



# UPPER SNAKE RIVER VALLEY DOG TRAINING CLUB



## JUNE NEWSLETTER 2026

### President

Nicki Bowden  
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### Vice President

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### Treasurer

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### Secretary

Lacey Moon  
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### Board Members

Eric Ward (3 Years)  
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Christina Krieger (2 Years)  
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John Baughman (1 Year)  
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### Newsletter Editor

Shelby Tornblom  
shelbyrmoad@gmail.com

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

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### Regular Meeting

June 18, 2026

7PM

At Smitty's

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CGC is June 17, 2026, at 6PM

At Tautphaus Park

Volunteers are needed at 5:30PM

This is a great opportunity for membership  
hours!

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Our Club Picnic will be July 16, 2026

6PM at Tautphaus Park

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More Info to come!

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We are looking to fill a board position for the remainder of the year. If anyone is interested, please email Nicki at [nedwob88@gmail.com](mailto:nedwob88@gmail.com). The Board will vote on the new member at our next meeting.

## Member Accomplishments



Mozzie earned his Novice FAST Preferred Title and took 1<sup>st</sup> Place in his first Open Standard run! He also qualified for the Intermediate Parkour Title!



Itza earned her Open FAST Title!



Sherlock got a Best in Field and picked up a 5 pt major in lure coursing

## Best DIY Frozen Dog Treats

*By Stephanie Gibeault, MSc, CPDT*

When I was a child, I never ate an ice cream cone without giving the final bite to my dog. He loved sharing my cold treats, but at the time, I didn't realize it wasn't the best choice for his health. Ice cream can be hard for dogs to digest because milk and cream are the base of most ice cream recipes. And for some dogs, the lactose in dairy can cause stomach upset and other digestive issues like gas or diarrhea. Not to mention that too many sweet treats can lead to weight gain.

Instead of leaving your dog out of the frozen fun at the dinner table, family picnic, or trip to the beach, here are some recipes for ice cream alternatives that your dog is sure to lap up with joy. Feed these treats in moderation, adjust your dog's everyday food calories accordingly, and feel free to modify the recipes with other dog-safe foods.

### **Hide-and-Seek Ice Cubes**

Any dog-safe tasty liquid can be turned into a frozen treat. Simply pour into an ice cube tray and freeze so your dog can have a cube or two whenever you like. Consider your dog's taste buds and try something meat-flavored, like no-salt-added beef or chicken broth.

For an extra-special indulgence, create hide-and-seek treats. First, only fill the trays halfway before freezing the liquid. Once frozen, place a small treat like a blueberry or piece of freeze-dried liver in the middle of the cube, then fill the rest of the tray with the remaining liquid. Once the entire cube is frozen, there will be a tasty surprise waiting inside when your dog licks or chomps the ice.

For a longer-lasting treat, consider filling your dog's hollow rubber toy. (Just be sure to block all the openings but one before pouring in the liquid.)

You can use a hard treat like a dog cookie as a cork or plug holes with dog-safe peanut butter.) After filling, stand the toy upright in the freezer until the liquid has frozen. Not only will the chilly toy cool down your dog on a hot day, but the work it takes to get every last drop of broth will keep your dog occupied for longer than other types of treats and provide mental stimulation.

### **Soft-Serve Treats**

For an ice cream alternative with the same texture and consistency as the real thing, try blending frozen fruit with plain, unsweetened yogurt. Watermelon is safe for dogs and most pets love it, so it makes a perfect choice for this recipe. Cantaloupe chunks are another excellent option. Be sure to remove the rind from either melon, and always feed sweet fruit treats in moderation, taking the calories they provide into account with your dog's regular diet.



First, cut the fruit into bite-size chunks, removing any seeds as you go. Then place the fruit in the freezer for at least four hours until frozen. If you spread out the chunks on a cookie sheet or in a freezer bag, it will prevent them from freezing into a single clump. Once the fruit is frozen, place it in a food processor or blender with about  $\frac{1}{4}$  cup of plain, unsweetened yogurt for every 2 cups of fruit. Blend until smooth, tweaking the amount of fruit and yogurt until you have the thickness you would like. Place in a separate dog bowl, or on top of your dog's dinner, or stuff in a hollow rubber toy and serve right away. (For more of a challenge, stuff this mixture inside a hollow rubber toy, then pop it back in the freezer to solidify.)

Feeding frozen yogurt may seem no different than feeding your dog ice cream. However, unless they suffer from lactose intolerance, plain yogurt is safe to eat for most dogs. It's usually better tolerated than ice cream, and the bacterial cultures in yogurt are great for intestinal health. Just be sure to choose plain yogurt without any added flavors, fruit, added sugars, natural sweeteners, or artificial sweeteners. Read the label carefully to be sure the product does not contain toxic xylitol.

If your dog doesn't handle yogurt well, consider other options like lactose-free, dairy-based yogurt, or dairy-free yogurt made from plant products. Coconut milk can also be used if liquid is needed to thin out a recipe. Always read the label to avoid any unsafe additives or ingredients.

### **Dog-Friendly "Popsicles"**

For a frozen fruit smoothie on a stick, make bananas the foundation of your dog's treat. Slice a few bananas, then freeze the pieces for several hours. Next, mix the fruit with a few spoonfuls of plain yogurt in a food processor until you have a smooth base with the thickness of a milkshake.

Now you can blend in whatever mix-ins your dog would love. Consider bacon bits for a meaty treat, frozen strawberries and blueberries for a red, white, and blue celebration, or pumpkin puree. When all the ingredients are blended together, pour into ice pop molds or paper cups, then freeze.



To release the “popsicles” from the molds, let them sit at room temperature for a few minutes or run warm water over the mold for a few seconds. If you use paper cups, simply peel the paper off before serving. If you have a toy breed, try mini-water cups instead of full-size drinking cups.

Don’t use real, wooden popsicle sticks, which might be a choking hazard for your dog. Instead, try dog-safe alternatives. You can use bone-shaped dog biscuits, salmon skin treats, bully sticks, or any other stick-shaped, edible chew. For a safe yet non-edible stick, consider nylon chew bones. The stick will give your dog something to hold on to while licking and chewing the “popsicle.” Plus, chewing the stick will provide even more fun for your dog when the smoothie is gone.

### **Cold and Sticky**

Peanut butter is safe for dogs and unsalted, no-sugar-added varieties are a great addition to frozen dog treats, so long as you read the label to confirm there’s no xylitol listed. The stickiness of the peanut butter gives recipes a

thick, ice-cream-like texture. Mix a small amount with plain yogurt and fruit, or blend it with mashed bananas to add extra flavor and density to the final treat. If the peanut butter is too thick for the blender, warm it first or add some liquid such as meat broth to the mix.

You can also make peanut butter the star ingredient. Simply layer peanut butter in the bottom half of ice cube trays, ice pop molds, or paper cups. Then top off with a layer of yogurt or meat broth and freeze. Pop the layered frozen treat out of the tray or mold or peel off the paper cup before serving.

For fun icy treats, consider using silicone baking molds in exciting shapes like dog bones or dinosaurs. The peanut butter should slide right out of the mold once it's frozen, and your dog will love cooling down with a cold and sticky treat.

## **April and May Meeting Minutes**

### **USRVDTC REGULAR MEETING MINUTES**

Meeting Date April 16, 2026

The regular monthly club meeting of the Upper Snake River Valley Dog Training Club was called to order by President, Nicki Bowden, at 7:04 p.m., on Thursday April 16, 2026, at Smitty's Restaurant in Idaho Falls, ID.

#### **Board Members Present**

Nicki Bowden      Suzanne Belger    Richard Brizzee Eric Ward      Christina Kreiger

#### **Members Present:**

Stephanie Dillon Lyla Whitmeyer Jennifer Whitmeyer Candace Christensen Cheryl Loomis Duane Loomis      AJ Morin Nicole Nead Tiffany Stolworthy Elise Stolworthy Jennifer Evans Alisha Thompson Lainey Kunsaitis Marissa Butikofer Megan Wenstrom Anna Wetsel Sierra Ward Dave P'Pool Kelly P'Pool

**Minutes of Previous Regular Meeting Read/Dispensed:** Printed in March newsletter.

Motioned by Richard Brizzee to accept minutes as printed in March Newsletter.

Seconded by Stephanie Dillon.

**Report of President:**      none

**Report of Vice President:** none

**Report of Secretary:** none

**Report of Treasurer:** YTD Balance of 103,655.37 and YTD net profit of \$752.74

Reports filed with minutes and available via email if interested in viewing.

#### **Report of Committees:**

**Agility Trial** – Suzanne – Trial went well, everyone loved the new location and we made about \$1,600.

**Scent Work Trial** – Nicki – Everything on track for June trial at the Blackfoot Cluster. Will email details for volunteers as it gets closer.

**Training Classes** – Obedience, Star Puppy and Fit Class started last night (April 15)

**Agility Classes** – Alisha – Agility classes will be starting on June 17<sup>th</sup> and will run 8 weeks.

**Membership Applications Read/Approved:**

Read In:

Elyse Nelson - Australian Sheperd Mix - Bluefly ([nels.elys@sd91.org](mailto:nels.elys@sd91.org))

Voted in:

Kelleen Minor - Australian Cattle dogs - Pink and Gin ([kaquatics@aol.com](mailto:kaquatics@aol.com))

Marissa Butikofer - All Americans - Pheobe and Maverick  
([landrummarissa@gmail.com](mailto:landrummarissa@gmail.com))

Welcome to the Club!!!

**Unfinished Business:** none

**New Business:** none

**Motion for Adjournment:** Stephanie Dillon

**Seconded by:** Alisha Thompson

Closed at 7:20 p.m.

## **Board Meeting 5/28/2026**

Board Members Present:

Nicki Bowden

Eric Ward

Suzanne Belger

Richard Brizzee

Christina Krieger

General Members Present:

Cheryl Loomis

Duane Loomis

Lonnie Lewis

Meeting called to order at 7:12 pm

Previous meeting minutes approved (all in favor)

Motion: Richard Brizzee

Second: Eric Ward

Reports:

President: AKC recommends checking the Corresponding Date Chart for 2027 trials. They will all be a week later in 2027.

Vice President: Picnic is scheduled for July 16, 2026 at shelter 3. Planning on club purchasing fried chicken and members bring potluck.

Secretary: No report

Treasurer: Club has a networth of \$104084.54 (reports attached)

Committees:

Obedience Training: Classes are going well ending date will be extended to June 17, 2026

CGC: Next CGC test will be June 17, 2026 setup at 5:30 pm

Seminars: Scentwork seminar will be July 25-26, 2026, location has been secured.

Old Business: None

New Business:

AKC delegate - Nicki will reach out to AKC for volunteers, if not we will appoint a current club member as our delegate

Discussed replacing John Baughman due to health issues.

Meeting adjourned at 0730 pm (all in favor)

Motion: Richard Brizzee

Second: Christina Krieger