

UPPER SNAKE RIVER VALLEY DOG TRAINING CLUB NEWSLETTER APRIL 2020



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April Meeting Cancelled

Obedience and Agility classes begin in May

*Please consider teaching or assisting to fulfill active club membership requirements

Cancellations

- *CGC and trick dog testing has been cancelled
 - *Our April agility trial has been cancelled
 - *Our make-up club meeting for March has been cancelled
 - *All fun matches in April have been cancelled
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USRVDTC BOARD MEETING MINUTES

March 29, 2020

A special board meeting was held via email to discuss changes to our training class and meeting schedule amid COVID-19 concerns.

Board Members Present:

Nicki Bowden LayLa Johnson Suzanne Belger Lacey Moon
Lucien Frederick Melissa Meyers Marilynne Manguba

After much discussion, the decision has been made to cancel our April general and board meetings and move forward with the following tentative class schedule:

-
Spring Session May 6 -June 23 with CGC/Trick Dog Testing on June 23

limit this class size to 10 students per instructor and if we get more than 20 registrants we will have to have a second session at 7.

Summer Session July 8-August 26 with CGC/Trick Dog Testing on August 26.

Fall Session September 16-November 3 in 4H building with CGC/Trick Dog testing on November 3.

We will roll the registrations we have now into the new spring dates and offer a full refund (no service fee for the Spring class only) for those that would rather not. We will only roll registrations into the next spring session, if people want to push their class date out further we will refund and they will need to register for the class they want to take later.

We anticipate that most people are all right with waiting a few more weeks rather than months.

5 Benefits of Trick Training Your Dog

Trick training your dog has a lot more benefits than just showing off to guests!

By [Marian DeAngelo](#)

Published: November 30, 2016 Updated: March 21, 2019



[Updated February 6, 2019]

It's fortunate that there are many positive training options for our dogs today! Increasingly, people are choosing to extend their dogs' education past classes in good manners, and I strongly advocate following up those basic classes with a tricks class! Learning even just a few basic tricks is fun for you, your dog, and your potential audience! And while the benefits to you and your dog are many, I will describe my top five:

1. Trick Training Develops Patience.

Have you ever felt frustrated or lost your patience with your dog? Raised your voice or used coercion, or other training methods that made your dog uncomfortable? Guess what: You're human! But your dog knows when you're not pleased, and that's likely to negatively affect his ability to learn, as well as potentially damage your relationship with him.

Training a dog to do fun (or funny!) tricks helps many owners let go of their expectations and just "be in the moment" of training their dog to do something in small steps. Perhaps it's because the goal behaviors are "just tricks," rather than behaviors that they feel their dogs must learn, lest they be judged as "bad owners"!

When you don't expect instant results, it's much easier to break down your training goal into a progression of small steps. This will make it much easier for your dog to succeed, you will be less likely to lose your patience, and the two of you will be much happier training together.

As an example, here's how I taught my dog, Bella, to do a handstand. It took many steps and months to achieve, but the result was worth the effort and time.

First, she had to learn to back up. I had Bella standing in front of me. As I walked toward her she instinctively walked backward, and I marked the behavior with the “click” of a clicker and rewarded her. After enough repetitions, we had a nice “back” behavior.

The next step was getting her to back up and step with her rear feet onto something that was raised a little bit higher, and then, a little higher. I used pillows because they don’t slide away like a book might do, although large, heavy coffee-table books might have worked well). I placed the pillows next to a wall to keep them from sliding. Again, I accomplished this in a number of short sessions by marking and rewarding any of Bella’s increasingly correct efforts – a classic “shaping” technique.

Once Bella achieved a fairly vertical position, with her hind feet up on a quite high stack of pillows, I was able to ask her to back up to a wall in a spot where there were no pillows. Because we’ve done so much shaping, she was eventually able to figure out that the behavior that I would mark and reward was putting her rear feet on the wall. The repetition of backing and raising her rear legs gave her the strength and muscle memory to kick her back legs up and place them on the wall.

Each of these behaviors was practiced in numerous short training sessions. All the while, I was rewarding her with treats and loads of verbal praise, and she was slowly building endurance and gaining confidence. I mention strength because it is particularly important to not rush this trick. Think of it like this: If you were going to train for a marathon and hadn’t been running regularly, it might not be a wise idea to start running 10 miles right away. You could injure yourself because your muscles weren’t prepared for such an effort. However, when you run longer each week, your muscles slowly reach the level of conditioning that would lessen your chances of injury. When a dog does a handstand, he uses abdominal muscles that aren’t necessarily conditioned. Don’t be in a hurry!

To reiterate, when Bella was successful with the first step (backing), I stopped there. We had achieved our first goal, ended with positive results, and we were both happy. I got her to do what I wanted; I didn’t push it to the next level during that session.

As you can see, the process of learning a complicated or physically difficult trick can take some time. Keep your training sessions, particularly for a new trick, to a maximum of five to 10 minutes. Your dog will be less likely to get tired, bored, or frustrated – and you will be less likely to get frustrated. When you spend too much time on a particular part of a trick, especially if it’s not going smoothly, you may find yourself losing patience. Your dog will sense this and may become shy or timid, lose interest, or just shut down.

It’s okay to train more than once a day, but it’s best to space these short sessions out over several hours. Make sure to reward your dog and give lots of verbal praise. Your dog will have fun and be eager for the next training session. When I was teaching Bella her handstand, I only spent about five to 10 minutes on each new behavior. She

could see I was pleased at the end of the session and was therefore so eager for the next training time that she often offered me the desired behavior before I asked for it. She learned in a stress-free manner and was ready to move on to the next step.

2. Trick Training is Fun for Both of You!

If you end your session on a positive note – and with tricks, it's kind of hard not to, as it's all fun and games! – you and your pup will walk away cheerful and satisfied.

I'm currently teaching my male dog, Mario, to jump in the air with a ball in his mouth. He knows how to take the ball in his mouth and he knows how to jump. I am trying to put the two together. When we've practiced, he'll sometimes take the ball and then drop it at the jump cue. Or he'll jump without picking the ball up at all.

However, he's had moments of jumping with the ball in his mouth. When he achieves this behavior, I give him a jackpot – extra treats, fed one after another after another, and tons of verbal praise. Then I stop there. We are both genuinely thrilled about his success.

If you do not achieve your goal in a session, do your best to hide any frustration you may be feeling. Move on to a trick that your dog can already perform successfully and end with him receiving a nice reward. You can come back to the new trick later.



3. Trick Training Will Increase Your Dog's Confidence.

Recently, an elated student in my tricks class told me that since she started teaching her dog tricks, the dog was showing signs of confidence, an interest in training, and an overall enthusiasm that my student had not seen before. She had no idea that this is often the case in tricks class!

For my part, I've noticed that Bella has gained confidence as she watches her brother, Mario. Mario is not afraid of moving objects and loves to ride a skateboard. When I first tried teaching the same trick to Bella, she was timid and

reluctant to participate. After watching Mario do this trick over and over, on her own, with no prompting by me, she jumped on the skateboard to hitch a ride with him. Hooray! Now she insists on jumping on the board. She doesn't yet push it on her own, but when I see that she's ready, I may teach her to do this trick.

Mario also hops on top of and can balance on a rolling barrel; again, Bella used to be afraid of the moving barrel. Then, one day, she started going through the barrel. I reinforced this behavior, and with time, she gained the confidence to run in and out of this barrel while Mario is on top!

If your dog is a little timid, enrolling in a tricks class in your area may be a good idea. If your dog is in a room with other dogs doing tricks, he may gain confidence from even just watching the other dogs. If he's like Bella, he'll start to develop an interest in doing whatever is causing that upbeat, giddy behavior from the other dogs' humans!

4. Trick Training Helps Your Dog with Distractions

Your dog will learn to work with distractions. Tricks classes present a dog with many distractions, but if you consistently reward your dog for watching you and listening for your cues, soon your dog will pay much less attention to extraneous stimuli in any setting when you ask him to focus.

This ability to focus on you will come in handy when walking outdoors; it even increases your dog's safety while he is walking with you near busy streets or crowded areas.

5. Tricks Let Out Your Dog's Excess Energy

Does your dog seem to have excess energy and you don't know what to do with it? Trick training may be the answer. Jack Russell Terriers, as well as many other breeds, tend to have an extraordinary amount of energy, but I've found that trick training helps channel that energy into behavior that I enjoy more! Mario and Bella are very calm and well-behaved, and I credit their trick training with at least some of their good behavior.

Many dogs who are bored will display undesirable behaviors, such as chewing or barking, that could put them out of house and home. This energy can be put to good use. Redirecting your dog's excess energy into fun tricks, and enthusiastically praising him for his efforts, will likely make him increase the behaviors that make you happy.

BONUS: Trick Training Strengthens Your Bond

Taking a little extra fun time with your dog and practicing patience will both strengthen the bond with your dog and produce unique, enjoyable results. If a holiday family event gets dull, you can "wow" your relatives and spice up the party by showing off your dog's amazing tricks. Those of you who take your dog to senior centers or work

with children can share the tricks with a very willing audience. Your dog will relish the extra attention! In the end, you and your dog will build a strong and trusting bond, and that is the best reward of all.

Helping Your Dog Survive During a Quarantine

Quarantine means no one goes out — and that includes your pup, unless you have a private outdoor space for them. Here's how to help your dog thrive while you're both stuck indoors.



By Sassafras Lowrey

• March 17, 2020

The only good thing about Covid-19 is that the Centers for Disease Control and Prevention (C.D.C.), World Health Organization (W.H.O.) and other experts are in agreement that there are [no meaningful signs that our pets can get this virus or spread it](#). That said, although our pets aren't getting sick, Covid-19 is changing the lives of pets across the country, especially for dogs and in particular those living in apartments.

Prepare properly

If you are not yet quarantined and have time to prepare, think beyond toilet paper and instead, about supplies for your pets that you need to have on hand.

Heather Loenser, D.V.M. and senior veterinary officer at the [American Animal Hospital Association](#), expressed concern that many pet owners weren't going to be prepared with the supplies that they might need if they weren't able to leave their homes for a couple of weeks. Pet food and cleaning supplies should be at the top of your list for things to stock up on. Dr. Loenser also advises pet guardians to plan to have extra monthly preventive medication for conditions like flea, tick and heartworm, as well as any prescription medication and specialty diets that your pet may need. If you are not yet needing to quarantine and your pet hasn't been to the vet in a while, now is a good time to go and make sure that your pet is up-to-date on all vaccines.

Keep them enriched, indoors

Although you might not be able to keep your dog as physically active while under quarantine, you can still keep your dog mentally exercised. Dr. Loenser advised owners to “consider getting puzzle toys or treat dispensers to use in the house.”

Ms. Edshteyn suggested that you could “feed all meals from food toys,” which would make mealtime more enriching for your dog.

Looking to distract yourself and your dog? Ms. Edshteyn said that training goes a long way toward stimulating and exercising dogs who were stuck inside during a quarantine. She suggested saving one of your dog's daily meals to use as rewards for training sessions. Dogs who are used to a lot of physical activity can handle more physically demanding training such as physical tricks like spins, rollovers, sitting pretty or weaving between an owner's legs. If you and your pets are struggling, it's always a good idea to reach out by phone to your vet or dog trainer. You can even make puzzles for your dog with items you already have around your home. Two simple puzzles that will entertain your dog:

- **Box Puzzle:** If you have been getting a lot of deliveries, you probably have boxes. With your dog in another part of the apartment, arrange empty boxes on the floor and hide treats in some of the boxes. Show your dog the boxes and let your pup use its nose to find the hidden treats. Rearrange the boxes with more treats.
- **Cupcake Puzzle:** Take an empty cupcake baking tray and 12 (or as many as you have) tennis balls. Place treats or pieces of your dog's kibble into some but not all of the baking tray's cups, and cover all of the cups with the tennis balls. Show your dog the tray and see how long it takes for your dog to move the right balls to find the hidden food. Each time you play, change where you place the treats in the baking tray.

The challenges of isolation

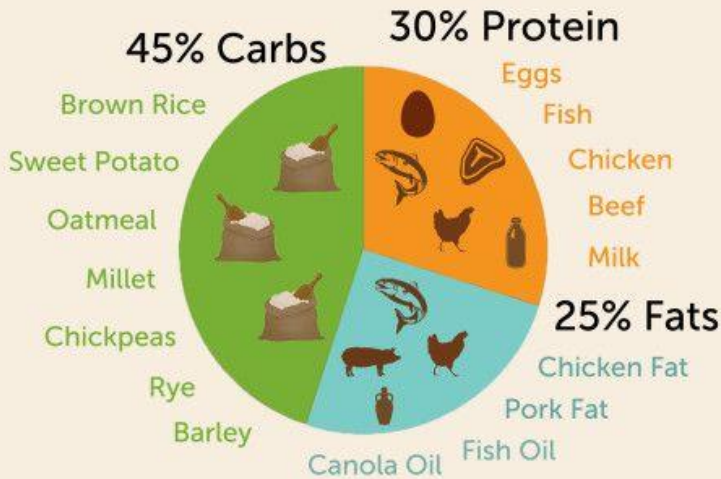
Like people across the country and around the world whose lives have suddenly been turned upside down by Covid-19, dogs who are stuck in quarantine with their owners may experience stress and even depression.

Ms. Edshteyn said that “we might see an uptick in depressive behavior like trouble sleeping, losing their appetite, not wanting to play or seeming listless,” but that some dogs might also “become more destructive and anxious, exhibiting behavior like increased reactivity, increased barking or difficulty settling.” She added that increasing enrichment and structured playing inside the home could help. “Most of the time, dogs want something to do, and when that's taken away, they can struggle,” she said. The same goes for their human companions.

HOMEMADE DOG FOOD

Nutrition Guide

Core Nutrients



Supplements

Essential



Vitamins
Whole food preparation
Made for pets



Bone Meal
Calcium + Phosphorous

Health Boosters



Kelp



Steamed Veggies

Probiotics + Enzymes



Fish Oil



Calorie Requirements

Weight in lbs	Calories/Day	Weight in lbs	Calories/Day
5	185-235	30	700-900
10	305-390	40	860-1100
15	415-530	50	1020-1300
20	515-650	65	1240-1600
25	600-780	80	1450-1870

Wagwell
www.wagwellpets.com

Fun Facts and Comic Corner



Have you found a fun fact or a fun comic/meme you'd like me to share? Feel free to send it to me!

○ **USRVDTC Board Meeting Minutes**

March 4, 2020

A special board meetings of the Upper Snake River Dog Training Club was held via email.

Board members Present:

Nicki Bowden

LayLa Johnson

Suzanne Belger

Lucien Frederick

Marilynne Manguba

Melissa Meyers

On February 28, 2020, Shel Williams resigned her position as Secretary of USRVDTTC. The board met via email to discuss appointment of a Secretary for the remainder of the year as outlined in Article IV Section 4 of our By-Laws and to review and accept revisions of the USRVDTTC Membership Application as outlined in Article I Section 3 of our By-Laws.

LayLa Johnson motioned that we appoint Lacey Moon Secretary of USRVDTTC for the remainder of the year, and accept the newly revised Membership Application. Seconded by Melissa Meyers. Passed.

March 13, 2020

A special board meetings of the Upper Snake River Dog Training Club was held via email.

Board members Present:

Nicki Bowden

LayLa Johnson

Suzanne Belger

Lacey Moon

Lucien Frederick

Marilynne Manguba

Melissa Meyers

The board met to discuss the impact of COVID-19 on USRVDTC Activities.

Suzanne Belger motioned that we 1) cancel all classes scheduled for March 18, 2020, resuming class on March 25, 2020, 2) move our regularly scheduled meeting from March 19, 2020 to April 2, 2020 and 3) leave our April Agility Trial in place at this time. Seconded by Lacey Moon. Passed.

March 16, 2020

A third special board meetings of the Upper Snake River Dog Training Club was held via email.

Board members Present:

Nicki Bowden

LayLa Johnson

Suzanne Belger

Lacey Moon

Lucien Frederick

Marilynne Manguba

Melissa Meyers

The board met to discuss the continuing impact of COVID-19 on USRVDTTC Activities.

Suzanne Belger motioned that we 1) cancel remaining classes for this session (3/18 and 3/25), 2) prorate and offer vouchers to handlers that paid for classes to be used later this year, 3) cancel the April Agility Trial to protect the public and curb our monetary losses which will be \$700 - \$1,300, 4) cancel the meeting scheduled for April 2, 2020, 5) hold our next session of classes as planned and not modify the refund policy at this time, and 6) cancel the Fun Match scheduled in April. Seconded by Melissa Meyers. Passed.

USRVDTTC BOARD MEETING MINUTES

March 29, 2020

A special board meeting was held via email to discuss changes to our training class and meeting schedule amid COVID-19 concerns.

Board Members Present:

Nicki Bowden

LayLa Johnson

Suzanne Belger

Lacey

Moon

Lucien Frederick

Melissa Meyers

Marilynne Manguba

After much discussion, the decision has been made to cancel our April general and board meetings and move forward with the following tentative class schedule:

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Spring Session May 6 -June 23 with CGC/Trick Dog Testing on June 23 limit this class size to 10 students per instructor and if we get more than 20 registrants we will have to have a second session at 7.

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