



A quarterly newsletter bringing you informative treats from the dog world, and keeping you up-to-date with our services



[Living with Dogs]

A Few of My Favorite Things: Vacation Training Retreats

By Caroline Spark

The middle of winter, when it never stops raining, may not seem like the best time for a vacation at the beach. On the other hand, after the hubbub of the holidays, what better time to spiff up your dog's training or social skills, breathe in peace and fresh air, and give your dog a chance to run safe and free in wide open spaces.

A Vacation Training Retreat is one my favorite ways of helping people and their dogs achieve training goals. Dogs and people learn new things easily when they are relaxed and having fun - and the invigorating beauty of the Yachats River Valley (Central Oregon Coast) provides a great backdrop for focused and enjoyable learning experiences.

What can you expect if you sign up for a Vacation Training Retreat? Your time is structured according to your wishes and training needs. You get to choose what to work on, and what kind of leisure activities you and your dog will enjoy. When you sign up, I'll ask you what you hope to achieve, and together we'll craft a package to suit you. Training sessions are held at my country property, and/or in the small town of Yachats, at the beach, on forest trails, or other local locations, depending on what you want to achieve. Accommodation is not included in the package, but I can recommend good places to stay, including dog-friendly motels like the Fireside Inn in Yachats, and RiverSpace, a guest suite in a private home on nearby acreage right on the Yachats River. CONTINUED ON PAGE 2

The 5 Pillars of Successful Dog-Dog Greetings

1. Ask first, greet later. Always ask the owner's permission before you let your dog meet another dog. The other dog might be shy, fearful, leash reactive, or—who knows?—in training to learn better greeting manners. This goes doubly for dogs in off-leash areas: If the other dog is on leash, there's probably a reason. Call your dog to your side and clip on the leash until you are well past the other person.

2. No pulling to say hi. Your chances of a successful greeting increase if your dog doesn't come on too strong. Even between dogs it's not considered polite to rush up and put your nose into someone else's face. Insist on loose-leash walking on the approach. If your dog strains at the leash, change direction for a few steps and then try approaching the other dog again.

3. Relax. If you feel anxious about the greeting, your dog may pick up on it and react with over-excitement or fear. Take a deep breath, put on your best happy voice, and keep the leash nice and loose—a taut leash can add unintended tension.

4. Keep'em short and sweet. Even if two dogs are getting along famously, it's a good idea to cheerfully encourage your dog to walk away with you after 5–10 seconds. Why? If a fight is going to happen on leash, duration is almost always a component because leashed dogs don't have the option of increasing social distance when uncomfortable.

5. Don't force it. If your dog doesn't seem interested in saying hello, don't insist. Not all dogs enjoy the company of other dogs, and many dogs feel less comfortable saying hello while on leash. That's okay, too.



"I care not for a man's religion whose dog and cat are not better for it." - ABRAHAM LINCOLN

[Did You Know]

These History-Changing Dogs?

Peritas – Alexander the Great's trusty companion who defended his master from a charging elephant during a battle and is credited with saving the life of the teenage commander.

Anonymous Newfie –

During Napoleon Bonaparte's escape from his exile prison on the island of Elba, he fell overboard. A nearby fisherman's Newfoundland jumped in the water and rescued the pocket-sized tyrant who lived to see his Waterloo.

Donnchadh – The dog that ought to have been in Braveheart, Donnchadh belonged to Scottish nobleman Robert the Bruce. Though Englishmen followed the dog and thus tracked down Robert, their plan backfired when the dog put up a furious defense of his master. Robert the Bruce survived the encounter to become King of Scotland.

Vacation Training Retreats CONTINUED FROM PAGE 1

Over the past few years, clients had various goals for their Vacation Training Retreat. Here are some of them: "Teach my dog not to lose it when he's on leash around other dogs." "Learn new ways of entertaining my super smart, hyper dog". "Learn more about positive training methods." "Teach my dog skills to help me with my physical disability." "Teach my dog to come back when I call him - and walk better on leash as well." "Give me and my dog a big treat, because it's my birthday and I love my dog." "I've had a hard time lately and I need to get away and give my dog more attention."

Don't know exactly what you want to achieve? That's okay — we'll discuss that before you come and tailor a plan just for you and your dog. We'll also look at what is realistically achievable, how you might build on what we do during the retreat, and where you can get ongoing support after your vacation is over. And of course, there's always room for spontaneity, too!

Recently I had the privilege of working with a woman and her service dog in-training, who came for a three day Vacation Training Retreat to polish skills and attempt a Public Access Test (which assesses a team's working partnership and the dog's suitability for work in public). They had worked hard for over a year together, training every day, and making the most of the resources available to them where they live. They also made the most of their weekend, practicing hard in between each training session. They richly deserved their success, which we celebrated with big hugs outside the Walmart Store in Newport, where they passed their test. That moment was at the top of my "favorite things" list this month!

It is always such a pleasure to see the big smiles on human and canine faces as they leave for home, tired but refreshed, happy and satisfied with what they have accomplished during their retreat. All dogs, be they family companions or working dogs, deserve special time doing what they enjoy. If a Vacation Training Retreat sounds like something you and your canine friend would enjoy, please give City Dog Country Dog a call!



[A World of Dogs]

When Canines Go Corporate—Office Etiquette For Dogs

That dogs are good for our health is an oft-quoted fact. By their mere presence, dogs lower our blood pressure, help prevent heart disease and obesity, and reduce stress. But that's not all. Dogs have an equally positive effect on our workplace environment, at least if you ask the one-in-five Americans who get to bring their dog to work.* Employees say being allowed to take dogs to work with them boosts creativity, friendliness, and productivity. Employers say pet-friendly policies mean less absenteeism and a noticeably greater enthusiasm, often resulting in employees working longer hours. All round, a "dogs welcome" workplace is cited as one of the most popular employee benefits.

Not every workplace is suitable for bringing dogs, of course. What's more, not every dog is a good candidate for office dog. Any type of aggression disqualifies your dog; so does a lack of general manners. Dogs that are hyperactive, highly territorial or vocal, or shy or fearful are also not ideal staff members—and be considerate of your coworkers. What makes a great office dog? A well-behaved, well-groomed, friendly, house-trained dog that's up-to-date on all vaccinations.

If your workplace adopts a pet-friendly policy or you land a job where one already exists, and you happen to have a dog that fulfils the above criteria, why not preserve this terrific policy by observing good etiquette? Be considerate toward coworkers who may not love animals or have allergies. Keep your dog on leash and bring in a baby gate if your workspace doesn't present a natural barrier that stops your dog from roaming the halls. Adopt a no-tolerance policy on counter- and trash can surfing, and bring all the appropriate gear: Treats, water bowl, dog bed, a favorite toy, chews, and a stain and odor remover in case of accidents.

Want to suggest or implement a pet-friendly policy at your workplace? For inspiration, read *Dogs at Work: A Practical Guide to Creating Dog-Friendly Workplaces* by Liz Palika and Jennifer Fearing.

[Dogs in Action] Nose Work

Also called Fun Nose Work and K9 Nose Work. A chance for regular dogs and dog owners to get into scent work in a low-key, fun, positive-only manner—the way Rally-O is a relaxed version of obedience competition. Basically, if your dog has a nose, he can play this sport. Nose work involves training your dog to search for three scents: Birch, anise, and clove. But before you get that far, you begin with kindergarten-level searches for a favorite toy or treat. Aside from advancing levels of classes and actual competitions, this is a sport you can easily play in your yard, or anywhere.

Defying its newness, the sport is spreading fast, with classes, workshops, and practice groups mushrooming around the country. The brainchild of three Southern California dog trainers all experienced in detection work, nose work is excellent mental stimulation for dogs and fun for you, too, because it's designed to be easy to get started on. Unlike agility or flyball, it isn't physically strenuous, and it's a great activity for shy or reactive dogs because each dog works on his own with his handler, even in a group class.

For training info, visit Fun Nose Work at k9nosework.com. For competition info, visit the National Canine Scent Work Association at nacswnet



DOG IN THE SPOTLIGHT

The Weimaraner

Nicknamed the grey ghost for his smooth, bluish-gray coat, the Weimaraner was bred for hunting wolves, boars, and deer in the thickly forested mountains of 19th-century Germany. The superjocks of the canine world, Weimaraners need daily NBA-quality workouts as well as mental stimulation to thrive. They bond strongly and dislike alone-time and boredom—not for nothing is the dog receiving therapy in the movie *Best In Show* a Weimaraner. Perhaps more than other dogs Weimaraners have been seen as near-human, reported to laugh and drink tea, or depicted as wearing hats and gloves (in William Wegman's photographs). A favorite of statesmen (presidents Atatürk, D'Estaing, and Eisenhower), pop culture icons (actors Esai Morales and Brad Pitt), and musicians (Kate Bush, Trent Reznor), Weimaraners add a unique combination of style and zest to any household.

To re-home a Weimaraner, contact your local rescue group.



[Healthy Dog] Ear Infections

Dog's ears are impressive. For example, they can swivel to locate the source of a sound in 6/100 of a second. However, the design of canine ear canals leaves something to be desired. Their shape (a downward plunge followed by a horizontal tract) can leave debris stuck too easily, which is why dogs—floppy-eared ones in particular—are prone to ear infections. Telltale signs include: Ear scratching, colored discharge, odor, redness, swelling, crusted or scabby skin, and impaired hearing. Also pay attention if your dog wipes his ear on the floor or furniture, or if he shakes his head a lot.

If you suspect a problem, it's important not to self-diagnose. Bacteria or yeast causes most ear infections, and both require veterinary treatment. To prevent infections, gently dry your dog's ears after swimming or baths, and occasionally clean his ears with a cotton ball dampened with a solution recommended by your vet.



Our Services

City Dog Country Dog specializes in providing training, behavior and quality-of-life solutions for dogs and their human families in Portland and on the Central Oregon Coast.

[About] Caroline Spark

Owner of City Dog Country Dog, Caroline has nearly 30 years experience helping people solve problems, meet learning goals, and achieve positive change. With a PhD in psychology and a background in counseling and adult education, she has also studied extensively in the field of dog training and behavior, and has a Diploma in Advanced Canine Behavioral Sciences from the Companion Animal Sciences Institute. She is also proud to acknowledge shelter dogs as some of her best teachers. Caroline is a Certified Pet Dog Trainer (CPDT-KA) through the Association for Pet Dog Trainers, a Certified Dog Behavior Consultant (CDBC) through the International Association of Animal Behavior Consultants, a Karen Pryor Academy Certified Training Partner, and an AKC Canine Good Citizen evaluator. Caroline knows from personal experience the stresses and joys of living with and rehabilitating dogs with behavior problems. She brings understanding, enthusiasm, resourcefulness, and a spirit of play to her work with dogs and people.

Contact Caroline@CityDogCountryDogTraining.com for solutions to training and behavior problem and to find out more about City Dog Country Dog's services.



TRAINING SOLUTIONS FOR BUSY LIVES

Information and advice provided in the newsletter is general in nature and should not be relied upon to solve any particular situation. For all issues with your dog please seek the services a competent professional. The author/publisher shall have neither liability nor responsibility for any loss or damage caused or alleged to be caused by the information in this newsletter.

[Tips & Tools] How To Spot Illness In Your Dog

Masking pain or illness is an evolutionary survival mechanism in dogs, which makes it hard to tell at times whether Fido is unwell. Here are some signs of trouble to look out for (when in doubt, always consult your vet):

Physical symptoms. Vomiting, diarrhea, bloody stool, drooling, excessive thirst, rashes, swelling, discharge, wheezing, coughing, sneezing, flaky or crusted skin, dull coat, odor from mouth, skin, or ears.

Changes in behavior. Loss of appetite, disorientation, circling, lethargy, persistent scratching or licking, twitching, trembling, head shaking, unprovoked crying out (a sign of acute, severe pain) or crying out when a specific area is touched (a sign of mild to moderate pain), seizures, frequent urination or unusually long urination, lapses in house-training in adult dogs

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