



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

Volume Nine, Number 2 • March 2007

# Calendar Girls Calling for Photos to Create 2008 CAT Calendar

**Judith Bernat, Mary Lou Gracy and Trudee Lewis** are heading up a committee to create a 2008 calendar of PFH’s therapy dogs that will honor our C.A.T. teams and the facilities they visit. Would you like your canine therapist to be included?



*Bobby D'Adamo-Yost poses for 2008 PFH Calendar and Fundraiser.*

### Here’s what we’ll need from you by April 23 (or sooner):

1. One high-resolution photo (minimum of 300 dpi) of your canine sent as a jpg to Joanne Yates: [shsirene77@comcast.net](mailto:shsirene77@comcast.net). Include your dog’s name, the facility or program where she or he visits people, and 10-15 words that describes the photo.

2. A photo release form if you send a photo in which a patient, client, staff member or student appears with your canine. (A flyer

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# Awards, Laughs, Tasty Treats (for Humans) and Great Guest Speakers Make Tea a Success

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**Volunteers were honored** at the PFH Appreciation Tea with pins and certificates, including four people who received a watch featuring their canine on its face for their contribution of over 1000 hours of service. Those volunteers were Joyce Bristow, Echo Evensen, Jennifer Golick, and Sharon Schaeffer.

Congratulations to them, and to all our volunteers for their dedication.

## **Special Awards:**

There were a several “Certificates of Supreme Merit” as well, a humorous but appreciative tip-of-the-hat to several special volunteers who contribute to the success of PFH programs.

Those people include Joyce Bristow, Thomas Gracy, Clare Le Brun, Trudee Lewis, Randy and Lea Stegman, Tracy Wingerter and Barbara and Steve Yost.

**Additional Citations:** Also cited for their time and talents were Hugh Alsworth and Jennifer Vaughn, Nancy Baracosa, Nanci Caron, Pat Dexter, Jeananne Er-

ickson, Nikki Godfrey and John Kunkel, Mary Lou Gracy, Tracy Hall, Jeane and Jim Hornberger, Laura Kostelac, Brandy Lipsey, Nikki and Travis Pacheco, Darryl Scott, Joy Sedlock, Florence Stegman, Siriporn Toongsuwan, Chris Williams, and Jean Williams. They get out the newsletter, coordinate trainings and

help with canine evaluations, send out birthday cards, stamp envelopes for the newsletter, clean-up after events, find new volunteers, and help with fundraising—in addition to volunteering with their canines!

## **Guest Speakers:**

Speakers Andrea Kern and Lauren Bellew were excellent. Andrea, who is

a therapist specializing in animal massage, demonstrated how to relieve the tension dogs can feel. Just like humans, pets experience emotional and mental stress that manifests itself in physical ways. Through gentle massage techniques, however, we

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*The Board of Directors thank our many volunteers for their time and service. Their good work make it possible to carry out the PFH motto: Mending Hearts with Gentle Paws and Guiding Hands.*

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*Did you know? Psychological stress can boost calorie requirements 40 percent.*

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# 2008 Calendar of PFH Canines

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with a photo release form will be sent out to all our current teams).

3. Since Paws for Healing is a non-profit, we are asking for a \$5 or \$10 donation for each photo submitted to offset costs for processing and layout. Make checks payable to PFH and send to our street address: 1370 Trancas St., PMB 127, Napa, CA 94558. Thank you!

## What kind of photos and how many will be included?

The calendar will accommodate approximately 200 to 250 photos and size will vary from approximately 7 by 5 inches to 1 5/8 to 1 1/2 inches. (See a mock-up on our web site: [www.pawsforhealing.org](http://www.pawsforhealing.org).) Photos can be silly or serious, and while we cannot guarantee where they will appear or what their final size will be, we will be using holiday themes for each month. The goal is to have a variety of pictures, including some working shots, if possible.

**What if you don't have digital photos?** We will have several people photographing PFH canines on April 21 from 10am to 12 noon. The location will be determined, but most likely it will



*The clearer the photo, the better for reproduction. Close-ups and horizontal images will work best. Vertical shots (like this one) are more difficult to fit. (See our example on the web site: [www.pawsforhealing.org](http://www.pawsforhealing.org))*

be in or near Napa. Costumes are welcomed, and to engage your pooch with the camera, bring treats and/or favorite squeaky toy.

**What else should you know?** We would like to accommodate all our PFH canines, including current, retired or those waiting at Rainbow Bridge. Therefore, we ask that you choose the one best photo of each dog you would like included in the calendar. Make sure the photo is not blurry, a photocopy of a photo, or a scan

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*Did you know? Chronic hepatitis is inherited in Dobermans and Dalmatians.*

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# The Tea: Last words but not the least...

*cont. from pg. 2*

can help them relax, feel better and stay healthier.

Lauren Bellew, a representative for Royal Canin dog and cat food, spoke about nutrition and finding the right diet for your pet. While regulations mandate the number of ingredients a dog food has in order to fulfill minimum nutrition requirements, she encouraged people to investigate food companies' philosophies as well in order to find brands that suit both the owners' and the pet's needs.

**What are the best brands? It depends.** Some brands promote a holistic approach and include a wider range of proteins, fruits and vegetables in their formulas. Others base their recipes on scientific research. Their food may have specially formulated to include ingredients such as chondroitin or glucosamine for larger dogs that suffer from joint problems. Then there are companies who promote raw diets as a more natural and wholesome alternative to dry or canned foods.

What is important, Lauren explained, is that pet owners feel good about the food they give their pet and the best way to do that is to talk with veterinarians,

go to the internet for more information, or speak with knowledgeable staff at pet stores.

**Want to ask a question?** As a special favor to PFH teams, both Andrea and Lauren offered to answer additional questions from our volunteers regarding massage or nutrition for their dogs. If you would like to contact them, please email your questions to Andrea at [ondraya67@hotmail.com](mailto:ondraya67@hotmail.com) or to Lauren at [Lauren.Bellew@royalcanin.us](mailto:Lauren.Bellew@royalcanin.us). Many thanks to both of our speakers for their time, and to Royal Canin for its donation of dog food to the raffle.

**Last but not least:** As many of you know, Marilyn Horvitz is a very talented volunteer who not only embroiders our canine uniforms, but also has made a number of beautiful quilts, shirts and other embroidered items as thank-you gifts for PFH volunteers or as holiday gifts for our fundraising efforts. She was specially honored at the Tea for all her work on behalf of PFH, as was her husband, Meir, for his nine years of service to the organization.

**cont. next page**

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*Did you know? A honking cough is a sign of a collapsing trachea.*

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## Other Questions about the Calendar?

*cont. from pg. 3*

of a photo. Those won't work for this project.

If you have non-digital photographs, we can scan them and convert if you cannot. If you send a paper photo, please use the organization's street address.

### **A few more considerations—**

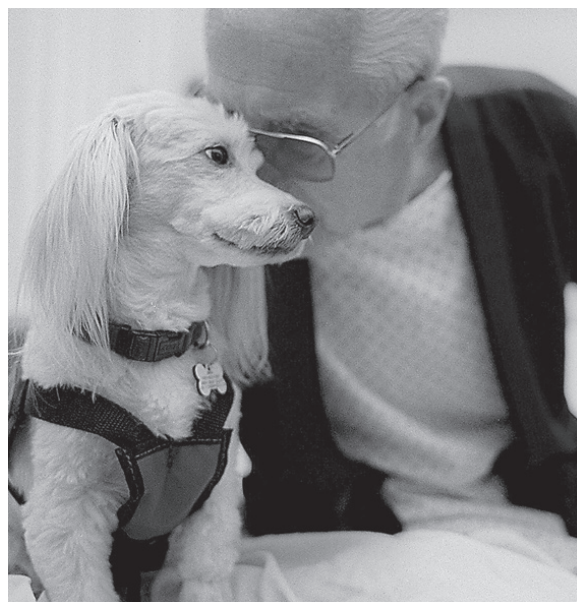
Since this calendar intends to honor our canine therapists, we ask that they appear only by themselves or with someone they visit at a health care or educational facility.

Most questions regarding artwork may be addressed to Joanne at her email address. For the location and sign-ups for our digital photo shoot, contact Judith at [judith@24kgoals.com](mailto:judith@24kgoals.com). Mary Lou Gracy and Trudee Lewis can help with questions regarding themes and text descriptions: [\[man@comcast.net\]\(mailto:man@comcast.net\) \(Mary Lou\); \[tristanandtrudee@webtv.net\]\(mailto:tristanandtrudee@webtv.net\) \(Trudee\).](mailto:chpfog-</a></p></div><div data-bbox=)

**Sponsorships:** To underwrite the production costs to make this our primary fundraiser for 2007, we are inviting businesses or companies to help by sponsoring each month. If you would like to participate in this capacity, please contact Judith Bernat at [judith@24kgoals.com](mailto:judith@24kgoals.com) for details.

**Thank you!** With our combined efforts, the PFH 2008 calendar will be a not only be a successful way to raise funds for the organization, but a loving testimonial to the canines who bring so much comfort to others.

*Black and white photos will also work well for the CAT calendar.*



### **The Last Word on the Tea...**

his spring, the Horvitzes will be moving to Florida, but promise to keep involved not only with Paws, but will continue to do therapy work with another group that visits facilities in Melbourne. The Board is very sad to see them leave, but we wish them only the best of luck.

*Did you know? Poodles and Schnauzers are prone to ear infections.*

# New R.E.A.D.ers In Napa and Sonoma

**Students in St. Helena and Windsor** are reading to PFH canines. In February, Sandy and Nellie Yates began a R.E.A.D. (Reading Education Assistance Dogs) program at the St. Helena Primary School. This April, Hummer Foster will initiate a R.E.A.D. program at the Windsor Public Library.

Annette Smith, the reading specialist at St. Helena Primary, was pleased with students' reports that they enjoyed tutoring the new "students." The second graders, part of a language immersion program, read in Spanish and were given bookmarks with a picture of the R.E.A.D.ers.



On April 17, Hummer, a lovable Rottweiler (that looks like Carl of the children's books that feature a rottie) will initiate youngsters to the program under the supervision of Windsor's children's librarian, Anne Marie Murphy.

With the growing interest in these programs, Paws needs more volunteer teams that can spend an hour twice a month with children. If you are interested, please contact our R.E.A.D. coordinators through the PFH email address: [info@pawsforhealing.org](mailto:info@pawsforhealing.org), or call our hotline. Volunteers must be PFH certified to apply for this program.

**Special donations and grants** made by individuals and through the Dey Foundation in Solano and the Community Foundation of the Napa Valley underwrite the training and registrations costs of R.E.A.D. volunteers, as well as the costs of the bookmarks that are given to students who tutor the canines.

R.E.A.D. was developed by volunteers of Intermountain Therapy Dogs in Utah and there are now hundreds of programs nationwide that help students improve their reading skills.

*Did you know? Unlike humans, dogs make their own Vitamin C.*

# Additional Donations...



In this edition of the newsletter, we are taking extra space to thank the many volunteers who have made Paws for Healing an important organization. Look for our donor acknowledgments in the May publication and, in the meantime, woofs and thanks for your generosity!

**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 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.*

*"Did you know..." facts come from the Cummings School of Veterinary Medicine.*

Paws for Healing, Inc.  
1370 Trancas Street, PMB 127  
Napa, CA 94558



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- Next CAT Training  
May 19 at CEC
- Help Volunteer!
- Become a  
R.E.A.D.er
- Learn How to Get Your Dog  
into PFH's C.A.T. 2008 Calendar!