



Dog Day Out

By Michelle Painter SC

DON'T MISS THE UPCOMING DOG DAY OUT!
Venue: The Dog Oval at Centennial Park
Date: Sunday, 17 October 2021 • **Time:** 11am
What to bring: Treats, poo bags and water for your dog (and treats for yourself)



Winston Bagley on his throne



Harvey Koch surveying his kingdom



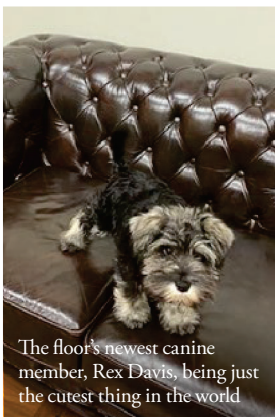
Sonny Sykes, pondering the latest High Court decision



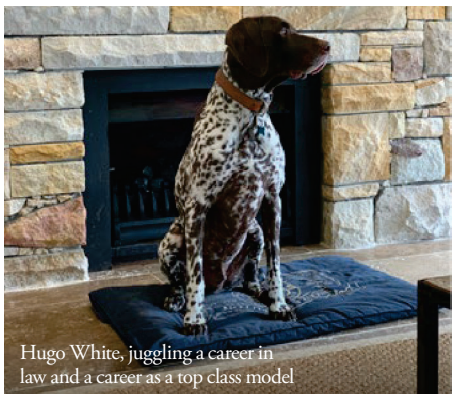
Lorenzo Hynes, thinking deep thoughts



His Lordship, Alfie Tom Denning, Master of the Paws (aka Alfie Tao), finalising written submissions



The floor's newest canine member, Rex Davis, being just the cutest thing in the world



Hugo White, juggling a career in law and a career as a top class model



Zuki and Zeus Painter, looking on with some concern

It is a truth universally acknowledged that a barrister in possession of a good practice must be in want of a pet (with apologies to Jane Austen). And, without wishing to inflame the sensitivities of naysayers, and acknowledging that no correspondence will be entered into on the point, the best pet for a barrister is a dog. Any dog. Doesn't matter what size or breed. Any dog is a good dog. And every dog, regardless of gender, is a 'good boi'.

Don't take my word for it – the RSPCA reports that dog ownership bestows health benefits both physical (increased cardiovascular health, increased physical activity and fewer visits to the doctor are only a few of the reported benefits) and psychological (higher self esteem, less depression and better ability to cope with grief and other stressors, enhanced social connectiveness and social skills) on the owner. The Australian Companion Animal Council (no, I didn't know there was such a thing either) says:

Pets are good for our health and good for the health of our communities. The tangible benefits to the physical and mental wellbeing of pet owners have been confirmed by scientific research. Pets provide companionship, encourage exercise and increase social interaction. They give pleasure, teach responsibility, they love and are loved in return. Their owners are healthier and happier than non-owners.¹

The only thing better than a happy barrister with a happy dog is a meeting of many happy barristers and all of their happy dogs. The NSW Bar Association Wellbeing Committee joins with *Peanuts* creator, Charles Schultz to affirm 'Happiness is a warm puppy'.

All barristers, judges, clerks, associates and other staff are invited to join in on the fun. **BN**

ENDNOTES

¹ <http://www.acac.org.au>