

After the Pandemic: The New Old for Dogs



A Sudden Change

One of the biggest changes I experienced with the COVID stay-at-home orders was to my daily pace. While I am usually dashing about at hyper speed trying to get everything done in a far too short day, suddenly things were moving at a leisurely pace. I was no longer getting ready to go to classes, going to the shop, training in the yard, or doing in-home consultations. The dogs definitely noticed this new pace and didn't follow me about quite so intently, worried that they might miss the exit cue!

The little bit of makeup I put on didn't signal I was going anywhere, so they just

lied down. My pace while moving from room to room was slow, so they were more relaxed too and stayed in place. I did still make sure that they couldn't be with me all the time, but that only bothered one inherently clingy dog; the other two were just fine with it. Even that super-exciting thing – said aloud or even spelled out W-A-L-K – wasn't quite as exciting, since we did it for so long every single day!

A Sudden Change Back

But then, just as suddenly as it had arrived, the lockdown was over. The Ontario government decided that dog

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SEPTEMBER 2020 THE OFFICIAL SPEAKING OF DOGS MONTHLY NEWSLETTER

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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.

Nugget

SHIH TZU MIX
SMALL, SENIOR, MALE

FEATURED DOG:

Sweet little Nugget came to us as a stray. An approximately 11-year-old Shih Tzu mix, he has been neutered and fully vetted, so he is now ready to find his forever home. He had to have 11 teeth and a benign mass removed, but he came through it all like a champ!

Nugget is very quiet and often goes off on his own to have a nap. Fully housetrained, he goes to the door when he wants to go out and barks

when he wants to come in. He takes medication easily and will need drops in his eyes twice a day for the rest of his life. His vision is compromised when going up and down stairs in the dark, but he navigates the other parts of the house quite well.

Nugget likes to go for walks and does well on leash. He will walk either beside you or behind you and likes to keep going – he rarely stops to check things out. He does not bother with other dogs or people on walks and is not bothered by traffic.

Nugget also loves the backyard and will lie on the deck with his foster family. He walks around the yard, checking things out, and then comes right back to his person. He also gets along well with the two dogs in his foster home.

Precious little Nugget is good as gold! He may be a little older, but he's got lots of love to share. If you're looking for a quiet, relaxed companion, you'll hit the jackpot with Nugget!





Gemma
HUSKY / COLLIE MIX
LARGE, BABY, FEMALE



Sweet Pea
CHIHUAHUA
SMALL, SENIOR, FEMALE



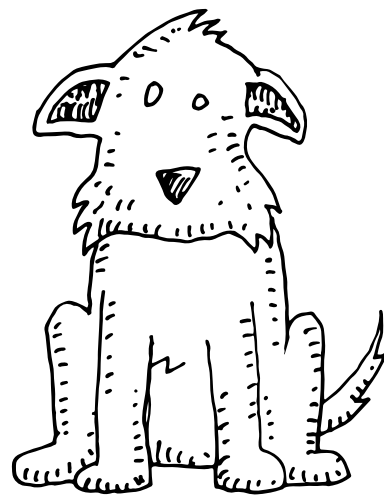
Biscuit
PAPILLON / TERRIER MIX
SMALL, SENIOR, MALE



Chanel
YORKSHIRE TERRIER
SMALL, ADULT, FEMALE



Sheba
LAB / SHEPHERD MIX
LARGE, YOUNG, FEMALE



FACEBOOK AUCTIONS CONTINUE!

Do you feel an unmistakable chill in the air? Before you know it, the leaves will be falling, and holiday shopping will be climbing to the top of your to-do list! You know you're checking social media out anyway, so why not do a little shopping while you're there? Head on over to the Speaking of Dogs Rescue Facebook page, and you will not only find lots of info about the dogs we're helping, every week you'll see different items we're auctioning off – all for the dogs! Visit our [Facebook page](#) regularly to see what's on the block and to place your bids!

Ask the Trainer

Continued from page 1...

training centres were essential services, and we were back open! It was a significant change that happened in a heartbeat. It's also the type of change that families all across Ontario will be dealing with this month.

My stress levels went through the roof as I tried to figure out all the necessary changes we would need to make – and the dogs certainly picked up on this! One dog went off his food, another became very grumpy and growly, and the third became even more clingy and anxious. I could see it in his yawns, coat shedding, and constant crying.

As the time of day when I would head out the door approached, they all tried to follow me as closely as possible, despite my efforts to thwart them with gates and closed doors. (I began to think they should apply for a job at a makeup counter, as they quickly decoded the stay-at-home skin-care routine from the more thorough out-the-door one! I resolved to be sure to close the bathroom door when getting ready.)

The anxiety my dogs felt also triggered some redirected aggressive responses between them, as they weren't as tolerant of the jostling for position to be near me. Fortunately, just like grumpy kids, it never amounted to much, but it was a strong indicator of how hard the change was on them.

It is worth noting that if ever you see this type of redirected grumpiness among your own pets, be aware that it can also be targeted toward a family member, particularly a child, so it should never be ignored. Contact a qualified trainer if ever you notice aggressive



behaviour, regardless of to whom it is directed.

For my dogs, it was the change in my physical pace and nerves that indicated the day was going to be a busy one. I had to consciously slow myself down, breathe deeply, and realize that even though I was in a rush, I needed to be the one to bring the calm to the situation. This can be a big challenge, but keeping it in mind helped me to find a better level of calm for myself as well.

The term “stress contagion” refers to others picking up on the stress of a person in a leadership role, such as a parent in the case of a child or the owner in the case of a dog. Dogs have even been observed showing empathy for pain and stress their owners are experiencing and to be negatively affected by such feelings.

Exercise, Daycare and Dog Walker

It may seem like a contradiction, but when you first start to increase your exercise levels, your brain experiences a rush of stress hormones, called glucocorticoids. You may wonder, then, why exercise is good for your stress levels. In the long run, exercise trains your brain to better deal with stress. The same has been observed in animals. In studies, animals who exercise more are less anxious in stressful situations and are more likely to find a solution to a problem, such as a maze, and less likely to lose track of a goal.

Even though we know that exercise can help them, it is precisely when life gets increasingly hectic that it can be hardest to give your dogs enough physical

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challenges. Using outside resources can make a huge difference for your dog, such as a reputable daycare or dog walker. Even one day a week with a dog walker or at a daycare can really break up the monotony. Just be sure that the group they will be participating with is a good fit.

Brain Engagement

A dog's sense of smell is very important, so helping them to use it engages their brain, which in turn helps to tire them out. A short walk with lots of sniff time at the end of a long leash is generally better for your dog than a long walk that doesn't allow them this freedom. You can even practise calling them back to you from those enticing smells to really increase the mental challenge during the walk.

There are also many ways to challenge your dog's brain inside the home. Using snuffle mats, puzzles, treat-dispensing balls, and the like at mealtime or for treats can also increase their engagement. You may find that your dogs don't use these toys while you're gone, which is an indication of their anxiety level, but will suddenly find

them interesting as soon as you return. That's still okay – it's almost like a peace offering when you go, and they'll get the extra challenge when you're there. Do be sure to give the same puzzle to them when you're not going out though, because otherwise it is just another stressful predictor of you leaving!

Practise Daily Separation

Dogs are arguably the world's most successfully domesticated animals. Once past the puppy stage, most dogs truly prefer to be with their owners rather than with other dogs. As such, being left on their own goes against the very nature that dog breeders have long strived for.

You do, however, want to instill confidence in your dogs and build up their independence, so that they understand you will always come back. Dogs learn and interpret the world differently from people, and they aren't as good at predicting that each time you leave you'll come back. Similarly, a four-year-old child cannot understand the permanence of death, and I can't truly understand the concept of billions of light years in space!

Even on your weekends and days off, it's important for you go out without

your dogs or to spend time alone in the home. For some dogs, simply creating a barrier with a gate and staying within sight suffices, but for others it's best to leave them in a different room, fully out of sight. (If you're unsure what's best for your dog, consider contacting a trainer who specializes in separation anxiety.)

Be Patient and Stay Positive!

Back to school is hard on kids and parents, as everyone tries to reset their energy level and inner clock. However, we can at least explain the process to our children to some degree. The younger the child, the harder it is to prepare them, but kids and adults do speak the same language.

Dogs are more like pre-verbal kids – explaining doesn't work that well, but our actions can speak volumes! Please have patience with the inevitable behavioural changes. Provide your dogs with good outlets for their energy, such as busy toys and exercise.

Calm interactions can also help your dogs weather this next big change. Take the time to rest your hand on your dog's collar and give long, slow strokes down their back. This not only reduces their heart rate and blood pressure, stroking dogs also helps calm the human as well! Do your best to take a deep breath and relax around your dogs – it will help everyone out.

Here's to back to the old normal!



Lucinda Glenny, MSc. Animal Behaviour, HBSc. Psych., CPDT-KA, owner and lead trainer of Canine Campus caninecampus.ca

Bits & Bites

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

[Coming when called is an important behaviour to teach any dog. The Toronto Humane Society offers quick tips for training “recall.”](#)

[The Netherlands has eradicated dog homelessness. Find out how they did it!](#)

[You can never be too prepared for an emergency. Read the OSPCA's tips for emergency care of your pets.](#)

[Dogs love to chew, and if you don't give them appropriate items, they'll find their own – which you may not like! Dr. Karen Becker provides guidance on how to safely encourage your dog's love of chewing.](#)

[Feline panleukopenia is a deadly and highly contagious infection that can be extremely difficult to manage in shelters. The Toronto Humane Society is studying new ways to diagnose the infection earlier and more accurately, helping to save the lives of countless cats and kittens.](#)



THIS MONTH'S RECALLS:

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

[Nature's Menu Super Premium dog food with a blend of real chicken and quail](#)

[Ever wonder what happens to pet foods after they are recalled? The answers provided by Truth About Pet Food may surprise you.](#)

To: Speaking of Dogs Rescue
From: Jennifer and family
Subject: Mildred

Dear Speaking of Dogs Rescue,

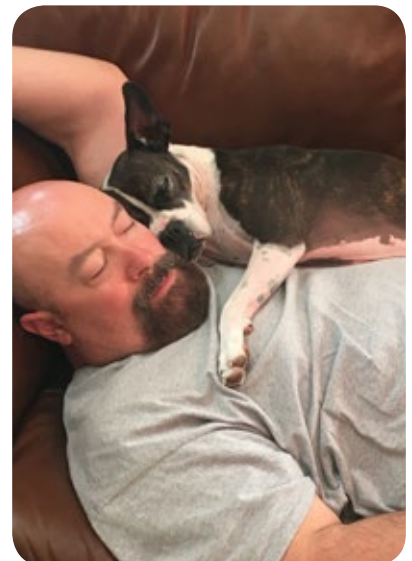
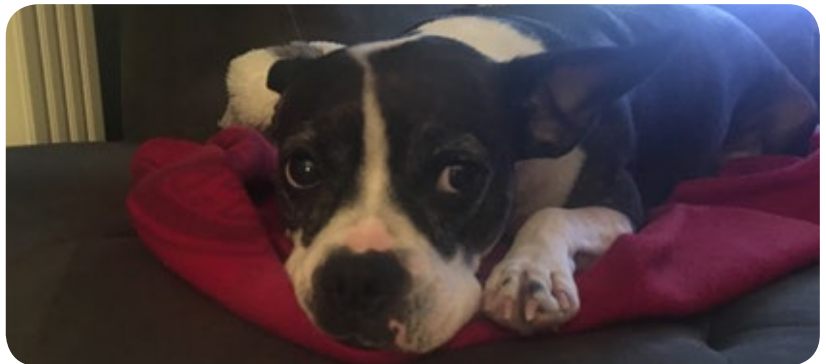
Mildred continues to bring daily joy to our lives. We are beyond happy, and she is living her best life!

We brought Mildred down to Florida with us, and then the world blew up, which prompted us to come home early. Her Kentucky blood loved that Florida heat, and then she loved that we were trapped in the house with her upon our arrival at home!

She spends her days lounging on the front lawn when we're hanging out on the front porch and practically refuses to come in the house. We may have to move down south for the winter to ensure her continued happiness.

While she has (yet!) to jump a fence, she always makes her best effort to climb up a tree while on our walks in an effort to capture a squirrel.

Take care and hope all is well!



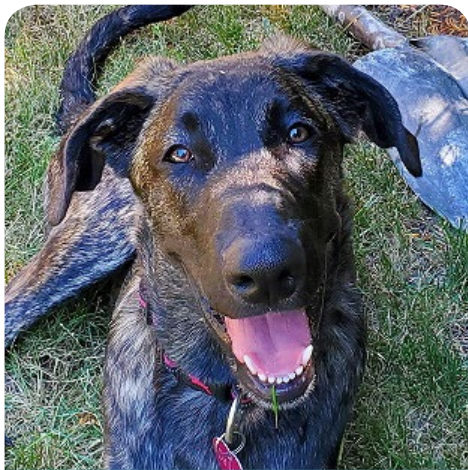
Happy Tails

AUGUST ADOPTIONS:

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



Axel and Otto



Bailey



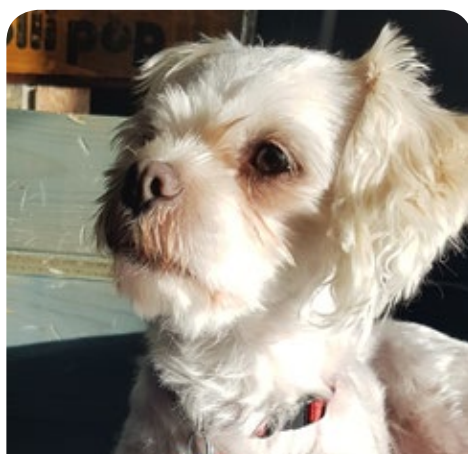
Bolt



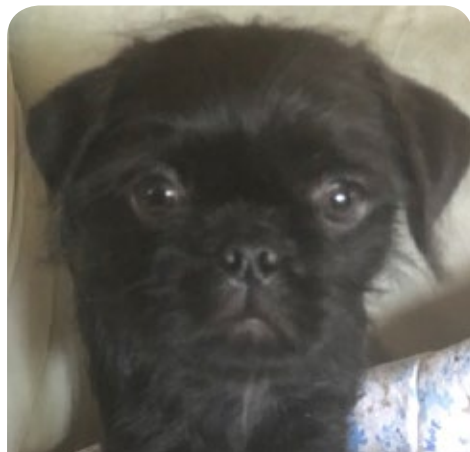
Dexter



Goldie



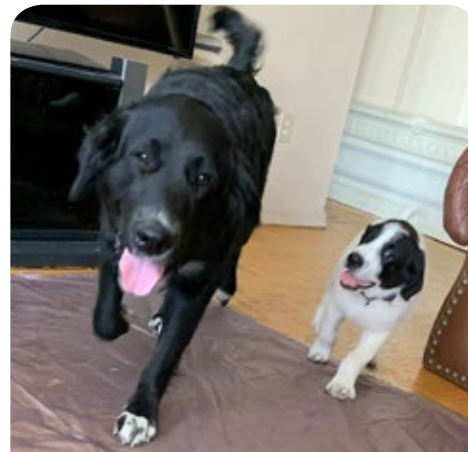
Fifi



Khol



Macy



Rosie

More Happy Tails



Ruthie



Stella



Winston

ARE YOU A PUPARAZZI?

You know your pup's a star – show the world by entering the Puparazzi photo contest!

We'd love to see your favourite photos of your pooch with any kind of fall theme. Photos can include a four-legged pal, but no humans please. This contest is for pups only!

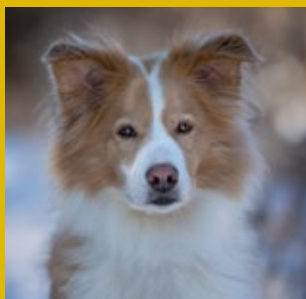
Not only can you make your best bud a star, there is not one but two amazing grand prizes and a fabulous runner-up prize to be won!

The entry fee is only \$10 per photo, or \$25 for three photo submissions.

Contest details will be announced shortly and will be available online at speakingofdogs.com as well as the Speaking of Dogs' Facebook and Instagram pages.

The contest will run from October 2nd to 18th, 2020.

All funds raised will go directly to Speaking of Dogs Rescue, supporting the wonderful dogs in our care and the special dogs we support through the Leg Up program.



Grand prize A is a one-hour dog portrait session in the GTA with Inline Design Photo, including an 11-inch x 14-inch lustre print.



Grand prize B is a personalized 80 cm x 60 cm or 60 cm x 80 cm acrylic on canvas pet portrait by Aga Silverthorne.



The runner-up prize is a Peggy Kry prize pack that includes two framed prints and two sets of handmade earrings.

In Memoriam



Foley

LOVED BY EMILY, TAYLOR AND NOVA
ADOPTED JANUARY 2017
PASSED AUGUST 2020



Caramel

LOVED BY LISA, DAVID AND ZELDA
FOREVER IN FOSTER
PASSED AUGUST 2020