

## CONTACT INFORMATION

### President

Nicki Bowden  
208.709.7914

[Nedwob88@gmail.com](mailto:Nedwob88@gmail.com)

### Vice President

Layla Johnson  
262.247.5151

[mattpaulj@gmail.com](mailto:mattpaulj@gmail.com)

### Treasurer

Suzanne Belger  
208.521.8872

[desertmtnmalinois@gmail.com](mailto:desertmtnmalinois@gmail.com)

### Secretary

Lacey Moon  
208.520.6500

[Philandlaceymoon@hotmail.com](mailto:Philandlaceymoon@hotmail.com)

### Board Members

Lucien Frederick (1 year)  
208.403.6977

[Lucienjr2@msn.com](mailto:Lucienjr2@msn.com)

Marilynne Manguba (2 years)

208.221.5142

[marilynnem@gmail.com](mailto:marilynnem@gmail.com)

Melissa Meyers (3 years)

208.520.8481

[melissameyers@cableone.net](mailto:melissameyers@cableone.net)

### Newsletter Editor

Desirae Chase

[chasede@d93mail.com](mailto:chasede@d93mail.com)

[www.USRVDTC.org](http://www.USRVDTC.org)

## UPPER SNAKE RIVER VALLEY DOG TRAINING



## NEWSLETTER **APRIL** 2021

### April Meeting

When: April 8<sup>th</sup> at 7:00PM

Where: Bonneville County 4-H building  
(kitchen area)

### April Agility Trial

VOLUNTEERS NEEDED

We will be setting up on Thursday the 15<sup>th</sup> at 6:30 PM  
at Wind River Arena

We will also need bar setters, gate stewards, scribe  
runners, etc. the 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>.

Please help us host this fabulous trial!!!

### Upcoming Classes

Agility classes begin April 20<sup>th</sup>

Obedience classes begin April 21<sup>st</sup>

For more information please visit

<https://www.usrvdtc.org/site/>

Fun Facts and  
Comic Corner

reach deeper  
during training and find a way to  
connect  
with your dog from the  
heart  
not a leash and a collar.



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





**To the following club  
members for helping at CGC**

<i>Rosha</i>	<i>Alicia</i>	<i>Silvana</i>	<i>Leslie</i>
<i>Richard</i>	<i>Lacey</i>	<i>Steve</i>	<i>Lois</i>
<i>Jennifer</i>	<i>Marilynne</i>	<i>Lucien</i>	<i>Kristine</i>



## When Choosing a Labrador. Make Sure It Has the Standard Described Below:

The Labrador does not walk, he/she trots!

With a certain air of confidence. Looking at the world from its immeasurable "height", and thinking... what are you looking at? Have you never seen such a beautiful creature as me?



-The Labrador does not run, but sprints like a rocket, he does not jump, but flies!

-The Labrador doesn't play. For him a game is something to be taken seriously.

-When the Labrador sleeps, it cannot simply be said that he sleeps, He spreads out on the sofa, becomes catatonic, reaches Nirvana... and snores like a tractor!

-The Labrador never begs for food. He simply makes a gentle munching sound that announces what his belly demands! He stares at you while ribbons of drool run from his marshmallow mouth accompanied by high-pitch sounds like a verse by a tormented poet.

-The Labrador does not need to talk. He commands telepathy, hypnosis, ultra-sensory perception...and paws, should you fail to understand the previous prompts.

When he eats, the Labrador does not just consume his meal but devours it, gulps, swallows, gulps, gulps, and then looks at you as if to say "it tastes fine, where's the rest of it?!"

-The Labrador does not wag his tail but waddles or more precisely, he shakes his behind!

And it doesn't follow you... the Labrador is the most obsessive of stalkers. The Labrador never follows you: he tracks your every movement with a precision of a secret agent.

-The Labrador has a relationship with you that is not simply one of affection... no, he is not close to you, he is part of you. The Labrador does not run toward you, but he invests in you! He claims you in an exuberant fashion! When you pat him he's in ecstasy and slips



effortlessly into a land of contentment, usually at your feet.

The Labrador worships, adores, idolizes and loves you as only a Labrador can.

#### Labra-Law

1. Eat first, question later (if at all)
2. Always carry a Tennis Ball
3. Every Water Source needs a Labrador
4. Retrieve EVERYTHING
5. If you can't eat it, roll in it
6. Pick up Stray Socks
7. Wiggle, Wiggle, Wiggle
8. Love EVERYONE

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**Thank you LeeAnn Chaffin for your wonderful Labrador feature!!**

# Congrats

Congratulations to Kaia and Aubrey for earning their CDX and Grad Open titles. What an amazing accomplishment!



# Reconsidering Acclimation and Engagement

by Denise Fenzi | Oct 1, 2019

I talk quite a bit about acclimation and teaching dogs to opt in to work via engagement training. I love it! Here's why.

Once dogs have had their basic curiosity about a working space satisfied they are much more able to focus on what we are doing together. This is especially important for fearful dogs who truly cannot focus if they don't get their needs met – how can one focus when there might be a tiger hanging out behind the door?

In addition, teaching acclimation and a way to opt in for work is one of the easiest ways to ensure that the dog recognizes that work is a privilege; no one is going to force them to do it. It's amazing how having choice can allow a dog to recognize how good they have it. Dogs who get regular training with dog friendly techniques? Continuous and positive attention from their handler? It's a good deal – doggy Disneyland! Some dogs have never had an opportunity to recognize that, because their handlers keep dragging them to Disneyland. I don't do that – I train the dog to let me know when they are ready, to the point where they actually demand that we start.

So what's the problem?

I never intended for dogs to be allowed to walk away from work AFTER STARTING while the handler waits for the dog to come back. Once the work has begun and cues are being given, the expectation is continuous work and that the handler is paying sufficient attention to the dog's well-being that they don't push the dog beyond their capacity to remain engaged. The dog must be released from work before the dog is tired of the whole thing – and the handler must do the releasing or, if the dog self-releases, there needs to be a plan.

Allowing dogs to opt in and out of trained work leads to a nightmare situation if you ever try to compete. If the dog pops out



of work/focus, then it's up to you what you do next. I usually call my dog back for a few more seconds of work, and then end the work altogether.

I am not talking about a shaping session where the dog is learning the expectations. I am not talking about an eight week old puppy. I am talking about a trained dog that is being asked to perform work in cued situations. So visualize a dog that has opted in, knows exactly what the expectations are to proceed with work, and checks in and out.

But the point of this blog is not to tell you what to do because that is a long story. This blog is to tell you what not to do! What you do not want to do is sit around waiting for your dog to come back.

What does that mean? It means that I should never see you standing in heel position, waiting for your dog to be ready, while your dog is looking around. Never. Because once the dog shows up in heel position, a sacred space, continuous work must ensue. And if the dog checks out? You need to make a decision. But don't stand there waiting.

I wish I had provided this clarification earlier because I feel like I have contributed to teaching trainers to allow their dogs continuous freedom and choice. Not only is this bad for your competition goals but it also causes problems for the dog over the long run because of something else I talk about frequently on this blog: a dog's need for structure, clarity and leadership in novel or potentially stressful environments to allow them to feel strong and confident.

Think about it like this. Acclimation and engagement are trained activities specific to dogs preparing for competition. There are things we look for while we allow the dog to acclimate and expectations that we hold for after the dog opts in, and specific things we do and do not allow once that process is underway. If the dog opts out – you need a plan. I call my dog back to attention, ask for one tiny thing, and then release. Then I have choices (end the session, let the dog look at the “thing” and start



work again, etc.). But the dog may not opt in and out at will – while you patiently wait.

## 7 tips for keeping your agility dog healthy

### DOG HEALTH AND WELLNESS

ERIN- ONE MIND DOGS

JANUARY 19, 2021

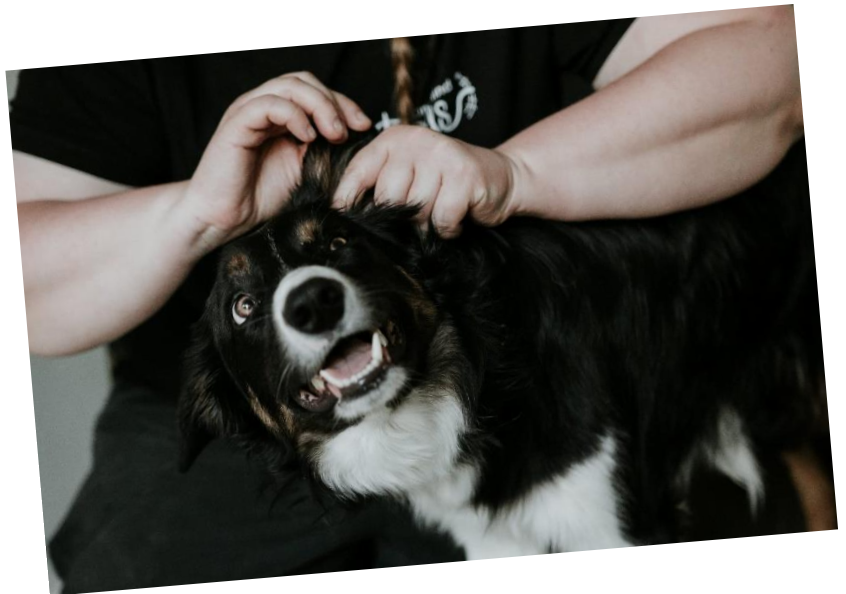
To be able to enjoy doing agility with your dog for as long as possible, it's important that you take care of your team mate's physical well-being every day — training days, competition days and rest days!

We heard from OneMind Dogs Coach and Veterinarian, Minna Martimo, about what habits you can build to keep your agility dog healthy and happy throughout their agility career, and in general life too.

Vet Minna's tips for taking care of an agility dog's physique

### **Warm ups and cool downs are essential**

Make sure you follow appropriate **warm up, cool down and hydration** procedures for your agility dog depending on the weather. Warming up is particularly important in



cold weather climate like ours here in Finland! (If you're a Premium member, check out [this new article](#) on warmups!)

### **Know your dog**

Keep track of **how your dog behaves and moves** (trots, canters, gallops, sits down, lies down, gets up from lying down, jumps or turns). Examine your dog thoroughly with your hands on a regular basis. This way you can notice problems early on. Trust yourself if you feel something is “off” and seek professional help if necessary.

### **Healthy weight, healthy dog**

Your agility dog needs to be in **good physical condition** and **not obese**. Dogs' primary moving muscles and stabilizer muscles both need to be strong and flexible.

### **Seek professional help proactively**

Take care of your dog's physical health regularly with **treatments** such as physiotherapy, osteopathy, acupuncture and/or massage. It is better to **prevent problems** from arising by being proactive than letting them pile on and treating them as they become problematic.

### **Grooming isn't just for show dogs**

Trim your dog's **nails** regularly and have his anal glands checked if necessary. Nail length has an impact on the foot conformation and gait of the dog — so keeping them trimmed is important.

# The Importance of Play for Dogs Revealed

LAST UPDATED ON DECEMBER 27, 2018 BY PUPPY LEAKS



Could the amount of play your dog receives be effecting his behavior? A new study reveals the importance of play for dogs.

## Study Finds That Play Is Key To Our Dogs Well Being

A new study released by Bristol University has found that play is the key to our dogs well being. The study of 4,000 dog owners showed that dogs who don't engage in a lot of play suffer from behavioral issues such as anxiety and aggression.

Less play time also leads to an increase in whining, jumping up, and not coming when called. Scientists are beginning to agree that play is the key to a dogs happiness. The full study will be released on the Channel 4 documentary called *Dogs: Their Secret Lives*.

# Increased Play Lead to Less Behavioral Issues in Dogs

The research found that a lack of play can cause up to 22 different behavioral issues. These undesirable behaviors include anxiety, aggression, pulling on the lead, whining, and not coming when called.

Humans and dogs are two of the few species of mammals that continue to play well into adulthood. Dogs need to engage in fun activities just as humans in order to keep them both mentally and physically fit.

The new study released by Bristol University found a strong correlation between lack of play and increased behavioral issues with our dogs. The documentary shows that play can often correct dysfunctional canine behavioral problems.

*There is a growing acceptance among scientists that play is very, very important and the type and frequency of play are a really good indicator of a dog's quality of life. – [Mark Evans](#) former RSPCA chief vet*

## How Often Do You Play With Your Dog?

The study found that 20% of owners play with their dog 6 times a day. 50% said they play with their dogs two or three times a day and 10% only engage in play once a day. 94% of the 4,000 participants said they experience behavioral issues with their dog.

If you're looking for some simple ideas on how to increase play time with your dog check out 26 ways to [relieve dog boredom](#) & 33 ways to [keep your dog busy](#) indoors. Dogs that don't engage in a lot of play have been found to suffer from more behavioral issues.

## Playing With Your Dog Keeps Them Mentally Fit

Playing is how puppies learn basic manners; if they play too rough they'll likely get a nip from the other dog or the dog will walk away. Socialization has long been said to be one of the most critical aspects when it comes to raising a well balanced dog. Perhaps the importance of learning better manners plays a role in the ability of your dog to be able to actively engage in play with others.



Playing games with your dog is not only a way to keep them physically fit it's also mentally challenging. Dogs thrive when they're able to engage in mentally stimulating activities. A simple game of tug is both extremely physically and mentally challenging for our companions.

*We have trained dogs to be playful and to interact with us. -Dr. Nicola Rooney  
– Bristol University*



Increasing play time with your dog has been found to decrease behavioral problems including anxiety and aggression.

## **Play Helps Combat Pet Obesity**

It's not just correcting behavior issues either; increased play is needed to help combat the growing problem of pet obesity.

Current estimates find that 53% of U.S. dogs and 58% of U.S. cats are overweight or obese. Last year a study found that nearly half of Britain's dog population is overweight. Adding a few simple play sessions a day will help shed extra calories. Keeping your dog slim has been found to lead to a 15% increase in lifespan.

*Instead of treats give your dog a toy or play with it or better still take it for a walk. It doesn't have to be a route march. What dogs love most is sniffing about because it's stimulating. – [James Yates](#) – chief vet officer of the RSPCA*

## Dogs Prolong Play on Purpose

Dogs have been known to do various tricks to lengthen play time. Some refuse to bring a ball back during a game of fetch while others simply slow down to make the game last longer.

If you're playing chase with your dog you may notice that he slows down, allowing you to catch up to him before continuing on. When dogs play together the larger dog will often handicap himself to keep from winning so the game can continue longer.

## What's Your Dogs Favorite Game?

43% of the dog owners reported that fetch is their dogs favorite game followed by chase, tugging at toys, and wrestling. According to the survey tennis balls are a dogs favorite toy followed by soft squeaky toys, rubber balls, and rope toys.

My dog Laika's favorite games are tug, frisbee, and [nose work](#) – but she's never one to turn down a game of fetch either. And for those rainy days? We've come up with a list of 33 [indoor activities to keep your dog busy](#).

# USRVDTTC BOARD MEETING MINUTES

Meeting Date 3/18/2021

The regular monthly board meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden , at 7:08p.m., on Thursday, March 18,2021 at the 4H classroom.

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

Motion by: Suzanne Belger

Seconded by: Lucien Frederick

Board Members Present:

Suzanne Belger

Nicki Bowden

Lacey Moon

Layla Johnson

Lucian Frederick

Report of President: Starting now when we do self-certification they will go to the entire board rather than just one person. We'll send out reminders before they're due.

Report of Vice President: None

Report of Secretary: None

Report of Treasurer: We need to review the budget for the agility training (Wings for jumps, sandbags, weaves). We need to increase the budget to \$500 in order to buy them. Lucien moved that we raise the agility training budget to \$500.

Seconded and passed. Suzanne will buy the equipment needed.

Report of Committees: None

Unfinished Business: None

New Business: None

Motion for Adjournment: Lucien Frederick

Seconded by: Suzanne

Time Adjourned: 7:13pm

## USRVDTC REGULAR MEETING MINUTES

Meeting Date March 18, 2021

The regular monthly meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden, at 7:13 p.m., on Thursday, March 18th, at the 4H Building, in Idaho Falls ID.

Members present (for Board meeting and regular meeting)

Lacey Moon	Nicki Bowden	Suzanne Belger	
Lois Olson	Steve Olson	Layla Johnson	Desirae
Chase	Alicia Thompson	Lucien Frederick	Brian
Meyers	LaDawn Moad	Matt Johnson	
Kristina Colby	Linda Newby	Cheryl Loomis	
Dwayne Loomis	Richard Brizzee	Silvana Scott	

**Introduction of Guests/Visitors:**

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

Motion by: LaDawn Moad to accept minutes as printed in newsletter

Seconded by: Desirae Chase

**Report from the Board Meeting:** Motion to suspend since everyone was here by LaDawn Moad. Lois Olson seconded.

**Report of the President:** None

**Report of the Vice President:** None

**Report of the Secretary:** Received a postcard advertising home-made dog lanterns. Postcard passed around.

**Report of the Treasurer:** Income YTD \$4271.84 - mostly due to membership fees and classes. \$105,106.43 Total. Treasurer's report was sent around room and filed with minutes.



### **Report of Committees:**

Obedience –Suzanne (reporting for Heike)- We have to move everything out of the building on Sunday. New classes begin on April 21<sup>s</sup> at Sandy Downs. **Still need a teacher for Advanced Basic class.** (Teaching classes counts toward membership requirements-contact Heike if you can help). August obedience and rally trial— AKC has approved our trial.

CGC – Tuesday March 23<sup>rd</sup>. We need evaluators and volunteers. Contact Richard to help. Start setting up at 5 and begin shortly after.

Agility – Our April trial is April 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup>. Entries are still slow in coming. We need more entries! Applications are in and approved for April. Set up at 7 on Thursday night. The judge is ready and has low expenses so far. Practice on Saturday?? If it looks good on Saturday, Suzanne will send out an email. We have 4 weeks left to practice on Saturdays. Suzanne will send out emails if the weather looks doable.

Scent Work –Nicki- Our scent trial still on for June 6/17-6/20 at the Blackfoot Cluster at Blackfoot Fairgrounds. Judging panels have been submitted and approved. Premiums will go out by April. Opens May 1<sup>st</sup>. Get your entries in quickly because it fills up quick.

Tracking – September tracking trial has been approved. Tracking classes are on the website.

**\*\*ALL APRIL CLASSES WILL BE HELD AT SANDY DOWNS. ENTER FROM 65<sup>TH</sup>.**

**Unfinished Business:** none

**New Business:**

Desirae- Are we thinking about a summer party? Layla is looking into it. Maybe a Christmas in July? More details to come.

**Special Announcement:** Carl Friedrich will be going to AKC Nationals for Agility in March 27-29 Tulsa, Oklahoma!! Good Luck Carl!!

**Membership Applications Read/Approved:** None

**Motion for Adjournment:** Desirae Chase

Seconded by: Lois Olson

Time Adjourned: 7:44pm

Location of Next Club Meeting: **April 8<sup>th</sup> (rather than the 15<sup>th</sup>) at the 4H building.**