

The official Speaking of Dogs Monthly Newsletter

AUGUST 2025



RALLY FOR RESCUE!

Join the Collingwood Car Rally & Scavenger Hunt to Support Speaking of Dogs Rescue

Buckle up for a tail-wagging good time! On **Thursday, August 14, 2025**, the roads of Collingwood will come alive with excitement during the *Rally for Rescue* — a community car rally and scavenger hunt to raise funds for **Speaking of Dogs Rescue**, a volunteer-run registered charity dedicated to helping homeless and abandoned dogs for over 25 years.

Whether you're a rally rookie or a seasoned scavenger sleuth, this event promises fun for everyone. Participants will receive a set of clever clues to guide them through scenic town and countryside routes, collecting scavenger hunt items and competing for prizes along the way.

Event Highlights:

- **Date:** Thursday, August 14, 2025
- **Start Time:** 11:00 AM
- **Meeting Location:** Parking lot next to **Montana's** (across from **Canadian Tire**) in **Collingwood**
- **Team Up:** Enter as many people in your vehicle as you like — vans welcome!
- **Get Creative:** Prize for the best team costume
- **Finish Line Feast:** Rally concludes at the Collingwood Legion with a delicious dinner
- **Raffle Fun:** Dozens of exciting prizes to be won at the Legion after the rally

All proceeds from this event will go directly to **Speaking of Dogs Rescue**, supporting their life-saving efforts to rescue, rehabilitate, and rehome dogs in need.

Register by August 4, 2025

Visit www.speakingofdogs.com/rally to sign up or learn more.

Special Thanks to Our Sponsors: WAGS and WIGGLES to our sponsors Loretta McInnis [Remax Life by the Water](#) and [Emergency Veterinary Hospital Collingwood](#) (now open on Ronelle Cres) and the many local merchants that generously donated to our raffle table! Your support makes a paw-some difference! Let's rally together to give dogs a second chance — one clue at a time!



Ask the Trainer

“Decompression – Tips to Help You and Your Dog Unwind”

We all need a break sometimes. Whether it's a quiet weekend with Netflix, a vacation to recharge, or simply a day without obligations, humans understand the value of decompression. But what we often forget is that our dogs need time to unwind, too — and not just when they first arrive in a new home.

Decompression is essential for dogs who are new to a home, shelter, or foster placement, but it's also incredibly beneficial as a regular part of their routine. This is especially true for dogs living in busy urban environments or those who struggle with fear, anxiety, or overstimulation. For adolescent dogs — who are often bouncing between high energy and emotional overwhelm — structured decompression days can make a noticeable difference in their behavior and ability to learn.



I learned this firsthand with my own dog, a high-energy Vizsla who loved city life but also found it overwhelming. Between 8 and 12 months old, we began incorporating one or two decompression days into our weekly routine. These weren't lazy days where she was left to sleep all day — we filled them with calming, low-arousal activities that helped her settle mentally and physically. As a result, she became more focused during training and more relaxed on walks.

I have suggested decompression days to clients who reacted with skepticism but, after doing decompression with their dog, they have all been very pleased with the difference in focus, behavior and overall enjoyment of their dog.

So, what does a decompression day look like?

Think of it as a “Netflix and chill” day for your dog — without the screen time, of course. Here are some easy ways to help your dog decompress:

- **Calming Activities:** Focus on natural stress-relievers like sniffing, licking, and chewing. Try snuffle mats, stuffed Kongs, safe chew toys, or even simple games like hiding food or treats around your house for your dog to find.
- **Brain Games:** Try problem-solving games or trick training sessions. Even something simple like the [101 Things to Do With a Box](#) game or teaching your dog to [wipe their paws](#) can keep their brain busy without overstimulating them.
- **Practice Training Skills Indoors:** Decompression days are a perfect time to work on basic skills in a calm, low-distraction environment. Practice things like leash walking, hand targeting, recall (hide and seek is a great recall game!), or cues like “drop it” and “leave it.” This builds confidence, reinforces good habits, and helps your dog learn more effectively.
- **Skip the Walk:** Yes, really. There's nothing wrong with skipping a walk. If your dog is overstimulated, overwhelmed, or you're not feeling well, low-key enrichment around the home or backyard can be more beneficial than a stressful outing.

One of the best ways to prepare for a decompression day is to make a list of the things your dog enjoys doing or learning. Keep it handy so you can plan an indoor day that will truly delight your dog, without going out and about. When you build the day around what brings your dog joy and comfort, it becomes not just a rest day, but a bonding opportunity and a gift to their well-being.

Decompression is not about doing nothing — it's about creating space for your dog to relax, reset, and regulate. For rescue dogs, who may already be coping with stress, change, and new environments, regular decompression days are a simple but powerful way to support their emotional health.

So next time your schedule feels too full for a big adventure, don't feel guilty. Give your dog a day off. Put on something cozy, grab a chew toy or puzzle feeder, and embrace the beauty of doing less — together.

Written by
Andrea Dinan, CPDT-KA, LFDM-T, FFCT

In addition to the certifications above, Andrea is certified through the Karen Pryor Foundations and Kids Around Dogs, and she has also taken the Masters Course in Dog Aggression through AggressiveDog.com. She is the founder of EduCanine and City Dogs Training & Behavior and also created "The Rescue Plan."



Dogs Looking for Homes

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

Meet our August Feature Dog **DORA**



Dora is an approximately 10-year-old, 35-pound beagle who is from at GTA shelter.

Her foster parent says she is the perfect companion for a retired couple or a single person who is not overly active but still wants to get in a walk or two each day. She will bark to alert you if she thinks there is a stranger lurking around her home. She loves to be near and will follow you everywhere. Dora gets so excited to welcome you home that she sometimes breaks out into a howl which is very "Beagle-like". She loves to be petted and will often lick your hands to get you to pet her, then will flip onto her back for a belly rub. She is a sweetheart who just wants to feel loved.



Dora has a low to medium energy level. She loves a nice leisurely walk to see and sniff new things and she would love going trail walking for even more adventure. She walks well on leash and her foster mom walks her on a loose leash most of the time; however, if she catches a scent she will pull to follow it. Like many beagles, she walks with her nose to the ground sniffing for scents. She goes for 2-3 walks in a day.

Dora is housetrained and crate trained and will go into one willingly; however, her foster home does not crate her. At night she sleeps in the crate with the door open, beside her foster's bed. Some days she is left alone for 4 hours and there has been no damage or accidents. She will bark/howl for about 5 minutes when the foster leaves for work but settles after that.

Dora is dog selective. She is reactive to some dogs and will bark at them, other dogs she ignores. It's recommended she go to a home without other pets – she is not good with cats, and will chase them; she is not reliable around other dogs. She is good with kids (on walks) as long as they are respectful to her. When strangers visit, she is a bit timid but will go up to them wanting to be petted. Overall, she likes when humans visit.

She jumps at loud sounds or loud voices and needs a bit of time to become comfortable with new places and people. She does not resource guard with people, but she probably would with dogs.

As far as we know, she was used for hunting and not familiar with being in a house. She is coming around and more familiar with the sights and sounds in a house such as the TV and fridge, but she will bolt when encountering new things that frighten her.

Dora is excellent in the car where she lays down in the back seat and falls asleep. She has a little problem getting in but will try to jump in and out of the foster's car, so, depending on the height, she might need a bit of assistance.

Dora is spayed and is up to date on vetting. At her last vet check up, her heart was fine, her eyes were a bit cloudy, and it was stated she was in good condition for an older lady.

Who can offer her the love, pampering and quiet retirement life she deserves?

If you think you are the right fit for Dora, please fill out an application for our consideration.

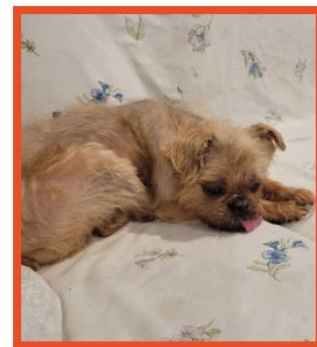
Click [here](#) to visit our adoption application



Arlo & Kimbo
Shih Tzu's / Mixed
Medium Coat
Small, Senior, Male



Brownie
Yorkshire Terrier "Yorkie" / Mixed
Medium Coat
Small, Adult, Male



Chewie
Brussels Griffon
Short Coat
Small, Senior, Male



Coco
Corgi / Jindo (Korean) / Mixed
Long Coat
Small, Senior, Female



Daniel
Springer Spaniel
Long Coat
Medium, Adult, Male



Jessie & Junie
Pomeranians
Long Coats
Small, Adult, Females



Lily
Chihuahua
Short Coat
Small, Adult, Female



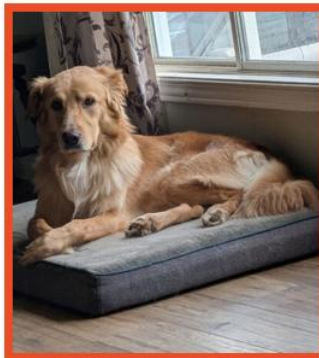
Luna
Beagle
Short Coat
Medium, Adult, Female



Mari
Shih Tzu
Short Coat
Small, Senior, Female



Millie
Poodle (Standard)
Short Coat
Large, Young, Female



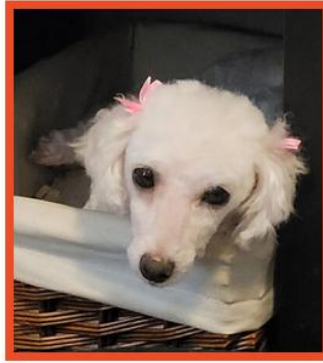
Ollie
Retriever Mix
Medium Coat
Large, Adult, Male



Oreo
Shih Tzu/Spaniel/Mixed
Medium Coat
Small, Senior, Male



Petal
Maltese
Short Coat
Small, Adult, Female



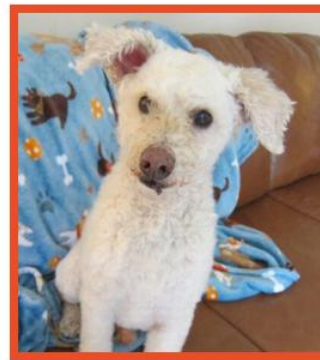
Pippy
Poodle (Miniature) / Mixed
Short Coat
Small, Adult, Female



Roy
Chihuahua/Pomeranian
Medium Coat
Small, Senior, Male



Rusty
Pomeranian
Long Coat
Small, Adult, Male



Suki
Poodle (Miniature) / Mixed
Short Coat
Small, Senior, Male

Happy Tails a.k.a. Recent Adoptions



Bambie



Charlie



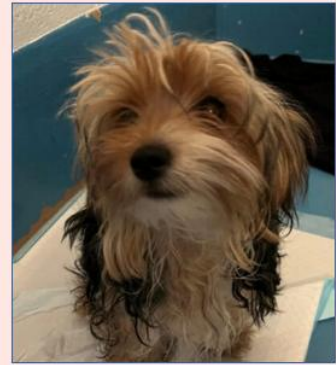
Chelby



Copper



Evie



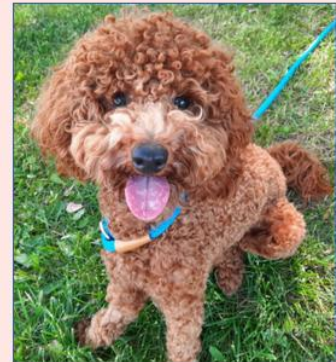
Johnny



June



Tutti



Whiskey

Adoption Update

Dear Speaking of Dogs Rescue,

Thank you so much for reaching out about Posey's (now Molly) adoption.

Molly is a mini giant while fluffball of joy! She is adorable and fits in everywhere and with everyone. To know her is to love her; all who meet her adore her. She comes to my office everyday and loves it.

No health issues so far and no major behaviour problems. She has had some training from a trainer with me for the usual basics. Overall, she is a fantastic companion and is so easy to love and live with.

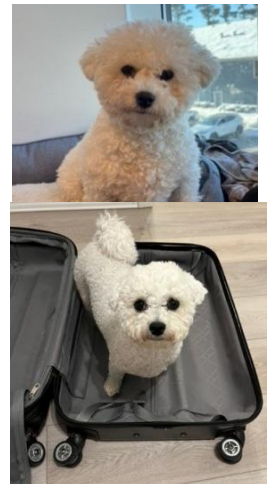
It was my luck that no one seemed to want a puppy with a deformed leg; totally their loss and my GIANT GAIN! I am a volunteer driver for Speaking of Dogs and she comes with me on drives sometimes.

She's always getting into things (like my suitcase) and knows no barriers in life, despite her leg. I have attached some photos so you can see how she is getting on.

Molly is great to have around! We were meant to be together.

Cheers,

MARK



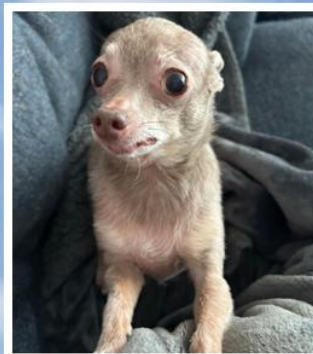
In Memoriam



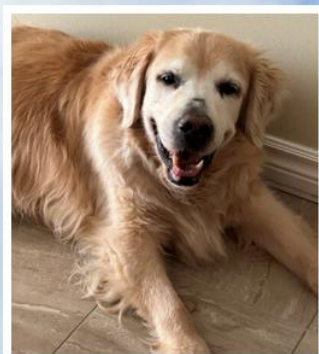
Clancy
Loved by Karen Grasley



Coco
Adopted August 2012
Loved by Megan Tepperman



Dobby
Adopted June 2014
Loved by Dedrie and Orna



George
Adopted June 2022
Loved by Anne Marie Papp



Joy
Adopted December 2012
Loved by Heather Grebler & family



Lily-Kiwi
Adopted June 2022
Loved by Nicola Yorke



Sunnie
Adopted March 2024
Loved by Peter Foto



Want to help our dogs?

Consider making a donation from our Amazon wish list of priority dog supplies.

[Click here to view list](#)

About Speaking of Dogs

Speaking of Dogs Rescue Program is a Canadian registered charity established in the Greater Toronto area (with foster homes across Ontario). Launched in 2001, we are a foster-based, all breed rescue with a focus on senior dogs. We are run solely by volunteers with a mission to help homeless dogs in need by providing shelter or sanctuary, necessary medical care, adoption and education.

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