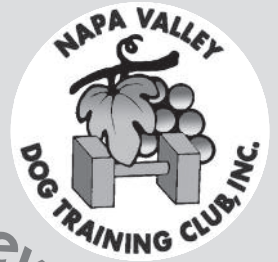


JANUARY 2010

TATTLE TAILS



club newsletter

www.NapaDogTraining.org



The Best Walking Partner: Man vs. Dog

By TARA PARKER-POPE

New research from the University of Missouri has found that people who walk dogs are more consistent about regular exercise and show more improvement in fitness than people who walk with a human companion. In a 12-week study of 54 older adults at an assisted living home, 35 people were assigned to a walking program for five days a week, while the remaining 19 served as a control group. Among the walkers, 23 selected a friend or spouse to serve as a regular walking partner along a trail laid out near the home. Another 12 participants took a bus daily to

more consistent in sticking with the program than those who were walking with humans.

"In the human walking group, they were regularly discouraging each other from walking," she said. "Missouri is a hot state. We would hear them saying: 'It's hot today. I don't want to walk, do you?'"

The response from participants in the dog-walking group—and their dog companions—was very different.

"When the people came to the animal shelter, they bounced off the bus and said, 'Where's my dog?'" Ms. Johnson said. "And the dogs never gave any discouragement from walking."

Ms. Johnson said she suspects differences will show up in other areas, like depression and anxiety, although that data are still under review and the final study has not yet been published.

But there were also other subtle indicators of improvement among the dog-walking group. Many people in the dog-walking group stopped using canes and walkers. "They would say, 'Now I'm physically fit enough to take my dog for a walk,'" Ms. Johnson said.

source: <http://well.blogs.nytimes.com/>

A dog will never try to talk you out of going for a walk.

a local animal shelter where they were assigned a dog to walk.

To the surprise of the researchers, the

dog walkers showed a big improvement in fitness, while the human walkers began making excuses to skip the workout. Walking speed among the dog walkers increased by 28 percent, compared with just a 4 percent increase among the human walkers.

"What happened was nothing short of remarkable," said Rebecca A. Johnson, a nursing professor and director of the Research Center for Human Animal Interaction at the University of Missouri's College of Veterinary Medicine. "The improvement in walking speed means their confidence in their walking ability had increased and their balance had

increased. To have a 28 percent improvement in walking speed is mind boggling."

Ms. Johnson said that because some people are afraid of dogs, the participants were given the choice of walking with a human or a dog as the companion. Ms. Johnson said the dog walkers were far



Napa Valley Dog Training Club
(707) 253-8666
Clubhouse: 68 Coombs St., Bldg N
Mailing Address: P.O. Box 4097, Napa CA

Officers

President: Mary Ash
Vice President: Sandy Bonifield
Treasurer: Lori Jackson
Secretary: Sue Osborn

Board Members

Janet Davis
Lynda Rhyno
Teresa Russell
Past President: Laura Ecklin

Monthly membership meetings are the second Monday of the month at the clubhouse.

Deadline for newsletter submissions is the 20th of each month.



To view the 2010 schedule on a full year calendar, visit the classes page on the napadogtraining.org website.



TRAINING SESSIONS

Subject to Change

TRAINING SCHEDULE FOR 2010

Session 1: January 4 — February 19, 2010
 Session 2: March 1 — April 16, 2010
 Session 3: April 26 — June 11, 2010
 Session 4: June 28 — August 13, 2010
 Session 5: August 23 — October 8, 2010
 Session 6: October 18 — December 10, 2010

Session 1 ~ 2010

Jan. 4, 2010 through Feb. 19, 2010

Week off between sessions 1 & 2: Feb. 22-26

Monday

5:30 p.m. Conformation Michelle
 Jan 4, 18, Feb 1, 15—drop-in/\$10 per class

7:00 p.m. Clicker Kelly
No clicker classes on 2nd & 4th Mondays

Tuesday

11:00 a.m. Puppy Mary
 5:00 p.m. Good Manners I Lea
 6:00 p.m. Puppy Lea
 7:00 p.m. Good Manners I Teresa
 8:00 p.m. Good Manners II Teresa

Wednesday

9:00 a.m. Good Manners I Sandy
 10:00 a.m. Good Manners I Sandy
 11:00 a.m. Good Manners II Sandy
 6:00 p.m. Agility Advanced Katherine
 7:00 p.m. Agility Beginning Joy
 8:00 p.m. Intro to Agility Joy

Thursday

10:00 a.m. Rally Mary
 11:00 a.m. Rally Mary
 5:00 p.m. Rally Mary
 6:00 p.m. Rally Mary
 7:00 p.m. Rally Mary
 8:00 p.m. Rally Mary

Friday

5:30 p.m. Competition Obedience Teresa
 6:30 p.m. Good Manners 1 Kelly
 7:30 p.m. Puppy Kelly

Session 2 ~ 2010

Mar. 1, 2010 through April. 16, 2010

Week off between sessions 1 & 2: Feb. 22-26

Monday

5:30 p.m. Conformation Michelle
 March 1, 15, 29, April 5—drop-in/\$10 per class

7:00 p.m. Puppy Playtime Lea & Laura
 March 1, 15, 29, April 5—drop-in/\$10 per class

Tuesday

11:00 a.m. Puppy Mary
 5:00 p.m. Good Manners I Lea
 6:00 p.m. Puppy Lea
 7:00 p.m. Good Manners I Teresa
 8:00 p.m. Good Manners II Teresa

Wednesday

9:00 a.m. Canine Good Citizen Marlene
 10:00 a.m. Good Manners I Marlene
 11:00 a.m. Good Manners II Marlene
 6:00 p.m. Agility Advanced Katherine
 7:00 p.m. Agility Intermediate Joy
 8:00 p.m. Jumpers I Joy

Thursday

10:00 a.m. Rally Mary
 11:00 a.m. Rally Mary
 5:00 p.m. Rally Mary
 6:00 p.m. Rally Mary
 7:00 p.m. Rally Mary
 8:00 p.m. Rally Mary

Friday

5:30 p.m. Competition Obedience Teresa
 6:30 p.m. Puppy TBA
 7:30 p.m. Good Manners 1 TBA

Week off between sessions 2 & 3: April. 19-23

Conformation Classes

by Sandy Bonifield

We had three conformation classes in December: Eight teams the first Tuesday night, six teams the second Tuesday night and on the final Tuesday night we had nine teams! Everyone received one-on-one instruction and the classes went very smoothly.

Michelle Chaney (owner of Dog World) was our instructor. She breeds and shows Brittanys and has several champions.

We had every size dog in our class from a Bernese Mountain Dog to a Toy Fox Terrier.

We will be holding more conformation classes starting January 4, 2010 at 5:30 PM. The classes will meet on the 1st and 3rd Monday night and will be drop-in at \$10.00 each class.

Call the club at 253-8666 for more information.



**Poppy's 'Vintage 2009' pups: 4 boys/4 girls
born 12/9/09**

Submitted by Stefanie Meinhardt

Why Do We Need Healthy Pet Products?

HealthyStuff.org tested over 400 pet products, including beds, chew toys, stuffed toys, collars, leashes, and tennis balls. Since there are no government standards for hazardous chemicals in pet products, it is not surprising that there were alarming levels of toxic chemicals found. HealthyStuff.org results are especially of concern to pets and children. Pets and children are frequently close to floor and commonly put products into their mouths. Exposures are greater, resulting in greater health concerns.

Check out some of the new test data on the following items by going to <http://www.healthystuff.org/departments/pets/>.

- Tennis Balls
- Chew and Tug Toys
- Pet Beds

You can also get a list of pet products by level of concern at this same link.

**NVDTC Class Fees (7-weeks):
Members* & Non-Members \$115
Senior/Jr/Rescue: \$100**

All sessions run 7 weeks, one time per week at the day & time shown for 50 minutes.

Please call the club at
707-253-8666
to check class availability and to register.

**Members have the opportunity to earn vouchers to offset cost of classes.*

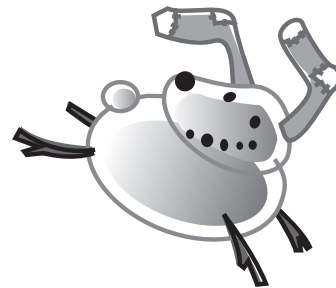
NVDTC TRIAL/TEST DATES

2010 Tracking Test

Angwin

March 14, 2010

Closes March 4, 2010



2010 AGILITY Trial

August 21 - 22, 2010

Dixon Fairgrounds

12/14/09 NVDTTC General Membership Meeting Minutes

I. CALL TO ORDER

- A. Laura Ecklin, President, called meeting to order at 7:03 p.m.
- B. Board members present: Mary Ash, Kelly Finn, Janet Davis, Laura Ecklin, Linda Luchsinger, Sue Osborn, Lynda Rhyno, Gary Walker and Joy Wood.

II. MINUTES—M/S/C to accept minutes from the November 9, 2009 general meeting as published in the December newsletter.

III. TREASURER'S REPORT

- A. Checking: \$7,604.
- B. Money Market: \$8,943.
- C. CD: \$11,518.
- D. M/S/C to accept Treasurer's Report

IV. NOMINATING COMMITTEE

- A. The nominating committee recommended Beth Schutz. M/S/C to accept Beth as nominee for the fourth board position vacated by Gary Walker.
- B. M/S/C to accept nomination from the floor for Gerry Glantz.
- C. Nominees will be voted on at the January meeting.
- D. Sue to send an email to request a short bio from the two nominees.

V. JULIE HOWARD SEMINAR

- A. To date there are 20 sign ups.
- B. M/S/C to allow all current and active trainers and assistants to attend the seminar for free (as recommended by the board).

VI. YEAR END DINNER

- A. Date & details for dinner is still being finalized.
- B. Compadres is the recommendation from the board with the following parameters:
 - 1. Approximately \$25 per person for a buffet dinner
 - 2. Separate room
 - 3. No host bar
- C. M/S/C for approval of up to \$200, as requested by Joy Wood, to use on gifts, raffle prizes and incidentals for the year end dinner.

VII. SERVICE AWARD

- A. Sue Osborn, Chair, passed out forms for nomination of members for the 2009 Service Award.
- B. Members from the past five years who have received the award are committee members and are not eligible to receive the award.
- C. Deadline for nominations is January 15, 2010.

VIII. TRAINING COMMITTEE MEETING

Next training meeting has been set for 6:30 PM on Wednesday, December 16 at the clubhouse.

IX. MEETING ADJOURNED at 7:30 p.m. A yummy potluck was held tonight with a fun gift exchange after the meeting.

Respectively submitted,
Sue Osborn, Secretary

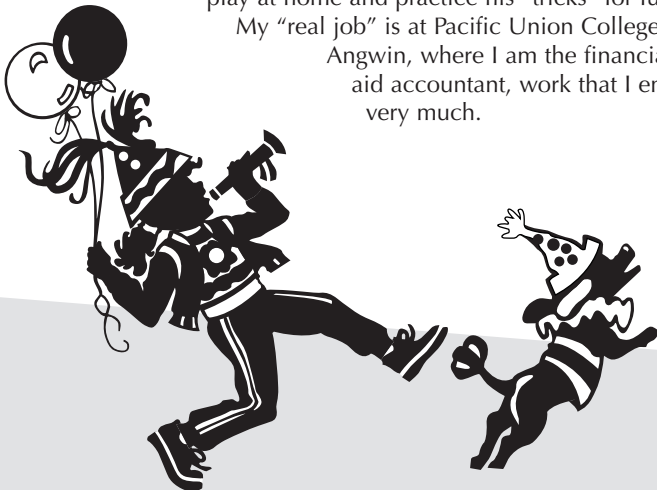
The following two members have been nominated for the fourth position on the NVDTTC board for 2010. Election will take place at the January general membership meeting.

Gerry Glantz, Board Member Nominee:

I have been working with the NVDTTC for over 20 years now. I have served in many capacities during the years, officer, board member, obedience trial secretary, stewarded at many trials and been generally involved in club activities of all kinds.

My Papillion, Rip, keeps me company at home and whenever he can convince me he needs to go with me wherever I go. Rip and I do not train any more because of my "bad knees" but we play at home and practice his "tricks" for fun.

My "real job" is at Pacific Union College in Angwin, where I am the financial aid accountant, work that I enjoy very much.



Beth Schutz, Board Member Nominee:

I have been a member of NVDTTC for just over two years now along with my husband Rich. However, prior to that time (about 5 years ago) I attended both Puppy and Good Manners classes with my dog, Bailey (Black Lab mix). Bailey is currently in the advanced agility class, which we will continue in January. Bailey is a rescue and we couldn't have asked for a sweeter dog. We have a second dog, Peanut, which we call a giant Chihuahua (looks exactly like a Chihuahua but weighs about 11 or 12 pounds). I found Peanut on the street in Napa and he was not in good condition. He was terribly underweight and had personality problems. But I worked with him, and for the last 4 years he's been happy, healthy and just a big goof ball.

In January, I will be a provisional assistant in a Puppy and a Good Manners class. This is something I am really looking forward to, as it was supposed to happen mid-2009 but a minor accident kept me on crutches for a few months. I hope all goes well so I can continue to assist in training classes.

My "real" job is a Project Manager/Estimator for an industrial general contractor in Martinez, CA. I've been in the construction industry for over 20 years now, and have lived in Napa for the last nine.

Associated Obedience Clubs of Northern California
(AOCNC)

ANNUAL All-Breed Obedience Workshop
SUNDAY - FEBRUARY 7, 2010

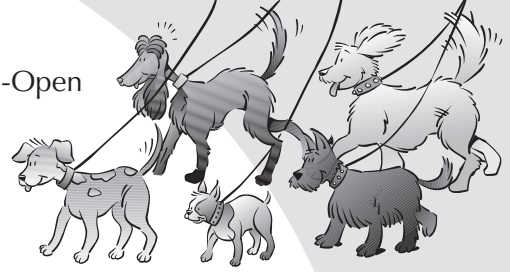


COW PALACE, DALY CITY — Geneva Avenue and Santos Street
FOLLOW DIRECTIONS POSTED BY COW PALACE TO ENTER THE GROUNDS

CLASSES OFFERED:

Obedience: Novice, Open, Utility, Pre-Novice, Grad-Novice, Grad-Open
Rally: Novice, Advanced, Excellent

Entry forms posted at www.napadogtraining.org
ENTRIES CLOSE THURSDAY JANUARY 21, 2010
or when ring limits are reached.



Additional Information: Contact Event Secretary, Luane Vidak, (831) 724-6657; luanemv@sbcglobal.net

VOLUNTEERS NEEDED! CONTACT GERRY GLANTZ THROUGH THE CLUB.

Napa Valley Dog Training Club Service Award

Thanks to the work of devoted members our club has remained strong for over 35 years. In 2001 the NVDTC Service Award was created to recognize those who have made significant contributions. This award will be presented at the Annual Awards Dinner in February, 2010.

Nominations:

Any member is welcome to make a nomination, and a member may nominate multiple people each year. Nominations must be given in writing and must include the contributions of the nominee.

Criteria for the NVDTC's Service Award:

- 1) Nominee must be a current club member and in good standing.
- 2) Nominee must follow and uphold NVDTC's by-laws and rules.
- 3) Nominee has contributed to the overall well-being and growth of the club.
- 4) Nominee represents the club in a professional and positive way.

Voting:

The Selection Committee is made up of past Service Award Recipients: Mary Ash, Linda Luchsinger, Marilane Bergfelt; Bobby Honsvick; Anita Boyce; Mary Joy Davis; Teresa Russell & Sue Osborn. Please note: As committee members—these individuals are NOT eligible to receive the award for 2009.

Return the completed form by
January 15th to Sue Osborn.

Snail mail: 2883 Redwood Road, Napa, CA 94558

Email: sue@osborngraphics.com

(Title of your email message should contain the words "NVDTC Service Award")
Additional Forms can be downloaded from napadogtraining.org

Your name: _____

Name of Nominee: _____

Contributions: _____

A VERY SPECIAL AWARD!

Contributions include but are not limited to: Office(s) held; Board/Chair position(s) held; committee(s) worked on; projects for the club; help at the clubhouse/classes/events, etc.



The California Collie Fanciers, Inc. presents an
ALL-BREED Rally Match & Intro to Rally Workshop
Saturday, January 16th, 2010

To be held at the Napa Valley Dog Training Club

Evaluator: Mary Ash, Chief Rally Trainer for Napa Valley Dog Training Club.

All Breeds are Welcome!! Please bring a crate to house your dog while you wait to work. Get ready for spring competition!



Match Pre-Entries: \$10 per run.
 All pre-entries due by 1/14/2010
 Day of Match entries: \$12 per run



Workshop entries: \$10 per participant (one dog per handler)
 No experience necessary to participate in the workshop.
 Beginners are most welcome! Come & see why Rally is so popular!

Download flyer/registration from napadogtraining.org

Rally Match will begin at 10 am

Day of Match entries will be taken from 9:30-10 am

Workshop will follow Rally Match and will begin no earlier than Noon.

Don't forget to join our potluck! YUM!

January 23rd & 24th, 2010

Napa Valley Dog Training Club is proud to host

Judie Howard

OBEDIENCE TRAINING...

FROM THE DOG'S POINT OF VIEW

68 Coombs St., Building N, Napa, California

THIS IS A TRUE WORKING SEMINAR



These seminars are structured to help people in all facets of dog training.

Judie Howard owned one of the largest obedience schools in the country for 24 years, with an enrollment of over 350 dogs per week. She has put more than 70 AKC obedience titles on dogs, including 17 UD's, 6 UDX's and 12 OTCh's. (Another dog is over half-way and has all his firsts.) She has earned more than 140 AKC Highs in Trial, including eleven 200's on five dogs and has given more than 100 camps and/or seminars throughout the U.S. and Canada.

Working spot w/dog BOTH DAYS \$165
 Working spot w/dog ONE DAY \$95
 Auditor (non-working) BOTH DAYS \$95
 Auditor (non-working) ONE DAY \$75

**Makes a GREAT
 Christmas Gift!**

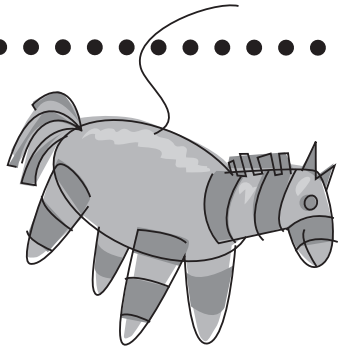
**All Prices
 Include Lunch**

Got a Question? Email lindyckrs@aol.com
 NOTE "JUDIE HOWARD Seminar" in subject line.

**Flyer & Registration can be
 downloaded from nvdtc.org/.**

**For upcoming trials/shows
go to nvdtc.org/events**

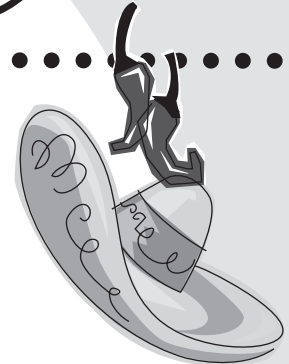
*Also visit www.infodog.com, www.nadac.com,
www.k9wag.com, and www.k9cpe.com
for information on conformation
shows, obedience and agility trials,
tracking tests, field trials, etc.*



Napa Valley Dog Training Club, Inc.

ANNUAL DINNER
Saturday, February 20, 2010

Compadres Grill
505 Lincoln Avenue, Napa



For all of you who have not attended before, we really have a good meal and a good time. Come join the fun and meet other club members. Invite the whole family. You'll have a great time. Below is the menu for our banquet, please fill in the bottom part and return to Joy Wood by mail: NVDTC, P.O. Box 4097, Napa, CA 94558 or drop it in her box at the clubhouse. Questions? Call the club at 253-8666.



MEXICAN FOOD BUFFET

\$28.00 per person (includes everything)

No host cocktails, cash bar: 6:00 p.m. to 7:00 p.m.

Dinner served: 7:00 p.m.



Name: _____

Number Attending: _____

**CUT
OFF DATE:
FIRST WEEK
OF FEB.**

Please send your order including a check payable to NVDTC to
Joy Wood's attention, NVDTC, P.O. Box 4097, Napa, CA 94558 or drop in her box at club.

There will be a January General Meeting at the Club
Monday, January 11, 2010
6:30 p.m.

No Dogs
at
Meeting



Except for December, Board meetings are usually scheduled the fourth Monday of the month at 6:30 p.m. Board meetings are open to all interested members.

Since board meetings are subject to change, call 253-8666 to verify both date and location of meeting.



If you have articles, stories or events to share in the NVDTTC
Newsletter, please contact Sue Osborn:
NewsletterEditor@napadogtraining.org

Deadline for newsletter submissions is the 20th of each month.

Napa Valley Dog Training Club
P.O. Box 4097
Napa, CA 94558

ADDRESS CORRECTION REQUESTED

Agility Trial Chair: Mary Ash

Obedience and Rally Trial Chair: Mary Ash

Tracking: Debbie Crain

AOCNC: Gerry Glantz

Training: Teresa Russell

Office: Lynda Rhyno

Sunshine: Mary Joy Davis

Newsletter/Website: Sue Osborn

Membership: Linda Luchsinger

Publicity: Janet Davis

CGC: Jim Spiva

This newsletter is also available online at napadogtraining.org