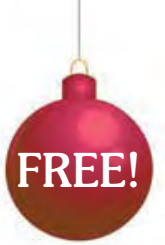




■ **Holiday** Issue



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DOGS, DOGS, DOGS!

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Happy Holidays
By GILLIAN RIDGEWAY

Communication It's a Two Way Street

By TEDDY GREEN



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Communication is a two way street but what about communication with our dogs? Have you ever wished you could speak to your dog and he would understand you? Perhaps you have wished your dog could tell you what was bothering him, where it hurt, why he was not eating his food or getting along with his housemate? This is where “animal communication” can help.

Animal, or inter-species, communication typically involves being centered and open to non-verbal messages and information received through extrasensory perception. O

Extrasensory perception? Sounds like a little hocus pocus, doesn't it? Such things are just for the gullible and easily scammed. Right? Or maybe, just maybe, we should keep an open mind about other methods of communicating with our dogs and perhaps enriching our relationships with them.

Three months or so after adopting my Rat Terrier, Deacon, he began to behave aggressively towards my husband, Lane, and myself. He could easily become defensive and lash out. Certainly we had never physically or verbally punished him, so I surmised that the behaviour was perhaps baggage from his past. I just wanted to tell Deacon he was safe with us, as I worked on a behaviour modification program with him.

I was referred to Lauren Bode, who has been communicating with animals since she was a young girl. While skeptical, I wondered if this was how I could communicate my message to Deacon. I was willing to give it a try.

Prior to the appointment I emailed a picture of Deacon to Lauren and told her his name, age and breed. That is the only information I gave her.

I settled myself into our home office, pen and paper in hand, Deak lying behind me on the chair and called Lauren. Lauren relayed information from Deacon to me and back, non-stop for 15 minutes, so I'll just share some highlights with you.

Early in the call Lauren told me that Deacon asked if I wanted him to be a “retriever”. Funny question because since early April I'd been playing ball with him daily and he'd become pretty darned good at retrieving.

Out of the blue Lauren said that Deacon wanted to know if I was ‘borrowing him’. The question caught me off guard. Remember, I didn't tell Lauren anything about his background. Clearly this was an issue for Deacon because the topic popped up four times during the reading, with Lauren

The holiday season can mean different things to different people. Holidays can be a time of rest, a time when you can relax and catch up on that book you have been meaning to read. For many, the holidays signal chaos. For many, it means either a houseful of guests or spending time in someone else's home. In either case, the stress level can elevate by the addition of an untrained family dog.

Boarding is one option for the holiday, and some dog owners opt to send their dog to canine camp. But our dogs have been so integrated into our lives, that most of us like to spend the holidays in the company of our pets. If you are planning to take your dog with you when you travel, always call in advance to make sure that he is welcome. Before going away, book a grooming appointment, or add a dog bath to your to do list. A great smelling dog will add to his popularity.

In order to enjoy their company to the maximum, make a plan to teach your dog a few basic rules now, that will delight your family later.

Although it might be quite acceptable for Sparky to get up onto your couch and make himself at home, this might not be the case when you are travelling. It is time now to start teaching him that just hopping up without an invitation may not be the way to endear him to your host. Keep in mind too, that even if he was welcome on the furniture, seating may be limited and might be needed for the additional houseguests.

To teach him to stay off the couch until invited up, have him wear a lightweight house lead. Each time he gets up, gently guide him down. It won't take long before he understands that his behaviour is not acceptable. Take the time to teach him to go and lie down on his own mat when you are home. Take the mat that your dog is familiar with to your destination. This way, your dog will have an option of where to lie down and it can be moved room to room. Practicing your down/stay prior to the holidays will be well worth the effort.

On the subject of furniture, if your dog normally sleeps

Ho-Ho-Howling for a Green Christmas...

By N. Glenn Perrett

In her book *A Greener Christmas Sheherazade Goldsmith* points out that, "Christmas Eve and Christmas Day are now widely recognized as the two most polluting days of the year: the equivalent of three weeks of carbon dioxide emissions and three billion tons of extra garbage are generated worldwide over this short period." While Christmas is a wonderful time of year, it is also an incredibly wasteful time. But it doesn't have to be.

Our family saves the plain brown paper commonly used to pack items sent in the mail for Christmas wrap. Our children decorate it and the one-of-a-kind wrap looks great and the price is right. We also make cards and tags out of scrap paper and old cards. These small actions significantly reduce our carbon footprint. Your choice of gifts also makes a statement about environmental protection.

If you are looking for some eco-friendly presents for your canine companions that will reduce their carbon paw prints, check out the following green gifts that will have your best friends howling with delight!

Pet Bed from Ecowise (www.ecowiseproducts.com)

Over the years our canine companions have enjoyed numerous dog beds of various shapes and sizes and the Pet Bed from Ecowise has always been a favourite. The comfortable bed comes in different colours and three sizes: large 36" x 57"; medium 28" x 36" and small 20" x 28".

What makes this bed eco-friendly? Well, the warm, comfy top is made of ecospun – a fibre made from plastic bottles, while the bottom is made of hemp. Hemp has many environmental benefits including that it can be grown on marginal lands, in areas with short growing seasons and without toxic chemicals. Hemp is very durable and hemp plants replenish the soil with nutrients. Our Ecowise Pet Bed is in our bay window overlooking our yard and garden and you can often find Duchess or Gracie snoozing contentedly on it.

Other nice green gifts for animal companions from Ecowise include their hemp bones for dogs and their hemp catnip mice filled with organic catnip for your feline friends.



RecycleBALLS from Planet Dog (www.planetdog.com)

Planet Dog has come out with new dog toys that use recycled material making these fun items eco-friendly. Planet Dog's "Orbee-Tuff® Regrind" line features products made from the post-production material from their Orbee-Tuff® toys.

RecycleBALLS features two 2.5", non-toxic, mint-scented balls held together with reclaimed rope. The rope can be removed and retied to one of the recycleBALLS, which can be used as a toss toy while the other ball can be used in a ball tosser. Your dog may enjoy this toy as it comes with the two balls tied together.

Another Planet Dog toy that uses "100% post-production material" is the recycleBALL. The 3" ball is recyclable and buoyant.



Fetch'erz™ Ballz and 2-Chomp Munchie from NuHemp (www.nuhemp.com)

With our canine companions' sleep and play needs met, it is time to turn our attention to some nutritious, treats. Duchess and Gracie really enjoy their Fetch'erz™ Ballz and 2-Chomp Munchies from NuHemp. Both of these nutritious, crunchy treats contain hemp meal along with Omega 6 and Omega 3 fatty acids. These tasty treats do not contain genetically modified organisms, additives or preservatives and they are gluten-free.

I enjoy giving Duchess Fetch'erz™ Ballz as I roll them along the floor and watch our Shepherd mix dog give chase. These treats come in four flavours: Sweet Peanut Butter Crunch, Fruit & Veggie, Chicken Stew and Fish & Chips.

The 2-Chomp Munchies come in five flavours: Crunchy Peanut Butter Maple, Roasted Turkey with Cranberries, Luscious Liver & Cheese, Hearty Fish with Sweet Potato and Assorted.

L.L. Bean's Holiday Gift Set for Dogs from L.L. Bean and Planet Dog (www.llbean.com)

Still not sure what to get your canine family members? How about L.L. Bean's Holiday Gift Set for Dogs? This set contains two Planet Dog toys – a green "Orbee-Tuff® Bulb" and a "Gingerbread Buddy" in a packable bowl that can be used for food or water.

As with all dog toys, these items should be given to canine companions under human supervision and discarded if they become damaged.



A Final Word... Giving gifts to four-legged family members is a fun and thoughtful thing to do. However, it is important to remember that as much as your animal companions will enjoy toys and treats, they will appreciate quality time spent with their human family members much more. While Christmas is a hectic time of year, be sure to spend lots of time each day with your furred friends.

And don't forget those who are less fortunate. If you are looking to add a dog or cat to your family adopt one in need. If you aren't looking to adopt, you might donate treats, blankets or toys to an animal shelter or pound. You can also volunteer your time grooming, walking and socializing animals that are up for adoption. Happy Holidays