

Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.
—Albert Einstein

MAY

3-7 - Dine and Donate event at Murphy's Irish Pub in Sonoma. If you choose the 4Paws Special Menu, you can dine handsomely, and Murphy's will donate generously!

9 - Don't miss the fun! Human Race Walk (3K) with your wild and crazy teammates. Booth and event opens at 7 am; Walk/Run starts at 8 am.

29 - Saving Strokes w/ the American Heart and Stroke Associations. Harding Park Golf Course, 99 Harding Rd., SF. 10:30 am - 12:30 pm.



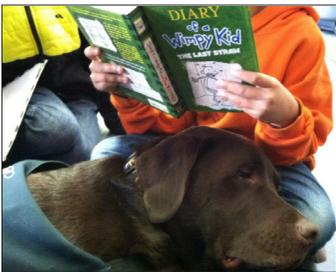
JUNE

5 Super Kids Camp at Sonoma State University. ROP. Exact time to be determined.

Enchanted Hills Camp for the Blind runs from June – August. 9:30 am to 11 am on Fridays and Mondays.

FLASH: Mara Kahn wins the Better Homes and Gardens Real Estate Northern CA Community Service Award!

Fenway Bark



Learning - Dogs and Reading

How do dogs help in classrooms?

First of all, they provide one-on-one attention that kids need to thrive in a learning environment, if only for 5 minutes.

Second, they lower anxiety levels that affect a child's ability to learn. When you are afraid or embarrassed, you don't do as well as when you're calm and confident.

Third, once the anxiety is gone, children begin reading for the story, not to pronounce every word "correctly". That is when the real joy of reading begins.

Social Therapy - ROP

In our April certification class we talked about how dogs can be part of "social therapy" in a classroom or library. Several of our seasoned teams also attended class and had some great stories that helped our new teams to see a larger picture of a dog's work.



To the left is Misty Schaffner at Miwok school. The kids finished reading early and there was some extra time to spend with Misty. James brought a stethoscope that day and it was a completely new experience for the students. They had never listened to someone's or a dog's heartbeat before.

Can you imagine the thoughts and feelings they must have had—and how they realized that just like them, animals have beating hearts, too? Thank you, James, for giving them a truly amazing experience and a new way to look at their world.

April - May Blast

4Paws News, Updates & Activities

News New Opportunities – Both EmpRes in Petaluma and The Redwoods in Mill Valley now welcome our health-care therapy teams. EmpRes has a very supportive staff and great residents that truly appreciate dogs. If you are interested in visiting either of these two venues, please let Joanne know by emailing info@4Pawscenter.org to set up your visits.

Activities 4Paws has been invited once more to the Saving Strokes event in SF on Friday, May 29, at Harding Park Golf Course. The participants and staff are still talking about how much they enjoyed meeting our 4Paws dogs last year. It's a relaxed event—much like SSU's Doggy Days—and held outside in beautiful surroundings. We'll even receive a nice boxed lunch afterwards. (Free parking!)

George and Yosie (I) were the blood pressure monitors for the 2014 gathering. Please let us know if you are available: shsirene77@comcast.net. We will send you more details.

Kudos and Shout-Outs Fenway and Mara Kahn are one of the teams at El Verano Elementary in Sonoma that help children learn to read. Mara credits her work with 4Paws as part of the reason she won the prestigious honor (there were over 2000 nominees for the Service Award in Northern CA alone!).

When she's not working or taking Fenway to class, Mara also volunteers for other Sonoma charities, including the Sonoma Valley Holiday Program. Mara and volunteers have helped over 1400 people be adopted by Sonoma families, provided toys for children, and helped host a community dinner. (PS: Mara is also helping 4Paws find its dream home in Sonoma County.)

Nutrition - Quick Adds



Parsley (flat-leaf or curly) can improve a dog's breath, alleviate mild arthritic pain, and soothe a stomach ache. Chop up a teaspoon (small dogs) or a 2-3 for larger dogs and add to a meal.

Oregano (fresh) is an herb that packs lots of antioxidants and flavonoids and can be added to meals as can parsley.

Coconut oil can improve a dog's breath, relieve arthritis, improve digestion and nutrient absorption, and can promote normal thyroid function. Advocates also recommend coconut oil for cuts, scrapes, and wounds because of its antibiotic, anti-viral and anti-fungal properties.

The best coconut oil is labeled virgin and made from fresh coconuts. Oil labeled RBD means it is refined, bleached and deodorized, and processed from dry coconut.

1/2 - 1 teaspoon per 10 pounds is ideal to give between or with meals. But start with a 1/4 tsp for small dogs and 1 tsp for large dogs. Too much too quickly won't hurt your pup, but may give him or her diarrhea.

He's Baaacckk —

Jonny Justice is once again leading a pack of readers—this time at the SF Public Library—with handlers Cris Cohen and Jennifer Long. The 4Paws program, Readers of the Pack™, begins this summer and promises to be a popular attraction for children. More details to follow as this ROP program gets underway.

Wellness - Seasonal Danger: "Spring Parsley" or "Wild Carrot"



"Spring Parsley" [*Cymopterus watsonii*] looks like the real deal, but is a common weed that is dangerously toxic to cats, dogs and horses if eaten in large quantities. It belongs to the carrot family, and ingestion can cause extreme sensitivity to the sun. Symptoms include skin ulcers, cloudy eyes and even blindness. The stems are often red/burgundy unlike the green stalks of parsley

Rid your yard of this pesky plant that also produces some nasty fox-tail spikes that are oh-too willing to penetrate the sensitive skin of our dogs, cats, and other pets by means of feet, eyes, and under-body areas.