

THE HYDRANT

**The Monthly Bulletin
for Intermountain
Therapy Animals Members**

Volume 21/Number 3

March 2021



The Visiting Status ~

Still creeping forward:

Ogden Regional Hospital
Center for Change (on hold)
Neighborhood House Adult Day Care
Salt Lake International Airport
R.E.A.D in Washington County Libraries
Copper Hills Youth Care
St. Marks Hospital - Special Requests
University of Utah Hospital - Monthly Employee De-Stressing
Canyon Rim
Redwood Elementary School R.E.A.D.® program

Facilities hoping for ITA teams (call Karen if you're interested):

Neighborhood House (downtown SLC)
Embark at Hobble Creek (Springville)
Redwood Elementary (West Valley) (another R.E.A.D. team)

ITA Office Hours:

Monday through Thursday, 9 am to 5 pm

Fridays - CLOSED



March Calendar

Tuesday, March 9 - Board of Directors Meeting

Monday, March 15 - University Hospital Caregiver Stress Relief



DOG RETIRING



Floyd, partner of Michael Kerby

(Salt Lake) Members since January 2015. Michael will be testing with Walter, his new potential partner, soon.

NEW PARTNER



**Beth Wolfer
& Edgar**
(Salt Lake)

STAFF LOSS



Sue Lee

Sue, who has been ITA's National/International R.E.A.D. and Affiliate Coordinator since August of 2016, is leaving us to take a job with a California environmental company. She'll be able to still do something socially valuable while working entirely from home and (bonus!!) making a lot

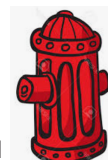
more money! We wish her well.

There are only four of us remaining, but we intend to hold the fort until we can find reinforcements!

– Kathy, Karen, Melissa & Cindy



Edgar got right to work, joining some other ITA teams to help relieve stress for U of U Hospital employees on February 15th.



OUT & ABOUT



Zee, partner of Craig Dunford, posed sweetly with her favorite toy friends for the February photo contest, but unfortunately missed the deadline!

Boy, did we send some Puppy Love!

We sent 50+ packages of Valentine Puppy Love to people spread far and wide! It was fun and a great way to send some surprising Valentine packages.

Thanks to all of you who placed an order for this first-ever project! We so appreciate your support!



Dear little Lily Rose (partner of Lynne Hanson) sent us a Valentine that missed the February Hydrant deadline, so we're sharing it now to thank YOU for making February an extra-special Month of the Heart for ITA!





Linda Sever's Zorro tries on the ITA gaiter!

Thank you for my wonderful Valentine's gift—I love the new ITA neck gaiter/mask—

I'm not sure how you continue to do it, but each year the Valentine's gift is a wonderful and creative idea. And such a nice thoughtful thing to do for all of us. (Even retired us.)

Thank you all!

With love and gratitude,

Nancy Rosen



On February 6th, several ITA teams made a special visit to Grand America to offer comfort to a dog-loving family who were in town to support their father, who was hospitalized after a terrible skiing accident.

They were delighted and grateful!



Heart & Paws Photo Contest



Thanks to everyone who submitted photos that bring to life the classic and eternal February concept of LOVE. It was tough to choose, but the submissions were narrowed down to 7 finalists and then ranked-choice votes were solicited.

The WINNERS



FIRST PRIZE: Lori Gates' two partners, Bear & Clifford
(Salt Lake City)



SECOND PRIZE: Dell Riestad's partner
Joy with her Kitty (Belgrade, MT)



THIRD PRIZE: Carolyn Barnes'
partner Magee(Ogden)

The Additional Lovely Finalists



🦋 LENGTH OF SERVICE WITH ITA 🦋

In “normal” times, at our annual volunteer celebration in February we display on the wall the full array of members’ length of service with ITA—because it’s pretty spectacular! But because 2020 was (we hope) a one-off different experience, and membership was pretty much on hold, we have decided to just report on those who have been with us 15 years or more.

However short or long your own duration, please know how much we appreciate you and what you and your four-legged partners have done for so many in our communities!

27 Years

Jose Woodhead
Kathy Klotz

26 Years

Kathy McNulty
Karen Duncan

24 Years

Melissa Byrd
Karen Burns

23 Years

Beth Steele
Sandi Martin
Nancy Rosen
Marjie Carpenter
Melissa Byrd
Anita Sjoblom
Nancy Shaw
Penny Brooke

22 Years

Terri Davis
Phyllis Reppucci
Donna Morelli

21 Years

Peggy Chudd
Mark Miller
Connie Koenemann
Sharon Woepfel

20 Years

Diane Bracey
Susan Daynes

19 Years

Debbie McAllister
Nancy Dodd
Connie Sharkey
Sandy LeCheminant

18 Years

Brett Beasley
Rachael Beasley
Lynn Kinnaman

17 Years

Judy Curtin
Jean Glaser
Eileen Ambrose

16 Years

Jane Lee Fischer
Deborah Graber

15 Years

Caren Beeman
Sally Shields
Mark Robertson
Jan Deal

🦋 ELECTED TO THE ITA HALL OF FAME 🦋

BECKY BUTLER
& Sumo



PRESTON
CHIARO
Fred & Rosie



BEE LUFKIN
first with Astra, now
with Coach



MORE OUT & ABOUT



(ABOVE:) Doing safe, socially-distanced visits! These are ITA teams at the U of U Hospital monthly de-stressing event for hospital staff on February 15th. (ABOVE RIGHT & BELOW:) And these are the kinds of things they say about our visits—it makes us happy, too!

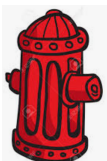


After seeing the dogs yesterday, one of my patients returned from surgery and was very sick. It was a very stressful evening. At the end of my shift the charge nurse said " you handled that so well. It must've been the therapy animals!"

These dogs seriously have made so many lives better. You're doing incredible work

Thank you Cara, we love your posts! We're so happy that they are able to get back in the hospitals and to hear that they were missed ❤️

OR NOT ...



A Dog's Place Is at the White House

A home feels different when a dog lives there. Now 1600 Pennsylvania Avenue will be different, too.

By Margaret Renkl, New York Times
February 1, 2021

There are too many ways for a house to be empty when a dog doesn't live there. A hundred ways. A thousand ways. A crumb dropped or a splatter spilled is just a mess to clean up, not a wonderful surprise for a creature who lives in open anticipation of wonder. A door is just the way into an empty house, not the entrance to a party where everyone has been waiting for you far longer than they could bear.

I feel this emptiness acutely because we just had to say good-bye to our little rescue dog, Millie. Her epilepsy, well controlled with medication for more than a year, suddenly entered a catastrophic new stage. She suffered seizure after seizure after seizure, near constant seizures at the end, despite two overnight trips to the emergency vet for IV anticonvulsants, despite two new oral medications, despite consultation with a veterinary neurologist. Two weeks later, I am still in shock. She was only 3. I believed she would be a part of our family for another decade.

The week after Millie died and left this house too still and too quiet, two dogs with pricked ears and lolling tongues moved into the White House and filled it with wagging. I studied the photos of Champ and Major through tears. Is there anything more heart-lifting than the sight of a dog running toward its person across an expanse of grass? Is there anything more desolate than a home where no warm creature leaps up to greet you with wiggles and a thumping tail?

Of course there is: There will always be greater joys

and, as we have learned too well this pandemic year, far greater losses. But knowing those truths doesn't offer any solace to a newly lonely house.

Not everyone feels the absence of a dog as an emptiness to be mourned. Donald Trump famously does not have a pet of any kind, even knowing the political benefits of pet ownership. (For him, having a dog would feel "a little phony," he once explained.) Shortly after the 2016 election, a friend

offered Mr. Trump a golden-doodle puppy named Patton to make the transition to the White House easier for his 10-year-old son, Barron. Patton never joined the family.

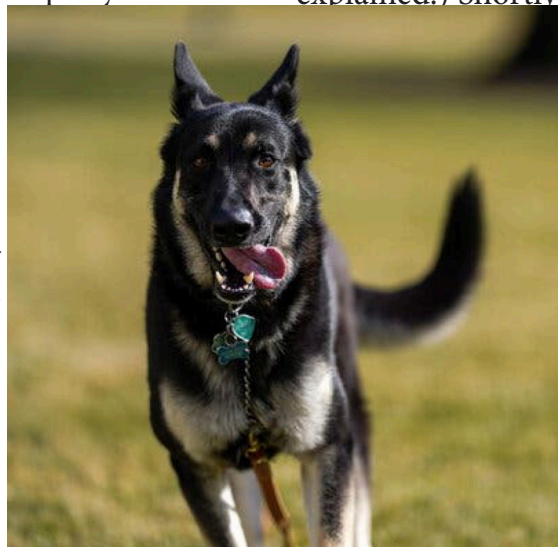
Mr. Trump's presidency was the first time in more than 150 years that a pet of some kind *didn't* live in the White House. Most were dogs or cats, but not all. Theodore Roosevelt kept a garter snake and a one-legged rooster.

Calvin Coolidge had a raccoon named Rebecca. Later, Herbert Hoover's pet opossum, Billy, moved into Rebecca's digs.

The Bidens have Champ and Major, German shepherds. Champ came from a breeder in 2008. Ten years later, Major was adopted from the Delaware Humane Association; he will be the first shelter dog to live in the White House. The day Champ and Major moved in, media covered them as national news.

Unlike his predecessor, President Biden recognizes a heartwarming photo op when he sees one and has been known to deploy his dogs as campaign

(Continued next page)



Major, already romping at the White House



A Dog's Place (cont.)

props. I am confident of our new president's genuine warmth and humanity, but I'm not so sure it's fair to assume that sharing a home with a companion animal is always the sign of a good person. President Vladimir Putin of Russia, after all, is frequently photographed snuggling with dogs.

On the other hand, I do believe that dogs can make us better people if we are open to what they can teach us.

From Clark, the mixed-breed ultrashedder who helped us raise our children, I learned that loyalty and love will always matter more than a tidy house and unchewed shoes. From Emma, the dachshund-shaped comedian we inherited when my mother died unexpectedly, I

learned that laughter can come very close to healing a broken heart. From sweet, grateful Millie, the traumatized terrier mix we adopted two and a half years ago, I learned that love will never erase the memory of cruelty, but also that love and patience and time, together, can sometimes make up for it.

In time, I know, we will find another rescue dog who needs us and whom we need, but that dog will not replace any of the others we have lost. I carry them all with me, always. Even when the

grief eases and the house no longer echoes with absence, I will carry them with me. That's the nature of being changed: For both good and bad, you remember what you learned.

If we are wise, our country, too, will remember the pain of the wrecking-ball presidency we barely survived. We will remember what it cost us in civic trust, in the connection of community, in human lives. But if we are lucky, we will also move into the future with hope in what the new White House dogs represent.

It would be wrong to reduce Champ and Major to symbols. It is enough for them to be loyal companions and reliable comforts to a good man doing the hardest job in the world at a terrible time in history. For us, too, it is enough to know, as Jennifer Finney Boylan put it,

"that the decisions he makes have been guided, in at least some small measure, by the tenderness and grace of dogs."

But perhaps it's not entirely wrong for Champ and Major to give us hope that compassion and kindness and loyalty and love have truly returned to the People's House. And to hope it's not too late for them to return to the nation, too.

Margaret Renkl is a contributing Opinion writer who covers flora, fauna, politics and culture in the American South.



The first lady, Jill Biden, led Champ into the White House for the first time on January 20th.



[ED. NOTE: Along with the many sad and painful blows we've all endured over the past year, here is another: Tribune humor columnist Robert Kirby is hanging up his pen.

For our newer members, you would not know that Kirby has been a treasured asset to ITA. He agreed to host ITA's very first gala, celebrating our 10th anniversary in 2003. Thanks entirely to having him as our guest speaker, we had more attendees (332) than at any of our 19 annual galas since! He agreed to be featured again, sharing duties with Pat Bagley, at our "Paws on the Furniture" event at LaCaille in 2008, just as the financial world was falling apart, and once more he helped us pack the place. Finally, he agreed to be the narrator, in all its embarrassing and hilarious splendor, for our 3rd and final performance of "The Pupcracker" in 2014. Saying we will miss him is an understatement.]

Robert Kirby: Farewell, dear readers. I'm retiring. It's been a load of laughs.

By Robert Kirby (February 13, 2021)

I wrote my first newspaper column in 1986. Did it for free. The Springville Herald was a small-town weekly and couldn't afford to pay me. That was OK because I was in it entirely for the fun.

Given that I was still a cop at the time, I wrote under a pseudonym. The idea was to keep the two sides of my brain separate. Didn't work.

I soon learned that what kept me sane as a cop worked in writing newspaper columns — namely, an appreciation for human irony. Humans are the only animal that can actually reason itself stupider.

In my early law enforcement days, I pulled over a car for clipping through a school zone. The driver was polite and respectful when I asked for his license and registration. Then he handed me his Latter-day Saint temple recommend.

Since it was the first time this had ever happened, I was confused. After a few minutes, I decided that, as a police officer and a Mormon, I had a job to do. So I

wrote him a ticket and then wrote "void" on his recommend.

The driver understandably lost his mind when I gave that back to him. It was probably the first time that had ever happened to him as well. He complained to my chief, and it cost me a day off.

It's probably no surprise that I've been suspended a lot during my life. While I took my lumps, the laughs ultimately were worth it.

In 1989, I left law enforcement and took up writing full time. I knocked out columns on various subjects, all with the intention of highlighting our collective sense of cluelessness as humorously as possible. It worked. Mostly.

One of my favorite responses came from a third grade girl who wrote to tell me how much I made her mother laugh.

"And than [sic] she peed her pants. It was halarrious [sic]."

Five years after leaving police work, I was freelancing when Jay Shelly, then the editor of The Salt Lake Tribune and himself a former cop, tracked me down and basically told me I was now working for him.

When I began writing for The Trib, I wrote mainly about Mormons and Utah culture. It was a target-rich environment. Mostly because, as Walter Lippmann once said, "Where

all think alike, no one thinks very much."

While most people appreciated the humor, I did receive angry feedback from fellow Mormons accusing me of light-mindedness, heresy, and being in desperate need of excommunication or blood atonement.

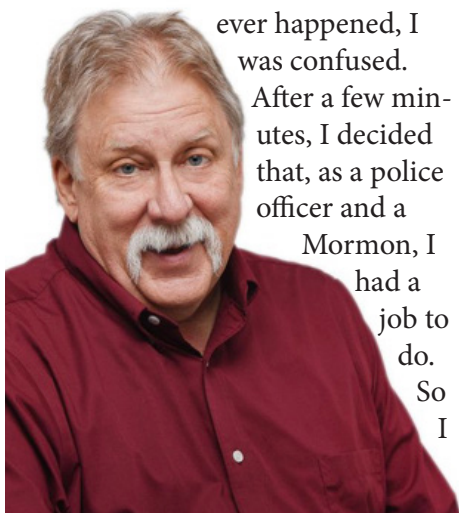
Such intolerance wasn't the case only for Mormons. It was just as true for those who took themselves and their cause so seriously that they actually attempted to change my mind through insult.

You've given me a lot of laughs over the past 26 years, as well as support when I wrote about my wife's cancer, my dad's death, my brother's suicide and the death of a friend. I can't thank you enough.

But it's time for me to go. I'm retiring. I have far more time behind me than I do ahead, and there are other projects I want to pursue.

So, this will be the last newspaper column I write. Please continue to support The Salt Lake Tribune. Being informed is important, even if it means that you don't always like what you read.

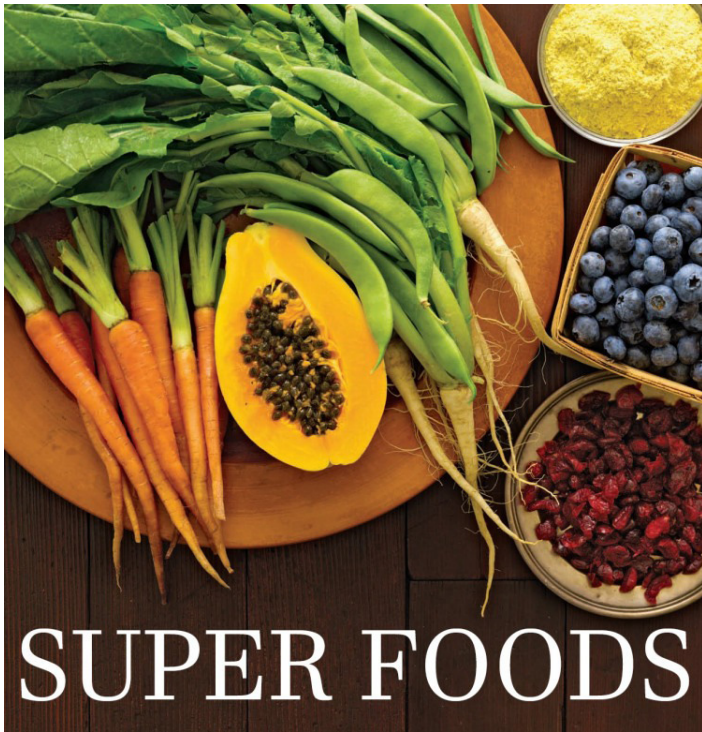
All my best,
Kirby



Nutrition Update

[ED. NOTE: **The Bark**, that glorious “New Yorker of Dog Magazines,” has gone out of print after 20+ years, but its founder and editor, Claudia Kawczynska, is still holding forth online. You should definitely check it out (thebark.com). Here is her recent article on some common questions about food items for your dogs, and there is *lots more detail* in the online piece.]

That old saying, “You are what you eat,” holds true for our dogs as well. Here’s a guide to what dogs can and should eat, plus a warning about a food to avoid (hint: it’s nutty).



This is a list of healthy foods that are rich in nutrients and provide maximum impact for dogs. Both humans and dogs can share these common foods that are nutritionally dense, and pack a lot of healthful benefits into each serving.

Can my dog eat kale?

Leafy vegetables (including kale) pack a powerhouse of vitamins, minerals, carotenoids and flavonoids linked to better health, especially brain health. They’re also a



good source of helpful roughage.

Can my dog eat pumpkin?

Yes, dogs can eat pumpkin pulp and the seeds. The pulp is low in calories, and its blend of soluble and insoluble fiber makes it an effective remedy for diarrhea and constipation. The seeds are a traditional remedy for tapeworm.



Can my dog eat bananas?

You betcha! Bananas, which are available year round either fresh or freeze dried, are a great treat for your dog. Bananas are wonderful for dogs because they are high in potassium, fiber and magnesium.



Can my dog eat eggs?

Learn why an egg is a super source for nutrition. Eggs contain all the essential amino acids, and are a very highly digestible source of protein with a high nutritional value.



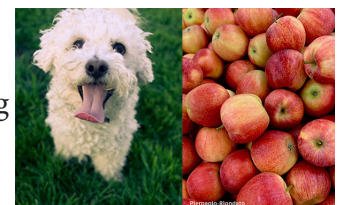
Can my dog eat sweet potatoes?

Yes. These root vegetables are loaded with nutrients, such as the carotenoids, vitamin C and vitamin A, in addition to antioxidants and phytochemicals. Plus, rich in a variety of minerals and essential fiber.



Can my dog eat apples?

Yes, lots of benefits in this common fruit. The old saying “An apple a day keeps the doctor away ...” applies to dogs as well as it does to humans.



Can my dog eat carrots?

Your dog can eat carrots! Carrots are affordable and beneficial additions to your dog's diet. Low in calories, they are crunchy and sweet, and most dogs really like them.



Can my dog eat blueberries?

Blueberries, which are available year round either fresh, frozen or freeze dried, are a great treat for your dog. The deep blue color comes from anthocyanidins, which are potent antioxidants, and the berries also supply Vitamin C, Vitamin K, Vitamin E, phytochemicals, manganese and fiber.



Can my dog eat almonds?

Unfortunately, the consensus is **probably not**. While almonds aren't necessary toxic, they're nonetheless candidates for the list of foods it's best for dogs to avoid (that list also includes walnuts, macadamia nuts, onions, grapes, raisins and chocolate). Even if the almonds in your kitchen are not the seasoned/toasted variety, it's best to play it safe and not share them with your dog.



While rightfully touted as a healthful alternative for human consumption, almonds pose too many potential safety risks for dogs. These include:

1. *Choking hazards.* Although in general, dogs are equipped to chew food in much the same way as humans, they don't "nibble" almonds like we do. They're more likely to swallow them whole. So there's a chance that a nut can become lodged in their windpipe; smaller-sized dogs are especially at risk.
2. *"Snacking" almonds are often heavily salted and seasoned,* which causes us, and definitely our dogs, to become very thirsty (think of those bowls of nuts so many bars generously provide for their customers). Too much salt can lead to water retention, which is especially dangerous for dogs with heart ailments.

3. *Almonds are high in fat,* which can contribute to a dog developing acute pancreatitis; fat also aggravates chronic pancreatitis.

4. *Almonds are high in phosphorus,* which can lead to bladder or kidney stones. Some breeds of dogs, such as the Yorkshire Terrier and Lhasa Apso, are genetically predisposed to kidney stones, and Shih Tzu, Miniature Schnauzer and Bichon Frise are prone to bladder stones.

What If Your Dog Eats Almonds?

What you should do depends on the size of the dog and the amount and kind of almonds consumed.

If you think your dog only ate a few almonds and doesn't appear to be experiencing esophageal obstruction, monitor her for diarrhea or vomiting for 12 hours.

If your dog ate a big bag of almonds—particularly if she's on the smaller side—take her to the vet immediately. She might require IV fluids for dehydration and drugs for pain management.

Are All Nuts And Nut Butters Bad For Dogs?

You might ask, "My dog loves peanut butter and I give her peanut-butter treats. Are peanuts bad too?" Not necessarily, because peanuts aren't really a nut, but rather, a legume. Still, it's best not to give your dog individual peanuts, for many of the same reasons you should avoid giving her other types of nuts.

Also, Xylitol, an artificial sweetener, can be found in several brands of peanut butter, and it can cause dogs serious problems, including hypoglycemia, liver disease and blood-clotting disorders. So if you give your dog peanut butter (say, in her Kong), make sure xylitol isn't one of the ingredients.

The good news is that nut butters, including those made from peanuts and almonds, are extremely easy to whip up at home. If you use organic, unsalted and unseasoned raw peanuts or almonds to make nut butters for yourself, you can share a tiny amount with your dog with a clear conscience. Just remember that nut butter, while tasty and nutritious, is still high in calories: one tablespoon has 98 cal. And calories count, both for ourselves and our dogs.

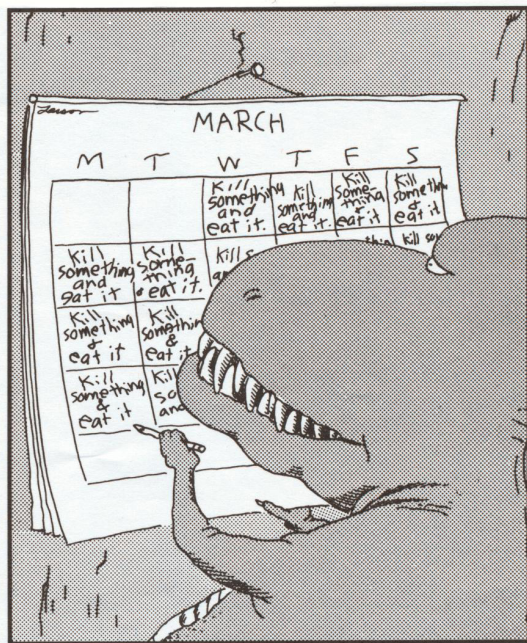
By Claudia Kawczynska,
The Bark's co-founder and Editor-in-Chief
TheBark.com | Est. 1999



The Lighter Side



“Groundhog day” boring repetitive syndrome (as we have been enduring) in another era ...



Jurassic calendars

An Oldie and Goodie:

How many dogs does it take to change a lightbulb?

- **Golden Retriever:** The sun is shining, the day is young, we've got our whole lives ahead of us, and you're inside worrying about a stupid burned out bulb?
- **Border Collie:** Just one. And then I'll replace any wiring that's not up to code.
- **Dachshund:** You know I can't reach that stupid lamp!
- **Rottweiler:** Make me.
- **Boxer:** Who cares? I can still play with my squeaky toys in the dark.
- **Lab:** Oh, me, me!!!! Pleeeeeeeeze let me change the light bulb! Can I? Can I? Huh? Huh? Can I? Pleeeeeeeeze, please please please!
- **German Shepherd:** I'll change it as soon as I've led these people from the dark, checked to make sure I haven't missed any, and made just one more perimeter patrol to see that no one has tried to take advantage of the situation.
- **Jack Russell Terrier:** Sure, I'll just pop it in while I'm bouncing off the walls and furniture.
- **Old English Sheep Dog:** Light bulb? I'm sorry, but I don't see a light bulb.
- **Cocker Spaniel:** Why change it? I can still pee on the carpet in the dark.
- **Pointer:** I see it, there it is, there it is, right there ...
- **Australian Shepherd:** First I'll put all the light bulbs in a little circle
- **Poodle:** I'll just blow in the Border Collies' ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.
- **The Cat:** Dogs do not change light bulbs. People change light bulbs. So, the real question is, how long will it be before I can expect some light, some dinner, and a massage?



Kirby

