

The Brigadoon Barker

The Newsletter of Brigadoon Service Dogs - We change lives one partnership at a time by *offering a helping paw!*

Fall 2017



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Letter from Denise Costanten Founder/President

Happy Fall everyone!

I cannot believe 2017 is already coming to a close - it seems like it just arrived! We have been blessed with a beautiful summer, and spared tragedy that other parts of the country of have had to endure. There will be no complaints, from me anyway, when the rains do come.

As many of you know, in 2015 I stepped down as Executive Director and hired an outsider. It did not work out. It was a lesson for me to pull myself together and get people involved that loved our mission and what we do, not just anyone who would take it on. Running a non-profit like Brigadoon is not like running any other business. It requires someone who is very passionate, caring, and hardworking to keep our mission moving forward. Lucky for me I have found some very caring people to help.

Our volunteers are real saints. Celeste M, who takes time out of her busy day to write our newsletter. Debbie, who creates our invitations and program each year for the auction. Dana, who comes in and helps with lunches and office work. Pat and Tammy, who put the auction together. Our wonderful puppy raisers, Nancy, Debbie, Barbara, Mary, and Matt & Amie. Linda, Lisa, and Pat, who help with kennel work. Kerry, Siw, and Celeste P., who are professional trainers volunteering to help train our dogs. Johnny and Pablo, who do odd jobs for us. The volunteers who go on outings with Sydney our trainer, Ardeth, John, Tyler, Heidi, Zoe, Jacob, and Robin. Robin has been driving up here weekly from the Seattle area to volunteer for the past 4 years - talk about dedication. There are more who come occasionally to help out, you are appreciated as well.

Last but definitely not least, our fabulous board of directors: Carol Warfield, Arianne Denham, Steve White, Mario Bonilla, and Lisa Dzyban. We will be looking for a few more dedicated, passionate people to fill 3 or 4 more board seats. Let us know if you are interested.

As you read through this newsletter, you will see we are always evolving and looking for better ways of doing things to help those who need it.

I invite you all to look forward with us to 2018, offer a financial gift so Brigadoon can continue to offering a helping paw to those in need, and share our story.

Thank you from the bottom of my heart!
Denise

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Brigadoon Introduces Third Prison into the Prison Program

Brigadoon is excited to introduce a third prison to our prison program. Inmates at Washington Corrections Center in Shelton are thrilled to have the opportunity to train our dogs and give back to the community.

Brigadoon now has dogs being trained at Cedar Creek Corrections Center (began April 2011), Stafford Creek Corrections Center (began November 2014), and now Washington Corrections Center (began August 2017!).



Welcome, Gunner!

Meet Gunner! Gunner is a German Shorthaired Pointer donated to Brigadoon by Marie Nelson. He joined Brigadoon in August.

Gunner is the first German Shorthaired Pointer to be trained at Brigadoon. The breed is known for its good-naturedness, adaptability, dependability, and athleticism. We are excited to watch him learn and develop.



Vets Helping Vets by Training Service Dogs Behind Bars

By Matt Lorch

Reprinted from Q13 Fox News



Struggling war veterans in the Pacific Northwest are now getting life-changing support from other military vets.

Even more amazing: The vets who are providing the help are doing so from behind bars.

Inside the locked gates and barbed wire at Stafford Creek Corrections Center in Aberdeen are roughly a dozen inmates — all military veterans — who spend hours every day training service dogs. Once trained, many of those dogs are assigned to veterans on the outside who suffer from post-traumatic stress disorder.



One of those training service dogs is 40-year-old Kasey, from Federal Way. Prison rules prevent Q13 News from publishing his last name.

Kasey is a military veteran who saw combat during two tours in Iraq. He suffers from combat-related PTSD, and is sentenced to 20 years for aggravated assault.

For him, training service dogs provides a renewed sense of purpose.

"Feeling like I belong to something," Kasey says. "Hoping that my family is proud of me, even though I'm in prison."

The dogs receive roughly 45 hours of training per week. They live in the prison up to six months and sleep in the cells with the inmates.

The program was started by Denise Costanten, the founder of a Bellingham-based nonprofit organization called Brigadoon Service Dogs.

"These are my best (dog trainers) that I have," Costanten said. "These guys can literally turn out a dog ready to go, into the world with a veteran. That's how good they are." *Continued on page 4*



Vets Helping Vets by Training Service Dogs Behind Bars

Continued from page 3. There's another huge benefit: veteran inmates train the dogs for free. Training service dogs is labor intensive and therefore incredibly expensive, averaging \$30,000 per dog. It allows Brigadoon to train more dogs and help more suffering veterans who receive them.

Costanten says the veterans also benefit from the training.

"They're producing a product that is going to help a veteran on the outside," Costanten said. "If they can help somebody on the outside, then they've done something in the community."

Joshua Tanton of Everett is one of the combat veterans who have benefited.

Combat-related PTSD caused the 36-year-old father of four to become withdrawn, and the military retired him in 2009.

Tanton dropped out of the workforce and couldn't muster the strength or confidence to apply for jobs. He was unemployed for more than six years.



His dark, downward spiral ended after he received his service dog, a smooth collie named Smoke. The dog reacts when Tanton feels anxious or on edge.

"He'll usually just come nudge my leg or push his body into me and let me know, hey, let's take a break," Tanton said. "I have no idea how he does it. He knows. Even when I'm sleeping he knows something is going on."

Tanton said that thanks to his service dog, he's become a more dedicated father and a better husband, and he just started a new job at Amazon as a network database administrator.

"Smoke gives me the confidence I need to know things are going to be OK," Tanton said with a smile.

Since its inception in 2004, Brigadoon has placed 78 service dogs for veterans, but also for children and adults with physical and developmental disabilities.

Go to <https://tinyurl.com/BrigadoonQ13> to see video coverage of this news story!

Super Sensors

A dog dozes quietly under the table while her owner sips a coffee. All of a sudden, and for no apparent reason, she slides out from under the table, turns to face her owner, and noses him commandingly on the leg. A minute later, the owner has a seizure. This seemingly supernatural feat is something Brigadoon service dogs perform everyday.

Medical alert dogs are service dogs that can alert to medical events before they occur. Diabetic alert dogs can be reliably trained to alert to low blood sugars since changes in blood sugar are associated with a smell that dogs can pick up on with their super powerful noses. However, other medical events such as the seizure example above, are more complex. Dogs have been known to predict seizures, sudden blood pressure changes, panic attacks, narcolepsy attacks, migraines, and other medical events. We're not quite sure what dogs are noticing when they alert to these events. Some people believe the events are associated with a certain smell. Others think there might be subtle changes to the person's breathing, movements, or other actions that the dog picks up on. There are other theories as well.

Training medical alert dogs involves training them how to pick up on medical symptoms, alert, and respond. For diabetic alert dogs, the process of training the dog to pick up on medical symptoms is more straightforward since the scent can be captured and used to train the dog (this is done by getting a person with diabetes to breathe into cotton; then sealing it in a plastic bag, writing down the blood sugar level on the bag, and freezing it. Scent training is then used using the samples). For other types of medical alert, trainers aren't able to teach the dog how to alert since we don't know what to train them to notice. Instead, dogs are taught different methods of how to alert. They are then bonded closely to their person. There is no guarantee that the dog will alert (in this case, they are called "medical response dogs"), but many do develop the skill. Training the dog to alert can be done several ways. The dog can be taught to do things like nudge with their nose, paw, rest their head on the person's lap. Many dogs are also trained to respond to the medical crisis. This can include bringing medication or a phone, barking for help, or getting a family member. The responses trained depend on the type of medical crisis. For instance, a dog responding to a panic attack might learn how to lie their weight across the person's lap to calm them. A dog responding to a low blood sugar might learn how to open a fridge, get a juice, and come back.

Service dogs are so special because they help people to do things they can't do on their own. Medical alert dogs characterise this specialness in their ability to achieve feats no human beings are capable of!

Call for Contributions

You can see your name in print! The Brigadoon Barker is putting a call out for contributions. Whether you are a volunteer, client, or supporter of Brigadoon, we want to hear from you! Submit your story, drawing, poem, joke, photograph, or other contribution to info@brigadoondogs.org.

We're Expecting!

We are expecting puppies! Jade, our yellow lab who is part of the Assistance Dogs International North American Breeding Cooperative (see our winter 2015 issue for more info on the cooperative) was bred in early September. We have just confirmed that she is pregnant! You can check our Facebook page (<https://www.facebook.com/BrigadoonServiceDogs/>) for updates.

This is Jade's second litter! She had her first litter last year in August. Her "B litter" puppies are now 1 and are halfway through their training.



Jade with one of her puppies from her first litter

Easy Dog Costumes

Halloween is coming which means kids all over the country are busy deciding what they want to dress up as. More and more often, pet owners are joining children and dressing up their cats and dogs for the holiday. Here are some easy costume ideas for dogs! Remember to always introduce new things to your dog slowly and positively, giving them lots of praise and treats as you go along.

- 🐾 Bunny, cat, devil, Mickey mouse, etc. – Headbands can easily turn your dog into many different creatures and can be found anywhere costumes are sold
- 🐾 Beanie Baby – Simply attach a large, red cardboard heart with "TY" written on it onto your dog's collar.
- 🐾 Pumpkin – Get an orange t-shirt in a size that will fit your dog. Use a sharpie to draw a jack-o-lantern face onto the back of the shirt. Dress your dog.
- 🐾 Hogwarts student – Knit, sew, or buy a scarf with Hogwarts house colors. Wrap around your dog. Bonus: add a black cape!
- 🐾 Super Dog – use a children's cape (or fashion your own!) and attach it around your dog's neck.
- 🐾 Star athlete – Find a children's size sports jersey or create your own with a t-shirt and markers.

Did you manage to get your dog into a costume? We'd love to see it! Share a picture of your dog dressed up on our Facebook page

Emergency Preparedness with Dogs

Recent wildfires, flooding, and other natural disasters are a powerful reminder to be prepared for emergencies. Brigadoon clients learn how to make emergency preparations for their service dog during team training. All dog owners should take the time to educate themselves about potential emergencies and the unique needs of dogs in those situations. Making a plan and preparing a kit are important next steps.

To get started, take a look at our dog-related emergency preparedness tips below. You can learn more at <http://www.ready.gov>

- 🐾 Plan what you will do with your pets for different scenarios
 - No evacuation: Bring pets inside, confined to a room or kennel if necessary. Have your kit ready to go. Feed your dog on their regular schedule and reassure them.
 - Evacuation: If you can, plan to bring your pets. Know that emergency shelters do not allow pets, so plan to find a kennel/friend/motel. If you cannot bring your pets, put them in an enclosed room with access to food and water. Leave a visible note/sign on your home to let potential rescuers know there are pets inside.
- 🐾 Start a buddy system with your neighbors. Agree to check on each other's pets in the case that one of you isn't home.
- 🐾 Make emergency boarding arrangements ahead of time if possible.
- 🐾 Pack an emergency kit in your home and in your car. For your dog, include:
 - 72 hours – week's worth of food and water and a portable bowl
 - Any medications your dog is currently taking
 - Roll of poop bags
 - Favourite toy
 - Towel or blanket
 - Copy of vet records, license numbers, microchip number, and other records
 - Contact info for your vet, nearby shelters, and emergency pet hospitals
 - Recent photo or pre-made "missing" poster of your animal in case you become separated
 - Extra leash and collar
 - First aid kit (include bandages, tweezers, saline solution, antiseptic, an ice pack, and syrup of ipecac to induce vomiting)

Answers to
"Canidae"
Jumble
Puzzle

Clues: Gray
wolf, dingo,
coyote, red
fox, jackal,
timber wolf,
short-eared
dog.

Answer: Dog
cousins

Dogs are part
of the family
"Canidae," in
the order
"Carnivora."

Humans are
part of the
family
"Homnidae" in
the order
"Primates"!

Prison Program Press

A Special Brigadoon Barker Feature

This special new feature will showcase news & views from our prison programs.

What Have You Gotten Out of This Program?

Cedar Creek trainers respond

I've been a lead dog trainer for Denise for the past 3 years. Being in the program has allowed me to grow in finding myself as a person. I've hurt a lot of people, threw my life, and spent 20 years of wasted time in prison, but the past 3 years I've been given a chance to really help pay back all the people I've hurt by training these great dogs to help other people in need. So being able to help those people really makes me feel like a person, so I just want to thank Brigadoon (Denise) and Cedar Creek Corrections Center (Miller) for giving me a chance at a new beginning in life.

Thank you

Larry Gregory Jr

Hi, my name is Bryce Eider. I'm 24 years old and have been in the program for 12 months. I've learned a lot about myself in the past 12 months and how to train a dog. Every time a dog leaves, I feel a sense of accomplishment because I know it's going to someone in need. My time at the Brigadoon dog program is coming to a close, but I look forward to taking the knowledge I've learned home with me to train my own dog.

Thank you for this opportunity.

Sincerely

Bryce Eider



Cedar Creek trainers receive their certificates

What are Brigadoon Dogs Learning?

Brigadoon dogs learn over 60 cues, in addition to the other manners and socialization skills they master. Here's a look at what some of those cues are, what they mean, and what they can do!

- 🐾 **“Button”** – The dog pushes a handicap button with its paw to open a door. This helps people in wheelchairs or with limited mobility to easily open and close doors
- 🐾 **“Get Your Leash”** – The dog picks up their dropped leash and drops it in their handler's hand. This is helpful for many handlers who find it difficult to bend down and retrieve a dropped leash.
- 🐾 **“Leave it”** – The dog ignores an item or a situation. Brigadoon dogs practice automatic leave its (refraining from picking up food on the ground, ignoring distractions in the environment), and leave its on cue.
- 🐾 **“Shake”** – The dog shakes their body to expel water off. This makes grooming neater, since the dog can be asked to shake in a protected area instead of all over a clean floor. It can also be useful in rainy weather. Since dogs typically shake when they move into a dry place from a wet one, telling a dog to shake before entering a store can prevent the dog from shaking in a store.
- 🐾 **“Tug”** – The dog takes an item in their mouth and tugs hard. This can be used to open fridges, drawers, dryers, and other things that have a rope attached to them. This helps people who have limited mobility or strength to open things.
- 🐾 **“Watch”** – The dog looks up to meet the handler's gaze. This helps regain the dog's focus.

Breed Profile: Labrador Retrievers



Brigadoon uses a wide array of dog breeds. Meet one breed we train, the Labrador Retriever!

Original purpose: “Flushing dogs” that flushed ducks and other game out, then retrieved it after the hunter had shot it.

Appearance: Large dogs, sturdily built, with black, yellow, or chocolate (brown) coat types that are short and dense. There are 2 main types of lab: Field (AKA “American” or “working”) and Show (AKA “British,” “bench,” or “conformation”). The Field type are taller and lighter-framed, while the show type are shorter and stockier.

Size: 55-80 lbs, 1'9” – 2' tall.

Temperament: Loyal, happy, friendly, high energy, food-motivated, even-tempered, intelligent.

Fun Fact: Labrador Retrievers are the most popular dog breed in America and the most common service dog breed!

Brigadoon Labs: Amigo, Apache, Andy, Apple, Basil, Bodie, Buckley, Charcoal, Duke, Grace, Fiona, Jade, Pepper (*not a comprehensive list*)

Fun Page!

Halloween-Themed Dog Jokes

What type of dog does Dracula have? A bloodhound!
How did the dog greet the trick-or-treaters? "Happy howl-o-ween!"
What do you get when you cross a werewolf with a dog? A terrified mail carrier
What breed of dog likes Halloween best? Hallowiener dogs
Why did the skeleton cross the road? To get away from the dog
What did the cowboy say when the zombie ate his dog? "Well, doggone!"
How did the Scottish dog feel when it saw a ghost? Terrier-fied!
What do you call a dog wizard? A labracadabrador!
What do you call a dog that meditates? Aware wolf
What did the skeleton say to the puppy? "Bone-appetite!"

Canidae

Who are "Canidae?" Unscramble each of the clues below, put the letters that appear in numbered boxes into the corresponding boxes down below, and find out!

RAGY FOLW

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NODGI

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TYOECO

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ERD XOF

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JCLAAK

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TEIBMR LOFW

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RSTOH-DERAE GDO

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Answers on page 7