

ACT RESCUE AND FOSTER

CHINWAG

SUMMER 2016



RENTING
WITH PETS

DOGS IN
THE WORKPLACE

KEEPING COOL

HOME ALONE

A LABOUR
OF LOVE

MAKING
TRAINING FUN



Cox Architecture is proud to be a dog friendly workplace and supporter of ARF



Image captions above (clockwise): COX Canberra office / Griffin & Ian Smith, Director / Griffon / Holly & Chris Millman, Director.
Far right: Holly.





\$10



\$1

Calendars & cards are available at all ARF stalls, the ARF website or please email us for north/south-side sales points at calendars@fosterdogs.org

ABOUT ARF

ARF is an incorporated association of people in the ACT and surrounding NSW region who rescue dogs from euthanasia and foster them in their own homes for as long as it takes to find them loving permanent homes. All dogs are de-sexed, vaccinated, wormed and micro-chipped before going to their new homes.

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COVER: TUPPENCE

Tuppence is a Gorgeous Goulburn breed aged approx 12 months, who recently came into ARF care. At the time of publication Tuppence is still looking for her forever home. Check our website for updates.

If you are looking for your new best friend check our available dogs at fosterdogs.org/available-dogs-gallery

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If you would like to advertise your business in *ChinWag* please contact communication@fosterdogs.org for information and rates.

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FROM THE PRESIDENT

One of ARF's key aims is to educate the community about responsible dog companionship. This is extremely important if we are going to reduce the number of beautiful dogs needing rescue over coming decades, and it's the young people of today, and those of future generations, who could be the leaders in this education.

ARF members have a role to play in their community by raising awareness of the need for responsible dog companionship, leading by example, but of equal importance helping to get valuable information into schools and colleges.

Where can they get that kind of information? Right here in *ChinWag*! Every issue is packed with articles and stories illustrating responsible dog companionship, and so if you're a *ChinWag* reader you have at least one valuable communication tool available to you, your family and friends.

Why not find out if your local school or college would like to receive our magazine on a regular basis—become an ARF ambassador. If you're interested, please email president@fosterdogs.org

ARF is gearing up for Christmas with the 12 Dogs of Christmas coming to social media near you! Keep an eye on our FB page and Twitter.

Now read on for our action packed Summer edition which includes details of how to get your hands on our 2017 calendar and Christmas cards, selling very quickly indeed at bargain basement prices.

A happy, peaceful and safe Christmas and New Year to our readers, from all the ARFers. Here's to doggy success in 2017.

Wendy Parsons

President, ACT Rescue and Foster



WE WELCOME COMMENT AND FEEDBACK ON *CHINWAG* INCLUDING SUBMISSION OF ORIGINAL ARTICLES, ADOPTION UPDATES, AND BOOK RECOMMENDATIONS.

CONTACT OUR EDITOR AT: CHINWAG@FOSTERDOGS.ORG

DOGS IN THE WORKPLACE

BY REBECCA STOCKLEY



It's a well-known fact that dogs help humans relax, de-stress, and calm down. Many universities are now holding doggy petting days for students during exam periods, and dogs are becoming more welcome in aged care facilities and hospitals where they may work as therapy dogs or simply a loving companion in a time of need.

But dogs in an office environment is not a common sight. However, one Canberra business who not only welcomes staff members' dogs but encourages their visits.

COX Architecture is a multidisciplinary architectural, planning, urban design and interior design practice, with an office in Kingston Foreshore. It is a busy place, with over fifty pairs of feet and several sets of paws daily treading the polished concrete floors. Office Manager, Victoria Cotton, spoke about their policy of welcoming dogs into the workplace.

"One of our Directors, Ian, had been bringing his three year old mini Groodle (Golden Retriever-Poodle Cross) with him to the office a few days each week," says Victoria, "and when Chris, also a Director, adopted his rescue Lab-Staffy cross, Holly, in April 2015, her joining the office was natural evolution.

"Holly had some separation anxiety due to her treatment prior to adoption, and being able to bring her to work and have a doggy friend already here, helped her settle and established her in a positive and stable routine. The two dogs are now best mates! And now, other staff members sometimes bring their dogs in for a day or two for various reasons, and it has all worked fine so far."

Apparently, there are no restrictions or no-go areas for the dogs, but the staff are mindful that not all the staff members, nor visitors, are 'dog people' and so they are kept away from visitors and meetings. Otherwise, they are free to roam and meet up with the staff they know, and a few turf issues, as well as at barking at passing dogs, are being worked on.

"The impact has been really positive," says Victoria. "Many staff will often

stop and 'take 5' and have a little play or cuddle—it really helps lower the stress levels. Sometimes, Holly and Griffin chase each other around the office and that always lightens the mood and gets a few laughs. We recently ran an in-house architectural dog house design competition and we hope to build them a new house soon! Image caption: This 9 – 5 grind is exhausting!

"Clients and visitors are delighted to meet the dogs and usually have a pat and a bit of chat; some will even get their phone out and show us pics of their dogs. We have only ever had one or two negative reactions. In an office environment you need a few key people who can be relied upon to take the dogs out for breaks or manage them as required as sometimes their owners are busy or in meetings. It does need a team of willing helpers to make sure it's not an imposition on others, but we're lucky to be close to parks and green spaces and that helps the dogs' work off some energy so that they are content and reasonably quite once back inside."

www.coxarchitecture.com.au

Pets are an important part of many families. Do you have dogs in your workplace? Do you, or your employer, offer pet leave for vet appointments or when a pet is ill? We would love to hear your stories. Email chinwag@fosterdogs.org if you would like to be a part of Pets in the Workplace.

A LABOUR OF LOVE

BY CASSIE GRAHAM—VOLUNTEER DOG WALKER AT QUEANBEYAN ANIMAL MANAGEMENT

Everyone associated with ARF is a volunteer —from foster carers, photographers, trainers, transport, stall and event organisers, committee members, and the communication team.

But ARF is not the only dog volunteering group in Canberra, and if you want to help the dogs there are many ways other than foster caring as Cassie explains.

'Volunteering is a labour of love, but it is truly worth it. When you see that swing of the tail and the bounding leaps of excitement, there's nowhere else I would rather be.

In the limited time dogs spend in the pound we all notice changes in their personality, often with nervousness and confusion to start, and gradually building confidence over time. It's always a treasured feeling when you've earned the dogs trust, and they recognise who you are and why you have come to their kennel; especially in cases where the dog has only known abuse.

It has become a necessity in my life to always be actively doing something to improve the lives of animals. I will be the one running around in the pouring rain at 1am trying to rescue a kitten from a storm drain, and up all hours trying to find a home for the dog that has run out of time at the pound.



When there are so many dogs to rescue, walk and rehome, it can become an overwhelming feeling that what you do isn't making a difference. But for every small effort you make, whether it's raising money, fostering or adopting, or even as simple as sharing information, it saves lives.

Like all volunteers, rescue groups and people earning their living working with animals, our work isn't done until all the animals have happy homes and the shelters are at last, empty'.

Hi, I'm Gemma, and I'm modelling my new coat from Café Press.



You can get heaps of ARF stuff on line and donate at the same time. You can get water bottles, bags, clothing, mouse mats and geeky stuff—and a fabulous coat like mine!



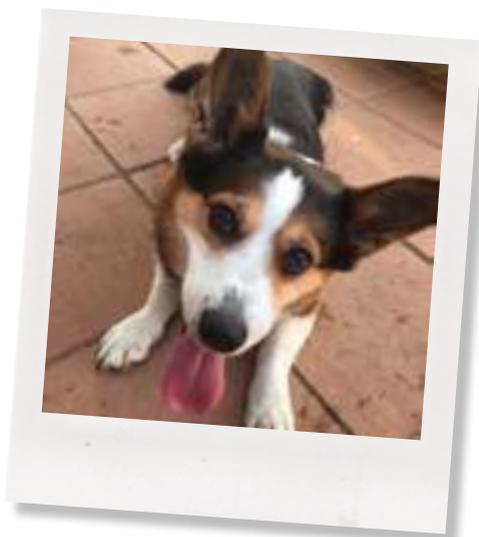
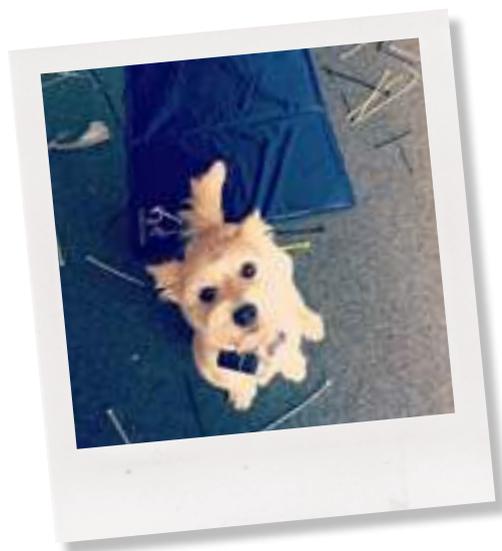
Visit www.cafepress.com.au/actrescueandfoster and get your cool ARF stuff today!

WHERE ARE

COMPILED BY LAUREN CANELLIS

ZOE (FORMERLY SHELLEY)

Zoe was adopted by Lauren and Joshua in November 2015. It didn't take long for her to settle right into the family and begin inventing her own form of entertainment while her parents were at work. A bag of a 1000 cable ties left unattended became the best game of pick up sticks! Zoe has taught her parents how to dog proof their home and the value of 'breakfast'—a Kong full of goodies as they leave the house for the day. Zoe's collection of coats and toys continues to grow alongside her list of favourite holiday spots. She simply adores the beach and is very fond of visits to the country to see Lauren's family. Zoe is such a poser when it comes to photos and her parents are just a little bit proud of her. So much so that she has her own hashtag for all her Instagram photos at #adventuresofzoemcgoe! Whilst her parents are still coming to terms with the fact that no tissue box is ever safe (it snows in the middle of summer in their house...), they couldn't imagine their life without their precious little girl.



ELLA (FORMERLY BELLA)

Just wanted to give you an update on Ella as she has now been with us for 6 months. She has settled in perfectly as part of the family and we couldn't be happier. She has an abundance of energy and loves to go for a run or walk, she still loves to play ball, even has a go at Brad's 9kg medicine ball! Ella loves the attention she gets with pats and cuddles, especially from the kids. She certainly doesn't act like an old dog of nearly 11 years, more like a big kid so she is in very good health.

EMILY

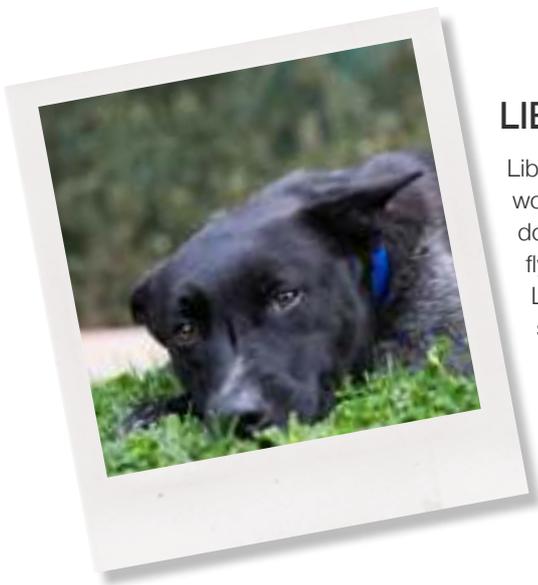
Hi, Emily here. I wanted to let you all know that today is my Gotcha Day and unofficial 6th birthday! I have been with mum and dad for 1 year. As you can see, I have already ascended to the position of Queen of The Backyard (and The House for that matter). I got some delicious treats this morning, but I heard there is still cake to come tonight. Stay tuned!



THEY NOW?

TAILS

Tails new owner Kristen reports: When Tails arrived in February 2015 he was sweet and friendly but pretty thin and not at all sure what was in store after his wonderful ARF rescuer said goodbye. The first day we left him for work and school he shredded two sets of curtains and soon afterwards learned how to open and empty the pantry and the bin. Eighteen months later it would be hard to find a happier or more adored Kelpie. His good looks are constantly admired and he is quite the man about town with three walks a day including one with his favourite neighbour who drops around when we are out. He makes sure to use all the available beds and couches and has great manners, waiting for his dinner, coming when called and showing great road sense. He has even started to relax during thunderstorms. Still no interest in balls, sticks or games but he has the best time zooming around the oval with his mates every day, including Kelly the Black and Tan Kelpie who also hails from Yass!



LIBBY

Libby is living in Wamboin with new owners Lesley and Phil who as wombat rescuers are experienced animal handlers. They are attending dog training classes in Queanbeyan and Libby passed beginners with flying colours. She has already moved up to the intermediate class! Libby's new owners have said that she has just started to bark when she is excited to see special people. She has found her voice again—a great sign she is comfortable and content in her new home. Libby is also getting along well with her new brother, Brian (formally Bruce) who is also an ex-ARFer. Bruce came into care as a puppy and managed to survive parvo.

HAVE YOU ADOPTED AN ARFER?

Where are they now? is about ex-ARFers who have been adopted into their forever homes. We plan for this section to be a regular inclusion in ChinWag and would love to hear from ARF owners wherever you are—in Australia or overseas—to let us know how your new best friend is getting on. They could have been adopted last month or some years ago—we don't mind! Send your update and pics to chinwag@fosterdogs.org

RENTING WITH PETS

BY AINE DOWLING

There's generally a lot of movement in Canberra at this time of year with teachers, public servants, and military families moving around, and the rental market is often flush with properties around December and January.

But, if you're a pet owner, you may find your choice of property is somewhat limited, and ABC News recently identified that some agents' blanket No Pets policy presents a real obstacle to housing security for tenants with a family pet.

Back in 2014 we published an article on the difficulties of renting with pets, and it's disappointing to see that not much has changed since that time. Trying to find a rental that will accept your pets is still a pain, and many owners in Canberra are still working around the risk of keeping a pet by minding a friend's pet while they're away for a weekend; moving the pet out at inspection time, and getting professional cleaners to rid the house of dog (or cat) hair. Even agents who will 'consider pets' will often favour the tenant who doesn't own a cat or dog. Interestingly, studies in the US show that pet owners actually make good tenants. They take good care of the property, look for long-term leases, and are often willing to pay a higher rental to keep their pet with them.

Studies also show that there is little difference in property damage between those with pets and those without. So, with two out of three Australian families owning a pet, and over 90 per cent of owners regarding their pet as part of the family—why are pet friendly rentals so damn hard to find, and why do some agents take such a hard line on pet owners.

One sad statistic from a study by Australian Animal Welfare agencies show that approximately 30 per cent of pets end up in pounds and shelters as a result of their owners being unable to find suitable pet friendly rental properties.

According to Dr Emma Power from Western Sydney University, and writing for the ABC; 'the popularity of pet ownership across countries such as Australia (where 63 per cent of households include a pet), the United States (62 per cent) and United Kingdom (46 per cent), rental policy rarely recognises pets as important members of households. Instead, landlords and property agents typically restrict the right to keep pets'.

Ms Power went on to state that reports from animal welfare organisations suggest these policies make it difficult for pet owners to find rental housing. There is also evidence of connections between rental insecurity and poor animal welfare outcomes, and about half of tenants who always declared their pets when applying for properties had been given pet ownership as the reason

their application was rejected. A small number had even been offered the property if they got rid of their pet.

There are number of properties in Canberra, currently listed on allhomes.com.au, that are identified as either pet-friendly, or 'pets on application'. To find pet-friendly properties go to allhomes.com.au then click Rent then select ACT, and then click Search in Canberra and Queanbeyan. This will give you a list of check boxes where you can build your own search criteria, and can select a number of features including Pets Allowed.

Most other agencies include a 'pets on application' section on their rental application forms, but this does not necessarily mean that pets will be accepted—either by the agent or the landlord, and there are a small number of agencies who actively have a blanket No Pets policy regardless of whether the landlord is OK with pets or not. So it's well worth checking with the agent first before you either visit the property or complete an application form.

Only one real estate agency in Canberra advertises as assisting tenants to find pet-friendly properties. First National Real Estate in O'Connor identify as a pet-friendly agency, and estimate that 60 per cent of their properties will accept pets, and this agency will identify currently listed pet-friendly properties on their website. With studies now suggesting that allowing pets may bring benefits to tenants and landlords alike, perhaps it's time that other agencies reviewed their policies.

The Australian Companion Animal Council (ACAC) has produced two brochures on renting with pets. The first, Renting with Pets, provides interesting information and data to real estate agents and landlords on including tenants with a pet, and offers 'ten good reasons' why they should consider renting to a pet owner.

The second, Tenants with Pets, provides advice and tips to tenants who are seeking a pet-friendly property, such as, how to use social media to locate a suitable place, and how to produce a résumé for your pet to include with a rental application.

The brochures are available for download from www.acac.org.au



KEEPING COOL

CANBERRA'S BEST DOG-FRIENDLY SWIMMING PLACES

BY COURTNEY CARR

The weather is warming up and in the days of longer hours of sunshine it's easy to start to dream of cooling off.

Well, your four legged best friend is dreaming the same thing! Walking on hot roads isn't fun but dogs still need exercise in the summer. If your dog is panting or flopped down on the cool tiles in your house, it might be a good time to hit one of Canberra's fine swimming establishments instead.

Canberra is one of Australia's most dog friendliest cities in terms of nature and access to the outdoors, so enjoy a splash with your dog in one of these places.



LAKE GINNINDERRA

Belconnen boasts heaps of dog friendly areas and parks with great walks around the lake, but the best part is that your pampered pooch can also go for a swim right here in the heart of the north. Adjacent to the Belconnen Dog Park is a fenced off area that is perfect for swimmers of human and canine alike. There is plenty of shade, grass and beach, and dogs will love the access to a swim while walking around the lake. This area by the dog park is generally designated for dogs, but there are designated human swimming beaches which are on leash areas, so make sure to adhere to the off and on leash rules within the park.

Note: Canberra's lakes (Lake Burley Griffin, Lake Ginninderra, and Lake Tuggeranong) have variable water quality and are prone to blue-green algae and other bacteria, and may be closed for periods of time. Before you take your dog (or small human) for a swim, you should check the water quality of the lakes at Transport Canberra and City Services website.

URIARRA CROSSING, MURRUMBIDGEE RIVER

Out of all of Canberra's dog friendly swimming spots, Uriarra Crossing takes the cake! Uriarra Crossing is definitely a favourite spot to visit by humans and their four legged companions, and our dog Buddy loves this area. There are two areas that you can go swimming with your pooch and one is in the Uriarra Recreation Reserve Area, and a sandbank just over the little bridge and to the left. It's a little bit of a drive out of Canberra, but the shady park area is perfect for picnics and a swim of your own, so pack yourself a lunch and make a day of it and you won't have any problems!

The river bank is easy for any dog to get into, so even the most timid swimmers won't have to worry, and there is ample room along the river for your dog to go swimming without worrying about other dogs or people invading your safe space. The current is generally pretty gentle as well, but just watch if it's been raining as the current may pick up somewhat which may be a little hard for dogs to navigate

YARRAMUNDI REACH, LAKE BURLEY GRIFFIN

There are a few places along Lake Burley Griffin which are perfect for your pooches to take a dive into the water if so inclined and Yarramundi Reach is one of them. Yarramundi Reach is a little shady peninsula that is part of the National Arboretum area. It's not very well known beyond some dog loving locals, but if you turn off the Tuggeranong Parkway at the Arboretum and go straight at the traffic lights instead of left to the National Zoo and Aquarium, you will find a beautiful area to walk around the lake and let your dog enjoy a swim.

Other than these tried and tested dog friendly swimming holes, dogs are permitted to swim in most of Canberra's lakes provided they are not within 10 metres of public human only swimming areas, or near BBQ's or children's playgrounds. Always make sure you follow the rules, watch your dog while swimming and ensure they always remain well-behaved towards others that may be in the area. If you need any information on any off or on leash areas, check out the TCCS website for more details.

WHAT'S YOUR BREED?

What's Your Breed? covers some of the more popular dogs in Australia in each issue of *ChinWag*. It goes without saying, but we'll say it anyway ... that all dogs need responsible owners that undertake, at least, basic training, and provide plenty of exercise including a daily walk.

CAVALIER KING CHARLES SPANIEL

The Cavalier KCS (Cav) is an affectionate and happy dog; always eager and willing to please, and responds well to gentle obedience training. They are naturally well-behaved and get along well with other dogs and pets. The Cav loves people and is not suited to a kennel life or being left alone for long periods. Do not allow this dog to develop 'small dog syndrome'; this is not a Cavalier trait and is generally brought on by poor ownership with the owner treating the dog as human instead of a dog. The Cav is a sociable and pleasant dog and they do well competitive obedience. The sweet little Cav will reach 30 – 33cm, and weigh between 5 – 8kgs.

Photo: Ex-ARFer Sophie by Kelly McInnes Photography

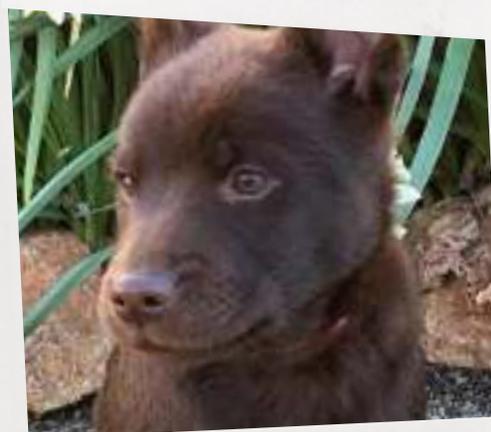


Sophie

AUSTRALIAN KELPIE

The Kelpie is a robust, enthusiastic, and tireless working dog. Kelpies are a devoted one-man dog but far too energetic for a couch dog or small apartment. They are easy to train and as a working dog will respond to any signal from their owner—even from a distance. They will try to herd other dogs, pets, and animals whether they want to be herded or not, and are good with children if raised with them and/or well socialised. Kelpies can muster thousands of sheep from pasture to pen to truck without missing a beat. They make excellent watch dogs and though not aggressive they are protective of their master and flock. This breed needs an owner who can display calm but firm authority over the dog, and provide daily mental and physical exercise. If you don't have time for that—this is not the dog for you. The Kelpie will grow to 43 – 51cm, and weigh in up to 20kgs depending on gender.

Photo: Bertie; owned by ARF Member Robert McMahon



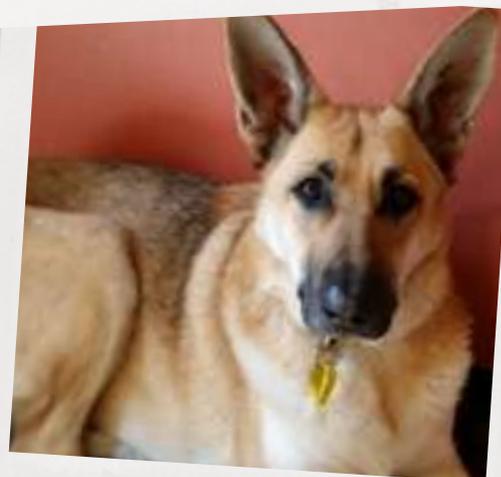
Bertie

GERMAN SHEPHERD DOG

Often used as working or service dogs, the GSD is keen, alert, confident, clever, and eager to learn, and they will not think twice about giving their lives for their human pack. A GSD must be close to its family; it's extremely loyal and should not be left isolated for long periods of time, and will not do well if locked in the back yard. Its reputation as aggressive is due to poor handling and training, and problems will arise if the dog believes he is the pack leader or does not have enough stimulation and exercise to keep him occupied. The breed needs owners who are naturally authoritative but are calm, confident, and consistent at the same time. If treated correctly the GSD will be your best friend and guardian of your pack.

The GSD male will grow to around 65cm and the female slightly shorter. Ideal weight is between 32 – 40kgs.

Photo: Cleo; owned by *ChinWag* editor, Aine Dowling.



Cleo

IS YOUR DOG IN THE TOP 20?

Using data from 11 Australian council registrations; here are the top 20 most popular dog names, and breeds, ranked in order from 1–20.

From theguardian.com

Ranking	Most Popular Names	Most Popular Breed
1	Bella	Maltese
2	Molly	Labrador
3	Charlie	Jack Russell Terrier
4	Max	Staffordshire Bull Terrier
5	Ruby	Border Collie
6	Jack	Kelpie
7	Buddy	Cavalier King Charles Spaniel
8	Lucy	Golden Retriever
9	Oscar	Fox Terrier
10	Roxy	Australian Cattle Dog
11	Coco	German Shepherd
12	Toby	Chihuahua
13	Rosie	Shih Tzu
14	Bonnie	Pomeranian
15	Millie	Poodle
16	Daisy	Cocker Spaniel
17	Maggie	Beagle
18	Missy	Rottweiler
19	Jessie	Terrier
20	Harry	Boxer

HOME ALONE: SEP

THIS ARTICLE HAS BEEN ADAPTED FROM UNDERDOG TRAINING 2012

Do you come home to a shredded couch, or exploding pillow syndrome? Has your dog injured themselves in your absence? Have you had complaints that your dog barks excessively when you're not home?

There are many possible causes for these behaviours and we recommend you consult a behavioural trainer or veterinary behaviourist to ascertain whether your dog has separation anxiety. Once you believe your dog is suffering from anxiety, the following strategies may assist you in improving the situation.

Separation anxiety is triggered by the expected or actual absence of people or dogs to whom the dog is strongly attached, and, if the dog recognise cues for when the owner is about to leave the home, the dog may show some anxiety prior to their departure. It's important to remember that dogs suffering from separation anxiety are not happy, contented dogs, and by accidentally reinforcing such anxiety, owners can create a vicious cycle, where, as the dogs behaviour worsens, the owner becomes more concerned and puts more effort into reassuring the dog, thereby increasing the intensity of the anxiety.

TRIGGERS

- 🐾 Some breeds, or lines within breeds, may be more prone to anxiety.
- 🐾 If a dog suffers a bad experience in the owner's absence, this can act as a trigger for separation anxiety.
- 🐾 Inappropriate rewards given to a dog or puppy who displays anxious behaviour may be a factor in the development and maintenance of separation anxiety. Something as simple as the dog crying at a closed door which is then opened by the owner is enough to reward anxious behaviour.
- 🐾 Lack of training and/or stimulation.
- 🐾 Change of circumstance such as a return to work after an extended period of time at home with the dog.



SYMPTOMS

- 🐾 Destructive behaviour such as chewing, digging, or scratching at the door
- 🐾 Crying, whining, or barking
- 🐾 Pacing, circling, or attempting to be with or near owner at all times
- 🐾 Jumping fences
- 🐾 Extreme greetings on owners' arrival home
- 🐾 Failure to eat if left with treats or a meal; which may mean the dog is stressed and not relaxed enough to eat.

PREVENTION

Teaching your dog how to be alone is a vital part of learning for any dog and can include departure and arrival, environmental enrichment, obedience training, and exercise and stimulation.

Ensure that your departures and arrivals are calm with without fuss, and your initial greeting should be calm and relaxed. Avoid immediately going to the dog upon your arrival home and avoid high excitement with arrivals. Try to ensure that there is a period of 10 minutes when you arrive home where no attention is paid to the dog and 20 minutes before going for a walk or feeding the dog.

Ensure your dog is physically separated from you at times when you are at home; whether it be outside, in a crate or another room. It's important for the dog to not develop the expectation that they have access to you at all times as this is not reality.

The provision and rotation of interactive toys as well as extras such as designated digging pits can help to keep the dog occupied while you are absent and build positive association with the area in which you leave the dog. It's important to provide enrichment in this area at times when you are not leaving the house so that the area itself does not begin to have a negative association for the dog.

Obedience training is a must for every dog as it provides the right bond between dog and owner, and can help teach self-control and relaxation. Tricks and puzzle toys are also beneficial by keeping both their mind and body active.

Some dogs are happy with a short walk around the block, but others may need 30 – 60 minutes of exercise and some will need this twice a day! Make sure that when the weather is bad or you are busy, you have alternatives to keep the dog stimulated; tug games at home, a dog walker, or problem solving games will all help to mentally tire the dog.

ARATION ANXIETY

DESENSITISATION

By leaving the dog alone for short periods and returning with no fuss, the dog will learn that your absence is nothing to be concerned about. In addition, crate training while you are there can also be of benefit as it teaches the dog how to cope with a physical barrier between you and them. Once the dog is comfortable in the crate, it can also be used if you are going out for a short period of time. It is vital that whenever the dog is physically separated, and ignored until they are calm and quiet. This means no verbal commands or corrections and no eye contact, until the dog is calm. Food is an excellent way to build positive association with a crate or being physically separated and you may need to withhold part of the dog's regular meal to use in training to ensure that the dog remains both motivated and a healthy weight!

Many dogs identify triggers that reliably predict you are about to leave the house. A pair of work shoes, car keys, a particular bag or uniform can all trigger the dog's anxiety before you even get to the door! Write a list of all the triggers you believe your anxious dog picks up on and produce those triggers in a similar way to how you would do so if you were leaving. The more repetitions the better! When the triggers no longer reliably predict you leaving, the dog's anxiety will start to reduce.

While it has long been believed that dogs thrive on routine, dogs with anxiety generally do not benefit from routine due to small changes that may occur. For example, your routine is unlikely to be identical from weekday to weekend or from workday to holiday. A dog with a set routine develops expectations about how the day should go, and when these expectations are not met, their anxiety increases. If the dog lacks routine, there are fewer definitive expectations and therefore less anxiety as there are no expectations to meet or violate. Vary walking, feeding, sleep, crate and outside times as much as possible to aid in reducing anxiety.

The provision of company is a temporary measure while other strategies are put into place. Each time a dog becomes highly stressed there is a chemical response

in the body which does not subside when the dog is relaxed, meaning that the dog is more easily stressed next time due to the residual chemicals. Therefore, if we can prevent the dog from becoming highly stressed on a regular basis while we implement all of the above changes, we're likely to have more success.

There are a number of natural supplements and medication available that may help reduce anxiety in your dog. In all cases discuss the situation with your veterinarian before giving any medication or supplement to your dog.



www.underdogtraining.com.au



If you have adopted an ARF rescue dog and experience any issues, you can contact ARF for assistance. We can offer suggestions and guidance on training, behaviour, and socialisation, and provide tips on helping your dog settle in. Contact the dog's foster carer (from whom you adopted the dog) in the first instance.

MAKING TRAINING FUN!

BY DALLAS BURKEVICS

In the past six months I've been lucky enough to attend three workshops by world acclaimed international trainers; Josh Moran, Forrest Micke and Bart Bellon.

While they are all different trainers using different styles and teaching different things, there was one overwhelming theme behind all their training strategies—FUN!

Having owned dogs all my adult life I've spent many a cold Canberra night trudging around various fields in what we were calling dog training. I love dogs and everything to do with dogs, but I just never enjoyed this style of training, and although it's important that dog owners and their dogs learn basic skills so they can live successfully within the community, I'd love to see us change it up a bit and add more fun into what we do.

We were introduced to the work of trainer Francis Metcalf, from Oakland California, who runs Circus School for Canines. Circus School brings together dogs of all shapes and sizes, and gets them working in close proximity to each other learning all sorts of amazing tricks and performance routines, and adding many new skills to their repertoire. The School manages to bring together dogs with aggression, reactivity or fear issues and gives them something that they can focus on and enjoy, while learning to be around other dogs and people.

Watching people teach their dogs tricks and succeed is a great feeling. There is so much enjoyment on the faces of both the dog, who recognises the fun their person is having, and the owner, who really is having fun. Life is much like a circus with different things happening all the time, so by training your dog in this environment it's like real life

obedience, rather than just what we can do on the training field.

Even Bart Bellon, a far more serious trainer who works with top level Special Forces dogs, uses shaping of behaviours to train his dogs. There are so many great things we can teach using shaping—even teaching your dog to get you a drink from the fridge! During this cold Canberra winter I've managed to teach my dogs some awesome tricks and skills including taking my socks off and putting them in the basket, blowing bubbles in water and turning the lights on at the switch.

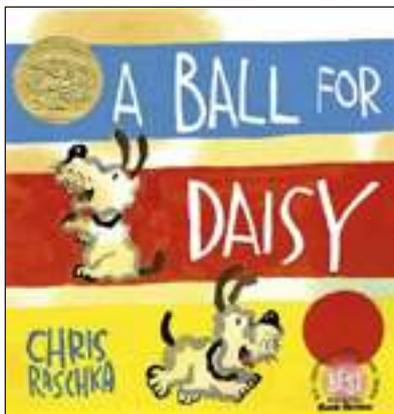
So what the moral of the story? If you aren't having fun, you aren't doing it right! Keep your training sessions short, sharp and leave your dog wanting more. If we are bored, so are they!



BOOK REVIEWS

BY AINE DOWLING

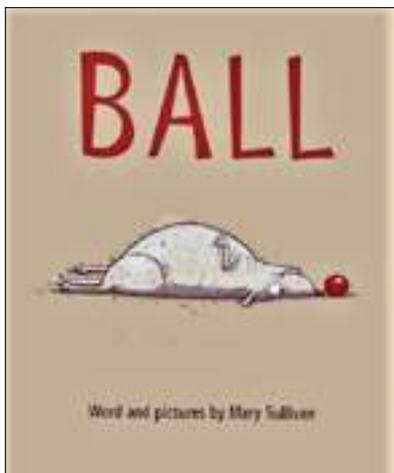
Three lovely little picture books with limited words and ideal for pre and early-readers. The first book has no words at all, the second, *Ball*, has only one word throughout the book, and the third book only four words. Parents and teachers need to be involved and imaginative with these books and help the young reader make up their story to go with the pictures. All books make ideal stocking stuffers.



A BALL FOR DAISY

Daisy is a puppy who loves her ball. One day her owner takes her to the park, the ball comes along. A playful romp with another dog turns disastrous when Daisy's ball pops and she is heartbroken. This is a picture book in the true sense; with no words at all except the ones you make up in your head. This book is all about Daisy and her loss but has a feel-good ending with lessons of respect and sharing in between. Because of the lack of text this is definitely a read-aloud book for young children—older ones can make up the text themselves. This book was the winner of the 2012 Randolph Caldecott Medal awarded annually in the US to the artist of the most distinguished picture book for children.

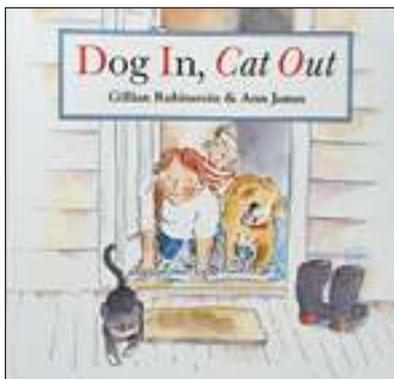
A Ball for Daisy by artist Chris Raschka; published by Schwartz & Wade 2012, and available in Kindle, hard cover, and board.



BALL

How much of a story can you tell with only one word? A whole book! This crazy dog absolutely loves his ball and when he's not playing with it, he dreams about it. The only word in this book is 'ball' and is repeated on every page with images that encourage different tones and emotions with each picture, and a whole story is told in that single word. Brilliant for early (and older) readers and even a non-reader will recognise the word 'ball' after a few pages. This is a gorgeous, fun little book that not only teaches early reading but fires the imagination as well.

Ball by Mary Sullivan; published by MHM Books for Young Readers 2013, and available in Kindle, hard cover, and board.



DOG IN, CAT OUT

This book is regarded by children's picture book writers as a classic example of pre-reader picture books. *Dog In, Cat Out* are the only words throughout the book. From morning 'til night as the family goes about its daily business, and the clock in the corner ticks away the hours, dog and cat are either in or out. In this book the gentle water-colour and pen and ink illustrations tell the story, while the pre-reader can quickly recognise which animal is in or out and associate the simple text to the picture.

Dog In, Cat Out is by Gillian Rubinstein (Story) and Ann James (Illustrator); published by Scholastic Australia 1991 and currently available in hard cover only.

EVENTS AND HAPPENINGS

ARF 2017 CALENDAR LAUNCH

Our 2017 calendar was launched on 9 October by former ABC TV Presenter, Virginia Haussegger—with the help of her puppy Vincent—to a great crowd at Brodburger in Kingston. Calendar stars Gypsy (with Emily), Woody (with Sandra and Michael), Kai (with Lydia and Mark) Winter (with Max and Hannah) Ace (with Gavin and Lisa) and Harley (with Len and Candey) had a busy day posing for photos, and ex-ARFers Joe, Ernie, Sam, and Oscar were there with their new owners. Current ARFers Max and Grace also enjoyed an outing with their foster carers. We had total sales of calendars and Christmas cards at \$1,104, and donations totalled \$759. Our sincere thanks to everyone who attended the launch and to Broddogs for hosting the event and Brodburger who donated \$1 to ARF from every burger sold on the day. Awesome work by the Calendar team Sarah, Dallas, Byron, Lauren, and Aine.



ARF President Wendy Parsons with Virginia Haussegger and Vincent.



ExARfers Winter and Kai meet up at the Calendar launch.



Calendar star Woody introduces Virginia to his new owners Sandra and Michael.

All calendar launch photos by The Dog Tog

ARF TRIVIA NIGHT

The 2016 ARF Trivia Night was a roaring success with over 200 people attending and some great prizes on offer including a superb artwork from Yvette Fitzpatrick Art, an accommodation package from The Nest Gundaroo— together with a bubbles pack and an aromatherapy candle pack, a Canberra Raiders signed shirt (shame they lost on the night), and a beautiful diamond ring, plus a photo shoot in our 2018 Calendar! We had a fabulous time and raised almost \$10,000 for the dogs! Congratulations to the winning trivia team, PAWS, from the Greyhound Rescue Support Network, who took out first place.

A huge thanks to Canberra Labour Club Belconnen, our Trivia Team of Sarah, Mel, Emma, Harold, Aine, Petra, Lauren, and Ruth, all our sponsors, supporters, everyone who turned up on the night, and our emcee extraordinaire—Larry Appley (Radio 2CA).

MURRUMBATEMAN FIELD DAYS

Always a huge hit with locals and visitors alike, Murrumbateman Field Days 2016 drew great crowds despite the gale force winds that threatened to bring down our marquee more than once! A little slower on the passing traffic than previous years but we still achieved \$678 in sales of calendars, cards, showbags, and other doggie items, plus donations.

Thanks to Carol (stall organiser extraordinaire), Deanne, D'nees, Kay, and Aine.

If you would like to help on our stalls held at markets and events around the Canberra region, please contact Carol—carolanderson@grapevine.com.au

UPCOMING EVENTS



If you can help at any of the following events or stalls please contact our stall organiser extraordinaire Carol Anderson at carolanderson@grapevine.com.au

10 DECEMBER 2016
Casey Market Town
 (between Aldi and Superbarn)
 9am – 1pm

11 DECEMBER 2016
Lions Tuggeranong Community Market
 Tuggeranong Homestead, Calwell
 9am – 2pm

24 – 26 FEBRUARY 2017
ACTEWAGL Royal Canberra Show
 EPIC

ARF BUSINESS DIRECTORY

Support the businesses that support us!



PARKWAY 
 VETERINARY CENTRE



Inner North Veterinary Clinic



Depend on us.

Call (02) 6257 7577
 71 Ijong St (cnr Lowanna)
 Braddon ACT 2612



Yass Valley Veterinary

Call (02) 6226 4444
 72-76 Laidlaw Street
 Yass NSW 2582



RECENTLY ADOPTED

COMPILED BY RUTH WHEELER

ARF has a variety of dogs currently in care from young pups to oldies. If you are interested in adopting an ARF dog please go to fosterdogs.org/available-dogs-gallery and contact the carer directly. If you would like to become a foster carer for ARF please contact info@fosterdogs.org. We also work closely with other rescue groups and pounds in the Canberra region and NSW, so if you're after a particular breed/size or age of dog please complete a Dog Wanted form from our website and we may be able to assist you in your search.



Elu (10 weeks)
Australian Cattle dog mix
Rescued 20 September, adopted 23 October



Lacey (About 15 weeks)
Great Dane
Rescued 3 August, adopted 18 September



Freckles (About 12 weeks)
Heeler X
Rescued 18 July, adopted 1 October



Cricket (About 6 months)
Jack Russell mix
Rescued 29 August, adopted 23 September

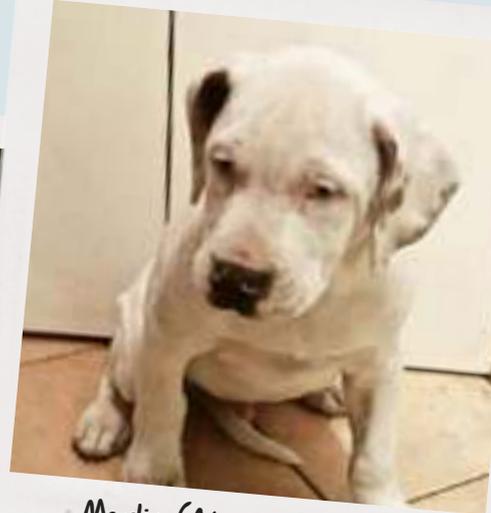


Chole (14 weeks)
Staffy mix
Rescued 12 September, adopted 1 October



Strudel (About 3 months)

Yummy Yass Mix
Rescued 29 July, adopted 25 August



Merlin (About 15 weeks)

Great Dane
Rescued 3 August, adopted 26 August



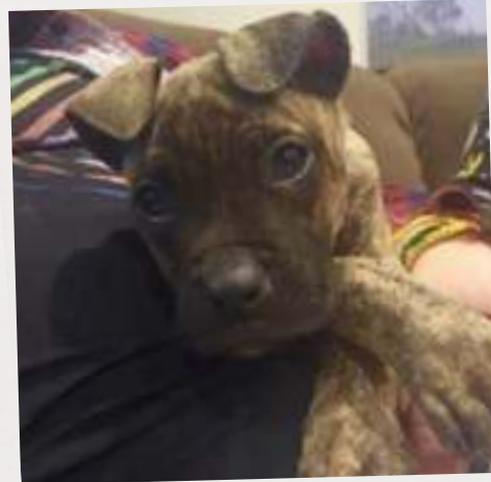
Mia (About 7 months)

Crossbreed (possibly staffy x cattle dog or something similar)
Rescued 15 July, adopted 9 September



Parker (About 15 weeks)

Queanbeyan Cutie Special Blend
Rescued 17 July, adopted 16 September



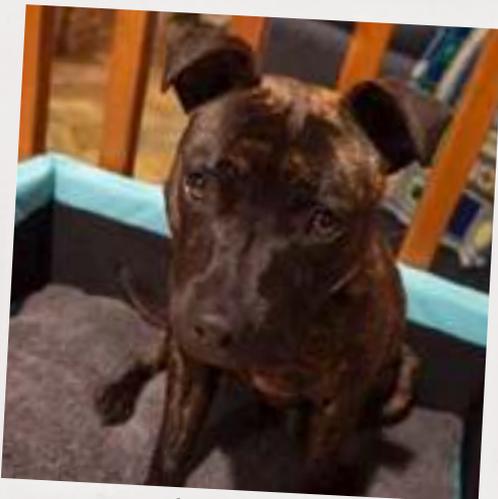
Enzo (About 3 months)

Mystery Blend
Rescued 28 July, adopted 9 September



Jenny (About 6 months)

Kelpie Border Collie mix
Rescued 20 August, adopted 10 September



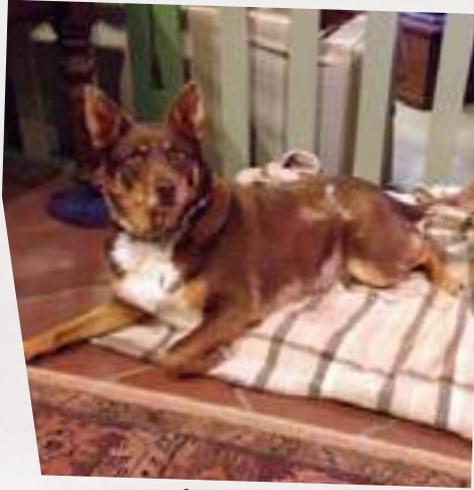
Rocko (About 6 months)

Staffy mix
Rescued 16 August, adopted 16 September

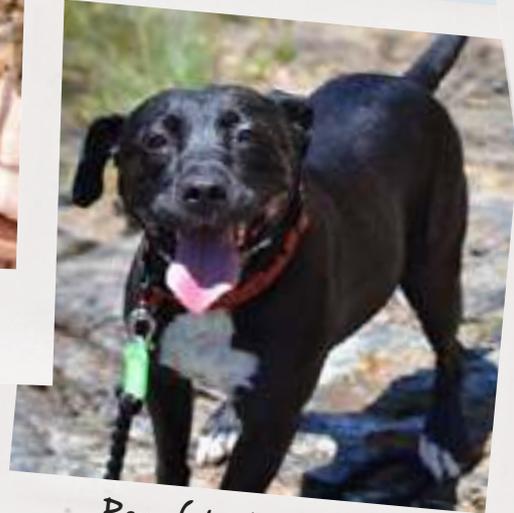
RECENTLY ADOPTED (CONT.)



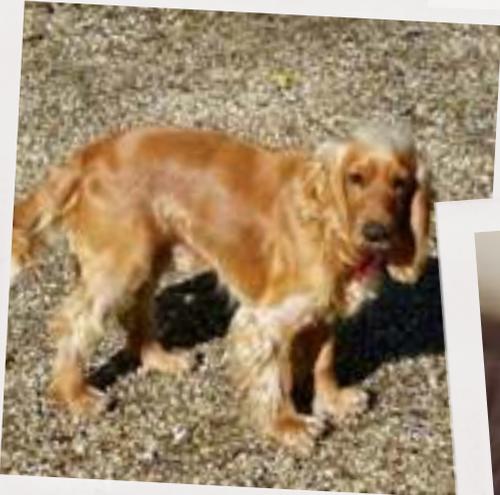
Jimmy (about 8 months)
pug mix
Rescued 18 July, adopted 14 August



Dusty (about 5 years)
Kelpie mix
Rescued 27 September, adopted 15 October



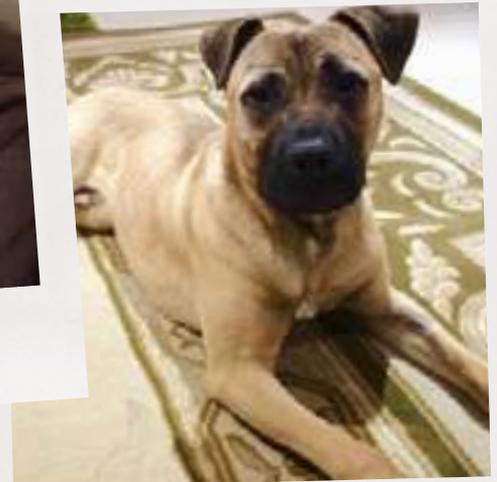
Roxy (about 8 years)
Breed: Staffy Mix
Rescued: 27 July 2015, adopted 12 October



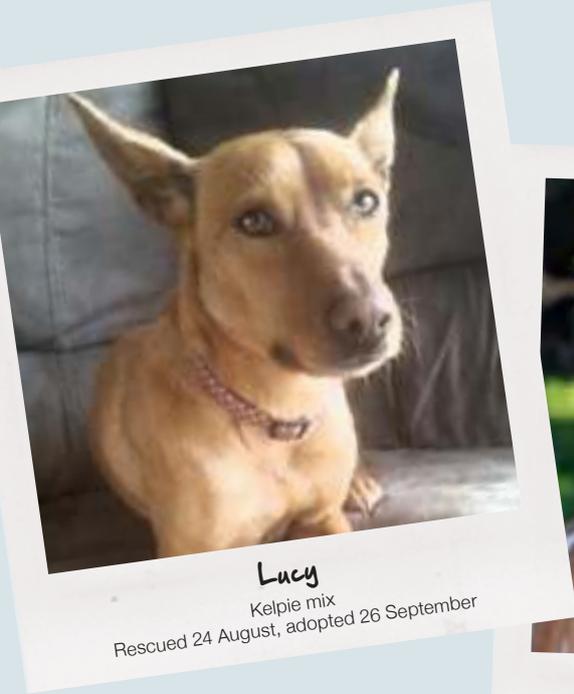
Milo (9 months)
Cocker Spaniel Poodle mix
Rescued 13 July, adopted 6 August



Dice (about 5 years)
Terrier Chihuahua mix
Rescued 3 September, adopted 22 October



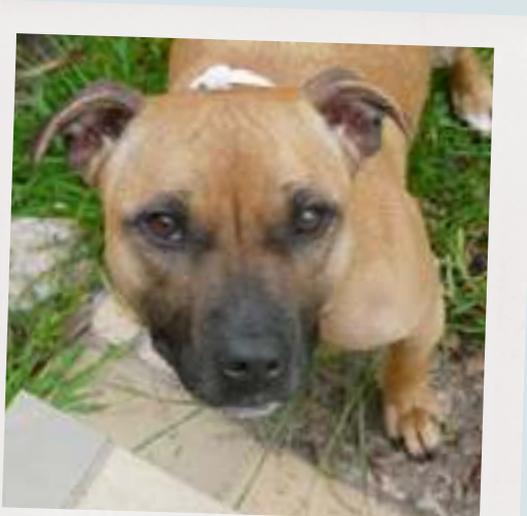
Calvin (about 12 months)
German Shepherd mix
Rescued 27 August, adopted 1 October



Lucy
Kelpie mix
Rescued 24 August, adopted 26 September



Jack (6 years)
Jack Russell Terrier
Rescued 7 June, adopted 24 September



Sasha (2.5 years)
Staffy mix
Rescued 8 August, adopted 23 September



Tiny (about 6 years)
Mini Foxie mix
Rescued 29 August, adopted 25 September



Ace (2.5 years)
Magic mottled mix
Rescued 10 March, adopted 24 September

RECENTLY ADOPTED (CONT.)



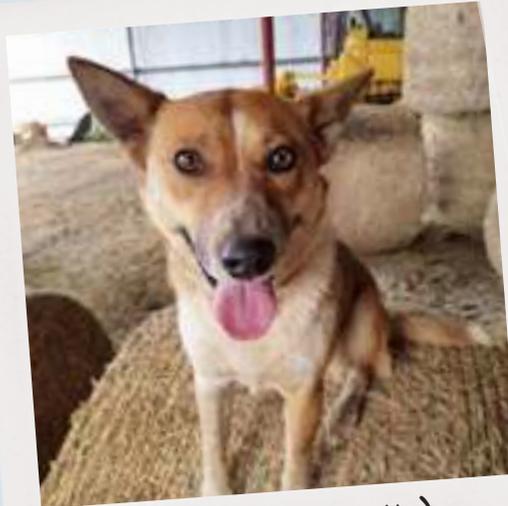
Titus (1.5 - 2 years)
Goulburn gorgeous mix
Rescued 18 August, adopted 9 September



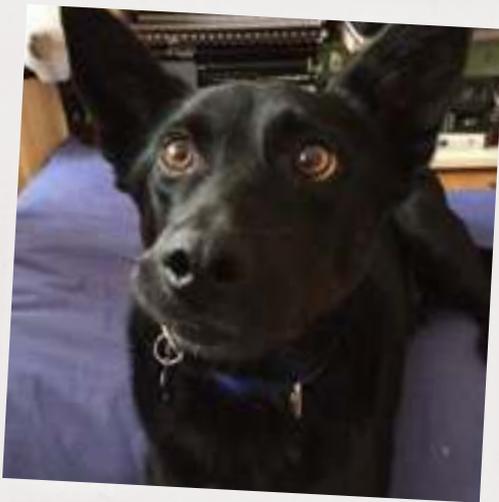
Ursa (about 1 - 2 years)
Catahoula mix
Rescued 30 March, adopted 13 August



Mouse (about 2 years)
Cattle dog mix
Rescued 18 March, adopted 10 September



Mika (about 12 months)
Australian Cattle dog mix
Rescued 2 August, adopted 23 August



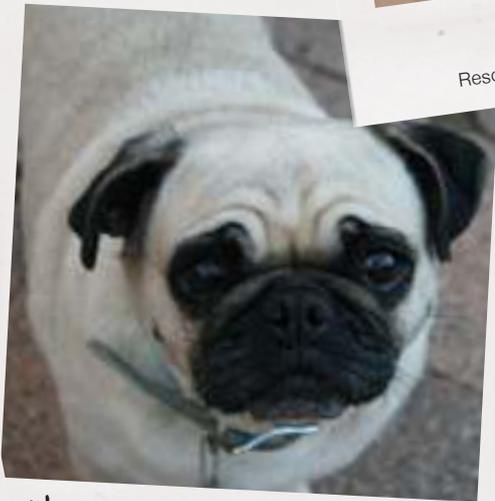
Olive
Kelpie mix
Rescued 27 May, adopted 23 August



Chaski (10 years)
Breed: Mini foxie mix
Rescued 6 August, adopted 12 October



Tia (13 years)
Miniature poodle
Rescued 29 July, adopted 24 September



Winifred Dumpling III (8 years +)
Pug
Rescued 16 July, adopted 9 October



Missy (about 9 years)
Jack Russell mix
Rescued 24 August, adopted 26 September



Treva (about 12 months)
Border Collie
Rescued 26 July, adopted 19 August

ARF IN THE NEWS!

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Community News

For the love of dogs!!

The remarkable people who are dog foster carers own homes until new loving homes are found for them. And while there are challenges along the way, the rewards are great - you've saved a life and made a dog and its people very happy.

ARF carers need to have some dog experience (this should be more experience than having had a family dog while growing up), and either own their house, or have written permission from their landlord to keep a dog. They must be over 18 years-old and they need a drivers licence. Their fences and gates need to be in good condition, and at least 1.5 metres high. Their own dogs must be dog friendly. Most importantly, they must have the time needed to do the job, and this includes being prepared to attend occasional weekend training courses.

Foster caring can be a lot of work and requires dedication, so ARF has an approval process, and an induction to make sure prospective carers know what they are getting into.

There are always more dogs than foster carers and so even though the dogs in a pound may be very deserving of a second chance, ARF doesn't have enough carers to save them all.

The main thing you need when fostering is time. Walking the dog, doing training such as sit, stay, wait for food, social training etc., and ensuring that the dog learns to be well-behaved in a house and with people. Some ARF foster dogs can already do this when they come into care and some have been outside dogs locked in a backyard with no skills at all and require a lot of work.

If you're interested in becoming an ARF foster carer, particularly for medium and large dogs, contact ARF at: info@fosterdogs.org www.fosterdogs.org





*Coodravale Homestead
The Garden Wing*

'The Garden Wing' offers superior self-catering accommodation with a choice of one or two bedroom option. The historic homestead is set within a property once owned by Banjo AB Paterson and offers beautiful surroundings and Goodradigbee River frontage.

For more information visit www.coodravalehomestead.com or phone 02 6227 9631




The Nest provides five luxury, short-stay villas and a heritage-listed cottage in historic Gundaroo.

Book online, or call for availability.
66 Cork Street, Gundaroo (02) 6236 8460
www.thenestgundaroo.com.au

'It's okay, my dog is friendly...'

No it's **NOT** okay! Just because your dog is friendly doesn't mean all dogs are - please remember:

Never let your dog run up to a dog on leash- they could be scared or become reactive.

Try to respect other owners and their need for space.

Not all dogs want the added attention or intrusion.

If you have no voice control over your dog off leash then keep them on.





ACT RESCUE & FOSTER

ARF AROUND THE WORLD

Our back cover for this issue is Pixie (the Kelpie on the right). Pixie came into ARF care and was adopted in November 2013. In April 2014 Pixie moved to Mississippi USA with her new owners and does her best to support rescue dogs in Mississippi. She is a star at the dog park and obviously loves posing for photos! Pixie got all dressed up for Halloween and is here with her doggy day-care boyfriend. Photo and update from Hayley Davidson.



Pixie—ARF US Ambassador!



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