



Journal and Activities of PFH Canine-Assisted Therapies Teams
Volunteering in Napa, Sonoma, Solano and Marin Counties

Volume Nine, Number 1 • January 2007

PFH Begins its Ninth Year Providing Canine-Assisted Therapy!

What started with two rescued dogs — Polly and Bailey — has grown into an organization that has some 160 regular teams that visit people in over 50 facilities. It takes a dedicated Board of Directors, volunteers who give their hearts and time to others, and the enthusiasm and appreciation



(l to r) Randy Stegman, Suede, Nikolai and Mike LaForge at Queen of the Valley.

of the staff where teams visit to make our programs successful.

We begin 2007 with new opportunities, new energy and the heartfelt gratitude to the many people who have supported PFH financially over the last 8 years. All our staff, from clean-up to teaching, from making hand-crafted items to keeping complex data bases, *are all volunteers.*

Each training requires a minimum of 12-15 people to administer evaluations, teach classes and not least of all, **cont. page 3**

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Millenia-Old Relationship between Humans and Canines: What Dogs Continue to Teach Us

What really accounts for the ancient bond between dogs and people? Some Native Americans explain the attraction in a story: when a crack on the earth appeared and began to widen, separating people from animals, the dog jumped across the divide to stand alongside the human.

Other explanations depend on economics and politics. 10,000 years ago, dogs hung around early human camps for scraps of food and acted as a “home security system”, barking at intruders and earning their “tribe’s” gratitude (and a few bones).

Dogs have long been useful as guardians, not only of people, but of human food sources as well. That is why there are so many herding breeds, some better known than others: the Great Pyrenees, Anatolian Shepherds, Hungarian Pulis, Border Collies, Corgis, Australian Shepherds and a variety of cattle dogs.

The Mastiff was used in warfare by Romans and by the Spanish to terrorize Central America, the Caribbean and what is now the Western US. The Egyptians, on the other hand, were among the first to consider dogs (and cats) as gods and healers.

Breeds were developed and used for utilitarian ends: to turn spits for roasting meat, walking in endless circles and tied to poles, or ferreting out rats and vermin. Bernese Mountain Dogs pulled carts; Pit Bulls, Rhodesian Ridgebacks and Catahoula hounds brought down larger animals, like bulls, lions and boars.

The great Newfoundlands rescued sailors gone overboard, and Portuguese Water dogs were messengers between sailing ships. Retrievers – Labrador and Golden – where hunting dogs on land and water. The “little boatman,” the Dutch Schipperke, was the companion of barge owners who sailed European waterways.

Current researchers are now focusing on the physical similarities that canine brains share with those of humans for better answers to the age-old question of this inter-species friendship. Patricia McConnell, a ethnologist and behaviorist, has written *For the Love of a Dog: the Biology of Emotion in People and Dogs* (2006), and explains that the relationship between humans and canines is a biological miracle because one species is willing to jeopardize **cont. on pg. 4**

Dogs are not our whole life, but they make our lives whole. Roger Caras

Paws to Finish a Decade of Service in 2007 - Join Us for this Important Year

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to assemble the newsletter that you are reading.

There are people who help with the “dreaded” role-playing exercises that help new volunteer teams try out their skills and their dogs on “patients” with imaginary illnesses or disabilities. Others set up lunch, or help to evaluate perspective canines, and some fit the canines with their uniforms, answer questions or help with the PFH “store”.

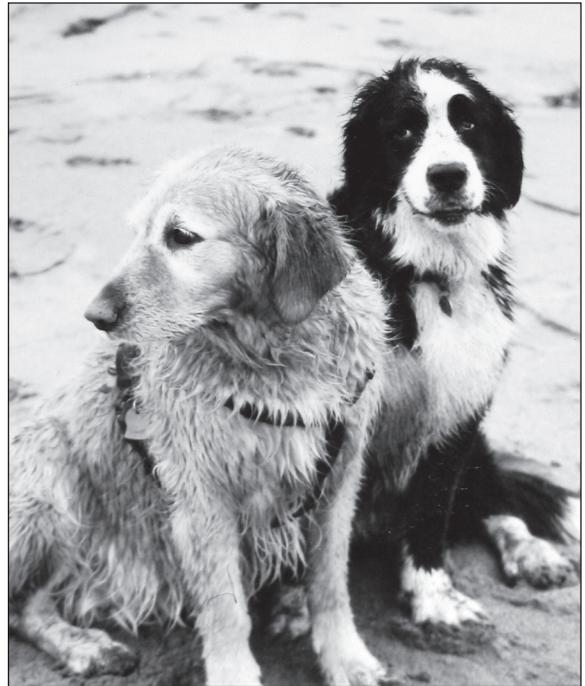
But You Don't Need a Dog to Volunteer —

Your donation of time is just as important as a financial contributions or volunteering with a dog. Please join us on our training dates: it's fun, you'll meet great dogs (and people); and you'll even get breakfast, lunch and a badge to welcome you as a Paws for Healing volunteer. To become a volunteer, call 707-258-3684.

What Our Teams Say —

“I'm grateful to all the Paws dedicated workers who help to make this program possible. It does so much good for so many. Thank you very much for the opportunity to work with your organization.”

Bosley & Judy Weinberg



*Founders Polly and Bailey at the Beach,
October 2000*

“Last week one of my clients that never smiles, came in for a session. I was talking to him about masking his feelings and distancing himself from others, and Pierre jumped up on his lap. The client smiled so much that he even looked younger. He held Pierre the whole hour. He now comes in looking for his “Buddy”.

“Thanks so much for allowing us to be a part of Paws.”

Thelma and Pierre

Thank you all for making it possible for our teams to carry our the PFH mission and to bring unqualified love to those who need it the most.

I wonder if dogs think poodles are members of a weird religious cult. Rita Rudner

Join Us to Celebrate our Volunteers, Enjoy Special Treats and Learn about Doggie Massage

Andrea Kern, founder of Loving Touch Animal Massage and Physical Therapy, will be the featured speaker at our annual Appreciation Tea. Please join us for demonstrations and lessons on how to ease physical and mental stress that your canine may experience from work, play or life in general.

Representatives from quality dog food manufacturers will also be available with samples and information, and several companies will offer alternative ingredients for dogs that suffer from food allergies.

As always, there will also be a variety of human treats, a raffle prize or two, and an afternoon of socialization. Well-mannered PFH dogs, friends, and family are welcome; all dogs must be

on leash and dog-friendly and small children should have parent supervision.

Time: 1 to 3 pm

Place: CEC, Napa

Date: February 24, 2007

Volunteers are welcome to invite staff members from the sites where teams visit as well. Look for our postcard reminder and mark your calendars for a special PFH event.

McConnell and a Dog's Love

cont. from pg. 2

its own safety to save another. And that doesn't mean that only dogs save people, but that humans, too, put themselves in harm's way to save their companions. (60% of New Orleans hurricane victims who refused to leave did so because they chose to stay with their pets.)

McConnell shows in her research that canines (and other animals) definitely have emotions, a universal conclusion also shared by modern biologists.

Emotions are also stored away and associated with certain images, smells and actions, just as they are in human brains. That is why early events, environment and genetics all play an enormous role in how puppies will react to the world as they grow older.

Dogs' eyes and faces also reflect emotional expressions similar to that of humans. That's one reason that dogs and their owners may

cont. next page

The average dog is a nicer person than the average person. Andy Rooney

PayPal Donations Mount up in 2006

PayPal is a real friend for PFH and over the year some \$1000 was donated to underwrite programs. Unfortunately, an electronic glitch kept us from gaining access to the account until late last year. PayPal, however, collected and stashed donations safely away for deposit in our bank account in January.

We want our readers and donors to know that their kindness and generosity, while being acknowledged belatedly, became an unexpected Christmas present for our organization. Thank you for the support and the holiday surprise!

Our gratitude goes to you, special friends, who believe in our teams and especially in our many angelic canines.

*In Memory of Wanda Hudson,
from Lea Stegman*



*In Memory of Karin Umbdenstock,
from Lea Stegman*



*in Memory of Bobby Williams,
from Randy Stegman*



*In Memory of Stitch Fallini,
from Randy Stegman*



*In Honor of Nixon Ryan,
from Jan Dykema*



*In Honor of "Doc" Yates,
from Randy Stegman*



Additional Donations came from:

Jan Dykema

Nikki Godfrey

Lea Stegman

John C. Van Willigan



McConnell and Dog's Love — cont. from pg. 4

sometimes look alike: they are mirroring the similar emotions. McConnell is careful to say, however, that humans may never know *how* a dog feels love, or if it is the same kind of feeling humans experience. Nonetheless, the feeling is "love" and is among many sensations both species share, such as pain, grief and even jealousy. (Guilt, however, is not among our shared emotions, says McConnell.)

The relationship that humans and canines can enjoy together goes beyond "unconditional love" and should not be trivialized, writes McConnell. And while humans may not know exactly what dogs think, we can imagine what they *do* feel.

There is no psychiatrist in the world like a puppy licking your face. Ben Williams

Woofs and Thanks for your generosity!



The Sponsorship Program is Working!
You Raised Over \$1700 for our Teams!

\$100 - 2 Teams

PACE Solano Programs
JC Buller & Andrea Clarke
Pat, Steve and Louie Davis
Janice Braun in Honor of
Mollie & Sandy at the Queen
Leilani Gray
Michelle Hornberger & Terry Short
Chris Maudlin
Hal & Sonya Milton

\$50 - 1 Team

Wayne Armstrong & Marcus Robbins
Jule Grant
James & Karen Miller
Doris & William Nichols
Karl & Robin Pintar
Roger Umbenstock

**Bandanas, Vests,
Safety Leashes, Collars
Wipes & Water Bowls**

Ann Curry
Geraldine Hansen
Vickie Allen
Janeann Erickson
William Alston Hayne
Laura Merkner
Beth Rodda
Milt Carrigan
Ahmed & Sharon Jafez
Kathryn Weber
Richard H. Keen
Elena Reese

Thank you for supporting our canines that bring comfort and joy to so many people in health care or in schools in the North Bay area. Those of you who would like to participate in our program, please consider a donation* that will help defray the costs of volunteering. Our dogs and humans are very grateful for your help at any level.

I. Antiseptic Wipes & Water Bowl \$10. II. Safety Leash, ID & Collar 15.
III. Therapy Vest or Bandana 25 . IV. Total Team Package 50.

You may sponsor one team at any level, two or more teams at any level, or sponsor a team package for one or more of our volunteers.

I can sponsor _____ team(s) at \$ _____ per team to underwrite volunteer costs.

Enclosed is a check for _____ Please send my acknowledgement to:

If I have any beliefs about immortality, it is that certain dogs I have I know...

Additional Donations...

PFH is very grateful to the *Medtronics Foundation* for its contribution of \$1000 in honor of *Nikki Godfrey* and canine *Jake* who visit Kaiser Hospital in Santa Rosa. In a very big way, Medtronics helps to underwrite the costs of our trainings and programs. We are also very grateful to these donors:

<i>In Memory of Karin Umbdenstock, PFH Volunteer. Roger Umbdenstock</i>	<i>In Honor of Nicholas. Geraldine Hansen</i>
<i>In Memory of Miles Sandstrom, a good friend and dog lover. Randy & Lea Stegman</i>	<i>In Addition, \$500 Nikki Godfrey</i>
<i>In Memory of "our little darling, Bud". How much we loved him. Florence Stegman</i>	<i>\$250 Donald Nieman</i>
<i>In Memory of Jordon Flynn-Malone. Patricia Peterson</i>	<i>\$150 Frontier Pet Clinic United Way & Valero Refinery</i>
<i>In Honor of all the wonderful and dedicated volunteers, human and canine alike, that provide love and support for those who need it most. Arnold Daglia, Mary Lou and Tom Gracy</i>	<i>\$100 Audrey D. Rose Don Maxcy, Maxcy Design Robert & Michele Torres Wheeler Pet Sitting</i>

If you care to make a contribution* to Paws for Healing to honor or in memory of a beloved friend, please provide us with the information that will enable us to acknowledge the person, family and companion animal. The enclosed envelope is for your convenience.

In Honor of _____ **or**

In Memory of _____

Send acknowledgement to: _____

* All donations are tax-deductible as allowed by law. PFH is a 501 (3) (c) non-profit corporation. All donors will be acknowledged with a letter as well as those families or individuals who are honored or remembered.

will go to heaven, and very, very few persons. James Thurber

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Napa, CA 94558



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A graphic of a spiral-bound notebook with a white cover and a black spiral binding on the left. The notebook is open to a page with a white background. At the top of the page is a black and white photograph of a fluffy white dog's face. Below the photo is the text 'Why Do Dogs Love Us?'. To the right of the photo is a bulleted list of events.

Why Do Dogs Love Us?

- **Appreciation Tea, February 24, 2007**
1 - 3 pm at CEC
- **Next CAT Training set for March/April**
- **Help Volunteer!**