



The Splash !

The Official Newsletter of The Association of Canine Water Therapy

Dedicated to and Inspired by the Dogs in our Lives

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Spring 2007

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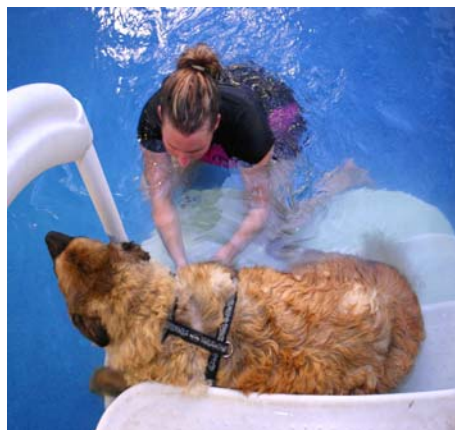
Warm Water Massage

By Carrie Smith of Pawsitively Pooched

Massage is a 'hands-on' therapy which involves the manipulation of muscles and soft tissues to improve the well-being and health of an individual. The practice of massage dates back to over 4000 years ago and was widely used amongst the Chinese. Today still an important aspect of Traditional Chinese Medicine, it is also a common practice used throughout the world. It helps to alleviate stress, relieve muscle tension and helps induce feelings of calmness. There is nothing better than lying on a massage table, listening to the calming music, feeling the warmth of the room encapsulate your body and the hands of the massage therapist applying pressure to troublesome areas that seem to almost be pushed out of your body. You walk better after a session, you feel lighter, you feel connected to your body – the healing process has begun. It is a similar feeling for our four-legged friends.



The body consists of 75% water. Water is a crucial nutrient that is involved in every aspect of the body. It assists in the transportation of essential nutrients and toxic products in and out of cells. It is necessary for all digestive, absorption, circulatory, and excretory functions, as well as for the utilization of the water-soluble vitamins.



Water is an extremely fascinating aspect of life that is involved in every aspect of our life. Dr. Emoto decided to investigate more into the properties of water. If our bodies consist of two-thirds of water and our thoughts control our moods and other aspects of life - is it possible to change water with our thoughts? Of course!! Massage also can affect a session depending on our moods.

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President's Message

I promise to be there for you...but that probably means that I will not be answering my phone



Being able to be truly present with our clients means that we need to take care of ourselves. We need to create sacred time, and strive for balance in our lives.

When I say that I will be there for you – it means that I will be responsible with how I nourish my soul and replenish my energy. It means that I will strive to make the best choices for how I live on this planet. I will be mindful of the company I keep, responsible with what I eat and will get appropriate rest and sleep.

It means that I will have myself already taken care of so that when we are together in session, that I will be fully there for you.

That is our responsibility to our clients and to ourselves...

Please take care of yourself,

Cindy

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Vice President

Heidi Hague

Secretary

Sandy Fisher

Treasurer

Cindy Horsfall

Newsletter Editor / Webmaster

Sandy Fisher

Ethics Committee

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Website Links Committee

Tonita Fernandez

Website Links Committee

Tonita Fernandez

Promotions Committee

Vonni Goetting

Social Events & Meetings (Event)

Cindy Hickman

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Canine Water Therapy**

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Dedicated to and Inspired by the Dogs in our Lives!

Mission Statement:

The Association of Canine Water Therapy is dedicated to advancing the safe practices of canine water therapy through education, establishing industry standards and building a network of support.

Vision Statement:

To be an Association that inspires us all to come together as a profession, to build standards for our work and to bring opportunities to further our skills.

Photo by Nancy Levine ~ www.browneyesgallery



The Splash !

Warm Water Massage (cont.)

(Continued from page 1)

Now combine warm water with massage – maximize the benefits! Two of the most incredible healing powers known to man combined into one to provide the utmost session to our beloved canine friends. Now, from a dog’s perspective - imagine being immersed into a pool that is heated to 93 degrees Fahrenheit and being held lovingly by your therapist. The warm water swirls around your body and helps to relax your body and mind – physical and emotional. The massage therapist begins to gently massage the aches and pains away. You feel light as a feather and all your worries and concerns are being swept away.

Being in a warm water pool helps to prevent further injury; cold water makes muscles contract which can seize and can cause further complications. You actually feel free from your body. Imagine sitting in a rushing river versus relaxing in a bath tub filled with warm water. In our particular pool, we use salt instead of bromine. Salt water acts as a natural detoxifier and also increases the buoyancy. Swimming also helps to increase ones range of motion. A therapist can also see more in water than on land – movement of body,

whether over compensating for a sore joint or hidden injury. Looking down on a dog while they swim a lap in the pool you can actually see if it really is the left front leg that is causing the dog issue or if it is the right hind quarter.

Water also acts as a natural lubricant. Adding oil to a massage session isn’t the most practical concept so warm water is the perfect alternative. The therapist is also able to feel more regarding the body than you could if the dog was sitting or lying in front of you. It is quite fascinating just how much you can feel when you are in the water with a dog. A warm water session benefits the physical, emotional and spiritual body. It is for all dogs-young to old, healthy to sick.



it is to sit in a warm bath or hot tub and let the water take away our worries or pain. So, why not combine two of the most amazing and powerful healers and offer it to our canine friends? It does not only benefit them, it also has incredible healing powers on the therapist. In my opinion, there is not a better way to bond with a dog like floating in a pool of warm water, feeling their heart pound at the same time as yours, have them lick your face, cuddle in close and be held and loved.



Dogs that have undergone an orthopedic surgery, those who are crippled by arthritis, those taken over by other old age ailments, puppies learning to swim and those that just love to swim are all ideal candidates for a warm water massage session. During a session, we also will teach or encourage a dog to swim. This allows the dog to stretch out their limbs without putting any impact on the joints.

We all know how amazing it feels to have a massage done or how relaxing



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The Splash !

January 2007 Meeting Highlights

ACWT Annual Business Meeting Held on January 29, 2007 At Mega-Dogs in Woodinville, WA

Members in Attendance: Karen Hunter, Vonni Goetting, Cindy Hill, Sandy Fisher, Carol Swindaman, Cindy Horsfall, Dr. Tina Ellenbogen, Cindy Hickman, Beth Meyer, and Tonita Fernandez

Pizza and social hour started at 5:00 pm. Karen provided freshly baked pizza and some fabulous desserts. Thanks for hosting Karen!



Karen gave everyone a tour of her spa and gave a short presentation on her salt-water chlorination system. Secretary Sandy Fisher called the



MEGA-DOGS SPA

meeting to order at 7:15.

ACWT Meetings

Carol Swindaman announced that the Spring meeting was set for April 30th at Heavenly Spa. The speaker will be Dr. E.B. Okrasinski, a traveling orthopedic surgeon who visits the vet hospital that Carol works at. He will discuss various orthopedic surgeries, such as TPLO and will also field questions from the audience. We are asking members to submit questions beforehand so that he can prepare for them. Carol will provide Sandy with a bio and Sandy will prepare a meeting flyer to post on the website.

A Summer BBQ Event was discussed and Beth Meyer offered her house and pool for the event. She mentioned that attendees could bring their dogs as she has a large pool and yard. We will try and schedule for early August. We would like to explore making this a half-day event with some speakers and a professional photographer. The photographer could help us with a potential fundraiser project (discussed later).

The Fall event will be discussed down the road. The next Winter meeting (January 2008) will be another business meeting. Potential topics for meetings were discussed. One topic was Geriatrics (maybe a panel of speakers to deal with a variety of

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January 2007 Meeting Highlights (cont.)

(Continued from page 4)

issues that geriatric dogs and their owners face). We also discussed having an event that would be for members only and would include speakers such as an accountant that would address specifics to our industry and a pool/spa maintenance person.

An Officer/Board/Committee meeting was discussed for March. This would be a follow-up to tonight's meeting. We will discuss this further among the members that would participate.

We also discussed the viability of adding video webcasts of our meetings to the website. This way, members that can't attend can still benefit from our events and meeting. The issues addressed were website storage space and bandwidth. No one at the meeting has much experience in this area so we will address this with David, our web technician. Tonita Fernandez discussed podcasts as an alternative. These are audio only webcasts. She will look into this option and see what the requirements are. They would use less space and may be better for those that have dial-up service. (After the meeting, Cindy Hickman mentioned that her husband's company has video taped sessions on their website and they will try and get more information on the requirements.

Vonni Goetting had videotaped Dr. Salewski's lecture and produced a dvd for us to do a write-up on the Fall meeting. Tina Ellenbogen suggested that we could start a Lending Library where members could check-out dvd's and other items that would be donated. We would need to have someone that would volunteer to be in charge of this.

Building Membership

Our next discussions moved to Membership issues. Cindy Horsfall introduced a plan to promote participation in building content for the website and newsletter. A "star" graphic (see the President's message in the Winter 2006-2007 newsletter) will be placed by each member's directory listing on the website if they have provided a Member Spotlight article. When the star is clicked, a pop-up window will appear with the article and pictures. Further issues to consider: Do we expand to include links to other articles on the website that the member contributed. All members in attendance loved this idea.

Our Facility Member renewal gift this year was a Dogs of Delaware calendar (which benefited a dog rescue organization). We wanted to discuss the feasibility of doing a Dogs of the Water calendar which could be used for the 2008 renewal gift and as a possible fundraiser. We would take photo submissions from all members and would also try to schedule a pro photographer that would be willing to donate their time and services to take photos at an event (possibly the Summer event). We discussed whether the pages of the calendar would be a collage or just one photo per page and most members wanted a single photo per page. This would require high resolution photos to be used which are harder to get members to submit. We would want to sue a combination of dogs only and dog and therapist photos. None would be easily identifiable as to any one location or therapist. A short story about the dog could be included. Also, a page listing all Facilities would be

included. Karen Hunter showed a calendar she had made at Costco and Karen Theusen (who designs and contributes the ACWT monthly calendar page on the website) had previously mentioned that she could check into the cost of printing a calendar. Cindy Hill also brought up the fact that CafePress has a calendar option and since we already have a store, it would be an easy solution. They provide bulk prices too (9.75-12.35 in quantities over 15 depending on size of calendar). This is something that we would want to produce in the Fall so we have plenty of time to sell them.

Another idea brought up by Karen Hunter is to produce blank note cards rather than a calendar. The note cards would be undated so we could get a higher quantity and use them for more than one year.

International and Canadian Membership and Association

Cindy Horsfall announced the exciting news that we have now circled the globe in support for our Association and in building relationships with other countries who are committed to water therapy.

We have a new member, Alex from K9 Common Scents in Ottawa, Canada who has offered to represent Canada and help build our website to a more international relevancy. We started out 3 years ago to become an Association not just for the USA but for USA and Canada – and now here we are – gaining representation and support from our Canadian friends. This moves us into an Association truly for North America as we envi-

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January 2007 Meeting Highlights (cont.)

(Continued from page 5)

sioned. Although the legal issues may differ, the educational content about this profession is the same across the globe. The differences in the laws will be addressed as well on our site but our goal, to become a premier educational site for this work and a central directory of where people can seek this work, is being met.

If that wasn't exciting enough, Cindy also shared that she had been contacted by Takashi Ito who has started the process of beginning an association in Japan, the Japan Canine

Hydrotherapy Association (JCHA).

Takashi contacted both the Canine Hydrotherapy Association (CHA) in the UK and the ACWT for support. Our Association and the CHA welcome Takashi and the JCHA with open

hearts and arms in our common passion of canine water therapy which now circles the globe.

Cindy says that the ACWT, in only 3 years, has definitely made it onto the map! We owe this to our members and the enthusiasm and genuine passion that this work inspires.

Committees

Cindy Horsfall addressed the need for an Advertising Chairperson and Committee. The responsibilities of the committee would be to prepare and distribute Press Releases about the ACWT and seek out free and paid advertising opportunities. The Advertising Committee will have a \$500 budget to work with for 2007. Vonni

Goetting volunteered to take on this role. We further discussed some advertising opportunities such as animal magazines (Animal Wellness, Dog Fancy and others), Craig's List and others. It would be nice to get members from other areas to volunteer to seek out local advertising opportunities in their local cities and states.

We discussed the role of a Links Manager. This person would be responsible for making sure that the links we have on our website are providing us a reciprocal link if avail-

able. They would also search out new links. One of the major reasons a website has success in the search engines is to have many links to it on other valid websites. Tonita Fernandez volunteered for this position.

We are also looking for someone that would be interested in leading a Legislative Committee. This Committee would keep on top of legislation that affects our industry, Not only animal massage legislation but breed specific legislation. There are a number of wonderful resources on the internet and it would be nice to consolidate these on our website.

Website and Newsletter

A major focus in 2007 will continue to be the building up of our website. We asked all attendees that haven't yet contributed a Member Spotlight, article, testimonial from a client or column to please do so. We discussed organizing testimonials by topic, such as dogs that have knee problems,

paralysis, geriatric, sport and fitness swimmers, etc.

Tonita Fernandez suggested we create a Recommended Reading or Book Review section on the website. This section could also have Affiliate links with Amazon so visitors to the site could purchase the books and the ACWT could make a small commission on the sale.

We also discussed adding a Search feature to our website. Sandy Fisher will ask David about doing this.

Cindy Hickman mentioned that she is interested in providing an Upcoming Events calendar. The calendar would include training events around the country. We will look into what format would be best for this sort of calendar.

Karen Hunter brought up a suggestion for the online newsletter. For those members that only have dial-up, it takes along time to download the newsletter. It would be nice to break the newsletter into smaller chunks or have a summary of articles where one could click on links and be taken to the articles that appeared in the issue. We will research this more.

Feedback

We would like to get our non-local members more involved so we could look into having conference call meetings. We would like to get feedback from our members on whether or not this option would be taken advantage of. Also, would you be interested in webcasts or audio-casts of the meeting? Are you interested in leading or being on a Committee? The ACWT will only be as strong as it's members so we would love to hear from you!

"Our Association and the Canine Hydrotherapy Association of the UK have both been asked to support a new Association forming in Japan. We have truly circled the globe in creating a ring of support for this work."



The Splash!

April 2007 Meeting Information

THE ASSOCIATION OF CANINE WATER THERAPY

Invites you to a lecture on

CANINE ORTHOPEDIC SURGERY

Held in conjunction with our Spring Meeting

**MONDAY, APRIL 30, 2007 ~ 5:00 PM
AT HEAVENLY SPA IN FALL CITY, WA**

(for directions to Heavenly Spa, go to www.allpetsgotoheaven.com or call Teri at 425-222-7221)

Featuring:

E.B. OKRASINSKI, DVM, DIPLOMATE ACVS

FROM VETERINARY SURGICAL SERVICES

About Our Speaker

Dr. E.B. Okrasinski received his DVM in 1984 from the University of Georgia. He spent two years in General Practice in Chattanooga, Tennessee. He then did a one year internship at the University of Georgia in 1986 to 1987 and then spent three years at the University of Tennessee where he did his surgical residency from 1987 to 1990. Dr. Okrasinski became Board Certified in Surgery with the American College of Veterinary Surgeons (ACVS). He started his own practice, *Veterinary Surgical Services*, in 1992. He travels to various veterinarian hospitals throughout the Puget Sound Area.



Dr. Okrasinski was voted one of the Best Veterinarians in Seattle Magazine's *Best Bets for your Best Friend* in 2003. Dr. Shlomo Frieman, of the Animal Hospital of Factoria, recommends Dr. Okrasinski as a board-certified, mobile veterinary orthopedic surgeon who is good with patients and has a high success rate. Dr. John Kelly of Elliott Bay Animal Hospital adds, "We learn a great deal from that gentleman, and he's a gentleman in every sense of the word. He treats our clients well and communicates very well to them. He puts them at ease."

About Our Topic

Dr. Okrasinski will speak on various canine orthopedic surgeries, including Tibial Plateau Leveling Osteotomy (TPO). Attendees are encouraged to submit questions for Dr. Okrasinski at education@caninewatertherapy.com.

Agenda:

5:00 to 6:30 pm ~ Potluck Dinner

Please bring a dish to share (main course, side dish, salad, appetizer or dessert)

6:30 pm ~ Presentation by Dr. E.B. Okrasinski with Q&A to follow

Non-members can join us for a \$10 donation or can join as a Supporting Friend for \$30 and participate in this event and ALL events for a year! Also, enjoy the many other benefits of membership!

**Visit www.caninewatertherapy.com
for an application or join the night of the event!**



Dedicated to and Inspired by the Dogs in our Lives



The Splash !

Member Spotlight: Mr McDoggle's Swim Palace

Member Spotlight

By Alison White

Mr. McDoggle's Swim Palace
& Training Center



In 2005 I had been running a successful dog walking business for six years. I had a strong clientele in an upper class area of Orange County CA.

But I wanted something more and the market was starting to flood with people who wanted to be dog walkers. I decided it was time for me to move on and let the new wave of walkers take over.

I had in mind an idea to open a public swimming pool for dogs. In California, our lakes are used as reservoirs' so neither people nor dogs can swim in them. I had never heard of such a thing, so I looked on the internet under dogs and swimming. Somehow I had made my way to The Association for Canine Water Therapy web site. I was very intrigued. I wanted to open a pool for recreation, but found water does so much more such as healing. It was that day, I signed up for Cindy's next class.

This was a new beginning for me. I was recently divorced and didn't know what I was going to do with the rest of my life. I had also gotten a settlement and knew I wanted to invest it something long term. "My own business, what a great idea!!" It was like the universe was telling me to go for it!!

After Cindy's class I went right home and ordered my pool. I ordered from a company in Florida, that I don't recommend. There were a lot of problems and no customer service and let's just leave it at that.

My next big task was to find a location. This proved to be very daunting, because as soon as I found a place I liked I had to go to that city for a Conditional Use Permit. More than a few times I lost the building before I could secure the Conditional Use Permit. This is a very costly way of starting a business and I don't recommend it.

God must have wanted me to do this because in August of 2006 I found a brand new complex that was desperate for renters. They had time to wait for me to get my Conditional Use Permit. I was elated to say the least. I put a deposit down right away and handed my proposal for the CUP to the clerk at the city. God must have been looking out for me again, because I got a call a few days later from Shirley at the city telling me I didn't need a Conditional Use Permit for what I was doing. I was on my way!!!

The warehouses were supposed to be ready by September first, but that came and went and we were told it would be another two weeks. They, too, were wading through a ream of paper work needed for the city. We were all waiting for the Certificate of Occupancy and no one could move in before the builders got it.

We waited another eight weeks, November 15th, before we got permission to move our things into our units!!! But Wait!!! We still weren't allowed to open our doors for business because they still hadn't gotten their CO. Hey, did I tell you the warehouse was brand spanking new???? That's the only thing that kept

me excited, because every time I thought I saw the light coming at the end of the tunnel, the tunnel would suddenly get longer.

So, now the pool is in and I've filled it with water. On December fourth we got the permission to open our doors,

"I reckon I retired about seven years ago and I'm still enjoying my retirement. It's a fun job, but somebody has to do it!!"



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The Splash !

Member Spotlight: Mr McDoggle's Swim Palace (cont.)

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yipppeeeee!!!!!!



I called a bunch of my friends and told them to bring their dogs over for a free swim, so I could take some pictures and work out the kinks with the pool, etc. My friend and I came in the first morning, threw the cover off the pool, put our suits on and got in the pool...well not exactly. I put my foot in the pool and almost scalded it. The pool was 110 degrees!!! What happened???

We had to think fast! There were five dogs coming in, in just a few minutes

and if any of them touched the water they'd be boiled for sure. That doesn't make for happy customers.

I got the hose and ran cold water into the pool, but at this rate the pool wouldn't be cooled off until next week. I asked my friend to open the warehouse door and I started siphoning hot water out of the pool. In the meantime I ran down the street to the grocery store and bought all the ice they had. We dumped about eight bags of ice into the pool and a few blocks, too. We were finally able to get the water temperature down to 95 degrees. My friends were so excited



they actually hung out and waited. The rest of the day was fun swimming dogs and just hanging out with my friends, who thought what I was doing was awesome. They all want to quit their jobs and come work for me. Maybe someday I'll have enough work and money so that they all can do just that!

"FIND SOMETHING YOU LOVE TO DO AND YOU'LL NEVER WORK ANOTHER DAY IN YOUR LIFE."

I reckon I retired about seven years ago and I'm still enjoying my retirement. It's a fun job, but somebody has to do it!!

Mr McDoggles Swim Palace and Training Center

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Handy Hints

From Cindy Hickman, AquaDog Spa in Kent, WA: Now that it's time for spring cleaning, here are a few recipes for natural cleaning products that are better for our health and our dog's health:

All Purpose Cleaner

- 1 tsp. Borax
- 4 Tbsp. White Vinegar
- 1/2 tsp. Castile Soap
- 3 C Hot Water
- 10 Drops Tea Tree (or your choice of essential oil)

Mix all ingredients into a 24oz. spray bottle.

Great for tile floors, bathroom and kitchen surfaces, etc.

Ant Buster

- 4oz. distilled water in a spritzer bottle
- add 1ml peppermint essential oils.

Shake well and spritz. After spritzing, wipe down

Fresh Air Spritzer

- 4 oz. Distilled water in a spritzer bottle
- add 1-2 ml of your favorite essential oil

(our favorite is lemon) for a fresh clean scent.



The Splash !

They are still out there...

Animal Rescue New Orleans
(ARNO)

By ACWT Therapist Member
Carol Swindaman

It is out of the news now – not the glamour topic people want to hear about. Hurricane Katrina hit, levees broke, and a massive amount of damage was done. Help came but not enough and only for a selected few. People are still hurting, displaced trying to live in FEMA trailers, damaged houses and try to rebuild their lives.

A very important part of their lives were the animals they were forced to leave behind.

Now, nearly a year and a half after Katrina and Rita hit animals are still being saved from the empty streets. Fed on the streets, trapped and brought to safety by an amazing group of volunteers from ARNO - Animal Rescue New Orleans.



This group was founded by Jane Garrison, Pia Salk, and David Meyer in October of 2005 to rescue, feed and reunite animals after all other organiza-

tions had pulled out. Run now by Robin Beaulieu shelter director and Charlotte Bass executive director. ARNO operates a food and water program, coordinate rescues in Louisiana and Mississippi, gets needed medical attention, advocates spay/neuter, foster and adoption.

Volunteers come from all over the country and Canada to help at the

shelter, with street feeding and watering, trapping, foster homes and transport of animals to foster homes and adoptions in other parts of the country. They also play a very important role in getting funding, donations of food and shelter needs and helping to track down owners to be reunited with their pets, but most of all if it the love they give to the animals that makes all of this work.

My experience with ARNO started last August when a group of us from the Seattle Washington area planned a trip to New Orleans a year after Katrina had hit. We had worked together in September 2005, rescuing animals, several had been back since then to help trap and get more off the streets.

Having been there during the weeks after Katrina I had hoped to see the city cleaning up and rebuilding. We were shocked but not surprised to see not much had been done. We drove in areas where we had pulled dogs from flooded houses noting that not much if anything looked any different. It was tough to see and it hit us all very hard. We all had said that the experience of the initial rescue changed our lives forever but now I felt it, it hurt and was painful to see. I could not believe it then and still can't believe what a mess this city has been left in.

The trip we took to work with ARNO was the highlight of the trip. What they have done with little money and an empty warehouse was amazing and a comfort to us. We brought several hundred dollars of medicine and medical supplies donated by us and people at Redwood Animal Hospital where I work, not realizing that it would be gone in a week. They were

working so hard with all volunteers to get all of these animals off the streets. Many pets left behind, some second and third generation of those pets. They had many wonderful stories of pets being reunited with owners that had to leave the state even after a year or more, and stories of new homes found for shelter animals. The core of it all is the energy of Robin, Charlotte, Jackie the unpaid kennel manager who lives on site, and the hundreds of volunteers that have dedicated time and energy to help anyway they can with any skill they have. I was humbled by it all and felt like I should not leave after a week vowing to come back when I could. We cleaned, walked dogs, cleaned cats, scooped poop and all of the things associated with shelter work. It was nearly 100 degrees so us weather



Frozen water bottles were given to the cats to help cool them down

weenies from the Pacific Northwest suffered some discomfort that was easily forgotten by rubbing a belly or helping to calm a fearful dog or snuggling with a cat. I massaged dogs every chance I got. All of them appreciative and loving even those that were still in emotional recovery, stressed and scared.

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The Splash !

...they still need your help!

(Continued from page 10)



Carla, Carol (right) and Duncan

They are always in need of donations, Cat and Dog food, and medical supplies, money for medical attention and veterinary expenses and general shelter operation expenses. They always need help in the shelter, trapping or feeding on the street.

I realized that we have it pretty good here. Yes, we have cruelty cases and dogs running the streets in some areas, shelters that kill too much, shelters that are substandard and owners to educate, but none of that compared with the task they are facing. Imagine that we have an earthquake – not even a big one. Look what happened in our snow-storm in November, and the wind-storm in December that city so devastated in desperate need of help could be us.

I have tried to raise funds as I can by collecting money and selling the ARNO Angel pins (below). I will have some available with the next order if anyone wants one. Please email me at carol@redwoodah.com. I sell them at a minimum of \$20 & any



extra is always appreciated. Please go to www.animalrescueneworleans.org to donate, sign up to help or read about the organization. Listen to the interview Charlotte and Robin gave to a radio station in New Orleans. Robin also appeared on Dateline NBC a month or so ago, now we just need to get her on Oprah!

ARNO needs small \$ help in a big way!

We have a steady line of dry food available to us from now through May through DelMonte and transported by FreeHaulNPC. Only transport costs for the driver and fuel surcharge need to be paid, FreeHaul picks up the fuel costs and also supplies the rig. ARNO uses 2500-3000 pounds of dry cat food a week for the animals on the street that have no food or water source since Katrina.

But the transport costs, even at this wonderfully economical level, are more than we have in donations/funds available. We just paid a transportation bill of \$1,100 for the current shipment, authorized another payment in April for \$1,400, and are stalling on May's \$2,500 cost. (FreeHaul is hoping to get a grant from AHA to help with May's costs.) Transportation costs are based on how far the truck has to travel.

This is a total of \$5,000, with half of that already promised to pay to get

dry cat food for the animals left on the street for the next two months.

We need help with any donations so it does not deplete our funds which should go to pay for our medical expenses at our vets, rent and utilities.

Donations are low right now, giving it is off-season, and we need all the help we can get. Appreciate you sending this to friends who are able to help at even a \$10 level...they can put in the 'notes' section when they use PayPal that the gift is designated for transport/cat food, if they so wish.

These shipments are very important to our rescue and recovery work, as normally we have to buy all the food we use through local sources...very few food donations of large quantity are ever available.

Hate to ask this of you, so many around the country and in Canada do so much for ARNO and the animals in the gulf region since Katrina...and if you cannot donate at this time I understand perfectly. Thank you for your consideration,

Charlotte Bass Lilly, E. D. / ARNO
www.animalrescueneworleans.org
'working together to rescue one-by-one until there are none'



Carol and Sammy (who still needs a home)



The Splash !

ACWT Member Canine Fitness Center and the ACWT on the CBS Early Show!!!

(CBS, March 22, 2007)



Lucy, a hound-beagle mix, lives for meal time. All of her indulging

has led to dramatic weight gain — more than 30 pounds.

"I am ashamed," Lucy's owner, Celia Craze, told *The Early Show* veterinary correspondent **Dr. Debbye Turner**. "There's no good way of saying, 'Look, I let my dog double in size.'"

Lucy's veterinarian, Dr. Laura Lathan, told Craze that she must put Lucy on a diet and give her some exercise.

"Lucy is grossly obese," she said. "Obese dogs on average die two years sooner than dogs that are of a healthy weight."

Craze heard about the Canine Fitness Center, where dogs can swim laps to lose weight.

"She wags her tail the whole time," Craze said. "I don't know if that's because it's her rudder or that she's enjoying it. She doesn't try to get out as much."

When Lucy first started, she had to take frequent breaks. But now she swims like a champ three times a week.

"I walk for 15 minutes around the pool and she swims, so we both get exercise. So it's exercise for the family. It's great," Craze said.

Lucy is by no means the only swimmer. Canine Fitness Center is a gym just for dogs. According to the Association of Canine Water Therapy, there are 25 registered dog gyms across the country.

Lynn and Maury Chaput opened Canine Fitness Center seven years ago. In that time more than 1,500 dogs have come to take the plunge.

"We include the parents," Lynne Chaput said. "We want them cheering the dog on. So it gets a little bit loud and little bit of splashing and little hectic."

"It's amazing to watch, especially a first time dog, who is extremely apprehensive in the first two or three minutes, but by the time the session is over, they're jumping off the side, going under water. And they're having a good old time," Maury Chaput said.

Lynn Chaput said swimming is better

than taking dogs for a walk because it is a non-weight bearing exercise.

"So if a dog has problems with its knee or had arthritis, they're getting the exercise in water," she said. "And that's the best things for them."

Scout the golden retriever had difficulty walking because of hip dysplasia. After four months, he's walking better and losing weight. But not every dog likes to swim.

"I have found that every dog can swim but only about 99 percent of them will swim," Maury Chaput said.

In that case, Canine Fitness Center has a treadmill, which is most often used by show dogs for gate training.

All of this extra care boils down to people doing everything they can for the health of their best friends.

"I am going to do what we need to do to keep her healthy," Craze said.

"And if part of it means having to get her some specialized fitness, then that's what I'm going to get her."

At this point, the CBS Early Show ended its broadcast with a final note to its viewers to seek the Association of Canine Water Therapy at www.caninewatertherapy.com to find a pool !!!



ACWT Discussion Group on Yahoo!

This group has been formed to exchange information and techniques that relate to canine water therapy. You can post messages about water therapy, pool maintenance, difficult cases, and anything else related to canine water therapy that you would like information about!

Group membership is open to any member of the ACWT. New memberships do require approval, which will be done as quickly as possible. Recent discussion topics include: cement non-skid floors, ozone, chlorine and such, enclosing pools, selecting a pool or spa, and pool toys.

Join us today at <http://groups.yahoo.com/group/caninewatertherapy/join>



The Splash !

Canine Indoor Swim Center and Ranch For Sale in Virginia

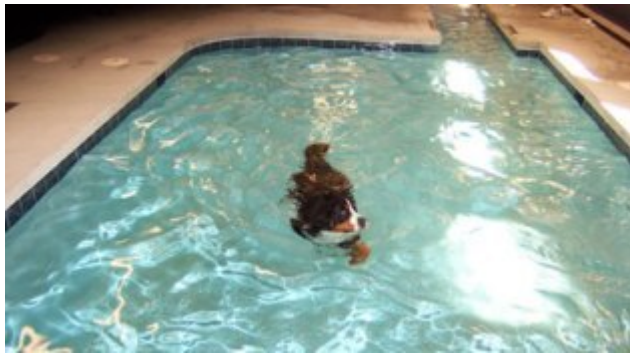


Deborah Logerfo , owner of Paws to Swim. in Rockville, VA is selling her ranch and canine indoor swim center due to medical issues.



Deborah writes:

"Your dream can become a reality! State of the art canine indoor swim center with 3 pools specifically designed for canines and their owners. 3 bedroom ranch on 3-1/2 acres with fenced in fields for training or agility. Country atmosphere but approx. 18 miles from the city of Richmond, Virginia. Please visit our website at www.pawstoswim.com. Serious inquiries only.



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www.animalwellnessmagazine.com/acwt





Ask The Pool Guru!

Ask The Pool Guru

Got questions about water quality, chemistry, or equipment?

Email Karen Hunter at:

poolguru@caninewatertherapy.com

Q: How often should I shock my pool?

A: The simple answer is “Whenever it needs it”. The real question is “How do I know when my pool needs a shock treatment ?”

WHY SHOCK?

First, it helps to understand what a shock treatment is and why we need to do it.

When clients (both canine and human) enter the pool, they introduce organics into the water. These include sweat, saliva, skin cells, body lotions, deodorants, soil, urine, loam, and a host of other things. Mother nature also contributes by blowing leaves and other debris into outdoor pools. These organics provide a food source for bacteria to live on. Although there are both good and bad bacteria, the health department generally insists that we get rid of ALL of them.

So we add sanitizers to the pool. When you use chlorine, ozone, or bromine, these compounds actually do two things: 1) they kill the bacteria, and 2) they break down the contaminants, helping to remove them from the water so they no longer pro-



vide a smorgasbord for new bacteria.

This is accomplished by oxidation – an oxygen molecule “attacks” the contaminants. You may have heard of oxidation in relation to a rusty old car, and it’s exactly the same thing. Just as oxidation can turn metal into dust, it will also break down the organics in the pool water.

Killing bacteria is fairly quick and easy, but dissolving the contaminants takes a bit more time and muscle.

The problem comes when the sanitizer “falls behind”. If there is a choice between a live bacterium and the organic food source, the oxygen molecule will tend to attach to the food rather than the bacterium. So your sanitizer ends up working on the less important task. Unfortunately, while the sanitizer is working on the contaminant, the bacteria can multiply and you can end up with a bacteria “bloom”. If your water is cloudy before a shock treatment, but clears up afterwards, this is probably what is happening.

You could avoid shock treatments almost entirely by increasing the level of an oxidizing sanitizer so that it never falls behind. This makes sense if contaminants are coming into the pool at a fairly steady rate, but it is wasteful if the problem is just the occasional exceptionally dirty dog. In addition, some sanitizers (particularly minerals and UV) don’t use oxidation at all, so they are of no use in removing organics.

The purpose of a shock treatment,

then, is to remove the organics and other contaminants from the pool. It is NOT intended as a replacement for sanitation, but it will help sanitizers be more effective.

WHEN TO SHOCK?

If you are chlorinating a pool, it’s quite easy to measure when a shock treatment is needed. Your test kit should include tests for both free and total chlorine. The free chlorine is what is available for killing the bacteria.

The total chlorine is the combination of free chlorine plus what has already been “spent” for dissolving organics. When the level of total chlorine exceeds the amount of free (usually by 2 ppm or more), then you know that you are falling behind and need to

“We’ve all walked into a public pool and been knocked over by the chlorine smell. It might surprise you to learn that this was probably the result of NOT ENOUGH chlorine, rather than too much! “

shock.

We’ve all walked into a public pool and been knocked over by the chlorine smell. It might surprise you to learn that this was probably the result of NOT ENOUGH chlorine, rather than too much! The level of organics has gotten out of hand, and what you smell is the byproduct – a combination of chlorine and ammonia, or chloramines. A shock treatment is needed to deal with the organics, followed by an increase in chlorine on a daily basis to prevent the buildup in the future.

No matter what sanitizer you are using you can certainly schedule regular shock treatments, but there is no single formula to determine how

(Continued on page 15)



The Splash !

Ask The Pool Guru! (cont.)

(Continued from page 14)

often. In general, if your water is getting cloudy before the treatment and clearing up afterward, then you need to shorten the cycle and/or increase your daily dose of an oxidizing sanitizer. The smaller your pool, the more often you will need to shock. An 800 gallon spa may require daily shock treatments.

You may also want to shock:

- ◆ After exceptionally heavy use.
- ◆ After a heavy rain or a windstorm that blows debris into the pool.
- ◆ After a water change.

This last one may surprise you – you'd think that the water coming from your tap is clean and pure. It probably IS safe from live bacteria, but there may still be organics. I always shock after a water change.

WHAT KIND OF SHOCK?

There are two main categories of shock treatment: chlorine and

non-chlorine. The former is simply raising the chlorine to a very high level – typically around 10 ppm. This provides enough oxidation to dissolve the organics AND rid the pool of bacteria that may have been busy multiplying during the imbalance.

The trouble with chlorinated shocks is that you cannot use the pool until the chlorine level drops back to normal levels – around 3 ppm. This can take some time, and you must test the pool water to ensure the level has dropped. In addition, if you are using an alternative sanitizer, it may not be compatible with the chlorine shock treatment.

Non-chlorine treatments generally use potassium monopersulfate. This will NOT kill bacteria, but it is very effective at oxidizing the contaminants. The labels claim you can swim 15 minutes after treating, although I still prefer to wait overnight.

DID YOU KNOW?

- ◆ You should leave the cover off the pool during a shock treatment. This is because nitrogen gas is expelled as a by-product, and you want to let it escape.
- ◆ If you use a flocculant (a blue clarifier), add it after the shock treatment has had time to work.
- ◆ You'll probably need to vacuum the pool afterwards, since the oxidized materials will tend to sink to the bottom of the pool.
- ◆ Certain sanitizers may reduce or eliminate the need for shock treatments, but shock treatments do NOT replace sanitizers.

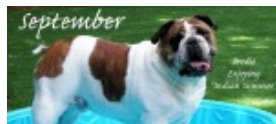
Happy swimming!

Karen Hunter
Mega-Dogs
 22609 102nd Ave SE
 Woodinville, WA 98077
 425 487-3078
 karen@mega-dogs.com
 www.mega-dogs.com/

ACWT Monthly Calendar!

ACWT Member Karen Theusen has volunteered to design a calendar for the ACWT. Each month, she will use a picture of a dog that has benefited from warm water therapy. You can download the monthly calendar page in pdf format by visiting the ACWT website www.caninewatertherapy.com. The link is located on the home page.

Please submit your pictures for consideration to Karen by emailing her at dawhouse@caninewatertherapy.com



SHARE YOUR NEWS AND PHOTOS!

Send to Sandy Fisher at newsletter@caninewatertherapy.com or mail to P.O. Box 89, Redmond, WA 98073

Next Deadline for Newsletter Submissions: June 15th



Ask The Vet

Ask The Vet

Send in your questions
or ideas for topics
for future issues to
Dr. Tina at:

drtina@caninewatertherapy.com

*Adapted from the column:
The Bond and Beyond for January
2007 The Veterinary "Pawspice"
Program, and "Cody's Story"
by Alice Villalobos, DVM*

This month's article addresses "Pawspice" following the recent article titled, Helping Clients With The Long Goodbye. It featured a thoughtful letter from Kimberly Fox giving us insight into her feelings about Rennie, her Golden Retriever with terminal cancer. Rennie entered our Pawspice program that provides comfort care for both family and patient. Giving end-of-life care this special name validates a mutual willingness to share its special purpose, for pet owner/guardian and veterinary team. (Pawspice is pronounced similarly to Hospice).

Pawspice is a philosophy, which can be personalized to fit each veterinary practice. The Human-Animal Bond (HAB) is a celebrated life-enriching relationship which an increasing number of pet caregivers want to nurture and cherish at home during the last phases of their pet's life. Our clients need and want us to participate in the process so they can spend as much good quality time as possible with their beloved pets before the inevitable loss. A well-conceptualized, creative, palliative Pawspice program is often the very best medicine that the veterinary profession can offer at this time to support the Human-

Animal Bond.

When pets are entering the last phase of life, their caregivers experience anticipatory grief, interruption of routine, and financial outlay. When these pets are family members, it becomes the veterinarian's societal responsibility to comfort clients and provide comfort medical care for their pets.

With the Q of L guidelines, Pawspice would give counsel and help pet owners face their issues of letting go and decision making for Q of L and euthanasia. Pawspice also encourages clients to create and enjoy special moments and treasure the final time with their best friend.

Some veterinary practices have adopted the **HHHHMM Quality of Life (Q of L) Scale to measure 7 special parameters**. The acronym stands for Hurt, Hydration, Hunger, Hygiene, Happiness, Mobility, and More good days than bad days. Each parameter is measured from 0-10. Evaluate each parameter and try to alleviate each problem by at least 30-50%. This scale is a guideline to help determine when Pawspice is good for the pet or when it is time to make the final call for euthanasia.

We all have preconceived notions, biases and ingrained feelings regarding terminal patients. The Pawspice philosophy must overcome a profession-wide defeatist attitude about end of life supportive care. We need to change the old way of thinking and minimize the utilitarian knee jerk impulse to rank euthanasia as the first, second or third best option for clients with terminal pets.

The most important ingredient to look

for in oneself, in the hospital staff and in the pet owner is **willingness**.

Our clients seek guidance and advice. They don't expect or wish us to prematurely terminate their pet's life without offering them reasonable, palliative options. Pawspice offers pet owners information, supportive, palliative options and demonstrations that teach complete home care of the pet. The veterinary team must work with each client's unique strengths, inhibitions and concerns and teach them to give medications, SQ fluids, injections, feeding, and cleaning for their ailing pets.

Home care for pets with incontinence, paresis (weakness), or actual paralysis is a task certain pet owners, such as the Halford's of Hermosa Beach, CA, want to tackle. (See photo of Cody Halford). Pawspice teaches owners how to avoid decubital (elbow) ulcers and to use slings, hoisting straps, harnesses, pet carts/wheels, ramps, soft bedding, egg crate mattresses and diapers. Pawspice teaches clients how to express bladders and bathe sensitive rear end areas as needed.

Some pets with compromised respira-



Cody Halford

(Continued on page 17)



The Splash !

Ask The Vet! (cont.)

(Continued from page 16)

tion may benefit with oxygen therapy using portable oxygen tanks.

Pawspice would teach clients to use a stethoscope and listen for troubled breathing and fluid sounds. Some people react with fear or nervousness at the sight of a growing tumor, blood, oozing wounds or bandage changes. Others cringe at the sight of needles. Everyone has their own "bottom line" of what they can and can't handle –and as they learn new skills, these may change and they may find new strengths.

Veterinarians and staff can kindly and respectfully admit terminal pets into Pawspice care programs with the goal to sustain a good quality life for patients during the last months, weeks, days or hours. Pawspice doctors reach out to validate the HAB and help support the emotional needs of all family members, including young children, teenagers and other extended family members and friends.

Many pet owners don't realize that they are cheating themselves out of enjoyment with their pet because they are so upset. They don't know how to deal with their anticipatory grief over the pending loss of their pet. Pet owners may respond with a wide range of emotions from panic all the way to shut down based upon their personality type, their marital and family situations and other issues that

are going on in their life. Be sure to have a professional counselor in mind to refer clients who need help or are clinically depressed or suicidal.

Pawspice is more than an extended farewell to the pet; it is a farewell to connections and supportive relationships with you and your staff.

Pawspice consultations help family members identify and deal with their feelings of guilt, sense of duty, and remorse as their pet encounters problems as the disease progresses. Pawspice consultations help clients prepare for the loss of their pet and their intense care giving routine and its purpose.

Pawspice consultations help clients to create joyful moments each day for the ailing pet. Pawspice encourages clients to grasp the value of good moments and present time thinking. Pawspice helps clients to enjoy that their pet is still very much alive and with them for the moment.



Cody in his wagon

Communications and/or appointments should be made weekly or bimonthly for each Pawspice patient - to monitor disease progression, answer major questions, adjust prescriptions and/or medications, discuss client and patient well being and make Q of L assessments.

Pawspice is about *more* care at the end, not *less*.

Suggested Resources:

Kaplan, L., *Help Your Dog Fight Cancer*, Janjen Press, N.Y. 2006.

Downing, Robin Dr. *Pets Living With Cancer*, AAHA Press

The following websites have good sections for the public:

www.AAHABV.org
(The Association of Human-Animal Bond Veterinarians)

www.IVAPM.org
(The International Veterinary Association of Pain Management).

Dr. Tina Ellenbogen
Mobile Veterinary Services
Animal HomeCare & Hospice
P.O. Box 1744
Bothell, WA 98041
425-485-7387 (485-PETS)
DrTinaVet@aol.com
<http://hometown.aol.com/drtinavet/myhomepage/profile.html>
Quality - Convenience - Compassion

"In our profession of providing work in the sacred waters of a canine pool – we often work with dogs who are in their final stages of life. It is nice to have a list available of support in your area to give to your clients at such a time. Your list could include mobile veterinarians who are known to be compassionate, a hospice network, grief counselors and such.... On this list it might be nice to include local private crematoriums, sources of beautiful urns, graveyard options, etc... things that your clients perhaps haven't thought about but later are grateful to have the references handy."



The Splash !

Life Doesn't Have a Plan

By ACWI President
Cindy Horsfall

In this newsletter we've talked about supporting our clients in the areas of death and dying. We brought up the fact that each person will have a different need or way to cope in this area. Our job is to be present and listen and hold the space for their healing. We can not have an agenda here and what works for one client will often not work for another.



I would like to take this time to share part of my own personal journey surrounding death in the last 2 years. What happened for me during this time reminded me of the fact that we can not have an agenda during this time and often the most thought out plans don't make sense when faced with the final reality of your dog's passing.

The best thing to have is a list of references and options so that when faced in that instant of what to do, one can choose what works best at that time.

When I lost Kwinn, my 9 year old shepherd, to cancer – it took me totally by surprise. From the time we discovered the cancer until the time I

lost her was about 6 hours. I was reeling in shock and disbelief and I couldn't get my arms wrapped around this new reality in my life.

There are many components of this story that I could share but right now I am going to stick to the reality of the 'BODY'...

What to do with the body... this beautiful set of clothes that housed the spirit that I loved so much. Kwinnie was now free from the confines of her body, but this body was how I identified with her and the tangible part of her that I had grown to love.

In my state of shock, I agreed to cremation and left the vet office into a world that I didn't know yet how to identify with. Later that day, I realized I wasn't ready to let go of her body and so I called and begged them to wait... to keep her there... I went back and forth over the next few days before deciding that I wanted to bury her on a new piece of property that we had just found together. I built her a custom casket that spoke of her spirit to me and then went through the ritual of a burial. This is not what I had planned... but it was the perfect ritual for me at that time and provided me with the kind of closure I needed for this point in our relationship.

8 months later, my dog Ava died in my arms. It was a perfect passing but one I hadn't planned on as there was no sign... no discomfort.. we were just cuddling and talking and then she was gone. I held her for hours before I realized I needed to make a decision about her amazing body that I had so intensely cared for... I had planned on burying her in the same sacred area that Kwinn had helped create the year

before... but suddenly that wasn't right for me.

Thank God I had done some research for my clients and had my list of references and options. On that list was a place in Oregon called 'Dignified Pet Services' where you can bring your dog in for a private cremation. They were open for private appointments 24 hours/day. I never dreamed this option would be for me but at that moment, with my dog in my arms, it was the only thing that felt like an option.

My experience at Dignified Pet Services was perfect. I couldn't let her body go and they were compassionate and allowed me all the time I needed. There was a chapel where I could be with her... there were beautiful urns for me to look at... there was music and candle and spiritual statues... there were two men who worked there that day who knew how to just hold the space for me and provided nothing but kindness and compassion.

When it came time for me to let her



(Continued on page 19)



The Splash !

Life Doesn't Have a Plan (cont.)

(Continued from page 18)

body go, I sat by the cremation chamber for the entire time in a state of prayer and gratitude. I think most people wait in the beautiful chapel during this time but again, I couldn't leave her... I was able to be a part of every step – that was my choice and they honored that and helped me and supported my needs. There was no agenda and no standard procedure... there was only me and what I needed at that time – something I could have never guessed or planned on before hand.

I chose a beautiful carved urn with water lotus blossoms on it. We took

plaster imprints of her beautiful paws.

“The best thing to have is a list of references and options so that when faced in that instant of what to do, one can choose what works best at that time.”

I bought a necklace that had one ceramic heart that I wore and one that she wore and which accompanied her through the fire – an inner heart that was retrieved after the flames and then was re-united back into the heart necklace I wore around my neck.

When I left later that night – I held the warm urn in my arms and I had more attachment to the urn than the fur that I found on my floors when I got home. I had experienced the transition of her body to ash and it held meaning for me and a reality that I needed to embrace. Yes it was excruciatingly painful but any option would have been.

Why I am sharing this story for you is that although I have helped hundreds of clients with the loss of their beloved dogs, although I have lost many in my lifetime and although I thought I had a plan that worked... we can never have a plan... there is no plan... life doesn't have a plan.

I think the best thing we can do is have a client file with a chart and progress notes and a well thought out plan for the session - but to remain fluid to the moment, be willing to drop 'standard operating procedures' and be lovingly open to whatever presents itself. Allow your clients the gift of their own process and hold that space as best as you can.

There are different options in every area.
 Get a list of stories, options, compassionate options, ideas
 and have it accessible to those who may need it.
 Private cremation services offered outside Portland, Oregon:
www.dignifiedpetservices.com
 Services offered in Fall City, WA: www.allpetsgotoheaven.com



*To travel in the company of animals is to walk with angels, guides, guardians, jesters, shadows and mirrors .”
 ~Suzanne Clothier~*



The Splash !

Sink or Swim!

Rating Canine Water Toys

Brodie Fisher has been swimming since his CCL surgery in July 2003. He loves toys therefore, he will be testing a new canine water toy each quarter. In this issue, he will be reviewing the...

Triple Crown Easy Glider

The Triple Crown Easy Glider is easy to throw straight and level, even if you are inexperienced. The unique design allows for it to glide through the air without taking sharp arcs or turns, as well as land gently, making it easy for your dog to follow and catch. Plus, it is made of highly durable soft foam that will hold up to being in your dog's mouth without cutting or hurting him. It also floats in water for disc catching fun at a lake, beach, or pool. **Size:** 9" diameter,

Frequently Asked Questions:

Can I use the Easy Glider in water?

The Easy Glider floats in water for disc catching fun at a lake, beach, pool, or anywhere.

Can my dog chew on the Easy Glider?

The Easy Glider is intended as an interactive toy for you and your dog to play with together, not a chew toy.

Will the Easy Glider hurt my dog's mouth?

Since the Easy Glider is made from a soft, foam-like material, it is comfortable for your dog to hold in his mouth and you don't have to worry about sharp edges forming from teeth marks.

My dog is very rough with his toys- will the Easy Glider last?

Though the Easy Glider is soft, the material is very durable and puncture resistant. Dogs can sink their teeth into it and even pull against it without much more than surface damage. The Easy Glider is not intended as a chew toy. With normal use, the Easy Glider will hold up better than most flying discs.

The Triple Crown Easy Glider comes with an 18 page booklet with training tips and information. Access to training videos is also available on their website (www.aboutdogtraining.com).

Brodie's Rating: Brodie tested the Easy Glider and immediately was taken with it. It is very lightweight so it can sail through the air (first time out I overthrew the pool). It sits high in the water for easy visibility. At the end of the session, he didn't want to give it back and continued to chew a bit on it and it held up well. Definitely a hit!



**The Easy Glider,
along with other
Training dog toys
are available at
www.triplecrowndogs.com
303-642-0544
Retail price is \$12.99**



Brodie rates this toy...

SWIM!!



Editor's Note: If you have tried out any of Brodie's Sink or Swim toys or have a new toy to rate, please send in your comments and/or pictures to me at newsletter@caninewatertherapy.com.

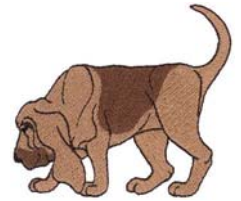


The Splash !



Sniff This!

~A Look at Products NEW to our Industry~



PAWZ Protective Dog Boots



Pawz is the world's only disposable, natural rubber dog boot designed to go on easily and fit securely without zippers or straps. Fashionable yet durable, Pawz is serious paw protection. Pawz protect against: snow melt and lawn chemicals, liquids, soil, sand, pool liner tears. Pawz is the most natural-feeling boot your dog can wear because the material is so thin your dog feels the ground, providing a sense of security. And imagine never losing another expensive dog boot again!

ADVANTAGES:

- * **Disposable**
- * **Reusable**
- * **Waterproof**
- * **Bends with Paw**
- * **Guaranteed to stay on**
- * **Biodegradable**
- * **Serious Protection**
- * **Inexpensive**
- * **Dogs Love Them**
- * **Vet and Groomer endorsed**



From ACWT Member Debbie LaMonica:

"I have had a few dogs in my water practice who have nails that are long, either because they need to be trimmed and the owner/vet cannot get them trimmed because of behavior issues, or just because the quicks are long and they have not been able to trim them back.

Sometimes, if they still have dewclaws, these are the worst offenders for scratching me. I WANT to help these dogs, but refuse to sacrifice my arms, legs or face on a regular basis, especially if the dog is the occasional "thrasher" or "enthusiastic hanger on-er". You know the ones that I am talking about... They want to be worn as a hat, shawl, or use you as a diving board!

I have found a great solution that will allow us to continue to see the Dog until either problem can be remedied: Pawz Dog Boots!

These are kind of like condoms for dog feet! They are made of natural rubber, are disposable, but may be re-usable with a little talc put inside of them after use.

They work really well, the dogs don't seem to mind them terribly much because they are so thin, and they give the added protection to keep ME safe too! They are certainly not cheap, but if the pup needs therapy, the caretaker wants their dog to have therapy, and we want to stay safe, they are worth recommending so that we can all be happy."



Pawz Dog Boots are available in five sizes
small to x-large (in various colors)
Price is \$12.00 to \$16.00 for a package of 12 boots



<http://pawzdogboots.com>



The Splash !

Self Care for the Aquatic Bodyworker



There have been studies about how people who work in pools are more susceptible to colds/sinus infections/asthma/skin rashes and the like....

Remember to shower off after your days in the pool. Simple is usually better when it comes to soaps and lotions, so go to your local health food stores for your body care products.

If you are susceptible to skin sensitivities, you might try covering your body with olive oil or non refined coconut oil a few hours before entering the pool so that all the oil is absorbed into your skin and you leave nothing in the pool when you enter. This often will help fill the pores of thirsty skin so that it won't absorb pool chemicals as much.

Self care for the aquatic bodyworker is a subject I'd like to cover so please write in your ideas and concerns and let's gather information so that we can work toward maintaining our own optimal health and longevity.

Two Wolves



One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

In this work of canine water therapy - we have a wonderful opportunity to embrace compassion, love, joy, peace, kindness, empathy, generosity, truth, faith...

What does Canine Water Therapy mean to you?

Please share your pictures of what Canine Water Therapy means to you and your dogs!

Submit to newsletter@caninewatertherapy.com.

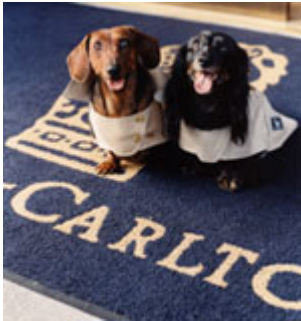




Dog Massage at The Ritz

Dog Massage Unveiled at Spa of Sarasota, Florida Ritz-Carlton, a Pilot Program for the Hotel Chain

Reported by the Associated Press



Austin ricochets around the Ritz-Carlton hotel room, bouncing from bed to chair and leaping high to lick the

face of his personal masseuse.

He's an energetic 4-year-old pug, so there is a lot of wriggling as his "privileged pup" pet massage begins. But soon his eyelids droop and his tiny muscles relax under the soothing touch of Darlene Davison, the Ritz-Carlton Sarasota's spa director.

"OK, sweetheart, OK. There you go," coos Davison, creator of the luxury hotel chain's latest indulgence — the \$130 dog massage.

Figure in the hotel's 20-pound weight limit and the additional \$125.00 non-refundable pet fee and the "privileged pup" plan comes out to a minimum of \$12.75 per pound. And that's the basic package.

For another \$220, the Ritz throws in gourmet dog biscuits, an in-room pet massage, a choice of nail buffing or nail polish, a souvenir photo, a brisk walk over Sarasota's scenic Ringling Bridge and a gourmet meal of organic stew and designer water served on a silver tray.

Americans spend about \$38.4 billion on their pets annually, according to

the American Pet Products Manufacturer's Association. Spending on pets increased an average of \$2.3 billion a year since the association started tracking numbers in 1997.

"The trend, in the last year especially, is people enjoying things they can do with their pet," said Charlotte Reed, the New York-based author of the upcoming book "Miss Fido Manners Complete Book of Dog Etiquette." Reed has four dogs, three cats and several birds.

"People take their dogs to baseball games," Reed said. "People are going to fashion shows with their pets. People are going to benefits and art shows with their pets. You all dress nicely, put on your big diamonds and put on your pet's boa, or tuxedo shirt if it's a boy."

The platinum and pocket pup set are definitely the Ritz's target demographic.

The Ritz packages remain a budget buster for the average pet owner. An hour on the massage table at the Ritz equals an average year's worth of dog grooming and treats.

Davison said the blow is softened a bit by the obligatory massage lesson. Florida law says veterinary procedures — including massages — must be done in a vet's office unless it is for educational purposes. So Davison and five other dog-certified spa employees use the hour to demonstrate Swedish, sports or relaxation massage

techniques to dog owners.

The lesson sold Austin's owners, Larry and Deborah Colton of Oldsmar, Florida. The couple drove about an hour to the Sarasota Ritz to celebrate Larry Colton's 59th birthday and do some shopping. They brought their pugs, Austin and 2-year-old Phoenix.

Deborah Colton said she wanted to learn pet massage for her 11-year-old lab mix, Kalua, who has arthritis. Kalua is too big to stay at the Ritz, so Austin got the massage.

"Massage is very important," Colton said. "I tend to do for my pets what I do for myself. I know the wonderful effects of massage so that's why I wanted to do this."

"Florida law says veterinary procedures — including massages — must be done in a vet's office unless it is for educational purposes. So Davison and five other dog-certified spa employees use the hour to demonstrate Swedish, sports or relaxation massage techniques to dog owners."

The Sarasota Ritz dog massage program is a pilot program for the whole chain, Davison said. She began offering services about three months ago and said business has varied from a peak of three canine customers in a week to no takers for several weeks in a row.

The hotel is working on more owner-pet pampering packages, although the human indulgences are being planned for the Ritz's luxury spa. No dogs allowed.

That rubs Reed the wrong way.

"I would spend \$250 to get us both rubbed down ... so I can look over and smiling adoringly at my pet enjoying herself," Reed said. "That would be fun for me."



The Splash !

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The Heart of Canine Water Therapy
Instructor: Cindy Horsfall, LMP, SAMP, CWP

Level 1 Training

April 21-26, 2007 ~ in WA State **(SOLD OUT)**

June 2-7, 2007 ~ in WA State **(SOLD OUT)**

September 22-27, 2007 ~ in WA State **(SOLD OUT)**

November 3-8, 2007 ~ in WA State

Level 2 Training

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Visit www.lapawspa.com for more information.

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MEMBER DISCOUNTS!

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GET ALL YOUR POOL SUPPLIES at a HUGE SAVINGS!!! Call our friends Phil Miller and Jim at Amerimerc and get a 15% discount on their already low, low prices on everything you need. These guys are dog lovers and they are so excited to help the ACWT and the world of water therapy for dogs. Check out their websites at: www.amerimerc.com. When you are ready to order – call Phil at 1-877-891-7665 with your ACWT Pool Membership # and start saving money today!!!

ALL LEVEL MEMBER DISCOUNTS

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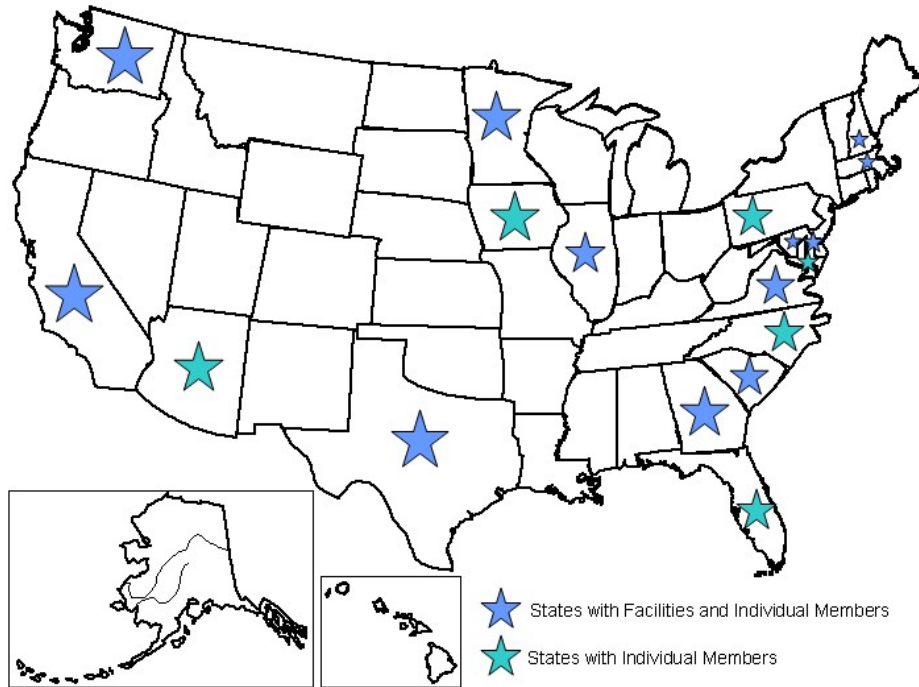
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PLEASE LET US KNOW SO THAT WE CAN INCLUDE IT IN A FUTURE ISSUE OF THE SPLASH!



The Splash!

Member Directory



POOLS & TREADMILLS—UNITED STATES

CALIFORNIA

**Mr. McDoggle's
Swim Palace & Training Center**
Oceanside

DELEWARE

Happy Dog Healthy Dog
Wilmington

GEORGIA

Healthy People Healthy Pets
Atlanta

ILLINOIS

Sit, Stay, Swim
Rockford

MASSACHUSETTS

AquaDog, Inc.
West Roxbury

MARYLAND

Canine Fitness Center
Crownsville

MINNESOTA

K9 Hydrotherapy Inc.
St. Louis Park

NEW HAMPSHIRE

Doggie Dome Swim Spa
New Durham

SOUTH CAROLINA

Paddling Paws K-9 Swim Center
Moncks Corner

TEXAS

DogWater Spa
Houston
Hydro Hound
Carollton

VIRGINIA

Liberty Hill Pet Resort
Bealeton
Paws To Swim
Rockville

WASHINGTON

All Dogs Pool & Spa
Tulalip
Aquadog Spa, Inc.
Kent
Cottage S-paw
Woodinville
Happy Tails Resort & Spa
Auburn
Heavenly Spa
Fall City
K9 Aquatics, Inc.
Sammamish
La Paw Spa LLC
Fall City and Edmonds
Mega-Dogs
Woodinville
Pampered Paw Swim Spa LLC
Enumclaw
SplashDog Spa
Edmonds
Sumner Veterinary Hospital
Sumner
The Dawg House Swim Spa
Ferndale



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Lorie Allen
Laveen

CALIFORNIA

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Newhall
Mindy Mulligan
Redwood City
Suzanne Samson
Truckee
Christy Tattersall
Northridge
Alison White
Oceanside

DELEWARE

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Wilmington

FLORIDA

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Gulf Breeze
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Cedar Rapids

ILLINOIS

Cherie Hogland
Rockford

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Maury Chaput
Crownsville

MASSACHUSETTS

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West Roxbury

MINNESOTA

John Lambert
St. Louis Park

NEW HAMPSHIRE

Melody Horne
New Durham

NORTH CAROLINA

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Kelly Shaffer
State College

RHODE ISLAND

Pam Walter
Newport

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★ Provinces with Individual Members

POOLS & TREADMILLS—CANADA

ALBERTA

Pawsitively Pooched Ltd.
Calgary

ALBERTA

The Dogs Aqua Therapy Ltd.
Edmonton

ONTARIO

K9 Common Scents
Ottawa

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Edmonton
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Allison White
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Evelyn Lee
Longton, Preston, Lancashire

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Animal Healing Center

On Staff: Dr. Larry Siegler
Business Phone: 425-885-5400
Location: Redmond, WA
Website: www.animalhealingcenter.com

Mobile Veterinary Services

On Staff: Dr. Tina Ellenbogen
Business Phone: 425-485-7387 (PETS)
Location: Bothell, WA
Email: drtina@caninewatertherapy.com
Website: http://hometown.aol.com/drtinavet/myhomepage/profile.html

Puget Sound Animal Hospital for Surgery, P.S.

On Staff: Dr. Mark Engen & Dr. Byron Misseghers
Business Phone: 425-827-5686
Location: Kirkland, WA

Sumner Veterinary Hospital

On Staff: Dr. Kathy Sheeran
Business Phone: 253-863-2258
Location: Sumner, WA
Email: mksheeran@sumnervet.com
Website: www.sumnervet.com

SUPPORTING BUSINESSES

Dynamite Specialty Products

Owner: Mary DeFillippo
Business Phone: 425-290-2255
Location: Snohomish, WA
Email: maryfurhaven@earthlink.net
Website: www.dynamitemarketing.com

SUPPORTING BUSINESSES

Gold Canyon Candle Distributor

Owner: Amy North
Location: USA
Email: anorth3@cox.net

Mystic Mountain Retreat

Owner: Cindy Hill
Business Phone: 360-794-6388
Location: Monroe, WA
Email: mysticmountainretreat@hotmail.com
Website: www.mysticmountainretreat.com

Parka's Kibble Art

Owner: Sherry Dryja
Location: USA
Email: parka@kibbleart.com
Website: www.kibbleart.com

Pension Design & Admin., Inc.

Owner: Doris Kopp
Business Phone: 425-868-1230
Location: Redmond, WA
Email: doris@pensiondesign.com
Website: www.pensiondesign.com

Sam's Dog Hut

Owner: Sheila Palme
Business Phone: 715-262-4566
Location: Prescott, WI
Email: samsdoghut@centurytel.net
Website: www.samsdoghut.com

Synchronicity

Owner: Charlie Comstock
Business Phone: 360-461-3155
Location: can service anyone, anywhere
Email: charliecomstock@msn.com

SUPPORTING BUSINESSES

The Lodge at Cardiff's

Owner: Susan Von Beck
Business Phone: 425-788-8449
Location: Duvall, WA
Email: Hunterdonfarms@aol.com
Website: www.lapawspa.com/thelodge

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Natasha and Pavel
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Catherine Lisa Van Camp
Jean & John Horsfall
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