

CLUB DOGWOOD

The latest news and updates from your Club



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THE MONTH AHEAD

Welcome back to reality! The summer fun is over and a new chapter begins. (Though the fun never really stops in Club Dogwood!)

August is implementation month, giving you a chance to set a new goal or reassess your current goal, jump into a new course, start a new Scentventure Award - or sit back, relax and catch your breath. If you opt for a total rest during August, I don't blame you - it's been a busy summer!

Thank you to all of you who took part in Scentventursaurus. It was brilliant, hilarious, inspiring and heartwarming. The community spirit was high and the fun, laughs and camaraderie plentiful.

I feel extremely fortunate to be amongst such creative, generous and kind people. Let's take that spirit forward into the next leg of our journey together.

SCENTVENTURE SCHEDULER

In your packs this month you'll find the BRAND NEW Scentventure Scheduler and stickers (Yay! Stickers!).

The Scheduler is designed to compliment implementation month as it helps you decide what to work on and how to plan the month ahead.

AUGUST 2022							
	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	S	GO	EN	P	GO	GO	
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

S=SCENT / EN=ENVIRONMENT / EX=EXPLORATION / P=PARTNERSHIP/ GO=GOAL ORIENTATED

I often see people worried that they're not doing enough training, or believing that training sessions need to be long and so therefore they think they don't have time for it.

The good news is that consistency is more important than lengthy training sessions and research suggests that training 3 times per week is as effective as training every day. We've accounted for that in the Scheduler.



Scheduling stickers are included in your pack this month

The purpose of the Scheduler is to help you fit bite sized sessions into your busy week using the 4 Compass Point + 3 Goal-orientated sessions Formula.

The programmes in the Course Library give you the Skills & Strategy, and the Scheduler gives you just that, the Schedule. Plan the training into your busy week to ensure you get it done.

If you LOVE a plan for getting organised - or you know you need to get organised, this is perfect for you!

At the workshop on the 1st we'll run through the Scheduler and you can ask questions live, and of course you can ask questions in the website community or Facebook group any time.

As it's the first time I've released the Scheduler 'into the wild' I'd love to hear your feedback for how it can be improved. Please email hello@dogwoodadventureplay.com

Compass Rose



The new Compass Rose Award is on hold until next year.

It will take you 3 months to complete and the idea is that you work on it during implementation months so that you don't feel overburdened by trying to work on too much at once.

But we are so very low on implementation time this year, and for that, I apologise!

During implementation month you can work on anything you want – but it also gives you opportunity to catch up and take a breath, or to do nothing at all.

There were so many fun things I wanted to fit into the programme this year that I only scheduled 1 implementation month – but with the new Scentventure Scheduler, I haven't technically given you a full and proper break as I've introduced something new.

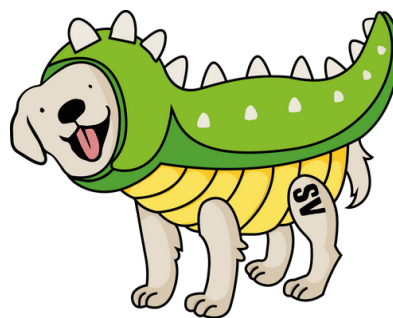
So next year, I promise: 3 full implementation months! To rest, regroup, prioritise a training goal or earn that beautiful Compass Rose.

And the badge is so very, very beautiful.

They're sitting here in my cupboard looking all gold and shiny and I can't wait to share them with you.

The Compass Rose is an advanced Award for those who already have the Partnership, Environment, Scent and Exploration badges. So if you don't have them yet, you could work on one this month.

August is also the perfect time to start or finish the Scentventursaurus Award.



AUGUST CALENDAR

- 1st, 6pm - Strategy & Scheduling Workshop
- 4th, 6.30pm - Expert Guest Caroline Lewis on Child Safety around Dogs
- 17th, 6pm: Expert Guest Sharon Kilgour on Yoga Breathing to Reduce Stress

August's Expert Guests

CAROLINE LEWIS

Club Dogwood favourite, Caroline Lewis is returning this month with an important topic as we approach the school summer holidays. Research suggests that dog bites are more likely to happen during holidays and so Caroline is talking about how to help children understand dogs and what they need, and how to live with/be around them safely. Plus alternative suggestions for things they can do with and for their dogs.

Check out Caroline's previous expert guest lives in the replay library:

- Separation Anxiety
- Vet Visits
- Rehoming a Rescue Dog
- Deaf Dogs

SHARON KILGOUR



Sharon of 'Sharon and Bailey' Club Dogwood fame is hosting a special live class all about managing and reducing stress through yoga breathing.

You'll learn some useful practical techniques for reducing stress in-the-moment when you're out walking your dog, or any other time you need a moment of calm.

A LOOK AHEAD TO THE REST OF THE YEAR...

September **Rescue Dog Project**

October **Fall Fest**

November **Happy Vet Visits**

December **Christmas!**

I'm really looking forward to the Rescue Dog Project! In fact, I'm looking forward to all of it. There's a brand new badge in October for Fall Fest and Justine's Happy Vet Visits course will be useful for dogs who are worried about going to the vet.

Right, we'd better get cracking! Or *relaxing* if that's what you've opted for this month.

Katie 🐾