



TRAINING SOLUTIONS FOR BUSY LIVES

A quarterly newsletter bringing you informative treats from the dog world, and keeping you up-to-date with our services

Call of the Wild [Golden Oldies Dog Camp]

By Kate Davis

One of my fellow campers captured it perfectly: "Well, I figure we all know this is heaven," he said, stretching his arms out wide, sweeping in the grandeur of the forest, a large field at its base, a barn, the rumbling of a river, and most important, the parade of senior dogs, arriving with their people in golden July sunshine. It was one of those brilliant moments when people find themselves with other "dog people," where there is no need to explain the pure delight that we know in the presence of our canine companions and like-minded humans.

We sat in a circle under a big birch tree, and told each other about our dogs. Some introductions rippled with shared laughter while others were followed by knowing murmurs and a small tear here and there. Arthritis, surgery, cancer, healing, recovery, cataracts, and slings were part of the conversation. Massage, rescue, companionship, acupuncture, admiration, and gratitude were in the mix too. The dogs' stillness could have fooled those who were not looking at the twitching noses and the pricked up ears attuned to the forest.

Throughout the day, dogs and people moved about the property, through forest and barn, along the river, and in special play areas.

Whether engaging in nose work, agility, T-Touch, or canine massage, each canine-human team played together at the level that worked for each dog. Every activity was tuned in to the physiology and psychology of older dogs. Did you know that the powerful scent abilities of dogs persist into their older years? And that therapeutic touch and massage can powerfully move blood and energy around a senior dog's body, providing stress and pain relief while reinforcing the bond with his or her owner?

Because we were with older dogs and we were all experienced dog companions, the day was not without some reflection on the fact that our dogs typically leave us before we are ready. During an optional lunchtime discussion in a picnic spot by the river, we had the chance to share about the aging and passing of canine friends. As with all good love, sadness about the inevitability of having to say goodbye one day was surpassed by the love we felt for our old friends.

By late afternoon, when we were all together again, several dogs could be observed resting quite comfortably across their humans' laps, smiling while being massaged, melting down into fur puddles. The atmosphere changed a bit when "Frosty Paws" came out of the cooler. There is nothing like the sight of a dog with a little container between his paws, cream decorating his jowls and his tongue licking so high over his short little nose that he almost touches his eyes. At the very end of the day a raffle was held and somehow all dogs got prizes. As they left the camp, dogs could be seen carrying prized toys in their mouths, rested and content. Owners left with their prizes walking right beside them.



"My goal in life is to be as good a person as my dog thinks I am." – UNKNOWN

[Did You Know?]

These Doggie Hearing Facts?

High frequency. Dogs can hear significantly higher frequency sounds than humans (although cats take the prize in that department). In the dead of night, for example, dogs can hear the high-frequency crystal resonator inside your digital alarm clock.

Superior muscle control. Our ears can barely twitch. Dog ears move independently of each other and are operated by 18 muscles that allow them to tilt, rotate, and stand straight up.

Shaped for sound. Unlike our super-short ear canals, dogs have long, L-shaped ear canals. This makes a dog ear an instrument finely tuned to interpret sound, but makes it difficult to clean and as such prone to infections and parasites.

[Living with Dogs] Visitors To The House

An over-eager dog jumping all over a visitor is a common scenario for those of us who share our lives with a four-legged friend. Aside from the embarrassment when Fido plants his paws (and claws) on someone else's outfit, wild greetings can be downright unsafe. Grandma or the neighbor's five-year-old might topple over or take a fright. The thing is, dogs don't know how we would like to be greeted. To them the math is simple: Happy to see someone? Jump up and down.

If you prefer a more civilized greeting routine, you have to train it. Here are some tips:

Plan ahead. First, think through the training sequence. Decide where your dog will be when guests knock or ring the doorbell. In his crate? On his mat? On leash? Next, decide how you will introduce him to your guests. By asking for a sit? Keeping him on leash? Perhaps he'll stay in his crate and won't meet people until everyone has settled down?

Do a dry run. Now get some tasty treats ready as well as any equipment you'll need (crate, mat, leash, etc.). Have someone ring the doorbell and go through the first part of the training sequence you have decided on. For example, practice 10-15 sits by the door after the doorbell rings.

Practice with people. Next, invite a friend or family member and practice the entire training sequence. Start with one dog-savvy person and build from there.

After the training session, do a quick review: What went well and what needs more work? Anything you want to do differently next time? Remember, learning takes time. You didn't learn to tie your shoelaces or drive a car overnight; your dog too needs practice to get it right.



There's still time...
JOIN US FOR
Call of the Wild
Reactive
DOG
CAMP

A silhouette of a person walking a dog on a leash in a park setting with trees and a path.

SEPTEMBER
13-15, 2013
YACHATS

CENTRAL OREGON COAST

PRESENTED IN PARTNERSHIP BY
CITY DOG COUNTRY DOG

&

SYNERGY BEHAVIOR SOLUTIONS

Full program and registration details at
www.citydogcountrydogtraining.com/upcoming

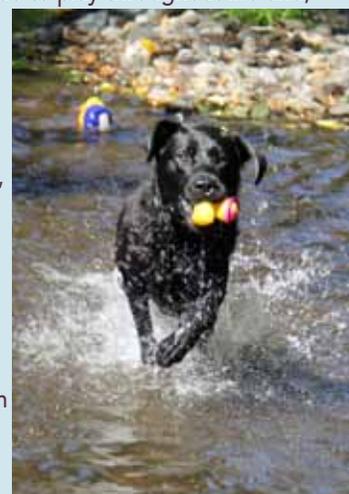


[A World of Dogs] Let The Games Begin



Youngsters of most species like to play. Elephant calves wrestle and chase each other, bighorn sheep lambs leap about, and otter pups slide down muddy hills just for fun. But in most species, play behavior dwindles with adulthood. Think about it. How many times have you seen a flock of adult sheep frolick in a meadow? And when grown elephants chase each other, things are about to get dangerous. But humans continue to play throughout life and, as any dog lover can testify, so do dogs. This might be another reason we have bonded so closely with them. In a nutshell: animals who play together stay together—shared fun is a strong relationship glue.

Take our mutual obsession with object-related play or, in nonscientific language, toys. There are toys galore, of course, but look no further than balls. Forget the occasional ball-uninterested dog and the person who doesn't care for sport; other kinds of toys appeal to them. Consider instead how many human play-related activities revolve around balls. Tennis, baseball, golf, football, soccer, bowling, cricket, volleyball, lacrosse, croquet, wiffleball, polo, basketball, squash, tetherball, stick ball... It's a very long list. To a visitor from another planet, humans would not seem that different in this respect to the Border Collie that refuses to give up her ball or the German Shepherd Dog that carries three tennis balls in his mouth. It's all about the little round thing!



Aside from the fuzzy warm feeling it gives us about our deep affinity with dogs, the knowledge that we are both highly play-motivated species can help us in other areas of life with dogs. The science of dog training tells us that the more rewarding an activity is, the more the dog learns. It's a win-win situation: Humans and dogs love to play—and fun accelerates your training results. Rather than commands issued in a Darth Vader-like voice, the training of behaviors from sit to high five can be made into a thoroughly enjoyable game for the two- and four-legged both. As Ralph Waldo Emerson put it, "It is a happy talent to know how to play."

[Dogs in Action]

Wilderness Trips With Your Dog

In a country that holds vast expanses of natural beauty, there's always a new wilderness to explore, and canine company only makes the great outdoors better. But if you're planning an adventure in the wilds with your dog, be sure to prepare. Your dog should be up-to-date on her flea-and-tick treatment and be fit enough for the terrain you'll be facing. Prepare with shorter hikes on trails close to home, gradually building your dog's stamina. Confirm whether the area you're traveling to requires heartworm prevention, and stock up on essential doggie hiking gear: Leash, ID tags, food and treats, water and a collapsible water bowl, poop bags and hand sanitizer, tweezers, raincoat, and booties (if needed). Right before your trip, check with park management about wildlife and weather patterns in the area. Once out there, pay careful attention to paw maintenance. Check regularly for thorns, burrs, or wounds from sharp rocks. At the end of each day, check your dog nose-to-tail for ticks. And if yours is a small dog, help her conserve energy. Unlike big dogs, small dogs don't do that automatically and may exhaust themselves. Finally, always pick up after your dog; leave nothing but foot and paw prints.



[Healthy Dog]

Treating Your Dog Right

Treats are an essential part of doggie life, great for training sessions and for building a positive reaction to new or scary things. Treats don't have to undermine your dog's healthy diet—not if you follow some straightforward guidelines. First, only buy commercially made dog treats that don't contain preservatives or artificial color but do contain named fresh meats (e.g. "chicken" or "chicken meal," not simply "meat" or "meal") and vegetables. If grains appear on the ingredients panel, make sure they're whole—better yet, avoid grains altogether. Many treat companies now make grain-free options. Generally look for whole-food ingredients such as carrots, blueberries, and beef. Some preservatives are necessary, especially in chewy treats, so opt for natural ones like vitamins C and E (the latter is often listed as "mixed tocopherols") and avoid BHA, BHT, ethoxyquin, sodium nitrate, and other chemicals. Finally, don't forget that many dogs consider a cube of cheddar, a bit of leftover chicken, or a baby carrot a big treat, and there, you know exactly what you're dishing out.

DOG IN THE SPOTLIGHT

Newfoundland

Newfies range from huge to mammoth (the heaviest Newfie on record clocked the scale at 260lbs), and size, with all its implications, is part and parcel of life with these big hunks' o'love. Like most giant breeds, they eat lots, nap often, and take up considerable space. But far from being couch potatoes, Newfies are strong working dogs with extraordinary lung capacity and swim-stroke propulsion, plus a waterproof coat that protects them in icy water. Perfectly equipped for lifesaving feats in water, Newfies crowd the history books with acts of courage in aid of humans. They are known for gentle dispositions, patience, and a nurturing streak that inspired Nana, the dog nanny in Peter Pan. Newfie art includes famous works in every medium from paint to bronze. Famous owners include poets (Emily Dickinson), presidents (Ulysses S. Grant), and musicians (Richard Wagner).

To re-home a Newfie, visit your local shelter or rescue group.



[Honoring Ranger]

The Original City Dog Country Dog

By Caroline Spark



Ranger died on June 8, 2013, at the age of 16. Adopted at six years old after five homes, time on the street, three long shelter stays and a close call with euthanasia, Ranger's next ten years were filled with learning and love, making up for the bad times, and turning him into a teacher and guide for others.

We started out on a rocky road together. He was untrained, hyper-impulsive, distrustful, anxious, insecure, and sometimes aggressive. Our first years of walking together were a nightmare of relentless leash pulling and reactivity towards other dogs. But during that time, Ranger also dragged me into learning all sorts of things I might have been slower to absorb firsthand, or missed altogether. We went to classes and seminars, and learned from some great trainers and behavior specialists. We tried out an endless stream of training strategies, exercises, games and tools, as new ways of working with reactivity were developed in the dog training world. Ranger was always up for trying new things, and his exuberance was legendary.

Always gentle with children even in his wilder days, Ranger gradually mellowed and his kind, affectionate nature flourished. He had a great sense of humor and an enormous joy that could not be

extinguished even in his darkest hours. He was the genial host of five Call of the Wild Dog Camps, and many more Play & Train days. He was also my work partner in behavior consulting, helping other reactive dogs on their path of recovery. He achieved animal-assisted therapy certification as a Delta Pet Partner, and finally passed his Canine Good Citizen test at age 15, after three failed attempts years before. Probably Ranger's favorite achievement was in K9 Nose Work. He was always so wildly excited to be doing it that he wasn't very accurate, but he more than made up for that by having so much fun. He did manage to pass his first Odor Recognition Test, and enjoyed classes, training seminars, and searching for hides on walks and other outings, before retiring to pursue the wilder scents of elk trails and rodents holes. Eventually he lost his ability to detect a treat two inches away from him. But before then, he was the one who showed me, incontrovertibly, how absolutely marvelous it is to live by the nose!

Ranger was the original City Dog Country Dog and the inspiration behind it. He became a healthy, happy, well-adjusted dog because of all the training he did in the city, and the time he spent just being a dog in the country. Seeing him thrill to the call of wild places in himself and in nature inspired the first Call of the Wild Dog Camp. Many of the nature games offered at dog camp were first devised by and for him. Now that he is released from an increasingly burdensome body, I like to think that his spirit lives on in every dog who is learning how to live better in the human world, while enjoying life more fully as a dog.

[Our Amazing Team]



Caroline Spark, PhD, owns and operates City Dog Country Dog. She has a PhD in psychology, a background in counseling and adult education, and multiple certifications in dog training and behavior consulting. Her special interests include canine psychology, behavior modification, and outdoor adventure events for dogs and people.

Heather Ohmart, BA, is a CCPDT certified dog trainer who runs our City Board & Train program, and specializes in raising and training puppies to be great family companions, therapy dogs, and service dogs.

Julia Provonchee, MSc, is an Animal Behavior College certified dog trainer, and specializes in working with dog reactivity and dog bite prevention in the Portland area.

Karolin Klinck is currently completing studies at the Academy for Dog Trainers, and offers private and group training on the Oregon Coast. She specializes in rehabilitating reactive and fearful dogs.

Mary Williams, MA, is City Dog Country Dog's Office Manager. She is passionate about databases and Office Dog, Suzi.

City Dog
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