

STEP UP FOR THE PUPS



So many things have changed to keep us safe and well during the COVID-19 pandemic. At Speaking of Dogs Rescue, we've had to alter many of our protocols and procedures. While we've been able to continue our rescue efforts, we've had to cancel some fundraisers that, in previous years, have really boosted us financially.

To fill the gap, we've created a fun and innovative event that allows participants to fully respect all COVID-19 directives and restrictions: **It's Step Up for the Pups! An independent walkathon that will take place on June 14th.**

Sponsoring participants through our [Canada Helps page](#) is easy, and the site will immediately issue a tax receipt. Sharing is simple, too!

Want to really Step Up for the Pups? It's easy to set up a fundraising page on

the [Canada Helps site](#) by clicking on "Create a Fundraiser" and following the instructions. Then it's simply a matter of sharing far and wide to help raise funds. When posting on social media, be sure to use the tags #stepupforthepups2020 and #speakingofdogsrescue!

There are even prizes to be won!

- Most money raised: \$100 PetSmart card
- Most steps or greatest distance travelled: \$100 PetSmart card
- Best social media engagement: \$25 PetSmart card

Our goal is ambitious, but so many dogs are counting on us, including the dogs in our Forever in Foster program and the numerous seniors we take in, who often generate large vet bills. We can't let them down!

For more information about Step Up for the Pups and how you can help, please visit the [Speaking of Dogs website](#).

JUNE 2020

THE OFFICIAL SPEAKING OF DOGS MONTHLY NEWSLETTER

In this month's newsletter

Dogs looking for homes	2
Ask the trainer	4
Webinars to the rescue.....	7
Bits and bites	8
Updates.....	9
Recent adoptions	10
Fathers day.....	12
In memoriam	13

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.

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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.

Cheeto

SHEPHERD MIX
MEDIUM, SENIOR, MALE

FEATURED DOG:

Speaking of Dogs Rescue took in Cheeto, a 12-year-old shepherd mix, into our foster program a few weeks ago. Before then, he had been living life on the end of a chain. He's now enjoying all of the comforts of a loving foster home.

His devoted foster mom reports he is "a love," food motivated, and responsive to training. When some tasty treats came out the other day, he offered sit, down, and speak with great enthusiasm!

Cheeto is housetrained, not vocal, good in the car, friendly with people and other dogs (big and small) but does chase cats. He can be reactive on leash, but this can be managed by leaving space between him and other dogs (did someone say "social distancing"?).

Overall, Cheeto is a quiet older boy who enjoys relaxing under a shady tree and mealtimes. All of his blood work came back within normal range, and he has now been fully vetted.

Cheeto is ready for adoption and has traded that chain in for a comfy leash. Can you help him walk into a forever home where he can be loved, cherished, and live the happy, full life he so richly deserves?



#nomorechain4Cheeto





Herbert
SHIH TZU
SMALL, ADULT, MALE



Tucker
LABRADOR RETRIEVER
LARGE, ADULT, MALE



Dylan
TERRIER MIX
SMALL, ADULT, MALE



Honeybun and Rascal
POMERANIANS
SMALL ADULT, FEMALE



Benny
SHIH TZU / MALTESE MIX
SMALL, ADULT, MALE



Kody
POODLE
SMALL, YOUNG, MALE



Maya
BORDER COLLIE
MEDIUM, ADULT, FEMALE



Emerald
GERMAN SHEPHERD / LAB MIX
LARGE, YOUNG, FEMALE

Ask the Trainer

SEPARATION ANXIETY: CHALLENGE THE MYTHS, NOT YOUR DOG

As a Certified Separation Anxiety Trainer (CSAT), I've become passionate about dispelling harmful myths about separation anxiety. There are so many! By the time people reach out to me for help, they've often spent weeks or months and extensive resources on tips and tricks that haven't helped or may even have made things worse.

By raising awareness of what separation anxiety is and how to solve it, my hope is that guardians and dogs who are affected will get the help they need sooner and get on track toward a solution.

The Dangers of Myths

One pervasive myth about separation anxiety (SA) is that it's caused by spending too much time with your dog or giving your dog too much attention. With COVID-19, many are unnecessarily concerned that tons of dogs will suddenly develop SA when their guardians return to their regular routines.

This myth is harmful for a few reasons. For a start, it misplaces the blame on the dog's guardian, which is totally unfounded and contributes to caregiver fatigue. It may also result in the guardian withholding attention from their dog, which affects the dog's well-being, detracts from everyone's enjoyment, and weakens the bond.

When I begin working on an SA case, the first thing we do is suspend absences – never leaving the dog alone for any longer than they're comfortable with (which may not be any time at all). This is part of the solution, not the problem.



What Is Separation Anxiety?

SA is a medical condition in which dogs experience distress and panic during their guardian's absences, so they're afraid of being apart from them. In many cases, SA is a behavioural emergency requiring the help of a qualified vet or vet behaviourist. It can cause such acute panic that dogs may hurt themselves or attempt to escape. The dog can sometimes become chronically stressed and hyper-vigilant. In such cases, medication can help relieve their suffering and improve their ability to learn.

According to the current science, the common denominators and risk factors for dogs developing SA are:

- genetics,
- adverse experiences,
- sound sensitivity, and
- old age.

For some dogs, developing SA seems to be a genetic inevitability. We can do all the right things, and they still develop the condition. SA precipitates from a

mix of genetics and experiences, so using only positive methods to teach your dog to feel relaxed and comfortable when alone or apart from you is important. It may not prevent SA, but it will certainly help your dog cope if they ever develop the condition.

Dogs Are Naturally Social

Avoiding adverse experiences and meeting dogs' needs is the best we can do for them when it comes to behavioural wellness. For most dogs, sudden or prolonged isolation is an adverse experience. To us, it seems so normal to leave our dogs alone for 8 to 10 hours per day, the typical workday, but this is a big stretch for most dogs and many actually white-knuckle through their alone time as we go about our daily routines.

As we redefine our "normal" in these unprecedented times, it's important to consider how we can continue to provide our dogs with an exemplary level of companionship and enrichment when we return to our regular routines.

Dogs are highly social creatures. We domesticated dogs to live alongside us and find meaning in our routines and interactions. Dogs crave inclusion, stimulation, and attention. This is normal. It's a core requirement for their behavioural well-being. Spending lots of time with your dog is important for their welfare.

Dogs who have separation anxiety, however, have an extremely high need for companionship. Their brains have become wired for it, and suddenly removing your attention or spending less time with them can be devastating and will likely make their SA worse.

Make the Most of Social Distancing

If your dog struggles with SA, quarantine is an excellent time for training, and it's also a great time to teach your puppy or new-to-you dog to feel safe and comfortable being left alone and apart from you.

Many of us selected our dogs based on our mutual desire for companionship. While this is a benefit for us, it's a care requirement for them. Spending time alone isn't something dogs are well-equipped for as a species, and all dogs benefit from help when adjusting to new routines. Even if your dog doesn't struggle with acute anxiety or SA, you should look for ways to make their time alone more comfortable and manageable for them.

With our lives in flux, it's important to find ways to help our dogs adjust to changes in routine and gradually prepare them to spend more time alone. Dogs who have been comfortable being alone in the past still need support, and it's important to begin sooner rather than later.

Our dogs' ability to be alone can be like jogging. If you haven't jogged in a while, you're going to need to start off easier

and work up gradually. Otherwise, you might not feel so good after your first few runs. You'll likely need to do some conditioning if you're aiming to hit some high-end goals and avoid injuries. You're also likely to dislike jogging and give it up if you don't go about it safely and keep yourself motivated.

When it comes to being left alone, dogs can't opt-out or take up a new activity if they become bored or unable to enjoy themselves. This is why we need to take care to align our expectations with our dogs' abilities, never asking for more than they can comfortably handle, and meet their needs so they can work up to the point where we need them to be.

Support Your Dog

If you typically crate or confine your dog when they're home alone, you'll need to reintroduce this routine while you're still home. Simply feeding your dog their meals in their crate or confinement area is a great start, especially if you stuff their food inside a rubber chew toy (for dogs who eat kibble, you can mix it with a wet or sticky food and freeze it inside the toy to provide more of a chewing project).

Start off by keeping your dog company in the same room, enjoying a hobby or doing a household task, and then begin walking to other parts of your home, returning to feed them a bonus every 30 seconds or so. Gradually increase the amount of time your dog spends in confinement as well your distance away as long as your dog remains comfortable.

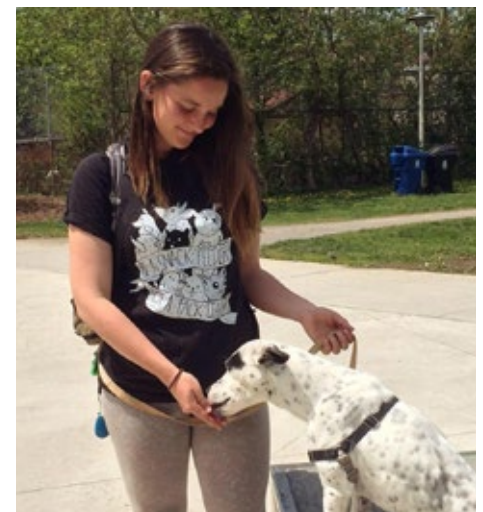
Check out the [“Blueprint for Home Alone Training”](#) for steps to help ensure your dog is comfortable spending longer and longer periods of time alone.

If your dog becomes stressed when left alone for the 15-minute assessment or becomes upset when there's a barrier between you and them, such as a closed door, reach out to a qualified trainer or

behaviour consultant. Using a food-stuffed toy won't help if your dog's too upset to eat, and dogs with SA tend to struggle with crating and confinement. This training exercise can help a typical dog get used to being alone, but it doesn't generally help dogs with separation anxiety and can even make the problem worse.

If your dog develops SA, there are effective solutions that will set you back on track. SA is a medical condition that can be effectively treated. Desensitization training, similar to gradual exposure therapy for humans, can help resolve the panic and distress your dog feels when alone or apart from you. If SA is something your dog struggles with, they can learn to feel relaxed during their alone time, but you'll almost certainly need help from a qualified trainer and possibly a veterinary behaviourist.

For more information on SA, check out malenademartini.com/blog/.



Meghan D'Arcy, CTC, CSAT, ACDBC

Certified in Training and Counselling, Certified Separation Anxiety Trainer, Associate Certified Dog Behaviour Consultant, Fear Free Certified Animal Trainer meghandarcydogs.com

Blueprint for Home Alone Training

1 SET THE SCENE

- Window film and white noise can reduce or eliminate barking
- Practise confinement when you're home with your dog
- Meet your dog's needs for exercise and enrichment
- Food-stuffed rubber chew toys ease stress and prevent boredom
- Offer comfortable bedding

2 MAKE A PLAN B

Arrange for alternatives in case your dog isn't ready to be alone:

- Dog daycare or boarding
- A hiking or walking service
- Walk-and-train
- Drop-in visits
- Company from friends or family
- Take your dog to work or with you on errands*

3 ASSESS

- Offer a potty break and exercise or enrichment beforehand
- Set up a webcam in your dog's alone-time area
- Leave your dog home alone for 15 min. while you observe them
- Monitor for signs of stress
- If your dog becomes upset and can't settle, return early and go straight to step 6

4 TRAIN

- Start with 15 min. and build from there, according to your dog's comfort
- Vary the length and time of day of your absences
- Switch between easy and hard: 15 min., 10 min., 20 min., 12 min., 25 min., 8 min., 30 min., 18 min., 45 min.
- Leave your dog with a food-stuffed rubber chew toy every time

5 MONITOR

- Continue using the webcam to observe how your dog handles their alone time
- Set up noise or movement alerts
- Check in during longer absences, especially in the beginning
- Use this information to make adjustments, scaling back with any stress or discomfort

6 WHEN TO GET HELP

- Your dog won't eat when alone
- Your dog becomes nervous as you're getting ready to leave
- Your dog is uncomfortable in their confinement area
- Your dog becomes upset when left alone and/or can't settle when you're away or apart despite following this guide

*Ensure you can take your dog inside with you everywhere you plan to go before you leave home and do not deviate from that plan (e.g., don't stop at the grocery store on your way home from work). Call the store ahead of time if you're not sure, or check online. Never leave your dog unattended in a vehicle, outside a store or restaurant, or anywhere else outside your home, not even for a second.

Webinars to the Rescue!

Speaking of Dogs is proud to be working with EduCanine on a fun and informative webinar series to help make life better, safer, and more enriched for dogs – it's Webinars to the Rescue!

EduCanine, an organization of many experienced and certified trainers, created this dynamic webinar series to help us better communicate with our dogs, to help rescues and shelters assess and understand the dogs in their care, and to share solid training advice and techniques.

Here is what is coming up:

DOG TO DOG INTERACTIONS

Tuesday, June 9 at 7:00 p.m.

Whether they interact only with their housemates or with a variety of playmates at dog parks, your dog needs your help honing the robust social skills

it takes to navigate their complex world. Learn how to identify fair play, manage a budding argument, or defuse a scuffle with effective techniques and strategies.

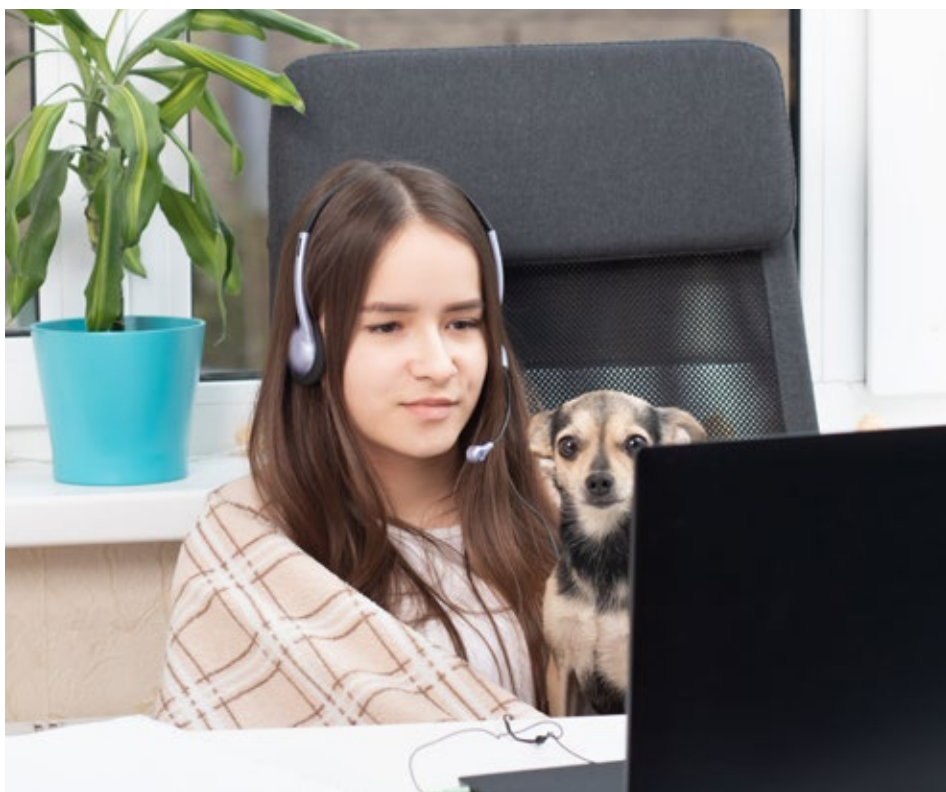
PICKING A PROFESSIONAL

Tuesday, June 16 at 7:00 p.m.

Some dogs have a whole team of professionals behind them: walkers, groomers, trainers, veterinarians, rescue organizations, and even masseuses! Come away with questions to ask, ways to research, and guidance on how to obtain references to ensure the perfect fit for you and your pooch.

Each webinar is \$35. Rescue and sheltering organizations as well as adopters can use the code `rescue20` to obtain the special price of \$20 per webinar.

To learn more and to register, please visit educanine.org/webinars-to-the-rescue.



SUMMER SAFETY

A lot has changed in the last few months, but some things never change: A parked vehicle is never a safe space for an animal.

With the warm weather coming and some of the social distancing restrictions beginning to be lifted, it may be tempting to go out more and take your dog along for the ride. If you decide to let your dog tag along, make sure everywhere you plan to visit is dog-friendly, so you don't need to leave them unattended, whether in your vehicle or elsewhere.

Keeping your dog safe is simple: If you can't keep your dog with you at all times when out and about, leave them at home.

Here are some other summer safety tips:

- Sidewalks and roads can get very hot. If it's too hot for you to comfortably rest your own foot on a surface, it's too hot for your dog's paw pads.
- Pets can get overheated very quickly. Limit walks and other exercise during the hottest times of the day, particularly if you have a brachycephalic (i.e., flat-faced) dog, a puppy, an elderly dog, or if your dog has health issues.
- At home, ensure your pets always have access to a cool space inside, shade outside, and plenty of fresh water.

For more info about summer safety for pets, you can refer to the [Toronto Humane Society's tips](#) and the [OSPCA's No Hot Pets program](#).

Bits & Bites

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

[The Toronto Humane Society has tips and advice to help make trips to the newly re-opened dog park as safe and considerate as possible.](#)

[Feeling bored and stuck at home? It's a good time to brush up on training! Dr. Karen Becker offers "The Dos and Don'ts of Crate Training."](#)

[Following a suspected dog poisoning in Markham, police are warning pet owners to be vigilant.](#)

[As COVID-19 continues to spread, animals in some of the world's poorest nations are being hit hard. Activists in India are making a difference.](#)

[The Worms & Germs blog has interesting facts and guidance about pets and COVID-19.](#)

[The AKC has 10 tips to keep your dog safe from fleas and ticks.](#)



To: Speaking of Dogs Rescue
From: Nancy and Jason
Subject: Sadie

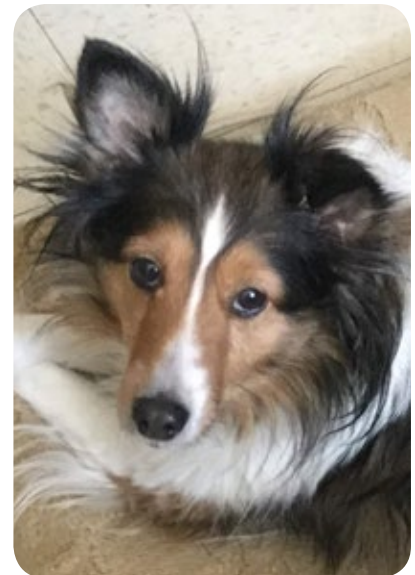
Dear Speaking of Dogs Rescue,

Sadie's doing great! She's definitely our social-distancing buddy, but we're working on her leash reactivity. We've also had some guarding issues, and we're working on that too. The Webinars to the Rescue series has been a huge help!

Her belly healed up beautifully after the mammary surgeries, and we're making progress with the weight loss. I got out my Monica Segal books, and we've started adding homemade food to her rotation. She loves it! She hops around on her short little sheltie legs. It's hilarious. We're measuring everything though and watching that calorie count.

We also have a bedtime routine: We give the cats their last meal of the day, and Sadie gets a little goat's milk or kefir (dog appropriate, of course), hops into bed, and cuddles up with her teddy bear toy. It's beyond adorable!

We're super happy to have her with us and so grateful to you, the shelter staff in Kentucky, and all the volunteers who got her here!



LOOKING FOR THE PERFECT FATHER'S DAY GIFT?

You may not be able to visit your dad this Father's Day, but you can send him a gift card – and raise funds for Speaking of Dogs Rescue!

All you need to do is:

1. Visit Speaking of Dogs Rescue's page at [FundScrip](#).
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 – and a portion of the sale is donated to Speaking of Dogs Rescue.

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

FundScrip will make your dad's day and a rescue dog's day, too!

YOUR PUP OUGHT TO BE IN PICTURES!

Have a great photo of your furry best bud you'd like to share? We'd love to include it in the 2021 Speaking of Dogs Rescue calendar!

It could be a photo of your pup making the most of spring showers, fun in the sun, quiet time during the

quarantine, or any other shot that makes you smile. Ideal photos don't include people but can include a four-legged friend.

Photos should be 300 dots per inch (DPI) and at least 5 inches by 7 inches in size. Photos can be colour or black and white.

Please email your favourite snapshots to lorraine@speakingofdogs.com.

Can you lend a paw?

Although we have a partnership with a doggy daycare, we do not have a physical shelter; our dogs are in-home fostered by caring, loving volunteers. Because of the way our rescue is structured, the only hands-on volunteer position with our dogs is fostering. Can't foster but want to help our dogs? Consider donating new or gently used items for them. We are always in need of

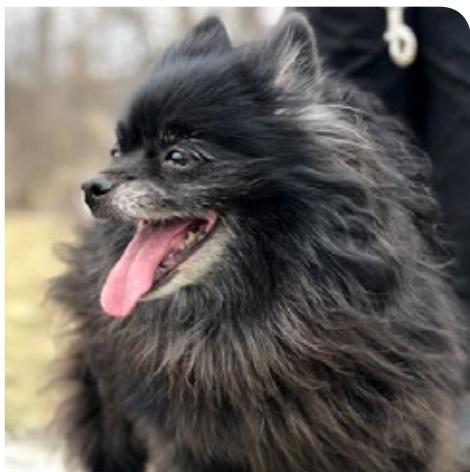
- Gas gift cards
- Global Pet Foods or Pet Valu gift cards
- Kong or other treat-dispensing toys
- Canned and dry quality dog foods
- Martingale collars
- Kuranda beds
- Thunder Shirts



Happy Tails

MAY ADOPTIONS:

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



Issac



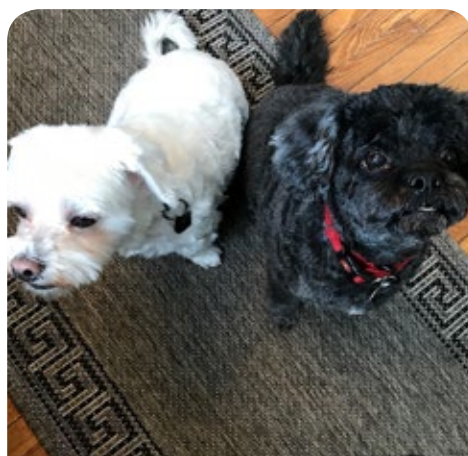
Franny



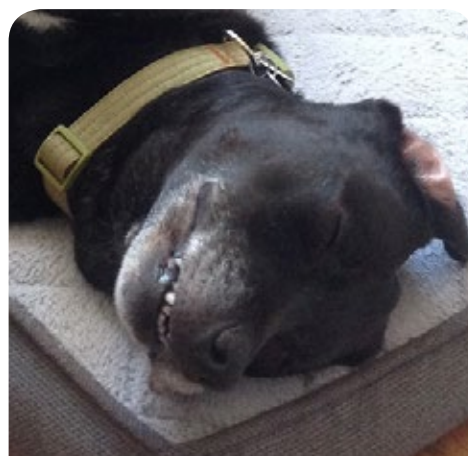
Nash



Max



Max & Daisy



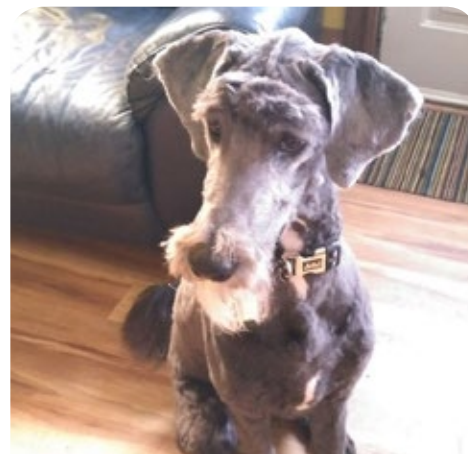
Belle



Little Bit
FOREVER-IN-FOSTER



Gideon



Toby

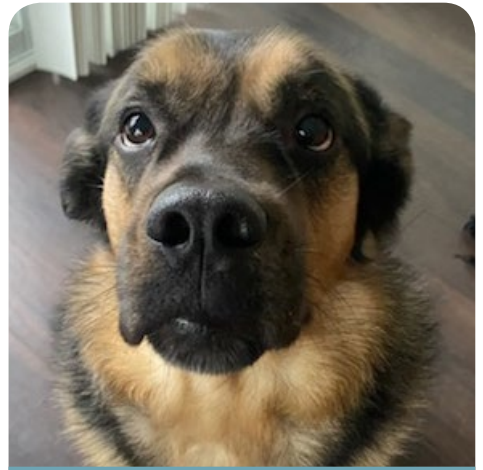
More Happy Tails



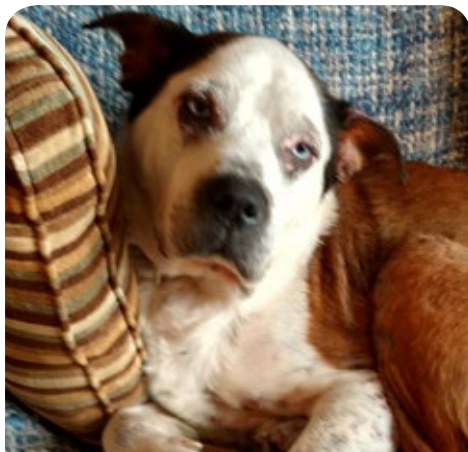
Angie



Joey



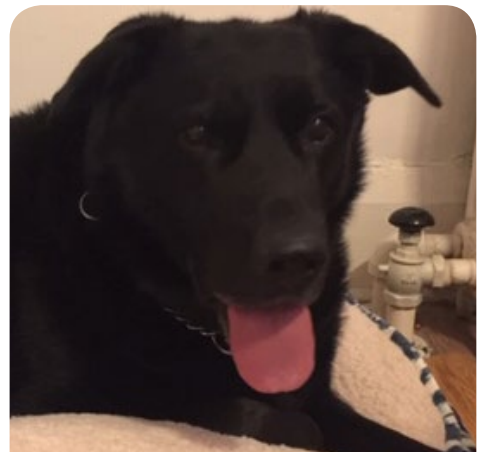
Dash



Frank



Hero



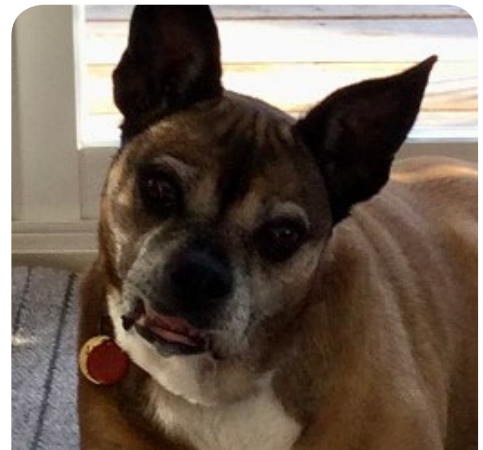
Maya



Remy



Pee Wee



Princess

Speaking of Dogs Rescue is lucky to have foster dads who work tirelessly to provide a safe haven where scared, uncertain dogs can learn to love and trust again. This Father's Day, we'd like to recognize our amazing foster dads.

HAPPY FATHER'S DAY!



*Your arms are my shelter
Assuring me that it will be better
Your hand is my comfort
Lifting me up when I fall short*

*Your voice makes me strong
Teaching me what's right and wrong
Your smile says it all
Father, I love you more than all*

— Author unknown



In Memoriam



Maggie
LOVED BY LEE AND FRED
ADOPTED JUNE 15, 2013
PASSED APRIL 3, 2020



Tara
LOVED BY MIKE AND DOREEN
FOREVER IN FOSTER
PASSED MAY 22, 2020



Missy
LOVED BY BILL AND TRACY
ADOPTED MARCH 2017
PASSED MAY 2020



Jimmy
LOVED BY FOSTER MOM DALE
PASSED MAY 22, 2020

In Memoriam



Lucky
LOVED BY ELAINE
ADOPTED FEBRUARY 2016
PASSED MAY 2020



Millie
LOVED BY DEB AND DAVE
ADOPTED JULY 2017
PASSED MAY 2020



Riley
LOVED BY LINDSAY, FRIENDS, AND FAMILY
ADOPTED 2005
PASSED MAY 2020
MANY OF YOU KNOW RILEY FROM THE YARD SALES,
WALKATHONS, AND OTHER EVENTS.