

Sheena



Manual

# Care and Feeding of Sheena

Sheena is a quiet, clean, low-maintenance canine. Like a cat, except for the "duties" as outlined below. Even that's low-maintenance.

## FEEDING

Simple. One half can of Science Diet Maintenance canned dog food for breakfast and the other half for dinner. No specific times of day. One jerkey treat after each meal (she'll come asking for it). One rawhide chew strip after dinner also.

Dog cookies as appropriate through the day.

If she doesn't eat a meal, leave it for the next meal (or toss it if you wish). She'll eat eventually. She won't starve.

Healthy table scraps may be put in her bowl. NO chocolate, dairy products, spicy stuff, sweet stuff or whatever makes you sick. She likes cooked vegetable scraps.

## BOARDING

Sheena is very neat and clean. She doesn't chew things other than food and her "sock" (which sometimes takes the form of grey sweat pant material). She cleans up her cookie crumbs very well.

She's quiet. In fact, if she barks loud inside, I'll buy you a beer (no coaxing allowed).

She likes to sit on the couch, but tell her not to (ie. "No") and she'll catch on. She aims to please. She may continue to ask on occasion though.

Same goes for any special room of the house you don't want her in.

She likes to sleep in bed, but doesn't have to. It's up to you. She's got her own bed and knows how to use it.

## DUTIES

Sheena has an amazing expanding bladder. It lasts as long as necessary, up to the better part of a day, but it's best not to test it that long (especially if you put yourself in her paws). Going out upon waking and before bed are good times.

She grasps the concept of yard boundaries pretty well. This may take some simple coaching (ie "No") initially. You should quickly be able to let her out the door and do her duties on her own, then let her back in (maybe after calling her). This is assuming you have a yard.

## WALKS

Sheena loves to get out and see the sights. But if your schedule doesn't permit, she also loves to sleep the day away in the house. She's fairly good with the heeling thing. She usually walks on your right and I usually walk on her left.

## RUNNING

Sheena loves to run and is good about running off leash as long as there aren't other dogs, bikes, nervous runners, or grumpy dog catchers nearby. She'll take off after a squirrel or deer for fun and return in a few seconds (ie. she'll keep running circles around you). She's a sprinter, not a distance runner, so 6-miles is about her limit. Generally she runs in your right when she's not running circles around you. Heeling works fairly well (say "Heel!", "Sheena, heel", "Easy"). Say "OK" to let her run free again. She'll stop now and then to do her thing, or her other thing. She's usually good about stopping off the path so you don't plow into her. Or she may slow up, but again, usually off to the side.

The retractable leash in the blue case is best for leashed running. It bounces the least on her neck. The choak chain works ok too.

## RACING

See "Running". Sheena will chase after any dog that's ahead of her, unless she's too pooped. A little encouragement sometimes helps (eg. "Go get 'em!", "Come on!"). She usually pulls you through the start of a race and you drag her through the finish. Use the retractable blue leash, try to keep her on your left generally, and don't get too close to other dogs (Sheena likes to say 'hi', and leashes can get tangled).

Start out fast to avoid a tangle of leashes and dogs. It may take Sheena a quarter mile to settle into a straight ahead pace (she's usually in the lead pack by then and said hi to everyone).

Don't let the retractable leash extend too far during the beginning of the race. You want to give yourself room to a stride freely while she runs side-to-side initially with the other dogs, but not too much to get tangled in the crowd. The retractable leash has a stop button on it. It disengages when the leash goes slack again. The main thing is not to let the leash slacken enough for her to step over it. Then it's under her front leg and you know how hard it is to run with something between your legs.

## OTHER DOGS

Sheena doesn't seem to care that much for other dogs. She'll may go over to say 'hi', but after a few seconds has had enough. If a bigger dog keeps sniffing her ears and face too long she gets nervous and may snap at the dog. We're working on overcoming that. She's better with dogs smaller than her.

## OTHER PEOPLE

Sheena loves people. She's almost too friendly. Some people are naturally afraid of dogs - even Sheena. Most people want to take her home. The answer to everyone's question is: "brown". I don't know what kind of dog she is.

## CARS

She doesn't chase cars (or bikes or runners) but enjoys riding in them. Remember to roll the windows down an inch or two when parked, and park in the shade if possible.

## ENGLISH TO SHEENA

"Good girl" - Means she's good or just did something right

"Bad!", "Bad girl!", "No!", "Hey!" - Means she's bad or did something wrong. Harsher words are also available, but those are reserved for the owner.

"OK!" - You're free. Do as your heart contents, but be good.

"Go get your sock", "Where's your sock?" - Triggers her to look for and get her sock to play tug-of-war with you. It's fun to watch her thinking.

"Come!", "Sheena, come!" - Come hither, please. Low-level retrieval.

(making gitty-up sound with mouth) - Come hither, please. Low-level retrieval.

(cupping hands together) - Come hither, NOW! Highest-level retrieval. Works good over distance or to get her to listen and come. Use sparingly to retain its efficacy! Try the other retrievals first if you can.

"Heel" - Means heel on the right when walking, running, or biking. Works pretty good, but still could use some polishing.

"Are you hungry?", "hungry?" - Are you hungry?

"Cookie", "Do you want a cookie?" - Hey, you want a cookie? A cookie is any dog treat.

- "(Do you) wanna go out(side)?" - Think there's anything outside to chase or do you have to go out?
- "(Do you) wanna go for a walk?" - Careful. Powerful language. She suddenly comes to life and gets excited. Preferably take her for a walk or run after saying this.
- "Puppy!" - Hey look, there's another dog! (Used to break the boredom of car rides. It's a contest to see who can spot the most dogs).
- "Look!" - Hey look! There's something REALLY cool over there (somewhere. she has no concept of you pointing finger) that you'd love to chase after. Go for it.
- "Go get it!", "Go get 'em!" - If there is an object under scrutiny, means go to it or chase after it if you want to. If no current object, takes the meaning of "Look!" (see "Look!"). This is good in the closing 100-200m of a race.
- "Ready!", "R-e-a-d-y-!" - Means something REALLY fun is about to happen. Sometimes confused with "Look" or "Go get 'em".
- (grunts, ughs) - I don't know, but it seems to get her going at the end of a run or race. Used with other verbal encouragements.
- "Roll over" - Please roll over if its within your dignity right now. It helps to twirl your finger in a circle. She usually starts too close to something to give her an excuse for now going around the whole way - but she can go all the way around. She may want a treat after it.
- "Shhhhhhh" - Means be quiet. Not so loud, dude - not that she's says much to begin with. Usual used is she whines or if we're on a stake-out after villains.

## **SWEENA TO ENGLISH**

- moan* - Means she's quite relaxed and comfortable. Or bored.
- whine* - Man, I'm really bored.
- patting ground with one front paw* - I want to do something more fun than what I'm doing now. Or I want to go out.
- standing by the door* - Can I go out at your earliest convenience to do something or chase a squirrel?
- scratching the ground and circling* - Don't mind me, I'm making my bed?
- scratching herself* - I got an itch and luckily I can reach this one.
- scratching her head* - Don't bother me, I'm trying to think.
- moving something and pounding it down with her nose* - I'm burying a cookie for later, and it's a secret so don't look!

*nuzzling the bed covers with her nose* - Hey, can I curl-up under the covers with you? Maybe keep you feet warm? (Feel free to nudge her out of bed and tell her "No" if you don't want her there).

*sitting there, looking at you with those big brown eyes* - Boy that looks / smells great! Aren't you full? Or can I have a cookie? Or I want to do something. Complete interpretation is forthcoming.

*jumping with joy* - Oh boy, let's go, or oh boy, can I go? Usually after you've told her you're going for a walk or you've put on your running gear.

*bark* - Means anything else.

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Have fun.

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