



Social Therapy - Connections

Our New Year Party in January was well attended, and we enjoyed lots of yummy food, good stories, and lovely wines donated by Jonny Justice. Carole Aubrey (l), pins up the last of toys and doggie holiday clothes for volunteer prizes.



Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve... You only need a heart full of grace. A soul generated by love.

Dr. Martin Luther King, Jr.

MARCH

10 - Auxiliary Re-Orientation for all Memorial Volunteers - This includes 4Paws teams. MANDATORY

APRIL

15 - Book Discussion: A Dog's Purpose by W. B. Cameron @ Rincon Valley Library. 6:30 pm

16 - Sonoma State: Stress-Less Event for Students

18 - Book Discussion: A Dog's Purpose by W. B. Cameron @ Main Library (downtown). Noon

18 - Certification Class. 10am to 4:30pm - Sonoma

25 - ROP Class. 10am - Noon. Evaluations. 1pm to 4pm - Sonoma

MAY

2 through 9 - Restaurant Week to support Human Race Non-Profits!

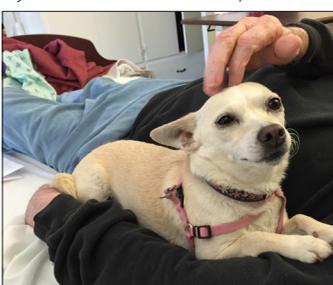
9 - Human Race. 4Paws Booth, Fun Run and Walk. 7am to Noon

JUNE

5 - Super Kids Camp Sonoma State. ROP. 10am to Noon.

Enchanted Hills Camp for the Blind run from June through August.

Dylan Freeman in Sebastopol



Wellness - Keep on Moving

If your dog is having difficulty picking up his feet because of age or injury, this simple exercise reinforces the brain-body connections that keep him moving. "Snake" a hose on a flat surface and walk your dog over it. To navigate safely over the hose, the brain sends messages to legs and feet to step a little higher so as not to stumble.



February Blast News, Updates & Activities

News 4Paws begins its **Capital Fund Campaign** with the 2015 Human Race, "Walk on the Wild Side." Our goal is \$100K by 2016 through donations, grants and sponsorships in order find space in Sonoma County where we can develop our programs to serve more of our community. Glenda Ayres is heading up the Human Race for us.

So mark your calendars for May 9 for the Fun Run and Walk at Herbert Slater Middle School in Santa Rosa. Activities begin at 7am (yes that's AM) and the run/walk begins at 8am. We're hoping for lots of volunteer teams, friends, family, and supporters to join us... More to come.

Updates Our focus on the campaign means we are concentrating efforts on looking for property, writing grants, and speaking with potential supporters. Sadly, that also means we won't go to Enchanted Hills for our yearly retreat. However, we will continue visiting campers throughout the summer with our therapy dogs. Look for a schedule by early May.

February's class gave us 9 new volunteer teams! Welcome to Jim and Kiki, Gene, Gail and Hunter, Sheila and Bindi, Kat and Nigel, Jane and Sammy, Judy and Pepper, Leah and Thomas, Lisa and Beau, and Nelson and Bella.

Activities

We have some outstanding events coming up at **Sonoma State University**. All 4Paws teams are invited to participate with dog-friendly dogs. Both events are held during the day. Super Kids Camp in June is an ROP activity. More details to follow — look for email updates.

Book Club Discussions: Jennifer Duran at Rincon Valley Library has asked 4Paws reps to speak briefly about the role ROP plays in helping students read. It is part of a Community Action program that helps people understand how dogs can support others with emotional, physical and learning challenges. The book for discussion is entitled A Dog's Purpose, written by W. Bruce Cameron. This work of fiction is a delightful and touching story of a dog and how he finds his purpose in life. We need a representative from 4Paws for the April 18 date. **Want to help? Please contact Joanne – info@4Pawscenter.org.**

Scout (l) at the Sonoma Doggie Days event, 2014. College freshmen represent the largest number of suicides in young adults. Doggie Days and the Stress-Less winter event (below) helps mediate stress, loneliness, and depression.

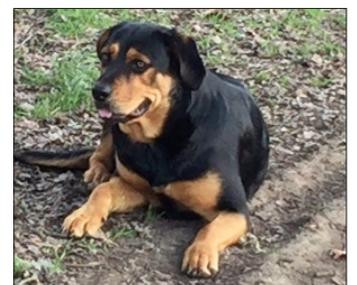


Nutrition - Veggies and Fruits



Dogs love good food, including carrots, broccoli, kale, apples, parsley, sweet potatoes, peas, green beans—in the right amounts and properly prepared. Find out what's good and why: animals.howstuffworks.com/pets/10-fruits-veggies-aid-dog-nutrition.htm

Learning - Dog Talk



Zulu (above) is a 100-ib, year-old mutt watching dogs play. Her mouth is relaxed, there's a little bit of tongue to show she's no threat, and her eyes are alert and curious. Mojo (below) is a 10-lb, all-muscle terrier mix who's afraid of nothing. His eyes are locked onto the golden's face, his body and ears are tense and leaning forward. His



tail is erect and unmoving to show top-dog status. All three know each other but Mojo is the boss. Rudy defers by looking off to the side and keeping his body perpendicular to Mojo's. His wide, high tail wag says that he's engaged but not a challenge. Helping children understand what a dog is saying with his body can keep them from getting into trouble with a dominant or under-socialized dog.