

Dogs On Call Inc.

WINTER 2018

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Letter from the President

Winter has surely hit Wisconsin this week; my backyard has a nice white blanket covering it. Ten years ago, Kooper would have been out there running around for hours, enjoying every bit of that snow. These days, he chooses to go in and out a bit more quickly, some days waiting longer than mom approves of to take care of business in the morning. I guess as we age everyone is entitled to change their feelings on the Wisconsin winters, right?

Members of Dogs On Call remain in high demand even though the weather is less than perfect for giving baths and travel. We have two schools that have invited us back for their Literacy Week events the last week of March, Todd has started visits at the dorms again for the second semester. The library programs continue to be a hit with children of all ages. With all of these requests, we must all remember the people that are in nursing homes, hospitals, and assisted livings facilities. For some of these patients, we are the only highlight in their day. Please take the time to schedule a visit to one of these facilities; the rewards will be worth it. The great feeling you will walk away with will remain with you for days to come.

I look forward to another year of many visits and many great visiting stories from our members.

Stay warm and keep your furry family members close.

Laura, Kooper, Oliver, and Shadow

2018 - The Year of the Dog

I hope The Year of the Dog brings you as much happiness as our Pet Partners bring to the people we visit. For more fun facts on The Year Of the Dog here are a few links with more information.

<https://www.chinahighlights.com>
<https://chinesenewyear2018.com>



Please send in
2018 membership
forms and dues as
soon as possible.

Pet Partners at the Dane County Airport

Jimmy and I started visiting the Dane County Regional (Madison) Airport in July 2017. We both thoroughly enjoy it! I learned about this opportunity from a Winter 2017 Dogs On Call Newsletter article written by Dana. Dana put me in touch with a contact at the airport who coordinated a security clearance and provided a badge for me to wear during visits.

The airport allows us to visit whenever we want, which works well for us. They provided trading cards with a picture of Jimmy, a vest for me, and a scarf for Jimmy. The words “Pet Therapy Team” are printed on the back of the vest, to encourage airline passengers and staff to ask about having a short visit with us. We both go through security, just like everyone else.

We all know how difficult it is to be away from our pet. Many of us also know that waiting times in airports can be long and tedious. Petting Jimmy and learning about what we’re doing brings smiles to people of all ages. We walk from one end of the terminal to the other, and the entire visit lasts about an hour. The crowd can be light - or it can be heavy, such as the days after the CrossFit Games and the IronMan Triathlon. The children particularly enjoy getting to know Jimmy, and are eager to tell me about a pet at home.

Here is a link from the Airport describing the program:

https://www.msnaairport.com/dining_shopping/services/pettherapy



Jean & Jimmy

New Year, New Facility?

If you'd like to expand your therapy animal visits, we have LOTS of opportunities! Look for the monthly email to all members, listing a wide variety of facilities (e.g., hospitals, schools, skilled nursing/assisted living, correctional facilities/halfway houses) that have recently requested visits. We have new facilities contact us every month.

Also, there is a list of dozens more places that have had DOC teams visiting at one time or another and would welcome a team again.

Are you looking for a facility close by your home? There is most likely a match for you.

Do you want to visit a particular facility? We can help with the facility's paperwork to get you started.

Freshen your visit schedule, try something new, and keep your animal interested by introducing him or her to new places and people.

Contact Karen Peckham at karenp@dogoncall.org for facility information.

Raising a Service Dog

If you are a dog lover, there is a seemingly endless array of opportunities to do volunteer work. Rescue groups need help with fostering, transporting dogs and fundraising. Local humane societies need volunteers to help walk and socialize dogs. And of course, there are dozens of rewarding visit opportunities for therapy dog teams through Dogs On Call! Another volunteer opportunity that is particularly dear to my heart is being a



volunteer puppy raiser for a service dog organization. I started puppy raising about 10 years ago. I am currently raising Kory, a Golden Retriever puppy from Canine Companions for Independence. She joins Journey, my therapy dog partner, and Nickels my goofy Golden. It's a house full of Golden energy! Now I am guessing that many of you are thinking "No way – I could never be a puppy raiser because I could never give up a dog..." Without a doubt, puppy raising is not for everyone. Giving up a dog that you have raised is one of the hardest things you will ever do. Then again, there is nothing that quite compares to the joy and happiness that comes with seeing how a dog you have raised changes the life of a person living with a disability. It's an amazingly rewarding experience.

If you are interested in learning more about being a puppy raiser, here's some information to get you started!

Do I need special training to be a puppy raiser?

No. Most organizations are simply looking for volunteers who have general experience teaching a dog basic obedience and polite manners.

What type of training do I do with the puppy?

This varies with the organization, but in all cases the puppy raiser is responsible for socializing the puppy in public settings. This means teaching the dog how to be comfortable and well behaved in places like restaurants, business settings, libraries, etc. The puppy raiser also teaches the dog basic obedience commands. In some cases, the puppy raiser (under the guidance of an experienced trainer) teaches the dog specific service dog skills such as flipping a light switch, opening/closing a refrigerator or cupboard door, picking things up off the floor, and pushing a handicap door button.

How long do I keep the dog?

This, too, varies with the organization. Some groups rotate the dogs in training amongst the different puppy raisers every 6-12 months. In other groups, the dog stays with the same trainer for 1-2 years.

Am I responsible for the dog's veterinary bills?

In most cases, the puppy raiser covers the cost of veterinary care, food, and grooming. Some organizations do cover the cost of veterinary care.

What dog breeds are used?

Most service dog groups work with Golden Retrievers and Labrador Retrievers. However some groups use Poodles, German Shepherds, mixed breeds, or rescue dogs.

Are there service dog groups in the Madison area?

Yes! There are 3 local service dog groups: OccuPaws (www.OccuPaws.org), Custom Canine Service Dog Academy (www.customcanines.org), and Wisconsin Academy for Graduate Service dogs (www.wags.net). There are also national service dog groups like Canine Companions for Independence (www.cci.org) that have volunteers in Wisconsin.

Raise a puppy.... change a life

Kris & Journey

Hospital News

Several recent “This is why we do this” stories from our hospital teams:



From Amy & Rooster and Courtney & Chopper:

The teams reported on their special visit requests during the regular scheduled Thursday evening visit at UW Hospital & Clinics. One was a repeat visit for Rooster to a Spanish-speaking woman with a terminal illness; her daughter acted as translator. The patient found it so funny that this big dog was named Rooster and, according to staff, was “already in love with Rooster” after the first visit.

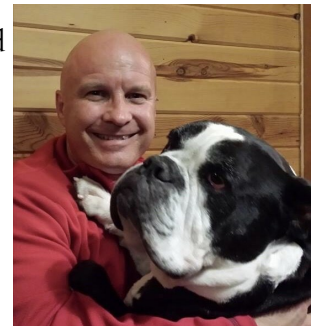


Later that evening, both teams visited longer than usual in Neuro ICU with a woman who has brain cancer. The teams also visited with families and staff in that unit. “I feel like that’s a really great place to visit,” said Amy. Courtney added, “Meaningful and emotionally hard visits tonight. Worth it!”

At the end of the evening, Rooster and Amy hung out with a family in the surgical waiting area. “Lots of love shared tonight,” Amy said. “Worth the frigid temps.”

From Jeff & Bella:

I was sitting on the floor in 1E (the psych unit) and several people had gathered around to pet Bella and talk about pets. A man came over and said, “Whoa, a dog, I don’t like dogs because they bite.” They had also chased him when he was younger. He just wanted to watch. A few minutes had passed and he kept saying, “Man, she is a cool dog,” then he sat down and petted her back while he made sure she was looking away from him. But Bella turned around and saw him sitting, so she just backed up and sat in his lap. He laughed and kept saying, “Man this dog is so cool!!”



It was now getting close to dinnertime and some of the people began to migrate towards the kitchen area to get ready to eat. He leaned over to me and whispered, “The dinner will wait. I am going to just sit here with Bella and eat later.” He then gave her a few hugs and kept saying how good this was. He was having a great time. He finally decided he would go eat, after we sat there for 10-15 minutes longer. He thanked me and told me that she was a cool dog again.

A few days later, I was shopping at a store in Madison. I saw a man pushing a cart towards me and thought that I recognized him but couldn’t place him. As we got closer, he says, “Hey man, do you remember me from the other night at the hospital?” I then immediately remembered that he was the man in 1E a few days prior. He then said, “Hey, they let me out!” Then he thanked me again for bringing my “cool dog,” said how much he loved seeing her, and how much that meant to him that I would take time to go to the hospital with my dog. We said goodbye and went opposite directions. He caught up with the person he was shopping with and, from all the way down the aisle, I hear, “Hey Grandpa, that is the guy with the cool dog at the hospital that I was talking to you about yesterday.”

Hospital News - Continued

Jeff and Bella, continued

It is always a great feeling to sit down and visit with people at any visit, but to know that they thought so much about the visit that they were telling their family and friends, that is when I really realized that what all of us do is way more meaningful than the few minutes that we actually spend with them. They created memories that were important enough to share with others!

From Karen & Pete (& Raider):

In the hallway of UW Hospital, I met a young man and his grandmother who asked if they could pet Pete. As we're talking, the man asked if I visited at Meriter (Yes), then asked if I visited at Meriter's Child & Adolescent Psych Hospital years ago (Yes, again). He said I looked familiar and asked if I had a different dog back then (Yes!). I had a picture with me of Raider, my previous therapy dog, and showed it to the young man. He said, "Yes, that's him!" He was a patient there about ten years ago and he remembered Raider's visits and those of Sophie, a Poodle who was a Pet Partner with Katie, whom some of you may remember. That shows how much staying power these visits can have! You may not remember the visit, but the patient sure does!



A humorous exchange, from Ja'nel & Baron:



A couple of weeks ago, Baron and I were at Meriter. I always ask people before we enter the elevator if they would mind if we rode the elevator with them. An elderly gentleman said, "No, that's fine." So, it was just Baron and the two of us in the elevator. He looked at Baron and asked me if Baron was a "Snickerdoodle." I knew what he meant (Labradoodle) and didn't want to embarrass him, so I said, no, that he is a Standard-Size Poodle. But now, once in a while, when Baron is acting goofy, we call him a Snickerdoodle.

And the most touching:

A heart-felt obituary for Patricia Lobeck was posted in the newspapers and contained this final line: "Thank you to Dogs On Call, the Therapeutic Pet Therapy program at Meriter Hospital." Whoever visited with her and her family, you really made a difference.

If you'd like information on joining these teams for hospital visits, contact Karen Peckham, karenp@dogoncall.org

Welcome to Sandy and Molly, our newest team at Meriter Hospital.

Karen & Pete

Member Profiles



Two years ago, **Sue** met her English Springer, Molly, in Illinois. The English Springer Rescue brought her there from Kentucky, where her previous owner had passed away. Molly is nine years old and shares the household with Jazzy, another English Springer, and two Angelfish.

Sue and Molly are eager to visit anywhere – hospitals, school, correctional facilities – and we'll be glad to have them!

Aside from playing cards and enjoying outdoor activities of hiking and gardening, Sue is a beekeeper!



Beth adopted seven-year-old Maggie, a Boxer mix, from a rescue shelter when she was just three months old. Maggie is “big sister” to Gemma, a four-year-old mixed breed.

Maggie will be a busy girl if Beth visits all the places she'd like – dorms, hospice, hospitals, skilled nursing facilities, and maybe even participating in the Read With Me program.

Beth says her job as a realtor leaves her little time for hobbies, other than volunteering and managing her daughter's school activities. We're glad she likes volunteering!



Anja's Pet Partner is Fritz, a 2-1/2-year-old Small Munsterlander. In Anja's homeland of Germany, this breed of dog is popular as a family dog and hunter, but quite rare in the U.S. Fritz came from a breeder in Michigan, where both Fritz's parents have therapy dog experience. Anja says, “I am very happy to have a Small Munsterlander in my life again!”

Anja is a professor at UW-Madison and has an office in the Helen C. White building, where the “grand finale” of campus visits occurs. She hopes to join the teams for the next visit there, as well as anywhere “we can make a difference in someone's day.”

Anja had a hand in establishing the German School of Madison, which teaches German language classes for children and adults on Saturdays. She also loves to attend American Players Theater in Spring Green in the summer and the Nutcracker in the winter (her daughter was a soldier this year).

Member Profiles - Continued

Laurie and her son, **Alexander**, are Pet Partners with Juno, an 11-year-old Rough Collie. Juno came from a rescue group when he was three years old. Juno has a Collie friend named Sarah and kitty friends Skittles, Daiquiri, and Snickers.

Juno loves children; Laurie and Alexander hope to focus their visits on that audience.

Laurie enjoys painting pet portraits. Alexander shares an interest in painting and also enjoys reading and science.

Karen & Pete

Unique Visit Opportunity at Columbia Correctional Institution

I'm hoping to get a couple more teams for the visit rotation at the prison in Portage.

The men are very polite and respectful; they have earned the opportunity to come pet a dog. For some of the men, it has been decades since they touched a dog and it is a very moving experience for them and us. They generally just want to pet the dog, learn about him or her, and share stories about animals they once had. Some like to just sit and pet the dog, but many like having the opportunity to talk with someone new. Volunteers shouldn't be shy about conversing with the men. I would say all our teams would describe the visits as powerful, sometimes difficult, touching, and even fun.

Visits with the inmates are in a common room in a well-supervised, very controlled setting. Two or three DOC teams visit at a time, with each team visiting one-on-one with an inmate. Visits last about 10 minutes per person; the whole visit lasts about 1.5 hours.

We visit once a month (the second Thursday at 12:30 p.m.) and I rotate through a list of volunteers, so you wouldn't go every month. There is an application and background check prior to the first visit.

Interested? Contact Karen Peckham at karenp@dogoncall.org

Karen & Pete



Puppy Woes

Adding a new dog to your family can turn everything upside down, even with the best planning. We made the plunge in the spring of 2016 and got a puppy that should have been the sweetest, most loving therapy Golden in the world. After all, Shelby is the best dog in the world – a gentle spirit that enjoys her therapy job. This bundle of puppy energy comes from the same genetics, so it should be a piece of cake.



I WAS MISTAKEN. Don't get me wrong, I wouldn't trade Kalli for any dog in the world after 20 months of living with her, but she is different. I should have known when she ran down that turkey chick at 12 weeks that she wasn't ever going "to be Shelby." Or when she ran through and then on top of the agility tunnel at full speed at 6 months. Or when she does her zoomies in the house, joyfully leaving a trail of mayhem.

Come, leave it, LEAVE it, LEAVE IT. Were you talking to me? Let me check my calendar and see if I can fit you in. This was her attitude from about 7 to 13 months. ARGH, I'd read all the books. Enriched her environment with toys, games, and classes. Where did I go wrong? WHAT WAS WRONG WITH HER?

I realized we needed help. I needed to know how to control her energy.

Luckily, I found support for positive, motivational training with a kind and insightful trainer. Slowly, I realized that Kalli was destined for other things – active stuff like field work, tracking, and agility. I'd have to abandon many of the "obedience rules" I learned. Obedience isn't top-down; the dog is an active participant and you have to earn their respect. Dogs don't automatically agree with everything you ask of them, let them choose. Heeling isn't some passive activity and don't stare or loom over them. My body language is as important as hers. It's been hard work.

Kalli has learned a lot in the past year – she can sit, stay, heel, and come, is learning her whistle commands, and how to "handle" from a distance. I can't make Kalli be calm; her energy just squirts out if you try to contain her too much. She's never going to be a wallflower; Kalli needs to be at the center of the action! Kalli will always be aware of other dogs, kids, people, and the spot on the floor, but is learning impulse control. We are learning to be a team.

The best thing about Kalli is that she always wants to play (and training is play). The worst thing about Kalli is that she always wants to play. And so, we play often – sometimes formal training, sometimes just goofiness like dancing together in the kitchen. She has helped me learn new things, see life from a different perspective, and get up and move because that is how she lives her life. Every day she gets a day older and I hope that I get a bit wiser, but we are both learning more about each other. We've managed to pass her first retriever test. Both she and Shelby have their Rally Novice title. (Yes, Kalli has even gotten Shelby excited about learning again or was that jealousy?) and Kalli is closing in on her first obedience title. All milestones that I thought were unattainable a year ago. Beyond competition, Kalli is learning to be the dog that helps when I need help getting up, picking up things I drop, or letting me know when our kitty needs in. Her energy has purpose.

No, Kalli isn't Shelby, but she is my sweet and loving Golden. The dog that pushes me to do more than I ever believed I could. Maybe someday in the future (in a galaxy far, far away), she will be a therapy dog. For now, we'll just enjoy Kalli for the joyful spirit she is and the new worlds she opens for us.

My wise sister says that you always get the puppy you need, not always the puppy that you want. Our puppy is Kalli. Enjoy yours.

Joan, Shelby, & Kalli

Delicious Treats

As I have gotten back into obedience training of the pup, I realized that I needed an economical and palatable training treat. The Golden girls love the treats and they're easy to make.

1 cup cooked sweet potato or squash

½ cup garbanzo bean flour

½ cup brown rice flour

These amounts are approximate, depending on the moisture of the first ingredient

¼ teaspoon cloves

½ teaspoon cinnamon

1 Tablespoon oil (can use fish oil or coconut oil)

1 Tablespoon honey (optional)

I microwave the sweet potato and let cool before skinning and mashing. Mix in equal parts of the flours (gluten free), spices, and oil (sometimes I add a little honey, or leftover peas) until you get a cookie dough consistency. Roll out about ¼-inch thick and cut into pieces (I don't do anything fancy, just little squares, but you could use cookie cutters for shapes). Bake at 325 for 30 minutes. Store in an airtight container.

Joan, Shelby, & Kalli

Who Does What in DOC?

Have a question? Here's who to contact –

College Campus Visits – Todd Trampe, toddnbarb@yahoo.com

Events (community events, e.g., Badger Kennel Club Dog Fair, Mounds' Dog Fest, Safety Town presentations, Barnes & Noble gift wrapping) – Artie Berning, artieb@dogsoncall.org

Evaluations – Artie Berning, artieb@dogsoncall.org

Facilities (finding and getting started at one) – Karen Peckham, karenp@dogsoncall.org

Membership – Artie Berning, artieb@dogsoncall.org

Mentoring – Karen Peckham, karenp@dogsoncall.org

Newsletter – Laura Kuchta, laurak@dogsoncall.org

Read With Me program (in libraries and schools) – Laura Kuchta, laurak@dogsoncall.org

Registration With Pet Partners – Artie Berning, artieb@dogsoncall.org

Dogs Require Daily Enrichment



Jake loved to fetch for an hour straight.

As a professional dog trainer, 60% of my cases are behavioral in nature. Training is about teaching dogs (and owners) *how to do things* while behavioral cases usually involve *changing underlying emotional states* such as anxiety, stress, and fear. I often see lack of enrichment in the dog's life in behavioral cases. I often hear from owners they have a “high energy” dog who engages in annoying behaviors such as excessive barking, chewing, jumping on people, and general inability to settle down.

Very often, the first recourse applied by pet owners is to greatly increase daily exercise to tire their dog. Maximizing daily exercise results in short-term exhaustion but, ironically, sustained over-arousal may worsen behavior in the long-term. Using exhaustive physical activity to “tire” a hyper-aroused dog such as playing fetch for an hour each day may cause the adrenal gland to become enlarged (1) thus pumping even more adrenaline into the dog's system resulting in a higher baseline of arousal.

Exhaustion and relaxation are not the same.

[Hans Seyle](#) published an article in 1936 identifying the general adaptation syndrome (GAS) and it consists of three phases:

1. Alarm phase (fight-flight) – This is acute activation of the sympathetic nervous system and rapid arousal.
2. Adaptation phase – The return to equilibrium, which may take considerable time depending upon the level of arousal and the presence of neurotransmitters and hormones associated with increased activity and stress.

Dogs Require Daily Enrichment - Continued

3. Exhaustion phase – Due to the depletion of resources used during the excitement phase, a dog shuts down in an attempt to recuperate.

I try to help pet owners understand that exhaustion is an unhealthy state for their pets, and for themselves. Working together we find healthy ways to give their dogs more satisfying lives.

Dogs and humans have lived together for 32,000 years (2) and during that time most dogs had jobs, until the last century. They have inherited the same genetic code for hunting, guarding, or sounding the alarm, but most pet dogs find themselves unemployed. Many struggle to cope with the lack of stimulation associated with being modern canine couch potatoes.

Behavior experts largely agree most complaints expressed by pet owners are about *normal canine behaviors*, but those dogs are frustrated from *expressing* normal behaviors in ways that are acceptable to people living in modern society. In centuries past, those same behaviors were welcomed, encouraged and promoted through breeding.

Let's look at some ways to enrich a dog's daily life.

Begin with a high-quality nutritional diet. Some pet owners prefer homemade diets and PetDiets.com is one source of information. I buy commercial dog foods following recommendations of [The Whole Dog Journal](http://TheWholeDogJournal.com) and top the dry food with bits of meat, pumpkin, cheese, whole oatmeal or Chia seed.



Kong Wobbler and Magic Mushroom.

They enjoy a wide range of tastes and textures. When their meal is sloppy, I use a bowl, but they are often fed by way of a [snuffle mat](#), [Magic Mushroom](#) or [Kong Wobbler](#). I favor these for their durability and my dogs enjoy them.

For safety recall information, I rely upon VIN [Dog Food Recall Center](#) and to avoid harmful ingredients I appreciate [The Dog Food Adviser](#).

Dogs Require Daily Enrichment - Continued

Next, ensure that dogs get adequate sleep. Puppies require 18-20 hours per day, with adults needing 12-14 hours. The best balance is periods of activity interspersed with rest. [Research on street dogs](#) by [Sindhoo Pangal](#) show their most common behavior is sleep, followed by social mingling and searching for their next meal.

That brings us to sensory enrichment. Dogs who are searching for food use their senses of smell, touch, hearing, taste, and sight to detect and locate edibles. They express each of those naturally while scavenging and hunting. This taps into seeking behavior.

Ethologist [Karolina Westlund](#) states in her PPG webinar *Animal Emotions – Your Guide to a Happier Pet and Better Relationship*, seeking behavior activates several parts of the brain. In the appetitive state (actively trying to find a resource), dopamine is flowing. Serving food in a bowl does not activate the seeking system. Only the consummatory mode is activated. That means earning a meal is far more satisfactory than just getting a lump of food in a bowl once or twice a day.

I satisfy my dog's sensory needs every day with food-filled toys, using (lavender oil) aromatherapy and [Adaptil](#) pheromone, playing [iCalmDog](#) music, and through an assortment of animal scents and in walks. They trot along the trails joyfully, stopping to investigate scents and discovering hidden treasures.



Jake discovered a deer leg

In their outdoors play area, I secretly place drops of mink, fox, deer, or raccoon scent all about. When I bring them into the yard, they are delighted to search and discover the scents, like little kids hunting for Easter eggs.

Similarly, they play Find It when I toss a handful of food into the grass and bring them out to use their olfactory system and discover every little tidbit. This game is a focused activity using sense of smell, seeking behavior, and their (problem-solving) frontal cortex. It has a calming effect in most dogs.

Dogs Require Daily Enrichment - Continued

Training games and shaping exercises keep a dog's mind sharp, requiring focused attention and problem-solving. They are fun for people and dogs alike and are thought to be more taxing than straight exercise, as I have heard [Dr. Ian Dunbar](#) state.

For some dogs, organized sports like [agility](#) and [rally](#) are very satisfying. Others derive great benefit attending a well-operated dog daycare or by a daily visit from a pet sitter.

Dogs who satisfy natural behaviors tend not to bark at things passing by the picture window all day, chew on your sofa, dig holes in the yard, soil your Persian rug, frantically jump on you when you return home from work, or other annoying behaviors.

Observe when your dog is in a joyful state...and do more of that! With a bit of creativity, you can make your dog and yourself happier.



Buddha and Gandhi search for their meal

References:

- 1) Hallgren, Anders. (2012). Stress, Anxiety and Aggression in Dogs. Cadmos Books, page 92.
- 2) Shipman, Pat. (2015). The Invaders: How Humans and Their Dogs Drove Neanderthals to Extinction. The Belknap Press of Harvard University Press.

Dan & Buddha

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