

UPPER SNAKE RIVER VALLEY DOG TRAINING CLUB



MARCH NEWSLETTER 2022

March Board Meeting

March 17th 7:00 PM

At Papa Tom's

Upcoming Agility Trial

USRVDTC Agility Trial April 15th 16th & 17th

At Wind River Arena

CGC Testing

Volunteers for CGC Testing will be needed on March 23rd at 5:30PM. Please email Richard at richbriz@gmail.com if you can help.

Fun Matches

The club is excited to begin fun matches again! Enjoy these opportunities to get trial ready. See the following page for details.

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FUN MATCHES

We are happy to begin Fun Matches again! The fun match is a good opportunity to get ring experience with your dog and test your growing skills in a ring. Keep in mind each entrant is expected to. We will set up the rings/items together then begin. There will be a walk thru for classes/events which normally offer them. To make good use of our time we will not hold briefings. We will have AKC printed regulations at each Fun Match and we expect each team to come prepared. To ensure we can continue Fun Matches there will be a \$5.00 per run fee. Looking forward to growing together!

We have three events scheduled:

Obedience Fun Match - Sunday, March 20th 11am to 2pm - Bonneville Fairgrounds-4H Bldg.

Rally Fun Match - Sunday, April 3rd 11am to 2pm - Bonneville County Fairgrounds-Carriage House

Obedience Fun Match - Sunday, April 24th 11am to 2pm - Location TBA based on Weather

As the weather heats up so do weekend schedules. Your input is needed to determine when would be a good time to schedule other Matches. Please email your preferences to lehill54@yahoo.com.

PLEASE LET US KNOW:

1. During the Spring and Summer months do you prefer Tuesdays, Wednesdays, or Thursdays?
2. Scent Fun Match Options: Wed-May 11th Thurs-May 12^h Wed-Jun 7th Thurs-Jun 8th (choose all that work for you). The Scent Fun Match will occur 6-9pm or later as needed.

NOTE: If held Tuesday or Wednesday we would hold later to make work with Classes.

OBEDIENCE FUN MATCH

Sunday, March 20th

11am-2pm 4H Building

Bonneville County Fairgrounds

1542 E 73rd St, Idaho Falls 83404 (South of Sandy Downs)



Come and work your team on an Obedience course in an indoor ring environment.

We will set up all levels pre-signed up (drop ins are welcome time allowing)

COST: \$5.00/run (*can run multiples as time allows*)

All Entrants will be providing ring support to ensure a great environment
Ensure your spot by emailing with name of your dog and class(es) you want to
enter to: lehill54@yahoo.com

Drop ins and multiple runs are welcome – time allowing.

We will have an indoor ring and ring equipment for each class pre-registered.

All involved will take turns working the ring and with ring and site clean-up.

This Fun Match is being offered through the Upper Snake River Valley Dog Training Club. As such the club's code of conduct and rules will be followed. Each participant is responsible for their own dog(s) and any disputes for misconduct are to be directed to the Club's Leadership. All efforts will be made to provide a safe environment though there may still be a risk of injury. Each participant is responsible for any injury which may occur.

Include in your email: Your Name, Phone No., Email Address, Dog(s) name(s),
Class(es) desired.

All emails received by Fri 3/18/22 at noon will receive a return email with
tentative running order by Saturday.

RALLY FUN MATCH

Sunday, April 3rd

11am-2pm 4H Building

Bonneville County Fairgrounds – Carriage Bldg.

1542 E 73rd St, Idaho Falls 83404 (South of Sandy Downs)



Come and work your team on a Rally course in an indoor ring environment.

We will set up all levels Novice – Masters

COST: \$5.00/run (*can run multiples as time allows*)

All Entrants will be providing ring support to ensure a great environment
Ensure your spot by emailing with name of your dog and class(es) you want to
enter to: lehill54@yahoo.com

Drop ins and multiple runs are welcome – time allowing.

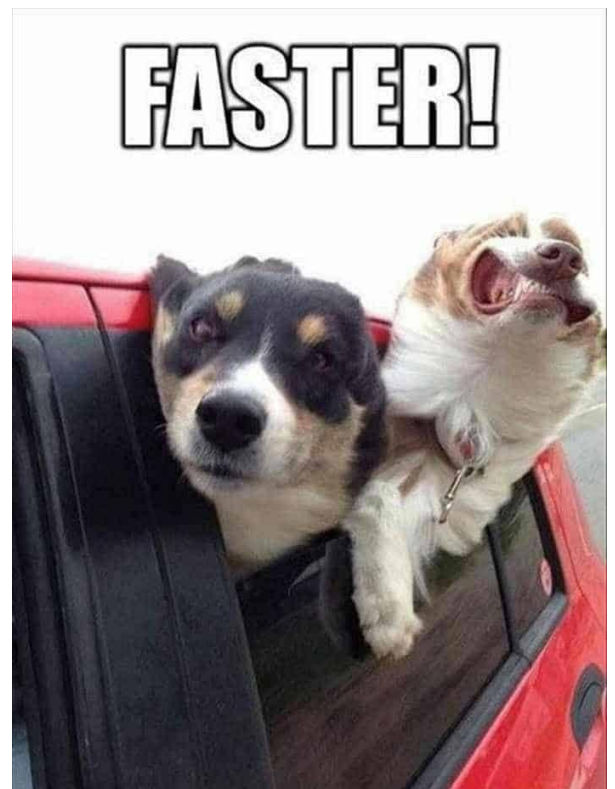
We will have an indoor ring, course, and maps for each Rally Level. Arrive at 11am
to help set up rings then get your dog(s) organized. All involved will take turns
working the ring.

This Fun Match is being offered through the Upper Snake River Valley Dog Training
Club. As such the club's code of conduct and rules will be followed. Each
participant is responsible for their own dog(s) and any disputes for misconduct are
to be directed to the Club's Leadership. All efforts will be made to provide a safe
environment though there may still be a risk of injury. Each participant is
responsible for any injury which may occur.

Include in your email: Your Name, Phone No., Email Address, Dog(s) name(s),
Classes desired.

All emails received by Friday, 04/01/2022 at noon will receive a return email with
tentative running order by Saturday.

Fun Facts and
Comics Corner



How to Choose the Best Dog Food

By [Anna Burke](#) Sep 28, 2021

In an ideal world, all [dog food](#) would be created equal. Instead, dog owners are presented with an overwhelming array of options, all claiming to be the best dog food on the market. Wading through these choices to find a dog food brand that is healthy, affordable, and appealing to your pet is often frustrating. We've compiled expert advice to help you narrow down your options.

What Makes a Dog Food “Good”?

Most people feed their dogs [dry kibble](#) or canned [wet food](#). These processed foods might not be appealing to us, but they contain all of the nutrients dogs need to stay healthy. Quality commercial dog foods are highly regulated and have undergone rigorous testing by veterinary specialists. So what exactly is in these dog foods?

Dogs, unlike cats, are not strict carnivores. While meat makes up the majority of their diet, domestic dogs can also derive nutrients from grains, [fruits, and vegetables](#). These non-meat foods are not simply fillers, but can be a valuable source of essential vitamins, minerals, and fiber. A good dog food will contain meat, vegetables, grains, and fruits. The best dog foods contain high-quality versions of these ingredients that are appropriate for your dog's digestive system.

Dog Food Nutrition

The best dog food for your canine companion should meet his nutritional needs. While most commercial dog food brands are specially formulated with at least the minimum nutritional requirements for dogs, it is important to remember that not every dog has exactly the same nutritional needs.

Dogs require a wide range of nutrients in different quantities over the course of their lives. The nutritional needs of a puppy are different from an adult dog, which is why it is a good idea to feed a [puppy formula](#) or an “all life stages” food to your young dog. If you are unsure about the differences in nutritional requirements between puppies and adults, the [Merck Veterinary Manual](#) lists the recommended nutrients for dogs, along with the recommended amount by weight and age. [Large breed dogs](#) and puppies have different nutritional requirements than [small breed dogs](#) and puppies.



Dog Food Myths and Misinformation

There are plenty of [dog food myths](#) and misinformation about dog nutrition on the Internet. You can sort through it by following one simple rule: check your sources. Many well-meaning individuals make claims about dog nutrition without backing them up with scientific evidence. As you do research, always

check to see if the information is supported by a credible source, like a veterinarian, canine nutritionist, or scientific study. It never hurts to be skeptical, either. If it sounds too good to be true, it probably is.

Many people have questions about grain-inclusive or [grain-free dog food](#), [pea-free dog food](#), or dog foods containing animal byproducts. If your dog has been diagnosed with a [food allergy](#) caused by grains, you may choose a grain-free diet under the guidance of your veterinarian. For most dogs, grains are actually a source of wholesome nutrients. Quality animal byproducts are also nutritious. These include organ meats and entrails, which often contain more nutrients than the muscle meat consumed by humans. Regulated byproducts do not include hooves, hair, floor sweepings, intestinal contents, or manure. As with any pet-related inquiry, feel free to discuss your concerns about your dog's food with your veterinarian.

How to Read a Dog Food Label

One way to decipher a good dog food from a bad dog food is to read the label. This is easier said than done, as labels can be hard to read, both due to the small print and just plain awkwardness of handling big bags of dog food in the store! But labels can also be misleading, as the [Merck Veterinary Manual explains](#). Dog food labels are required by the Food and Drug Administration (FDA) to tell you eight key pieces of information, and individual states may also have their own labeling requirements:

- Product name
- Net weight of the product
- Name and address of the manufacturer
- Guaranteed analysis

- List of ingredients
- Intended animal species (i.e. dog or cat)
- Statement of nutritional adequacy
- Feeding guidelines

Product Name

The product name alone tells you a lot about what's inside the can or bag. The term "beef" means that beef must make up at least 70 percent of the entire product. The terms "beef dinner," "beef entrée," or "beef platter," on the other hand, only require that beef makes up at least 10 percent of the entire product. "With beef" only requires that 3 percent of the total product be beef, and "beef flavor" simply implies that there is enough beef in the product to flavor it (less than 3 percent). The same holds true for other named ingredients like "chicken."

Ingredients

The ingredient list on a dog food label will not tell you the quality of the ingredients or where they came from, and some manufacturers split up the ingredients to make the distribution more equal. For instance, different types of corn, such as flaked corn, ground corn, or kibbled corn, can be listed separately. This bumps corn down on the list of ingredients, even though the actual content of corn in the food is high. Meat is another tricky ingredient. Whole meats contain a large percentage of water weight, which means that the overall percentage of meat after processing is lower than it appears. Meat meal, on the other hand, sounds less appealing to people, but actually contains more meat than "whole meats," as there is no water weight to throw off the calculation.

While the ingredient list might not tell you the quality of the ingredients, it does tell you what is in the food. This is especially important for dogs with special dietary needs or allergies and is also useful for owners who wish to feed their dogs specific sources of fiber, protein, and carbohydrates.

"Complete and Balanced" Dog Foods

One of the first things you should look for on a dog food label is the statement "(Name of product) is formulated to meet the nutritional levels established by the AAFCO Dog Food Nutrient Profiles." This isn't just an advertising slogan. The [Association of American Feed Control Officials \(AAFCO\)](#) has strict requirements to make sure that a product is in fact complete and balanced for dogs (or cats). Complete and balanced diets must contain the minimum amount of all of the nutrients necessary for dogs, which is also indicated in the "guaranteed analysis." This analysis gives the minimum amount of crude protein and fat, along with the maximum amounts of water and crude fiber. The analysis does not, however, give the exact amount of these components, which means there is room for

considerable variation. The manufacturer's average nutrient profile is often a better tool for evaluating a product.

You can always contact the dog food company directly to get more information about its product. A reputable company that has your dog's interests at heart should be happy to answer your questions and in many cases will give you more information than what is available on the website or product label. The [World Small Animal Veterinary Association](#) has a [helpful sheet](#) with questions you can ask a company representative.

Best Dog Food for Small and Large Breeds

Small breed dogs and large breed dogs have [different nutritional needs](#). Large breed dogs are more prone to musculoskeletal problems than smaller breeds, and so they often require [large-breed dog food](#) with different balances of certain nutrients to promote musculoskeletal health, especially as puppies. Small breed dogs, on the other hand, can choke on large-sized kibble and have their own nutritional requirements that can be accommodated with a [small-breed dog food](#). Research your dog's breed to find out if there are any additional nutritional requirements you should be aware of.



Best Dog Food for Puppies

The nutritional needs of dogs vary throughout their life. Puppies have different nutritional needs than adult dogs, and senior dogs have their own nutritional considerations. Most dog food companies carry specially formulated [puppy foods](#) for each stage of a dog's life, making it easier to narrow down your choices. If you are concerned about which is the best dog food for your dog's life stage, consult your veterinarian to see what stage food is appropriate for your dog.

Your puppy requires a different nutrient balance than an adult dog. This is especially true for large breeds. Feeding a [large breed puppy food](#) can help, as their growth needs to be monitored carefully to prevent bone and joint problems. Other puppies do well on both "puppy food" and food labeled "for all life stages." The best food for your puppy depends on your puppy's size and breed. Always consult your veterinarian for recommendations on puppy feeding, and advice on [how to switch puppies to adult dog food](#).

Best Dog Food for Senior Dogs

Senior dogs, usually considered 7+, vary in their individual nutritional needs. Younger senior dogs may struggle with being overweight and older senior dogs may struggle with being underweight, which is why there is such a variety.

Choosing [the best senior dog food](#) may come down to what your dog finds palatable. Many older dogs prefer wet food while others may need their food warmed up to enhance the aromas. Ultimately, your vet can help choose the [best dog food for an older pet](#).

Best Food for Dogs With Special Dietary Needs

Allergies, sensitive stomachs, and dietary restrictions affect dogs, as well as people. Feeding [dogs with special dietary needs](#) can be tricky. Your best course of action is to consult your veterinarian for advice about the dog food that best helps with their condition.

Best Dry Dog Food

The most widely available and affordable dog food is [dry dog food](#). Dry dog food does not require refrigeration, which is its main advantage over wet dog food, as it contains approximately 90 percent dry matter and 10 percent water. This makes it easy to store. Dry dog food is made by combining and cooking ingredients like meat and grains. This process converts the starches in the food into an easily digested form, while also destroying toxins and flash sterilizing the ingredients. There are many different varieties of dry dog food on the shelves. The best dry food for your dog depends on your dog's dietary needs. In general, a higher quality dry dog food that contains the appropriate ingredients for your dog's life stage and breed is the best choice, but talk to your vet or veterinary nutritionist about the healthiest choice for your pet.

Best Wet Dog Food

[Wet dog food](#), or canned dog food, is a perfectly viable alternative to dry dog food. While generally slightly more expensive, wet dog food is more palatable than dry food and can help stimulate the appetite of picky eaters. Wet dog food contains many of the same ingredients as dry dog food, but not in the same quantities. Wet food contains higher amounts of fresh meat, poultry, fish, and animal byproducts, along with more textured proteins derived from grains. Canned dog food has a long shelf life, however it must be refrigerated once opened. The best wet food for your dog, just as with dry dog food, depends on your dog's life stage, breed, and any special dietary needs or allergies. Talk to your vet about the wet dog food that he recommends for your pet.

How Much Should I Feed My Dog?

Dog obesity is a growing concern in the veterinary community and has been linked to many health problems in dogs. Luckily for our pets, we are usually more disciplined about controlling their diets than we are about controlling our own. Knowing how much to feed your dog and **what healthy dog weight looks like** can be tricky. Many owners accidentally overfeed their pets, which is why it is important to take your dog in for regular checkups and to talk with your vet about appropriate portions. The guidelines on the back of the bag are just that – guidelines. Some dogs may require more than the recommended amount, whereas others require much less. Activity level, time of year, nursing, illness, and more factors can all impact how much a dog needs to eat. Dog people will often advise that you should “feed the dog that’s in front of you” instead of strictly adhering to dog food serving size guidelines that may or may not be exactly what your dog needs.

Choosing the Best Dog Food

The best dog food for your dog is ultimately up to you to decide. As an owner, you are the one who sees your dog on a regular basis. If your dog produces firm, healthy stool, is active and fit, and has a healthy appetite, then your dog food is probably working just fine.

Your veterinarian is a valuable resource to you during this process. They know more about pet nutrition than the average owner, and they also have access to research and resources that owners do not have. Your vet can help you narrow down your options and should be more than happy to help you find the answers to your questions about your dog’s food.

Building an Accountability Exoskeleton in Dog Training

By: Hannah Branigan

<https://hannahbranigan.dog/articles/>

Some people are simply born with self-discipline.

I am not one of those people.

Making decisions exhausts me. Commitment is hard. My brain tends to switch gears automatically like a faulty transmission when I hit a rough spot or things get difficult.

Or I have to make a tough decision and I’m just not sure what to do next.
Or just life is hard.

Everything is hard.

WHY IS EVERYTHING SOOOOOO HARD?

(man, my recent blog posts seem to have a theme... hmm... displacement sniffing...)

Obviously, this behavior pattern can result in things like... having 2/3 of a book written for over a year, but never finishing it. Or having a dog with 200 partially trained behaviors and none of them under any kind of stimulus control. Or having a young dog that you have every intention of doing things with, but you aren't sure where to start and you don't want to ruin her like you did your previous dog so you just do nothing.

I think we all agree that it is the nature of dog training that we have to approach it like training for a sport. That means practicing. A LOT! And even more than how often we practice, it matters quite a lot HOW we practice. We must focus on applying the principles of “[deliberate practice](#)” to make the most of our training time and progress efficiently. But deliberate practice is HARD. And staying focused and sticking with it for the amount of time it takes to process to high levels of training takes discipline.

Well dammit.

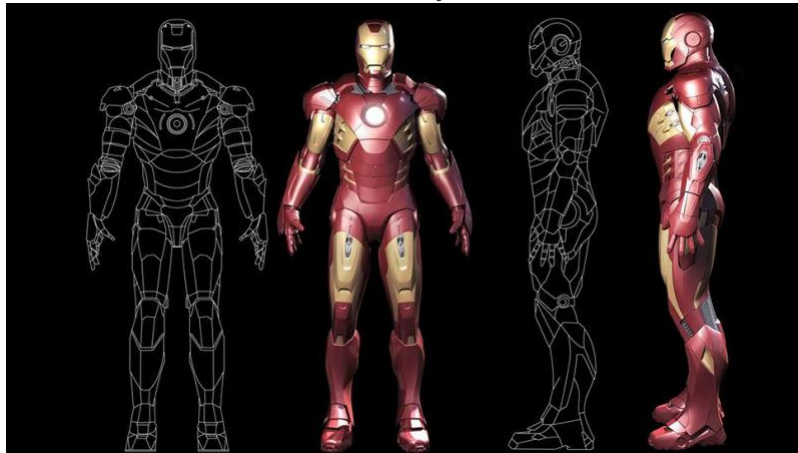
And I know I'm not alone. In so many training groups, online or in-person, many of us complain about how hard it is to stay focused and work toward a goal. Especially when you've spent all day working to train someone else's dogs, and now you are home, and you finally get the kid to bed, and you have to choose between training your own dogs or watching Netflix. (I changed the wording here after I was informed that “Netflix and chill” means something else entirely. But really, either way works.)

Planning in advance helps a lot because it relieves you of that layer of decision making on an already tired brain. But it's awfully hard to find the motivation to get the dog out and do the training.

Taking a class helps... if you stick with it (stupid discipline again) and do the training. But there is still often a gap between learning the skill and making it into a habitual practice, especially since classes are often short and focused on a single puzzle piece of what we need to put together the whole picture. It's on us to keep building with those pieces and keep our eye on the top of the puzzle box.

So for those of us that weren't born with this magical self-discipline to keep us focused, what can we do?

Well, fortunately, we can build ourselves an artificial scaffold of discipline in the form of accountability. Sort of an external shell... like Iron Man, but made out of accountability.



Of course, this problem is not unique to dog trainers. This is a common human problem that shows up whenever there is a complex path to some outcome... fitness and weight loss, human sports performance, etc.

And it's something that is talked about and studied in those worlds, which is really cool because we can extrapolate and use a lot of what they do for our own purposes.

“Accountability in sport is doing what you say you’re going to do and executing the task to the best of your ability. Then being able to put your hand up and say ‘this is what I need to do better’ if you don’t get it right. Being accountable is not making excuses, not blaming others or whinging and complaining. Accountability in sport is taking ownership of something and making sure you ‘know your job and do your job’ 100% of the time.” – Bo Hansen, Athlete Assessments

We need to set up a system of mechanisms that help us stay accountable to reach our goals.

In the sports psychology world, there is a concept of “4 layers of accountability”. And I love this model because it really works quite well for us dog trainers and is fairly easy to apply. It’s a nicely chunked down process that gives us a system we can use to apply good behavior science, antecedents, and consequences, to modify our own behavior long term.

The 4 layers of accountability

1. Individual

These are the things you do to set yourself up for success. In this category are most of our antecedent arrangement plans. For someone trying to build a habit of going to the gym every morning, experts suggest laying out their gym clothes the night before. The clothes make doing the

first step in that behavior chain really easy and serve as a big visual cue. For us, that can mean setting out the training equipment before you need it. Setting up a whiteboard with your training focus for that week. Sticking a post-it note to your tv remote. Anything that can remind you to stay on track.

Self-evaluation and tracking your performance is also part of individual accountability. Videoing your training sessions, keeping a journal, or simply checking a box when you actually do the thing. These are simple ways to motivate yourself. Not magic(unfortunately), but they work. Finding a way to “gamify” the task, even if it feels silly, will help you get it done.

2. Team/Group/Buddy

After setting yourself up for success, surrounding yourself with group of like-minded peers working at the same level (or preferably slightly higher) is the next layer. Having a group of people who understand what you are trying to accomplish and are invested in your success makes a huge difference in your outcome. In many studies, participants lost more weight, quit smoking successfully, or improved a skill more quickly and to higher levels when they participated in a regular support or accountability group.

Social support and reinforcement is a valuable motivator for social animals like us. Having a buddy or small group that are on the journey with you gives you a resource to bounce ideas off, encourage you when you feel stuck, and can help trouble shoot. Another benefit I get kind of into when I’m training with a group or buddy is that the group can serve as a little source of competition. Everyone is going to have an off day, but the chances of everyone having the off day at the same time are pretty low. And nothing gets me up and moving like seeing someone I know and respect (but also know is a real person) doing the thing I feel like is sooooo hard. And once my stubborn kicks in, well I’m pretty darn unstoppable.

3. Leader/Coach/Mentor

The job of the leader is to help you define expectations. This person sets the bar for you. Ideally, it’s someone who has experience on the path you are trying to walk. And it should be someone you respect enough to feel a little uncomfortable showing up to a meeting having not done the thing you said you would do.

Everyone needs a coach. Everyone!

Over time, you may find that you need to find different coaches to work with at different stages of your journey.

While taking a class, the instructor may serve this purpose (if it's the right instructor). If you are lucky enough to have access to an instructor on a regular basis, you may be able to work together to put together a comprehensive program to lead you to the outcome you are looking for. Your coach or mentor can help guide you through the process, identifying incremental steps, and providing The greatest motivator of all is progress, and the right instructor (or collection of instructors) can be a powerful catalyst for action.

4. Public

This is the scariest level. My least favorite. If we were professional football players, we'd have our fans to answer to if we slacked off practice. Since, for whatever reason, good dog training doesn't seem to draw a lot of spectators, we have to work a little harder. But the idea is to put it out there... whatever it is you are working on, tell people. Tell your friends or family. Make a statement on Facebook. Just put the words out there in the world that you are working on this Thing.

Again, this can be pretty motivating. Even though I spend most of my time alone in my cave, I do occasionally go out in public. And visualizing the next Clicker Expo reception and imagining someone coming up to me at the bar and asking "Hey, how's that book coming?"... well, it really makes me want to have an answer, you know?

Of course, all of these things get harder when we feel geographically isolated from quality coaching or appropriate peers. Fortunately, the internet has made the world smaller. Online instruction and support groups can also be effective in filling those roles. So don't let the fact that you live out in the country, 45 minutes away from anything, and in a complete desert of positive reinforcement training stop you! (I mean, if any of that were true for anyone.)

Grab your layers, and laminate them together to build your accountability supersuit. Then use it to ignite your training, battle evil villains (literally or figuratively) and save the world!

IMPORTANT MEETING SCHEDULE CHANGES

As approved by the board, here is the schedule for meetings moving forward.

| Board Meetings | General Board Meetings |
|----------------|------------------------|
| January | February |
| March | April |
| May | June |
| July | August |
| September | October |
| November | November |

USRVDTC Regular Meeting Minutes

2/17/22

The regular meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden, at 7:11pm, on Thursday, 2/17/22, at Mackenzie River Pizza in Idaho Falls, Idaho.

Introduction of Guests/Visitors:

Fred Adams, Shelby Moad

Lauren Tubbs, Dean Tubbs, Kristina Peters

Members in Attendance:

| | | |
|---------------------|----------------|------------------|
| John Baughman | Rosha Adams | Nichole Crossley |
| Phil and Lacey Moon | LaDawn Moad | Richard Brizzee |
| Mira Johnson | Leslie Hill | Alicia Thompson |
| Cheryl Loomis | Suzanne Belger | Nicki Bowden |

Minutes of Previous Regular Meeting Read/Dispensed:

A motion was made by Leslie Hill that we accept the minutes as printed in the newsletter. It was seconded by Alicia Thompson, voted on and passed.

Report of the President: Nothing to report

Report of the Vice President: Nothing to report

Report of the Secretary: Nothing to report

Report of the Treasurer: Suzanne Belger read the monthly and year-to-date financial reports. She reported \$2941.15 income and a total equity of \$115,026.10. We do have a scent work seminar that will come with some expenses for the club. Financial reports are filed in secretary box.

Committees:

Agility –LaDawn Moad reported that the Agility Trial is set for 4/15-17 at Wind River Arena in Ririe. Set up will be Thursday night. Everyone is encouraged to come help set up. This year it's on Easter weekend so we should do something fun.

Scent Work -- Nicki Bowden reported on the Scent work trial in June. It will be in Blackfoot 6/17-6/20. There will be Interior, Buried and Containers only. Sign up quickly because spots fill completely.

Obedience -- Suzanne Belger reported that Obedience classes are going well. We have had many volunteers helping and staying after to practice with their dogs. The next round of classes are now open online.

CGC – Richard Brizzee reported that the next CGC test will be March 23rd beginning at 6pm. Email Richard in order to sign up to help.

Agility – Alicia Thompson reported that Agility classes are beginning April 5th and will be on Tuesday nights. Just like with Obedience, we will be offering Beginning/Basic at 5:30 and then we will have Club Practice after 6:30 for those who helped during the classes.

Fun Matches – Leslie Hill is putting on Fun Matches again this year. We will have Obedience and Rally. They will begin at 11am (but come early to set up) and run until finished. They cost \$5 per run and you must pay at the match but email Leslie (lehill54@yahoo.com) before the match to reserve your spot. It will be run just like a trial with a walkthrough. March 20th—Obedience, April 3rd –Rally, April 24th – Obedience.

Unfinished Business: None

New Business: None

New Memberships:

Jamel Hays was unanimously voted into the club

Shelby Moad turned in an application

Lauren Tubbs turned in an application

Leah Otto turned in an application

Kristina Peters turned in an application

Vote on these in April

Leslie Hill moved to adjourn and Rosha Adams seconded.

Meeting was adjourned at 7:32pm.

Next meeting details will be posted in newsletter.

