



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

We're Wild About Dog Camp!

If you are looking for something really fun to do with your dog this summer, we are offering **FOUR** camps for your adventuring pleasure this year!

Call of the Wild Dog Camp (August 21-23) is now in its 8th year. It will be just as much fun, and maybe even better than ever! More than 30 workshops and other activities. Experienced instructors, delicious meals, beautiful location. A dog lover's paradise!

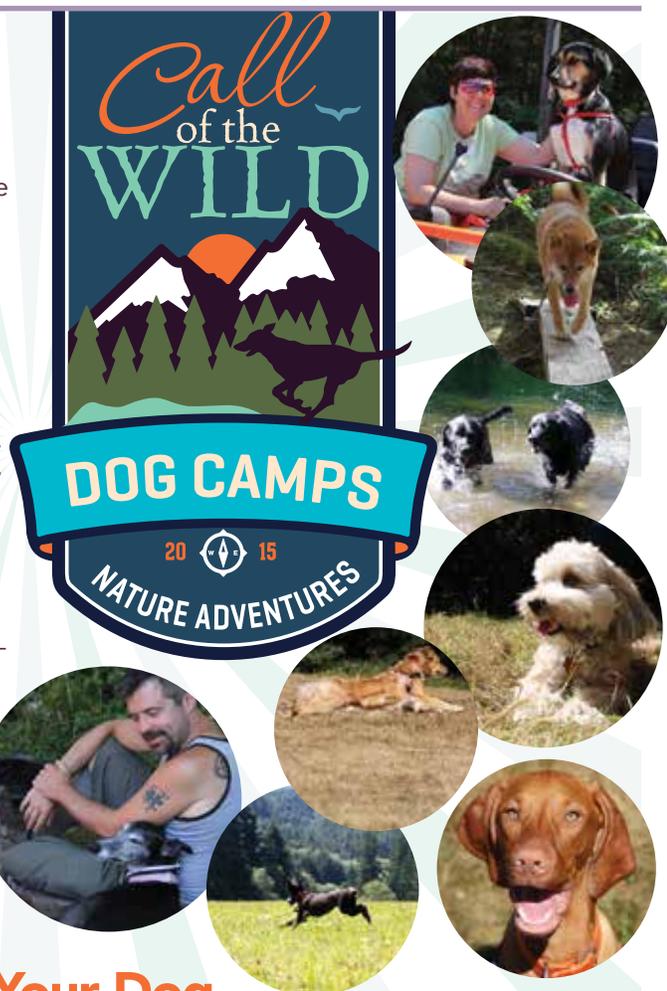
Call of the Wild Reactive Dog Camp (September 11-13) is back for the third year, again a collaboration between City Dog Country Dog and Synergy Behavior Solutions. Reactive dogs can enjoy the fun of regular dog camp, and learn to be calm and well-behaved around other dogs at the same time!

This year we have added an **Advanced Reactive Dog Camp** (September 13-14) for more experienced handlers and dogs with decreased reactivity thresholds.

Call of the Wild Spirit of Dog Retreat (August 1) is a new kind of dog camp, offered for the first time this year! The dogs who come to this retreat (physically or in our memories) are guides and teachers for us as we relax, reflect and explore. By boldly going to new places in ourselves, we can relieve dogs of burdens they carry for us emotionally and spiritually, strengthen relationships with them, be better allies for them in everyday life, and carry on their legacies after they have passed. A **Memorial Celebration**, open to participants and the public, will be held at the end of the retreat.

For more information, flyers, programs, and on-line registration:
<http://www.citydogcountrydogtraining.com/upcoming.shtml>

We hope you can join us for one or more of this year's camps!



[Living with Dogs]

Beyond Fetch: Games To Play With Your Dog



A game is a great way to exercise your dog's body and mind, and spend a little quality time together. What's in your repertoire? Here's a selection of games you can play indoors or outside:

Homegrown agility. If your house is big enough, create a makeshift obstacle course for your dog from rolled-up towels, cardboard boxes, blankets hung between chairs, etc. Or, if the weather is good and you have a yard, build your course outside.

Hide-and-seek. Grab a handful of yummy treats or your dog's favorite toy. Ask your dog to sit and stay, then you go hide in another room. Call your dog and when he finds you, reward him with a treat or a play session with his toy. Repeat until you have had enough—your dog likely won't get bored anytime soon.

The name game. Get two of your dog's favorite toys and remove all other toys and possible distractions. Say the name of one of the toys (keep names simple, like "moose" or "bird") and throw it for your dog to fetch. Repeat a few times, then do the same with the second toy. After a while, test to see if your dog has made the name connection. Put the two toys down and ask him to fetch one of them. If he gets it right, praise and treat him. If not, go back to the name-the-toy-and-fetch-it game a bit longer.

Round Robin. Have the whole family (or a group of friends) grab treats and sit in a circle around 10 feet from each other. Each person then calls your dog, one after the other, and rewards him when he comes. If he catches on fast, try speeding up the game, having people call his name the moment the previous person has delivered a treat. When he has mastered this level, try spreading out further or taking the game outdoors.

"No one appreciates the very special genius of your conversation as the dog does" – CHRISTOPHER MORLEY

[Did You Know?]

These Canine Superheroes?

Ace the Bathound. If you caught the movies but never read the comic books, you might have missed Batman's dog, Ace, a clever canine investigator and sidekick of the Caped Crusader.

Krypto. Superman also had a furry best friend, a nondescript, white dog from the planet Krypton. Like Superman, Krypto had supernatural abilities and senses. His alter ego was the Kent family dog, Skip.

K-9. Fans of UK sci-fi series Dr Who will be familiar with K-9, his robot dog companion. He packed a laser-gun nose, serious computing power, and encyclopaedic knowledge.

Dynomutt. Another robot sidekick, this one of Blue Falcon. The plot of the show centered on Blue Falcon's crime-fighting efforts, but the show itself was named for its canine hero: Dynomutt, Dog Wonder.

[A World of Dogs] Understanding Fear In Dogs

When we think of a scared dog, what usually comes to mind is a trembling animal hiding in a dark corner or under the bed, whining, his tail tucked. Nonstop barking doesn't often make the list. Nor do shredding of clothes, gnawing through window frames, or growling and lunging at visitors. But these can all be symptoms of fear in dogs. Fear-based behaviors vary so widely that we frequently don't recognize them as fear-based. Instead we think the dog is being stubborn or naughty or is trying to run the household (the long-discredited dominance theory), which means we end up trying to solve the wrong problem. Clues in canine body language can help us identify fear and anxiety—fear-based behaviors always come with some physical, postural giveaways. It might be muscle tension, a tightly closed mouth or one wide open showing all the teeth, crouching, dilated pupils, yawning, ears held back, etc.



Why dogs develop fear-related conditions in the first place is a complex question without an easy answer. Genetics play a role (experiments have shown you can breed for fear of people, for example), and so does proper socialization, the all-important early exposure to new people, places, animals, sounds, and objects. Puppies who have positive experiences with all-things-new are much less likely to develop fear later in life. But that isn't the whole picture, because some well-socialized dogs do develop fear disorders. And again, bad experiences (abuse, accidents) can explain some of those cases, but not all.

Helping a fearful dog takes patience and effort on the part of human companions. Once a visit to a veterinarian has excluded pain or illness as the source of a problematic behavior, a qualified trainer or behaviorist can assess the situation and design a behavior modification plan. Treatment might include desensitization (exposing the dog to something he fears at such a low level it doesn't trigger his anxiety) and classical counterconditioning (pairing something the dog fears with something he loves). The less-than-good news is the amount of time it can take to see improvement. But the good news is that dogs can and do overcome fear. Not all dogs, but most.

[Dogs in Action] The Many Benefits of Agility

Think agility is only for serious dog sports enthusiasts willing to spend every weekend on the obstacle course? Think again. Agility can be enjoyed at any level—all the way from the World Championships to low-key backyard training—and you and your dog still reap the many benefits of this fun, bond-building dog sport.

For example:

- Dogs of all sizes and breeds can participate in and enjoy agility. Yes, Border Collies and Australian Shepherds excel at it, but titleholders also include Yorkies, Papillons, Spaniels, and Boxers.
- You can work the obstacle course at the pace that's right for you, meaning agility can provide gentle, moderate, or strenuous exercise.
- Training your dog to navigate agility obstacles using only hand signals and voice cues is a terrific way to improve communication—and further strengthen the bond—between you.
- Best of all? The fun you'll have together and the confidence boost you'll likely see in your dog. Mastering those tricky jumps, forging through a tunnel for the first time, figuring out what you're asking of her—these are all thrilling experiences to a dog.



[Healthy Dog] Dementia In Dogs

Dementia in dogs—also known as “canine cognitive dysfunction”—is similar to Alzheimer’s in people and is caused by changes in the brain’s chemical balance. The condition often gets off to a slow start with mild, almost imperceptible changes but can speed up quickly. If your dog is getting on in years, be on the lookout for symptoms like disorientation/confusion, anxiety, restlessness, irritability, apathy, lack of self-grooming, loss of appetite, and changes in sleep cycles.

We don’t yet have a way to cure dementia in dogs any more than we do in humans. But you can make a great deal of difference to your dog’s condition by keeping up a stimulating daily routine of exercise, play, and training. Your veterinarian may also recommend adjustments to your dog’s diet as well as nutritional supplements like Omega-3, vitamin E and C, selenium, beta carotene, and L-carnitine, all known to have a positive effect on cognitive function in dogs.

[Tips & Tools] Keeping Your Dog Healthy

As the Agnes Sligh Turnbull quote reminds us, dogs’ only fault is that their lives are too short. Here are four tips for increasing your dog’s odds at longevity:

Feed him well. Nothing beats premium fuel in the engine for supporting strong health; feed your dog the best quality food you can afford.

Keep him slim. Overweight increases your dog’s risk of developing a myriad of health issues from diabetes to heart disease.

See the doctor. Even when your dog is healthy, schedule regular checkups with your vet for disease prevention and early detection.

Mind his dental hygiene. Don’t neglect teeth brushing and dental checkups. In addition to causing pain and discomfort, oral health issues can lead to heart and kidney disease.



[Our Services]

We provide a range of services to suit the needs of dogs and their families: **Board & Train**, **Day Training**, or **Vacation Retreat Packages** jump start your dog’s education and lift some of the training burden off your shoulders. **Private behavior consultations** bring an experienced trainer to your home to solve behavior problems. We offer practical help, friendly and efficient support – and new options just when think you have nothing left to try! All our services reflect our core philosophy: training can be a positive experience for dogs and people!

For more details, please visit our website:
www.citydogcountrydogtraining.com

DOG IN THE SPOTLIGHT

The Cairn Terrier

This confident, active, tenacious little ragamuffin is the smallest of the Scottish terriers, and was originally bred for hunting rodents and small game like otters, foxes, and badgers. A Cairn’s paws are made to dig—literally. The front paws are bigger and flatter than the hind paws, making it easier for the dog to get into “cairns,” the rock dens where his quarry lived. Cairns also sport a weather-resistant outer coat, highly expressive ears, and enough personality to steal any picture. Case in point: the unforgettable Toto in *The Wizard of Oz* was a Cairn (“he” was a she called Terry). Quick to learn and always up for a game, Cairns are happiest when they get plenty of exercise and stimulation. Despite their modest size, they are terrific little athletes that, with patient training, can excel at agility, tracking trials, K9 Nose Work, and Rally obedience.

To give a Cairn Terrier a home, search online for a rescue organization near you.



If you can't make it to any of the Call of the Wild Dog Camps, or group things aren't your cup of tea, you might be interested in a private Vacation Training Retreat – tailored just to you and your dog! Contact us to discuss needs and ideas for the best training vacation you can imagine!

[Our Vacation Training Retreat]

Dutch and Liath

By Liz and Mike McMurtry

We had the most wonderful time at our City Dog, Country Dog Vacation Training Retreat. It was the perfect blend of training and vacation, and it was exactly what we were hoping for when we decided to give ourselves the gift of some dog training for Christmas this year. Our dogs, Dutch and Liath, spent time running free, learning new skills, honing and reinforcing old skills, and playing games. We all experienced training the way it should be: confident, informed, and relaxed.

Our experience started with a phone call to City Dog, Country Dog and a conversation with Caroline. We discussed our goals for this retreat, the work we had done so far with Dutch and Liath, and our schedule. She was flexible, had wonderful suggestions for our time in Yachats, and addressed our concerns regarding both dogs. Dutch has some reactivity moments, and Liath is just a puppy so both have very different needs. We completed the questionnaire she sent via email. Next, Caroline sent us an email outlining the proposed schedule of activities and summarized our goals for our trip.

We stayed at a vacation rental by owner in the heart of Yachats right on the bluff. Of course it was dog-friendly, and our search for lodging located many such rentals. Yachats also offers varied dining options, lots of great beach and forest trails to walk the dogs, and spectacular views of the rugged Oregon Coast. We learned we will plan for more days to explore this area next time we visit!

Our time with Caroline was the best balance of training and vacation. We started each day with a romp through the meadow and woods around the property, letting the dogs sniff, play, and generally get some energy out. We mixed training such as the "Find It" game and forest agility obstacles into this less structured play period. She also made time for more formal training episodes such as creating duration for sits and downs, polite greetings, and work to decrease Dutch's moments of reactivity. She had arranged for other dogs to practice with. If you have a reactive dog you know how hard it is to find appropriate moments to practice your calm skills, and arranging for novel dogs to join our training was just what Dutch and Liath needed.

Caroline offered us suggestions borne of experience and training. She expressed a gentle and happy manner with all of us learners, both human and canine. It is clear she has a heart for teaching, and she possesses the skills to make the experience both educational and enjoyable.

Every evening, our email in-box held a treasure. She photographed much of our daily adventures, commented on our sessions, and created a blog for us to share with our family and friends. This was a particular joy for us, as we are not inclined to photograph our vacations and thus rarely have any pictures to document our trips. What a delightful and unexpected bonus! And, at the end of training, she compiled a notebook with her daily notes, a few additional tips, links to helpful websites, and more pictures for us to take home. She was clear to let us know that we could call anytime with questions or if points needed clarification when we were working at home with the pooches.

We thoroughly enjoyed the time we spent with Caroline at our City Dog, Country Dog Vacation Training Retreat, and we will be implementing much of what we learned during our few short days there. It was one of the best Christmas gifts we have ever given ourselves!



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