

UPPER SNAKE RIVER VALLEY DOG TRAINING CLUB



NEWSLETTER **DECEMBER** 2020

CONTACT INFORMATION

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www.USRVDTC.org

The December Meeting/Party has been
cancelled

Have a safe holiday everyone!

USRVDTC Scent Work Trial

When: December 12th and 13th

Where: 4-H Building

***** VOLUNTEERS NEEDED***** Please contact
Nicki Bowen if you are able to help

Sunday Practices

These self-guided practices are great way to get out
of the house and work with your dog!

When: January 10th from 2PM-5PM- practices will run for 8
weeks

Where: 4-H Building

Cost: \$80 for the 8 weeks (that's only 10 dollars a session!)

**Sign up at www.USRVDTC.org

MEMBERSHIP FEES ARE DUE

DECEMBER 31st -Please pay online or send your
dues to Suzanne Belger

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.

Nicki Bowen

Achievement of Excellence Award



Suzanne has received this award by earning titles in obedience, rally, scent work, agility, and conformation. Nice work!

Suzanne Belger

TITLES EARNED IN 2020

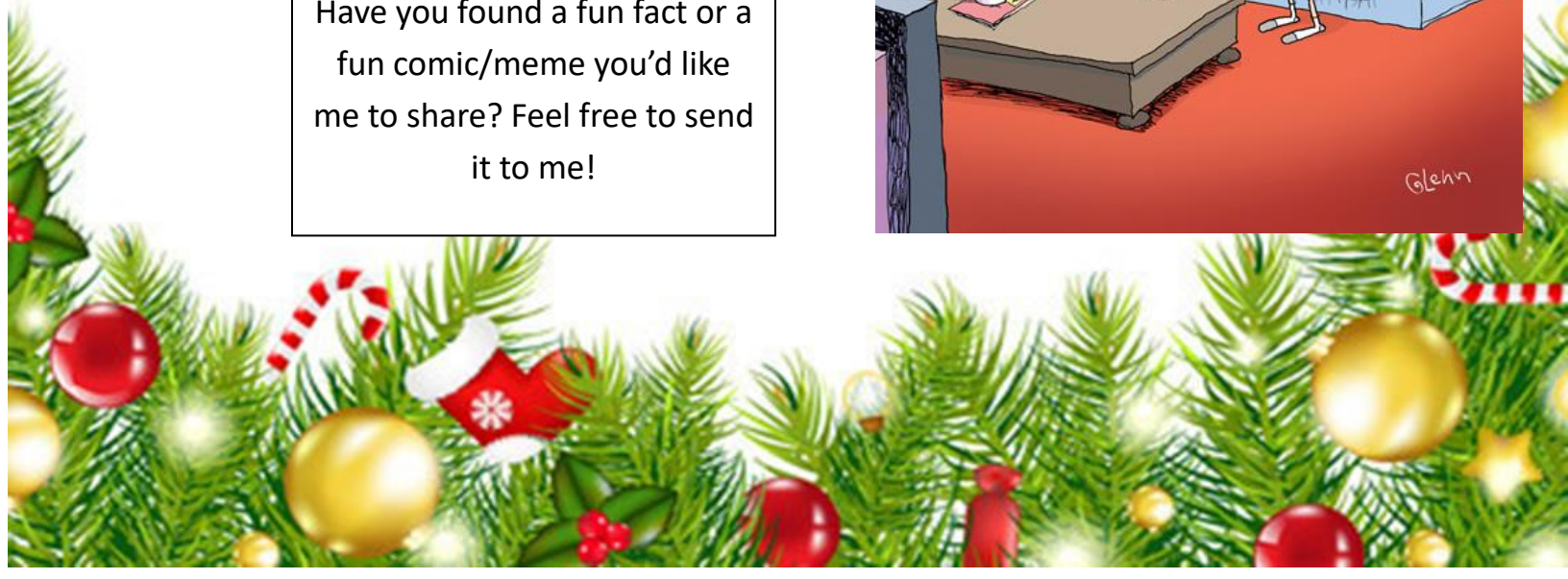
Alicia Thompson	Harley	TKI, OAP, AJP
Alicia Thompson	Dayzie	NAP, NJP
Aubrey Parry	Kaia	NA
Carl Friedrich	Alle	T2B10, MXS2, MJG3, MACH6
Cheryl Loomis	Belle	TKN
Cheryl Loomis	Hope	PN, RA
Desirae Chase	Charlie	CD, RI, NA
Desirae Chase	Kato	CD, RI, NA, NAJ
Diana Robinson	Baxter	RI, CGCU
Diana Robinson	Logan	CGC
Jane Guidinger	Touche'	RE, XF
Jane Guidinger	London	MJP
Jane Guidinger	Phineas	RI, NAP, NJP, NFP, NA, NAJ, NF, OA, OAJ
John Baughman	Birdy	SIE, TL2, SD1, CZ8B
John Baughman	Dawn	SIE, TL2
Lacy Moon	Olive	TKN
LaDawn Moad	Vyktori	XF
Lee Ann Chaffin	Ben	SIE, TKN
Linda Newby Reimann	Konig	RI
Linda Newby Reimann	Ember	NAP, NJP
Lucien Frederick	Rascal	FDC
Mary Ann Igoe	Pari	CGCU, RATCHX2
Nicki Bowden	Epic	CGC
Richard Brizee	Molly	NJP, CGC, CGCU
Rosha Adams	Maisie	CGCU
Rosha Adams	Hudson	CH
Rosha Adams	Tripp	CGC
Shel Williams	Loch	CGC, TKN
Shel Williams	Cailean	ACT1, RAE
Steve Olson	Solo	CGCA, CGCU
Suzanne Belger	Fyre	MJP, SCA, SBA
Suzanne Belger	Gaia	CH, SCA, RE
Suzanne Belger	Isa	RI, TKN



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!



5 Fun Things to Do With Your Pets This Holiday Season

October 14, 2020 [Holidays](#) / [Pet Parenting](#)

This holiday season, we're especially grateful for our wonderfully quirky, loving furkids who were a very good thing in a not-so-great year. We can always count on our dogs and cats to inspire us to find joy in traditions, both old and new. Pets have the power to bring us together even when we're apart, so of course we're going to include them in all of the holiday hoopla!

While Christmas for you and your pets may look different this year—with [advisories cautioning against](#) some forms of travel and participating in large gatherings, especially those held indoors—we've found plenty of festive, fun things to do with our dog and cats. Here's a list of five of our favorites.

The Late Show: Bundle Up the Pack and See Some Lights

"Wanna go for a ride?" What dog doesn't thrill to that invite? But this year, we're going one better with a destination sure to have those tails thumping.



Pile your dogs into the car, turn up the holiday music, and hit the road in search of fabulous displays of Christmas lights. From main streets to meandering roads, it's forecast that this year we will see plenty of

this nostalgic, old school décor, from lights around roofs to jaw-dropping drive-through displays.

While it's cool to open the car windows to the chill night air, never allow your dog to roam the vehicle—be sure to strap them in so they are safe and secure.

You can also take your dog for a walk around the neighborhood to see the lights, but do follow [social distancing guidelines](#).



Into the Woods: Decorate with Nature

This year, the holidays are more about “celebrating the smaller moments” to better

appreciate time spent with friends and family, according to a [Pinterest survey](#). Add to that [the trend](#) of using reclaimed, recycled and natural materials (dubbed “Homespun Holiday” by style spotters) in décor and what do you have? The perfect reason for a walk in the woods with your pet to refresh, recharge and recalibrate after one weird year. (Many cats are [perfectly Zen about wearing a leash](#), so don’t leave them at home!)

Grab a basket or canvas bag and hit the trail (here are some [dog-approved places](#) to go), picking up the natural treasures you find along the way. How “right” would a bowl of perfectly-imperfect pinecones that you gathered on a stroll with your dog feel about now? Your attention is the best gift you can give your pet (and you can both burn some calories, too).

Oh Snap! Capture the Christmas Cuteness

Picture this: You and your pet-kids in matching Christmas sweaters. Need we say more? This year, go there and create a holiday fur-family photo for the ages. Whether it’s a full-on costume, a colorful sweater or just adding antlers to your dog’s head or strapping an elf hat on your cat, dressing up your oh-so-photogenic pets for holiday snaps—to feature on cards and ornaments, in

videos or just adding quirky cheer to your IG feed—is a perfect way to share their cuteness, especially if you won't be traveling for visits this season.

Overachiever? Create a holiday video to share using one of the many [free programs](#) out there. Not sure how to get the best shots? Here are some tips



for [snapping](#) great pet pix.

Get Your Bake On: Host a Virtual Holiday Cookie Exchange

Cookie exchanges are a fun way to get a real taste of the holiday without having to bake 10 different types of treats—and getting your pets involved makes it even more of a blast. Here's how it works: Choose your favorite cookie recipe for yourself and another for your pets, bake a batch of each (about two dozen cookies total) and invite a few of your friends to each make a human and pet cookie of their choosing. (Typically, you want to stick to 4-6 bakers in total.) In a “normal” year you would host a party at home to sample all the goodies, but this year, we're using Zoom and porch pick-ups.

Set a date for baking and host a Zoom event while everyone is up to their elbow in dough. Your pets will of course want to be part of the action. Later that day or the next, drop off a tin of freshly baked treats to other participants,

leaving it securely on a porch or other agreed upon location. Organize a time for everyone to Zoom in (with a glass of something bubbly at hand) and open the tins of treats for a tasting party. Your pet will not be allowed to try every cookie that day (you don't want any tummy aches), but with this collaborative effort, you both will have treats on hand for the next week.



Need some pet-safe treat inspo? Try:

- [Faux Red Velvet Truffles](#)
- [Dog-Friendly Gingerbread Cookies](#)
- [Pumpkin Mini Muffins for Cats](#)

Snuggle and Stream: Have a Holiday Movie Binge

Take some time out of all the bustle and glitz of the season to just spend quiet time in your own home with your pets. Create a cozy scene, pour something delicious for you and your pet—may we suggest a dog-friendly PSL for your canine viewing companions ([get the recipe here](#))—and screen a Christmas classic or two.

Two movies on our must-watch list? “How the Grinch Stole Christmas” (the



Grinch's dog Max is a total scene stealer), and of course, “A Charlie Brown Christmas,”

featuring everyone's favorite Beagle, Snoopy. If the cat purrs and dog snores get too loud, well, then your work here is done!

If ever there was a reason to call a time out from what has been a challenging year and take a moment to be grateful for the joy, comfort, and straight up laughs our pets have inspired, 2020 is it. Extra kisses and belly rubs, please.

10 Habits of Mindful Dog Trainers

[Andrea Harrison](#)

Tuesday, 10 December 2019



1. Persistence: Mindful trainers are willing to try, try again. They know that there will be more runs, more days, and the slow and steady approach wins. They understand that frustration is part of the learning curve and don't threaten to quit after every mistake. They don't make excuses; they don't blame others. They carry on. They live in the present

experience without wallowing in the past or dreaming of the future. What is happening today is the focus of their attention even as they build for the big picture.

2. Open-mindedness: self-actualized trainers know there is something to be learned from everyone, even if to see proof of why NOT to do something. They are not handling preachers, and are always aware that good handling is good handling no matter the style (even if they may not believe that the training methods used are the best for the dog or trainer).

There will be days that you will wonder why you play this sport, if your dog is happy and what the point of working so hard is. Accept that and be for the challenges and effort needed to support your team. Without being too new age about it, you can learn and have fun together even if you never go to a trial. In fact, some of the best fun I have had with my dogs did not happen at a trial. The journey is fun – enjoy it! You can accomplish goals without a show – honest!

3. Responsibility: Good trainers understand that they are the leading member of the team. Our dogs would not train without us. Mindful trainers celebrate an error as information that they use to make better choices moving forward. They take responsibility for the holes rather than being upset by the dog. They "get" that they are the ones with the ultimate responsibility for both training and competition. Mindful trainers understand that training isn't always going to be about the fun thing or the thing that makes audiences gasp. Each and every brick needs to be solid for the house not to

fall. The same is true of training. If something doesn't feel "sexy" to you make sure it's part of your training plan so it doesn't get neglected.

4. Enough is enough: knowing when over facing or drilling a dog into the ground is a critical component of being mindful. Feeling frustration well up and taking positive action to mitigate these feelings matters. A mindful trainer can quit when ahead, they can also quit when things aren't going well. They remember the age and needs of their canine partner. They seem to intuitively know when enough is enough. They have the patience to invest the time to develop the skills needed. Their dogs want MORE play, more training or more attention.

5. Timing: Self-aware trainers have fabulous timing. Timing in training progression, timing in rewards, timing in mapping increases in difficulty. You don't see them stalling out on any single step for months on end with no progress. You don't see them over facing their dogs and selves. Mindfulness includes giving due thought to all aspects of timing as a piece of the puzzle of training.

6. Self-Improvement: The most mindful trainers work to understand their whole dog and their whole self. That doesn't mean jumping on a bandwagon for the sake of it (chiro, yoga, acupuncture, meditation, raw fed, gratitude, animal communication, whatever!) but it means thinking about what their team really needs and making it happen (which could be any of the aforementioned things). They seek to be better handlers of the dog they love. They understand that this takes money, time and humility!

7. Seeing the Big Picture: Mindful trainers enjoy the "play" and the path as much as they do the goal achievement. They know that each day and each step is as important as the other and is a natural progression in development. All comes in the fullness of time – any day might be your last day to play so they let each one count, and find things to celebrate whenever they can. Balance your workouts. Training only what you do well is pointless. Training only your weaknesses means your strengths will erode. Training only what you like to teach means there will be holes. Training what you don't really understand will lead to great confusion on everyone's part. Balance also includes taking time to just be. Sometimes let your dog be a dog and enjoy that. Take a camera in your hand with you – it's hard to train and snap pictures. Get a new toy that is just for playing not for training. Take a day or two or a week off. My dogs come back from a training break better than ever with tough concepts nailed down. I am a huge proponent of cross-training – a little rally, a little obedience, tricks, running flat out in a field, swimming – whatever floats your boat!

8. Positive Problem Solving: Mindful trainers can tackle issues in a variety of ways to solve challenges. They understand that different dogs may require different strategies to

be successful. Further, they embrace the uniqueness of each canine partner they play with. They understand that punishment is destructive to relationships generally, and that kindness starts with self. When you or your dog makes a mistake know how you are going to react and what you are going to do and then (the hard part!) respond in that way. If you get frustrated give yourself a time out and go relax. You won't ruin your dog by taking time to calm yourself but you will affect your relationship and your sense of self if you don't! As you play with train your dog(s) mistakes will happen. Absurdities will creep in, have no doubt of that. That's OK! In fact, it's a cause for celebration. It shows you where holes are and gives you a chance to patch them. Patch them with joy and thoughtfulness, not the panic you might feel at first. I get fed up sometimes when I am playing lawn agility. When I am wondering why something I am doing doesn't seem clear to the dog. I stop, regroup, and maybe even adapt the plan! (Be Flexible very nearly earned its own number!) What I learn in lawn agility I bring to trials and public training.

9: Good Listeners: Mindful people have open ears. They are aware and sensitive to the feedback from their dogs, and process feedback from others without feeling defensive. They take the information they hear and adjust their responses and plans accordingly. That does not mean they agree with it always – but they have a framework to assess and process data and information that is not self-destructive.

10. Joyful Role Models: While mindfulness isn't about being happy explicitly and it is very possible to be unhappily mindful, modelling awareness of self is inspiring. These trainers embrace those who will not only help them improve on a competitive level but also on a personal level as well. They bring joy to those around them including their dog partners. Celebrate your victories together ... in a way that is meaningful to you both! I have said it before and I'm sure it will come up again – positive mindful training leads to encouraging results in the ring. In terms of rewarding Brody could have cared less if I picked him up and danced with him after he did something right. He wanted to run to a crate and be fed and told he was a superstar! Dora likes to be cheered and then fed (she doesn't care where). Sally likes applause and to bark at me for a toy (or more agility). I enjoy each of the routines for each dog. Training calls for the same level of celebration as competition. Often, we ask for more difficult things in training than in the ring so we should reward both whole-heartedly and with joy. Being kind, thoughtful and celebratory is easier if we are mindful and conscious of both the challenges and delights inherent in training.

I thought hard about this next point and decided it should be a bonus. Mindfulness is not all sunshine and roses. It can lead to a deep understanding of your current state and awareness of those around you but it is not "being happy". It's about self awareness and appreciation of self. Mindful trainers identify and know their collective limits. In no way do I mean they limit goals and aspirations but they recognize where they are now. For example, if you have financial limitations it may not be the year to chase Top Dog titles.

My biggest limitation at the moment is time, creating time for training and competing is tough and has been for many years. If your canine partner is ageing, or has soundness issues, or whatever, perhaps you'll have to pick and choose how often and how long you train and what your end goals are. Maybe you have physical limitations? Acknowledging the limits you face will help make training time much more meaningful and useful.

Mindfulness is not easy, it takes work and conscious effort but it is something well worth working on – to bring a better trainer to your dog, your sport and yourself.

USRVDTC BOARD MEETING MINUTES

Meeting Date 11/19/2020

The regular monthly board meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden, at 6:27p.m., on Thursday, November 19, 2020 via Zoom.

Previous Board Minutes Read/Dispensed: Last board meeting posted in the newsletter

Motion by: Suzanne Belger

Seconded by: Nicki Bowden

Board Members Present:

Suzanne Belger	Marilyn Manguba	Nicki Bowden	Melissa Meyer
Lacey Moon	LayLa Johnson	Lucian Frederick	

Report of President: Report held for regular meeting

Report of Vice President: Report held for regular meeting

Report of Secretary: Notice of yearly dues

Report of Treasurer: Report held for regular meeting

Report of Committees:

Carl Friedrich: Would like to purchase 4 new sandbags for agility- \$320. Suzanne made a motion to purchase. Seconded and passed. Another agility mention, Carl fixed the legs on the competition table so they don't fall off any more.

Unfinished Business: None

New Business: None

Motion for Adjournment: Lucien Frederick

Seconded by: Suzanne Belger

Time Adjourned: 7:07pm

USRVDTC REGULAR MEETING MINUTES

Meeting Date 11/19/2020

The regular monthly meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden, at 7:07 p.m. on Thursday, November 19, 2020 via Zoom.

Members present (for Board meeting and regular meeting (almost everyone was at both)

<i>Lacey Moon</i>	<i>Nicki Bowden</i>	<i>Suzanne Belger</i>	<i>Rosha Adams</i>
<i>Lois Olson</i>	<i>Steve Olson</i>	<i>Cheryl Loomis</i>	<i>Desirae Chase</i>
<i>Marilynne Manguba</i>		<i>Lucien Frederick</i>	<i>Mira Johnson</i>
<i>Jim Bell</i>	<i>Shel Williams</i>	<i>Carl Friedrich</i>	<i>Jim Norrell</i>
<i>Sun Norrell</i>	<i>LaDawn Moad</i>	<i>LeeAnn Chaffin</i>	<i>MaryAnn Igoe</i>
<i>Leslie Hill</i>	<i>Brian Meyers</i>	<i>Melissa Meyers</i>	<i>LayLa Johnson</i>
<i>Matt Johnson</i>	<i>Heike Vitacolonna</i>	<i>Ed Vitacolonna</i>	<i>Sara Hatcher</i>
<i>Bonnie Hong</i>	<i>Jane Guidinger</i>		

Introduction of Guests/Visitors: Nicole Crossley - membership vote tonight

Minutes of Previous Regular Meeting Read/Dispensed: Printed in Newsletter

Motion by: Lucien Frederick to accept

Seconded by: Marilynne Manguba

Report from the Board Meeting: Motion to suspend since everyone was here by Nicki Bowden

Report of the President: Nicki Bowden- We appreciate the 4H group for being flexible with our schedule, letting us store things there and not over charging us. Can we make a donation to them? Leslie Hill made a motion to donate \$750 to Bonneville 4H. Shel Williams seconded. Passed.

Report of the Vice President: LayLa Johnson – With new Covid Restrictions, what is the wish of the club for the party in December? A long discussion was had with concerns brought up about ability to socially distance, being in a room for several hours together and whether or not we should do a gift exchange. Marilynne read the Governor’s order. Rosha Adams made a motion that we cancel the Christmas party for 2020. Carl Friedrich seconded. It was passed with only one opposed. Nicki stated that we still need to get awards in to Lucien but that there is not a rush now. Suzanne thanked the party committee (LayLa, Melissa and Desirae) for all their hard work putting the plans together. Melissa and Leslie asked about making donations to the animal shelter and Nicki suggested that everyone is free to donate individually. Anyone who already paid for the dinner will be refunded. If you would like to donate your dinner money to the animal shelter let Leslie know and she’ll match your donation (up to 3 dinners worth).

Report of the Secretary: None

Report of the Treasurer: Suzanne Belger read the monthly and year-to-date financial reports. We are at an \$1800 loss for the year because tracking took a hit, our trailer wrap, 2 seminars and a smaller agility trial. Suzanne stated that we should probably not make any other large donations until we start having trials again so we’re making money. A copy of the year-to-date financial reports is included with the minutes file.

Report of Committees:

Obedience –Suzanne Belger – We are starting obedience classes in February, but the 4H buildings were booked for Wednesday nights so we are switching to

Tuesday. We will offer Star Puppy, 2 basic obedience, an advanced beginner, rally and scent. We will limit class sizes so if you sign up for a class, please make sure to attend because we will be turning people away.

Scent – Nicki Bowden – Cleared with judge and fair board. We have Covid plans in place for only 5 in building at a time, no spectators, crating in cars and masks being worn. We have 100 runs on Saturday and 95 on Sunday.

Agility – LaDawn Moad – The trial was a success. Thank you to everyone who helped. We made \$462.67

Unfinished Business:

Marilynne Manguba – The trailer is finished and it looks great! She showed us some pictures of the finished product.

New Business:

December meeting. Lucien Frederick moved that we cancel the December meeting. (We usually use the Christmas party as our December meeting). Suzanne seconded. Passed.

Election of the Board. Marilynne made a Zoom poll for anonymous voting. The current board members were all unanimously voted in. Nicki Bowden – President, LayLa Johnson – Vice President, Lacey Moon – Secretary, Suzanne Belger – Treasurer, Lucien Frederick (3 year board member)

Suzanne – Linda Newby Reimann was sent to University of Utah last Saturday because they found a brain tumor. She had surgery and they were able to remove most of it. She will still have to undergo Chemo and Radiation. Keep her in your thoughts.

Membership Applications Read/Approved: Membership approved – Nicole Crossley – WELCOME!! Membership Read – Holly and Dehl Jossi

Motion for Adjournment: Carl Freidrich

Seconded by: Lois Olson

Time Adjourned: 8:11 pm Location of Next Club Meeting: TBD

