



January 2015



# Heel And Sit News

NEWSLETTER OF THE GREAT SALT LAKE DOG TRAINING CLUB

What's Happening.....

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NEW

Y E A R!!!!

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## Remember Awards Banquet is Jan 31, 2014

Club will provide Prime Rib, and drinks, everyone please bring a side dish to share. Cost is \$10.00 per person, to cover the cost of the prime ribs. The Awards Banquet will be at 6 pm, dinner served after the Awards.

**Bicentennial Indoor Pavilion  
530 East 8680 South, Sandy, UT.**

**You MUST make a reservation for the Awards dinner.** Please email or call Michelle @hippoml@yahoo.com , 801-541-1207 or Stephanie @dashitall@netzero.com, 801-967-9705,  
**Deadline for reservations are Jan 15, 2015**

Don't forget to fill out the Awards Application form on page 8, for ANY titles, certificates and awards your dog/s have earned in 2014, please fill out 1 form per dog and send to Catherine. Address is on the form. **Deadline to get forms to Catherine to be honored at the Awards Banquet is Jan 15, 2015**

**Your Awards Application submittal does NOT give you a reservation for dinner. You MUST call or email Michelle or Stephanie above for your dinner reservations.**

## Have you forgotten to turn in your membership renewal?

Renewals were due Dec 31, 2014. IF we have not received your renewal by Jan 31, 2015, you will NOT be listed as a member for the 2015 year. Please get your renewals in!

If you need the renewal form, please email me at wasatchmntnvizslas@gmail.com and I will get it over to you.





## Did you know.... The Great Salt Lake Dog Training Club will be celebrating it's 53rd year in 2015?

The following is the first installment of The Beginnings with the Great Salt Lake Dog Training Club. A story written by Wendy McCleery . We will have more of her stories and hopefully other long time members in future issues and more on the beginnings of the club itself.

### Sunny Days at Sunnyside in 1965!

By Wendy McCleery

When I was 10 years old, my dad bought me a cute Beagle puppy. Not that my mother was thrilled with the idea, but she went along with it. Well this darling little puppy was a bit naughty to say the least.....as Beagle puppies usually are.

My dad was CWO4 Gordon Nielson of the Utah National Guard and was in charge of personnel at the Sunnyside Armory on Sunnyside Avenue in Salt Lake City.

My dad suggested one night, as our frustration level was high, that there were some people at the Armory that trained dogs on Wednesday night and that it would probably be a good thing if we took our sweet Beagle to a training class. So off we went to our first 8 week course with Great Salt Lake Dog Training Club.



As a 10 year old with my first dog I was more than a bit overwhelmed

with my first night of class, but vowed to not give up. My first instructor was Melva Ward. Melva was a task master and an awesome instructor. I doubt any dog ever got the better Melva. Melva much to my good fortune decided to make me her project and was determined to help me with my Beagle and make him the proper citizen.



It was my good luck that many of the members of Great Salt Lake Dog Training Club were going to make sure that I succeeded! So began the many classes with many instructors that were NOT going to let me fail. My next class was with Edna Bennett.....a little fireball of a lady that was the true backbone of GSLDTC.

Sandra Ball was her assistant and trust me when I say I was held accountable if I didn't practice at home with my dog.

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And so I did practice very, very hard because I wanted them to know how much I valued their patience and persistence.

I am very fortunate to have known and worked with the founders of Great Salt Lake Dog Training Club. This group of people was totally dedicated to making sure that the general public could have a soundly well trained dog that they could enjoy for a lifetime and as part of their process they wanted to make it fun and rewarding to exhibit a dog at an obedience trial. Back then the emphasis was not on the score, the emphasis was on if you qualified.



Not Wendy's 1st, but a current named Maddi, at 5 weeks old. Photo taken by Wendy's daughter in law, Leslie McCleery

The people that formed my beginnings as a true dog person were, Edna Bennett whose breed was Maltese, Melva Ward breeder of Miniature Pinschers and several other breeds, Chick and Sandra Ball who had Golden Retrievers. Elsa and Charlie Allison breeders of Dobermans but later Elsa had her comeuppance with a Beagle named Jupiter. Don and Hazel Young breeder of English Springer's.

Tune in next month for another installment.....



**To our newest Lifetime members!!!**

**Janet Moffitt**

**Kathy, Rick and Robbie Gowers**

What an outstanding achievement! How can you become a lifetime member? Lifetime membership status is achieved by maintaining membership for 20 consecutive years. If you allow your membership to lapse, you start all over. :( So HUGE congratulations to Janet Moffitt and the Gowers family! I would also like to highlight ALL of our Lifetime Members. The club wouldn't be were it is without the dedication and support from you and all of our members!

Sandra Ball	Donna Eliason	Josephine & John Kramer	Alice & Bob Reis
Cynitha Barnes	Marlene Fairchild	Geoff & Kris Leonard	Elaine Rosenbury/Fisher
Kristy Bartley	Susan Fakkema	Wendy & Jeff McCleery	Evelyn Schmidt
Patty Biggins	Mary Foyle	Janet McEntee	Don Sellers
Judy Boles	Shauna Gourley	Tom & Linda McLelland	Robin & Lily Sitar
Richard Brandt	Jan & Jeff Hansen	Jim Melton ,Barbara Edelberg	Jack & Donna Smith
Mary Jo Burgess	Dorathy & George Hart	Tony Moore	Katie Tidwell
Don Burright, Marcy Starnes	Cindy Herl	Ernie & Ray Moss	Ray & Margret Varnackas
Lou Carlson	Nicky Higgins	Ron & Blanca Mutz	Elaine Wallace
Lynn Conger	Barbara Honeycutt	Heather Naegle	Dan Wheeler
Cathy Crawford	Pegge Jay	Cris & Kristie Rasmussen	
Doraine Edwards	Phyllis & Jerry Jones	Jan & Frank Redding	

## Have you heard????

Our guest speaker for the Jan General Meeting will be Laurie Croswell, an animal massage therapist. So mark your calendars, January 26, 2015 at 7 pm. Our general meetings are held at the Columbus Center. 2530 South 500 East (in the gym)—Salt Lake City, UT

Since many may not know how good animal massage can be for your pet, I have included the below article. Hopefully you will come join us at the meeting to see and hear more on how massage could benefit your 4 legged friend.

### Five Benefits of Dog Massage

by K. GARLAND



The benefits from massage can be evaluated in many ways. Obvious mobility improvement can provide a measurable indication. But massage and other touch therapies can work in other ways which can be more difficult to quantify. For instance, how do you see the rush of body fluids washing your dog's internal world, flushing toxins and strengthening his immunity? Not only can canine massage provide your dog with relief from physical pain, but also it can also alleviate the trauma of emotional stress. And stress can contribute to a varied array of illnesses. Let's look at a few of the benefits of massage for your dog.

#### Alleviates Muscle Restrictions

Dogs experience the same muscle knots and restrictions as people do. Dog Massage can loosen and separate sticky muscle fascia (or connective tissue). This allows fluids to pump through the area more easily and decrease pain. Massage can also balance muscle tone for flexibility around the body joints. When my dog was experiencing initial signs of a luxating patella, strengthening the muscles around his knee through massage, supplements, and proper nutrition provided a stable "harness" around his joints.

#### Circulates Body Fluids

Dog Massage stimulates the movement of bodily fluids like blood, water, and lymphatic fluids. If your dog has just undergone surgery, massage can move the anaesthesia or sedation more quickly through the body allowing for a shorter recovery period. Massage helps flush and release stored toxins from the body enabling your dog to recover more quickly from illness. The circulation of lymphatic fluids can activate healing and strengthen your dog's immune system.

#### Speeds Recovery from Surgery or Illness

High energy dogs and dogs active in agility can be prone to repetitive stress injuries and joint traumas. Cruciate ligament ruptures in the knee joint (also known as CCL or ACL injuries) or patellar luxation can cause stress for both your dog and you. Major surgery with sometimes lengthy recovery times is generally the treatment option for the dog. To speed healing and shorten the recovery period, animal massage both before and after the surgery can be beneficial. Long, fluid effleurage strokes will prevent body fluid stagnation while the dog is kept immobile during the first few weeks after surgery. Massage techniques can also encourage fluid movement to address constipation and digestive issues which may occur following surgery. Passive Range of Motion (or P-ROM), which guides the dog's limbs slowly through normal movement patterns, is one useful technique to use while the dog is inactive during the recovery phase.

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### Beneficial for Senior Dogs

As dogs grow older, they develop conditions associated with the normal aging process. Arthritis and hip dysplasia can contribute to a loss of mobility, especially for bigger breeds. Animal massage can increase movement and flexibility for geriatric dogs creating a better quality of life.

### Reduces Stress

When your dog experiences massage, special “feel good” hormones called endorphins are released throughout his or her body. Your dog becomes calm and relaxed, which, of course, is

optimal for maintaining good health. If you’ve read the book *When the Body Says No* by Dr. Gabor Mate, you’ll know how insidious stress is and how many diseases are born from the daily onslaught of stressful living. The same is true for our dogs. Massage brings our dogs back to that state of calm where the body can mend and recover from hard exercise or initial stages of dis-ease.



## Peanut Butter & Banana Dog Treats

### Ingredients:

1 banana, peeled

1 cup oat flour

2/3 cup rolled oats

1/2 cup dried parsley (for fresh breath)

2 tablespoons peanut butter

1 egg beaten

Preheat oven to 300°F. Put banana in a large bowl and use a spoon or potato masher to mash it thoroughly. Add oat flour, oats, parsley, peanut butter and egg and stir well to combine. Set aside for 5 minutes.

Roll mixture into 24 balls, using about 1 tablespoon dough for each; transfer to a large parchment paper-lined baking sheet. Use the back of a spoon or the heel of your hand to press each ball into a (1 1/2- to 2-inch) coin. Bake until firm and deep golden brown on the bottom, 40 to 45 minutes. Set aside to let cool completely.

Storage note: It's best to store these in an airtight container in the refrigerator. Or, freeze them to give to your pal later; just be sure to thaw the treats before handing them out.

### Nutritional Info:

**Per Serving:** Serving size: 1 each, 45 calories (15 from fat), 1.5g total fat, 0g saturated fat, 10mg cholesterol, 10mg sodium, 6g carbohydrate (1g dietary fiber, 1g sugar), 2g protein



## Proposed Board Meeting Minutes of Nov 2014

### Great Salt Lake Dog Training Club Dec 15, 2014 Board Meeting

#### Attendance:

Board Members: Judy Campbell, Wendy & Jeff McCleery, Michelle Larsen, Tom McLelland, George & Dorothy Hart, Donna Smith, Catherine Beattie, Darlana Quinn, Jeanne Rankin

Excused: Bob Elder, Stephanie Evans, Christine Wright, Penny Morrison

Guests: Linda McLelland, Jack Smith, Brandon Beattie, Rich & Irene Lokcik, Robin Rankin

Meeting brought to order @ 6:23 pm

Minutes of Nov 2014 Board meeting approved with 2 corrections: 1- Correct Marie Welch to Marie Walsh. 2 - I left a name off the Audit Committee. The Audit committee consisted of Rich & Irene Lokcik and Linda McLelland

Michelle 1<sup>st</sup> – Donna 2<sup>nd</sup>

#### President's Report:

Still pulling information and costs together for the insurance policy for the Board Members.

#### Executive Secretary's Report:

Nothing at this time

#### Home Secretary Report:

Nothing at this time.

#### Treasurer's Report

Everything is paid to date.

#### Vice President's Report:

Absent, but has secured the Jan 2015 General Meeting guest speaker. It will be Laurie Crowell of Equisan, Animal Sports Massage Therapy.

If anyone has ANY suggestions, topics or persons they would like to see speak/present at any of our General Meetings, Please contact Penny@ pennlcm@yahoo.com.

#### Show Report:

Nothing at this time

#### Training Report:

Next sign up is Jan 7th, 2015 with classes starting Jan 14.  
Have had many calls regarding next classes, time and place.

#### Hospitality:

Next event is our annual Awards Banquet. Jan 31, 2015. Club will provide Prime Rib, and drinks, everyone please bring a side dish to share. Cost is \$10.00 per person, to cover the cost of the prime ribs. The Awards Banquet will be held at the Bicentennial Indoor Pavilion located at 530 East 8680 South, Sandy, UT **You MUST make a reservation for the Awards dinner**. Please email or call Michelle @hippoml@yahoo.com , 801-541-1207 or Stephanie @dashitall@netzero.com, 801-967-9705, **Deadline for reservations are Jan 15. 2015**

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**Trophy Report:**

Award Application forms has started to come in. Deadline to get forms submitted is Jan 15, 2015, New medallions have been ordered.

**Committees:**

Advertising – Website updated

Agility – Classes will start up in Feb, indoors. New cones with numbers have arrived.

Obedience – All good until May 2015

Rally –Ditto on above.

Tracking – Sent the TD Judging schedule to the AKC

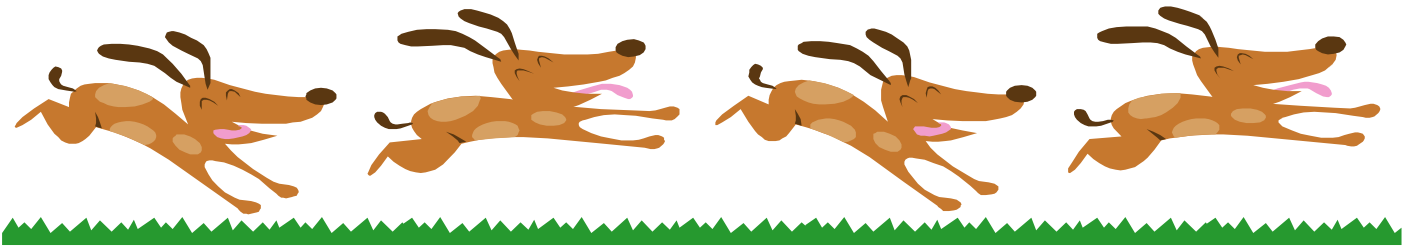
**Old Business:** None

**New Business:** None

**Next Board Meeting:** Jan 19, 2015 @ Judy Campbell's – 7:30pm

**Next General Meeting:** Jan 26, 2015 @ Columbus Center (in the Gym) – 7:00pm

Motion made to adjourn Donna1<sup>st</sup> – Michelle 2<sup>nd</sup>



**Member's Page**

*Our next class sign ups are Jan 7th with classes starting Jan 14th. If you missed sign up, contact Wendy McCleery at [happytails8@comcast.net](mailto:happytails8@comcast.net) to see if there is an opening for you.*

Submitted by **Linda Cornella** I wanted the members of the club to know I am selling dog beds. This dog bed can be fit for all breeds, it comes with different fabric, colors, sizes, indoor, outdoor and so forth. [www.dogbed.us/17992](http://www.dogbed.us/17992) or 800-752-5308 ext.103 (Kuranda Dog Beds) Here is the information all you have to do is place orders on this website or over the phone [www.dogbed.us/17992](http://www.dogbed.us/17992) ask for Beth Klein



From Darlana Quinn: Interested in UKC Nosework trials? There is a group who is trying to bring UKC Nosework trials to Utah. You can find them on Facebook here.

<https://www.facebook.com/groups/utahukcnoseworkclub/>



Also don't forget that the Great Salt Lake Dog Training Club also has a Facebook page. You can find us here:

<https://www.facebook.com/GSLDTC>

*Awards Application Form*

Please use this form to apply for awards for any AKC or AMBOR titles you earned in 2014, and to apply for recognition of any non-AKC titles you earned (i.e., ASCA, UKC). Use one form per dog for any and all titles that dog earned. If the title earned is not on the abbreviation list, please write out the title name and the abbreviation. Also whether it is an AKC, UKC, NAVHDA, etc title.

Please be sure to get this form to Catherine Beattie, 1749 Lyndi Lane, Saratoga Springs, UT 84045, by **Jan 15, 2015**. You can contact Catherine at 801-450-0804 or [mcbride.catherine@gmail.com](mailto:mcbride.catherine@gmail.com). **Please Print!**

Your name: \_\_\_\_\_

Dog's registered name: \_\_\_\_\_

Dog's call name: \_\_\_\_\_

Breed of Dog: \_\_\_\_\_

Title(s) Earned: \_\_\_\_\_

#### Title Abbreviations

The AKC offers many titles in several events. Dogs who achieve them are entitled to have them listed on pedigrees, certificates, and in event catalogues. These titles become an official part of a dog's record with the AKC. Listed below are **some** of the various AKC titles with their abbreviations:

#### As a Prefix (before the name)

AFC Amateur Field Trial Champion  
Ch. Champion (conformation)  
CT Champion Tracker (TD, TDX & VST)  
DC Dual Champion  
FC Field Champion  
GCH Grand Champion  
HC Herding Champion  
MACH Master Agility Champion  
NAC National Agility Champion  
NAFC National Amateur Field Champion  
NFC National Field Champion  
OTCH Obedience Trial Champ  
PACH Preferred Agility Champion  
TC Trip. Ch (Ch, FC, OTCH)

#### As a suffix (after the name)

AJP Excellent Agility Jumpers w/weaves  
AX Agility Excellent  
AXJ Excellent Agility Jumpers  
AXP Agility Excellent A Preferred  
BN Beginner Novice  
CA Coursing Ability  
CAA Coursing Ability Advanced  
CAX Coursing Ability Excellent  
CD Companion Dog  
CDX Companion Dog Excellent  
CGC Canine Good Citizen  
CGCA AKC Community Canine

GN Graduate Novice  
GO Graduate Open  
HI Herding Intermediate  
HT Herding Tested  
HX Herding Excellent  
JC Junior Courser  
JE Junior Earthdog  
JH Junior Hunter  
JHA Junior Hunter Advanced  
LCX Lure Courser Excellent  
MC Master Courser  
ME Master Earthdog  
MH Master Hunter  
MHA Master Hunter Advanced  
MJP Master Excellent Jumpers w weaves  
MX Master Agility Excellent  
NA Novice Agility  
NAJ Novice Agility Jumpers  
NAP Novice Agility Preferred  
NF Novice FAST  
OA Open Agility  
OAJ Open Agility Jumper  
OF Open FAST  
OFP Open FAST Preferred  
PAX Preferred Agility Excellent  
PCD Pre-Companion Dog  
PCDX Pre-Companion Dog Excellent

PUTD Pre-Utility Dog  
RN Rally Novice  
RA Rally Advanced  
RE Rally Excellent  
RAE Rally Advanced-Excellent  
SC Senior Courser  
SE Senior Earthdog  
SH Senior Hunter  
SHA Senior Hunter Advanced  
T2B Time to Beat  
TD Tracking Dog  
TDU Tracking Dog Urban  
TDX Tracking Dog Excellent  
THD Therapy Dog Title  
UD Utility Dog  
UDX Utility Dog Excellent  
VST Variable Surface Tracker  
Versatile Companion Dog  
Versatile Comp. Dog 1-4 (VCD1-4)  
XF Excellent FAST  
XFP Excellent FAST Preferred  
FDCh Flyball Champion  
RATN Novice Barn Hunt  
RATO Open Barn Hunt  
RATS Senior Barn Hunt  
RATM Master Barn Hunt



# Great Salt Lake Dog Training Club

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## 2015

### Schedule of Trials and Tests



#### TDX Test

Sunday, April 19, 2015

Plot Saturday, April 18, 2015

Entries close Wednesday, April 8, 2015

Vernon, UT

#### TD Test

Sunday, May 10, 2015

Plot Saturday, May 9, 2015

Entries close Wednesday, April 20, 2015

Vernon, UT



#### AGILITY/OBEDIENCE/RALLY TRIALS

September 10, 11, 12 and 13, 2015

Thursday, Friday, Saturday and Sunday

Agility Trial x 4 days

Friday, Saturday and Sunday

Obedience Trial x 3 days

Rally Trial x 3 days

Held with Bonneville Basin Kennel Association

Farmington, UT

#### VST Test

Sunday, October ?, 2015

University of Utah Campus

Date will be announced after University of Utah football schedule is finalized



**Disclaimer**      *"Heel And Sit News"* is mailed by the 10th of each month. Deadline for submission of articles and information for that issue is the 1st of the month. Opinions expressed in *"Heel and Sit News"* are not necessarily those of the Great Salt Lake DTC, the Staff, or the Board of Directors. Articles appearing in *"Heel and Sit News"* may be reprinted, provided credit is given the author and source. Materials submitted for publication in *"Heel and Sit News"* will be kept for 30 days following the mailing of the issue in which they appear. Following publication, materials will be discarded unless otherwise requested at the time of submission.

Please send submissions and Letters to the Editor, Judy Campbell 14008 Point View Court, Draper, UT 84020 or E-mail wasatchmntvizslas@gmail.com or contact Marlene Fairchild @MFSAMMYDOG@AOL.COM.

For address changes, please notify Judy Campbell, at above.

website: www.gsldtc.com

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Vice President:	Penny Morrison

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Home Secretary  
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Hospitality  
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Agility  
Tracking  
Obedience

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