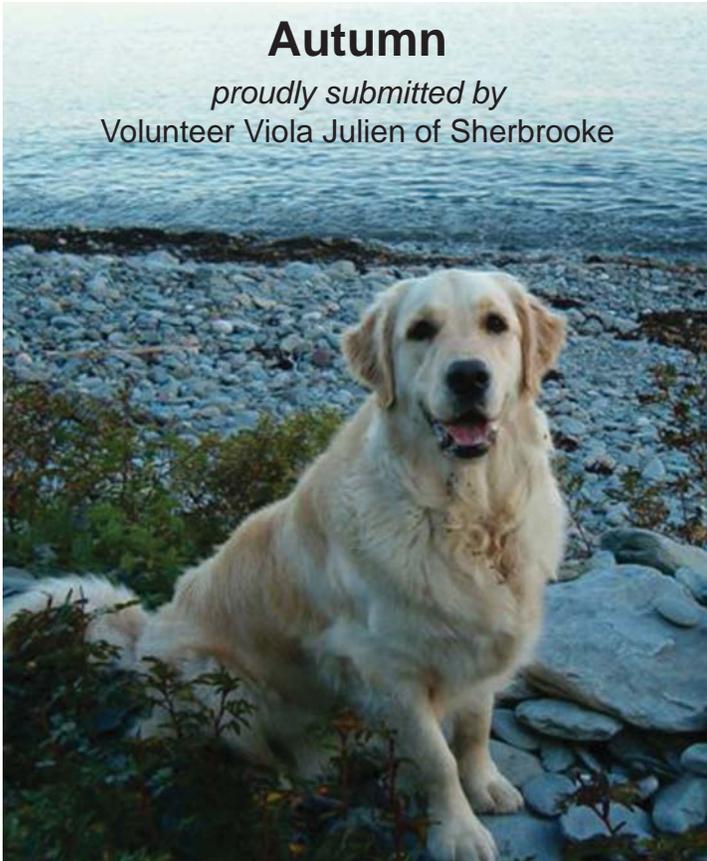


## Autumn

*proudly submitted by*  
Volunteer Viola Julien of Sherbrooke



## Letter From the Editor

Hello Everyone! Well, it's finally summertime - here comes the beautiful sunny weather we've all been waiting for! I have now been with the Therapy Dog Program for over three months. I absolutely love my new position here and am grateful to be working with such wonderful volunteers, dogs and staff! Thank you to everyone for welcoming me into this Program!

Summer is a busy time for The Therapy Dog Program; I will be spending a lot of time out of the office travelling to all of our Therapy Dog Regions in Nova Scotia and PEI. This summer we have Volunteer Appreciation Meet and Greets planned, along with visits to facilities and lots of promotional activities. So please be patient with me when trying to contact me, as it may take a day or two to respond!

In the past few months I have been taking the time to update our volunteer recognition information and will be handing out the certificates and badges at events such as the meet and greets. In order to get the badge and certificate that you have reached, it is necessary that I have everyone's visiting stats, which is another reason why it is so important for you all to send in the number of visits and the

total number of hours including the time for grooming and travel. It is very difficult to know which certificate and badge level you are at if I don't have your hours! If you cannot remember the last time you sent your hours in or if you think you may need to send them in for past months, please contact me!!

Thank you to everyone for being so helpful and making this Program so great! Your dedication and time is very much appreciated by everyone involved in the Therapy Dog Program, especially the wonderful people you visit!



*Jaime Wolfe*

Therapy Dog Program Coordinator

## DID YOU KNOW??

There are more than 180 volunteers and 198 dogs currently participating with the NS/PEI Council Therapy Dog Program!!

## Safe and Happy Travel with Your Dog

In years gone by, dog owners had two options for vacationing: find someone to look after your dog(s) or don't travel. Thankfully, traveling with your dog has become easier to do in recent years. The following are some tips that should help you keep your dog safe and happy.

The most important thing to remember is that not all animals are suited for travel because of temperament, illness or physical impairment. If you have any doubts about traveling with your dog, talk to your vet. If you both agree that traveling with your dog is a good idea, ensure that their shots are up to date before your departure. Keep in mind that some travel destinations may require your dog to have vaccinations other than his/her annual shots, so look into this before your trip.

Keep your dog's comfort at the top of your list. When packing, don't forget to take familiar objects that may help them adjust to a new setting, like a favorite toy or blanket, or even their regular dishes. Spend some time before the trip familiarizing your dog with different situations they may encounter. For instance, if your dog doesn't travel in your car very often but you are planning to drive, spend some time taking your dog on short trips in the car before you leave. If your dog is not used to driving, imagine the stress a road trip could cause!

If you are planning on flying, remember that your dog will be traveling in a crate during the flight. If they have never been in a crate, this could be a very stressful situation. Buy or borrow a crate that your dog can familiarize themselves with before the flight so that they will be more comfortable when placed in a crate at the airport.

When you do reach your destination, spend some time with your dog as they get accustomed to their new setting - your company and assurance will help a lot. Try to maintain some of your dog's regular rituals like meal or play time. Exercise will also help relax your dog, so get out there and go for a walk!

If you decide not to travel with your dog, consider the alternatives: have a responsible friend or relative look after them, board them at a kennel or hire a dog sitter. Whomever you decide, be sure to provide them with the telephone number where you can be reached, the name and telephone number of your veterinarian, and your dog's medical or dietary needs.

If a friend or relative is going to take care of your dog while you are away, make sure that they plan to keep your dog inside their home. It can be very stressful for your dog when you are gone, and being kept outside in an unusual environment can add to that. Be sure that your dog is comfortable with their temporary caretaker, their home and any other pets they may have.

If you choose to board your dog, inspect the kennel and check references. Your veterinarian or local shelter can help you select a suitable facility. You may want to send a familiar toy or blanket with your dog when boarding them as well, to help them adjust to strange surroundings.

If you hire a dog sitter, interview each candidate and check their references. Again, your vet or local shelter may be able to help you in finding a suitable sitter.

Bon Voyage!



### DID YOU KNOW??

Like human babies, Chihuahuas are born with a soft spot in their skulls which closes with age.

## What's Going On?

Since I have started with St. John Ambulance, a lot has taken place!! Read on to see what we've been up to and where the Program is headed.



### Promotional Events

We have attended several Promotional Events in the past few months, including the 50+ Showcase in Berwick, Aliant Occupational Health & Safety Week, the 50+ Expo at Exhibition Park in Halifax, and the Metro SPCA Dog Jog. I was even interviewed on air on the radio station Seaside 105.9 FM at the 50+ Expo! We had a great time at these events, gained some potential volunteers and spread the word about what a great Program this is and how it makes such a difference in the lives of the individuals living in facilities. Thank you to all the Teams that came to help out at these events!

Also, with the help of Kaela Goodman (our previous Coordinator) we have created a Therapy Dog Display Board full of pictures of current and previous Teams that will be used at the booths. Make sure to have a look at it next time you're at one of our promotional events!

### Program Growth

We have evaluated 14 new Teams since March 2009 and have many more evaluations set in almost every Region of the Province. I look forward to welcoming new Therapy Dog Teams all over Nova Scotia and PEI.

Thank you everyone for sending in your updated facility information - this will definitely help the Program to better serve our communities by ensuring that the residents are receiving regular visitations. It will also be very helpful when we are placing new volunteers into facilities that need more Therapy Dog Teams. If you have any changes in your regular visiting schedule, please make sure that either myself or your Regional Coordinator is made aware. If you have not yet sent in your facility information, please contact me!



### Look For Us!

In the upcoming months, look for us in the Antigonish Highland Games Parade, Scotia Gold Pet Day in Coldbrook, PEI Pet Expo, Yarmouth Dog Jog and many more events. If you have any suggestions or ideas for promoting the Program, or would like to participate in one of these events, please contact me!



### QUIPS AND QUOTES

My dog does have his failings, of course. He's afraid of firecrackers and hides in the clothes closet whenever we run the vacuum cleaner; but, unlike me, he's not afraid of what other people think of him or anxious about his public image.

~ Gary Kowalski ~

### DID YOU KNOW??

Toto's role in The Wizard of Oz was played by a female Cairn Terrier named Terry.

## Tasty Treats

### HOMEMADE DOGGIE BOLOGNA

- 2 pounds ground beef
- 2 tablespoons curing salt
- 1/8 teaspoon garlic powder
- 1/4 cup minced dried onion
- 2 teaspoons liquid smoke
- 1 cup water

Mix all ingredients together into rolls about 2 inches around. Wrap each roll in regular foil folded once with shiny side toward meat. Slit bottom of foil with knife. Bake on broiler rack for 1 hour, 15 minutes at 325 degrees.

Makes 4 or 5 rolls.



Above: Blair Lewis and Lily Raya Hope  
Left: Don Smith and Cody

## 2009 Investiture & Awards Ceremony

On May 23rd, the NS/PEI Council held its Annual Investiture & Awards Ceremony. At this event, two of our Therapy Dog Teams received awards for their hard work and dedication.

Congratulations to Blair Lewis and Lily Raya Hope for receiving the Therapy Dog Team of the Year award and to Don LeBlanc and Cody for their investiture into the Order of St. John.

## Volunteer Spotlight

written and submitted by Bob Hawkley



Sailor About 5 years ago my wife and I adopted a 3 year old mistreated golden retriever. I was retired with too much time on my hands and the dog Sailor was such a friendly one, I decided to use this trait and some of my spare time to help others. We joined the St John program and became quite popular not only at the Willow Lodge extended care facility but all over the village. Sailor made such an impression we were often stopped on the street and complimented on the smiles Sailor put on the faces of many of the residents.

I didn't realize just what an impression Sailor made on our village with just a 1 hour a week visit to some of the shut ins at the 'Lodge' until one day as we were moving into a new home closer to town [and a busy highway] Sailor ran out onto the highway and was struck down by a passing car. His sudden passing was a shock to the family naturally but to our surprise sympathy cards were not long in coming. Many of them from the staff and residence of Willow Lodge, and also some

from the people we met on the street while walking Sailor. It seemed like the whole village mourned his passing.

I kept going to the "Lodge" as I had made many friends there. The residents and staff were very supportive but kept pressuring me to get another dog. It took almost a year to for me to cave in to them, but I finally purchased another golden. A female this time, and started bringing her to the "Lodge" when she was 6 months old, and after weeks of being asked "what's her name?" one day I just blurted out "It's Willow". After all, we were in Willow Lodge. The name stuck and now she is 3 years old and has a ball visiting at "the lodge" and knows which residents have treats and which ones have stuffed toys to steal. There are smiles and laughter all around when she comes trotting proudly down the hall with a stuffed toy in her mouth. It feels good to see people smile, even for a short time. Willow does that without trying, but it's with thanks to Sailor that I discovered how to do it so easily.



## EXTRA!! EXTRA!!

We're always looking for material for the Barker. Please send us your favorite dog quotes and jokes, photos for our cover dog, stories about your furry friend and notes on special visits!