

# The Printed Paws

First Edition Summer 1999, the quarterly newsletter of Softpaws.

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Softpaws, a newly formed group in Bend, is interested in educating dog owners about the issues that help keep Bend a dog friendly city. Advocating stewardship and a better understanding of dogs, dog training, regulations and present dog related conflicts. Softpaw's mission is to provide education to dog owners through monthly meetings, monthly park clean-ups and special events. Softpaws also participates in a partnership with Bend's dog regulation agencies.

### Welcome to the first Issue!

### How we got started, where we can go!

Dog friends,  
Softpaws was born over a year ago as an answer to a pressing need for public awareness and understanding of the dog related issues that are pending in and around the Bend area. Having previously lived in the Spokane and Seattle area of Washington, where a dog off-leash at a public park equals a non-negotiable \$250 fine, I was fast to realize the privilege Bendites experience in such a dog friendly town. Being able to have your dog off-leash, play Frisbee, or fetch sticks from the river at parks in the Bend area is nothing less than pure happiness. This is unheard of in similarly sized towns. Off-leash dog areas are becoming the trend in most cities and are the only places you can take your dog to get proper exercise without getting fined. These too have their setbacks as they often become grassless, poop laden, mud bins of dirt and dust. Yet dog lovers throughout the U.S. fight diligently to have these spaces created so they can take their dog somewhere leash-free. I'm hoping we will never have to cross that bridge here in Bend but that will only happen with support from the community, and this is where Softpaws fits in. Softpaws' mission: To expand and improve public education and awareness about dogs, dog related issues and to be a liaison between dog regulating agencies and dog owners. Let's be pro-active on this issue. Starting today, we will have the most influence in shaping the future of a dog friendly community.

Sincerely,

Mare Shey

**Monthly meeting of Softpaws  
take place every fourth Thursday of the month at  
the Central Oregon Environmental Center  
16 NW Kansas @ 7:00pm**

**Softpaws**

**Walk softly**

**Reduce conflict**

**Educate**

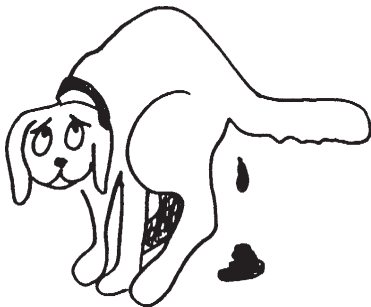
# Calendar

All meetings have an educational session

**June** - Understanding animal behavior  
**July, 22** - Backpacking with your dog  
**August, 26** - Dogs as teachers and healers  
**September, 23** - First Aid for dogs  
**October, 28** - Understanding training techniques  
**Saturday Oct. 30** - bring your dog for a special training session and get free training advice. This is in conjunction with a park pick-up.  
**November, 18** - (Note change of date) meeting 3rd Thursday, Skijoring with your dog  
**December, 9** - (Note change of date) Christmas party & potluck Thursday the 9th. Bring a dog toy for exchange and a donation for the Humane Society.  
**January 27, 2000** Fun with games and tricks you can play with your dog.

Send ideas for educational topics and comments to:  
Softpawsk9@aol.com

Monthly meeting of Softpaws  
that takes place every fourth  
Thursday of the month at  
the Central Oregon  
Environmental Center,  
16 NW Kansas, @ 7:00pm



Let's meet at Newport Royal Blend for coffee at 9:30 am, De-poop-de-park, and let our dogs play together, the fourth Saturday of every month. Call and let us know you'll be showing up. Mare 317-1598 or Softpawsk9.aol.com

# Library

Softpaws is putting together a loan library of dog-related books for members to lend each other. Books generally are on loan for one month, returned at the monthly meetings.

Loss or damage will be the responsibility of the borrower.

## Books Available

### Training & Health

How to be your dog's best friend.- The Monks of New Skete  
On Good Behavior - Bardi McIennan  
How to Get Your Dogs to Do What You Want - Warren Ecksien  
The Complete Idiots Guide to Dog Training - Sarah Hodgson  
Ready! The Training of the Search and Rescue Dog - Susan Bulanda  
First Aid and Health Care for Dogs - Charles Bell

### Backpacking

Happy Trail for You and Your Dog - Gary Hoffman

### Animal Behavior

The Hidden Life of Dogs-Elizabeth Thomas  
Chicken Soup for the Pet Lovers Soul -a collective of authors  
Dogs Never Lie About Love - Jeffery Masson

### Videos:

3 tapes series: Raising Your Dog with the Monks of New Skete

# Book Review

## In the Shadow of a Rainbow, by Robert Leslie

A must-read for any one who is interested in learning about the ways and world of a wolf pack. This book will provide you with the insight of how these animals relate to themselves, their pack, and their desire to step into new worlds by learning more through human contact. Few books put you behind the eyes of the animal world and this one comes as close as it gets. Based on a true story of friendship between man and wolf, it takes place in the backwoods of British Columbia. Tah-Kloma, a young Indian in 1970, tells his story as he travels the bush to find and live with a timber wolf pack, and is befriended by their legendary silver female leader Nahani, "the one that shines".

# Park Pick-Ups

**August, 28** - Shevlin Park

**September, 25** - Drake park

**October, 27** - Kiwanis Park off Wilson

**November, 20** - (Note change of date), River Trail on 1st street

Softpawsk9@aol.com



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## Training Corner

Each newsletter will include training tips and ideas ranging from basic obedience to fun tricks.

Pay attention to your dog and reinforce the things your dog does right.

Keep your lessons short and interesting.

Use a reinforcement word ("yes", or "perfect" or "good") at the moment your dog does it right.

Say the command only once.

Observe closely and guide your dog in knowing what behavior you don't want them to do with an "Aaach" or "no" \_\_\_\_\_ (jump, bite, chew) at the moment your dog does the action. By saying "no" and then "jump" you are increasing the dog's vocabulary so that they will better understand what you want.

**ALWAYS end training with play time and exercise. This way your dog will look forward to working with you.**

## Articles on Monthly Educational Topics

### Understanding Canine Body Language by Mare Shey

It doesn't take much, perhaps a particular pair of shoes that you put on or a water bottle that you fill in a certain way. It could be a repeated pattern of events that you nonchalantly go through before you get ready for a walk or run that alerts the eyes and ears of our best companions. Some say just the thoughts in our minds can be enough to give the right signals to our canine friends that soon we will be barking on an adventure

in the out-of-doors. However we express, through body language, our daily rituals of taking our dogs out for exercise, they are highly tuned to every movement and expression we make. This ability to be observant and focused comes from thousands of years of hunting and communication skills that have been used by canines to direct and collectively interact with their families and friends. Now that we have domesticated this social and intelligent species which no longer has to hunt for its food, what are we communicating to them in regards to their responsibilities in everyday life? Most often their hours are filled with watching and observing the clues that we communicate to express our needs and desires. When that includes playing with them, they are ready and alert to respond in a most joyous enthusiastic YES!!! Lets play! And by the way, is it possible we could do it for the rest of the day?

## August Monthly Topic

### The Healing Power of Pets by Eila Overcash

What can a pet do for you besides lay at your feet when you work, provide company on a walk, and alert you to the presence of a visitor? Scientific studies have shown that pet owners have lower blood pressure, a lower incidence of heart disease, and spend less on medical care than those who are without a pet. As more research is being done on the healing and health-enhancing power of pets, pet owners and people who work with animals are telling their stories of how animals have improved the mental and physical lives of the humans they live and work with.

For senior citizens, pets are often the best and most reliable companions they have. A visit from a dog has been known on several occasions to prompt a catatonic senior to smile, or even speak. The right pet has changed an ill-tempered, negative senior into one who enjoys walking with his dog to visit neighbors and make friends. The positive effect that animals have on the elderly in nursing homes has led many facilities to keep a cat or dog as company for the residents. Far from being a bother or getting in the way, the right animal can, in fact, have a calming and therapeutic effect on the residents.

In some cases, a devoted pet or a regular visit from a therapy animal can help accident or disease victims recover faster than they would otherwise. Owners of therapy dogs talk about the joy they see in the faces of the people they visit and the brightened moods and decreased pain that many patients experience. Riding a horse has been shown to improve the health of some

-continued on next page

# July monthly topic

## Backpacking with Your Dog

by Eila Overcash

people suffering from Multiple Sclerosis, while swimming with dolphins has improved the motor skills of some people suffering from paralysis and physical handicaps.

In addition to the physical benefits, pets also contribute to mental health. When a young child became confined to a wheelchair after an accident, her doctors prescribed a pet. They believed that loving and caring for a pet would help her come out

Whatever the reason, the fact remains: everyday, someone's life is made better by the presence of an animal.

of her depression and face the new challenges her life presented. In the lives of people experiencing less difficult setbacks, the excited wagging of a tail (and sometimes, whole body), is enough to bring cheer, and little is more soothing than the gentle breathing or purring of a warm, furry body.

No one knows for sure what it is about the human-animal bond that produces a healing effect.

Perhaps it is a special sense that animals have for the suffering of others. Perhaps it is the patience animals are able to display. Perhaps animals and their humans really do develop a psychic connection as some theories suggest. Or, perhaps, as some skeptics will say, it is merely coincidence. Whatever the reason, the fact remains: everyday, someone's life is made better by the presence of an animal. They do not discriminate. They do not care if we are sick or weak, and they will never judge us based on our race, gender, ethnicity, religion, or sexual persuasion. It does not matter to them who we voted for in the last election. Their main concern in life is giving and receiving love, and maybe this is why they can heal our minds and our bodies

For more detailed accounts of the healing power of pets, look for these titles:

Chicken Soup for the Pet Lovers Soul

Compiled by Jack Canfield, Mark Victor Hansen, Marty Becker, DVM, and Carol Kline

The Good Shepherd: A Special Dog's Gift of Healing  
By Jo Coudert

Adventures in Kinship with All Life  
By J. Allen Boone

And the Animals Will Teach You: Discovering Ourselves through Our Relationships With Animals  
By Margot Lasher

Animals as Teachers and Healers: True Stories and Reflections  
By Susan Chernak McElroy

Between Pets and People: The Importance of Animal Companionship  
By Alan M. Beck, Aaron Katcher, Elizabeth Marshall Thomas

About therapy animals:

Animal Partners: Training Animals to Help People  
By Patricia Curtis

Who better to hike with than your dog? She provides protection, companionship, comic relief, and a warm body to curl up next to when the night becomes chilly. At the July meeting of Softpaws, the topic of discussion was just this, safely hiking and backpacking with your dog. While many leave the house with dog in tow, too few adequately prepare for the health and safety of their canine companion. The trip can be a pleasure for human and dog alike with some simple preparation ahead of time and some common sense on the trail. When planning a trip, keep this simple idea in mind: if you do it for yourself, do it for the dog.

If you haven't had much exercise in a while, you would probably not undertake an extended trip without a little conditioning first; the same goes for your dog. Make sure both of you are in shape for the challenge.

As you prepare your gear and check it for fit, safety and comfort, do the same for your dog. Make sure the pack your dog will wear fits correctly, is loaded evenly and is no more than 1/3 of your dog's weight. Choose a pack that distributes the weight evenly over the dog's back and has as many comfort and convenience features as you can afford.

If you will be hiking on snow, ice or rough ground, make sure you bring and use protection for your dog's paws. Booties come in various sizes and will keep your dog from getting nasty cuts and raw paws.

Remember, if you wouldn't drink the water, your dog probably shouldn't either. While they are a little better equipped to handle the creatures that may live in the water, they can still get Giardia and be terribly sickened by it. Carry enough water for you and your dog.

Carry first aid supplies for you and your dog. Some companies make kits specifically for dogs ([www.medipet.com](http://www.medipet.com)), but your standard human kit will suffice. If you are not traveling with booties, make sure you bring along a bandanna or two; they can be used as booties in the event of an injury, and they make a great make-shift muzzle.

While on the trail, keep your dog under control at all times. For well-trained dogs, a leash may not be necessary, but if you cannot control your dog with your voice, keep her on a leash. This will keep you and your dog safe, and will keep other hikers from becoming irritated. It also keeps the wildlife safe.

Finally, clean up after your dog. You have, of course, brought along a shovel to bury your waste. Use it to bury your dog's waste, too. On day trips, you can also carry it out with you. Again, this keeps other hikers happy and protects the environment.

By following these tips, you, your dog, and the other hikers who use the area will all have an enjoyable experience.

For more information, try these web sights:

<http://www.k9web.com/dogs-faqs/misc.01.html> [www.k9web.com/dogs-faqs/misc.01.html](http://www.k9web.com/dogs-faqs/misc.01.html)

<http://www.cvm.uiuc.edu/CEPS/PetColumns/hiking.htm>  
[www.cvm.uiuc.edu/CEPS/PetColumns/hiking.htm](http://www.cvm.uiuc.edu/CEPS/PetColumns/hiking.htm)

<http://saturn.las.ox.ac.uk/internet/news/faq/archive/dogs-faq.activities.backpacking.html>, <http://saturn.las.ox.ac.uk/internet/news/faq/archive/dogs-faq.activities.backpacking.html>

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## Law Regulating Partnership

Softpaws is involved in a partnership with the US Forest Service, City of Bend, Bend Parks and Rec, OR State Parks, and The

Humane Society. Our goal is to establish a consistent educational message between public agencies and educational groups that serve the public interest through mutually beneficial programs concerning dog related issues. This is the forum possible for Softpaws to have an active voice in future issues. Softpaws has attended 2 meetings so far and a memorandum of agreement is in the process of being written by the Forest Service. The agreement is being written on the following concepts:

**Mutual interests and benefits.**  
Share program development information. Promote and develop dog education curricula.  
Share an interest in enhancing dog owners and other user's appreciation and understanding of responsible dog

and land stewardship through education. Promote community between the agencies dog owners and other user groups.  
Foster volunteerism and community service.

### Objectives

Provide quality education of user conflicts concerning dogs on trails, in parks, the front country and backcountry.  
Educate the public on dog related issues that will make their outdoor dog encounter both safe and more enjoyable.  
Support Softpaws volunteers to deliver educational message on forest, city and state land.  
Expose the dog owning public to alternative areas of public lands that have less conflicting concerns

Softpaws also participates in a partnership with Bend's dog regulation agencies.

## Paws at Play

by Mark R. Johnson

For those dog owners lucky enough to have a pet who enjoys chasing and catching a frisbee, rejoice! You have a great way to give your dog terrific exercise in a condensed period of time. And if you have a busy schedule, this can be a saving grace.

If you have a dog who doesn't yearn to chase (and return) the frisbee, and want to build this instinct, use treats to encourage your pet to want to play. A reward offered for returns may be just the trick. Also, let your dog carry the disc when traveling to your place of play. No not for appearances, but so that your pet comes to appreciate it - though put it out of sight when at home so it doesn't get chewed up, or over-indulged.

Don't insist that your dog leap up to your hand to snare the frisbee, as, over time, this can result in damage to the hips. When dogs land on their hind feet only, this delivers a great deal of impact to the hip bones - especially with bigger animals. For the same reason, when tossing for older dogs, consider lower throws that keep them relatively grounded.

Although your dog may chase anything that flies, choose the right disc so that you're not wasting one every week or doing damage to your animal's mouth. Soft, plastic frisbees - generally somewhat flexible in design - are great as they don't crack, although they do tend to get punctured rather easily. A frisbee that's larger in diameter will float longer and hence, fly further. And yes, they make for a rather handy water dish/food bowl while traveling.

Fabric frisbees are soft on your dog's mouth, easier on your hands - particularly when it's been perforated by eager teeth - and you can stuff them in your pocket (although be sure to bring a plastic bag or wash that slobber off first). Ruff Wear, a Bend-based maker of canine equipment, gave us a just-released fabric disc called the Hover Craft for some field testing. The soft fabric material disc combines nylon webbing and Diamond Plate P.E.V., comes in 9-inch and 6-inch sizes, is tough, and it floats. We found it weighted enough to send our demo dog bulleting for the horizon, especially when it was wet. Our dog gave it the aggro tail-wagging rating. Look for it at pet and outdoor stores, call 888-Ruff-Wear, or visit [www.ruffwear.com](http://www.ruffwear.com).

Ruff Wear, a Bend-based maker of canine equipment, gave us a just-released fabric disc called the Hover Craft



**September Monthly Topic is First Aid for Dogs**

# The Quarterly Printed Paw Award



This time the award goes to **Mark Johnson** for all his efforts in making this first edition possible. Thanks Mark!

Join Soft Paws in supporting the






## Soft Paws Wilderness Patrol Volunteers Program



A Soft Paws Wilderness Patrol Volunteer is...

a dog owner who enjoys hiking with their dog in the backcountry, educating responsible dog ownership and Leave No Trace ethics with fellow dog owners and trail users.

If you are interested in...

-  hiking with your dog while enjoying the beauty of the cascades
-  keeping trails open to dogs
-  educating fellow dog users about the need for responsible dog etiquette
-  participating in reducing user conflicts on trails
-  practicing and promoting Leave No Trace practices

...then join the volunteers of the Soft Paws Wilderness Patrol program



Please contact  
Program Coordinator  
Deschutes National Forest  
1230 NE 3rd  
Bend, OR 97701  
(541) 388-5664



## Recent Articles about Softpaws



by Aaron Roemer

### Fighting for a Fido Friendly World

It is said that dogs have been a part of humans' lives for over 12,000 years now. If one accepts this supposition, the question naturally follows: did ancient man have to scoop their dog's poop? Ask *Softpaws*, and chances are, you'd get a good answer. Advocating stewardship and a better understanding of our fine furred friends, this recently established volunteer based organization has come together to help the dog-owning public of Bend.

Realizing the wonderful opportunity we have for keeping our area fido-friendly, Mare Shey gathered her concerned friends and formed *Softpaws*. This dedicated group now has a mission: to expand and improve public education and awareness about dog related issues on all public lands and to be a liaison between dog regulation agencies and dog owners.

"Many people don't understand how lucky we are to live in such a dog-friendly city. Bend is privileged in this way and we should do what we can to preserve it for others" says Shey.

*Softpaws* meets the fourth Thursday of every month at the Environmental Center. Those interested are encouraged to come on the June 24, where the focus will be on the interpretation of a dog's body language.

Sunday, July 18, 1999

### Out & About

### Get advice on hiking with dogs

Anyone interested in learning more about backpacking with dogs is invited to attend a free discussion of the topic on Thursday at the Central Oregon Environmental Center, 16 NW Kansas St. in Bend.

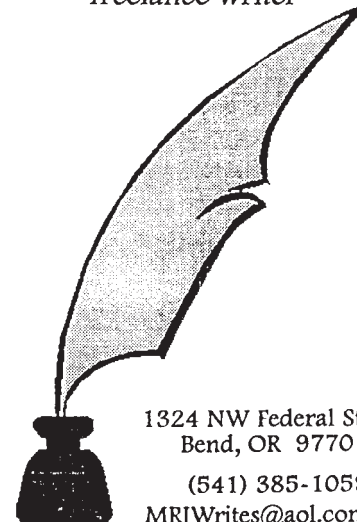
Sponsored by Soft Paws, the talk will begin at 7 p.m. and will feature Mare Shey, wilderness ranger in the Deschutes National Forest. Topics will include mountain health care, safety, environmental concerns, equipment, no trace backpacking, legal issues, as well as canine courtesy.

Contact: Mare Shey, 383-4776.

## Classifieds

**Mare Shey 317-1598**  
Compassionate Dog Training  
Group and Private  
Specializing in problem behaviors

Mark R. Johnson  
*freelance writer*



1324 NW Federal St.  
Bend, OR 97701  
(541) 385-1059  
MRJWrites@aol.com

**Our web page is in it's infant stage but will be up and running in the near future. You can E-mail us at [Softpawsk9@aol.com](mailto:Softpawsk9@aol.com)**

## Walk softly and carry a pooper scooper

### Group educates dog owners about using outdoors responsibly

By Deanna Darr  
The Bulletin

Dog may be man's best friend, but without some public education, Fido may soon find himself unwelcome on many popular trails.

With increasing population and use on recreational trails and in parks, reports of conflicts involving dogs have increased as well.

Dogs are constant companions for many Central Oregonians, who take them along wherever they go, whether it's out to lunch or for a hike in the wilderness. Of course others find their presence more irritating than endearing. Conflicts between these two groups can turn an enjoyable outdoor excursion into a stress-filled battle and could lead to restrictions for dogs on public lands.

With an eye toward avoiding this sort of restriction and keeping both groups happy, some locals are coming together to promote public education about both sides

of the issue.

Soft Paws, formed by Mare Shey, a wildlife ranger on the Deschutes National Forest, will be a group that works between regulatory agencies and user groups. The group will try to avoid restrictions while making the outdoors experience a positive one for all.

Shey said she has received many complaints about conflicts with dogs through her office. "There's a definite population that's voicing themselves," she said.

Already a leash law has been imposed on the popular river trail (running along the Deschutes River from Meadow Picnic area to Benham Falls) beginning June 1. "The potential for more regulation is imminent without more education," Shey said.

This possibility for more restrictions worries Patrick Kruse, owner of Ruff Wear. "It's unfortunate that now there

are rules and regulations telling me how, when, where and why I can enjoy this (the wilderness)," he said.

Kruse, who takes his own dog (which even runs along the bank of the river while Kruse kayaks) on most of his treks, said conflicts are rare, but they do occur. He said that 80 to 90 percent of the users he encounters on the trail don't mind the presence of his dog.

Many of the possible conflicts can be avoided by respect and courtesy toward other users. "For the most part, people are responsible," he said.

Education, Shey said, needs to be aimed at teaching the general public how to deal with and approach dogs, as well as teaching dog owners to be responsible. Through self-policing, Shey said she believes most conflicts can be avoided.

One of the key things dog owners can do to minimize conflicts with other users is to keep their dogs on a leash whenever they are approaching other people, dogs or livestock.

A leash is of particular importance around children, because children's actions can be unpredictable, which often makes dogs nervous. Shey said that 80 percent of dog bites involve children.

See DOGS, Page B6

*"We need to understand that everyone is trying to use a limited resource."*

—Patrick Kruse



The Bulletin

Mare Shey walks with her dog, Coda, through downtown Bend park. Learning responsible ownership will help avoid conflicts and keep public areas open to dogs, Shey said.

## Dogs: Meeting set May 27

Continued from Page B1

They also suggested dog owners move their dogs' waste off the trail and preferably bury it for the sake of other human users.

Educating dog owners and other trail users will be the main job of the Wilderness Partnership Volunteer Program. Volunteers with this program will receive training about proper trail conduct as well as dog-related issues.

With this training, Shey said, volunteers will be able to interact with the public in a non-threatening way, sharing the knowledge they've gained with the hope of avoiding dog-related conflicts.

Kruse said he supports any effort made. "Any information is better than regulation."

*"Any information is better than regulation."*

"We need to understand that everyone is trying to use a limited resource," Kruse added. "It's not just about dogs, but about everybody allowing us all to enjoy the wilderness in our own way."

Already Shey said she has collected the names of more than 50 people interested in participating with Soft Paws.

She plans a May 27 organizational and informational meeting for the group. Contact Shey before the meeting at 317-1598.