



# O.L.A.E. Newsletter



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## Thank you to all the Angels that help us clean!

As some of you know, there are about five of us gals that mainly steward the park. We have a couple of part-time folks that keep us in the loop. So thank-you to all that help without us knowing!

Recently, at a public comment period at City Council Meeting a citizen read a comment from Port Commissioner Steve Johnston and he criticized City Councilmember Buckshnis for “starting” the dog park on the Sound. As we are all aware, humans by far pollute more than a small off-leash area on the Sound. Further, this dog park is not the only dog park both nationally and internationally that have off-leash areas on water where dogs can frolic and play.

So, the moral of the story, **people are watching and people will criticize - so please pick up.** Of course, now our off-leash area is pretty clean. In fact, it is now 1000% cleaner than the pictures shown in this newsletter. Of course, *many citizens had steward the park years prior to 2005*, but concerned citizens like B.B., Coco, Lori and Diane decided it was time to organize and that is how the non-profit OLAE was formed and then became a 501(c)3.



It took years, many “helping angels” to remove all the scotch broom, blackberries and grass that were higher than our waists. Also, there were no double entry gates, bulletin board, plastic bag stations, or obstacle course. The beach today is because of many volunteers working with the Rich Lindsay of Parks and Recreation help by local boy scouts. Believe it or not, we used to take the garbage out to the front gate with a toboggan – LOL – now it seems! Now the City of Edmonds has been more

than helpful with garbage pickup and had the pier removed that is shown in this picture.



You couldn't even see the Sound. This is the view that one would see as they enter the park. So, please – continue to clean up.

## Do you know K-9 CPR?

Recently a member had a scary incident where her dog was choking on a bully stick. So, she asked that we bring this up to the attention of our membership and by all means, please seek veterinarian care as soon as possible. Here is a condensed ABC of K-9 CPR and we disclaim that we are experts in this area:

### A for Airway

Gently open the dog's mouth, pull the tongue out, and try to determine if the dog is breathing. If possible gently straighten out the dog's head and neck, but do not extend the neck out or you can cause further injury. Look at the dog's chest for any sign of respiration, or hold your hand to the dog's mouth to see if you can feel any signs of breathing or respiration. Once you are sure the dog is not

breathing, perform mouth-to-snout. Hold the dog's mouth closed, cup your hand around the dog's nose, and try breathing two breaths directly into the dog's snout. If the breaths go in proceed to "B".

If the breaths are obstructed open the dog's mouth again, and check for any visible object that is stuck in the dog's throat. If an object is visible press gently on the dog's throat in an upward motion while you try to remove the object. If no object is visible, perform the canine Heimlich maneuver. Do not proceed to until the dog's airway has been cleared.

### B for Breathing

If the breaths go into the dog's lungs, continue the mouth-to-snout procedure. The ideal number of breaths is one breath for every 3 seconds with an average of 20 breaths per minute. If you are performing CPR on a large dog use your full lung capacity for the breath. If you are performing CPR on a small dog use shorter breaths.

During this process, make sure that your hand is snug around the dog's nose and your mouth and try to blow the air directly into the dog's mouth. Always keep the dogs mouth closed with your other hand. Never force air into the dog's nose. Instead, breathe into the dog's nose at a rate of time, and pressure, that you would normally exhale.

### C for Circulation

Once the A and B's have been established, check the dog's femoral artery for a pulse, or lay your hand on the upper left side of the dog's chest to see if you can feel a heartbeat. If no heartbeat or pulse is present begin chest compressions.

First lay the dog on its right side, and then locate the middle of the dog's chest which is approximately where the left elbow touches the ribcage. This location is where the compressions should take place. For small dogs 16 pounds or less, the thumb and forefinger can be used to compress both sides of the chest. For larger dogs, use a palm over hand method for compressions. The chest should be compressed about 1.5 inches down on each compression.

The speed of compressions and breathing is important for the CPR to work properly. Compressions should be done at a rate of 3 compressions every 2 seconds. After 15 quick compressions two breaths should be performed. If no abdominal injury is possible, another person can gently press on the dog's abdomen as the chest compression is released. This extra CPR, step known as interposed abdominal compression, can help return blood flow to the heart.

Repeat the CPR as necessary and periodically check for any signs of breathing or pulse from the dog. Only stop

compressions when you feel a pulse or heartbeat, and do not stop breaths until the dog starts breathing on its own. If possible it is best to have someone continue the CPR in a vehicle while the dog is being transported to an emergency veterinarian clinic.

## About US

O.L.A.E. (Off-Leash Area - Edmonds) became a non-profit organization in August 2005, to fulfill our mission to steward and maintain the off-leash dog area in Edmonds. Please visit [www.olae.org](http://www.olae.org) to learn more about us and our mission.

## Become a Member

There are a lot of good reasons to become a member. Member dues go towards promoting and improving our dog park. Members will receive a subscription to our quarterly newsletter which provides information on upcoming events, news and educational features. All donated funds are TAX DEDUCTIBLE.

### Off Leash Area Edmonds (O.L.A.E.)

P.O. Box 1562

Edmonds WA 98020 - 1562

EIN #16-1730771

Please check one:  New Member  Renewal

#### Please print clearly:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dog(s) names: \_\_\_\_\_

Can we email you the newsletter:  Yes

Contact me to help volunteer:  Yes

#### Annual Membership

- \$ 10 Individual
- \$ 20 Family
- \$ 50 Sassy Supporter
- \$100 Best Friends Lounge  
(free advertising on O.L.A.E. website).
- \$200 Yappie Club Level  
(free advertising on O.L.A.E. website & newsletter).

Make check payable to **O.L.A.E.** Thanks!

#### Current Yappie Club Sponsors:

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Victoria Vernon



Note: O.L.A.E. is not responsible for any illness or injury incurred during park visit. For information, please visit [www.olae.org](http://www.olae.org) and look under rules and responsibilities.