



## HAPPY HOLIDAYS & NEWS FROM HEART

December 2018

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### MEMBERSHIP UPDATE:

ALL CONTACTS	145
ALL MEMBERS	70
Professional Members	39
Support Members	14
Inactive Members	16

### COMMENTS FROM OUR FOUNDERS:

A **HEART**felt thanks to all who participated in the 2019 Board election as either a candidate or as a voter. The number and quality of this year's pool of candidates portends great things for the future of our organization. And the engagement of eligible members in the casting of votes speaks volumes of the enthusiasm of our membership. 2019 looks to be a great year!

It is our pleasure to announce the 2019 Board for **HEART**land Positive Dog Training Alliance. The new Board takes over on January 1, 2019.

<b><u>TERRI SERSHEN</u></b>	President
<b>JAMIE EATON</b>	Vice President
<b>ASHLEY FLORES</b>	Treasurer
<b><u>JEANNENE LOEWENSTEIN</u></b>	Secretary
<b><u>JILL RITENOUR</u></b>	Membership
<b>SKIP DAIGER &amp; BARB MILLER</b>	Marketing & Media Co-chairs
<b>LAURA HILLS &amp; JERRI JOHNSON</b>	Education & Seminar Co-chairs

**WARM WOOFs AND HAPPY HOLIDAYS TO ALL!... Skip & Kay**

### SURVEY - GIVE YOUR FEEDBACK:

The 2019 Board is already getting ramped up, and requests your feedback via a survey that will arrive in your inbox soon - if it has not already arrived. Look for an e-mail titled "We Want Your Opinion" and with the description "HEARTLAND POSITIVE DOG

TRAINING ALLIANCE MEMBERSHIP MEETINGS FEEDBACK FORM, DECEMBER 2018". The 7-question survey requests your input related to best dates and times for MONTHLY meetings. The survey just takes a couple of minutes and we'd love to have everyone's input to pick days and times that work best for our members. Once we get your input, we'll let everyone know where and when the January meeting will take place. Thanks in advance!

Don't want to locate the e-mail, then access the survey through the link below.

### [Complete Meeting Survey](#)

## SPECIAL EVENT:



Chris White CPDT-KA ~ Owner  
W- 816.228.4567  
www.dogwizard.com  
Chris@dogwizard.com



## K9 Fitness

March 2 & 3, 2019

Bobbie Lyons is a renowned, professional Fitness and Body Awareness instructor. She is based in Portland, Oregon where she runs "Pawsitive Performance" and "Bobbie Lyons Canine Campus".



Bobbie has earned several canine fitness certifications and has been training dogs for over 16 years. Fourteen of those years have been dedicated to fitness as it relates to performance. She is part of the design team for the FitPAWS Master Trainer Program (CCFT II).

Fitness and conditioning programs provide a healthy activity for every dog, even the companion dog. Bobbie summarizes it perfectly in her philosophy:

"Using a variety of methods, I train strength and body awareness exercises that activate more muscles in the dogs movement, while moving the dog equally on both sides and in all directions, which inspires efficient movement with less effort and decreases the chance of injury."

### Day 1 - Foundation for K9 Fitness

In this workshop, Bobbie will teach participants foundation skills needed for the fitness exercises. She will also introduce equipment, exercises, tricks and stretches that increase range of motion, flexibility, reflexes, and improves muscle tone and endurance.

The exercises are designed to reduce the risk of injury and increase balance, core strength, body awareness and overall performance. This workshop is appropriate for any dog involved in dog sports, has an active working job, or simply needs to be healthy and fit.

During this workshop Bobbie will explain equipment combinations for different exercises, targeting different body parts and keeping the work fun and diverse for all dogs.

### Day 2 - Skills Focus

Day two will build on the foundation skills presented Saturday. Bobbie will focus on exercises moving the dogs in all planes of movement to improve strength and prevent injury. Included with this she will also cover strength for jumping, lateral movement, core strength and strength for all planes of motion, how to develop a balanced exercise program for your dog, as well as tips and tricks to help decrease the chance of injury.

**Working dogs should be old enough to have growth plates closed.**

This workshop offers a limited number of working spots and 25 Auditing spots. Please visit our website for more details and registration.

[www.facebook.com/PawsitivePerformance](http://www.facebook.com/PawsitivePerformance)  
[www.pawsitive-performance.com](http://www.pawsitive-performance.com)



816.228.4567 [dogwizard.com](http://dogwizard.com) [info@dogwizard.com](mailto:info@dogwizard.com)

3707 SW US HWY 40 | Blue Springs, MO 64015 [f](#) [t](#) [@](#)

This workshop offers 10 working spots and 25 auditing spots. See below for additional details:

### ***Working Spots***

- Working Spots \$325
- Total Spots Available = 10

### ***Auditing Spots***

- Auditing Spots \$125
- Total Spots Available = 25

## **More Info and Registration**

## DOGS IN A HUMOROUS MOOD:



## A WORTHWHILE READ:

Terri Sershen of **HEART** recommended a recent article in **BARK** about a new law afoot in New Jersey requiring dog trainers to be licensed. Karen London, Ph.D. goes into some detail about this. You might want to take a look at what she has to say. This is an issue we will all be grappling with now and in the future.

[Read The Article](#)

## MORE IMPORTANT DOGGY BUSINESS:



OK, yes, we all know it is the Christmas Season. But just what should an adult family member do or say when the six year old child asks the question “**Can I have puppy for Christmas?**”. Rise VanFleet, Ph.D., RPT-S, CDBC provides some interesting and perhaps valuable insights about this situation. There is more to consider than you might think.

[Read The Article](#)

## DOGS IN THE SEASON:



### **WINTER SAFETY TIPS**

Here are some tips to keep your pets safe during cold weather:

**Winter wellness:** Has your pet had his/her preventive care exam (wellness exam) yet? Cold weather may worsen some medical conditions such as arthritis. Your pet should be examined by a veterinarian at least once a year, and it's as good a time as any to get him/her checked out to make sure (s)he is ready and as healthy as possible for cold weather.

**Know the limits:** Just like people, pets' cold tolerance can vary from pet to pet based on their coat, body fat stores, activity level, and health. Be aware of your pet's tolerance for cold weather, and adjust accordingly. You will probably need to shorten your dog's walks in very cold weather to protect you both from weather-associated health

risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling.

**Stay inside.** Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia and should be kept inside. Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods in below-freezing weather.

**Check the paws:** Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked paw pads or bleeding. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes. You may be able to reduce the chance of ice-ball accumulation by clipping the hair between your dog's toes.

**Play dress-up:** If your dog has a short coat or seems bothered by the cold weather, consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

**Wipe down:** During walks, your dog's feet, legs and belly may pick up deicers, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog will be poisoned after (s)he licks them off of his/her feet or fur.

**Prevent poisoning:** Clean up any antifreeze spills quickly, as even small amounts of antifreeze can be deadly. Antifreeze smells good to dogs and they can be attracted by it. Make sure your pets don't have access to medication bottles, or household chemicals.

**Avoid ice:** When walking your dog, stay away from frozen ponds, lakes and other water. You don't know if the ice will support your dog's weight, and if your dog breaks through the ice it could be deadly. And if this happens and you instinctively try to save your dog, both of your lives could be in jeopardy.

**Provide shelter:** We don't recommend keeping any pet outside for long periods of time, but if you are unable to keep your dog inside during cold weather, provide him/her with a warm, solid shelter against wind. The floor of the shelter should be off of the ground (to minimize heat loss into the ground) and the bedding should be thick, dry and

changed regularly to provide a warm, dry environment. Heated pet mats should also be used with caution because they are still capable of causing burns.

**Recognize problems:** If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately.

**Feed well:** Keep your pet at a healthy weight throughout the winter. Some pet owners feel that a little extra weight gives their pet some extra protection from cold, but the health risks associated with that extra weight don't make it worth doing. Watch your pet's body condition and keep them in the healthy range. This is a good time to talk to your vet about your pet's nutritional needs during cold weather.

## [BLOG, BLOG, BLOG, BLOG, BLOG,....:](#)

Yes, we are still blogging away. If you have not checked out these blogs yet, give yourself an early Holiday present and take a look.

### [Check Out Our Blog](#)

## [FUTURE TOPICS? TELL US!:](#)

It's easy to let us know. Just drop us an e-mail to [INFO@TrainersWithHeart.com](mailto:INFO@TrainersWithHeart.com). If you have an idea, there's no need to type out a long e-mail; just let us know you want to talk about and we will call YOU!

## [REMEMBER TO UPDATE YOUR INFO:](#)

**PLEASE** don't hesitate to call us if you have questions, concerns, or any issues that you are not able to resolve. We are pretty good problem solvers!

It is easy to maintain your information. Just find your way to the **HEART** web page and then click on the “HEART MEMBERS” tab. Select your name and you can edit your profile. You may be prompted to login. Don’t hesitate to call us if you have any issues that you are not able to resolve. We are pretty good problem solvers!

PHONE: 816-699-2260 Kay

PHONE: 816-799-6760 Skip

**HEART**land Positive Dog Training Alliance

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