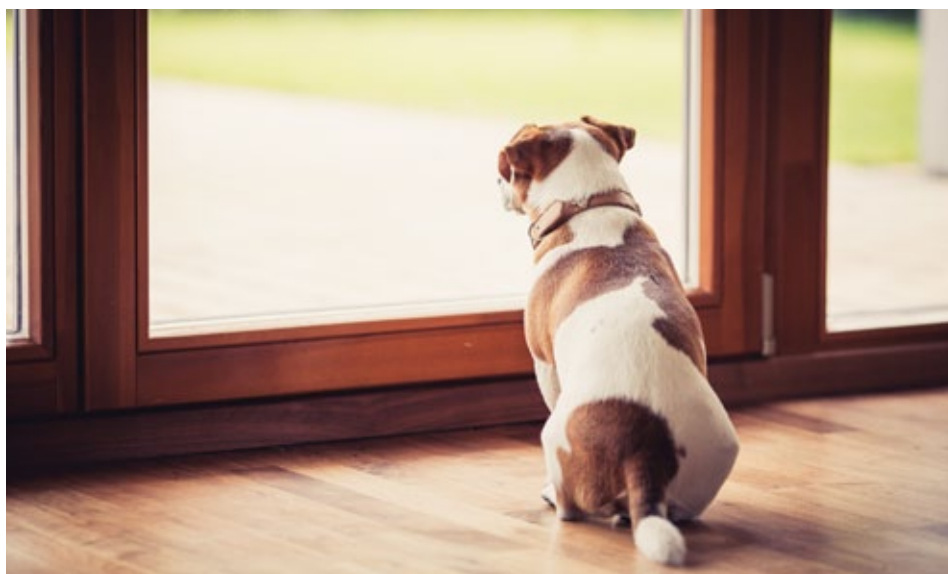


The Secret to a Calm Dog? It's All in Their Head!



When you envisioned getting your dog, you probably had thoughts of snuggling on the couch on a cold Sunday afternoon, leisurely strolling through a quiet forest, or maybe your dog sleeping at your feet while you worked from home. However, for many pawrents, just getting their dog to calm down for ten minutes seems to be a dream!

Many clients contact me specifically for training that will promote calm behavior. They initially lament, "He just won't settle for a minute if I'm home!" or "I can't get any work done, she's whining and barking and wants

to go out six times a day" or "Is there an off button on this dog?"

If you identify with any of these statements, read on to learn ways to keep your dog calm so you can carry on with your day.

It's Not Just About Physical Exercise

Many dogs have difficulty relaxing because they lack mental stimulation, while some are over-exercised. Over the past couple of decades, there has been a major focus on physical exercise being

[*Continued on page 5...*](#)

MAY 2021

THE OFFICIAL SPEAKING OF DOGS MONTHLY NEWSLETTER

In this month's newsletter

Dogs looking for homes	2
Ask the trainer	5
Speaking of flashbacks.....	6
Adoption update	8
Recent adoptions	9
In memoriam	11

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.

Ruckus

CATTLE DOG
MEDIUM, YOUNG, MALE

FEATURED DOG:

Ruckus is a 7-month-old Cao de Miguel de San Fila (a Portuguese cattle or herding dog) who weighs about 55 pounds. He is a typically busy puppy and is currently teething.

He is housetrained, good in the car, and currently living with a family of four with two dogs. He is a quick study and is always ready to learn a new behaviour, especially when there is a treat involved!

Ruckus loves to be with his people and can present with mild anxiety if they aren't available to him. He is not destructive but does cry for a few minutes when left alone. He also has a strong drive to herd other animals and people, so he needs a home that understands that this behaviour is inherent and characteristic of herding breeds.

Ruckus has been fearful and shy of most men and does take time to warm up. He is no longer fearful of his foster dad, however, and he has not shown the same fearful reactions with women. He is good with dogs smaller than him and has been playing non-stop with an older shepherd mix in his foster home. If he lives with another dog it needs to be a dog who is social, enjoys playing, and will be patient with him.



Ruckus was diagnosed with dilated cardiomyopathy and is on medication to keep his heart strong. He also needs to have his teeth brushed daily, since his jaw is slightly misaligned. We have done a cardiac ultrasound for him, and he has been examined by a cardiac specialist.

Ruckus is a lovely boy filled with fun and frolic, and our vet has assured us that he will be able to live a happy and full life. Ruckus's heart may not work quite right, but it is full of love and joy. Can you give him the understanding, caring forever home he needs?





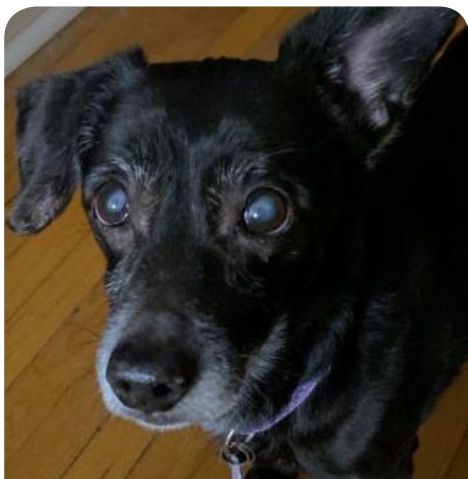
Luna
GIANT SCHNAUZER
LARGE, ADULT, FEMALE



Magoo aka Mack
SHEPHERD / COLLIE MIX
LARGE, ADULT, MALE



Maggie & Lucy
TERRIER MIXES
MEDIUM, ADULT, FEMALES



Tank
DACHSHUND / TERRIER MIX
SMALL, SENIOR, MALE_



Simba
SHIH TZU
SMALL, SENIOR, MALE_



Luna Husky
HUSKY / SHEPHERD MIX
LARGE, YOUNG, FEMALE



Yeti
HAVANESE / SHIH TZU MIX
SMALL, ADULT, MALE



Daisy
CHIHUAHUA
SMALL, SENIOR, FEMALE_



Miss Molly
SHIH TZU MIX
SMALL, SENIOR, FEMALE



Abe
SHIH TZU MIX
SMALL, ADULT, MALE



Bella
SHIH TZU MIX
SMALL, SENIOR, FEMALE

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, and a PDF file will be emailed to you.

Get Your 20th Anniversary Goodies!

Our 20th anniversary logo items are now available! We can't really call them swag, but we can say that every purchase will make a dog's tail wag!

All proceeds from our anniversary totes and USB sticks will go toward vetting, grooming, and chipping our foster dogs. USB sticks are only \$12 each, and the totes are only \$10 each. The totes are very well made, strong, and stylish, and they can be folded down quite small to fit into your wallet or purse.

If you are interested in ordering either item, please text us at Speaking of Dogs or email Lorraine at lorraine@speakingofdogs.com, and she'll get your goodies ready.



RAIN OR SHINE, OUR FACEBOOK AUCTIONS WILL BRIGHTEN YOUR WEEK!

It was a rather rainy April, so why not check out our Facebook auctions while you're waiting for those May flowers to start blooming?

Speaking of Dogs Rescue's Facebook page not only includes lots of info about all of the amazing dogs we're helping, every week we auction off different items – all for the dogs! Visit our [Facebook page](#) regularly to see what's on the block and to place your bids.

Good luck to all of the bidders, and most enthusiastic wags and wiggles to all of our supporters who have donated auction items.

THIS MONTH'S RECALLS:

- [Meow Mix Original Choice dry cat food](#)
- [Zuke's Mini Naturals dog treats](#)

Ask the Trainer

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

the key to a calm dog. However, this can have the opposite effect and often creates an athlete that you were not planning on sharing your home with.

Dogs don't just need physical exercise. They need daily mental enrichment as well. Throughout their history, dogs have had to scavenge for their food, and we've bred dogs to perform tasks such as hunting, herding, and searching. Our pet dogs, however, rarely get enough of the mental stimulation for which they were designed.

As their caregivers, we need to find the balance between our dogs' physical and mental activity to help achieve the calmness that we, and our dogs, seek. And it is quite surprisingly easy to do. Here are just a couple of ideas to get you started:

Relax on a Mat

Teach your dog to stay on a mat – it is mental enrichment that promotes a “zen-like” state of mind for your dog, promoting calmness. Start simple and gradually increase the duration of the exercise and the distance between you and your dog.

Next, try it in different environments. Not only will your dog learn to chill while you get things done at home, but you can also use this when you have company, at the vet, on public transport, or on a patio (once they're back open; just ensure the establishment is dog friendly).

The “Relaxation Protocol” is an excellent way to achieve the ultimate “relax on a mat.” You can find a thorough explanation of this exercise at <https://journeydogtraining.com/karen-overalls-relaxation-protocol/>

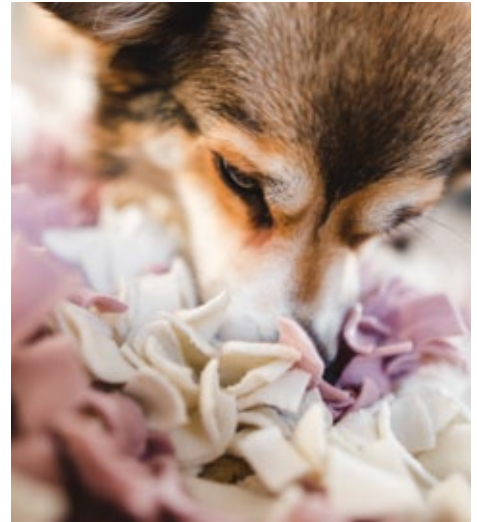
#Ditchthebowl

I don't know a single dog who doesn't love finding rogue food on the ground. So why not harness that love for food searching and incorporate a brain game into your dog's mealtimes? There are innumerable ways to creatively feed our dogs, rather than just throwing food in a bowl.

Turning meals into a mental activity also means that you won't forget to incorporate that enrichment into your dog's routine at least twice a day.

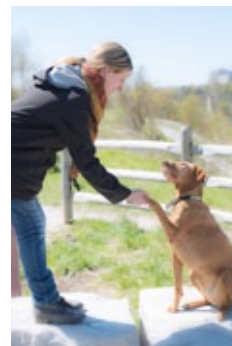
Here are some ways to turn mealtime into game time!

- **Snuffle mat:** Buy one from a pet store, make one of your own, or find a shaggy bathmat. “Hide” your dog's kibble in the mat and let them sniff it out. Bonus points for adding extra treasures like chicken or cheese along with your dog's kibble. If you feed wet or raw, you can smear your dog's food on a lickable mat for extrasensory fun.
- **Stuffed Kong:** If you feed your dog wet food, simply stuff a Kong and freeze it for a long-lasting meal. If you feed kibble, mix it with pumpkin puree, plain yogurt, cream cheese, or wet dog food before stuffing your Kong.
- **Food cracker:** Save those toilet paper or paper towel rolls. Poke little holes in the roll so your dog can sniff what is in there, pour kibble into the roll, and then wrap the whole roll in newspaper and tie up the ends. Then just sit back and watch your dog enjoy trying to get to their meal! (Start off easy by wrapping loosely, and then make it more difficult as your dog gains confidence.)
- **Egg carton hunt:** Save your egg cartons too! Put kibble or other food in each of the egg holders, close the



carton, and give it to your dog, who will need to figure out how to get in there. (Make it easy the first time by leaving the carton open, partially close the carton the next time, and then make it more difficult as your dog gains confidence.)

Daily mental stimulation is the best way to make those serene, peaceful moments you have been dreaming of a reality. More importantly, it will satisfy one of your dog's most basic needs. The Academy for Dog Trainers sums things up nicely: “Thinking of enrichment as not something extra we provide for our dogs but as a necessary part of their health reduces behavior problems, relinquishment to shelters, and improves dog quality of life.” (See academyfordogtrainers.com/blog/the-importance-of-enrichment/)



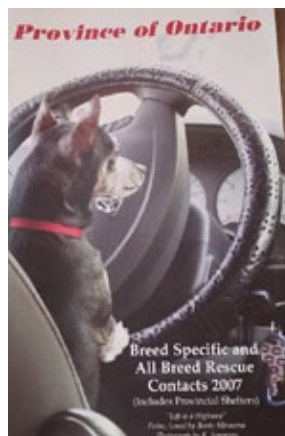
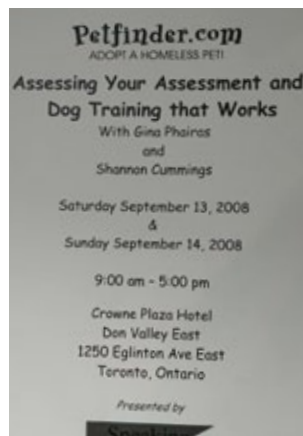
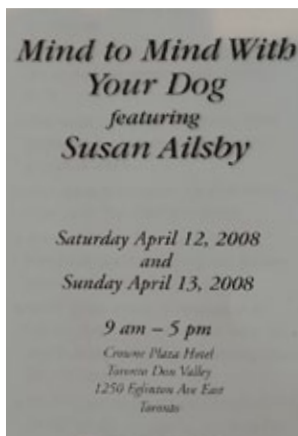
Andrea Dinan, CPDT-KA, is also certified through Karen Pryor Foundations and Aggression in Dogs Master Course, member of the International Positive Dog Training Association, and founder of City Dogs Dog Training and EduCanine.

Speaking of Flashbacks

In 2007 and 2008 we were very busy and hardly came up for air between seminars, fundraisers, meeting Kurt Browning, starting the Forever in Foster program, and, of course, finding homes for many sweet dogs! In 2007 we found homes for about 75 dogs, and in 2008 we found homes for 110 dogs.

We were also busy with walkathons, online auctions, and dog festivals – the years seem to almost blend into one. On top of that, we found many new amazing foster families and became a member of Helping Homeless Pets.

We were gaining momentum, making new friends, raising funds, and really making a difference for many dogs!



STEP UP FOR THE PUPS!

We are unfortunately in the same place as we were last year when it comes to COVID-19 and our annual fundraising events. Hopefully we'll all be able to gather again before too long, but the dogs can't wait – they need our help now!

With that in mind, we've decided to organize our **Step Up for the Pups** event again this year to raise funds to help cover the medical care of our foster dog programs.

This independent walkathon is a fun and innovative event that allows participants to fully respect all COVID-19 directives and restrictions. We're hoping as many people as possible will participate and help us help the dogs!

This year, **Step Up for the Pups** will be taking on Sunday June 13th.

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 between now and June 13th!

There are even prizes to be won!

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 – both of these groups generate large vet bills, and 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](#), and don't miss the June newsletter!

STEP UP FOR THE PUPS



Adoption Update

To: Speaking of Dogs Rescue
From: Peggy, Lesley, and Dinah
Subject: Daisy

Dear Speaking of Dogs Rescue,
We love this little girl so much, and I think if she could talk she would say the same. Though she doesn't like to cuddle, she is a very loving girl. She greets visitors with the same kind of enthusiasm she did with me when I first met her, sticking her

bum up in the air and almost doing a summersault. She has brought a lot of life and love into this home, and we are so happy to have found her and given her a forever home.

Her health is pretty good for a dog her age. She has a tracheal issue, which mostly comes up when she gets

too excited and starts rolling around, but it doesn't last long. We had it checked out by the vet, who could see the trachea was fine and not collapsed at all.

Thank you for checking in on us, and we are so happy to have her.



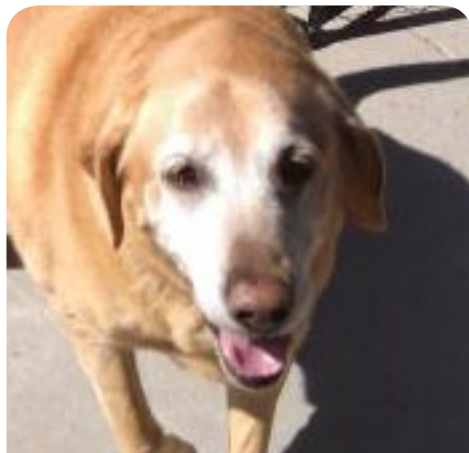
Happy Tails

RECENT ADOPTIONS:

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



Alvin



Athos



Benny



Charlotte



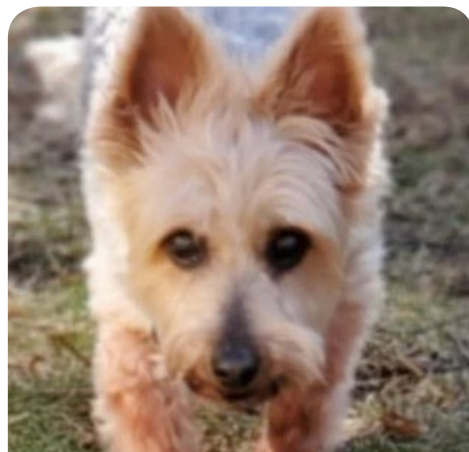
Grace



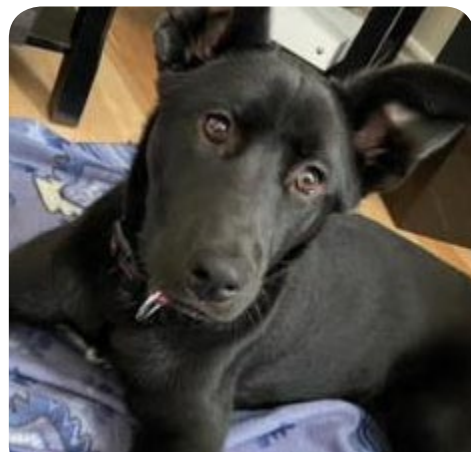
Hank



Kody



Marley



Nora

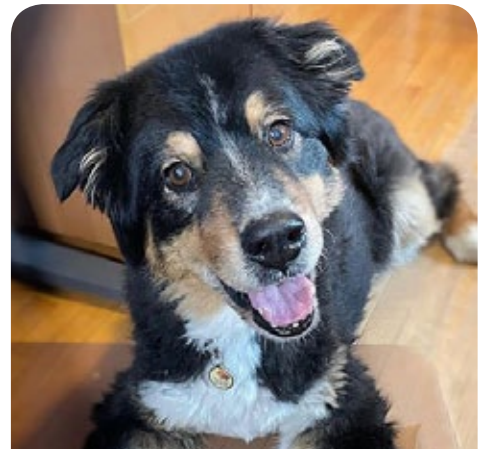
More Happy Tails



Pippin



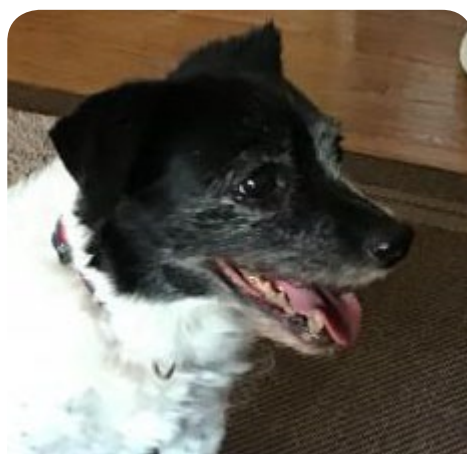
Rock



Sammy



Shadow



Star



Tito



Toby



Yamie

In Memoriam



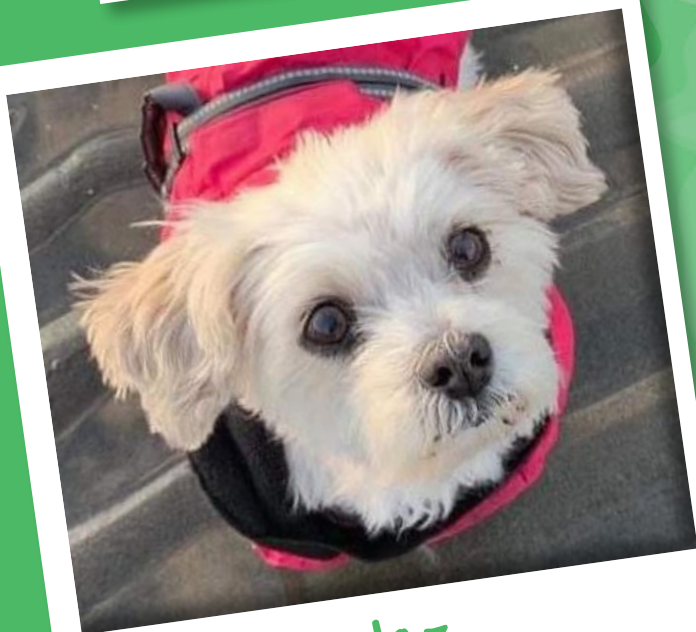
Maxine

LOVED BY IAN, LORRAINE, STEW,
FAWN AND LOU
FOREVER IN FOSTER, FOREVER IN OUR HEARTS



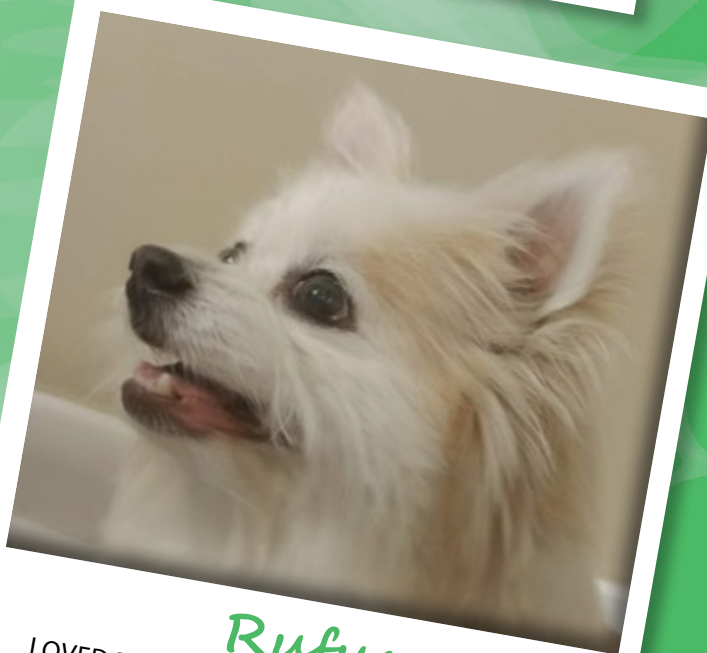
Eddie

LOVED BY CHRISTINE AND JOHN RICHARDS
ADOPTED SEPTEMBER 2011



Jaz

LOVED BY KRISTIN AND FAMILY
ADOPTED 2015



Rufus

LOVED BY CHLOE, GLADYS AND MIKE DELOREY
ADOPTED NOVEMBER 2017

In Memoriam



Chip
LOVED BY MARCIA AND ZULEY
ADOPTED JULY 2010



Cindy Lou Who
LOVED BY NICKY, TREVOR AND FAMILY
FOREVER IN FOSTER