fingers, and visually monitoring their waist and tuck-up. You should be able to easily feel ribs if you run your fingertips along the widest part of your dog's ribcage.

It shouldn't feel like a washboard, but if you find that you need to use pressure or “dig” with your fingertips, this tells you that your dog is over their ideal weight. Visually, you should be able to see their waist from above and a “tuck up” of their belly when viewed from the side. Additionally, there shouldn't be a fat deposit at the base of your dog's tail.

Special consideration: If your dog is significantly overweight, please speak to your vet about both the potential for underlying health problems, as well as any additional considerations you should be aware of to help your dog lose weight.

I Don't Want to Use Special Treats!

Just like you wouldn't go to work for a hug and a handshake, your dog also has a “minimum pay scale.” This pay scale will change depending on the environment, amount of distraction, behaviour, and more. This means that you may have excellent results using your dog's dinner to train in your home, but this kibble is ineffective when out on the street, in the park, or in training class.

Here's another way of looking at it: You may be willing to go get your partner a



beer from the fridge for a simple “thank you,” but you probably wouldn't wait tables without a pay cheque.

Training is work for your dog. To get the most out of your training efforts, you need to take into account what is motivating for your dog and use it as well as possible to cultivate the behaviour you want in your dog.

If you are concerned about the impact of treats on your dog's health, consider what dogs consider “treats” versus what we humans think of as “treats.”

Humans think the best treats are cupcakes, chocolate, and all things sugar – not exactly healthy!

Dogs think the best treats are fresh chicken, fresh beef, chicken hearts, and similar meats... and this is actually a perfect addition to your dog's diet, particularly if they eat a processed diet, such as kibble. Essentially, you can be using treats in training that are very beneficial for your dog's overall health and diet. Do stay away from heavily processed treats with additives like food colouring.

Special consideration: If your dog has a very sensitive GI system, you may need to introduce novel treats carefully. Start with a fresh version of the protein that is in your dog's regular food.

...continued on page 6

...continued from page 5

But Fancy Treats Are So Expensive!

The best treats can actually be the cheapest! Purchase meats on sale from the grocery store. For a quick and cheap option, pick up some pre-cooked sausages, frozen cooked meatballs, or cured meats like salami or kielbasa. Some of these options are not as healthy as plain cooked meats, but they are much cheaper than most treats from pet stores.

Can't I Just Use Toys?

Absolutely! Toys can be fantastic reinforcers. However, using toys in training requires substantially more "foundation" training than using food. You need to learn how to use toys effectively, and your dog needs to learn how to work for toys.

If your dog is extra crazy about toys or particularly disinterested in the training, you'll have a bigger training task ahead of you before you can use toys to reinforce other behaviours. Using a combination of food and toys will usually produce a better result.

How to Minimize Calories

Preparation:

1. Measure out your dog's total ration for the day. (Ensure that your measurement is accurate and meets your dog's needs; don't just follow the instructions on the bag.)
2. Subtract some kibble from this ration, taking into account how many non-kibble treats you intend to use that day, such as higher-value treats for training with distractions and especially days you are going to a training class.
3. Place the remaining kibble in a sealable bag or container and add some smelly meat, such as hot dogs, sausage, kielbasa, etc. You could also use crumbled liver treats or add some fish oil. Seal the bag or container and leave it in the fridge

for a little bit, so the kibble absorbs the taste of the meat. (You can chop this meat later and use it as treats for training with distractions!)

Training:

Put this kibble in your training pouch and use it for training throughout the day!

Leftovers:

Put the remaining kibble in food-dispensing toys so your dog can have fun and stay engaged throughout the day. (If you're leaving the house early in the day, you might use some of the kibble for this purpose).

If you'd like to learn more about canine enrichment and brain games, check out the trainer article in the September 2017 newsletter.

There is no need to feed healthy dogs their meals at specific times, and young and active dogs have no need for a food bowl! Use every piece of food to further your training, keep your dog engaged, enrich their day, and further your training goals.

Food in a bowl is of no benefit.

My Dog Doesn't Like Her Kibble

Try a new brand of kibble!

Check out the Dog Food Project (www.dogfoodproject.com) for info on picking a dog food, or you can contact them directly for a diet consultation. Find a food that your dog enjoys!

You can also substitute kibble with a fully balanced treat, such as Ziwi Peak, Rollover logs or Freshpet. Save kibble for the food-dispensing toys, and use these higher value, completely balanced foods for training. Just be sure to check out calorie content; foods don't necessarily compare cup-for-cup!

If your dog is a picky or inconsistent eater, even without severe symptoms, it is always a good idea to bring this up with your vet. Just as you can be nauseous without vomiting or have

GI upset without emergency trips to the bathroom, so too can your dog. It's never a bad idea to assess whether health problems could be affecting your dog's behaviour.

My Dog Ate a LOT at Training Class

If your dog has eaten a lot because you just attended an hour-long training class, there's no need for them to eat a meal right after! Classes require more and higher-value foods because of the length of class and the distractions in the room, so you'll need an extra good variety of treats to keep your dog interested for that length of time.

You're also learning new skills along with your dog, so extra-tasty treats can help your dog be more resilient in the face of your own mistakes.

I Skipped a Meal...

But She Looked So Sad!

One of the biggest barriers for owners trying to slim their pet down are those puppy-dog eyes... Maybe a little bit more won't hurt, maybe you can still give your dog dinner after class?

If your dog seems extra hungry or you feel bad for cutting back on a meal, simply mix in a low-calorie vegetable. Canned pure pumpkin or thinly sliced green beans are an excellent filler! This can help your dog feel more full, and it may also help you feel better to feed a bigger meal.



Emily Fisher, CPDT-KA, CDBC,
Scratch and Sniff Canine Services,
Guelph, ON

Bits & Bites

Simply click on a summary to be whisked away to the internet page where you can read the full story.

- With winter's chill in full force, the OSPCA has some cold weather safety tips. And remember, if you're cold, they're cold!
- If you missed the episode of TVO's The Agenda with Steve Paikin on the recent court decision concerning the OSPCA, you can watch it here.
- However, according to one long-time investigator, it's "business as usual."
- The OSPCA has also launched an appeal.
- Dog training isn't always easy, and we all make mistakes. This blog post covers some of the most common behaviour-modification mistakes.
- Do you keep a first aid kit at home? How about a first aid kit for your pets?
- Have you ever heard the term "predatory drift"? Find out more in this blog post.
- Find out what you should do if you see an unattended service dog.

THIS MONTH'S RECALLS:

Click on a recall to be directed to further information online.

- [Woody's Pet Food Deli raw turkey](#)
- [A+ Answers Straight Beef Formula for Dogs](#)

Walk with ResQwalk!

ResQwalk is a free mobile app that allows you to raise money for Speaking of Dogs Rescue while out for your regular walks!

All you need to do is download the app to your iPhone or Android phone and track your walks (with or without your dog). It's free. It's easy. It can help the amazing dogs in our program find their second chance at life and love.

Once you've downloaded the app, please remember to mark Speaking of Dogs Rescue as your favourite rescue!

For more information, you can visit bestfriends.org/resqwalk/faq.

Help Us Raise Funds Through FundScrip!

Speaking of Dogs Rescue is excited to be participating in FundScrip. It's an easy way to raise funds for the rescue by the buying gift certificates you were already intending to purchase – and it doesn't cost you anything extra!

ALL YOU NEED TO DO IS:

1. Visit Speaking of Dogs Rescue's page at FundScrip at www.fundscrip.com/support-a-group/SJ3TQQ
2. Follow the instructions to create your login account (including the email verification)
3. Buy your gift certificates

How does it work? You buy your gift certificates at no extra cost to you – meaning you get the full value of your gift certificates – and a portion of the sale is donated to Speaking of Dogs Rescue.

Participating retailers include Winners, Walmart, Food Basics, Sobeys, Loblaws, Shoppers Drug Mart, Canadian Tire, Tim Hortons, PetSmart, and over 200 other retailers of all types and kinds.

Whether you're looking for a gift for someone special or just want to raise funds for the rescue while doing your groceries, check out FundScrip!

Happy Tails

JANUARY ADOPTIONS:

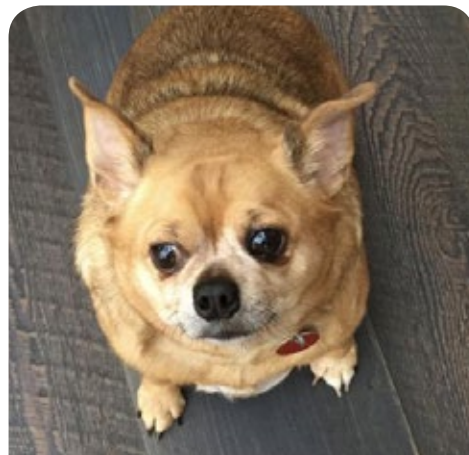
A big thank you to our foster parents and our new adoptive guardians for helping give these loving dogs a second chance.



Hadley



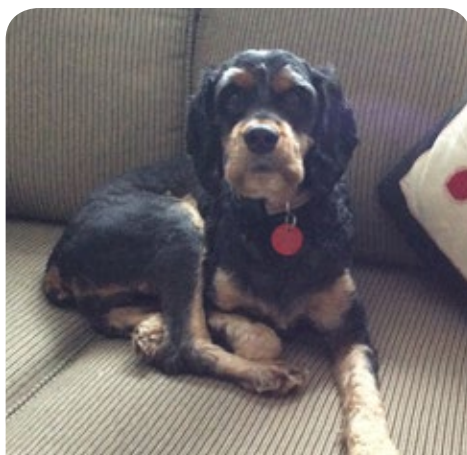
Franklin



Peanut



Bubba



Cooper



Looky



Veronica and Buddy



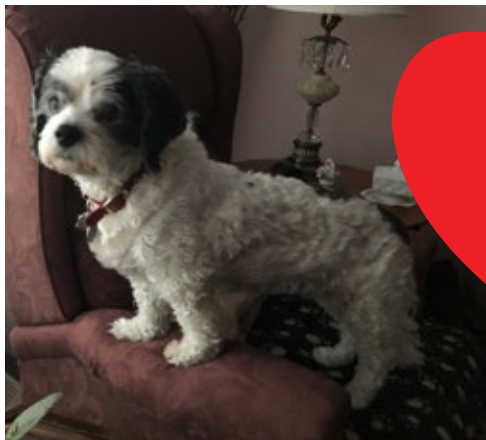
Tobi

Forever in Foster Pupdate

MEET JOY, LACY, AND MOLLY!

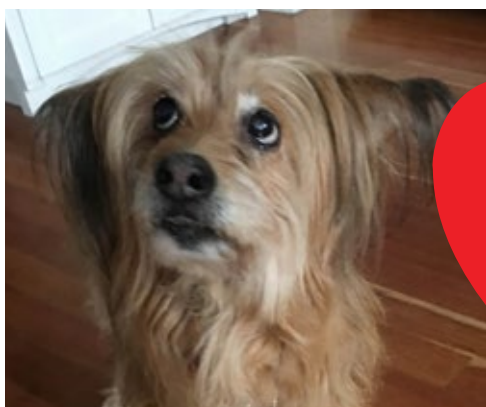
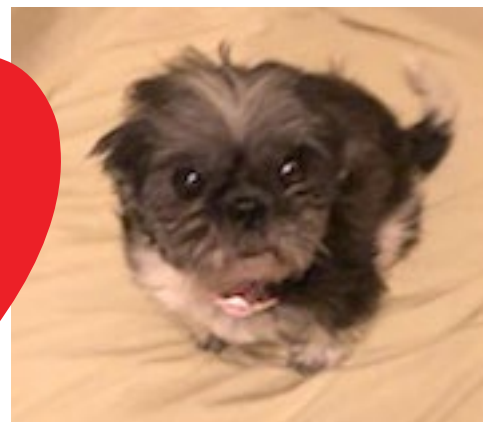
Speaking of Dogs Rescue has recently welcomed three new dogs into our Forever in Foster program.

We'll have more news about these wonderful seniors over the coming months, but we couldn't resist sharing their super sweet faces.



Lacy is a 13-year-old Shih-Tzu mix whose owner was no longer able to care for her. She's settling into her foster home and enjoying her new life.

Molly is a 12-year-old Shih-Tzu from a shelter near Ottawa who came from a hoarding case. She has a number of medical challenges and skin allergies, which are being treated. Her foster mom says she made friends with her little dogs almost overnight.



Joy is a sweet little terrier mix who is deaf and may have some anxiety or cognitive challenges. That doesn't stop her though! She loves her walks and dinners! She is about 12 years old and was abandoned at a shelter in Quebec.

Speaking of Dogs Rescue focuses on compassionate care for senior dogs. When these beloved dogs come into our rescue, they often have needs that are beyond the scope of adoption. Still others are up for adoption for months without finding a forever home, and they eventually become attached to their foster parents. At that point we often feel that it is not in the best interest of the dog to be uprooted and put into a new home. And so, we keep some of our senior dogs in our Forever in Foster program, which has been running since 2005 and has seen many dogs live out their last chapter in a loving, caring foster home, cherished until they cross over to the Rainbow Bridge. Speaking of Dogs Rescue cares for these dogs financially for the rest of their lives, covering their vetting, food, and grooming costs.

In Memoriam



Macy

LOVED BY RON AND JOANNE A.
ADOPTED AUGUST 2008
PASSED JANUARY 2019



Satin AKA Emmylou

LOVED BY ALL WHO KNEW HER
ADOPTED AUGUST 2016
PASSED JANUARY 2019



Romeo AKA Vito

LOVED BY SEFORA AND JOAQUIN
ADOPTED MAY 2012
PASSED JANUARY 2019