



Newsletter

Vol. 3, Issue 1



Summer 2008

~ FITNESS FOR PAWS ~

Enroll your best friend in our most popular program



We give dogs exercise they need mid-day ... if you are away at work for long hours, let us help you – we'll cover your tail.

only
\$15

**For a very hearty
15-minute walk**
add \$5 & stretch a walk to
30 minutes

Regular mid-day exercise **BENEFITS** your friend in many way:

1. maintains and improves health;
2. promotes interaction and socialization with other dogs and people instead of being cooped up alone inside all day;
3. ensures a more relaxed state at night; and
4. prevents possible medical conditions that might arise from having to "hold it" all day or a possible mess when "holding it" becomes impossible.

~ FUEL SURCHARGE ~

This is not a rate increase



To remain viable and to reimburse sitters for the additional cost of fuel that they incur when driving to and from a client's home, we have implemented a competitive fuel surcharge that responds to the higher, volatile price of regular, unleaded gasoline.

Our rates have remained unchanged since we started offering our services in Ottawa and Gatineau in August 2005.

About the surcharge

- Effective July 1, 2008 (does not apply to any booking or reservation made prior to July 1).
- Adjusted on the 1st of each month, based on the average price of regular, unleaded gasoline in Ottawa (as reported by MJ Ervin and Associates, an independent company that monitors fuel prices in Canada).
- Only applied when the price of regular, unleaded gasoline exceeds \$1.15/ litre.
- A flat-rate added to the basic cost of each visit.

Illustration chart

Month	Regular, unleaded gasoline	Fuel surcharge
	(\$/litre)	per visit (\$)
June	1.261	0.685
July	1.328 *	1.099 *

* Estimated, [click here](#) on/after July 1 for the actual rate.

~ OUTDOOR SUMMER SAFETY FOR YOUR PETS ~

Some expert advice from two of our professional sitters

Hot summer days have arrived and, like us, our four-legged friends love to be in the great outdoors to experience fresh air and a little adventure – to help guarantee their overall wellbeing consider these tips from [Chelsea Fournier](#) and [Sara Morris](#).

Dehydration, overheating, sunburns – to prevent dehydration (especially during walks) have plenty of water available; to prevent burns to sensitive paws (especially those of puppies) keep off of hot asphalt; to help prevent overheating, cut thick coats of hair (don't cut too close to allow the exposed skin to sunburn) and give access to places that have plenty of shade available (if outdoors: under a deck or a tree, in a dog house; or if indoors: usually in the basement or near an air conditioner).



Harness Training – is different from a collar; a harness fits around the girth and shoulders, just behind front legs. Using a harness and a lead is typically safer than using a solo collar and will also let you keep a close eye

on your friend while he/she takes everything in. Supervised play will guarantee a safe and enjoyable time while minimizing the risk of harmful variables like “King” the over-zealous Shepherd next door.

Vaccinations – are an important key to the health and longevity of any pet that spends any time outdoors. It's crucial to be proactive. Many types of shots must be administered before any outdoor excursion.

Spay/Neuter – not only critical to help control pet population. Pets that are “fixed” don't tend to venture far alone to find some *lovin'*, which makes going outside safer.

Pesticides, Insecticides, and Pool Chemicals – keep pets away from lawns that have been treated with harmful chemicals and from pool areas; when planning your garden, aim for cat-safe, non-toxic plants; keep chemicals secure in a place where pets can't access them (cats are inquisitive and love ornamental gardens and sheds); read chemical labels to determine how long they last and if they are harmful to pets (many last days and most are toxic).

Outdoor Shelters – are a great way for pets to get fresh air without needing supervision; they come in many shapes and sizes and fit most budgets. Pets can roam safely in them with complete freedom.

Microchip Technology / Identification Tags – chances of having a pet returned safely and quickly are much higher if the person who finds your pet can easily contact you. When you're away, you'll want that person to be able to contact your pet sitter, which is why we sell [Loving Tags](#).



Travel – it's best to avoid traveling with your pet(s) during summer. Leaving a pet alone in the car can be fatal, even with open windows and only for a short time. Heat inside a car can reach dangerously high temperatures in a very short time. To play safe, leave your pet at home during vacations, and when running errands. Let our dedicated team of sitters provide care and companionship to your beloved friends during prolonged absences.

Pet First Aid Kit



If something unfortunate happens to your pet, having the tools necessary to assist you is crucial. Luckily if you're not yet equipped, we can help! The [MEDI+PET kit](#) is perfect for pet parents. It includes over 40 Veterinarian-recommended items stored in a convenient green canvas case and it's specifically designed for animal care.

Veterinarian – if your pet shows any signs of being overheated, dehydrated, sun burnt, or you suspect that your exposure to chemicals found in insecticides, your pet may need immediate medical treatment. Call your Veterinarian immediately or the *Alta Vista Animal Hospital's 24-hour emergency line at 613-731-6851*.