

## What's Happening.....

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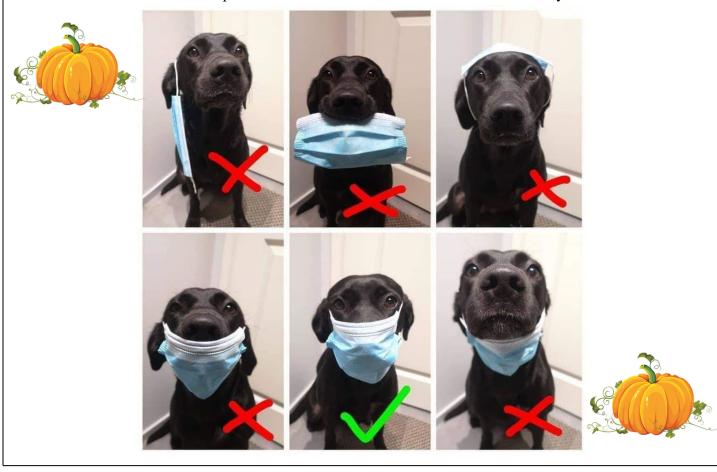
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Teaching dogs and their humans since 1962.

## The November Obedience and Rally Trials

If you haven't heard yet, these trials were cancelled. It was a hard decision, and the board made this decision with our members, volunteers, exhibitors and our traveling judges in the forefront of their minds. With the COIVD cases increasing as high as they were/are, it was the right decision. This virus has gotten out of hand and way to many families have suffered a loss of a family member/s. If we want 2021 to be better than 2020, it's up to us to help get this virus contained. I am sure you all have heard and or listened to the Governor's speech on Sunday evening and then again Monday morning. Finally a Mask Mandate, better late than never, if we all choose to think of those we come in contact with and just wear a mask, a small dent will soon increase to a large change and decrease in cases. If you are one who feels your constitutional right is being taken away by the government requiring you to wear a mask while out in public, are you one who doesn't wear a seatbelt, place your child in a carseat? It's the same thing, government requiring you to do something to save YOUR or someone else's life. Get over it and just wear a mask.... PLEASE!! Here are some samples of how NOT to wear a mask and the correct way.

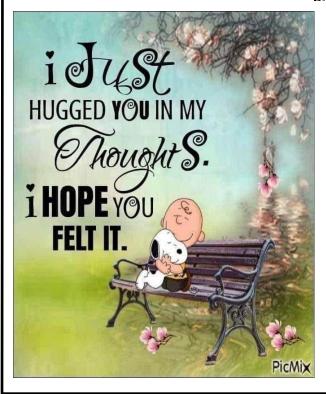


# The Board would like to send out a HUGE Thank You to Deb Nendell.

As you have all read on the previous page our November Obedience and Rally trials were cancelled due to the surge of COIVD cases. Deb Nendell has been the Secretary for the trials for several years now, putting in many hours of time creating the premium lists, colleting entries/monies, and putting together the judging program as the entries have closed. This November trial was one of the highest number of entries for our club. We were all excited! The decision was made to cancel the trials a week before the show. Deb had the daunting task of sending personal emails out to each exhibitor explaining the cancellations and then following up with mailing the entries fees back to all. A lot of time and effort was spent by Deb in doing all of this and we want you to know Deb, we APPRECIATE YOU!!









## 10 Science-Based Benefits of Having a Dog

By Kaitlyn Arford Oct 20, 2020

Unconditional love. Devoted companionship. Constant entertainment. Most of us dog lovers know that life is better with a dog. But is that knowledge based on a feeling—or is there something else at work? There is: Science.

Spending time with canine companions does wonders for your wellbeing. Recent research shows that owning a dog is good for you physically and emotionally. Dogs make us happier, healthier, and help us cope with a crisis—and can even help you get a date. Read on for 10 science-backed benefits of having a dog.



## 1. Dogs make us feel less alone.

Dogs can be there for you even when people can't. They offer unconditional love, emotional support, and constant cuddles that help stave off social isolation. A small Australian study discovered that dog ownership reduces loneliness.

A national survey of pet owners and non-pet owners by the Human Animal Bond Research Institute found that 85 percent of respondents believe that interaction with pets reduces loneliness. Most agree that human-pet interactions can help address social isolation.

## 2. Dogs are good for your heart.

Owning a dog can help you live longer. A comprehensive review of studies published between 1950 and 2019 found that dog owners had a lower risk of death. Studies suggest that dog owners have lower blood pressure levels and improved responses to stress.

Even just living with a dog makes a difference—people who had experienced previous coronary events had an even higher level of risk reduction for death. Research has concluded that the bond between humans and dogs reduces stress, which is a major cause of cardiovascular problems.



## 3. Dogs help you stop stressing out.

Your canine companion can offer comfort and ease your worries. Multiple studies show that dogs and therapy dogs help alleviate stress and anxiety.

Even just petting a familiar dog lowers blood pressure, heart rate, slows breathing, and relaxes muscle tension. Scientists at Washington State University discovered that just 10 minutes petting a dog can have a significant impact. Study participants had a significant reduction in cortisol, a major stress hormone.

## 4. Dogs help us cope with crisis

Dogs help us recover psychologically from a crisis. Purdue University's College of Veterinary Medicine discovered that military veterans with PTSD do better both physiologically and psychologically when they have a service dog. Veterans with a service dog had significantly fewer symptoms of PTSD and showed improved coping skills.

## 5. Dogs encourage you to move.

Those long treks along sidewalks, trails, and paths add up. A 2019 British study discovered that dog owners are nearly four times more likely than non-dog owners to meet daily physical activity guidelines. Dog owners spend nearly 300 minutes every week walking with their dogs. That's 200 more minutes walking than people without a pup of their own.

## 6. Dogs make you more attractive—even virtually.

If you're looking for a date, it might be time to get a dog. A dog's presence may make people appear more likeable and attractive.

In a series of studies, men were more likely to get a woman's phone number when they had a dog with them. In another study, researchers asked individuals to rate people in photographs and found that people looked happier and more relaxed when they appeared with a dog.

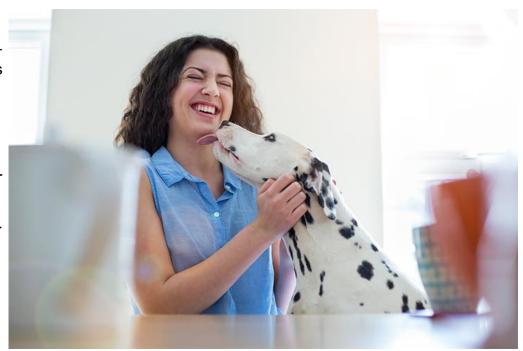
A study by Pet Wingman found that men and women swipe right more when they include a profile photo of their pup. Women benefited more than men with dogs in their profiles. (And finding Fido photos on your camera roll shouldn't be a problem—a study found that 65 percent of dog owners admit to taking more photos of their dog than their significant other.)

## 7. Dogs make us more social.

Walking with a canine companion can make us more approachable and give people a conversation starter. Think about how many times you've talked with other people, whether they're your neighbors or new friends at the dog park.

Researchers have found that about 40 percent of dog owners had an easier time making friends. Dogs are the perfect way to get to know strangers and form new friendships.

A study at the Cummings School of Veterinary Medicine at Tufts University concluded that people who have a strong attachment to a pet feel more connected in their human relationships and their communities.



## 8. Dogs are so adorable they make us love them

There's a reason why puppies are so irresistible: a dog's facial features possess an "infant schema." These "social releasers" trigger an innate caregiver response in humans. So the next time you can't stop watching that dog video, know those big eyes and floppy ears are scientifically appealing.

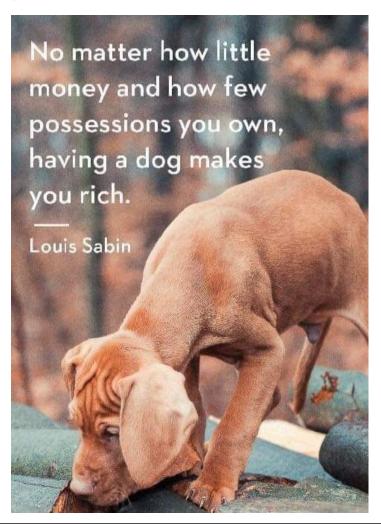
## 9. Dogs make us happier

Just looking at a dog can lift your spirits: a 2009 study in Japan found that staring into your dog's eyes raises your level of oxytocin, also known as the "love hormone." Besides the general health benefits of owning a dog, they are natural mood boosters. Those with AIDS are less likely to suffer from depression if they own a pet, according to a 2017 study.

## 10. Dogs help seniors with cognitive function and social interaction

Studies exploring the effects of dogs on seniors found positive results. One study found that pet therapy improves the cognitive function of residents with mental illness in long-term care. Another showed significant decreases in agitated behaviors in seniors with dementia and improved social interactions.

A four-footed best friend provides unconditional love and support, which is especially important during tough times. Though people may think we're taking care of our canine companions, it's mutual: Dogs take care of us, and science confirms it.



## **GSLDTC 2020 Schedule of Events & Trials**

## **AKC Temperament Test—POSTPONED New Date Added**

New DATE Tuesday, Sept 22, 2020 - 2 tests that night National Guard Armory, West Jordan, Utah Premium List is on our website under Upcoming Events

## Beehive Cluster/Intermountain KC & Utah Valley KC—CANCELLED

April 30, May 1, 2, 3, 2020 Equestrian Center South Jordan, Utah

## **TD Test (Tracking Dog)**

Sunday, May 10, 2020
Plot Saturday, May 9, 2020
Entries close Wednesday, April 29, 2020
Saratoga Springs, Utah
Premium List is on our website under Upcoming Events

## **Scent Work Trial**

Summer 2020 Dates to be Announced
National Guard Armory
West Jordan, Utah
Premium List is on our website under Upcoming Events

## **Agility/Obedience/Rally Trials**

September 11, 12, and 13, 2020
Friday, Saturday and Sunday
Agility Trial x 3 days
Obedience Trial x 3 days
Rally Trial x 3 days
Held with Bonneville Basin KA
Farmington, Utah

Premium Lists is on our website under Upcoming Events

## Combined VST/TDU Test (Variable Surface/Tracking Dog Urban) This event has been cancelled

Sunday, October 2020 Date to be announced after the University of Utah football schedule is finalized

## **Obedience/Rally Trials THIS EVENT WAS CANCELLED**

Friday, November 6, Saturday, November 7 and Sunday, November 8, 2020 Farmington, Utah

Premium Lists is on our website under Upcoming Events

General Meetings Schedule: held at the Columbus Center. 2530 South 500 East—Salt Lake City at 7 pm Room 101 but occasionally moved to the gym.

Mar 23rd—Presentation will be Wendy & Penny speaking on the AKC Temperament Test—CANCELLED

April 27th—Presentation will be Joe the Vet Tech speaking on Seasonal Allergies—CANCELLED

NO General Meeting in May due to the Memorial Day Holiday

June 22nd—Presentation will be TBD—CANCELLED

July 27th—Presentation will be TBD—CANCELLED

Aug 24th—Annual Picnic held at Murray Park Pavilion #4—CANCELLED

Sept 28th—Presentation will be TBD—CANCELLED

Oct 26th—Presentation will be TBD—CANCELLED

Nov 23rd—Presentation will be Train the Trainer by Wendy McCleery- CANCELLED

**NO General Meeting in Dec** due to the Holidays

#### NO CLASS SIGN UPS OR CLASSES UNTIL AT LEAST FEBUARY 2021

The Armory is not allowing any use of their building until COVID evaluations in January 2021

THANK YOU so much for all our dedicated instructors and support members!!

#### **Tuesday Classes:**

7:00 pm—Rally with Deb & Jessica

7:00 pm & 8:00 pm— Competition Classes with April

7:45 pm— Tricks with Lisa

7:45 pm—Beginning Scent Work with Darlana & Toni

**8:00 pm—8:30 pm**—ATT or Conformation Class held as a 4 week class cost of class is \$40.00 for the 4 weeks. ATT & Conformation class is held on alternating months. Not the same month.

8:30 pm—Advanced Scent Work

8:30 pm—Advanced Class with Michelle or Penny



#### **Wednesday Classes:**

7:00 pm—

7:45 pm—

8:00 pm—

8:30 pm—

8:45 pm—

The above are normal start

times of Wednesday's classes. The classes held on Wednesday's are:

Puppy, Beginning Obedience, & Intermediate Obedience

Theinki Yolunteens!

Quarantine has turned us all into dogs.
We roam the house all day looking for food.
We are told 'no' if we get too close to strangers.
And we get really excited about car rides.

## **Proposed Board Meeting Minutes of October 2020**

## Great Salt Lake Dog Training Club Oct 19, 2020 Board Meeting

#### Attendance:

Board Members: Wendy McCleery, Judy Campbell, Penny Morrison, Tom McLelland, Michelle Larsen, Donna Smith, Dorathy Hart, Mark Kuhn - On the phone was: Darlana Quinn, Catherine Beattie, Brandy Childs

Excused: Stephanie Evans, Jeff McCleery, George Hart, Lisa Quibell

Guests:

Meeting brought to order @ 7:08 pm

Minutes of July 2020 Board Meeting, Michelle 1<sup>st</sup>, Wendy 2<sup>nd</sup>, no opposed Minutes approved as written.



#### President's Report:

Nothing @this time

#### Vice President's Report:

Sent several cards out.

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

#### **Executive Secretary's Report:**

The judges for the Nov Trial do not want to rent a car. So will need someone to pick them up from airport, take to hotel, then pick them up for show each day and then get them to the airport on Sunday. Michelle said she would do the transportation for the judges.

#### **Home Secretary Report**:

Since we have not had any general meetings, we had 3 families that attended in Jan & Feb the general meetings, paid dues and have helped at the Sept shows. It was motioned that we vote them in as members. So 3 new members voted in. Renewals will be going out by the end of Oct.

## Treasurer's Report

Everything paid to date.

#### Show Report:

Checked with the fairgrounds, everything is still set and can move forwards. We will set up Friday at 7am. A Motion was made to allow ring stewards and show committee persons who are also exhibiting to be able to crate their dogs inside the building while

working. Penny 1<sup>st</sup>, Michelle 2<sup>nd</sup>.

Each person coming on to the grounds will be subject to a verbal symptoms check list and MUST turn in the COVID wavier form. For Obedience and Rally, Deb will mail packets to all entrants with catalog, program and arm band. Exhibitors must remember to bring their arm band to the shows.. Obedience and Rally will be held in Building 2 & 3. Secretary will also be in the obedience building along with Catherine/trophies. All place ribbons will be taped to a table and exhibitors will come and get their own ribbon/award. We would like to open the small doors to allow more air circulation, have folks enter one way and exit the opposite. Masks are REQUIRED in both buildings, for obedience and rally, if judge approves and allows it, can pull down mask to communicate with dog,







#### Training Report:

Nothing @ this time

#### Hospitality:

The club will purchase boxed lunches for our judges, stewards and workers. There will be no hospitality for the public to purchase lunch from us this year. They will need to bring their own Due to COVID and the increasing of numbers, there are no Pavilion rentals happening, meaning our Awards Banquet will need to be postponed to another time. Thinking if all is settled we MAY combine with the Aug 2021 Picnic.

#### Trophy Report:

Trophies ready for the Nov Trials

#### Committees:

Advertising - Website updated. Agility - Nothing @ this time

Obedience – We will need 1 stewards for Sat in Nov

Rally - We have all stewards needed

Tracking – Possibility of cancelling the April 2021 TDX test

Scent Work – Due to not having access or know if we can access to the Armory until Feb, The Feb Scent Work Trial looks like it will need to be cancelled.

<u>Trick Dog</u> – nothing @ this time <u>ATT -</u> Nothing @ this time



Old Business: None

New Business: None

Next Board Meeting: Nov 16, 2020 Place will be determined

Next General Meeting: None until further notice – Columbus Center 7 pm

Michelle motioned, Penny 2<sup>nd</sup> Meeting adjourned at 8:28 pm

## Postponements/Cancellations of 2021 Events

**Awards Banquet**- Along with many things this year, we will be **postponing** the Annual Awards Banquet, normally held in January. At this time no city is allowing reservations for any pavilions or places until restrictions are lifted. So currently we are thinking of including it with our Annual Picnic that is held in August of 2021. Let's hope we are done with COVID by then!

**Scent Work Trial**—February—Due to not knowing whether we will be able to use the Armory for training or any other activity until late January, it has been decided to **cancel** the February Scent Work Trial. We just wouldn't have enough time to put it together. Hopefully our June Scent Work trial will have no issues and the show will go on!

**TDX Test**—April—Currently the thought is to cancel this test due to the unknown of would we have entries and could we get judges? More to come on the final decision of this test next month.



We ARE still planning the May TD Test. Of course if anything changes, I will send out updates via email and also post on our Facebook Page.



It's Renewal Time again! I'm a bit late with getting the renewals out, but you should be seeing them hit your email boxes soon. Last year we implemented the ability to pay your dues via credit card in person only as we couldn't be responsible for you entering your credit card info on a form and someone getting that info that shouldn't. With the current times we live in and not able to hold General Meetings, this year we are implementing the use of PayPal for you to pay your dues. On your renewal form will be a link to go to PayPal to pay your dues. You do not need to have a PayPal account in order to pay through PayPal. For those who do not have an account, you will use your credit card through PayPal to pay. For those who do have an account, once you go in through the link, there is an option for you to log into your account and pay your dues with your payment options you have set in your account.

The forms will STILL need to be completed and sent back to ensure we have the most current information on file for you. The renewal forms will come as they have each year in two formats, a pdf and a word doc. Both can be filled out online, saved and then you can attach them to an email to send to me at **board@gsldtc.com** of course your renewal will not be processed until I receive the notification of your payment. So please complete the form and make payment at the same time. :)

Of course you still have the option of completing the form and mailing it in with a check for your dues to Donna (address will be on the forms)

There is also a check box on the forms to check if you would like an electronic copy (google doc) of the Membership Directory.

Have a safe and Happy Thanksgiving!!!



# AKC Titles & Programs You Can Do From Home

By Sassafras Lowrey, CTDI Oct 20, 2020

So many parts of our daily lives have changed because of COVID-19. Even our favorite dog activities — from classes and seminars to shows — have been canceled or postponed for the safety of everyone involved. It can be overwhelming to look around and feel like your daily life is practically unrecognizable from just a few weeks ago, but the good thing is there's one very important thing that hasn't changed — your dog! Despite social distancing and the coronavirus pandemic, you and your dog can still have fun training together, working on your favorite sports and activity, and even earning titles!

## Trick Dog

In response to COVID-19, the AKC has opened up the Trick Dog titling program to be accessible via submission of videos which are reviewed and approved by CGC evaluators. If you don't know a CGC evaluator you can easily search for one. This time of social distancing is the perfect opportunity to get your dog involved in the Trick Dog program. Under the new rules, AKC trick titles can be observed and earned digitally. Full rules and requirements for video submissions and each level of Trick Dog Titles (Novice through Elite Performer) are available online.

If you are someone who is used to spending multiple nights a week at training classes and every weekend at dog shows, the AKC's Trick Dog program is a fantastic way to channel your energy by earning titles at home until it's safe to resume normal training and showing in other sports. Even if you and your dog have never competed at a dog show, Trick Dog titles are a wonderful introduction to dog sports. To keep myself busy, I set the goal of finishing up my youngest dog's Elite Performer title during the first couple of weeks of social distancing and this week she earned it — becoming only the third Newfoundland to get the title!

#### Virtual Home Manners

The Virtual Home Manners tests assess ten skills that well-mannered pet dogs need in the home setting. The Virtual Home Manners tests are evaluated online by CGC Evaluators in the same manner that is currently used for Virtual Tricks. There is not an in-person VHM testing process.

Virtual Home Manners is a natural lead-in for AKC S.T.A.R. Puppy and Canine Good Citizen (CGC) in-person training.

Please remember for ANY of the Virtual titles you can earn, PLEASE go to the AKC.org site to check the end dates (if any) for the ones you are interested in.

Also please read all rules and regulations for any Virtual titles you'd like to earn.

If you just type in AKC virtual events on the AKC page, it will give you a list to choose from.



## **FitDog**

If you live somewhere where it is safe for you and your dog to get out of the house regularly to walk each day don't forget about the AKC's Fit Dog program. Check your local regulations and maintain at least six feet of distance between anyone else you may pass on your walk. For the program you and your dog commit to walking each day either:

- 1. Walked at least 30 minutes 5 times per week for a total of at least 150 minutes per week for at least 3 months. For dogs and people in good shape.
- 2. Walked at least 15 minutes per session at least 10 times per week (e.g., two 15-min walks per day) for at least 3 months. For dogs or people who would benefit from a walk that is a shorter duration, e.g., senior dogs. When you and your dog have achieved either of these benchmarks you fill out the AKC FitDog form and will be sent a free FitDog program magnet!

## Rally

The AKC Rally Novice Virtual pilot program will provide exhibitors an opportunity to stay-at-home and enter an AKC Rally® event.

This program is designed to have a Rally Novice competitor set up a pre-designed AKC Rally® course in the safety of their own yard, record the performance, and submit it to AKC. In turn, AKC will assign a pre-selected AKC Rally Judge to virtually review and score the team's Rally performance.

There are five pre-designed official rally courses published on the AKC website to choose from. To participate, follow the setup instructions provided, video record the performance, upload the video to YouTube, set the required YouTube viewing options, and submit the video link with the entry form and fee to AKC.

You can download and print every Rally sign at home and learn each skill through instructional videos.

## Agility Course Test 1 & 2

Now you can get started in Agility Course Test (ACT) from home! During this time of necessary social distancing, the AKC wants to provide those with dogs that are ready to test their agility skills a way to try the sport of ACT Agility locally.

The AKC Agility ACT 1 & 2 Virtual pilot program will provide exhibitors an opportunity to stay-athome or use their local training site and enter an AKC ACT 1 or ACT 2 event. You can buy equipment online.

#### Virtual Water Test

Several pointing breeds are required to pass the AKC Water Test in order to be awarded field trial or hunting test titles. The Virtual Water Test will be a convenient option for owners to demonstrate their dog's ability to retrieve over water. The owner or handler submits a video of a dog performing the water test. The dog's performance is evaluated by two field trial or hunting test judges. The owner will receive an e-certificate proving their dog passed the test.



## Virtual Top Dog Challenge

Are you missing the fun and competition of dog shows? Want to try conformation but don't know where to start? The AKC Virtual Top Dog Challenge is an online conformation event for AKC-recognized breeds and the Miscellaneous class. To enter the Virtual AKC Top Dog Challenge II, read the Official Rules completely, then visit AKC Shop to purchase your \$25 entry.

## At-Home Practice For Every Sport

If you can't be at your regular training classes right now, there are aspects of nearly every canine sport that can be worked on at home, even if you live in a small house or apartment. Many dog trainers are offering virtual lessons at this time so it's a good opportunity to support your favorite trainers by booking private sessions with them which can give you homework specifically tailored to your dog. Even if you don't work directly with a trainer remotely you can create your own training plans and games for whatever sports you are involved in. You might need to get creative, but there's a way to work aspects of every sport from home. I've even seen home videos from fellow Newfoundland owners who are involved in Water Test/Rescue as a sport working on send-outs and line tows on dry land in their backyards while social distancing.

## Ideas for Training At Home

#### **AKC Rally**

For AKC Rally practice, you can print signs online or hand-make your own with notecards — even sticky notes will work! Pick some of your dog's favorite signs and a few signs you need extra practice on and put together a course in your yard if you have one, or even in your living room to create your own at-home Rally course.

#### **Obedience**

In Obedience, you can practice focus as well as cleaning up any crooked sits or messy positions. You can also work on small heeling patterns in your home or yard. This is also a great opportunity to work on stays and other obedience skills like "Go Outs" and scent articles.

#### **Agility**

To keep up with agility training, set up one or two jumps using a stack of books and a broomstick and work more technical handling skills like jump wraps. Just make sure to not jump your dogs on slippery or hard flooring. If you have weave poles you can also practice tricky weave pole entries. There are several affordable at-home agility sets you can buy on Amazon.

#### **Scent Work**

If you and your dog are experienced in Scent Work, you can set up practice searches in your home and/or yard. If your dog hasn't tried Scent Work, this can be a fun opportunity to play some introductory indoor scent games together.



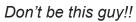
#### **Working Toward the Future**

With so many uncertainties in the world, it can help to know what to do next, but setting and working towards training goals is a great way to add structure in the day for you and your dog. You can set a goal to teach your dog a new trick each week, to finish up a title, or to practice scent work every day. Whatever sport(s) you and your dog play, try to carve out a few minutes of each day for training. Not only will this give you something to focus on, but it also will help you and your dog stay polished and ready to return to classes and competition when there is no longer a need for social distancing.

If you're someone who thrives on competition or a sense of comradery in addition to earning trick titles from home, you can connect online or by phone with your friends from your local training club or in groups on Facebook. Challenge each other every day or share course maps for Rally courses, Scent Work exercises, or agility sequences that can be practiced in small spaces. Share videos of your progress and cheer everyone on as we train our dogs and maintain social distancing. For a daily challenge, participate in our Woof From Home activities on Instagram every day and share videos of your dog participating. Staying safe and keeping others safe doesn't mean we have to let our dogs get bored!

The AKC is here to help dog owners adapt to the ongoing COVID-19 pandemic. Find answers to all your coronavirus concerns, plus at-home activity ideas, training tips, educational resources, and more at our 'Coping With Coronavirus COVID-19' hub.

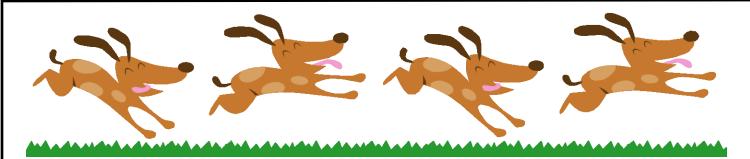












## Member's Page

From: Brenda Santisteven: Willow had an amazing weekend! 10 qualifying searches and 3 new titles. She completed all her advanced level elements to earn her super 4 ribbon. A big thanks to Utah UKC Nosework Club for hosting a great trial.

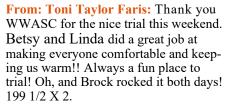


From: Donna Smith: Beginning Novice title for Liam today at the Pahrump Valley Obedience Club show. So fun to be in the ring with



From: Tonya Worthington: Clean sweep

weekend! I entered Brody in 6 classes and he qualified in all 6 earning two titles for novice vehicles and novice exterior, earning a 4th place and also qualifying in advanced vehicle and novice container! I am so over the moon proud of my boy Brody! I'm ordering him a Texas Roadhouse steak to celebrate! Thank you to Utah UKC Nosework club for putting on an awesome and safe show!











From: Elaine Wallace: Aura had fun at her last 2 Nosework trials Left Aura's AKC legs in Novice exterior Right Aura earned her Novice titles in exterior & vehicles to also complete her Novice Super 4. Aura completed her Advanced containers title & earned a Superior container leg.





From: Elaine Wallace: Romeo has had a great time at his last 2 nosework trials. Left Ro's AKC trial last month earned 2 legs in Advanced exterior & completed his excellent containers & earned a master container leg. Right Ro's UKC show where he finished his Master vehicle title completing his Master Su-

per 4. Ro also completed his Elite Vehicle title.





From: April Bruce: Puzzle and Pepsi both earned their Rally Intermediate titles and Maple earned both her Rally Novice and Intermediate titles thru the AKC's virtual Rally trial!





HAPPY

Disclaimer: "Heel And Sit News" is emailed 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 wasatch-mtnvizslas@gmail.com For address changes, please notify Judy Campbell, at above.

website: www.gsldtc.com

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