

 **Daily Doga Inspirations for you and your dog**

Facing a Challenge with Courage and Great Looking Coats!

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Life isn't perfect. There are days (moments – years) where we may face challenges. Watching our Greyhound, Cali-Rose, traverse her way in the snow with a Newf (easy) and a Border Terrier (tough as nails) is inspiring. Cali-Rose (southern diva) was adopted from [Second Chance Greyhounds](#), after completing a prison program (inmates matched with hounds) in Florida. She spent her life racing primarily in warm weather. New England winters came as quite a shock, with the twists and turns in snow, rain, sleet and mud (“What the heck kind of racetrack is this?”).

When I have a challenge to deal with, I learn from Cali, and dogs like her. They inspire me with their resilience and flexibility. The attitude is face-on – just do it!

As you can see by the photos, she maneuvers her way with the other dogs, taking the twists and turns in stride, AND, as quickly as she can, to get back into a warm, cozy bed.

Recently, I read a story about Siglinda Scarpa, a 75 year old woman, living in NC. Her Goat House Refuge was highlighted on The Today Show. Immediately, I had to explore this woman who has managed to place over 600 cats (and other pets) keeping those who cannot be re-homed with her on a 16 acre sanctuary. She has volunteers and donations, a villa in Tuscany and an apartment in Rome (not kidding), but says she will remain here, content with the pets that care for her - as much as she cares for them.

At first glance, I'm like everyone else. My mind raced, “Oh no, look at all the cats, wonder if they are healthy, fed, spayed, neutered”. The answer is, “Yes, yes, and yes, - wait till you hear how the dogs, cats and birds live in harmony with this calm, intuitive woman, and how the community pitches in because it that's “What we are suppose to do”.

Siglinda is an artist / sculpture (beautiful) and raises money for her cause. She could be living the last phase of her life in a gorgeous villa in Tuscany, but has chosen this. I'm impressed! To learn more about Siglinda, her artwork and sanctuary, visit [www.goathouserefuge.org](http://www.goathouserefuge.org). *Simply amazing!*

We can be inspired and learn from real life people/stories that are making a difference. After reading this, somehow shoveling wet snow to make pee-poop paths for the dogs didn't seem like such a big deal! The glass of wine and hot tub after enhanced the efforts. Whether the dogs appreciate it – well, look at Cali-Rose's expression and decide for yourself. I'm humbled!

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***Enjoy the Journey ... breathing in ... ah-ha!***