

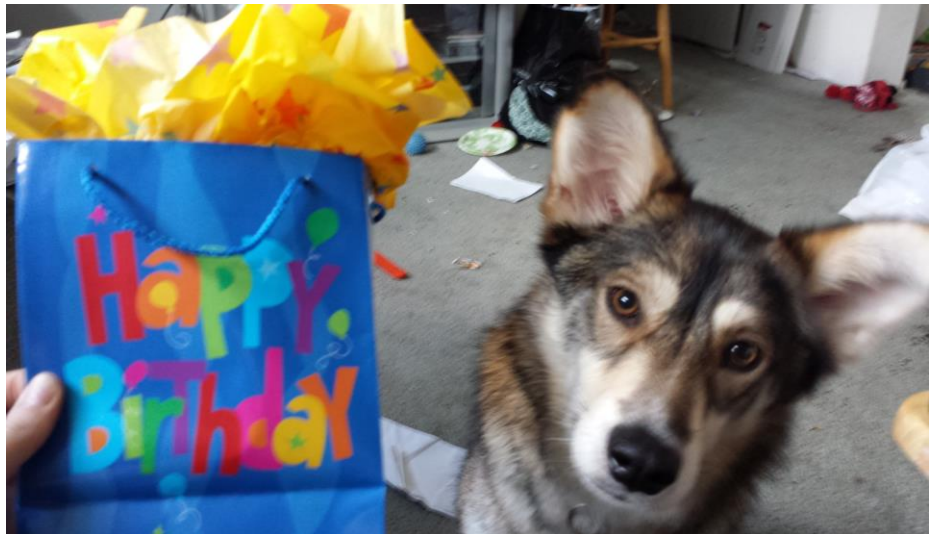
# Freedom Tails

Stafford Creek Corrections Center – April 2014 Vol 6/No 4

## *In the Interim – Freedom Tails News!*

**GINGER:** (R and below) aka Gingersnap is a very playful terrier who was adopted when she was 4 months old. So upon her release from prison, she and her mom went to an additional 8 week training course which was very beneficial. Now, 3 years later we have a dog that behaves and knows all of her commands even better. Ginger will shake hands, High-5 and bark to answer if she wants to go for a car ride; needless to say she loves that! Terriers are difficult to train; however, we have an excellent dog who has changed our lives. Gingersnap is my pride and joy, I have dozens of pictures of her in my office for offenders to see; she even has a book that is all about her! I'm grateful to say we have rescued a dog who is loved, spoiled, trained and she is family.

Ms. McTarsney, SCCC.



**RUDY:** (above) was adopted 2 years ago. He is cherished by his mom, who says he is the star of the local dog park, and outruns all the rest of the dogs. She forwarded this picture taken at his 2 year anniversary! She says he is still the love of her life, and wants to thank the Freedom Tails program for bringing him in to her life – and, for all the wonderful work everyone involved does.

*Freedom Tails thanks you, and all adopters, for taking these dogs into your lives and giving them a second chance!*



SEATTLEDOGSPOT.COM



# DOGBLOG

Keep on barkin' in the free world

<http://blog.teddythedog.com/freedom-tails-dog-program/>



## Freedom Tails Dog Program – April 20, 2014

Peeps: There are a lot of great humans out there doing really cool stuff for those of us with four legs and fur. So, from time-to-time, I like to give a bark out to these true dogitarians. Check out the following article about the Freedom Tails Dog Program. It'll blow your socks off. I, luckily, don't wear socks.

*Teddy*

### **FREEDOM TAILS DOG PROGRAM**

Created in 2009, Freedom Tails pairs inmates at the Stafford Creek Corrections Center (in Aberdeen, WA) with dogs that would otherwise be euthanized. Once their health needs are addressed, the dogs are then trained in basic commands and skills, house training, and socialization. They live with inmates in their cells for 10 weeks, before becoming available for public adoption. During that time, the inmates (who are pre-screened and interviewed) bond with their dogs and learn how to care for them, with the help of volunteer dog handlers who ensure the dogs are exercised and cared for.



Freedom Tails is entirely volunteer-based and does not receive funding from the Department of Corrections. All monies come from adoption fees, donations, and sales of leather goods made by the offenders which are available to the public. Since there has been such a positive feedback throughout the prison, other men's facilities in the state have started programs modeling Freedom Tails.

Freedom Tails also trains some dogs to go a step further and help people with special needs. These dogs have a home, but their people are in need of assistance. One woman with MS needed her dog to open doors, retrieve her medicine bag, and help if she fell; another woman was bound to a wheel chair and needed the help of her dog in daily activities; and a third person with a 9 month old German Shepherd (at that time 104lbs!) was brought in. After his training with Freedom Tails, he went on to earn his International Therapy dog certification!





The Freedom Tails program is a trifecta. The trainers discover the true meaning of responsibility and caring—some, for the first time in their lives; a loving family gains a new forever family member; and most important, a wonderful dog is saved from being euthanized. Win, Win, Win!”

For more information about Freedom Tails, including donations, please contact Karen at [tails4dogs@techline.com](mailto:tails4dogs@techline.com)

Karen Diehm  
Freedom Tails Editor/Photographer

## Westport Winery Named One of the Most Dog Friendly Wineries in the U.S.

March 25, 2014 | Posted by ThurstonTalk

This week the website [American Winery Guide.com](http://AmericanWineryGuide.com) listed Westport Winery as one of the Most Dog Friendly Wineries in the U.S. According to the article by Jim Finley there are over 750 dog-friendly wineries in the nation. Of those, the author selected three wineries from Washington, eleven from California, two from Virginia, and one each from Oregon and Ohio to highlight.

The article states, “[Westport Winery](#) in Aberdeen, Washington has hosted Yappy Hour every sunny, summer Sunday since it opened in March of 2008. In addition, Westport owners Blain and Kim Roberts, knowing that most dogs would probably be happier romping around with other four-legged friends than watching their owners swirling wine glasses, created Washington State’s first winery dog park! Each of Westport’s 33 wines benefits a different local charity with several benefitting pet adoption and rescue organizations. Westport has also hosted several fundraisers for specific dogs needing surgery. Westport’s two Chow Chows, Lulu and Curzon, are also celebrities in their own right being featured in the books [Winery Dogs of Washington](#) and [Dogs Tell Their Stories](#).”



The photograph shown with the article is the sign for Westport Winery’s Best Friends’ Dog Park with rules, guidelines, the story of the park, and a great quote honoring the Roberts’ family’s four dogs that have passed for whom the park is dedicated. From the story *The Once Again Prince* by Irving Townsend, it says, “We who choose to surround ourselves with lives, even more temporary than our own, live within a fragile circle, easily and often breached. Unable to accept its awful gaps, we still would live no other way. We cherish memory as the only certain immortality, never fully understanding the necessary plan...”



# Take a Hike to Port Gamble

*In the hills just west of Port Gamble, a jumble of hidden trails provides a paradise of quiet, forested acres that are perfect for hikers, runners and dog-walkers.*



The author, at center, and her brown Lab/Doberman mix Indy, pose with two trainers from the Freedom Trails program. Both trainers are inmates of the Stafford Creek Corrections Center, which takes part in the Freedom Trails program.

Photo courtesy of June Cotner

by June Cotner  
Community contributor

**W**hen I've been sitting at my desk too long, I crave getting away from all technology and taking a "nature" break to refresh my spirit. While I enjoy walking my dog around town, it's not the same as hiking with him in the wilderness. I just read an article that stated how important it is to find a type of exercise that you love — and hiking is that for me.

My dog, Indy, a chocolate Labrador/Doberman mix, walks perfectly at my pace. When we're going down a rocky hill, he slows down for me. When we need to get around a mucky area, he tucks right in behind me as I pick my way through the mud.

## Finding a sense of peace

As I'm walking through the wilderness, I'm filled with a sense of peace and thoughts of work never cross my mind. I love the sense of adventure that hiking offers.

Living in Poulsbo, I'm fortunate to live close to the Port Gamble Trails. While I have hiked in from the trailheads in Port Gamble, it was only recently that I discovered the Stottlemeyer Trailhead, located on the southern end of the trail system off Stottlemeyer Road.

Entering from the Stottlemeyer Trailhead, there are many turns and a lot of alternate routes. Many of the intertwined trails have colorful names, such as UFO, Hyperspace, Outer Limits, Ankle Biter and Season of the Witch. They also vary quite a bit in difficulty, depending on the

hilly terrain. These trails are managed by Olympic Resources management, a subsidiary of Pope Resources.

With about 4,300 acres of trails in the Port Gamble System, I have frequent opportunities to explore trails I've never hiked before, with map in hand. Just as in life, I like the thrill of not knowing what's around the next bend.

With the hiking system, there's no need to go to a gym to work out. After 15 minutes of vigorous hiking, I work up a sweat, so I often need three handkerchiefs: one tied around my neck, another on my head and a third one in my pocket.

I'm drenched by the time I get back to my car, but I love the physical exertion of hiking.

## Good for mind and body

This well-earned sweat can pay off in other ways, too. Recently I was happy to learn that vigorous exercise helps brain activity.



According to Newsweek, “Almost every dimension of cognition improves from 30 minutes of aerobic exercise, and creativity is no exception. The type of exercise doesn’t matter, and the boost lasts for at least two hours afterward.”

I’m 63 now, so another reason I like to continue hiking is to prove to myself that I still can.

I know that building up my leg muscles will help keep me strong. I have back pain from time to time due to compressed vertebrae.

**“Almost every dimension of cognition improves from 30 minutes of aerobic exercise, and creativity is no exception. The type of exercise doesn’t matter, and the boost lasts for at least two hours afterward.”**

—Newsweek

My doctor said one of the best things I can do for myself is to walk every day. It really does make a difference.

When I couple hiking and walking with yoga stretches, I stay pain free — and that is something to celebrate.

—June Cotner lives in Poulsbo and is the author of “Dog Blessings” and 27 more books. For more info, visit [JuneCotner.com](http://JuneCotner.com).



A partial map of the Port Gamble Trails area between Poulsbo and Port Gamble. For downloads of the full map, please visit the North Kitsap Trails Association at [northkitsaptrails.org](http://northkitsaptrails.org).

Photo courtesy of the North Kitsap Trails Association

**4,300** The number of forested acres covered by the Port Gamble Trails to the west of State Route 104 in northern Kitsap County.

The Port Gamble Trails are open to the public, but they are owned by timber company Pope Resources and managed by Olympic Resources Management. The trails are for day use only; no overnight camping or motorized vehicles are permitted. The lands are open at the property owner's discretion, so be sure to be good stewards of the land and pack out any garbage you bring in. For a trail map and a list of usage guidelines, visit [northkitsaptrails.org](http://northkitsaptrails.org). —Randy Woods

## INDY'S STORY: A FREEDOM TRAILS GRAD

My dog, Indy, now three and a half years old, is a chocolate Labrador/Doberman mix. In May 2011 he graduated from Freedom Tails, a 10-week program at Stafford Creek Corrections Center, in Aberdeen, Wash.

In this program, prison inmates at Stafford Creek train shelter dogs and give them excellent socialization and obedience skills. Training is provided through the assistance of North Beach PAWS, a no-kill shelter based in Ocean Shores, Wash.

For more information about PAWS and the Freedom Tails program, please visit [northbeachpaws.org/paws16.htm](http://northbeachpaws.org/paws16.htm). —June Cotner

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Indy, the author's chocolate Lab/Doberman mix, is ready to take on another day's hike in the Port Gamble Trail system.

Photo courtesy of June Cotner