

CLUB DOGWOOD

The latest news and updates from your Club



INSIDE THIS
MONTH'S PACK

**SCHEDULER
ROUND II**

**NEW
STICKERS!**

**PROJECT
RESCUE DOG**

**THE MONTH
AHEAD**

Back by popular demand... The Scentventure Scheduler - September edition!

I see a lot of momentum happening thanks to your Scentventure Schedulers and it would be a shame to lose that. So we're going another round!

This is an opportunity to continue working on your current goal, tweak it or set a brand new one. It's also a chance for those of you who opted for a total rest after the Trilogy to try out the Scheduler for the first time.

And we have two new sets of stickers! The Four Compass Points are intended to mark the days you do a bit of everything on your walk.

This means you may not use all your stickers this time - that's ok! We're still working on 'The Formula'; that's 4 Compass Points and 3 Goal Orientated Session per week. New members, don't worry - we will explain everything.

SEPTEMBER CALENDAR

- 3rd & 4th - Team Scentventure at North East Dog Festival - Scentventure Guides offline. If you fancy a fun day out, with or without your dogs, it would be great to see you there!
- 10th & 11th September - Free public event focused on Ninja Moves. Live classes and Q&A. Everyone welcome!
- 17th, 6pm: OH MY GOODNESS! Expert Guest Marc Bekoff!

Marc Bekoff is professor emeritus of Ecology and Evolutionary Biology at the University of Colorado. He has published 31 books, won many awards for his research on animal behavior, animal emotions (cognitive ethology), compassionate conservation, and animal protection, has worked closely with Jane Goodall, and is a former Guggenheim Fellow. Marc is an inspiration!



Hippo Time is OK!



Thanks to Rachael for introducing us to the concept of Hippo Time, and Vicki Barrett for the genius idea to make a hippo sticker for your Scheduler!

The 'Hippo Time is OK' principle condones some time out when life's challenges knock us sideways. Some self care isn't selfish. We all need to give ourselves space and time to think and respond carefully to what has happened.

Hippo Time is temporary. It's part of the journey. It provides a 'mini break' from life and relief from day-to-day pressures. An opportunity to get life in perspective.

I hope you find the Hippo Time principle useful! Though I hope you don't need the new stickers too often.

If you have ideas for other stickers, just let me know!

Right! You'd better go and read all about **Project Rescue Dog**. I am so looking forward to seeing what you come up with!

Katie 🐾