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## NEWSLETTER NOVEMIBER 2020

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## www.USRVDTC.org

UPPER SNAKE RIVER VALLEY IDDG TRAINING CLUB

# Noverwer 19 ${ }^{\text {h }}$ Meeting 

## Location: 4-H Building Conference Room <br> Time: 7:00PM

## @CTesting

When: November $4^{\text {th }}$
Where: 4-H Building
Time: 5:15 PM ***VOLUNTEERS NEEDED***

## USRDICS Scent Wbrk Trial

When: December $12^{\text {th }}$ and $13^{\text {th }}$
Where: 4-H Building

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***** VOLUNTEERS NEEDED*****
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## Scent Wbrk Seminar <br> Wth Fallie McMullen

When: November $6^{\text {th }}$ and $7^{\text {th }}$
Where: 4-H building
*****Check out the USRVDTC Website to sign up

## Trial Readiness Matches

We are excited to announce that our competition-style matches will be up and running again. Here is the information we have thus far on our first match.

## Scent Wbrk Match

Where: 4-H building
When: Nov $22^{\text {nd }}$ from 11am to 2pm
***Be on the watch for more


## SCENT WORK

 information coming soon!

## BRAGS



## Congrats

To Kaia and Aubrey
Parry on ranking $4^{\text {th }}$ nationally in the GSDCA 2019 Redbook for Beginner Novice A Obedience.

## Kaia also earned her

 Agility Standard Novice title at our trial.Way to go!


## RRASS



To the Guidinger pack!
*Touche' Guidinger finished his XF Title in Boise and earned his first Excellent Standard leg at the USRVDTC trials. *London Guidinger finished her MJP title at the USRVDTC trials.
*Phineas Guidinger finished his NF OA and OAJ titles at the USRVDTC trials.
What amazing accomplishments!

## ERAGS



## HRAS

## Congrits

To the Chase Pack!


Kato earned his CD and Rally Excellent title this summer as well as his Novice Standard and Jumpers agility title at the USRVDTC trial this year.

Charlie earned his CD and Rally Intermediate title this summer as well as his Novice Standard agility title at the USRVDTC trial this year. Woo Hoo!

## Congralulations

To the Belger Pack!


Isa, Desert Mtns Forte Volonta' RN CGC TKN earned her Rally
Intermediate Title at the Snake River
Canyon Kennel Club's
October trials.
Gaia, Bull Mtn
Desert's Force Of
Nature CD BN RA HT
NAJ NF SWN SCA SIA
SBA CGCA CGCU TKN
earned her Rally
Excellent Title and her
Championship at the Snake River Canyon Kennel Club's October
trials. Gaia finished her championship with 3 majors.
What an amazing accomplishment!


Octopus obedience school

## Fun Facts and <br> 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!

## CLUB MEMBER OF THE YEAR NOMINEES

"Club Member of the Year Award. This award is for a member who has done something outstanding for the Club during the preceding year. Nominations are required for consideration and must be made by a member in good standing. The nominations must be submitted to the Newsletter Editor no later than the deadline for the November issue for publication in the November newsletter. Club Member of the Year award will be voted on by the members attending the November meeting." -Club Standing Rules

I would like to nominate LayLa Johnson for Club Member of the Year.
LayLa has done an excellent job as our Vice President this year despite fighting back from serious injuries. She has planned an amazing Christmas Party and added some exciting new pieces to that celebration. She is always willing to do whatever she can to help out, and I think she is an excellent example to us all by continuing to advocate for our club and dogs while still fighting her own personal battle. LayLa you are Awesome!!!
--Anonymous


I would like to nominate Brian Meyers as Club Member of the Year.
Brian does an amazing job as our Webmaster. Especially this year when we've had lots of changes, cancelations and rescheduled events. He is very quick to respond and does an excellent job of helping us get the information out to everyone.
-Anonymous


I would like to nominate Nicki Bowen as Club Member of the Year.
Nicki has put in countless hours volunteering for the club this year. She spent all three days volunteering at our obedience and agility trial, is always available to pull the agility trailer (even when she doesn't have a dog in an agility class), and has served/ is serving on multiple trial committees. She also taught and assisted basic obedience classes and rally.

Nicki has done a wonderful job thus far as club president, and is always willing to listen to new ideas. She is dedicated to the club and is willing to go the extra mile to meet the needs of all members. -Anonymous


I would like to nominate Desirae Chase as Club Member of the Year.
Desirae has done an exemplary as our newsletter editor and has produced a newsletter that is informative, creative, and timely. She has also taught three sessions of class. She is always one of the first to arrive and last to leave at our classes and trials. Desirae takes the initiative and steps up and gets projects accomplished. One such project is the practice trailer wrap. She goes above and beyond. She is welcoming, encouraging, and makes our club better. --- Anonymous


I would like to nominate Lucien Frederick as Club Member of the Year.
Lucien Frederick deserves to be Club Member of the Year because of his hard work and dedication to our successful Obedience and Rally Trials each year. Our club always receives compliments and kudos for our trial. The success of these trials is due to Lucien's hard work and dedication. We are lucky to have him as our chair. Lucien is always there whenever we need something done. Whether he is transporting our judges (obedience and agility) to teaching new ring stewards he is always willing to help. ---Anonymous


I would like to nominate Shel Williams as Club Member of the Year.
With Covid-19 running around and destroying any chance of truly socializing with anyone, and playing/showing my dog, Shel is one person who I could always count on to find ways to get me out of the house safely with my dog. She was always ready to help Ben and I stay in the game. Her knowledge of the rules and what steps to take next, has been our only hope to stay up-to-date. When things get better, Ben and I will be ready to jump back in because of her help. All thanks to Shel
-LeeAnn Chaffin


Pay Suzanne by Thanksgiving to reserve your spot!

## Plaque and Hanger Information

## 2020 Title information

A plaque/hanger is prepared for individual dogs. These record the dogs TITLE accomplishments during the year. They are presented at the annual Christmas party. Because of this year's Christmas Party date, we need to set up a cut off prior to the South Jordan Thanksgiving event to allow the trophy supplier time to fill the order; the remainder of this year is covered in the subsequent year.

Please have the information submitted by 11/20/20 to lucienjr2@msn.com
Each dog/handler will receive either a plaque or hanger as defined here:
For those joining the club, or commencing competition with a new dog, this past year between $12 / 02 / 19$ and $11 / 20 / 20$, a plaque will be awarded that list the dog's full name (includes preceding and following titles) at the date of club entry or start of competition and separately listing those title(s) subsequently earned following the start date.

A hanger, which is hung from a prior received plaque, is presented to the handler noting subsequent title(s) earned in this past year.

1. Identify if you are to receive, by dog's call name, a plaque and/or a hanger (i.e. Rascal plaque or Rascal - hanger).
2. List the handler(s)'s name as it will appear on the PLAQUE (i.e. Lucien E Frederick Jr)
3. List the dog's full registered name as it will appear on the PLAQUE (i.e. CH Rascal of Sherwood Forest CGC BN). This example indicates that the dog already had 3 prior earned titles at the inception of this process.
4. List the letter designation for each title earned this year (i.e. the Obedience Novice title is recorded as CD). I do not have all the titles memorized, especially those pertaining to Breed Specialties, so please list both the title and its acronym.
5. Do not submit tests or certifications, such as "Achiever Dog" or "Rat Instinct; only titles.
6. Send info, also any questions, to lucienjr2@msn.com.

# How to have a <br> FIDO-FRIENDLY -Share (nmaterimen - 



White Meat Turkey

Plain Yams \&
Sweet Potaloes
Plain Yams \&
Sweet Potaloes


Cranberries
(no sugar added)


Mashed Potatoes
(without the butter \& fixin's)


- Do Not Share -
(loxic to pets)
Sage \& Nutmeg


Nuts
(especially Macadamia)


Turkey Bones \& Skin
Gravy


## Plain Pumpkin




Grapes


## Australian Cattle Dog Poem

Contributor: LeeAnn Chaffin
I am not a dog. I am a heeler. I am half wolverine, half barb wire and all attitude. I am either your best friend or your worst enemy, depending on YOUR attitude.

I can herd the wildest cows of the gentlest sheep with equal determination. I can work all day in snow storms, pouring rain, or blistering heat and then ask you to throw the ball
 when we get done. I will argue with you at every turn. After all, I know what l'm doing and the best wat to get it done.

I am easy to feed. I will eat your steak or the dead, rotten gopher I found in
 the field. You will never be without a navigator in the truck. I will protect you from burglars, grizzly bears, badgers, that mean bull, and that strange shadow in the corner of the barn.

I will hog the bed and the couch. I will steal your sandwich, your chair, your boot, and your heart. You will never have to go to the bathroom alone. I will lick your face right after I eat fresh cow shit. I will sleep next to you when you are sick and heal you with my love.

I am a Heeler. Respect me. Love me. But NEVER underestimate me.
R \& B Cattle Dogs -Unknown Author

## Can you truly teach a dog to be calm?

## Denise Fenzi

## Monday, 16 September 2019

My perspective on helping dogs behave in a calm fashion may be different than how others address it.

That's because, in my opinion, the emotion of "calm" is not something you teach operantly (dog is aware that they are learning) as much as "acquire" through classical conditioning and specific environmental associations.

"Calm" is an emotional state that results naturally from several things:

1. Providing your dog with adequate physical exercise to satiate the body
2. Providing your dog with adequate mental stimulation to satiate the brain
3. A temperament that is stable and unstressed
4. Classically conditioning your dog to feel the emotion of "calm" in various places

For example, how I "feel" in a church is different than how I feel at a rock concert, because I have developed different associations with those two places. Your dog needs to see your house as more of a church while the backyard might remain the favored rock concert.

## What is "calm"?

Dogs (and humans) acquire the state of "calm" when their bodies and minds are relaxed. To get there, you need a fully satisfied emotional
system, which includes plenty of play to engage the body and learning to engage the mind.

Feeling more calm is also a process of maturity. If you attempt to teach calm with food, be aware that your dog may well be thinking about earning those cookies rather that simply existing quietly, and that is an engaged state of mind, not relaxed.

And therein lies the problem. There is an inherent contradiction between attempting to teach the act of feeling nothing and the dog actually feeling...nothing. Calm. Relaxed. Sleepy. Content.

This does not mean that you have to live in the zoo, watching as your dog careens off the walls, but it does mean that you need to maintain realistic expectations, and that your dog deserves to receive enough enthusiastic physical and mental exercise that asking for "calm behavior" in the house is realistic.

Few things make me sadder than people who do not believe in allowing their dogs to exhibit their exuberant nature through enthusiastic play, because they believe that this will make their dog more crazy.

That is simply not true - not for children and not for dogs.
Pressure cookers don't stop building steam just because you never allow a release. (If you happen to have a high drive or very energetic puppy or young dog, consider purchasing the book that I wrote with Deb Jones titled: Dog Sports Skills: Play! We have a whole chapter on raising and handling the high drive dog so that both of you can thrive).

## Teaching Calm Behavior: The Difference Between Behavior and Emotion

Note that I said you can teach 'calm behavior" but not a calm emotional state. A dog can be trained to lay absolutely still - not moving a muscle and not be calm at all.

Indeed, in the world of performance we teach our dogs to do exactly that not move a muscle in anticipation of an explosion, much as a track sprinter waits on the line for the sound of the gun to spring forwards into action. No one would say that those runners were "calm".

Not moving - yes. Calm, no. And so it goes for dogs.
What's the point?

We do not train emotional states - we train behaviors. However, we can "condition" emotional states. This sounds like a meaningless distinction, but it is not - it's actually fundamental to understand the difference. It affects how you choose to approach the training (or conditioning) of calm with your dog, and it also affects your ability to effectively problem solve if that becomes necessary.
Let's go back to the comparisons l've made earlier between children and dogs. Children also have a way of talking too loud and moving too much, or at least too much by adult standards. So what do we do?
In pre-school and kindergarten, we alternate interesting learning with plenty of opportunities for kids to run and play. This is especially true at the younger ages.
We teach them the idea that there is a time and a place. When you are outside you should run! Play! Be rambunctious! Engage your friends! Get that adrenaline pumping! And when you are inside at your desk, relax and listen without moving - now you are learning but you are awake and engaged!
And finally, it's time to rest on your mat. Your body is exercised, your mind is full and...now your teacher will work to condition you to the feeling that when you lay on your mat - it's time to go to sleep - or at least to rest your body and your mind.
Conditioning the Body to Relax

Instead of "training," a conditioned expectation will be set up. The preconditions are in place first! The body has moved, the brain has exercised, and now the child is placed on a comfortable mat to rest.
If the child gets up, she will notice that all of the other children are lying quietly.

The teacher will speak in a
 quiet, calm voice. The child will be asked to return to her mat. Maybe she
will get a quiet back rub, or have a soothing song sung to her. Maybe she will be patted rhythmically.

Regardless, she will not be "trained" to sleep on her mat - her body will be "conditioned" to feel sleepy and relaxed when she goes there. Maybe not the first day or the first week, but after several weeks that is exactly what will happen.

That child will be given no alternative and she will eventually meet that expectation. She will either rest or sleep as she has been conditioned to do. The calmer the child is by temperament, the easier this will be.
And your puppy?
With little effort on your part, your puppy should begin to associate their crate or pen with relaxation. They have a soft dog bed in there. Maybe they have something to chw, since chewing is relaxing for most dogs (chewing is not eating; it's more akin to giving a toddler a bottle than candy).

Good - you're on your way!

## How it Works In My House

How about loose in your house?
It will depend on what kind of activities you and your puppy engage in when in your house. If you play ball in your family room, then expect your puppy to feel energetic when in the family room with you and a ball nearby.
If you only play ball in the hallway but engage in calm activities in the family room, then expect your puppy to be calmer in the family room.

In my house, I do most of my training in one of three places - the hallway, the entry way or the bedroom. And since my training almost always involves play with toys as well as food play, my training sessions tend to be quite energetic.

Guess how my dogs behave when we walk through that part of the house? If you guessed hopeful, energetic, and not calm at all - then you would be correct!

How about the family room? In my house there are enthusiastic human children, three dogs, and a fairly active household most of the time. There is not a lot of calm and with so much going on, the dogs tend to be awake and participating quite a bit - they want to play too!

Guess what happens when my family leaves for a few days and I stay home with the dogs, alone in the house? When the energy drops dramatically?
If you guessed "they relax and get calm" then you'd be right.
When nothing is happening, they sleep. Until, of course, I walk to the part of the house where I train them. And then they are bright eyed and bushy tailed - hoping for their turn!

## Start By Considering Who Your Dog Is...

If you really value a calm dog, I'm going to give you some advice.
Pick your dog with care. Select for a dog or a breed that tends to be more relaxed. If you buy a working line Malinois or a hunting Labrador, it's unrealistic to decide that you're going to "make it" calm. That's especially true when they're a youngster and when you don't have the time to truly exhaust the brain and body.
It is also unkind to mold dogs into what you want, without regard for who they are. Dogs come with innate temperaments, just like people. There is nothing wrong with a lively temperament!
Don't suck the personality out of your dog. Find ways to compromise so that everyone gets what they need.
And if you or your trainer are determined to turn your lively dog into a plant, don't be surprised if you find yourself dealing with new issues as a result of your dog's extreme frustration, such as biting you (or objects), self mutilation, neurotic spinning or mindless barking.
You can put a lid on the pressure cooker.....

## Takeaways: How do you teach 'calm'?

Properly exercise your dog, both mentally and physically
Set up a calm household.
Decide on parameters for behavior - and what is acceptable - where. This you will both train and condition.
What does this mean?
You might decide that running in the house is not acceptable, so that is your criteria to trigger a session in conditioning calm. When running in the house happens, interrupt your dog's behavior (for example, call their name)
and place your dog on a down stay or on a mat (your dog needs some training first).

Keep your dog in that position - you can reward with food if that is required to keep the dog on the mat, but that has nothing to do with the acquisition of the calm behavior - not moving the body is the critical component here.
We are not trying to teach the dog to be calm, we are interrupting the undesirable behavior and substituting an incompatible one.

Ideally, you will then pet your dog calmly or give a gentle belly rub or massage. Now you are encouraging the emotion of "calm." When you release your dog, do so quietly, and then watch the resulting behavior.

If your dog bursts out of the position, put him right back. Next time, as you release - calmly give a cookie to keep them from bursting forwards.

## The Theory: Beginning to Understand

Eventually, you want your dog to make the proper association: I want to run through the house! That consistently leads to a down stay and massage! That massage makes me feel calm and relaxed! Instead of running through the house I will be calm!
Then whatever triggers the urge to run through the house will be replaced by the desire for a belly rub. And if not, that's ok too - the dog's behavior is still interrupted with the down stay, which offers a management solution your dog is not running through the house.
He is staying. Maybe not calm, but staying nonetheless.
That's the theory anyway. As I said before, the calmer you can make your household and the more physical and mental exercise that your dog receives as a matter of routine, the easier this will be.

## Getting Started: Teaching Stay or Matwork

If your dog doesn't have the basic down stay or "mat behavior" established, start there.

Another personal favorite and very popular approach is called The 2014 relaxation protocol by Dr Karen Overall. The original version is also available as a series of mp3 files (scroll to the bottom of the page).
While designed for reactive dogs, it's a great way to teach a "settle" cue in a systematic fashion.

For my purposes (teaching a long stay) the only changes I would suggest are to use the lowest value food possible, to avoid your dog 'thinking' too much and therefore getting "not calm."
I'd also use a down instead of a sit but that is up to you.
This is especially true of higher drive dogs that are conditioned to action whenever they recognize the start of a training session.
If your house is a zoo, your work will be 10 times harder.
If your house is a zoo and you have multiple dogs, your work will be 50 times harder
If your house is a zoo, you have multiple dogs, and your family is not on board, then your work will be 100 times harder.
Good luck.

## USRVDTC BOARD MEETING MINUTES

Meeting Date October $15^{\text {th }}, 2020$--Not enough board members to hold board members present (3)

## USRVDTC REGULAR MEETING MINUTES

Meeting Date October $15^{\text {th }}, 2020$
The regular monthly meeting of the Upper Snake River Valley Dog Training Club was called to order by Vice President Layla Johnson, at 7:11 p.m., on Thursday, October 15th, 2020, at the 4H classroom, in Idaho Falls, ID.

Members present
Lacey Moon Aubrey Parry Suzanne Belger Duane Loomis
Cheryl Loomis

| Desirae Chase | Alicia Thompson | Marilyn Manuba |
| :--- | :--- | :--- |
| LaDawn Moad |  |  |
| Richard Brizzee | Layla Johnson | Matthew Johnson | Sara Hatcher

Bert Cape Amy Kaiser

Introduction of Guests/Visitors: Nicole Crossley, Mira Johnson, Jim Bell
Minutes of Previous Regular Meeting Read/Dispensed: Printed in Newsletter
Motion by: LaDawn Moad moved that we forgo reading of minutes since they were in the newsletter.

Seconded by: Suzanne
Report from the Board Meeting: No Board Meeting because there wasn't a quorum.

Report of the President: None - Nicki not present
Report of the Vice President: Layla: Christmas Dinner \$20pp. Send to Layla or purchase on USRVDTC website. Diabla's Kitchen will be catering at Westbank Hotel. Friday 12/4/2020

Report of the Secretary: none
Report of the Treasurer: Suzanne Belger read the monthly and year-to-date financial reports. Copy included in file with minutes. Tracking trial lost $\$ 400$ (which is good!). Obedience trial profit $\$ 1802.14$.

## Report of Committees:

Agility -LaDawn: next Thursday set up. Trial is Friday-Sunday at Wind River Horse Arena in Ririe. Tomorrow is the last day to enter! A volunteer sheet was passed around. This year we've had the lowest number of entries ever. If we're lucky we'll break even. Sara Hatch said she'd make cookies and individually wrap them so they're COVID restriction ok.

Scent - Suzanne: Scent trial December 12-13. Mary Liam will be judging. This trial will probably fill quickly. We will be running 125 runs per day -at 4 H building. Because of restrictions we will be limiting people in building and crating in cars. Need volunteers.

Suzanne: Hallie McMullin scent seminar. November 7-8. This is a special seminar because she is going to she'll adjust it to our level. Sign-up is available on the website for members, will be opened up tomorrow (Friday 10/16) morning for non-club members.

Fun Matches - Leslie: When do we want to start up? \$5 per run if we sign up ahead of time and $\$ 6$ for drop-ins day of match. There is interest in rally, obedience and scent. Leslie will put together a plan and put to the board to vote on. She'll try to get a scent match in between the seminar and the scent trial.

## Unfinished Business:

Desi: Trailer wrapping. Fast Signs is wrapping. She took pictures and gave to company they're going to put a design together and get it to her. They do want a design deposit. After Agility trial we should be able to empty the trailer and get it to them to complete. It will be finished before we need the trailer again in the spring.

CGCU Test - Richard and Marilyn. Thank you! And Great Job!
Sunday Practice - Starting in January at 4H building on Sunday afternoons. The practices will run 8 weeks and will be $\$ 10$ per session if you pay for all 8 sessions in advance or $\$ 15$ each session for drop-ins. Space will be open for obedience, rally, scent and limited agility.

## New Business :

Suzanne: We need to make arrangements for February classes because 4H building needs to be reserved. If we start January 12 th that gives us 7 weeks to rest after current classes are finished. What classes should we offer? Star puppy, basic obedience, advanced obedience, rally, trick dog, agility foundations. Question asked about if weather is bad if we start in January rather than February. Suzanne: 4 H building will work with us if we have to change meetings because of weather (since we're their most loyal customer). We'll look into middle of January to middle of February.

Sara Hatcher: She's starting a UKC Club called Eastern Idaho United Kennel Club. She explained the differences between AKC and UKC and a long discussion was had about the UKC, this new club and their intentions for membership and training. They're having their $1^{\text {st }}$ Fundraiser October $16^{\text {th }} \& 17^{\text {th }}$ at the New Sweden pumpkin patch. Suzanne moved that we donate an obedience class to the UKC Fundraiser. Seconded by Leslie Hill. Voted on and passed. Desi will add this flier it to the email list.

Club member of the year- Send recommendations to Desi and she'll put it in the newsletter and then we'll vote.

Marilyn mentioned we need to clean out the storage sheds. No plan was developed.

Membership Applications Read/Approved: Nichole Crossley
Membership Vote: We voted and approved Mira Johnson and Jim Bell into membership. WELCOME!

Motion for Adjournment: LaDawn Moad
Seconded by: Alicia Thompson
Time Adjourned: 7:52
Location of Next Club Meeting: November 19 ${ }^{\text {th }}, 7 \mathrm{pm}$ at 4 H building.

