

ACT RESCUE AND FOSTER

CHINWAG

ISSUE 2, 2023



OLD DOGS: NEW TRICKS

DOGS WITH JOBS:
TOM THE STORY DOG

WHERE ARE THEY NOW?

PAWS TO CONSIDER:
PETS IN WILLS

DOG SPORTS: HOOPERS

PETS AND
POSITIVE AGEING



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ABOUT ARF

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



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COVER

Our cover dog this issue is **Odin**, an ARF long-terminer who sadly crossed the Rainbow Bridge. As a large Great Dane cross, Odin was a senior dog at over six years old. His photoshoot was generously sponsored by **Antinol**.

Cover Photo: Tracy Lee Photography

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FROM THE PRESIDENT

Welcome to Issue 2 of *ChinWag*, 2023!

ARF continues to experience very high demand with large numbers of dogs of all ages and breeds being surrendered to our local pounds as well as directly to us.

We can only help as many dogs as we have foster carers, so if you are interested in helping us help dogs in need, visit www.fosterdogs.org to find out more..

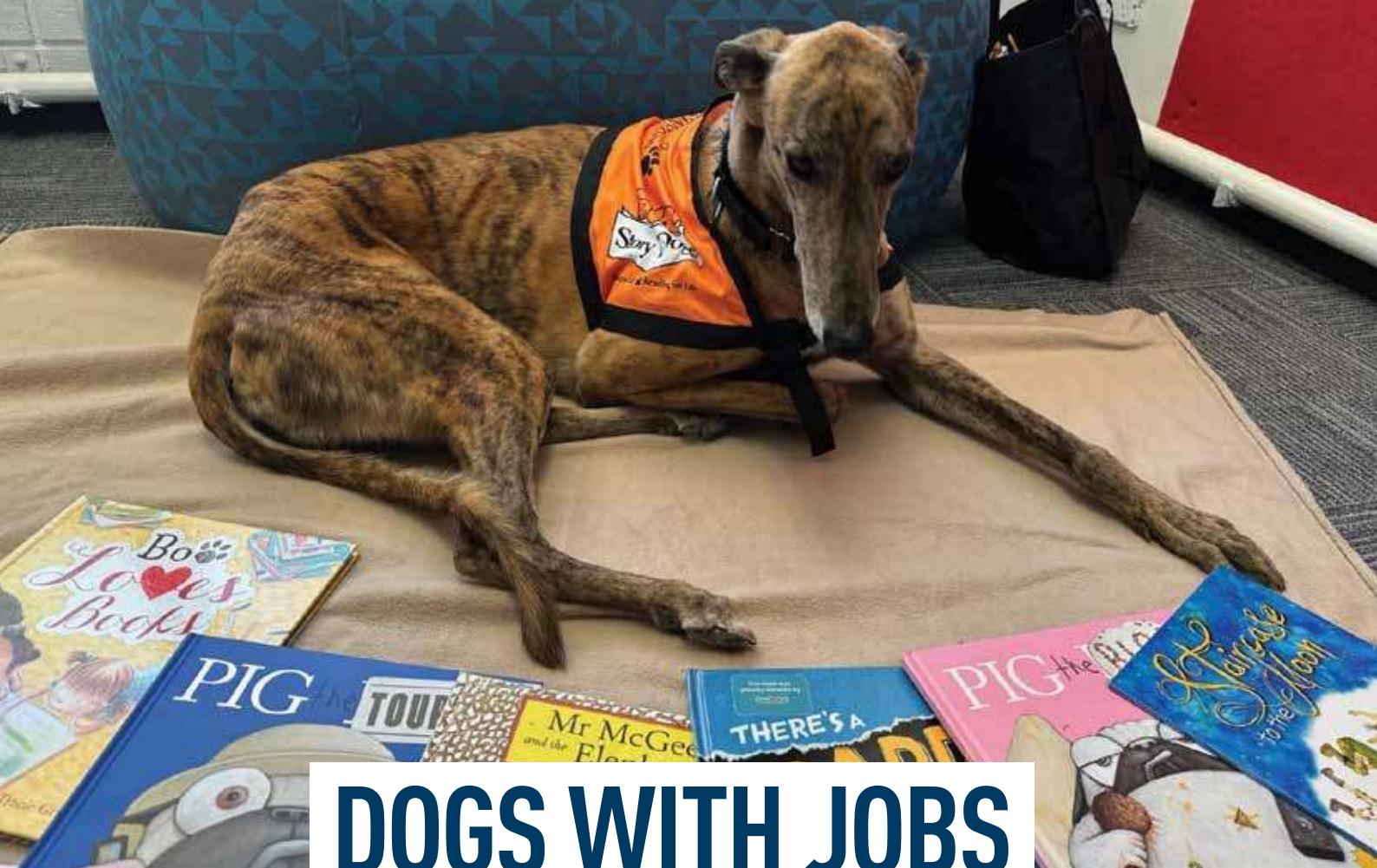
This issue we explore the topic of dogs and ageing, with lots of great ideas about how to keep your older dog enriched and happy, advice about how to provide for your dog in your will and information about organisations like Pets and Positive Ageing.

Thank you to all our supporters and volunteers and wishing you a happy holiday season.

Angharad Lodwick

President, ACT Rescue and Foster

WE WELCOME FEEDBACK AND CONTRIBUTIONS INCLUDING ORIGINAL ARTICLES, ADOPTION UPDATES AND REVIEWS. IF YOU HAVE ANY FOSTERING OR DOG BEHAVIOUR QUESTIONS YOU WOULD LIKE ANSWERED CONTACT OUR EDITOR AT CHINWAG@FOSTERDOGS.ORG



DOGS WITH JOBS

= TOM THE STORY DOG =

There are some special dogs out there who are so great with people young and old that they are suited to volunteering as different types of therapy dogs. *ChinWag* spoke with Amalia Kent about her rescue Greyhound Tom and how, despite his age, his aptitude for being around children led to him volunteering as a Story Dog.

WHAT IS A STORY DOG?

Story Dogs are non-judgmental company who help children practice reading out loud. Dogs don't care if you make mistakes and can lower a child's stress levels just by being there. Story Dog teams volunteer in schools and in libraries.

WHERE DID TOM COME FROM, HOW OLD IS HE AND HOW DID HE GET INVOLVED IN BEING A STORY DOG?

Tom is an ex-racer who we adopted from the Greyhound Adoption Program in Victoria. He is ten years old and so gentle my kids and I often said he should be used for a program like this. I learned about Story Dogs and thought it was a perfect fit.



WHAT KIND OF TRAINING OR SPECIAL TRAITS DO STORY DOGS NEED?

Story Dogs have to be totally calm, tolerant of noisy and busy school environments and happy to sit still while they are read to. They need to pass an assessment so some training is needed, but Tom is naturally calm so he didn't need too much.

WHERE DOES TOM HELP KIDS LEARN TO READ?

Tom and I volunteer in a school in Canberra.

IS THERE AN AGE LIMIT ON BEING A STORY DOG?

No there isn't. As long as the dog is healthy, they can continue.

WHEN TOM ISN'T OUT THERE PROMOTING CHILDREN'S LITERACY, WHAT OTHER THINGS DOES HE LIKE TO DO?

Sleep is his main goal in life, preferably in the same room as his humans. He also likes leaning on us for pats and learning tricks with my kids.

For more information about Story Dogs, including how to volunteer, visit their website: <https://www.storydogs.org.au/how-to-volunteer>

PAWS TO CONSIDER: PETS IN WILLS

By Kellin Kristofferson, Director, Artisan Legal

Pets are our loyal companions in life, and it is only natural to consider who will house them, feed them, and pay for their veterinary care after we are gone. To assist pet owners in their estate planning, we have compiled a list of frequently asked questions.

CAN I LEAVE MONEY TO MY PET?

No. Under Australian law, you cannot leave money or property to an animal. Animals cannot be the title holders of property or own a bank account. This does not mean, however, that you cannot make provision for them.

HOW CAN I PROVIDE FOR MY PET'S FINANCIAL NEEDS WHEN I AM GONE?

There are really two options.

Firstly, you can give a gift to a person conditional on that person taking care of your pet (or sometimes simply with the expectation that they will). The issue with this option is always enforcing the condition. It is not always practical to rely on friends, relatives or your executor to notice misbehavior and hold your pet's carer to task. Recovering money that has been unwisely or improperly spent can be difficult. Proving failure to care can be legally complicated. You should only make a conditional gift if you trust the person to do the right thing.

Secondly, you could create a trust in your Will. A person you choose would be the trustee of the trust, and would have the power to manage a sum of money and release it to the person caring for your pet. The trust could also own other assets (such as a car or house) which the trustee could make available to the carer. On the death of the pet, the



trust would terminate and your Will would say what then happens to the assets. The issue with this option is finding someone willing and able to be the trustee. With big gifts and invested sums, there can also be tax implications.

WHERE WILL MY PET GO WHEN I DIE?

The good news is that, if you make a Will, you can decide. Australian law treats pets as property. You can therefore gift them in your Will to someone you name. If no such person comes to mind, you can specify that your executor gets to choose a person. You could even express wishes in your Will about preferred rescue and foster organisations. If you are going to do this, then you could include a donation in your Will as well.

WHAT IF I DON'T MAKE A WILL?

If you don't have a Will, then your pets, along with any assets you own, will be inherited by next of kin according to a statutory hierarchy. Those next of kin (or in the event that you have no relatives, the State) will get to decide what happens to your pet.

WHAT OTHER DETAILS SHOULD I RECORD?

If you are making arrangements for your pets in your Will, you should also keep information your pet's carer will need in a safe place. Think about any medications your pet takes, the details of their vet, activities and routines, and preferred treats.

As with all things Wills and estates, when in doubt, contact a lawyer!

For more detailed advice, contact Artisan Legal via info@artisanlegal.com.au or (02) 6183 5140.

USE IT OR LOSE IT

= KEEPING YOUR SENIOR DOG ACTIVE =

As our dogs age, we may be tempted to pamper them by letting them nap in the sun all day. Just as it's not healthy for humans to sit for hours, it's not good for our old dogs either. While dogs become stiffer and more sensitive to heat and cold as they get older, if people are willing to adapt their favourite activities, they can still be active.

THE DAILY WALK

A dog's daily walk is crucial for social interaction with other dogs and people. Dogs use their noses to gather all kinds of information about their neighbourhoods. Old dogs still enjoy these outings as long as they go for a walk about the same time every day and stick to familiar routes. They are less anxious when they're on a regular schedule, and familiar surroundings can be a comfort when their sense of sight, hearing, or smell isn't what it once was.

Time your walks for when the weather is clear, and temperatures are moderate. Elevated temperatures can strain your old dog's heart. If it's hot, carry lots of water and offer breaks, preferably in the shade. In chilly weather, consider a warm sweater or jacket to keep your dog's joints and bones comfortable. As with younger dogs, check the

pavement first in hot weather. (A rule of thumb: try to hold your bare hand on the pavement for ten seconds. If you can't, then it's too hot for your dog's paws.)¹

The walking surface is important too. Choose level ground that offers traction, like short grass, dirt, or sidewalks. Avoid steep hills, ditches, holes, or slick surfaces. Trimmed toenails allow your dog to grip the ground better. Orthopaedic and non-slip dog boots, and toe grips that fit onto your dog's toenails, can also help with traction.

Don't walk too fast; your old dog may try to keep up with you. Match your dog's pace and follow his lead. Let him take breaks as needed. If he tires or pants heavily, head for home. A few short walks a day are better than exhausting your old dog with one long hike.

SWIMMING

Many old dogs love to swim, and that time in the water allows them to use muscles in a low-impact way and rest their joints and ligaments. Stick to warmer weather for swimming so your dog doesn't become chilled.

Stay close by to supervise or get in with your dog. She may need your help getting in and out of the water. Keep the swimming session short so your dog doesn't tire in the water and dry her quickly after.

If you're using a swimming pool, make sure fresh water is available so your dog doesn't drink the chlorinated water.

GAMES

Your old dog can still enjoy his favourite games with just a few changes. Playing catch is fine if you throw close to the ground so that he doesn't have to jump up in the air to

¹ <https://www.thesprucepets.com/what-you-need-to-know-about-walking-your-dog-on-hot-pavement-4766583>



Handsome old man Tyler staying active. He is currently available for adoption, see www.fosterdogs.org for more information.

catch the ball or frisbee, putting strain on hips and back legs. Rolling the ball on the ground is another option.

Tug-of-war can be good exercise for your old dog's jaw, neck, and shoulders as long as you are gentle. Match her pressure and avoid any hard tugging, jerking, or twisting and take care if your dog has dental issues.

If your dog has enjoyed agility training in the past, try low-impact agility activities, like going through tunnels and weaving through obstacles. Just avoid jumping or climbing.

As with the daily walk, take the following precautions with your old dog:

- if the weather is warm, offer water, breaks, and shade.
- make sure the surface is level.
- keep the games short and stop if your dog's energy wanes.

“
BY MAKING SOME
SENSIBLE ADAPTATIONS
TO HIS FAVOURITE
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MOBILITY AIDS AS
NEEDED, YOU CAN MAKE
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”

YOGA

Yoga for dogs, sometimes called Doga, pairs you and your dog in a series of gentle stretches. Many books and YouTube videos are available to show you how.

As with the rest of these activities, check with your vet before starting something new.

MOBILITY AIDS AND THERAPIES

Your old dog may need some help in staying active. Use mobility aids like dog stairs, ramps, braces, and wheelchairs as necessary.

Hydrotherapy and physical therapy can ease arthritis and other aches and pains. Cycloid vibration therapy often improves circulation. Massage therapy for dogs helps with circulation and stiff muscles. And you can learn how to do it yourself.²

By making some sensible adaptations to his favourite activities and using mobility aids as needed, you can make sure your old dog is active and happy.

² <https://www.petmd.com/dog/pet-lover/4-simple-dog-massage-therapy-techniques>

OLD DOGS, NEW TRICKS

≡ HELPING YOUR SENIOR PET STAY MENTALLY ACTIVE ≡

By Rose Ciccarelli

Not only can old dogs learn new tricks, but it's also good for them. Playing with your dog keeps his mind sharp and deepens the bond between you. Win-win, right?

PRODUCTS YOU CAN BUY

Your old dog's ability to see, hear, smell, and taste will fade with time. For that reason, search for toys with:

- bright, contrasting colours
(Dogs can see yellow and blue, along with combinations of those colours.)
- appealing scents
- noises
- flavour

Chew toys made of soft rubber are gentle on aging teeth, and some have appealing scents and flavours. Other toys target hearing, with balls that whistle when you throw them and plush toys that squeak at high frequencies—both good choices for partially deaf dogs.

Other options include learning toys or enrichment puzzles. Old dogs can practice coordination skills and hone their mental sharpness by pulling something out or off the toy or pushing something with their noses and paws. Some puzzle toys are tailored for different ages and intelligence levels to help you find just the right one for your old dog.

Snuffle mats combine scent work and coordination skills as your dog noses through fabric layers to find hidden treats. Bright colours and crackling layers are appealing too.

And once you've found an interesting selection of toys for your old friend, rotate them each week so that he's always discovering something new.



Elderly gentleman Charlie demonstrating some enrichment activities. He was adopted in 2023.

ACTIVITIES YOU CREATE

Activities don't have to be complicated. Since dogs are always engaged at mealtimes, add a little challenge by placing a paper plate on top of your dog's bowl and let her decide how to push it off.

Hide-and-seek is a perennial favourite. All you need is your dog and something to find—you, a beloved toy, or a treat. Here are some hide-and-seek ideas to get you both started:

- You hide. Tell your dog to stay and then find an out-of-sight hiding place. Call your dog to find you. At first, hide close by, in places he can easily find, and call his name. When your dog finds you, reward him. Once your dog understands the game, you can choose harder hiding places.
- Hide a toy or treat. Begin by placing the item somewhere your dog can see, and then say "Find it" while pointing at it. Reward your dog for going to the object. Once your dog understands, hide the item farther away and out of sight.

- Use a towel. Hide a toy or treat inside a folded towel, which encourages your dog to use his nose and paws to find it. Once he's mastered this, tie the ends of a towel into a loose knot to make it more challenging.
- Use a box. Hide a treat for your dog to find in a box filled with torn-up newspaper.
- Use three cups. In this version of the shell game, poke a few holes in three paper cups and put a treat under one of them. Slide the cups around and then ask your dog to find the treat.

When it's time to relax, consider reading aloud to your old dog. Your voice gives her something to focus on and provides comfort. Use a blanket big enough for you both, and use the same one every time, so she knows it's reading time. Old dogs may be happy to settle in, but you can use treats as incentives at first if necessary. Choose a story that's fun to read and find a quiet, cozy spot. Pet your dog while you read, keeping your voice even and calm. Read no more than 5 to 10 minutes at first. Later, adjust your time to match your dog's attention span—and have fun!

NEW TRICKS

Teaching your old dog simple commands exercises his mind. Start with easy ones, nothing mentally or physically stressful (like getting up on back legs to 'beg' or 'dance'). If you combine verbal commands with hand signals, your old dog will still understand the command if his eyesight or hearing isn't what it used to be.

Keep your training sessions short and fun. Here are some tricks to get you started:

- touch hand
- weave between your legs
- put toys away
- shake hands
- high five

You can also teach your old dog the names for his toys or the objects around him.

With just a little ingenuity, you can find different toys, games, activities, and tricks to help keep your old friend sharp.



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SENIOR PETS

This article is republished with kind permission from Inner South Vets, one of ARF's supporters: <https://www.innersouthvets.com.au/senior-pets/>

Aging is an unavoidable part of life, and when it comes to our pets, some will age without any major issues, and some will need a little extra TLC. It is important to know what age-related changes look like and how to manage them appropriately, so we can ensure our pets are comfortable.

WHEN DOES MY PET BECOME A SENIOR?

This can vary between individuals and can be greatly influenced by breed, size, pre-existing health conditions and living situations, but typically:

- Small dogs – six to seven years old
- Large dogs – five to six years old
- Cats – eight to ten years old

You might notice some physical and behavioural changes, such as:

- Greying or whitening fur around the nose and mouth or throughout the coat
- A general 'slowing down' or a slightly less bouncy personality
- Longer and more frequent naps throughout the day
- More frequent urination, and perhaps the odd 'accident'
- Increased vocalisation – this can be caused by increased anxiety, confusion or frustration

COMMON SENIOR PET AILMENTS

Some of the age-related changes our pets may experience may be uncomfortable and impact their daily lives a little more than a greying moustache. If you notice any of the below it is important to have your vet check them out to determine a plan to help your pet

- Arthritis (inflammation of the joints, making it uncomfortable to stand up and move around).
- Loss of eyesight – caused by a clouding of the eyes, cataracts or other eye diseases.
- Loss of hearing.
- Incontinence – this is common in older pets but there are plenty of treatment plans your vet can recommend. Incontinence can also indicate urinary tract infections, kidney disease or hormonal changes.
- Weight changes – due to reduced physical activity and/or changes in hormones as they age, older pets can gain weight. You may also find that they lose weight due to a changed appetite, reduced nutrient absorption, reduced muscle mass or even a digestive illness.

“ SOME OF THE AGE-RELATED CHANGES OUR PETS MAY EXPERIENCE MAY BE UNCOMFORTABLE AND IMPACT THEIR DAILY LIVES A LITTLE MORE THAN A GREYING MOUSTACHE.

Weight gain or loss as a pet ages isn't normal and should be investigated by your vet.

- Lumps and bumps are definitely more common as our pets age! It is always recommended to get them checked by a vet to rule out possible nasties.
- Smelly breath – just like us, our pet's immune systems weaken with age, so their bodies can't fight off germs as easily as they once did. We can see this as gum disease, tooth decay, or other infections in the mouth, leading to smelly breath. Smelly breath can mean a painful mouth for your pet (not to mention offensive to us!) so check in with our team if you notice this.

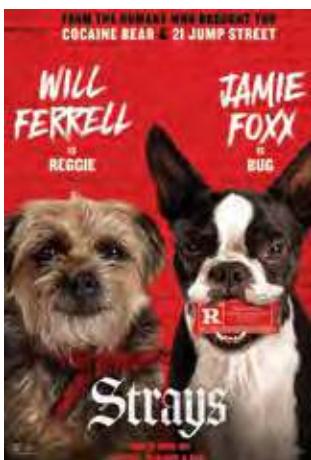
HOW CAN I MAKE MY SENIOR PET MORE COMFORTABLE?

There are plenty of ways to manage your pet's aging, and these tips are very easy to implement:

- Talk to your vet about your pet's diet – they may need more nutritious food for nurturing specific conditions and even the inclusion of dietary supplements.
- Let your senior pet sleep inside in winter – keeping them comfy and warm will keep them feeling safe and secure, as well as help to alleviate any arthritis symptoms.
- Provide them with soft and easily accessible (not too high or low) bedding.
- Add extra water bowls around the house (and closer to their bed area) so they do not need to move around unnecessarily.
- Raise food and water bowls to prevent your pet needing to hunch to access the contents.
- Offer extra litter trays or make sure their toileting area is easily accessible.
- Keep your senior pet active with simple, low impact activities and exercises.
- Keep an eye on the temperature. As pets age they may struggle with regulating their body temperature – in winter keep your pet indoors where possible, move their bedding inside and investigate pet jackets or jumpers for some breeds.

If you have a senior pet, we invite you to come into the clinic for a health check to make sure your best friend is in tip-top shape, especially ahead of the winter months where the cooler temperatures can slow everyone down. Call us on 02 6295 0770 or email reception@innersouthvets.com.au to book your consultation today.

REVIEWS



STRAYS

Review by Angharad Lodwick

If, after seeing the trailer for this 2023 film, you were expecting a crude film with a shallow plot and CGI animation of dogs talking, then you would be

correct. *Strays* is a live-action comedy film about an optimistic young Border Terrier called Reggie whose owner dumps him in the city. He befriends a Boston Terrier called Bug, an Australian Shepherd called Maggie and a Great Dane called Hunter who teach him the ways of being a stray and, once Reggie realises how badly he's been treated, support him in his quest for revenge. Starring Will Ferrell, Jamie Foxx and Isla Fisher, this film is jam-packed with expletives, toileting jokes, inaccuracies and seemingly endless scenes of dogs humping. However, in some ways is a surprisingly refreshing film where a bad dog owner truly gets his come-uppance and misunderstood dogs find their places in the world. Reasonably entertaining, but not one to race to the cinemas for.

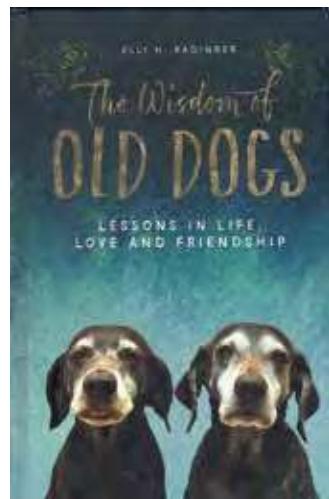


SHAPED BY DOG WITH SUSAN GARRETT

Review by Niña Guno

Confused by all the dog training advice you see online? If you want to start with the basics — and with the best — look no further than the podcast *Shaped by Dog with Susan Garrett*. Susan is a Canada-based dog trainer with a background in animal science and multiple championships under her belt. However, more impressive than her well-deserved awards is the way she breaks down dog psychology so that anyone can train their beloved pets. Susan's training system is

driven by positive reinforcement and is grounded in the philosophy that "dogs always do the best they can". She is not here to give shortcuts. Her tried-and-tested methods include journaling to identify behaviour you want to address and what triggers it, changing the environment to give a dog more chances of success in focusing, and training with treats and consistency multiple times a day. Perhaps most important is training yourself to understand your role in adjusting your dog to the human world. For your dog to learn, you need to be open to learn about them; for your dog to change their behaviour, you need to change yours too!



THE WISDOM OF OLD DOGS: LESSONS IN LIFE, LOVE AND FRIENDSHIP

Review by Rose Cicarelli

The author is well known for her observations of wolves and their behaviour. For nearly 30 years, she spent part of the year observing wolves in Yellowstone Park, inspiring her to write many books. Life changed, however, when her beloved Labrador Retriever Shira turned thirteen. Radinger decided to take time off because she wanted to spend Shira's final years with her. The result is this book, a memoir of a life well-lived with her old dog and reflections on aging in both dogs and humans. The format is engaging; each chapter opens with a photo of a lovely old dog, and the title is advice learned from living with old dogs, such as "Look After Your Pack" and "Live in the Present." Radinger combines sharp natural observations, research findings, personal stories, and a dollop of philosophy to create an intriguing, inspiring read about what we humans can all learn from old dogs. Suitable for all dog-lovers, Radinger's memorable, moving book is about living with our old dogs, loving them, learning from them, and letting them go.

PETS AND POSITIVE AGEING

Pets and Positive Ageing Inc (PAPA) is a voluntary organisation that advocates to help keep older pet owners and their beloved pets together.

PAPA produces useful information for older pet owners and distributes this at many community events and through PAPA's website. This includes a list of pet-friendly accommodation options in the ACT and surrounding areas which is updated as more retirement villages and organisations become pet-friendly: <https://www.petsandpositiveageing.com/pet-friendly-aged-care.html>

PAPA's popular free pet emergency card for pet owners, with information about who will care for an owner's pet in an emergency and vet details, can be requested via info@petsandpositiveageing.com. The PAPA website has information on how to make a pet care plan, care for pets at end-of-life for owners, about pet legacies and including pets in Wills: see <https://www.petsandpositiveageing.com/petcare-plan.html>

PAPA advocates on relevant issues for older pet owners. A current focus is advocacy for pet care assistance to be included in the new Federal in-home aged care program due to come into effect in July 2025. Pets provide critical companionship for older pet owners at an often lonelier time of life but as pet owners age and have medical crises they may need pet support for periods of time. This can be for walking a dog, washing/grooming a pet (a welfare not a cosmetic issue), feeding a pet, vaccinations, help with a visit to the



PAPA Committee members Penny Ovington with Paddles and Jan Phillips with Miss Moneypenny at a recent Seniors Expo.

vet, boarding in an emergency and pet space cleaning. Such assistance also helps prevent pets being surrendered, sent to overcrowded shelters or euthanized with all the trauma that brings to the animal and the older person. For more see <https://australiacan.org.au/> and survey results on that site.

PAPA also holds public events on relevant issues for older pet owners. Mostly recently PAPA held a workshop on accessible vet and crisis support for vulnerable communities: <https://www.petsandpositiveageing.com/events.html>. A resulting outcome was a list of specialised services to assist older pet owners and other vulnerable communities: <https://www.petsandpositiveageing.com/pet-support-services.html>

PAPA memberships includes older pet owners, veterinarians,

representatives of RSPCA ACT and Northside Community Service, a recent manager of aged care villages, members of COTA, volunteers at shelters, with pet rescue, dog therapy in residential care and pastoral care. PAPA has members in the ACT, Victoria, NSW, Queensland and WA and warmly welcomes new members: <https://www.petsandpositiveageing.com/join-us.html>

PAPA's Patrons are Mary Porter AM and ACT Minister Tara Cheyne MLA.

Further information and resources can be found on <http://www.petsandpositiveageing.com/> and <https://www.facebook.com/PetsandPositiveAgeing/>.

Pets & Positive Ageing Inc.
Keeping older pet owners and pets together

RECENTLY ADOPTED

ARF has a range of dogs in care from young puppies to mature dogs. If you are interested in adopting an ARF dog, please go to fosterdogs.org/adopt/available-dogs and contact the carer directly. If you are interested in becoming a foster carer for ARF, please contact carer.recruitment@fosterdogs.org. We also work closely with other rescue groups and pounds in the Canberra region including New South Wales. If you are looking for a dog of a particular breed, size or age, please contact us via info@fosterdogs.org and we may be able to assist you in your search.



LUCY

Rescued: 27 October 2020
Adopted: 11 August 2023



BEAR

Rescued: 11 July 2022
Adopted: 26 May 2023



LEXIE

Rescued: 28 April 2023
Adopted: 10 June 2023



HARRY

Rescued: 7 October 2022
Adopted: 22 April 2023



PIPPA

Rescued: 4 February 2023
Adopted: 5 June 2023



NIKI

Rescued: 12 January 2023
Adopted: 30 June 2023



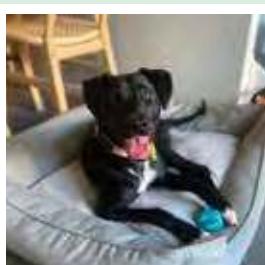
BOSTON

Rescued: 2 February 2023
Adopted: 10 June 2023



DRAKE

Rescued: 3 March 2023
Adopted: 21 June 2023



BLUE

Rescued: 18 February 2023
Adopted: 18 April 2023



BETTY

Rescued: 22 April 2023
Adopted: 18 August 2023



ABBEY

Rescued: 21 January 2023
Adopted: 20 May 2023



BOSS

Rescued: 10 February 2023
Adopted: 30 April 2023



LADY

Rescued: 10 February 2023
Adopted: 30 April 2023



JAKE

Rescued: 10 March 2023
Adopted: 23 April 2023



PYRO

Rescued: 21 February 2023
Adopted: 3 May 2023



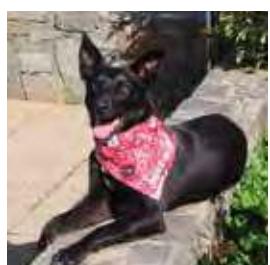
ENTEI

Rescued: 21 February 2023
Adopted: 3 May 2023



BOOM BOOM

Rescued: 3 March 2023
Adopted: 25 June 2023



ZEEK

Rescued: 1 May 2023
Adopted: 5 August 2023



THOR

Rescued: 2 May 2023
Adopted: 24 June 2023



FRANKIE

Rescued: 2 June 2023
Adopted: 17 July 2023



MILLIE

Rescued: 17 March 2023
Adopted: 27 April 2023



FRANKIE

Rescued: 25 March 2023
Adopted: 3 June 2023



HARPER

Adopted: 28 April 2023



POND

Rescued: 5 April 2023
Adopted: 16 June 2023



NOODLES

Rescued: 19 April 2023
Adopted: 13 May 2023



RAVEN

Rescued: 12 August 2023
Adopted: 13 October 2023



LEXIE

Rescued: 7 May 2023
Adopted: 28 August 2023



BETTY

Rescued: 5 May 2023
Adopted: 11 July 2023

**SKY**

Rescued: 8 May 2023
Adopted: 19 July 2023

**PANDA**

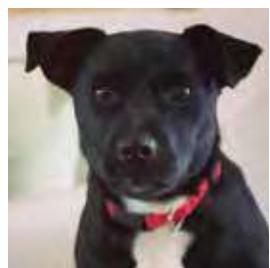
Rescued: 8 May 2023
Adopted: 12 August 2023

**JOEY**

Rescued: 13 May 2023
Adopted: 20 October 2023

**TESSA**

Rescued: 3 June 2023
Adopted: 26 August 2023

**MISSY**

Rescued: 13 May 2023
Adopted: 10 June 2023

**POLLY**

Rescued: 30 May 2023
Adopted: 25 July 2023

**RED**

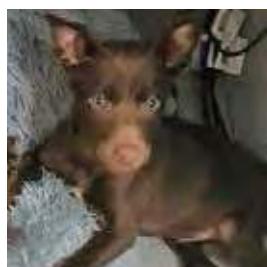
Rescued: 2 June 2023
Adopted: 14 August 2023

**MAIA**

Rescued: 10 June 2023
Adopted: 6 November 2023

**SABRE**

Rescued: 13 June 2023
Adopted: 1 September 2023

**DIEGO**

Rescued: 6 June 2023
Adopted: 1 October 2023

**OSCAR**

Rescued: 11 July 2023
Adopted: 17 August 2023

**SORA**

Rescued: 21 July 2023
Adopted: 23 September 2023

**MAJOR**

Rescued: 24 July 2023
Adopted: 26 August 2023

**BUDDY**

Rescued: 11 August 2023
Adopted: 7 September 2023

**MANNY**

Rescued: 18 August 2023
Adopted: 18 September 2023

**JENNY**

Rescued: 2 September 2023
Adopted: 4 October 2023

WHERE ARE THEY NOW?



BARNEY BY JESS STOKOE

We adopted our big baby, Barney a year ago today from ACT rescue and foster. He has settled into our home so perfectly and we could imagine life without him. We've never known a bigger lap dog in our lives, he loves his cuddles, sitting with his big boy while he reads, going on picnics and walks and playing fetch with his other boy. So glad we rescued our pupper.



VIOLET BY TRACY

I thought I'd pass on an update on one of your ARF puppies. This is Violet, adopted from ARF as a 10 week old puppy in February 2019. She's now living her best life in London. She may well be the most widely travelled ARF puppy! She's a big girl, about 30kg now, but at nearly 4 years old I think that's as big as she's going to get. She's a beautiful girl, and gets lots of compliments whenever we're out with her. She's probably a bit spoilt, but well-adjusted considering the upheaval of the move to London. She's definitely won friends around Chelsea (where we live). Many people stop to comment on how cute, strong and striking she is, and she's gone from being worried about strangers to loving the attention.



realise that she is at least 12 years or more. She loves walking, swimming in her paddling pool and adventures to Bunnings and she loves staring at kangaroos out near the airport which she dreams of chasing. Sadly, Davey passed away in 2021 from liver failure. Gemma howled every night for days and somehow dragged a blanket into our walk-in wardrobe and started sleeping in there to be close to us. She still misses him a lot but has finally started acting like her old self again. When the time is right, we will look to ARF for another friend for her, but for now she is enjoying all the attention and cuddles to herself. We cannot thank Lyn and all the ARF volunteers enough for the wonderful work you all do and for bringing us the most wonderful dogs ever.



PETER PARKER

Living his best life and still loved by his family.

GEMMA BY KAREN AND LINDSAY

On 25 May 2013, a wonderful ARFer Maltese cross called Gemma came to live with us. On that day, Lyn Boyer had organised for another dog to come over to meet Gemma, as we thought it would be good for her to have a friend to play with. Marie from Canberra Pooch Rescue kindly brought over a dashingly lovely black Pomeranian boy called Davey. Well it was love at first sight for Gemma and Davey. Gemma is very loyal and she pined for Lyn for the whole long weekend. Finally, Davey was able to win her over and she came and slept in the bed with him, and that's how they were for the next nearly 10 years! Gemma soon accepted us as her new family and she and Davey became our world. The four of us were inseparable and wherever we went, they came too. Gemma even once modelled an ARF t-shirt in ChinWag for several years! Gemma (who according to the DNA test is equal parts Maltese, wire-haired Dachshund and Silky Terrier) is the most loving, wonderful little dog, always up for fun. She is so lively everybody thinks she is still a young pup. They are shocked when they

DOG SPORTS HOOPERS

If you are a keen dog sports enthusiast, and have spent years training your best friend in a sport, it can be a big adjustment to have to retire from high-impact sports like Agility and Flyball and you might think: what next? Kylie from Sky Puppy School has the answer with Hoopers, a low-impact fun sport for all dogs.

WHAT IS HOOPERS AND HOW DID THE SPORT COME ABOUT?

Hoopers is a relatively new but fast growing sport that is popular overseas and is just starting to take off in Australia. It's a game where the handler guides their dog through hoops, tunnels and around barrels set out as a free flowing course. It is similar in some ways to agility, but has several key differences, making it more accessible for dogs of all ages and physical abilities.

The sport originated in America in the early 2000s and was designed to be an enjoyable activity for both dogs and their handlers. The primary goal of Hoopers is to provide mental and physical stimulation while emphasising the relationship between dogs and their people. It's a fun and engaging way for dogs to exercise and learn through movement. I first learnt about it because I was looking for a sport suitable for my ageing Bernese Mountain Dog. I saw a picture of a Berner running hoops in Perth and knew I had to get involved.

WHAT ARE SOME OF THE ADVANTAGES TO HOOPERS?

Canine Hoopers offers many advantages, including physical fitness, mental stimulation, and a chance to bond with your dog, all while being adaptable to the individual needs and abilities of the team.

You don't need expensive equipment and you can even make the hoops yourself. Hoopers will build teamwork and trust as you guide your dog through the course using body



language and verbal cues. For nervous dogs, it's a great way to challenge them in a way that develops confidence; and for our high energy dogs it's a safe way to work their bodies and brains. You also get to practise foundation skills like sit, stays, and recall in a fun way and the dogs find the movement incredibly reinforcing.

WHAT KINDS OF DOGS ARE SUITED TO TRAIN IN HOOPERS? DOES AGE MATTER?

Hoopers is accessible to dogs of all ages, breeds and backgrounds. It's fantastic because it doesn't exclude any dog or person and if your dog needs space from others, distance can be set up so all teams are comfortable. It really is an inclusive sport where everyone is invited! Canine Hoopers is a low-impact activity that avoids placing stress on the dog's joints. The tunnels are wider and shorter than agility tunnels, so this combined with the lack of jumps and sharp turns, makes the sport suitable for all body types. I have seen both chihuahuas and wolfhounds doing hoopers and every size in between! Age is not a limiting factor and it's suitable for puppies right through to our senior dogs. It's a great way to keep our older dogs mobile.

CAN PEOPLE TRIAL IN HOOPERS?

There are trials in Europe and the UK, but competition is really just starting here in Australia, and as yet there aren't regular trials. You can participate in progress awards if your instructor offers them, where you earn rosettes as you move through the different levels. Hoopers is not based on speed where the fastest dog wins. Instead, competitions encourage competitors to progress through a number of different levels where you show you can pass each obstacle in the correct order to earn titles.

HOW CAN PEOPLE GET STARTED WITH HOOPERS?

There are a number of Hoopers instructors starting to offer lessons, so it's worth checking in your local area to see what's available. Canine Education Academy offers a great online course that is a really nice introduction. In Canberra, Skypuppy School runs introduction and continuing classes at the Canberra Dog Hub, with opportunities for both group and private sessions. We have just wrapped up for the year, but I am looking forward to Hoopers returning in early 2024. In the meantime, you can grab a pop-up garden bin to use as a barrel, and if you are really keen you can grab PVC materials from Bunnings to make your own hoops to get started at home.

More details can be found <https://www.skypuppyschool.com/>

Facebook: <https://www.facebook.com/Skypuppyschool>

Instagram: @skypuppyschool





RAINBOW BRIDGE

GONE, BUT NOT FORGOTTEN.

RILEY By Silvia Stewart

Our little man Riley passed away a few weeks ago aged 18. He came to us through ARF when he was a year old and had already been already re-homed 3 previous times. Affectionately known as "Rat" he had a great life full of living all over Australia before finally coming home to Canberra, playing with his brother Mickey the labradoodle who lived to be 16 years old. Riley was such a beautiful little man, full of love and personality, we miss him dearly and cherished the 17 years we had him in our lives.



FELIX AND COCO

Felix and Coco were such gorgeous souls. We all adored them and they had lots of fun and antics, especially with my son and daughter. Just the most sweet and funny doggies! We still miss them!



MISTY By Lyn Boyer

Misty was our foster dog for only 7 weeks and 1 day. I don't think I've ever had a dog that was as good in every single way. She was in tune and seemed to know instinctively what you were asking of her. She was so beautifully behaved, rarely barked, accepted everything and had a beautiful nature and beautiful manners to match. She loved attention so would welcome all and any pats on offer but was never pushy. She was 11 years old and sadly had lots of health problems. We all tried hard to help her but it wasn't to be. Her kidneys failed. We loved her dearly and will never forget her. A truly special dog and certainly one in a million.



ANGUS SMITH

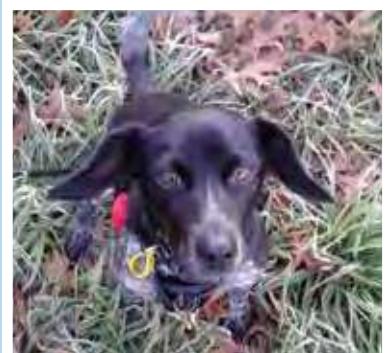
By Kim Smith

We had to say goodbye to our beautiful Angus in May. He was 15 and loved so much. We adopted him from the ARF and he bounced into our lives. He was our best buddy and was a great member of our family xx thank you to the ARF for bringing him into our lives.



PEGGY-SUE

Sadly our beloved Peggy has crossed the Rainbow Bridge on the 19th of July, aged 15 years. We adopted her (or rather she adopted us) from ARF in May 2014 and we had the most wonderful 9 years with her. We will miss her immensely but we are grateful for all the adventures we had together.





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