



# DOG TRACKS

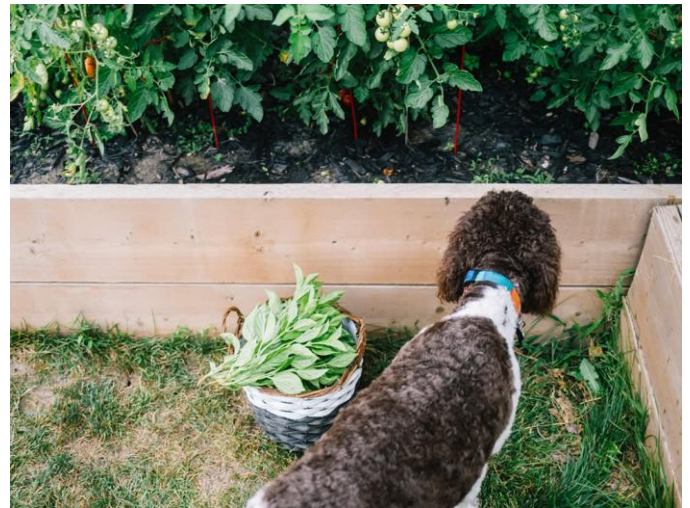
QUARTERLY NEWSLETTER ~ MAY 2026



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## Tips on Dog-Safe Gardening

Garden organically, for the sake of both the planet and your dogs



BY CLAUDIA KAWCZYNSKA  
THE BARK

If your new pup is getting a little *too* interested in your garden, you've probably quickly realized that you'll need to pup-proof your garden much like you did your house. A big difference in garden pup proofing is that, on the one hand, your garden needs protection from the dog, but on the other, your pet will also need to be protected from the garden. There are plenty of hazards to beware of, from tree bark to fertilizers which can be poisonous to pups. Here are a few insights on how to protect your dog in the garden:

### Some Mulches and Bark Are Bad for Dogs

You don't really want your dog to eat any tree bark because it can cause gastrointestinal irritation or, even worse, intestinal blockage. But some tree barks and mulches are worse than others. Pet parents should avoid cocoa bean



mulches; their chocolaty smell is irresistible to dogs — like a pup catnip — but they contain theobromine, which is toxic for dogs.

Cross almond or walnut trees off your list for areas used by dogs. Tannin is a canine toxin found in almonds and walnut hulls which a curious pup might get into. Moldy walnuts are also a problem. There are also fruit trees with bark toxic to dogs, such as cherry (contains cyanide-like components). Outside of poisons, some stone fruit trees (apricots, plums, peaches, nectarines) can be hazardous simply because of their indigestible pits. It might not be an issue for some dogs, but for other dogs who like to indulge in fruit, it could lead to intestinal obstruction.

### Protecting Trees from Urine

Protect young trees, especially if you have a male dog. Be sure to frequently rinse the trunk and soil with fresh water. Or, secure a copper or galvanized splash guard of appropriate height and circumference around the developing tree the first couple of years to divert unwelcome attention from your pup.

### Use Raised Garden Beds

Raised beds protect plantings from scampering paws and swinging tails. Dogs can be taught where they're permitted and where they are not.

### Take Care With Edible Plants

Construct a barrier around plants of the nightshade family, including eggplant, tomato and potato; their foliage and stems contain dangerous alkaloids that can kill a dog. When dogs eat large amounts of onions, they may suffer red blood cell destruction. Rhubarb leaves (*Rheum rhabarbarin*) contain oxalic acid. In quantity, it damages kidneys.

### Some Flowers Are Poisonous to Dogs

Foxglove (*Digitalis purpurea*), Deadly Nightshade (*Atropa belladonna*), Larkspur (*Delphinium ajacis*) have toxic effects on the heart and circulation. Tulips, daffodils, foxglove and azaleas can all cause symptoms such as vomiting, drooling and even

kidney damage when ingested by pets. Lilies are especially toxic to cats—and popular around Easter time—and can cause kidney problems, while the Sago Palm plant causes health problems such as vomiting, diarrhea and liver failure in dogs.

### Watch Out for Poisonous Chemicals

Do not use snail bait containing metaldehyde, which is highly poisonous to dogs and cats. Copper barrier tape is a good alternative; slugs and snails are deterred from crossing it by the tape's tiny positive electric charge. Rodenticides and other poisons are toxic to all animals. Avoid their use. If you have any of these products, take special care to keep them away from pets.

### Fertilizers Are Dangerous to Dogs

The nitrogen, phosphorus, potassium, iron, zinc and herbicides that supplement plant growth can cause severe symptoms in pets, such as difficulty breathing, vomiting, diarrhea and intestinal blockage. Be very careful about fertilizing lawn areas where many dogs like to spend time.

### Create a Dog Zone

Digging pit, preferably in shaded locations, give dogs places to practice their digging skills without disrupting your garden beds. You might entice them to use it by lightly burying (as they watch you) a treat-filled Kong. It's also a good idea to leave a plant-free "patrolling" area around the perimeter of your yard; dogs instinctively (and repeatedly) cruise boundaries and fence lines.



When you find something you love so you get it in every color

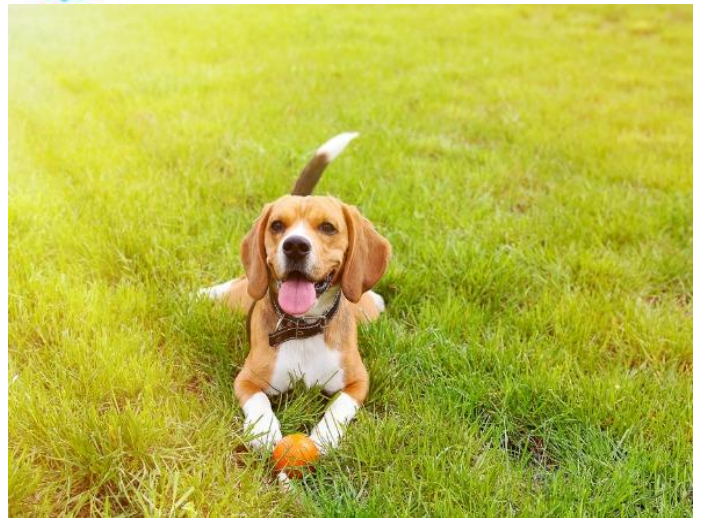


And don't forget to check out the Sniff and Go sessions at Dream Big, be sure to email [sniffytrialssec@gmail.com](mailto:sniffytrialssec@gmail.com) and ask to be put on the email list for upcoming sessions. Signups are done online and it's very easy and probably one of the best opportunities to practice in a trial-like setting and each session is different.



## Health tips by Doc Tailwagger

## Heat Stroke in Dogs



Assistance is needed at many upcoming events so keep an eye out when the requests are sent to the chat group.

People are needed for the rattlesnake aversion training in July, so contact Marsi Newman if you are able to help out. It's a very interesting process if you've never seen it!

## Upcoming SJDTC Events

### Mark Your Calendars

May 16	Scent work trial – Dream Big
June 13	Spring Fling – Kim d's pool
June 24	Rally trial – Dream Big
July 17-18	Rattlesnake Aversion Training
October 17	Member Appreciation Luncheon
December 5	Club Christmas party

## Heat Exhaustion, Hyperthermia in Dogs

Dog fur is great protection against the cold but can be a problem in hot weather. This is because, unlike humans, dogs eliminate heat by panting. (Dogs have some sweat glands in the footpads which help with heat dissipation, but only minimally.) When panting isn't enough, their body temperature rises. This can be fatal if not corrected quickly.

## What To Watch For

Excessive panting and signs of discomfort indicate overheating. However, it is important to be aware of the ambient temperature and take appropriate preventative measures.

## Primary Cause

Any hot environment can cause heatstroke, but the most common cause is careless actions such as leaving a dog in a car on a hot day or forgetting to provide shade to an animal kept outdoors.

## Immediate Care

It is essential to remove the dog from the hot environment immediately. If it is unconscious, make sure no water enters the nose or mouth as you follow these guidelines. Also, do not give the dog aspirin to lower its temperature; this can lead to other problems.

1. Put your dog in the bath tub.
2. Run a cool (not cold) shower over your pet, covering the whole body -- especially the back of the head and neck.
3. Allow the water to fill up the bathtub as you shower the dog. Keep the head elevated to prevent aspiration pneumonia.
4. If getting the dog into the tub is impractical, use a garden hose to cool the dog or place him in a pool of cool water.
5. Apply a cold pack to the dog's head to help lower his body temperature -- a packet of frozen vegetables works fine.
6. Massage the legs. A vigorous rubbing helps the dog's circulation and reduces the risks of shock.
7. Let the dog drink as much cool or cold water as it wants. Adding a pinch of salt to the water bowl will help the dog replace the minerals it lost through panting.

The following steps should be taken, regardless of whether the dog is conscious, appears to recover well, or was only mildly affected:

1. Check for signs of shock.
2. Take the dog's temperature every five minutes, continuing water-cooling until it drops below 103°F (39.4°C).
3. If the dog's temperature drops a little more -- to around 100°F (37.8°C) -- don't worry. A slightly low temperature is a lot less dangerous.
4. Treat for shock if necessary.
5. Get immediate veterinary attention. Heatstroke can cause unseen problems, such as swelling of the brain, kidney failure, and abnormal clotting of blood. On the way to the veterinarian, travel with the windows open and the air conditioner on.

## Veterinary Care

Treatment will consist mostly of replacing lost fluids and minerals. This may extend to secondary conditions, which your vet will be able to identify. Intravenous fluid therapy and monitoring for secondary complications such as kidney failure, development of neurologic symptoms, abnormal clotting, changes in *blood pressure*, and electrolyte abnormalities are typically recommended in cases of heatstroke.

## Other Causes

Dogs with thick fur, short noses, or those suffering from medical conditions such as laryngeal paralysis and obesity are predisposed to heatstroke. In addition, dogs that enjoy constant exercise and playtime -- such as working dogs (Labradors, Springer Spaniels, etc.) -- should be closely monitored for signs of overheating, especially on hot days.

## Prevention

Heat stroke can be prevented by taking caution not to expose a dog to hot and humid conditions. This is especially applicable for dogs with airway diseases and breeds with shortened faces (e.g., the Pug, Bulldog, Shi Tzu). Also, while traveling in cars, make sure that the dog is well ventilated by placing

it in a wired cage or in an open basket, and never leave your dog in a car with the windows closed, even if the car is parked in the shade. When outdoors, always make sure your dog is in a well-ventilated area with access to plenty of water and shady spots.

Source: PetMD



## Dear Miss Penny Paws



My mom wants me to drink out of the water dish instead of out of the bigger bowl, she calls a toilet. The bigger bowl is, well, bigger! And I think the water tastes fresher. My mom and I have a dog bone bet about this – what do you recommend?

Signed,  
Toilet Water Connoisseur

Dear Connoisseur,

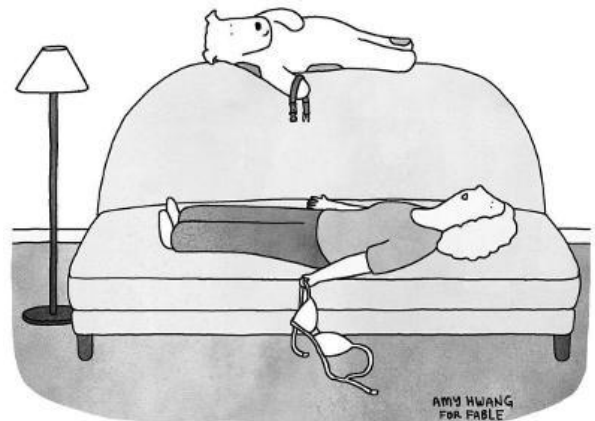
Your mom is correct about wanting you to drink out of your water dish instead of the toilet. Not only is the porcelain bowl full of germs, but chemicals too! Your mom may use those “drop in” tablets that contain bleach and since they’re clear, you wouldn’t know there was bleach in the water.

If your mom takes you out somewhere, public toilets may have harsher chemicals in the water, plus things you don’t even want to think about!

Besides, even if you could ensure the water in every toilet was pure, dogs on a whole, are not the neatest drinkers in the world – imagine how uncomfortable a wet seat would be for the next human to use that room.

It’s not only good manners not to partake from the porcelain bowl, it’s much safer for you!

Signed,  
Miss Penny Paws



## Pups and Pours

(from Martha Ho)

Visit at least 3 dog-friendly wineries in Lodi this Spring.

Our local wine country shines in the spring, with blooming vineyards, mild sunshine, and a welcoming vibe that often times, extends to our four-legged friends. Lodi boasts over 40 pet-friendly wineries, making it easy to enjoy “pups & pours”, a relaxed tasting adventure with your dog by your side.

Leashed, well-behaved dogs are celebrated here, often with water bowls, shady spots, and even the occasional winery dog greeting visitors.

Here are three stand out, highly recommended dog-friendly wineries to visit. Each offers outdoor patios, beautiful settings, and excellent wines – perfect for a half-day or full-day outing. Always call ahead to confirm current policies as details can (and do) evolve. Some are closed on major holidays.

1. Harney Lane Vineyards  
9010 E. Harney Lane, Lodi, CA  
Hours: Daily 11am -5pm

This family-owned gem greets you with estate-grown Zinfandels, Chardonnays, and more amid lovely gardens and oak trees. Well-behaved, leashed dogs are welcome (past visitors rave about winery dogs, like Charlie, adding extra charm.)

2. Klinker Brick Winery  
15887 N Alpine Rd, Lodi, CA  
Hours: Daily 11am -5pm

Famous for old-vine Zinfandels and stunning views of Mount Diablo, this winery welcomes leashed dogs outside on the patios and grounds. The open country feel makes it ideal for pups to lounge while you savor bold reds and refreshing rosès.

3. Oak Farm Vineyards  
23627 N DeVries Road, Lodi, CA  
Hours: Daily 10am -5pm

Set among historic oaks with vineyard vistas, this spot combines award-winning wines with a scenic patio and on-site dining (breakfast, brunch, lunch options). Leashed dogs join you inside the tasting room or outside, perfect for lingering with a meal and a glass. The relaxed, beautiful estate setting often features live music and plenty of space for your pup to stretch out.

Tips to bring along for a smooth adventure:

Leash and waste bags

Portable water bowl and fresh water

Treats or toys

Pet wipes (pollen and dirt add up)

Sunscreen for pups

Your dog’s ID/tags or microchip info, just in case.

Pack your essentials, grab your leash, and head out for a tail-wagging good time. Lodi’s wine country isn’t just about the pours, it’s about sharing the joy with your best friend. Cheers to spring adventures that include everyone in the family!

### Dog people on a winter morning:



### Cat people on a winter morning:



## SJDTC May 2026

There are 21 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.



Anise  
Birch  
Containers  
Heeling  
Longdown  
Obedience  
Retrieve

Articles  
Broadjump  
Dumbbell  
Highjump  
Master  
Praise  
Treats

Barjump  
Buried  
Excellent  
Leash  
Novice  
Rally  
Zoomies