

# UnLeashed

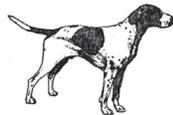


HeRo Canine Consulting LLC – Unleash the HeRo in Your Dog!

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## ✧ Highlights ✧



### LIVING WITH DOGS

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#### Like Cats & Dogs...

We all know or have seen examples of cats and dogs living together in harmony—or, in some cases, observing an extended cease-fire. Still, many dogs and cats are not good candidates for living with the other species. And even if they are, peaceful coexistence often requires careful planning, intros, and ongoing management. Some tips to keep in mind:



**Good canine candidates for living with cats:** Puppies or adult dogs that have successfully lived with a cat before. Laid-back, relaxed, friendly dogs. Dogs that are not very predatory (i.e. don't chase cats or squirrels when outdoors).

**Good feline candidates for living with dogs:** Relaxed, laid-back cats and kittens. Cats with dog experience. (Not-so-good candidates? Shy, skittish (particularly given to running), and de-clawed cats. De-clawed cats are more vulnerable and are likely to behave aggressively when cornered.)

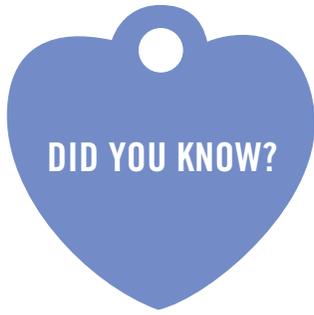
**Introducing the two:** Have the dog on leash, ask her to sit, and treat her near the cat. Also treat the cat. If the dog can sit and take treats, allow her to meet the cat. Good signs are gentle investigation and respect for the cat's defensive signals. Bad signs are instant attempts to chase, straining at the leash, whining, and barking. If this goes well, drop the leash and supervise closely. If the dog is friendly or cautious, don't get involved except to praise and reward the dog for good manners. Interrupt chasing and give a time-out by removing the dog from the room. Watch closely for the first few weeks. Supervise all interactions until you see a positive pattern in their relationship.

Have a dog-free room (use baby-gates, cat doors) as well as high places the cat can access but the dog can't. The cat needs places where she can regroup in peace and then venture forward into 'dog territory' at her own pace. Make sure food, water, and litter are accessible in this area. Never force the cat to be close to the dog by holding her, caging her, or otherwise restricting her.

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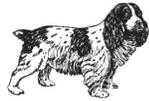
"A dog is like  
an eternal Peter Pan, a child  
who never grows old and therefore  
is available to love and be loved."

- Aaron Katcher



## These Dog Breed Name Origins

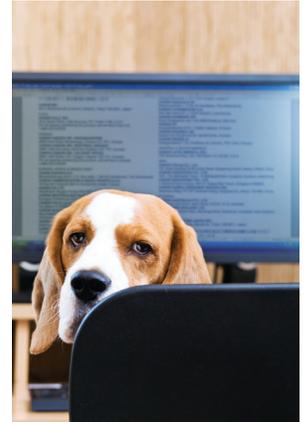
1. **Jack Russell** = English chap named John Russell born in 1795, who started the breed.
2. **Dachshund** = Named for its purpose; “dachshund” means “badger dog” in German.
3. **Dalmatian** = Hails from the Adriatic region Dalmatia; hence the name.
4. **Basset Hound** = Comes from the French word “bas,” meaning “low.” As in “low to the ground.”
5. **Poodle** = Also named for its purpose, namely swimming. “Pudelhund” means “water dog” in German, from the verb “pudeln”: to splash.
6. **Cavalier King Charles Spaniel** = Accompanying King Charles II of Britain everywhere earned these spaniels their name.
7. **Bouvier des Flandres** = Named for its job and birthplace. In French, the name means “cow herder of Flanders.”



## A WORLD OF DOGS

### Benefits of Dogs in The Workplace

That dogs are good for our health is a well-established fact. Dogs have been shown to lower our blood pressure, help prevent heart disease and obesity, and reduce stress. But the advantages of canine company don't stop there; dogs can also have a positive effect on workplace environments. In a recent study,\* employees counted a dog-friendly office among their favorite benefits, citing the relief of not worrying about a dog sitting at home alone all day or having to rush home to take especially puppies or senior dogs out for a much-needed bathroom break. The study also mentioned that dogs in the office function as social catalysts. People are more likely to strike up conversations and make connections when they can stop by someone else's desk to pet a dog.

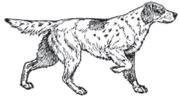


Four-legged office mates bring physiological benefits too. Employees who bring dogs to work produce lower levels of cortisol (the so-called stress hormone) and higher levels of oxytocin (the so-called trust or feel-good hormone). In the above-mentioned study, having a dog companion at work meant a decrease in stress levels of 11% during the course of a workday compared to a potential increase of as much as 70% for dog-less peers. A difference of that magnitude can translate into significant health implications over time, affecting not only individuals but overall company productivity and revenue.

Of course, a pet-friendly workplace must take into account the needs of people who have pet-related allergies or simply don't enjoy being close to dogs. Pet-free zones and well thought-through pet policies can go a long way to making office dogs palatable to even more companies. In the U.S., a number of high-profile companies are setting the standard and actively advocating for the morale- and health-boosting effects. Media coverage in the past few years has included stories from Google, Ben & Jerry's, craft marketplace Etsy, Build-A-Bear, Clif Bar, and social gaming company Zynga. In all cases, common-sense rules apply. No dogs near food-serving areas, only well-behaved dogs allowed, one-strike policy for aggressive behavior, etc. The great news is that it appears utterly doable to accommodate dogs, dog-lovers, and those less enamored of furry friends—all in the same workplace.

*\*International Journal of Workplace Health Management, Vol. 5, 2012*

*(continued from page 1)*



## DOGS IN ACTION

### Canine Disc / Disc Dog / Frisbee Dog

This popular sport with several names is open to all dogs. A motley crew of canine athletes—mixed breeds, Whippets, Vizslas, Labradors, and Border Collies—has won at the highest competition level, but the discipline has much to offer amateurs, too. The basics of disc throwing are easy to learn, the equipment is cheap and portable, and there are local clubs throughout the country where you can learn technique and get together with other so-called disc doggers. Don't discount the opportunity to show off your dog's disc style at neighborhood block parties, either.



Don't have a natural born retriever on your hands? Not to worry. Most dogs quickly learn this game and become hooked. As with any fetching of objects, the key is to make the disc highly desirable to your dog by connecting it with attention, fun, play, and yummy treats. That done, you can start to practice uber-cool moves like the reverse crossbody vault, spinning airbounce, scoot, flip, and spin. For inspiration, check out some of the wonderful disc dog videos on YouTube or visit [skyhoundz.com](http://skyhoundz.com).



## HEALTHY DOG

### Signs of Stress

Stress is common in dogs—and the ways dogs show stress might surprise you. Look out for: *Digestive issues*. Sudden intestinal distress warrants a call or trip to the vet, but if the problems are ongoing and otherwise unexplained, consider anxiety as a possible culprit. *Behavioral changes*. Is your dog eating less than usual? Sleeping more? Keeping to herself when normally gregarious? Consult with your vet to rule out underlying health problems and if none are found, stress could be a contributing factor.

Observation and experimentation with stress-relieving measures are the next steps. Does additional exercise or supervised dog-dog play help? Does your dog improve if she has a snug den to herself when visitors come over? Do the problems worsen during storms? Keep going until you see improvement—alleviating stress triggers is likely to greatly boost your dog's quality of life.

## DOG IN THE SPOTLIGHT

### Australian Cattle Dog

Also known as blue or red heelers, these rough-and-tumble cattle drivers were bred for the rugged terrain of the Australian outback. Australian Cattle Dogs (ACDs) are resilient, strong, and highly intelligent, sport a rain-resistant double coat, and have a knack for problem-solving. The ACD is a stellar livestock herder, rodent digger, territory defender, watchman, and chaser of escapees of any species—talents that must be put to good alternate use by anyone who isn't a rancher yet wishes to live harmoniously with an ACD. Hard-working and clever, the ACD needs a job to thrive and the more challenging, the better. Think agility, disc dog, rally-o, canicross, schutzhund, or flyball. Even better, train the ACD to haze pest animals, track endangered wildlife species, or detect drugs. Predictably, this quintessential tough dog shows up beside manly men in popular culture, for example the nameless ACD walking the lonely road alongside Mad Max in the eponymous dystopian movie.

To give an ACD a home, search online for a rescue group near you.



## OUR SERVICES

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### 4 Paw Care Tips

**Paws need to be in shape, too.** If you start a new training program or plan a hiking vacation, be sure to start off slow to give your dog's paw pads time to grow stronger and more resilient.

**Trim, trim, trim.** Paw hair can quickly become matted and turn into uncomfortable or painful clumps. Comb the hair out (use oil if necessary), then trim hair to be even with the pads.

**Clean in between.** After walks, check paws for foxtails, pebbles, burrs, or other debris. Use a comb, a pair of tweezers, or simply cut away anything that won't budge.

**Keep them soft and whole.** Don't let your dog's paw pads get cracked and dry. Your veterinarian can recommend a good pad moisturizer (human moisturizer doesn't work well for dogs).

Unleash the **HeRo** in Your Dog!  
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