

"Dogs are more important now than ever before ...because people are living longer and so many live alone and don't have kids. This is the moment for the human-animal bond."
Beth Frates, PHD, Harvard

In the News!

Thank you to the *Sonoma Valley Sun* for featuring a story about our 4Paws teams at El Verano Elementary School and at local healthcare sites in Sonoma. <http://sonomasun.com/2015/07/11/reading-help-and-a-cuddle-call-in-the-therapy-dogs>



Mara Kahn and Fenway, Sheila Butterfield and Bindi, Jane Wicklund and Maggie, Nancy Swick and Max, Sue Cole and Reuben, Patty Mede and Oso, Nana Howell and Finlay, Sue Rowlands and Hemi, Virginia Bertelsen and Isiah, and Joanne Yates and Rudy all helped this year's Reading Academy reach more students than ever.

JULY - OCTOBER

Enchanted Hills Camp for the Blind invites our teams to visit with campers throughout the summer months from 9:30 am to 11 am on Fridays and Mondays. Here are the remaining dates:

July 24 • 31 • Aug 10.

Please let Joanne know if you are coming to any of these sessions. The campers are so excited to be with our dogs and enjoy their company. It's a phenomenal privilege to join them.



Nancy Stoltenberg with Hugo and EHC camper

Trainings
August 1 & 8

The August classes and evaluations will be held at the 4H Center in Rohnert Park. If you would like to help with evaluations, afternoon activities on the 1st, set-up or clean-up, please let us know: 4pawsoffice@gmail.com. We'll send you a map as the location is a little tricky to find.

October 17 & 24

This training will be held in Sonoma at Vintage House on East 1st Street. Thanks to Impact100, we have the opportunity to train more prospective teams at this location.

Meeting Planners International in San Francisco

August 2, 3, 4

4Paws will provide therapy dogs for an international conference for meeting planners at Moscone Center.

Jennifer Long (and we hope Jonny Justice) will be there to coordinate our teams. Sue Cole, Sherry Harrington, and Cynthia Raymond have put together framed photos of the 4Paws dogs participating as a memento of the event and for donations. 4Paws is very grateful to everyone who will make this one of the highlights of the convention.

June - July Blast
4Paws News, Updates & Activities

Get Healthy, Get a Dog! At long last, it's official. In an exhaustive study released by the Harvard Medical School, research proves that there are myriad benefits from the human/dog relationship.

The results include the emotional and physical advantages of sharing your life with a dog, what service and therapy canines contribute, and how a dog's keen sense of smell can save the lives of cancer victims. (By detecting the disease in its earliest stages, dogs give cancer patients a head start on treatment and survival.) A dog's nose can also detect sudden changes in a diabetic's insulin levels, or when a person is about to have a seizure or heart attack.

This information is too important to miss and we hope you will order your own BARK's Summer 2015 issue for the summary, or get a copy of the complete study at health.harvard.edu/staying-healthy/get-healthy-get-a-dog.

Volunteering really matters In a recent article in the *Costco Connection*, author Malia Jacobson explains why volunteering improves a person's health.

Adults who volunteer live longer, healthier lives, suffer less from depression and high blood pressure, and enjoy higher levels of life satisfaction. Similarly, adolescents can improve their cardiovascular and mental health, reduce cholesterol and their body mass index, and increase their capacity to empathize and act compassionately toward others. And, it requires only an hour a week to do this.

Those who benefited most from volunteering, however, were 65 and older: their experience reduced their own symptoms of pain and drastically lowered depression. The theory is that by socializing and caring about others, older volunteers have a chance to develop a healthier perspective on their own troubles.

Kids and volunteering As mentioned above, children who volunteer learn important life skills that will carry on into their teens and adult life. They learn to listen, to care about others, to give, and then use those experiences to evaluate what is most important to them as they grow older.

Conversely, the children whom our teams visit can also learn those lessons through our therapy dogs. Child psychologists believe children are already shaping their futures by the time they are in kindergarten.

What does that mean? By learning to care about and share with others, children also learn how to be better friends and siblings, be better colleagues at work, and better parents to children. Empathy is a platform for collaboration, understanding, and meeting the challenges of living together by focusing on the values we have in common.

Why 4Paws Needs a Wellness and Learning Center —

As most of you know, the long-term goal of the organization is to have a center where we can give more training classes, create gardens for cooking demonstrations and hold classes on canine nutrition, build exercise courses and a facility for in-door trainings, and most important, provide the means for palliative care for our canines as they age.

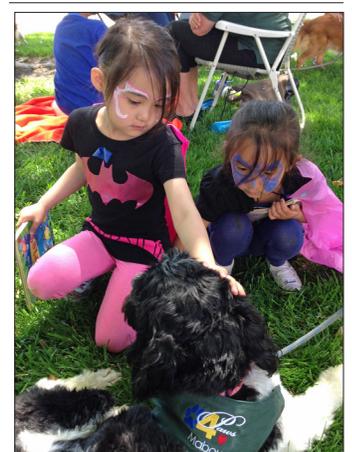
The purpose is multi-disciplinary, inclusive, and intentional: all people are welcome, young and old alike, in order to create a commUNITY where we improve people's lives by enhancing the lives of our animals.

As Harvard researcher Beth Frates, PhD, says, "This is the time for the human-animal bond." Anything we can do now to bring that message to others will have a lasting effect for many people living in Sonoma, Marin and San Francisco counties.

So, let's get the word out!

- tell your family, colleagues and friends how important your dog's work is and how you're changing the future for many children.
- let those people know how you and your dog have comforted a person in healthcare, eased a person through pain or grief, or given someone the hope and encouragement to carry on.
- help us find the property where we can realize our goals and achieve our purpose. Know someone who might want to donate property? or a down payment?
- let fellow service club members know about 4Paws; tell them that we can send a speaker to explain our services to the group.

Best of all, it's as easy as forwarding our newsletter to the folks you know. That's it — and thanks!



Mabou at SuperKids Camp, SSU

Yearly Volunteer Check-Up —

No, we're not asking you to go to the doctor, just to the 4Paws manual. Need a revised copy? The new and improved edition is available by contacting 4pawsoffice@gmail.com.

Just a few reminders:

- Please review the Code of Conduct and remember to act in the best interest of 4Paws and to treat others with respect and courtesy. Everyone is a volunteer.

- We ask that you honor the role of service dogs by not taking advantage of ADA allowances for a working animal. Your dog is NOT a service dog.

- Whenever you and your dog are acting on behalf of 4Paws, please wear your uniforms.

- If you are visiting a place that is not known to us (that is, we don't have an agreement with the site) then you are NOT covered by our insurance. We can help you formalize a relationship.

- We'd really appreciate getting your month-end reports on a timely basis. Going back and picking up several months and making sure everything still balances drives Michelle crazy. And that's not good. ☺

- Please send email replies to the people who have made requests, announcements, or who are managing a project. Otherwise your response is delayed.

- Use the office email for any inquiries and questions: 4pawsoffice@gmail.com. We have your files at our disposal, addresses, phone numbers, and other information so whoever is working can reply promptly.

- Lori handles all things "uniform" and you should correspond with her about uniform inquiries and requests. Please note her email: londog@fastmail.fm.

Keep cool and your dogs out of the sun or a hot car,

— Joanne

June - July Blast

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Financial News Whoo-hoo! 4Paws raised over \$5500 through the Human Race for its capital campaign of \$10,000! That is quite an accomplishment considering this is the largest goal we've set. And with our next two fundraisers, Montgomery Village and the MPI event in SF, we should meet our goal in only 4 months! Here are the results:

Top Dogs: Our top fundraiser was Glenda Ayres, who hit over \$1,000! Robin Raike raised \$565, Sherry Harrington collected \$515, and Anne Heron raised \$255. Congratulations to Robin, Sherry and Anne who won our three top prizes: \$100 gift certificate + wine; a Dognition subscription, dog book + wine; and a gift certificate to Petco, a doggy wash and dog book. Honorable mention goes to Sue Cole who collected \$100. Glenda co-chaired the event with Joanne and we want to thank all of you for believing in 4Paws and supporting the joy and comfort our dogs bring to others.

This year Ghilotti Construction Company donated a very generous \$500 as a 4Paws sponsor, and Murphy's Irish Pub in Sonoma sponsored a dine-and-donate event. Their generous 50% donation on a special meal raised \$437.50! Thank you teams, friends and family for your support.

Individual Donors for the Human Race

David & Donna Lee • Steve & Linda Goldfarb • Susan David • Andrea Stewart • Michelle Lua • Nelson Weller • Marc Traverso • Karen Schuppert • Lori Bowling • Randall Meyers • Robin Pintar • Richard Erlich • Christine Lee • Kyla Smay • William Freund • Elliott Samuels • Jane Wicklund • Alice Johnson • Rudy T. Yates • Jim & Chris Curtain • Jay & Andrea Labinger • Trudee Lewis • Lia Brown • Susan Linn • Barbara Seifert • Jullian M. Helmer • Jennifer Raike • Paul & Jill Schoenwetter • Edward Schoon • Claire Connors • Donna Cochran • Sue Huetter • Shelley & Jeremy Brott • Laurie Bowman • Jean Perry • Margaret DeZurik • Sharon & Robin Marshall • George Wihite • Samuel Forbes • Peggy Elliott • Robin Crawford • Jone Gamble • Sandy Smith • Eryn Strickland • Ed Sclare • Loretta Castleberry • Jason Lee • Tobe Wolf • Davis Hoffman

Montgomery Village

Thank you to our teams for assisting with this event and for speaking to the people who came for the concert, antique car show and traveling fair. Glenda, Fred, and the soccer coach Lee; Lori, Lonnie, and Seamus; Joanne and Rudy; Maryann and Carlyn Laughlin with Bodie and Daisy; Sue Rowlands; Karen Zurich; Jim Majer, Nan Banker, and Kiki, Genie Rhodes and Reggie; Nancy Stoltenberg and Hugo. Your support helped raise almost \$900 and generated new interest in 4Paws.

Left (l to r): Our MV station with Jen Ng, Lonnie Bowling, Lori and Michelle in front with Sue Rowlands; Fred Ayres (red shirt) and Robin Marshall in back with Karen Zurich and English soccer coach, Lee, looking on.



In Honor or in Memory of Special Lives

Donations to 4Paws were made in acknowledgment of the following individuals or animal companions:



In memory of Rachel
Goldman

Rae was a great animal lover—especially dogs!—throughout her long, service-filled life. We think she would have been a great advocate of the important work 4Paws does to bring people and dogs together in happy collaboration.

—Andrea and Jay Labinger



In memory of Lily
Cohen-Long
To a life well lived and a
companion well loved.

—Rudy Yates

Want to let someone know that you are thinking of him or her? Then consider a donation to 4Paws in the person's or animal companion's name. Add your sentiment and to whom to send the acknowledgment. Kathy Exelby is our Corresponding Secretary and she will send out a personalized note to you and the person who should know about the donation.

Make sure to include:

- person's or companion's name;
- personal remembrance or tribute;
- name and address of the people to whom you want an acknowledgment sent;
- your name and address to send an acknowledgment to you.

Please send in the information and check to

4Paws

5800 Commerce Blvd.
Rohnert Park, CA 94574



Above (l to r): Antique car buffs speak with 4Paws team members Jim Majer with Kiki and Nan Banker.