

ACT RESCUE AND FOSTER

CHINWAG

SUMMER 2015



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!

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: PUZZLE

Our poster girl for this issue is Puzzle, a 2 year old Silky Terrier X rescued from Harden Pound and now enjoying Christmas fun with her foster carer. Puzzle will be available for adoption late December or early January 2016. To view dogs and puppies currently available for adoption visit fosterdogs.org/available-dogs-gallery

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

CONTACT OUR EDITOR AT:
CHINWAG@FOSTERDOGS.ORG



FROM THE PRESIDENT

ARF'S Annual General Meeting was held on 8 November, and all reports delivered to the meeting were very positive and showed great results for our organisation through the

financial year 2014 – 2015. The reports from our energetic subcommittees—rescue, governance and communication—as well as the all-important financial reports, are available online at <http://fosterdogs.org/heln/2015-agm-reports>

In last year's President's Report, I predicted that we would continue to maintain the high standards we set for ourselves, standards that would continue to be acknowledged by both government and the community in the field of dog rescue. And indeed that is the case. Acknowledgment of our work is also evident in the fast growing support from a wide range of business sponsors in Canberra and the region, particular examples being the many sponsors of the 2015 Trivia Night and the 2016 ARF Calendar.

Our training programs for foster carers continue strong and underpin our high standards of care, and we have maintained excellent relationships with government-funded shelters including Domestic Animal Services (DAS) and Queanbeyan, Yass and Goulburn. This year we revisited our Memorandum of Understanding with DAS to make sure both organisations are still satisfied with the arrangements for ARF's presence and operations at the shelter.

We continue to use our extensive networks to help people in the community with the rehoming of their dogs and our public profile remains strong through our use of social and internet media as well as press, radio and television. These achievements would not be possible without people of extraordinary commitment; foster carers, temperament testers, committee and sub-committee members, and stalls teams. Nor would they be possible without our special ARF veterinarians, our sponsors and our members. So thank you all, so much, and I'm sure we can look forward to another very successful year ahead.

Wishing a wonderful and safe festive season to all our members and supporters, and particularly to our beautiful four legged friends.

Wendy Parsons

President ACT Rescue and Foster

PETS AND AGEING

BY AINE DOWLING AND DI JOHNSTONE

We all know the many benefits of owning pets. Pets provide companionship, comfort, stability, security, and often bring purpose into our lives, and especially as we age. ARF recently spoke at the RSPCA Forum on the future of animal welfare, and one issue that was presented by a number of speakers was the welfare of pets as their owners age and become frail and less able to care for their pets. Responsible pet ownership needs to include planning for adequate care for both owner and pet in their later years.

According to figures provided by Pets and Positive Ageing, by 2061 twenty-five per cent of the population of Australia will be over 65 years and many will be pet owners. Australia has the highest number of pet owners in the world and the number of older people with pets will be significant. It's therefore important that pets be allowed to remain with their owners—placing a pet in a shelter or giving them up for adoption is a traumatic experience and a distressing outcome for the older pet owner and their pet. But what happens when we suffer health setbacks or an unexpected hospital stay?

Di Johnstone, from Pets and Positive Ageing, comments on issues surrounding older pet owners and their pets. “Socially isolated pet owners who are very reliant on pets for their companionship, but with little financial means or

social support, is a major problem,” says Di. “There are very few small-scale community and not-for-profit programs around Australia delivering in-home pet support—these programs are sorely needed.

“In Canberra, we work closely with Northside Community Service, which is currently running a pilot in-home pet support program for frail aged residents in the inner north. The pilot has been quickly, and heavily, oversubscribed, which is an indication of the level of need. We have also begun a discussion with local hospitals about allowing designated pet access zones, where a family pet can be brought to visit the owner in the hospital grounds.”

Dr Alicia Kennedy, a veterinarian from Geelong, has established the Cherished Pets Foundation whose services offer an in-home vet wellness service, and end of pet life support and compassionate euthanasia program. Pets and Positive Ageing is now speaking with local Canberra vets who may be interested in setting up a similar program in the ACT.

The need is already growing for aged care facilities to provide accommodation for older pet owners. But, there are some people who do not wish to live with a pet or to have one in close proximity, and that is a legitimate choice, however, with good aged care

facility design, and good pet-friendly policies, it is possible to handle different choices. Di Johnson continues, “We will continue talking to the aged care sector, carers, government, planners, community organisations, welfare groups and older pet owners, about the need for pet-friendly retirement villages and low-care nursing homes, and about ways to make this possible. Other organisations that are pet-friendly can provide a good model for aged care operators in the ACT.”

A number of aged care facilities in Canberra offer various options on pet-friendly accommodation including resident pets, ownership of pets, and pet visits either from family or therapy organisations such as Delta or Pets as Therapy. Anglicare is one such organisation which permits resident pet ownership.

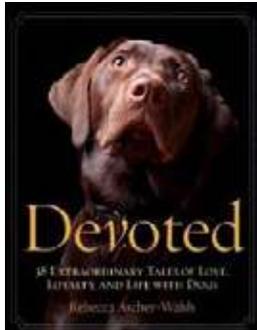


Image: Retired Canberrans Gisbert and Leslie enjoy the company of their Samoyed, Aesop.

BOOK REVIEWS

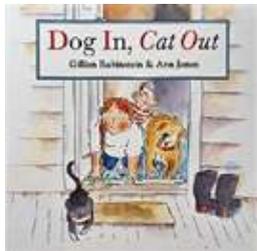
BY AINE DOWLING

Summer book reviews include a selection of dog books for young and old.



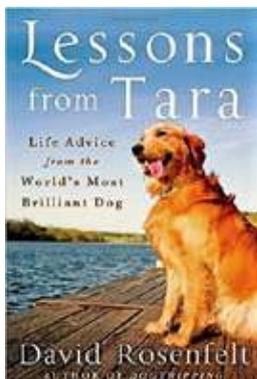
Devoted is a collection of 38 uplifting and heart-warming stories of doggy devotion and includes dogs who comfort veterans; learn to surf; detect cancer, and save the day! This is a great little book about amazing dog rescues that will touch your heart.

Devoted by Rebecca Ascher-Walsh, Amazon Digital Services 2013, and available in hardback, Kindle, and audio.



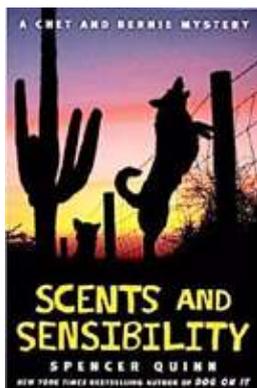
Dog In, Cat Out is one of my all-time favourite picture books, and the only words throughout the book are dog in, cat out. From morning 'til night as the family goes about its daily business and the clock in the corner ticks away the hours, dog and cat are either in or out. The gentle water-colour and 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.

Gillian Rubinstein (Story) and Ann James (Illustrator), Scholastic Australia 1991, and available in hardback only.



Have you ever owned a dog and felt she taught you more than you taught her? Coincidentally, my first GSD was called Tara and I felt I learnt more about dogs (and some things about me) from her than anyone else. **Lessons from Tara** is a gorgeous story about Rosenfelt's first dog, from whom he learnt who gets the pillow if a dog is sleeping on your bed, and why random barking is so important. But he also learnt about love, and loss, and a lot about himself, so much so that he now runs a rescue shelter in Maine.

Lessons from Tara, by David Rosenfelt, St Martin's Press 2015. Available in hardcover, paperback and audio.



Scents and Sensibility is the latest book in the Chet and Bernie series. There are bad things going on in the wilderness, and Chet and Bernie find themselves in a prickly situation with cactus smuggling, kidnapping, cults, and strange desert festivals. Can Chet and Bernie solve the puzzle? If you're a fan you will love this in your Christmas stocking.

Scents and Sensibility by Spencer Quinn, Atria Books 2015. Available in Kindle and hardback.

ARF FOSTER CARER TRAINING

THE FIRST TWO WEEKS (ARF TRAINING SEMINAR AUGUST 2015)

(BY RAELENE STEWART (READ THE FULL ARTICLE IN CHINWAG SPRING 2015))



Every dog that comes into ARF care is special, and every dog is different. The most important period is the first two weeks in care where they are monitored by their carer for any illnesses such as kennel cough or parvovirus, and allowed to settle into a family environment.

Over 25 ARF carers attended the seminar and our Vet Liaison Officer, Nerida Winters, went through the

procedures associated with expounding a dog (that is, release from the pound), and getting it safely into the home environment. She also detailed the strict quarantine procedure—including disinfection—along with what equipment is available for use through ARF and how to book the dog into the vet for any care that is required.

Dr Jana Stevenson BSC BVMS, from Curtin Veterinary Clinic, gave carers a great insight into how to be aware of a range of diseases and conditions that a dog may be experiencing when it comes into foster care, and Alyssa Rankin, a local behavioural trainer shared her wide knowledge of setting boundaries in the home and how to recognise

and deal with behaviour issues the foster dogs may display and when to seek out more experienced help.

ARF is very grateful to all who generously gave their time to assist the education of our carers in preparing their dogs for a new life in permanent loving homes.



Images: Axel busted from the Pound, and much happier after a couple of weeks in care.

WHY ONGOING TRAINING?

BY DALLAS BURKEVICS (READ THE FULL ARTICLE IN CHINWAG AUTUMN 2015)

We're often asked why we encourage, and often mandate, that our foster carers regularly attend training programs throughout the year and the main reasons are that it keeps us prepared for most problems that may arise, as well as being up-to-date with new and emerging training practices.

Our Puppy Carers Training Session, which we run a few times each year, teaches our

carers all the important things they need to know about raising well balanced puppies. We cover things like Critical Periods, Quarantine, Vaccinations vs Socialisation, and Basic Training and Handling.

We often have local and interstate guest speakers for our training programs, and speakers cover issues including temperament testing, training with clarity,

and building relationships. Through our training programs we have implemented a few changes from which we are seeing great results.

All our training programs are both teaching and learning experiences for us on how we can best communicate with our dogs. If you are interested in becoming an ARF foster carer please contact info@fosterdogs.org

DONATIONS 2015

When people think of donations they generally think in monetary terms, but ARF thinks of anything relating to dogs! And, although money is welcome (and helps pay the food and vet bills) it's not all we look for.

Often our President arrives home to find dog beds, bedding, bags of dog food and dog bowls, towels and blankets, and collars, leads and dog toys on her front veranda. We received some fabulous donations this year and some of our young Canberrans came up with some amazing fundraising ideas! So, if you're having a spring clean (or any other clean) and are about to toss that crochet blanket or kids sleeping bag—think again.

Helping Hands are a group of primary-age children who cleaned out their cupboards and set up a stall at Jamison Trash and Treasure one very cold Canberra morning. They sold what they no longer used, wore, or played with and we were delighted to receive their donation of \$377. Well done girls!



Shen Morincome devised an interesting social experiment to determine which colour donation box attracted the most donations. As well as providing an amazing insight into how people donate, he also raised \$495 for ARF. The winning box was blue by the way!



On the coldest day of the year we received a surprise parcel of 32 hand-knitted dog coats from **Knitting for Australian Dog Rescue Groups in Queensland**. The coats were put to immediate use on the latest lot of pups currently in care.



The Department of Agriculture graduate student intake held their annual fundraiser in support of ARF and presented us with a cheque for \$3,762.15



The late **Sylvie Stern** was a woman of many interests including dogs. Sylvie's generosity extended to helping dogs in the Canberra Pound where, on many occasions, she was found walking with them, playing with them, talking to them, training them, and generally being a wonderful human companion for the DAS dogs, and a staunch supporter of ARF's work. Sylvie passed away on 21 January 2015, and, in lieu of flowers, an amount of \$693 was donated to ARF from Sylvie's funeral and wake. RIP Sylvie.

WARNING—SNAKE ALERT!

BY BEVERLEY MARGOSIS (READ THE FULL ARTICLE IN CHINWAG SUMMER 2011)

It's that time of year again and snakes have already been sighted across Canberra. Watch out when walking across grassed areas and ground cover, by water including creeks, dams and ponds, and by rocks and rubbish. If bitten, a dog's initial reaction is to yelp and then show signs of soreness where they have been bitten.

Unfortunately, once the symptoms become very obvious your dog will already be at the critical stage. The eyes will dilate and stay dilated, your dog may collapse

and to put a human spin on it, it looks like your dog has fainted. The moment that you suspect that your dog has been bitten, you need to get them to the vets as a matter of urgency.

The basic advice if you come across a snake is:

- Freeze—snakes tend to react to movement and might strike if startled
- Don't try to kill the snake
- Keep your dog on a lead
- Leave the snake alone—within an hour or so it's likely to have moved away in search of feed or mates.

The most common snakes in Canberra are the Eastern Brown (1.5 – 1.8 metres), the Red-Bellied Black (up to 2 metres), and occasionally the Tiger or Copper Head (up to 2 metres)

If you come across a snake and it doesn't move on call Canberra Connect on 13 22 81



KEEP CALM AND KEEP COOL!

It's looking like a hot summer so here's a few tips to keep your best friend cool and comfortable in the heat. First, make sure there's plenty of shade if they have to be outside. Big leafy trees, a covered pergola area, or shade sail are all fairly permanent fixtures that provide cooling shade. If you don't have these check out the cool spots around the sides of the house where there's little sun, or fix up a large garden umbrella that can be raised during the day and taken down in the evening or when you're home and your dog is inside. It goes without saying that extra water should also be provided, and if you have a clam shell pool—even better!



Image: ARF foster Bear enjoying his clam shell

Your dog will probably find the coolest spot in the house by himself—either within blowing distance of the fan or air-con, or lying on cool tiles. Again make sure there is plenty of water available if you leave him inside when you go out.

Canberra has some great swimming holes, and Uriarra is probably the most dog-friendly and popular in the summer. Take a picnic or BBQ and a big rug or blanket so your pooch can dry off under the trees while he enjoys his BBQ or doggy treats. Some spots around the lakes also permit dogs—just check the signage when you arrive. Burrinjuck is also a good spot—though a little out of Canberra, and watch out for cars and boats.

FROZEN DOG TREATS

Frozen fruits and veggies make a yummy cool treat for your dog on a hot day. Fruit and veggies such as bananas, strawberries, watermelon, large chunks of cooked pumpkin, carrot and sweet potato sticks, and green beans.

BASIC BROTH

Simply boil a chicken carcass until the chicken falls off the bones. Allow to cool—make sure you remove ALL the bones—and pour into ice-cube trays or silicone cupcake liners. You can also add chopped veggies to the broth but make sure you cook any squash such as pumpkin, marrow, courgettes etc., first.

DOGGIE ICE-CREAM

Make your pooch a special treat of Simple Doggie Ice-cream. Great for doggie parties (see the spring 2015 issue of ChinWag for The Art of the (Dog) Party).

What you need

- 2 x small cartons plain (low sugar) yoghurt
- 1 tablespoon honey or no-salt peanut butter
- ½ cup carob chips or chopped fruit such as strawberries, apple, banana, or blueberries

What you do

Mix all ingredients together, place in ice-cube trays or silicon cupcake liners, and freeze for approximately 2 – 3 hours until solid.



EVENTS AND HAPPENINGS

ARF 2016 CALENDAR LAUNCH—3 OCTOBER

Our 2016 calendar is now available!

We had a terrific day for the launch with an unprecedented turnout of dogs, and humans. Held at Red Hill Lookout on a glorious Saturday in October, the calendar was launched by Federal MP Gai Brodtmann Member for Canberra, and included many of our calendar 'stars'. You can get your copy of the calendar from ARF online or from our stalls and events around Canberra, and, still only \$10 each! Don't miss out!



TRIVIA NIGHT—26 SEPTEMBER

With around 250 people attending it was a packed house at the Fred Daly Room at the Canberra Labor Club Belconnen on Saturday 26 September at the annual ARF Trivia Night, and quite a few tables got into the 'doggy' theme with 101 Dalmatians, and ACT Greyhound Support Group going all out with spots and cut-outs! We also had some great table names such Sub Woofers, Leaders of the Pack, Barking Mad, Muttleys, The Bitsas, and King ARFer and the Knights of the Hounds Table. First Prize went to Capital Cats, with runner up and Barking Mad taking the wooden spoon for last place.



Image: Lots of spots at 101 Dalmatians table

A fabulous, fun and frantic night! Our thanks to all our sponsors and supporters, and a huge thank you to the 2015 ARF Trivia Team—Sarah Rullis, Harold Hotham, Emma Hotham, Aine Dowling, Mel Martin, and Petra Bright, and the amazing talented emcee Larry Appley, who also celebrated a milestone birthday in the week prior to the event. Needless to say we all sang Happy Birthday and presented him with a cake with images of his two Airedales—Hudson and Luna! And, we raised almost \$8,500 for the ARF dogs!

CURTIN VET OPEN DAY—24 OCTOBER

We love our Vets, and our vets love us! With cakes, crowds, and canines the Curtin Vet open day was a huge success. Our thanks to Dr Jana and her staff who organised the event and offered all profits from the cake stall to ARF! We also spotted plenty of ARFers and ex-ARFers in the crowds. Thanks to doggy ambassadors (pics below l-r) Georgie and Emily (with Tess and Joh), Ruby (with Karina), and Alvin (with Lyn); plus Libby (with Lisa) and Marnie (with Lara).



MURRUMBATEMAN FIELD DAYS—17 AND 18 OCTOBER

Thanks to all who helped out, and visited us, at the Murrumbateman Field Days. Although numbers were down slightly, which was reflected in sales, there was still good interest in the board. ARF sales were \$757 and donations \$118.20

Thanks again, Carol.



AND A SOMEWHAT DIFFERENT RESCUE!

At a recent ARF Committee meeting a few of our committee turned up somewhat late with no apology other than ... 'sorry, we were rescuing an echidna—and here she is'!

Seeing her nudged by a car on Commonwealth Avenue our intrepid team hopped out, grabbed a box and blanket out of the boot (we travel prepared), dodged the traffic, and brought her to the meeting to await the arrival of a local Wildlife carer.

Named (eventually) Ernestina, she, thankfully, suffered no beak or other damage, and apart from a rather large bowel evacuation (on her part), we all remained unscathed.



Note: this is not the rescued echidna

DOES YOUR DOG REALLY LOVE YOU?

REPRINTED FROM LITTLETHINGS.COM

Five little ways to know if your dog really loves you ...

1. Leaning on you

Sometimes a dog will lean on a human because he is anxious, wants you to do something, or take him somewhere. But leaning is also a symbol of affection. Even if your dog is leaning on you out of pure nervousness, he is still doing it because he thinks of you as someone who can protect him and keep him safe.



2. Cuddling with you after a meal

In his book, *How Dogs Love Us* by Gregory Berns, if your dog cuddles with you after eating, it's a strong sign that they do indeed love you.

Most dogs lovers (or even people who don't like dogs) know that pups are motivated by food. But according to Berns, once a dog eats all its food, his next action can signify what's most important to him besides eating, and if he's snuggling up with you after one of these meals, then there's some definite puppy love on his end.

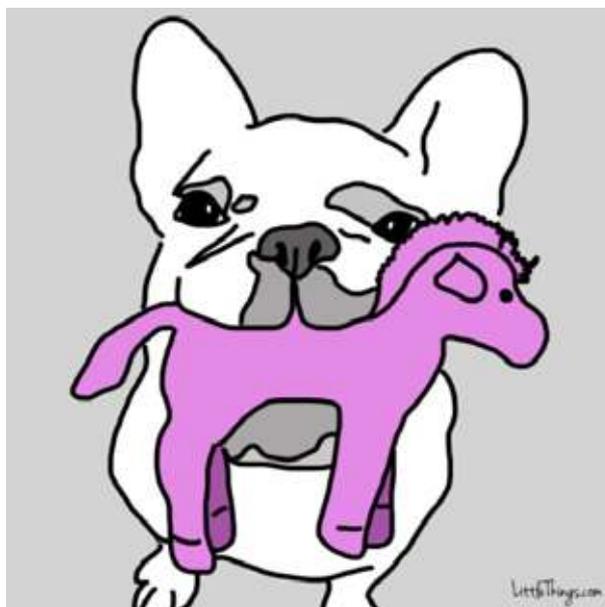
3. Sleeping in your room

Where does your dog like to sleep? It's part of a big controversy, but if your dog wants to sleep in your bed—even if you don't allow it—he definitely loves you, according to Berns, and, it's a good test of his loyalty because he doesn't want to be separated from the pack.

4. Bringing you his favourite toy

If your pup brings you his favourite, most coveted toy, it doesn't just mean he wants to play.

Although wanting to play with you is a sign of affection in itself, when your dog brings you his favourite ball, it may also mean he thinks of you as his pack leader. Because of this, he wants to please you by offering you his finest possession, be it a squeaky toy or well-worn Frisbee. He thinks you'll like it as much as he does, and as they say; sharing is caring!



5. Enjoying your love

Do you love your dog? According to Berns, dogs can actually innately sense whether or not you love them. So if you don't love them, you're not getting it back in return!

RECENTLY ADOPTED



Alvin (10 months)
Rescued 22 Sept, Adopted 22 Nov



Charlie (8 months)
Rescued 21 Oct, Adopted 28 Nov



Harley (9 weeks)
Rescued 1 Oct, Adopted 19 Oct



Wuzzle (10 months)
Rescued 15 Sept, Adopted 7 Oct



Panda (12 months)
Rescued 16 Oct, Adopted 30 Oct

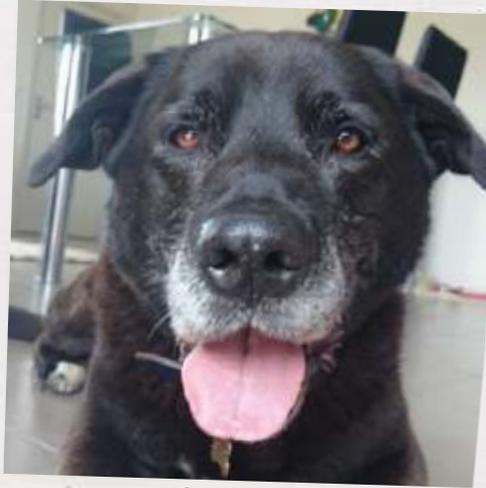


Piper (12 weeks)
Rescued 13 Nov, Adopted 27 Nov

RECENTLY ADOPTED (CONT.)



Bailey (3 years plus)
Rescued 2 Oct, Adopted 16 Oct



Bear (10 years plus)
Rescued 9 Oct, Adopted 14 Nov



Dot (3 🐶 4 years)
Rescued 21 Sept, Adopted 8 Oct



Garnett (3 years)
Rescued 29 Aug, Adopted 1 Nov



Fleck (4 years)
Rescued 11 Nov, Adopted 16 Nov



Gretel (2 🐶 3 years)
Rescued 28 Oct, Adopted 15 Nov



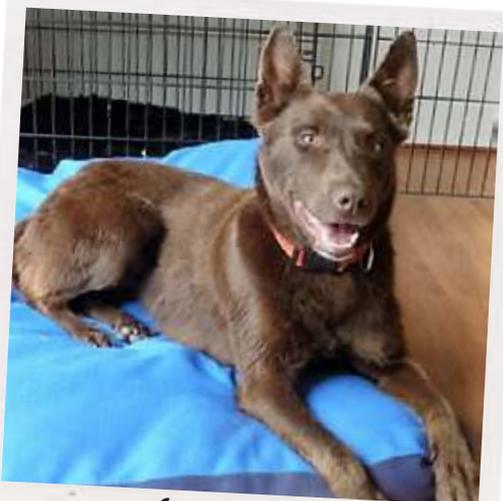
Jojo (6 years)
Rescued 9 Nov, Adopted 20 Nov



Monty (7 years plus)
Rescued 5 Sept, Adopted 3 Oct



Shelley
Rescued 9 Nov, Adopted 30 Nov



Tui (2 🐾 3 years)
Rescued 16 Oct, Adopted 30 Oct



Tia (5 years)
Rescued 5 Nov, Adopted 21 Nov



Wilson
Rescued 21 Oct, Adopted 4 Nov

HOW TO TREAT (AND POSSIBLY SAVE!) OVERHEATED DOG



Watch your pooch for signs of overheating during the hot weather.

1

Move your pet to a cooler area immediately, preferably with a fan.

2

Take your pet's temperature using a rectal thermometer.

3

Put cool, wet towels on

- neck,
- armpits
- between legs
- wet ear flaps and paw pads

4

Give your dog fresh cool drinking water.

5

Transport your pet to your vet right away!

ARF 2016 CALENDARS

ARF Calendars are still available from our website or from our many stalls and events, and still only \$10 each! Have you got yours yet?



QUIRKY PHOTOS—JUST BECAUSE!



Charlie may not win any beauty contests any time soon but he's the most laid back dog we know!

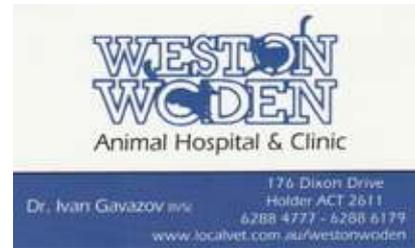


Ex-ARFer **Bidgee** always manages to calm the new fosters, and now we know how he does it!

Move over Derren Brown ...

ARF BUSINESS DIRECTORY

Support the businesses that support us!



ARF LIFETIME MEMBERSHIP

Lifetime Membership has been awarded to the following members in recognition of their work with ARF

Susan Black—foster carer and long serving Committee member

Rita Jensen—temperament tester and foster carer

Congratulations!



5 HOLIDAY PLANTS TO KEEP AWAY FROM YOUR PETS



1. PINE NEEDLES



2. MISTLETOE



4. HOLLY



3. AMARYLLIS



5. POINTSETTIA

A message from your friends at **dogster**

THANK YOU!

ARF would like to take this opportunity to thank all volunteers, friends and supporters, for another successful year in rescue. We wish each and every one of you a very enjoyable summer break and hope you have a safe holiday and a wonderful 2016.



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