



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

[It Takes a Team] *Sadie's Story* By Caroline Spark



The phone call sounded urgent. A five year old Labrador named Sadie, adopted from the Oregon Humane Society, was proving quite a handful for her new family, and might have to be returned. Could I help? I was about to leave Yachats for Portland, shifting gears from Country Dog to City Dog, but I squeezed in the consultation.

The big black dog who bounded into the room that day was over-stimulated and anxious. She didn't know her name and was unable to focus, ignoring toys and treats. We let her sniff her surroundings while I learned more about her situation. Her new owner, Bill Briggie, told me that had shared his life with many large breed dogs - Labradors, Huskies, Boxers - in the past. Now in his 80s, retired after more than 50 years with the US National Parks Service, and living by himself, Bill missed having a canine companion. But his physical strength, hearing and memory were not what they used to be. He knew it wouldn't be easy to find the right dog, so he asked his daughter to help. When she presented Sadie to her father, Bill fell in love with Sadie's "talking eyes" and Sadie happily took her place at Bill's side.

Bill's longtime friend, Maureen Finn, had set up the appointment with me. Watching Bill outside with Sadie, Maureen was worried. She was about to go back to her home on the other side of the country, leaving Bill with a large, unruly dog. At first Sadie had seemed like the perfect dog, gentle and affectionate. But soon it became obvious that she was only perfect indoors. Outside, she towed Bill down the

street, leaping and lunging when she saw another dog, twisting out of her harness and even pulling Bill over on two occasions. I was worried too. It turned out that Sadie had spent a lot of her life in a fenced yard and had little experience with unfamiliar dogs.

My heart sank as I realized the extent of her problems, and the risks that walking her posed to Bill's safety. Reluctantly, I recommended that Sadie be returned to the shelter. Bill's friends and family felt the same way. But Bill, a self-described "stubborn Briggie" resisted everyone's best efforts to persuade him. Finally we reached a compromise. Bill agreed to take part in a leash walking test that simulated meeting a dog on his daily walk. If he couldn't manage Sadie, he would return her. Somewhat unsteady on his feet, but with rock solid determination, Bill gripped Sadie's leash, holding on for dear life as he walked her down the lane outside his house. And Sadie? To everyone's surprise, Sadie behaved better than she had before (and much better than she would behave for months afterwards). Nothing, not even the proximity of the other dog, could induce her to act out more than Bill could handle. Apparently Sadie was as determined not to leave Bill as he was to keep her. Sadie stayed.



Sadie was lucky - she was adopted by a man with the will and the means to turn her life around. She needed exercise, contact with other dogs, and skilled training. This was more than Bill could do by himself, but not too much for Team

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"A good dog is one of the best things of all to be." - DEAN KOONTZ

[Sadie Says]

There are many dogs like Sadie in shelters all around the country - dogs who lack socialization, causing behavior problems that limit their lives and pose real challenges to the people who adopt them. Too often these dogs are rehomed more than once, their problems escalate, and they die prematurely, through accident or euthanasia.

- SOCIALIZE! SOCIALIZE! SOCIALIZE!
- TEACH YOUR PUPPY THE WORLD IS A FUN, SAFE PLACE
- GIVE YOUR PUPPY PLENTY OF GOOD EXPERIENCES WITH OTHER DOGS
- TEACH YOUR PUPPY TO WALK NICELY ON LEASH
- DON'T LEAVE YOUR DOG ALONE IN THE BACK YARD, BARKING AND RUNNING THE FENCE
- GIVE YOUR DOG PLENTY TO DO
- GET HELP IF YOU NEED IT! DON'T DELAY!
- INTERVENE EARLY - YOU'LL SAVE MONEY, TROUBLE, AND MAYBE A LIFE!

[Bill Says]

"If you are looking for a dog – stop at the shelter. I think it would be surprising to you to know who's there and who could be yours. So go and see who's waiting for you. But please continue to work with that dog. You want your dog to pay attention and do the right thing ... Find the people who know how to help makes your dreams come true!"



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Sadie, a group of family, friends, trainers and others committed to making things work for them both. I oversaw the project, initially assessing Sadie, making periodic training visits, designing and revising training plans, and liaising between team members. City Dog Country Dog's resident trainer on the coast, Karolin Klinck, worked tirelessly with Sadie twice a week, introducing Sadie to new places, people and other dogs, teaching her new skills and giving her exercise. Bill joined in the lessons and practiced whenever he could, as did Maureen when she was in town. For exercise and remedial socialization, Sadie spent one full day a week at Adventurous K9, a country day camp for dogs. Sadie's veterinarian took care of some health issues. Bill's daughter's family and their dog were early socialization influences. And everyone cheered Team Sadie on as progress began to be made.

One year later, Sadie plays well with other dogs, and walks nicely on leash. She greets people politely, and waits at doorways. She comes when called, and even gets to play off leash on the beach in front of Bill's house (a goal once thought unattainable). Her progress overall has been stellar, her training reduced to a 30 minute maintenance session once a week. But Bill's health is declining and walking together isn't much fun for either of them. So last month, Bill gave Sadie a big gift, a fenced yard. This time Sadie's yard isn't a place of lonely confinement. It's a fun place where she can play with Bill safely, take herself out for potty breaks, smell the ocean breezes, and do some beach watching. Nothing but the best for Bill's Sadie Girl!

Acknowledgments: Special thanks to Bill, Maureen, Karolin and Sadie, who took part in the interview on which this article is based.

[Living with Dogs] The Great Crate

The crate is a marvelous tool: Good for short stints of alone time and for getting your dog to settle down, great for house-training and travel. Worried a crate is just one step up from imprisonment? No need. Like coyotes and wolves, dogs are den animals that enjoy close quarters. That said, it would be unkind to simply deposit a dog in a crate if he's never seen one before—it would also likely trigger loud and long-lasting objections. Here are some tips for making the great crate a success:



Use irresistible treats. Treats, comestible and in toy form, are the way to get your dog to fall in love with his crate. Stock up on liver treats, Natural Balance, chicken bits, or whatever makes your dog sit up and take notice. Make sure you have a favorite toy or chewie set aside for crate training time, and don't break out that particular goody for anything else.

Go slow. Only gradually increase the amount of time you ask your dog to spend in the crate during crate training. Likewise for the amount of time you leave him alone in the crate once he's used to it. Going slowly is the key to success. Remember, you're building a positive association to last a canine lifetime.

Exercise first. Make sure your dog has had a good workout before each crate training session. Crate training goes faster and works better if your dog has worked up an appetite and—for when you get far enough in the training program to leave him alone in there—is nice and tired and ready for a snooze.

Note: Never leave your dog in the crate for more than 3–4 hours at a time,

[A World of Dogs] The Special Bond

You're not imagining it. Your dog really does understand what you're feeling. Dogs can't read our minds, no, but when it often seems like they do, it's because of a special connection between our two species that's increasingly well understood. Dogs don't just seem attuned to our emotions. They are. Eye-track studies of dogs have shown that they read human faces for emotional cues in the same way we ourselves do. No other species do this, not even chimps. Scientists speculate that this skill has evolved in dogs to enable them to communicate with us on an emotional level. To better understand us. Which makes sense. When you rely on humans for your survival, there's obvious biological advantage to reading their moods for signs of intentions, impending danger, etc.



The same goes for barking. Wolves rarely bark, and when they do, it's to warn other pack members. Dogs, on the other hand, possess an impressive vocal repertoire that spans yowls, yelps, grumbles, whines, acoustic sighs, and many types of barks, suggesting another trait dogs may have developed exclusively to strengthen their teamwork with humans. This goes beyond utilitarian purposes like herding and protecting our livestock. Arguably, dogs have learned to speak a second language specifically to support their bond with us.

And the connection goes both ways: We've become skilled interpreters of barks. In experiments in which researchers played recordings of dog barks to dog guardians, they were capable of distinguishing between request barking, anxious barking, territorial barking, and other kinds, without seeing the dog's body language or the situation. We use the tonality, frequency, and interval of barks to decode the message.

So, the science backs us up: We do indeed have a special bond with dogs. It's so strong that we mostly take it for granted and lump dogs in with the rest of the family—because they are family. But dogs are not human. They are remarkable, adaptive creatures that have evolved in partnership with us in a way no other species have. And that's pretty special.

[Dogs in Action] Dock Jumping

Water-loving dogs have been jumping off docks to retrieve sticks, swim with their people, or simply splash about in the cool, wet stuff as long as there have been dogs and docks. But as an organized competition, dock jumping, also known as dock diving, debuted in the 1998 Purina Incredible Dog Challenge. In the fourteen years since then, it has developed into a nationwide craze featured everywhere from ESPN to The Wall Street Journal.



Easy to understand and dramatic to watch, dock jumping is a very spectator-friendly sport, which often draws big crowds. There are several different kinds of dock diving competitions—including longest jump, highest jump, and speediest retrieve—and new ones are being invented all the time. At the time of writing, the record for the longest jump is 28 feet, 10 inches. Any person over 7 years of age can participate and all types of dogs are welcome.

[Healthy Dog] Dock Jumping

athletic ability in animals. The signature circular touches (which carry exotic names like 'Lick of the Cow's Tongue') are thought to activate the parasympathetic nervous system in a way that slows heart rate and lowers stress levels. In this relaxed state, the dog learns a new body awareness, even new behavior patterns.

TTouch is used widely around the world by animal trainers, veterinarians, and pet owners. The technique has been shown to ease pain and discomfort, speed up post-op recovery, and help solve behavior problems. Interested? Search online for a practitioner—or take a course so you can TTouch your dog anytime.

Think of this canine bodywork method as Feldenkrais for animals. Developed by animal expert Linda Tellington, TTouch is a non-invasive approach that uses gentle manipulation, movement, and tools to improve concentration, coordination, behavior, and

DOG IN THE SPOTLIGHT *Rottweiler*

These robust black-and-mahogany dreadnoughts were originally herders. Rottweiler ancestors are known to have herded and protected the livestock of the Roman armies forging through Europe for conquest, and herding can still be found on their job description. But modern-day Rotties do many other kinds of work, including Search and Rescue, guiding the blind, police work, and cart pulling. Their storied past and anvil-forged physique have earned Rotties a reputation as the gladiators of the canine world—a fiction not helped by starring roles as evil minions in movies like 1976 hit, *The Omen*. Fortunately, many more recent screen appearances have better portrayed the peaceful, laid-back, and downright clownish side of Rotties (*Lethal Weapon 3*, HBO's *Entourage*). Rotties can consistently be found among the top 20 of the AKC's list of most popular breeds.

To share your home with a Rottie, search online for rescue organizations near you.



[City Dog Country Dog] Trainer Spotlight



Karolin Klinck

Karolin provides a range of services for City Dog Country Dog clients on the Central Oregon Coast from Lincoln City to Florence.

Karolin offers Puppy Social play groups, training classes for puppies, teens and adult dogs; day training (in-home training while owners are absent) and in-home coaching and problem solving sessions. She is also an assistant instructor at monthly Play & Train Days and a member of the instructor team at the annual Call of the Wild Dog Camp in Yachats, OR.

Karolin has a special interest in rehabilitating shy, sensitive and reactive dogs. She has worked wonders with her two rescued mini-Australian Shepherd Dogs, and has a particular talent for working with dogs who react negatively to strangers or other dogs.

Patient, enthusiastic, and passionate about the well-being of dogs and their people, Karolin is an avid learner, keeping up with the latest in training approaches through seminar attendance and completing an intensive program of study at The Academy for Dog Trainers <http://academyfordogtrainers.com>. She is also very supportive of her clients as they learn new training techniques and make changes in their dogs' lives. Her clients often say, "Karolin helps me feel good about me, as well as my dog!"

Originally from Germany, Karolin lives in Newport, OR with her husband and two dogs, Lilly and Cooper. When she is not training dogs or working part-time as a marine research assistant, Karolin enjoys outdoor activities like running and hiking with her husband and dogs.

City Dog
Country Dog

TRAINING SOLUTIONS FOR BUSY LIVES



Caroline Spark owns and operates City Dog Country Dog. With a PhD in psychology and a background in counseling and adult education, Caroline has nearly 30 years of experience in helping people solve problems, meet learning goals, and achieve positive change. 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, an AKC Canine Good Citizen evaluator, and a licensed presenter for Family Paws Parent Education (Dogs & Storks; Dog & Baby Connection).

Heather Ohmart completes the City Dog Country Dog training team. Heather is a Certified Professional Dog Trainer (CPDT-KA) who specializes in "all things puppy" – raising and training puppies to be family companions, and for therapy and service work. Heather provides board & train services, Puppy Social events, and in-home training and behavior consultations in the Portland metro area. She is also developing an innovative therapy dog program in cooperation with local health service professionals.

How can we serve you and your dogs? Please contact info@CityDogCountryDogTraining.com for solutions to training and behavior problems and to find out more about our services.



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