

Happy New Year!!



Here's to hoping your new year is filled with love, joy, happiness and lots and lots of spots!!

Karl Schill

Editor

NewSpots! Newsletter

Ring in the New Year with These Pet Resolutions

By Christine O'Brien <https://www.hillspet.com/pet-care/>

At the end of the calendar year, many people ring in the new year by creating a list of habits they'd like to start (or stop) doing to benefit their health and happiness. Why not include your pet in your New Year's resolutions, too?

Making pet resolutions is a great way to help you stick to your own list of do's and don'ts because who better than your dog to make sure you get out of bed for that early morning walk—or your cat to make sure you take that energizing afternoon nap?

Here are some ways you and your pet can have a happy, healthy twelve months—and beyond!

Exercise

Vowing to exercise tops many resolution lists, and it should for pets, too. As PetMD points out, walking your dog (or cat) benefits your fur baby in many ways, such as aiding the digestive system and promoting agility. You're more likely to stick to an exercise regimen if you have a buddy. If jogging isn't your speed, leisurely walks are just as good. Stick to the pace that works best for you and your little guy or gal. Try out a new park, hiking trail, or city street. If your furry friend is indoors, get moving by chasing toys around the house or playing games, like fetch or hide-and-seek. Create fun DIY cat toys to engage your cat and help improve her motor skills.

Eat Healthy

Making healthier food choices is another popular resolution, and, oftentimes, falls off the list most easily. It's no secret that eating well is good for you, but don't forget about your new year's pet and his nutrition. Avoid giving your cat or dog table scraps. A little goes a long way. What may be a small snack for you could add up to an entire meal for your pet.

Before revamping your pet's food, consult with your veterinarian because different animals have different needs. Pets are creatures of habit, just like their pet parents, and switching your cat's or dog's food for a new kind may not always go smoothly. Be patient, just as you would with your own eating habits.

Relieve Stress

The act of petting your dog or cat lowers your stress level and blood pressure, but did you know that sometimes, just gazing at an animal can alleviate stress? "You don't even need to touch them. Just looking is enough," says Vetstreet. "Watching fish in an aquarium has the same effect." If you've ever felt a rush of love watching your cat curled up in her favorite spot, you know how powerful simply being around pets can be.

You also can incorporate mindfulness into your daily pet care routine. The next time your dog stops to smell the roses, instead of hurrying him along, take a deep breath, perform a sun salutation, and soak in a quiet moment of peace.

Meet New People (and Animals)

If you and your pup or kitty tend to be homebodies, add "make new friends" to your pet resolutions! Pets are a great way to expand your social network because you instantly have a bond with fellow animal lovers.

Need a boost to get out of the house? Start walking. As noted above, walking has many health benefits for you and your pet, but it's also great for your social lives. An animal is a great conversation starter, even if you're just going down to the corner store for a coffee. You can also check with your local animal shelter to see if it hosts any fundraisers, such as dog walking events. You'll meet new people, your dog will love the opportunity to socialize, and you'll help support a worthy charity.

Learn Something New

The new year is a great time to commit yourself to learning something new; add your dog or cat to that resolution too. While you're committing time and effort to learning a new skill you can take time to help your pet learn a new trick or command. If you decide to take a class like photography, think about also signing up for a training course for your pet. Even if you have an older pet, it doesn't mean they can't learn new tricks. By making a commitment to help your pet learn something new, it will also help keep you motivated to stick with your new education.

New Year's resolutions are always easier to keep when you have a support system to keep you motivated. No one ever said that it had to be another human. Including your dog or cat into your resolutions is a great way to help keep your eye on the prize to help benefit both of you. Good luck with all of your New Year's resolutions this year, and every year to come.

5 Amazing Tips for Walking a Dog That Pulls on the Leash

<https://ollieandstace.com/blogs>



Wondering how to make your dog behave well on a leash? “Leash manners” is a challenging thing and is one of the most common complaints among dog parents and pedestrians. Behaving well on the leash is an important skill to teach your dog. You will definitely value this new skill every time you take your dog out for a walk!

Throughout the article, we may share some of our favorite products through a link sending you over to Amazon called an affiliate link. This means that, at zero cost to you, we will earn an affiliate commission if you click through the link and make a purchase. We pride ourselves on wanting to develop [Ollie + Stace](#) as a trusted brand and resource for you so we will never send you to products we do not believe in.

Top Tips to Consider When Walking your Dog on the Leash

Leash training is essential if the two of you are to enjoy walks and adventures together... We know we do! Here are our 5 tips on how to train and a few bonus pointers if your dog pulls on a leash:

1. Start with equipment.

An important thing to make sure of is that you must have the right equipment. Choosing the right type of leash, collar, or harness plays a significant role in managing the pulling behavior.

A chest-led harness is the perfect equipment to help modify your dog's pulling behavior paired with a **4-6ft non-retractable leash for fast correction**. Remember that equipment can be really helpful in stopping leash pulling but is not a sole replacement for leash training.

We like to look for the following in leashes: nice and strong, comfortable for your hands, and aesthetics. [Here's a cute reliable favorite from Amazon.](#)

2. Show them leash pulling is an unpleasant behavior

When we're on the walk, we can't allow our dogs to pull at all on the leash. As soon as they start pulling, stand still until the leash relaxes. When the leash is sufficiently relaxed, continue on your walk. Your dog will probably give you some funny looks at the start but soon will realize that what they are doing is not pleasing behavior. **Simply, do not allow your pooch to move forward in the direction they are pulling until there is a relaxed leash.**

3. Where to practice leash training?

When you start out, practice leash training in **an area with as few distractions as possible**. Once your furry pal is comfortable, repeat the leash training in many different settings, and at many different places. Keep leash training sessions short, frequent, and don't exhaust your dog. Keep leash training fun, dynamic, and increasingly challenging (ie busier areas) to captivate your dog's interest.

4. Make it a positive experience!

Dogs learn best by **positive reinforcement techniques**. Punishments and yelling at them will only have negative effects. Make leash training a **positive experience filled with praises, affirmations and rewards**. If the leash training experience is pleasant, your dog will love it. If it's uncomfortable, your furry pal will show a little resistance.

5. Practice makes perfect.

Practice, practice, practice. When your dog is on the leash, you need to show a lot of patience. Your four-legged friend should be relaxed enough to walk on a loose leash. Be consistent to reward positive behavior and stop bad behavior immediately. Your dog will naturally become **more comfortable when they're taught the difference between good and bad behavior.**

Bonus Tip:

Ensure you are providing your dogs with enough mental stimulation

Dogs need physical and mental stimulation for burning pent up energy and keeping their muscles strong. For best results, give your dog plenty of play (tug-o-war, treat hunt, hide and seek, the list goes on...) before they walk with you on the leash. For your pooch to behave and not act out with all the distractions they have on a walk, it takes a ton of self-control. We just have to teach them a few basics.

Final Thoughts

It's worth keeping in mind that pulling is a natural ancestral behavior for dogs; they need time for learning and self-control. Remember that you need to **be consistently firm and patient with your dog but not harsh.** With enough practice and repetitions, they will surely turn out the most well-behaved, non-pulling walking companion on the block.

Praising your pooch with small training treats during leash training is rewarding for you and them. If you are looking for a recommendation on **a delicious and nutritious training treat**, this checks many if not all of our boxes; delicious to your pet, wild-caught, local, and more functional in nature with the omegas involved than other high heat processed treats.

[See for yourself on Amazon here.](#) Practice good habits!

PST... always be prepared with more than enough poop bags!

Hope you enjoyed reading this article! Did you find this article helpful? Feel free to share your thoughts and questions. Happy Walking.

-Lauren, Brandon, & Sonya from [Ollie + Stace](#)

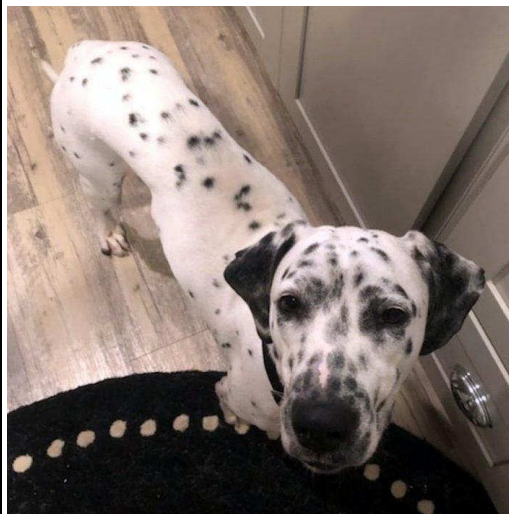


Recent Adoptees!

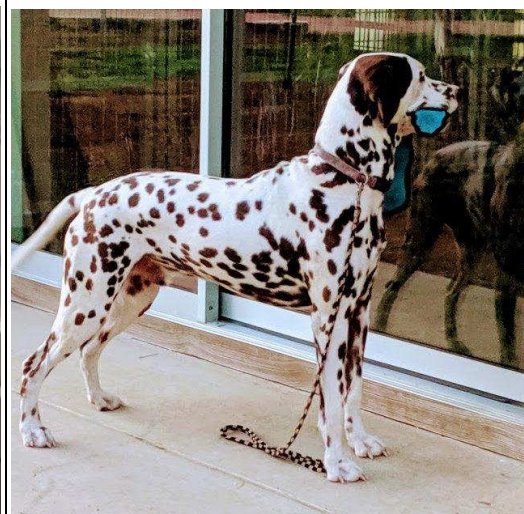


BERKELEY

Berkeley
Brodhead, WI



Sage
Wilmington, NC

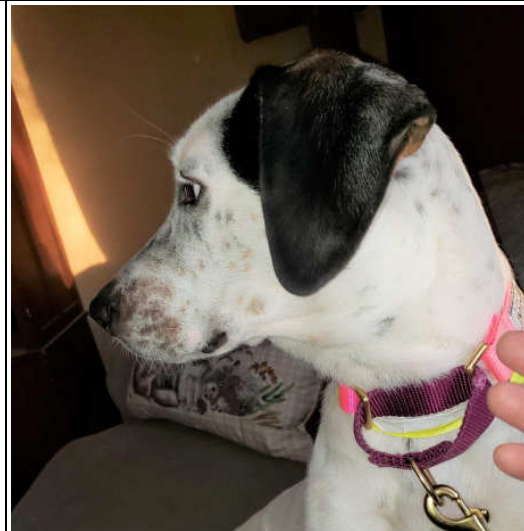


Chance2
Georgetown, TX



ZARA

Zara
Concord, NC



Lily9
Denver, CO

Attention Adopters!!!

If you haven't already submitted your Happy Beginnings story, PLEASE, PLEASE, PLEASE take some time to do it now!
 Yes, I am begging. We really would like to have your stories on the website and make you a star here in the NewSpots!!
 What are you waiting for? Submit your stories and a new photograph of your fur kid(s), and yourself if you want, to me today!

DalmatianRescueOfCO@comcast.net

"Look for the happy spots in life!"
 ~ Anonymous

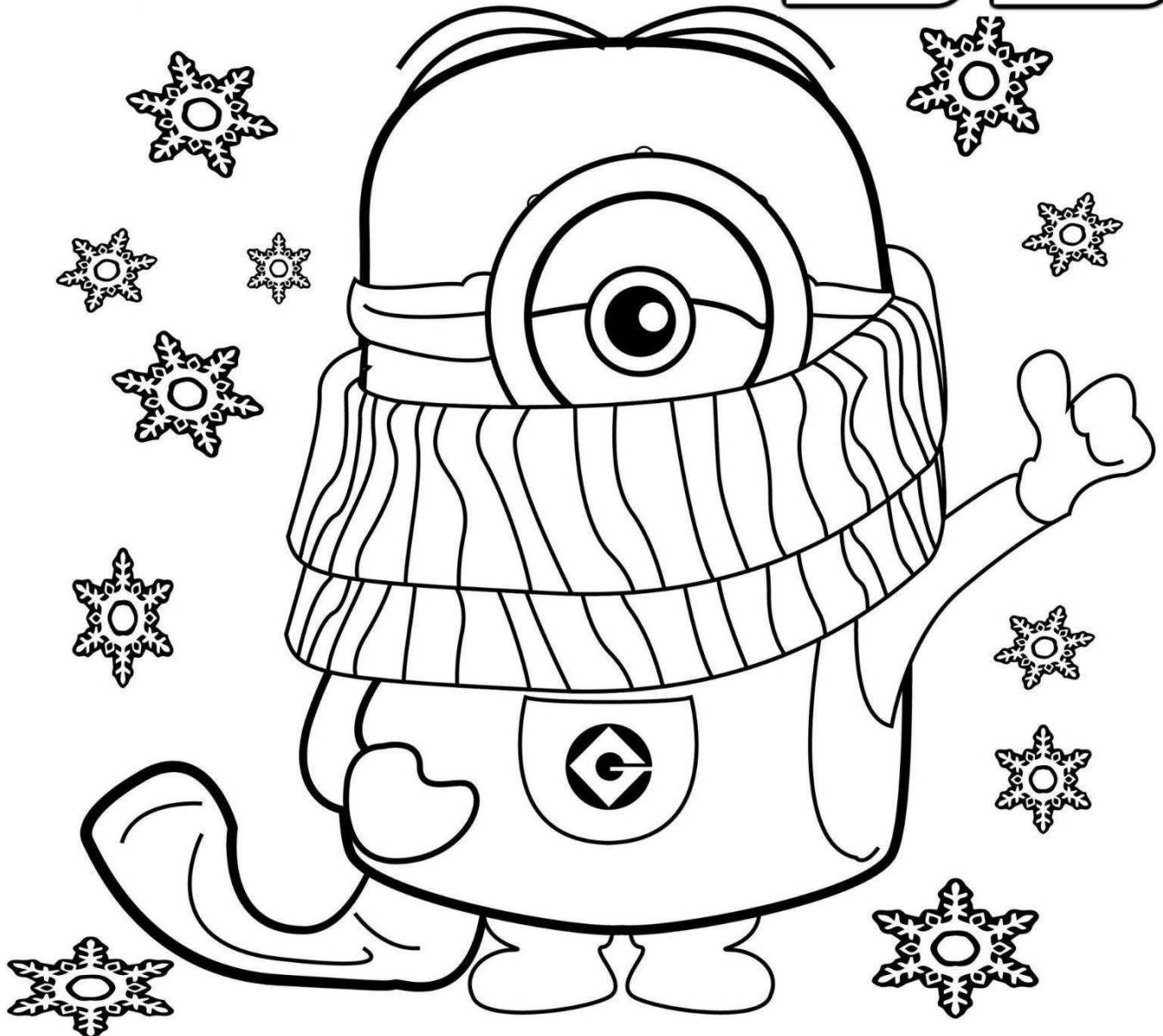
For The Kids

HAPPY NEW YEAR

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Help Us Raise Money While You Shop!!

What's It All About?



AMAZON.SMILE

AmazonSmile is a simple and automatic way for you to support Dalmatian Rescue of Colorado, every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Dalmatian Rescue of Colorado.

To shop at AmazonSmile, simply go to smile.amazon.com from the web browser on your computer or mobile device and start your shopping at AmazonSmile. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same. On your first visit to AmazonSmile (smile.amazon.com), you need to select the charitable organization (Dalmatian Rescue) to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

You can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account." You can choose from over one million eligible 501(c)(3) public charitable organizations. Look for Dalmatian Rescue of Colorado to make us your charity of choice!

KING SOOPERS/CITY MARKET COMMUNITY REWARDS



For Colorado supporters (or anywhere King Soopers or City Market operates), Dalmatian Rescue of Colorado has also enrolled in the King Soopers and City Market Community Rewards Program.

To Use the King Soopers or City Market Community Rewards Program, simply visit the appropriate link below.

For King Soopers Stores - go to <http://www.kingsoopers.com>

For City Market Stores - go to <http://www.citymarket.com>

Once logged in to your King Soopers or City Market account, search for Dalmatian Rescue of Colorado, Inc., either by name or FR415, and then click Enroll. New users will need to create an account which requires some basic information, a valid email address and a loyalty card.

*Customers must have a registered King Soopers or City Market loyalty card account to link to our organization. If you do not yet have a King Soopers or City Market loyalty card, they are available at the customer service desk at any King Soopers or City Market.

REMEMBER, purchases will not count for our organization until after you have registered your loyalty card (the same card that you use to build fuel points). You must swipe your registered King Soopers or City Market loyalty card or use the phone number that is related to the registered King Soopers or City Market loyalty card when shopping for each purchase to count. This does not affect your fuel points!



Trainer Tips

“What To Do If Your Puppy Or Dog Gets Carsick”

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You bring home your new puppy and are excited to take him with you to new places. You want to get started meeting new people and start your lifetime of adventures together. But on the way to your first adventure, your pup gets sick and vomits in the car. The next time, it happens again. Now what do you do when your puppy or dog gets carsick?

If you have ever experienced motion sickness, you know it's miserable. We don't wish motion sickness on anyone, least of all your new puppy. But it happens. While dogs of any age can get sick when riding in vehicles, it's often puppies who experience this. The good news is that most puppies will outgrow it. According to pets.webmd.com, the ear structures used for balance are not fully developed yet in puppies. Once they are fully developed, for most puppies, this goes away. For a few unfortunate dogs, it does not.

In some cases, just the prior experiences and associations will start to make the dog sick and/or stressed even though the ears are now fully developed. The stress of knowing something has made you sick in the past is enough to make car rides unpleasant even if they actually no longer make you physically sick.

Fortunately, there are some things you can do to help minimize chances when a puppy or dog gets carsick again.

For some pups, riding in a crate or other way that prevents them from seeing things rushing by can reduce sickness. If your dog is not crate trained, [click here to learn how to do that](#). For some, being able to see out the front but not the sides works well. (But please do NOT ride with your pup in the front seat of your vehicle!)

For some pups, having some fresh air blowing on them will help.

Some dogs do better if they do not eat before traveling. Some might do better with a small amount of food but not a full meal. Start with just getting in the car but not actually going anywhere. If there's no motion, they (hopefully) will not get sick. Unless the thought of moving starts to make them sick even before you get moving. If so, take things very slowly.

If your dog is feeling better just sitting in a motionless car, start with very short trips. Even just around the block. Though the fewer turns and stops you make the better. Some dogs do better once you get on the highway and aren't making all the stops you might in a neighborhood with lots of stop signs or street lights.

Try some over-the-counter remedies to see if they help. Ginger is a natural anti-nausea ingredient. A piece of a ginger cookie or other product might do the trick.

Some vets will recommend Benadryl or Dramamine (antihistamines that are a part of our [dog first aid kit](#)) that sometimes help. Keep in mind though that if you are going somewhere to do something – like a Puppy Class or a playdate or such – your pup might be drowsy and not really feel up to doing much once you get where you are going.

If you're still having trouble, you could talk to your vet about a prescription medication that might help. Or you might just need to take a break from taking your pup anywhere in a vehicle for the short term if you can until they are a bit older and hopefully can handle the movement better without getting sick.

Take things slowly. Remember, most dogs will outgrow motion sickness, but if not, there are strategies we can take to minimize the difficulties.

For additional training tips and information, you can read our blog at <https://thelightofdog.com/read/> or find us on Facebook and Twitter.

 <https://thelightofdog.com/>

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(This “Ask The Trainer” article is reprinted with permission of Sue Brown, co-owner of The Light Of Dog, a Certified Dog Behavior Consultant. The Light of Dog Training is located in Sedalia, CO and services the Denver Metro Area. <https://thelightofdog.com/>).

Bits & Pieces

Advertising in NewSpots! is FREE!!!

Do you have a business or a hobby that other adopters, fosters, and volunteers might be interested in? Let us help you spread the word by 'advertising' in Dalmatian Rescue of Colorado's monthly newsletter – NewSpots! We currently notify about 700 people of the new editions of NewSpots! That's a lot of word of mouth and print advertising for FREE!

Simply contact the editor, Karl Schill, at dalmatianrescueofco@comcast.net and he will work with you to provide your ad and place it prominently within the newsletter.

Foster Homes Needed!!

****** Be a Pal, Save a Dal ******

PLEASE – They need YOUR help!! Remember when your rescue Dalmatian came home with you, from the warmth of a loving foster family? If we hadn't had foster homes, you probably would not have gotten YOUR dog. PLEASE think about fostering a dog for the Dalmatian Rescue where you obtained your Dal, or the one closest to where you now live, so they can save lives like they saved your dog's life!! PLEASE give a warm home to a dog who can relax, show his true personality, enjoy a thick bed rather than a concrete floor in a shelter and get ready for a new home. PLEASE help rescues and the dogs so that others might have a dog that is well socialized, trained and ready to love. PLEASE think about this... Dalmatians are everywhere and are literally dying to meet you or someone willing to give them a "spot" to LIVE until their forever home comes along. PLEASE be a spot for rescue and for them?

We thank you and you know any dog you help your local rescue save will be eternally grateful! PLEASE submit a foster application if you can possibly help your local rescue and them! PLEASE take your cookie... good boy/girl!

Reader Recommendations and Tips

This is where we share recommendations and tips from and for our readers. Our newsletter is read by as many as 1800 people each month. That number constantly increases as we have more adopters and adopters recommend it to their friends and family as well. So, go ahead... share your tips and recommendations. Please send along any information you want to share with others, like products that you would recommend, dog toys, great pet insurance, good vets (or bad ones to avoid as well), etc. Is there anything you wish someone had told you about that you have found? Pass it along. Send your ideas, recommendations and tips to Karl at karl@dalmatianrescueco.org for inclusion in the next issue.

We NEED your participation to make the Reader Recommendations and Tips segment a successful segment. We finally received a couple recommendations. It is nice to be able to pass along information, tips and suggestions that you have found useful or helpful so that others can benefit as well, but without your participation it doesn't work! So please submit your ideas!!

**SADLY, THERE ARE NO READER
RECOMMENDATIONS AND TIPS THIS
MONTH.**

In The "Spot" Light... Our Featured Dalmatians

Aaron A

6 Years Old, Black Neutered Male
Reason Available: Owner Surrender
Foster Home: Grand Junction, CO

You won't find a more loving, fun and funny dog than Aaron! We guess that that special, perfect person has just not appeared for this big, ole goofy dog! Aaron is a friendly, happy boy who is ready for that final, forever connection! TIME FOR A NEW HOME and COULD IT BE YOU??? Aaron is located in Grand Junction, CO. When we took Aaron in, he was terribly thin and his ears were horribly infected. He was also heartworm positive, but all has been treated and he is happy and healthy now. Aaron was found in a backyard where the family had kids from one year to 8 years of age. He was playing with the kids and was wonderful with all of them. He is just a love bucket! In his foster home, Aaron loves to romp with the other dogs, but he prefers the females as one of the males there is a bully. Aaron is housebroken, crate trained, and just a fun fella. His future home would be best with a social and playful dog and kids too. Older children would be best due to Aaron's size and energy. Aaron is a super cool dude who would love to meet you. Donation \$250. You can submit an application for adoption at www.dalmatianrescueco.org. You will be glad you did!



Nowell

1 Year Old, Liver Spayed Female
Reason Available: Shelter Stray
Foster Home: Denver, CO



Nowell's adoption fell through! Being spayed today (12/17/21), she is ready to go! Such a cutie! Nowell was picked up from a shelter in Texas about a week ago and found her way to Colorado on 12/13/2021. She is a quiet little dog who is a bit reserved on first meeting, but she warms up quickly with gentle pets and a quiet voice. After a few hours, she will sit in your lap (if you let her) and is said to like furniture and beds. She is fully house-trained and crate-trained and willingly eats and sleeps in her crate. She even uses it as a den when she needs a nap. Once acclimated in her new home, Nowell and her new owner would benefit from obedience classes. Information we received indicated that she was around a year old, but she may be older than that. We don't know how she reacts to children, but her

gentle nature would indicate that she would do well with proper introductions and supervision. We also don't know about cats. Nowell is such a pretty little thing - she would be a great addition to any family. \$400. Contact Jeannine at jeannine@dalmatianrescueco.org.

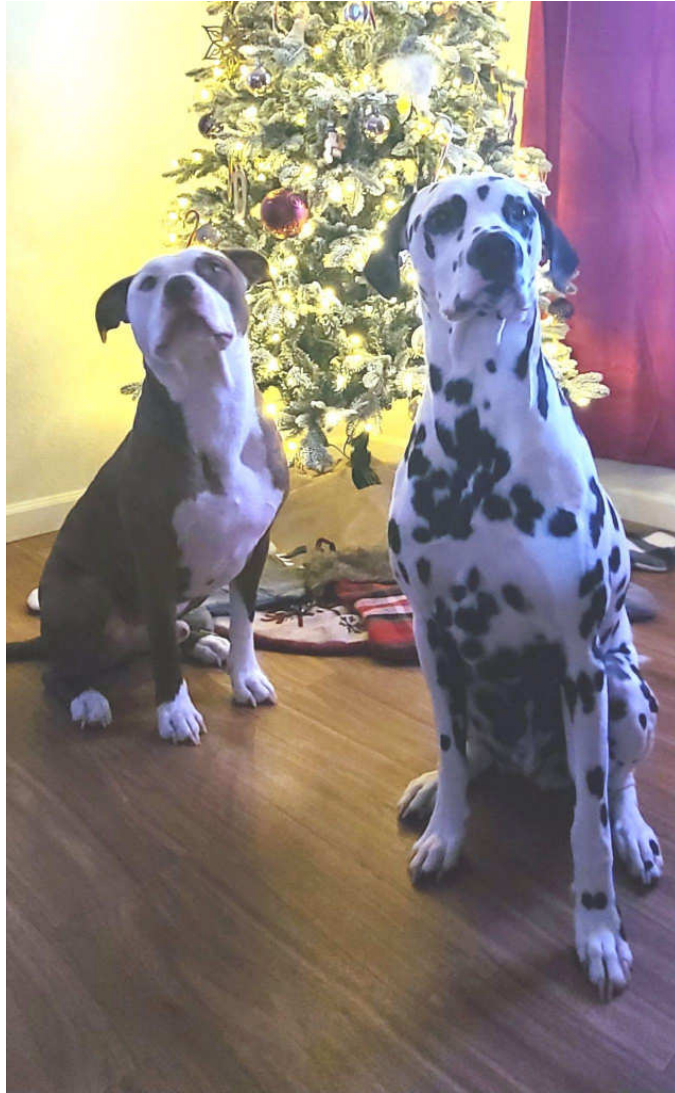
Happy Beginnings Stories

Marshall



Marshall was very timid at first. He would only stick to the women, and he was intimidated by the men. But when he and Chase, our 2-year-old American Staffordshire Terrier, got together they became inseparable immediately. They spend most of the day playing and running around the house and backyard. We are coming up on our 1-year anniversary together and Marshall has changed for the best. He is very lovable to everyone, always wanting to give kisses and cuddles, he always has to stand and watch around us to make sure we are safe. He even watches TV every once in a while, especially when Chicago Fire comes on lol. He has blended in with our family so well that it feels like he has always been with us. He was that missing key we needed after we lost our first dog a few years ago. He has a sense of humor we have never seen in any dog, and we absolutely love that about him!

Sara and Dustin Y.
Colorado Springs, CO



Marshall and his new brother, Chase

It's never too late to see your story in print!

If you have adopted your pup from us, regardless of when, and have not submitted their Happy Beginnings story yet, please do it now while it's fresh on your mind.

These stories are the “pay” that fosters get for all their hard work!

About Us

NewSpots is published and released on the first calendar day of the month. The deadline for submissions for future issues of NewSpots is the 25th of the previous month. Submissions received after the deadline may be delayed in publication until the following month, subject to the Editor's discretion.

Send submissions to the Editor at karl@dalmatianrescueco.org.

Dalmatian Rescue of Colorado, Inc. is a 501(c)(3) Non-profit organization. Donations are tax deductible!

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