

# What Do Dogs Dream Of? More Sleep!



Ahh, pandemic time. When we're all home, all the time. It seems like the perfect time to get a new puppy or dog or even the perfect time to do more with the dog you already have! You will be home to help them adjust, to train them, to love them, and to ensure they get the best of care.

No one, including many trainers, thought of the other issues that may come up, except difficulty with separation at the end of the pandemic, when families go back to school and work and the dogs are left behind.

Surprise! In my practice, I am seeing an increase in resource guarding, territorial behaviour, attention-getting ridiculousness, reactivity, and aggression.

Is this just because people are home with their dogs? Separation anxiety makes sense, as the dogs are not getting time away from their people. Meanwhile, reactivity and aggression can be a "stranger danger" response due to a lack of exposure to new people. But resource guarding? I had to think on that one a bit.

Then it struck me. Think back to that earlier sentence, "home to help them adjust, train them, love them, and to ensure they get the best of care." Uh oh... The dogs are dog-tired! Soooooo tired.

Puppies normally need 16 to 18 hours of sleep per day, and adult dogs sleep for around 14 hours a day. By that I mean good, foot-twitching, soft-woofing sleep.

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## APRIL 2021

### 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](mailto: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](http://www.speakingofdogs.com/adoption-process). For more information on each dog, simply click on their name.

## Luna

GIANT SCHNAUZER  
LARGE, ADULT, FEMALE

### FEATURED DOG:

Luna is a gentle-hearted Giant Schnauzer who is about 7 years old and spayed.

She is a bundle of energy, housetrained and leash trained, and she knows all of her basic commands including “come,” “sit,” “stay,” “wait,” and “go to bed.” She is great in the car and enjoys road trips.

Luna does have some separation anxiety and does not like to be alone for long. She loves to be outside, especially in cooler weather, and benefits from long walks and lots of play time. She plays well with large dogs but is too rough for small dogs. She can't seem to treat them gently, which could result in an injury.

Luna can initially be timid of strangers who come over and will sometimes bark at them. She needs to be introduced to new people slowly and positively. She gets good reports from the groomer and, generally speaking, reacts well to people she meets on walks.

Luna startles easily, so she will do best in a home without children or teens.

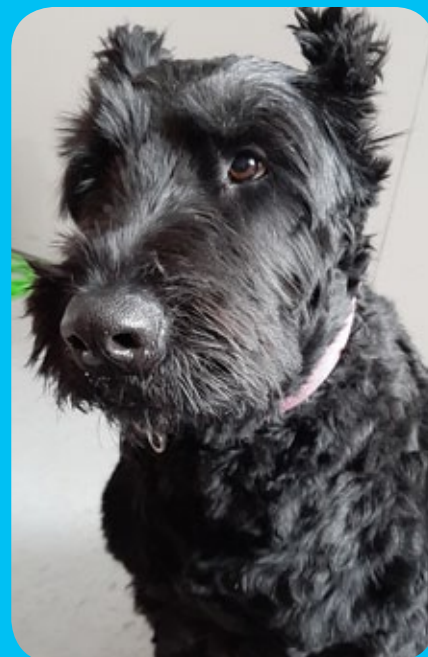
She has a cyst on her back, near her hindquarters, that has been biopsied and is benign. It has not grown in a



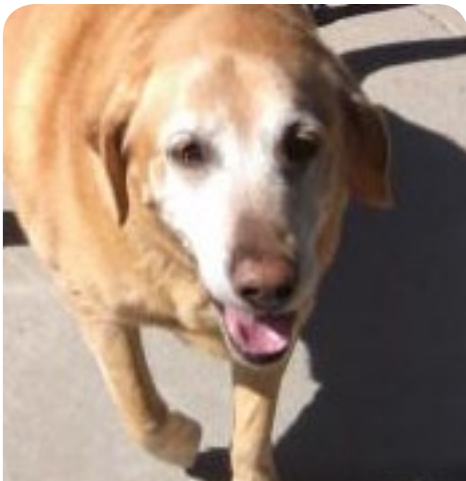
couple of years, but it is noticeable when she has her short summer haircut.

Luna is also prone to raised hair follicles that go away on their own. She takes a medicine every five days called Stilbestrol for minor bladder leakage, which is often seen in spayed dogs.

Luna's ideal adopter will have large dog experience, a house with a securely fenced yard (at least 6 feet high) and either works from home or is retired. Luna is a lovely dog and a wonderful companion. Can you give this special girl the special care she needs?



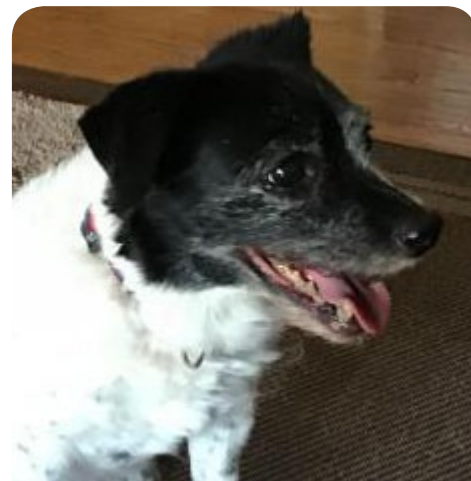




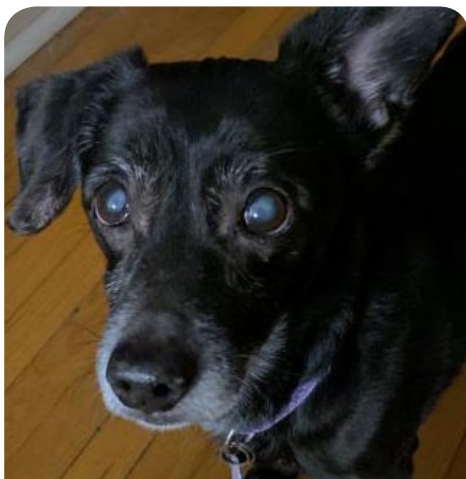
**Athos**  
LABRADOR RETRIEVER  
LARGE, SENIOR, MALE\_



**Hank**  
POODLE / LABRADOR MIX  
MEDIUM, ADULT, MALE\_



**Star**  
TERRIER MIX  
SMALL, SENIOR, FEMALE



**Tank**  
DACHSHUND / TERRIER MIX  
SMALL, SENIOR, MALE\_



**Tito**  
YORKSHIRE TERRIER  
SMALL, ADULT, MALE



**Nora**  
LABRADOR RETRIEVER MIX  
MEDIUM, YOUNG, FEMALE



**Shadow**  
YORKIE / CHIHUAHUA MIX  
SMALL, ADULT, MALE



**Rock**  
HUSKY / ROTTWEILLER MIX  
LARGE, BABY,, MALE\_

## THE 2021 RESCUE DIRECTORY IS NOW AVAILABLE!

The Province of Ontario Breed Specific and All Breed Rescue Contacts 2021 directory is now available upon request.

If you could like a copy, please email your request to [info@speakingofdogs.com](mailto:info@speakingofdogs.com), and a PDF file will be emailed to you.

# Ask the Trainer

[...continued from page 1](#)

Are our dogs getting this much rest during the day when people are home, talking on Zoom, getting deliveries, doing household projects, home-schooling, and all of the other things that go on? Probably not.

This lack of rest is manifesting itself in dogs who are cranky, over-aroused, and, very often in the case of puppies, overmanaged to the point that they cannot handle even normal interactions with their families and others.

We need to stop driving our dogs into sleep deprivation. But what can we do?

It's simple, really. You just need to set up a quiet space in your home, such as a pen or crate or room that is a place where your dog can rest away from the hustle and bustle of pandemic life. Play

some soothing music or white noise to cover up any outside sound. But it's not just about setting up the room. You need to use it!

Several times a day, take your dog for a nice, quiet walk around the block or set up a sniffy treat scatter in the yard, and then put them in their quiet space. Give them a food toy to work on. Keep a schedule to allow you to track the amount of quiet time your dog is getting.

Giving your dog quiet time and ensuring they have lots of naps will go a long way to help prevent separation issues, reduce the stress that contributes to other behaviour issues, and reduce the amount of time you need to spend micromanaging your pets.

A happy and healthy dog needs adequate mental and physical exercise, good food, love – and a lot of sleep. Maybe

we should all be napping! Being a good dog guardian means ensuring your dog gets all that they need, including squirrel chasing of the dream kind!



Maggi Burt, CPDT-KA,  
owner of Tailspin Petworx

## Bits & Bites

- [House-training an older dog is often no more complicated than house-training a puppy. You just need to be practical, work with your dog, and keep things positive! Dr. Karen Becker shares her method.](#)
- [Canine cognitive dysfunction \(CCD\), commonly called dementia, is a difficult disorder to manage and can be heartbreaking for pet parents. Learn how to identify the symptoms and help your pet cope.](#)
- [Flea season is just around the corner! The Toronto Humane Society offers advice on how to check your pet for fleas.](#)

- [Having a healthy pet means ensuring they're a healthy weight!](#)

### THIS MONTH'S RECALLS:

- [Several brands of dog and cat food made by Midwestern Pet Foods: Earthborn Holistic, Meridian, Pro Pac, Pro pac Performance, Pro Pac Ultimates, Sportmix, Sportmix Wholesomes, Sportstrail, Unrefined, and Venture.](#)
- [Bravo Packing is voluntarily recalling all of their pet foods and bones in all package sizes.](#)

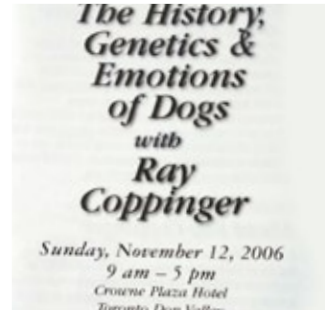
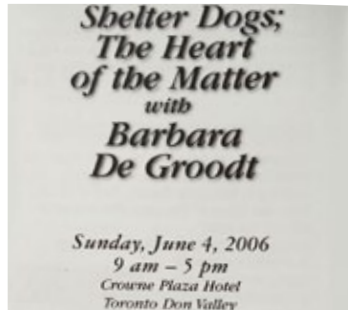
### WAGS AND WIGGLES FOR THE BULLY CREW!

Many thanks to Bully Bags, who donated Bags'a Plenty filled with their delectable bully sticks for every single one of our foster dogs. This amazing local company offers a range of treats available for purchase online. You can visit their store at [www.etsy.com/shop/bullybags](http://www.etsy.com/shop/bullybags).





# Speaking of Flashbacks

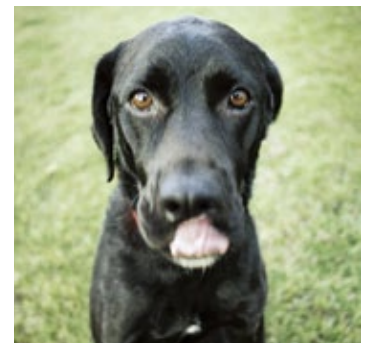
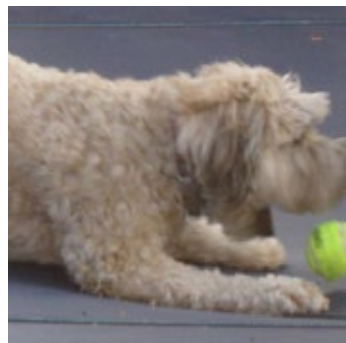
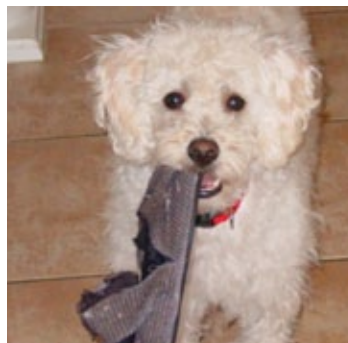
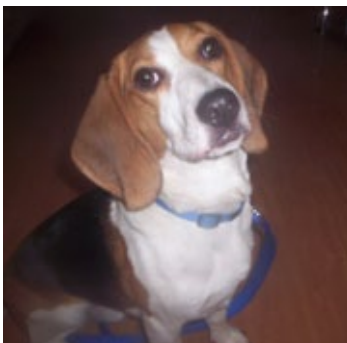


In 2006, we continued with our educational seminars and started a partnership with Petopia that has lasted for 15 years. When we started using Petopia for short-term boarding (until a foster home was found), the facility was located near the DVP and Eglinton Avenue.

Pat, the owner of Petopia, has been so supportive and generous over the years. Hundreds of dogs have been saved because of our partnership with Petopia. Pat would also plan and host fundraisers for us, including the very popular Halloween parties.



Another first in 2006 was our Christmas card, which is sent out to volunteers and adopters.



We found homes for 75 dogs in 2006, including (pictured here) Bonnie, Casper, King, London, and Shatner (the first dog ever to board at Petopia).

# Speaking of Dogs Rescue Quiz!

*At the online event to celebrate Speaking of Dogs Rescue's 20th anniversary, the organizers shared a quiz to test our knowledge about the 20 years we've been rescuing amazing dogs.*

See how well you know us, and then [visit page 10](#) to see the answers, or view the wonderful video at <https://spark.adobe.com/video/009bkiCiHzqxY>.

1. What is the name of the very first dog officially taken in under the name Speaking of Dogs Rescue?
2. Who was the host of the first Second Chance 70s dance?
3. In what year did Speaking of Dogs Rescue become a registered charity?
4. What is the name of the dog event held (nearly) every spring on the Boardwalk in Toronto?
5. Where were the majority of Speaking of Dogs' educational seminars held?
6. In what year did Speaking of Dogs publish the first Ontario Rescue Directory?
7. Around how many dogs has Speaking of Dogs Rescue found forever homes for over the past 20 years?
  - a) 1,000
  - b) 1,500
  - c) 1,800
8. What is the name of the umbrella group to which Speaking of Dogs Rescue belongs?
9. How many Maxwell awards has the Speaking of Dogs online newsletter won?
10. Speaking of Dogs Rescue has a partnership with a shelter in the U.S. In what state is that shelter?
11. What Toronto Star award did Speaking of Dogs Rescue win in 2020?
12. What is your favourite Speaking of Dogs Rescue fundraiser?



**STEP UP FOR THE PUPS**

The snow is gone, and spring is finally here – get ready to **Step Up for the Pups!** This walkathon with a twist invites participants to set their own goal and their own route, allowing them to raise funds for the rescue in a safe and physically distanced way.

You can walk in your yard, in your home or out in your neighbourhood and go entirely at your own pace, with or without you dog!

Just like a traditional walkathon, Step Up for the Pups is fun and interactive, and there will be a simple, convenient way to collect pledges online.

Check next month's newsletter for all the details, and visit the [Speaking of Dogs Facebook page](#) for regular updates.



# A Virtual Party

## CELEBRATING 20 YEARS OF RESCUE REALITY!

*On Sunday March 30th, many of Speaking of Dogs' volunteers and supporters were able to gather online to celebrate the rescue's 20th anniversary. It was a fun few hours, and while we missed being able to meet in person, we were able to see everyone – and many dogs too!*

*Lorraine Houston, the founder and president of Speaking of Dogs, shared her heartfelt thanks and these words with us...*

Many thanks for joining us today! I'm so excited to see all of you and to be together to celebrate our milestone 20th anniversary! We could never realize 20 years of saving dogs without all of you – our Dream Team!

Our rescue started as Speaking of Dogs, which was a seminar/workshop forum that offered education and enlightenment about dogs. Topics ranged from behaviour, nutrition, assessments, and positive training, all in an effort to make life better for dogs.

We ran our first seminar in November 2001. Our speakers were from Petfinder.com (who had just started to include Canadian shelters) and two ladies from the ASPCA in New York. About 60 people signed up, and it was a hit! Seminar participants even asked about the next one!

Before Speaking of Dogs Rescue was born, I worked at the Toronto Humane Society for 15 years and at a shelter in New Jersey for 5 years. When we returned from living in the U.S., I reconnected with some old THS friends, one of whom was James McLean.

James and Jerry, the first dog we took in, started the ball rolling, but James also took the time to introduce me to shelter veterinarian Dr. Luc Lavoie, who has been a guiding light for our entire 20 years.

As I was leaving the shelter that day, I had to sign Jerry out. I was asked "What's the name of your organization, Lorraine?" Thinking she meant our new seminar gig, I said, "It's Speaking of Dogs," and she entered Speaking of Dogs Rescue into the computer. And here we are, 20 years later!

Speaking of Dogs Rescue started before social media. Back then, it was an accomplishment just to have a website and an email! I remember being on the phone, calling people about dogs. We had a handful of foster parents like Sue, Brenda-Jean, Shelagh, Nola, Ayumi, Ian, and me.

Slowly though, we were able to get the word out at walkathons and other dog events and get more people interested in fostering dogs for us. We were (and still are!) so fortunate to have the support of two incredibly special people: Roger and Moira Ashby. Roger was always at the ready to host a fundraiser, and Moira dropped off silent auction items and donations on a regular basis. She also took the time to help me understand the fine art of fundraising!

In 2006, Petopia Doggy Daycare was planning to open a facility at DVP and Eglinton. As luck would have it, Pat, the founder, called to talk about partnering with Speaking of Dogs Rescue. I went over to meet her and see the facility and grounds. Petopia's generosity has allowed us to board and save hundreds of dogs over the years. She has also supported and hosted many fundraisers for us. To this day, we continue to partner with Pat at Petopia's new location, near Warden and Lawrence.

As the years went on, social media made it easier to network our dogs, communicate with other rescues, and put out pleas for foster homes, transport help, and fundraisers.

We have also continued with our original educational component and offer a monthly newsletter that includes informative articles and an "Ask the Trainer" column. The same two volunteers have been at the helm of the newsletter for almost a decade now! They publish an extraordinary newsletter and have won not one but two Maxwell awards from the Dog Writers Association of America. Congrats and many thanks to Nancy Foran and Cathy Vandergeest!

In 2016, we became a registered charity, as suggested by our umbrella group Helping Homeless Pets. At first it was intimidating for us, but we managed to get through the process thanks primarily to Kim, our secretary, who spent countless hours filling out the application and talking to the CRA.

Since the onset of COVID-19, we've had to adapt our adoption, intake, and transport procedures, and our fundraising had to take a different direction to comply with regulations. Despite the restrictions, we came up with a walkathon that was fun, easy, and kept everyone safe.

In 2020, we started the Leg Up program, to support younger rescues with vetting expenses and extraordinary medical cases. We also started Blackie's Fund, thanks to a wonderful couple who adopted from us in 2017 – thanks John and Atsuko. They wanted to give back and help dogs who were left at shelters or vet clinics and vulnerable due to health issues or immediate medical needs.

[Continued on page 8...](#)

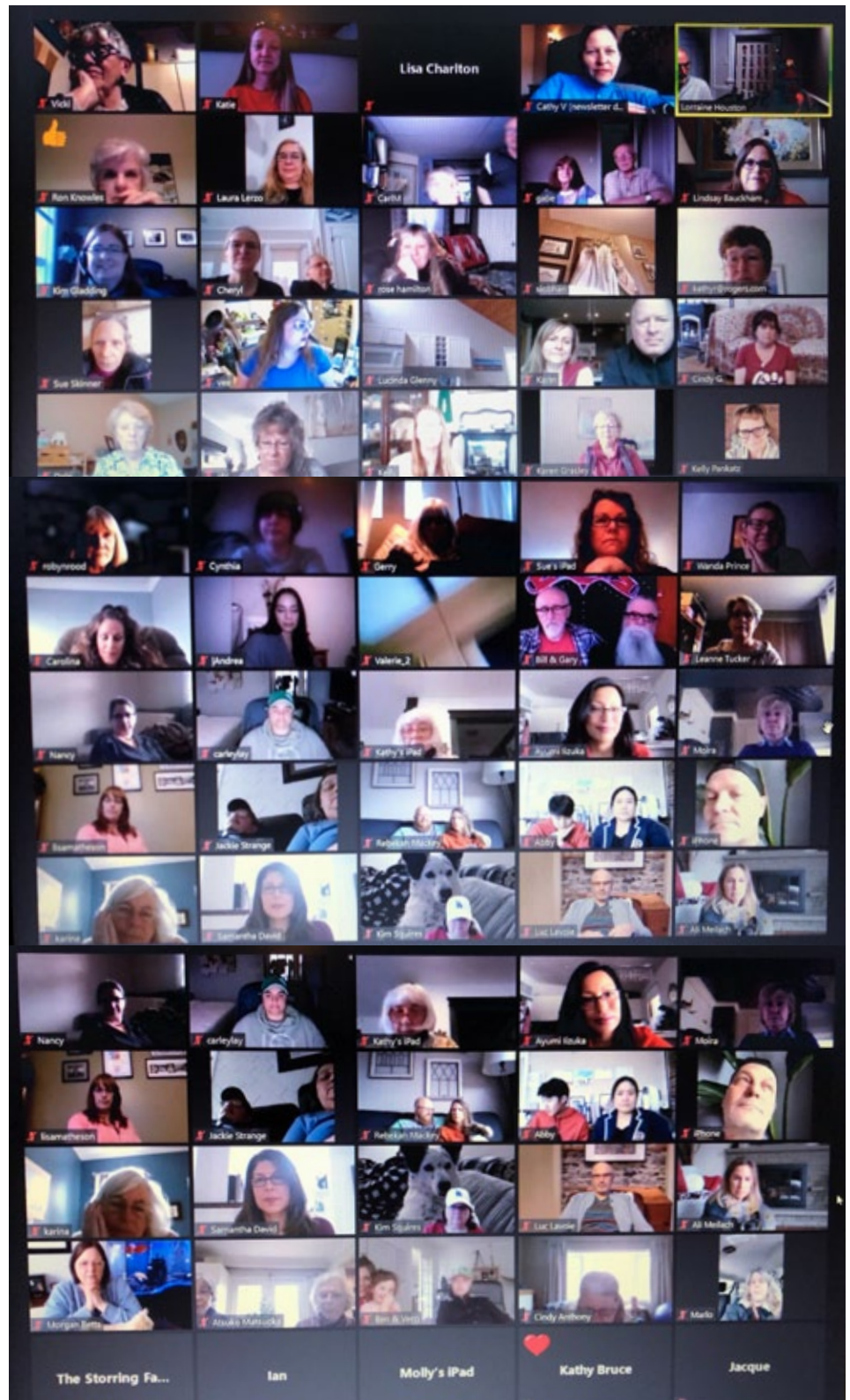
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Over the last two years we've become involved with northern dogs, particularly dogs and puppies in Manitoba. We started a flight sponsorship program to ensure the dogs could get to a veterinarian and then move to Ontario rescues, if requested. We are a part of two northern dog organizations. In the north, veterinarians are hours away and just getting dogs medical attention can sometimes require a boat ride and a plane ride.

There is no bigger reward than running a rescue; however, it takes its toll some days. The public can be hard on us if they don't get the dog they wanted, and over the years I've missed hockey games and family functions and have not been a reliable friend. I've made choices to pick up dogs in the midst of a barbecue, rescheduled vacation plans based on a dog who needed to come in, or cut a friend off in the middle of a conversation to respond to a call waiting from an animal shelter or a veterinarian.

It's my passion, but it's not everyone's passion, and I know several people whose relationships have gone sideways when the pressure of rescuing animals becomes too stressful and demanding. Every day, I thank my lucky stars to be married to Ian; he is the kindest, most patient man and is a rock not only to me but to our entire family. He shares the highs of lows of dog rescue with me, including happy adoption days, heartbreaking losses, transport trips, cuddle time on the couch, and puddle time on the rug.

Thanks to each one of you for playing a role in a dog's life and for supporting our efforts and goals. There is no way we would have been able to continue our rescue efforts without the help from all of you – our volunteer foster parents, drivers, newsletter team, webpage support, fundraising organizers, adoption and foster coordinators, board members, donors, vet partners, and



supporters! And as a reminder, everyone in our organization is a volunteer!

We have been so blessed to have the best ever team, and because of you, our adoptions, sponsorships, and transports have helped more than 2,000 dogs find a second chance at love and life!

I also want to thank the Board for keeping our ship upright through these tough times and for their tireless efforts.

We are looking forward to continuing our focus on quality care for our rescue, and we hope all of you will be a part of our future!



# Adoption Update

**To: Speaking of Dogs Rescue**

**From: Caitlin Lubberdink and family**

**Subject: Phoenix**

We adopted Phoenix the day before my 28th birthday, and I couldn't have been more excited. The whole night I tossed and turned and could hardly sleep in anticipation of our new furry friend. Little did we know we were bringing home a pup that would change our family forever.

Phoenix is the sweetest and most loyal dog, we are so lucky to have found her through Speaking of Dogs Rescue. We adopted Phoenix a few months

after moving to a new town, where we didn't know one person; Phoenix quickly became my best friend. We explored the new areas together, going on lots of walks, runs, and trail hikes. We quickly became known as the family that walked their dog A LOT – and we loved it.

Since we have had Phoenix she has seen many new places. After two years of coming up to Muskoka in the summers, she finally decided she

wanted to swim, and now we can't keep her out of the water. She loves it.

It has been the most rewarding experience watching our Phoenix experience new things, and we can't help but feel that she was meant to be part of our family. Phoenix has more dog beds and toys than we can count, and everyone who meets her comments on how calm and gentle she is. She is truly an incredible dog. We are forever grateful, and we can't imagine life without Phoenix!



# Happy Tails

## MARCH ADOPTIONS:

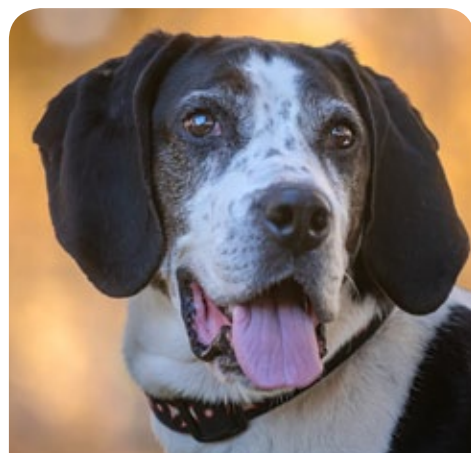
A big thank you to our foster parents and our new adoptive guardians for helping give these loving dogs a second chance.



Bailey



Ace



Roy



Rocki



Arlo



Skye



Beeba



Sam



Tigar



# More Happy Tails



*Chico*



*Jojo*



*Oliver*



*Miso*

## LOOKING TO CELEBRATE SPEAKING OF DOGS RESCUE'S 20TH ANNIVERSARY?

The rescue has a small number of USB keys and tote bags branded with the 20th anniversary logo available for purchase. USB keys always come in handy, and our tote bags are sturdy and fold down quite small. What better way to show your support for Speaking of Dogs? These items are practical and stylish!

The USB keys are only \$12 each, and the tote bags are \$10 each. Shipping is included.

You can place your order by emailing [contest@speakingofdogs.com](mailto:contest@speakingofdogs.com). Please let us know what you'd like to order, the quantity, and your mailing address. You will receive a reply to your email that outlines payment details. Please note that if you order more than one item, you might receive them in separate packages due to mailing costs.

Please order at your earliest convenience, as quantities are limited!



## QUIZ ANSWERS

1. Jerry
2. Roger Ashby
3. 2016
4. Slobberfest
5. Toronto Don Valley Hotel
6. 2001
7. c) 1,800
8. Helping Homeless Pets
9. Two
10. Kentucky
11. Diamond (the top spot) in the Toronto Star Reader's Choice for Best Rescue
12. No wrong answers here, but why not share your answer on Speaking of Dogs Rescue's Facebook page?

# In Memoriam



*Tundra*

LOVED BY THE MURPHY/DRUMONDE FAMILY  
ADOPTED 2014



*Buster Brown*

LOVED BY LINDA AND FAMILY  
ADOPTED JUNE 2018

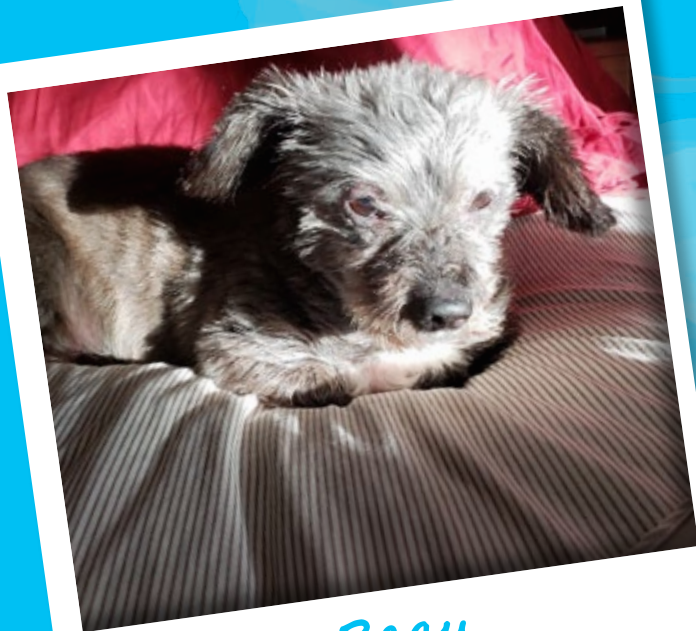


*Gilbert*

LOVED BY CHERYL AND FAMILY  
ADOPTED DECEMBER 2017



# In Memoriam



*Beau*

LOVED BY ROBYN, JOHN, TANK AND KIKI  
FOREVER IN FOSTER



*Nugget*

LOVED BY K9 ADVOCATES MANITOBA AND  
SPEAKING OF DOGS RESCUE  
WE ARE SORRY WE COULDN'T SAVE YOU LITTLE ONE.  
GODSPEED AND FLY FREE OVER THE BRIDGE.