

## UPPER SNAKE RIVER VALLEY DOG TRAINING CLUB



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### SEPTEMBER NEWSLETTER 2022

#### September Board Meeting

Sept. 15<sup>th</sup> 7:00PM at Plum Loco

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#### Upcoming Trials

USRVDTC Tracking Test September 24<sup>th</sup> & 25<sup>th</sup>  
Idaho Falls

USRVDTC Agility Trial October 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> at  
Wind River Arena

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THANK  
YOU

To all of those  
who helped set  
up, steward, and  
take down at the  
obedience trial.  
We couldn't do it  
without you!!!!

# TRIAL PHOTOS



**Thank you for snapping  
some wonderful photos for  
us Rosha!**

# Braggs

Belle out shone her competition in Novice B earning her CD title. She also earned her Beginning Novice title. Hope earned her excellent rally title.



Isa had a wonderful trial earning her advanced rally title.



Charlie earned is Open A (CDX) Title with lots of cheering from his little baby bro.



Fun Facts and  
Comics Corner



I may seem quiet and reserved, but if you mess with my dogs, I will break out a level of crazy that will make your nightmares seem like a happy place.



The German Shepherd Dog Community  
on facebook

someecards  
user card

# \*\*\*NEW\*\*\* TRAINING CHALLENGE OF THE MONTH

This month's training challenge is "stay"

## How to Teach Your Dog to Stay

By *Stephanie Gibeault, MSc, CPDT*

No doubt you've seen dogs in competition events like [Rally](#) or [Obedience](#) staying perfectly still no matter what is going on around the ring. But a solid "Stay" isn't just important for [dog sports](#), it's helpful for good manners and household obedience as well. If your dog can hold a position like [sit](#) or [down](#) until you release them, it makes so many things easier such as [grooming](#), answering the door, or carrying in a load of groceries. But many dog owners struggle to get their dog to stay. If you take your time and follow these steps, your dog will be staying put like a champion.



### Stay Until You're Released

Unlike the cue "Wait" which means hold on for a moment, "Stay" means stay in a specific position until I release you. Technically, if you ask your dog to stay while you go out to get the mail, even if you're gone for an hour chatting with the neighbor, your dog should still be in the exact same spot when you return.

But what does it mean to release your dog? A release cue is a word you use to tell your dog they are free to move. It's used to end a behavior. In fact, you can use a release word with any behavior. For example, you can teach your dog to sit or lie down until they are released, in effect building an automatic stay into the position. But however you choose to use your release word, use it consistently and exclusively to let your dog know the behavior is done. Common release words are "Okay," "Free," and "Release." Just be

aware that “Okay” is a word we use often in day-to-day speech, so be careful you don’t accidentally release your dog at the wrong time.

## Start Small to Teach the Release

To train a successful stay behavior, you need to start small and build slowly. Your first step is to teach your dog what their release word means. The following steps will get you started:

1. Ask your dog to sit or lie down.
2. After one second, calmly offer your dog a [treat](#) and immediately say your release word.
3. Encourage your dog to get up after you’ve given the release. You can walk away, pat your legs, clap your hands, etc. to get your dog up and moving.
4. Praise your dog when they move.
5. Repeat the above steps until your dog understands they can move after they hear the release word.

## Add Duration to the Stay

Now you’re ready to start adding the [three Ds of duration, distance, and distraction](#). Start with duration and leave the other Ds for later. Ensure you stay with your dog and eliminate any distractions in the environment. You’re also ready to add the cue “Stay.” These steps will build duration:



5. Ask your dog to sit or line down.
6. As soon as they sit/lie down, hold your hand straight out in front of you like you’re making a stop sign and say the word “Stay.”
7. Wait a second or two, then calmly give your dog a treat.
8. Release your dog and praise them when they move.
9. Now, after asking for the stay, wait a few more seconds before treating then releasing your dog.
10. Build the duration a few seconds at a time.
7. Once you’ve built to 10 seconds or more, you can begin to treat your dog multiple times during the stay. Calmly offer treats every so often and repeat your stay cue and hand signal to remind your dog they aren’t yet finished.

You don't want your dog to ever realize the fun of releasing themselves. That's why it's better to take baby steps than try to push the limits. Set your dog up for success and don't ask for too much too soon. In addition, realize that "Stay" is boring for dogs. Therefore, it's essential to [reward](#) the stay and not the release, otherwise you will make the release more rewarding than the stay itself.

For the same reason, if you [use a clicker to train your dog](#), click during the stay before you offer a reward, but don't click your dog when they move on the release. Just in case your dog thinks the click means the behavior is over, repeat your stay cue and hand signal after you click and trick.

### Troubleshoot "Stay"

When you're teaching your dog to stay, it's important to watch your body language. Movement may lure the dog towards you, and they will consequently break position. Your dog is used to being in front of you for training, so anytime you move backward, they will want to follow.



And what do you do if your dog breaks their stay before they are released? First, don't punish the dog. Chances are you did something to lure them up or you asked for too much too soon. Simply repeat your cues and start over, taking a few steps back in your training to ensure success.

### Add Distractions and Distance to the Stay

Only add distractions and distance after you've built duration to at least 30 seconds. And as distance has some distraction built in, you're best to leave that for last. When you begin to add a new D, be sure you relax your expectations for the other Ds. So, when you begin to add distractions, even if your dog can stay for 2 minutes, go back to asking for only a few seconds when the distraction is present. Start with small distractions like clapping your hands then gradually build up to larger distractions like throwing a ball. After your dog is staying through any distraction, you can start to build duration again.

When your dog can achieve 30-second stays with distractions, you're ready to add distance. Again, lower your duration expectations and minimize distractions for this part of the process. The following steps will help you build distance:

1. Ask your dog to stay then take a single step back.
2. Immediately return to your dog and give them a treat.
3. Release your dog.
4. Repeat the above steps but take two steps away before returning to your dog to treat then release them.
5. Slowly increase the distance until you can walk to the edge of the room.

Always return to your dog before releasing them. If you release them from far away, you can't reward them while they are staying. Plus, they may come to think a certain distance is a cue to release and approach you. When your dog can handle all three Ds on their own, it's time to combine them and up the challenge by leaving the room or going outside. Take your time and build slowly, and your dog will have a rock-solid stay no matter what.

# The Best Books for New Dog Owners

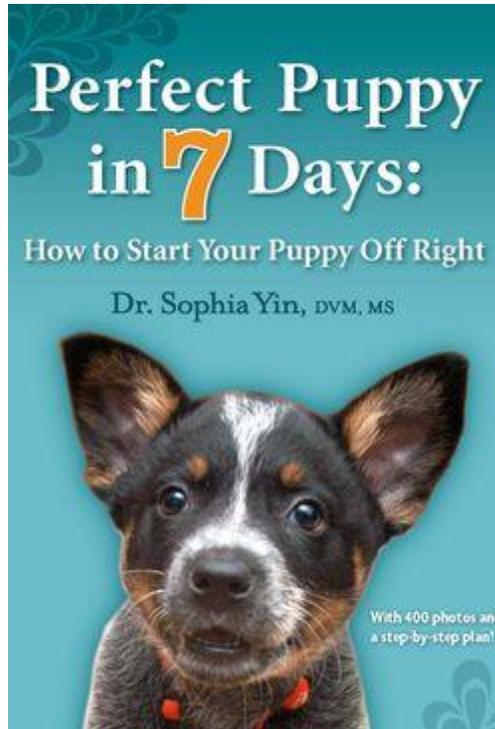
By [Karen Iorio Adelson](#)

*Welcome to Reading Lists, comprehensive book guides from the Strategist designed to make you an expert (or at least a fascinating dinner-party companion) in hyperspecific or newsworthy topics, from microdosing and psychedelic therapy to French cooking. Here, a selection of books for new dog owners.*

Dogs may be man's best friend but that doesn't mean they speak our language. If you've recently adopted a dog — or are planning on getting one for the holidays — the world of obedience training, housebreaking, and canine socialization can feel totally overwhelming. To help make heads or tails of dog training, we asked a variety of trainers and behavioral experts to recommend the best books for new dog owners.

Our panel of experts included Sarah Fraser, co-founder and co-CEO of Instinct Dog Behavior & Training; Annie Grossman, owner and co-founder of School for the Dogs; Anthony Newman, of Calm Energy Dog Training; Twahlee Rollins, founder of Metro Dog Training; and Shelby Semel, senior trainer and

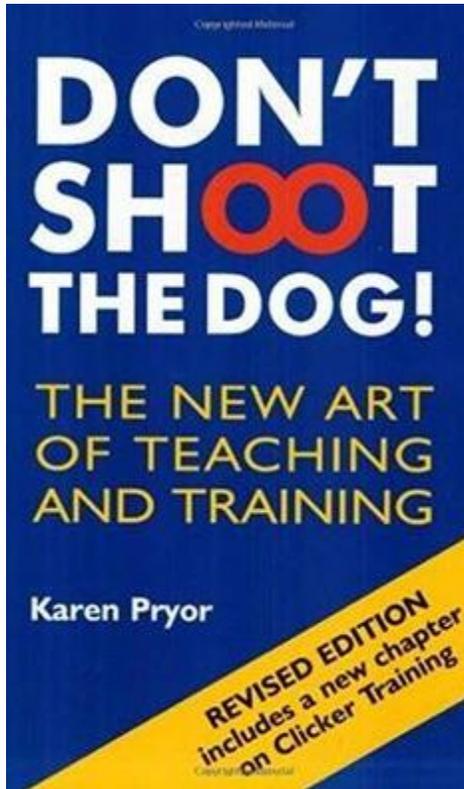
founder of Shelby Semel Dog Training. Each book on this list came highly recommended from at least two of the experts we surveyed.



***Perfect Puppy in 7 Days: How to Start Your Puppy Off Right,***  
**by Dr. Sophia Yin**

Veterinarian and animal behaviorist Dr. Sophia Yin, who passed away in 2014, challenged the once-prevalent notion that owners had to establish dominance over their dogs in order to ensure good behavior; she advocated for humane training through positive reinforcement, instead. Yin also wrote articles like this one, which Semel says is a must-read for new dog owners. It breaks down the differences between the two training styles and explains why most vets and trainers prefer the latter. Nearly all the experts we spoke with mentioned Yin’s books, especially the thorough and fully

illustrated *Perfect Puppy*. Semel recommends it for “teaching basic obedience, house training, and crate training.” Along with the step-by-step guidance, Fraser likes that “all of the training techniques in this book focus not only on helping you address common puppy issues, but on building a strong, positive, trusting relationship between you and your puppy.”



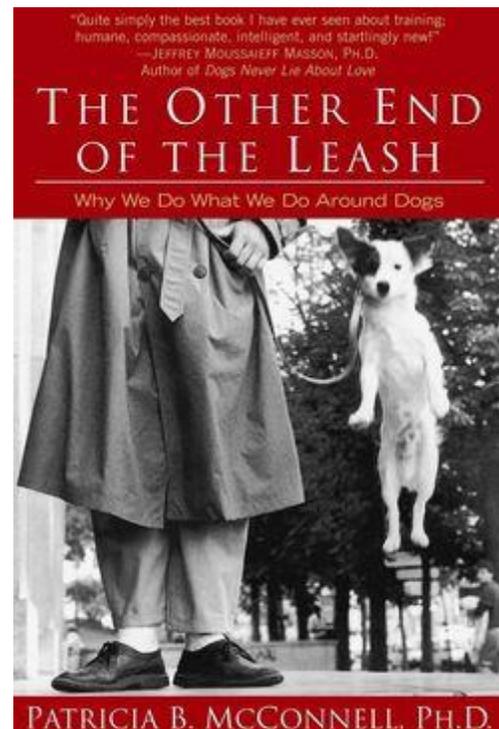
***Don't Shoot the Dog!: The New Art of Teaching and Training, by Karen Pryor***

Grossman calls trainer Karen Pryor's book the "canonical guide to positive reinforcement." Through universal principles that could also apply to raising children or building business relationships, Pryor explains how "affection training" is the best way to encourage behavior modification. Semel says, "I remember reading it before I became a dog trainer and thinking, 'Wow, that makes perfect sense. Why didn't we all think of this before?'" Pryor is an advocate for early puppy socialization, which is also supported by the American Veterinary Society of Animal Behavior. Semel also recommends [this article](#) from that organization. "It's written by vet behaviorists so they understand the medical side and the risks,

as well," she says.

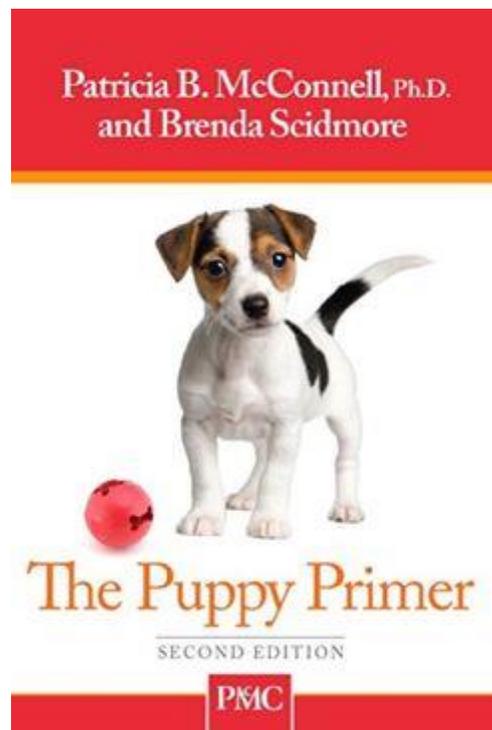
***The Other End of the Leash: Why We Do What We Do Around Dogs, by Patricia B. McConnell***

Zoologist and animal behaviorist Patricia McConnell's book is unique in that it's just as concerned with human behavior as it is with dogs' actions. "This is my absolute favorite dog book," says Fraser. "It focuses on communication: how dogs communicate, how people communicate, and the differences between them. All of her scientifically-backed information is interwoven with beautiful stories and personal experiences of her work with dogs and other species." Newman says



McConnell “backs up her philosophies with a deep knowledge not only of dogs and wolves but of animal behavior, communication, and psychology on the whole.” He also appreciates her “uncommonly nuanced discussion” of dominance training, in which she stresses the owner’s role as a “benevolent leader” rather than an aggressive alpha.

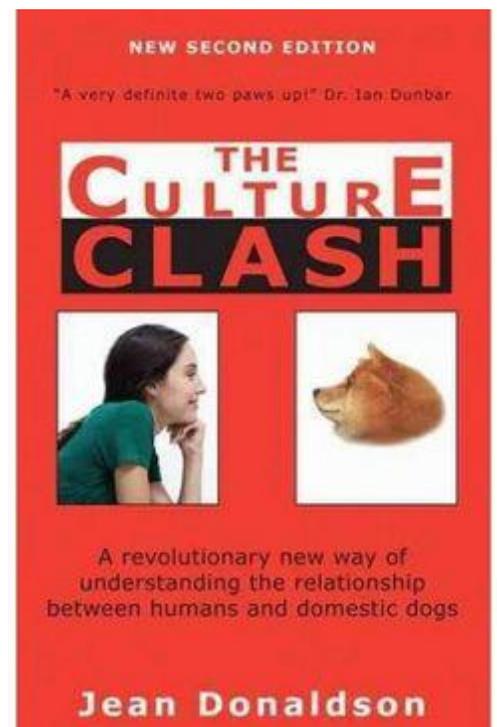
## ***The Puppy Primer*, by Patricia B. McConnell and Brenda Scidmore**



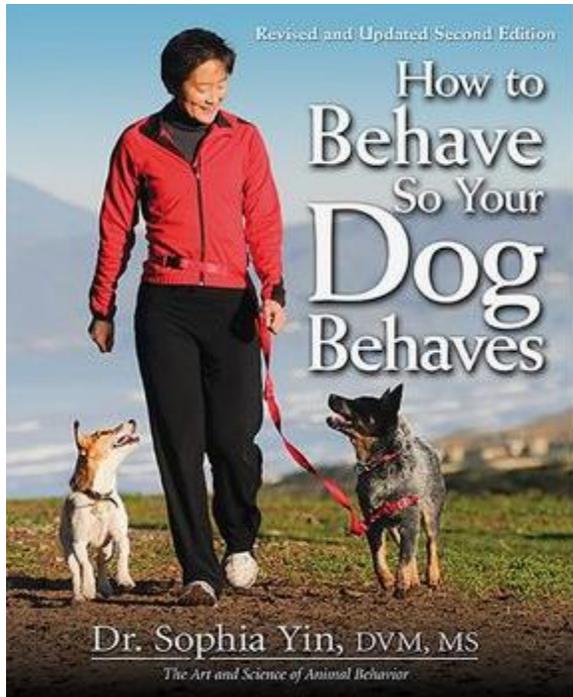
Also by McConnell, who is one of Semel’s favorite dog writers, *The Puppy Primer* (written with Brenda Scidmore) is one of the titles Grossman always suggests for new puppy owners because it focuses on “setting up a puppy for success and socialization during the crucial three-to-five month window where they’re most open to learning about living in our world.” Full of exercises for teaching dogs specific skills like learning to sit and stay, staying calm on walks, and crate training, it’s also the guidebook used by many puppy classes and obedience schools.

## ***The Culture Clash*, by Jean Donaldson**

In *The Culture Clash*, Jean Donaldson, founder of the Academy for Dog Trainers, examines the inherent differences between humans and dogs, and the trouble owners can find themselves in if they insist on anthropomorphizing their pets and assuming that dogs will act with the same rationales and motivations as humans. It’s “a philosophical look at



how people’s expectations of dogs have been unduly affected by popular culture’s depiction of them,” says Grossman. “She argues that too many dogs have suffered because we’ve projected our own ideas of morality and ethics onto them in order to explain their behaviors.” Donaldson’s dog training philosophy relies on the principles of operant conditioning, a learning style using rewards and punishments. Semel says it’s “a must-read for anyone really interested in behavior.”



## ***How to Behave So Your Dog Behaves, by Dr. Sophia Yin***

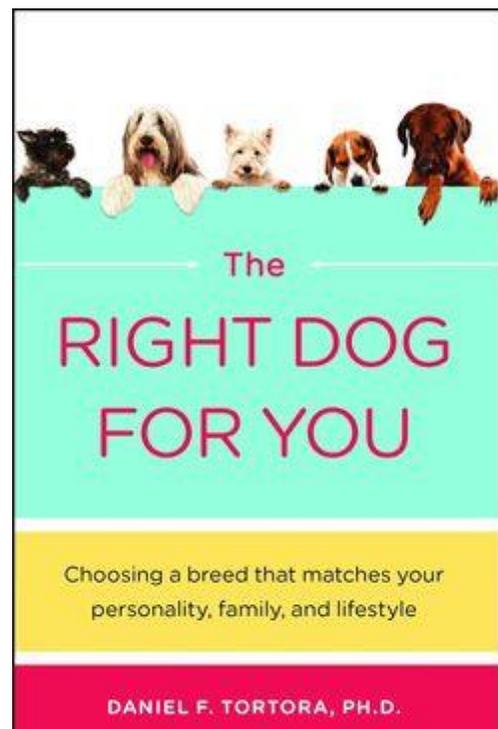
Another classic guide by Yin, who according to Semel was “pretty much a genius.” This book is one Fraser likes in particular for puppy owners, as it gives in-depth explanations of how dogs learn, socialize, and interact with humans as well as with other dogs. Yin’s exercises and instructions are all evidence-based and proven to help dogs and their people live in harmony.

Although these two

titles were only recommended by one expert each, we felt their deep dives into specific aspects of dog ownership made them warrant inclusion on our list.

## ***The Right Dog For You, by Daniel F. Tortora***

If you’re still deciding on what type of dog to bring home, Rollins says this is the primary book he’d recommend for guiding your decision. He says it’s essential for “understanding the temperament of the various

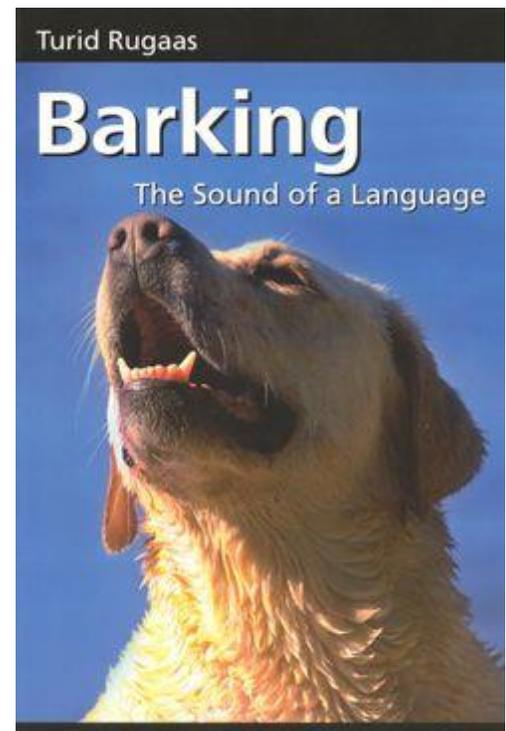




breeds and making sure you're choosing the right dog for your lifestyle." In the book, animal psychologist Daniel F. Tortora explains the characteristics and temperaments of over 100 different breeds across categories like sociability with children and strangers, territoriality, problem-solving ability, and learning rate. "There are so many different training methods and not everyone is aligned," says Rollins. "What's universal are the temperaments of dogs and what their purposes are." Knowing that hounds are bred to hunt prey by scent, for example, can help owners understand the motivation behind their pets' behavior.

### ***Barking: The Sound of a Language*, [by Turid Rugaas](#)**

Semel says her clients often think dogs only bark out of aggression, but as this book by trainer and behaviorist Turid Rugaas explains, there are actually six different types of barks. Among other emotions, barking can signify excitement or fear, and each type of bark calls for a different response. "I lend this to clients," says Semel. "It has a barking log and lets [owners] figure out why [their dogs are] barking and what to do about it.



# 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

Meeting Date August 18, 2022

The regular monthly meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden, at 7:06 p.m., on Thursday, August 18th, 2022, at Tautphaus Park in Idaho Falls, ID.

**Board Members Present:**

Lacey Moon Cheryl Loomis Suzanne Belger Nicki Bowden

**Members Present:**

Phil Moon John Baughman Duane Loomis LaDawn Moad Alicia Thompson

Makayla Summers Carl Friedrich Rosha Adams LaDawn Moad Bert Cape

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

Motion by LaDawn Moad to accept minutes as printed in newsletter

Seconded by: Duane Loomis

**Report of the President:** None

**Report of the Vice President:** None

**Report of the Secretary:** New books came in on Obedience Regulations from AKC. We will keep one on each ring table at obedience trials. Also, Lacey received an email about the August AKC board meeting with new regulations for tracking judges. Meeting minutes for the AKC board meeting can be found on the AKC website.

**Report of the Treasurer:** Suzanne Belger - YTD balance of \$119,271.71 and YTD profit of \$7186.76. We haven't paid any obedience bills yet so this will go down quite a bit. Costs for this trial are higher and the entries are lower. Reports filed with minutes and available via email if interested in viewing.

**Report of Committees:**

**Classes**– Heike wants us to pick dates for the winter session for classes. She'd like Tuesdays rather than Wednesday because of scheduling conflicts. It was decided to begin February 7<sup>th</sup> and run for 7 weeks with the 8<sup>th</sup> for CGC testing. Suzanne is going to look into getting the 4H building on Wednesday nights beginning February 7. We will continue to offer the same classes we do now. Two obedience, 2 rally, STAR puppy, scent work and trick dog will be offered (if we have enough volunteers for the classes). Nicki will send out an email to get volunteers.

**Nominating Committee:** Suzanne Belger, Makayla Summers, LaDawn Moad (and Rosha Adams nominating committee alternate). Nominations need to be in the October newsletter and voted on on the floor in October.

**Unfinished Business:** Nicki – we did get a space on Ammon road for the scent work and agility trailers. The two spaces we are renting are outside. We will get some tire covers for the trailers so the tires aren't exposed to the elements. We paid a couple more months' rent at our old storage unit until we can get in and get everything cleaned out. We will need a group together in September or October to clean them out and then we can cancel the rent completely. Nicki will send out an email to get people together to help. It will probably be that those who help can take some of the old unused equipment home.

**New Business: None**

**Membership Applications Read/Approved:**

Voting of new members: Frank/Rochelle Mason Tim/Amy Hall Tanya/Joey McRae Marie Smith

All applicants were unanimously voted into membership.

**Welcome to all new members voted in!!!**

Read: Anelyse Swenson (Dog: Juniper, Aspen)

**Motion for Adjournment:** Carl Friedrich

**Seconded by:** LaDawn Moad

**Time Adjourned:** 7:44 pm

Location of Next Club Meeting: **October 20<sup>th</sup> Place TBD** – Next Board Meeting: September 15<sup>th</sup> TBD