

City Dog *Country Dog*

TRAINING SOLUTIONS FOR BUSY LIVES



News
[WINTER EDITION]
2012
SERVING PORTLAND &
OREGON CENTRAL COAST

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

[Living with Dogs] Troublesome Teens: 4 Survival Tips

Two-legged kids are not the only ones to go through an awkward phase. Adolescence—usually thought of as the period from four months to two years of age, a little later for larger breeds—often feels like an honest-to-goodness teenage rebellion. Your young dog develops selective hearing, seems to forget manners they know well, and reverts to puppyish behavior like mouthing, jumping, barking, and destructive chewing. Disheartening as such apparent setbacks can be, remember that adolescence is a phase. It, too, shall pass.

Meanwhile, here are five tips for keeping your sanity intact and raising a polite, easygoing adult dog:

Be consistent. Consistency in routines, training, and expectations is key. Just like human children, young dogs do better with boundaries and rules in place.

Practice Sit to Say Please. Whatever your dog wants—dinner, treats, walks, belly rubs, play sessions, attention, a spot on the couch—have him ask for it nicely by sitting or doing some other behavior he knows. If he doesn't listen, he doesn't get the belly rub or treat or the ball thrown and will have to try again a few minutes later. Applying this rule consistently will motivate your dog to listen to you.

Take a class. Now is a great time to take training classes or engage with a private trainer to get tips and regular training time in. You wouldn't consider your human children's education finished after elementary school, right? Think of this time as junior high for your dog.

Pile on the exercise. The more doggie workouts you can fit in, the better behaved your dog is likely to be. Exercise is the antidote to adolescent hyperactivity. (Just consult with your vet before undertaking strenuous sports. Don't go running with your dog until he is at least 18 months old, for example; it may damage bone development.)



New!!! City Dog Board & Train Service



MARLEY: END OF A FUN DAY

Until recently, our Board & Train service has been offered at our country location, a 40 acre property in the Yachats River Valley (Central Oregon Coast). Boarding dogs enjoy the fun and excitement of being out in nature, while engaging in intensive training. Whether learning new skills or brushing up on old ones, boarders love getting their paws muddy, feeling the wind in their hair, paddling or swimming, racing through meadows and forest, and sniffing to their hearts' content.

In July 2011, we initiated a City Dog Board & Train service to complement its Country Dog cousin. The program is staffed by Heather Ohmart, a Certified Professional Dog Trainer and former Veterinary Assistant. Heather specializes in all things puppy and has extensive experience in raising and training puppies for service and therapy work.

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"If you get to thinking you're a person of some influence, try ordering somebody else's dog around." - WILL ROGERS

[Did You Know]

These Safety Products For Dogs?

(We don't endorse any specific product, we simply aim to keep you up-to-date on products that can help keep your dog safe.)

Reflective clothing. A must for the dark winter months, reflective vests and jackets come in every incarnation, from camouflage-colored field coats to polka-dotted designer gear.

Dog coats. Everyone knows the water-repellant, fleece-lined coats that protect your dog in cold, wet weather, but do you know about cooling jackets? They reduce sun exposure and reflect sunshine to keep your dog cool.

Car safety belt travel harness. This handy contraption attaches to any seat belt and allows your dog to sit or lie down during car rides.

Glow products. Make sure your pooch is seen in the dark with lighted collars, bodylights, LED leashes, blinkers, and light-reflective safety strips.



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Her Portland home provides a safe haven and stimulating learning environment for puppies and older dogs in her care. Each Board & Train opportunity is structured around individual client goals and the needs of each dog. Daily blogs provide informative, heart-warming and often amusing updates on each pup's antics and progress. End of stay reports and handover sessions provide clients with resources for building on the progress made during the stay. This kind of individually crafted, in-home boarding package is a great way to jump start a young city dog's socialization and training, or fine-tune an older dog's skills.



One of the first puppies to benefit from Heather's care and training was Jacob Marley, a 6 month old Cairn Terrier. Training goals for Marley's stay were to decrease his jumping, nipping, and barking, and improve his house manners. Joan and Tom Buell were delighted with Marley on his return home.

They wrote:

"We are 79 and 84, and Jacob Marley is our 8th dog in 57 years of marriage, and our second terrier. Marley, perhaps the brightest of the lot, is proving to be the perfect dog for us, mainly thanks to Heather's work. He still has energy and complete confidence, but we no longer feel that he can dominate us. Now we can really enjoy him... We had Marley last night at a sing (Rounds and Folksongs) at our daughter's house. He was wonderful. She couldn't get over the positive changes. He only barked once and that was at their cat, Milo, who put him in his place firmly but without hurting him. He jumped up only when invited and sat next to people, and snuggled with our granddaughter."

You can read more about Marley's stay at his photo blog at <http://partofthepackfall2011.blogspot.com>. Like all our Board & Train clients, Joan and Tom loved the blog posts that documented Marley's stay:

"The daily blog also plays a real part in training the owner: we could follow what you were doing as the days went along. Several people to whom we sent it remarked on Heather's skill not only as a trainer but as a photographer and an understanding, affectionate dog owner. Marley is just doing beautifully. Heather did a great job!"

If you are interested in our City Dog or Country Dog Board & Train opportunities for your puppy, teen or adult dog, please call or email us! Our Board & Train programs book out fast. To avoid disappointment, please reserve your dog's stay as far in advance as possible. Tel: (503) 740-4886; email: info@citydogcountrydogtraining.com

[A World of Dogs] Rescuing Animals & Changing Attitudes

When we hear about yet another case of animal cruelty—puppy mills, dog fighting rings, neglected and emaciated dogs—it's easy to despair about the way many people still view dogs as disposable goods. Too many do, indisputably, and shame on them. But it's worth remembering how profoundly attitudes toward animals in general, and dogs in particular, have changed in just the last hundred years. Partly, this shift can be attributed to urbanization and the industrialization of agriculture, but a large part of the credit falls to animal rescue organizations and their tireless work to defend the rights and welfare of animals. In North America, the US led the initial charge.

In the 1870s, for example, dogcatchers in Manhattan rounded up as many as 300 strays a day, threw them in cages, and then dumped them in the East River. Dog fighting, though illegal in most states by this time, thrived because enforcement of the laws against it was largely nonexistent. (Rare through most of the 20th century, dog fighting has resurged in the last 25 years.) And in the first decades of its existence, the American Society for the Prevention of Cruelty to Animals, founded in 1866 by Henry Bergh, fought an uphill battle against public indifference to animal suffering. But over the next 100 years, through relentless lobbying, essay writing, and public speaking, animal welfare advocates managed to effect profound changes. Laws were passed in favor of animal welfare, funding allocated for wildlife rescue and rehabilitation, and animal shelters created for re-homing of stray and abandoned pets.

Nowadays, public opinion is overwhelmingly against animal cruelty and exploitation. We largely agree animals are sentient beings and acknowledge our responsibility to care for and respect them. Dogs? They have become actual family members. Yes, we still have far to go, but consider that the World Society for the Protection of Animals is lobbying the United Nations to adopt a Universal Declaration on Animal Welfare, meant to promote international standards for the treatment of animals in farms, science labs, nature, and people's homes. Fifty years ago, that would have been unthinkable.

[Dogs in Action] Tracking

A dog's world is dominated by smells—their olfactory sense is acute and primal. Little wonder, then, that dogs so love to put their noses to good use. Teaching your dog to track objects is a fun training challenge for people and great mind-and-body workout for dogs. Tracking as a sport has been around since the early part of the 20th century and titles can be won from organizations such as AKC and NAMBR (North American Mixed Breed Registry). However, many people undertake the activity purely for fun. The only equipment needed to get started is a tracking harness, a 40-foot line, training treats, and toys.



In a tracking test, you and your dog are tested on her ability to follow a track and indicate to you that she has found the article, usually a glove or wallet. As your dog advances, tracks get longer, cover more difficult terrain, and are left to “age” longer. The challenge, as with much dog training, is not to go too fast, but to use repetition and small steps so your dog stays motivated.

Interested in tracking with your dog? Google the term plus your locale—or browse the available books on Amazon to get started yourself.

[Healthy Dog] Signs of Poisoning

Every year, hundreds of thousands of dogs suffer from some form of poisoning—and the culprits in the vast majority of cases are common household and garden products. Drugs such as cold and flu preparations, painkillers, and antidepressants; insecticides and rodent bait; plants like sago palms and azaleas; cleaning agents like bleach, detergent, and disinfectant; and outdoor toxins like antifreeze and fertilizers. Always keep such hazards in locked cabinets or on high shelves, well out of reach of your dog. Also be aware that not all symptoms of poisoning occur shortly after ingestion; some can take 18 to 36 hours to appear.

Look out for: Salivation, vomiting or diarrhea, uncoordinated gait, seizures, muscle twitching, weakness, nose bleeds, rectal bleeding, and excessive thirst. If your dog has ingested poison, bring a sample of the material with you to the vet if you can. To learn more, visit aspca.org/pet-care/poison-control.

DOG IN THE SPOTLIGHT *Poodle*

Despite France's wholesale adoption of this elegant dog as a symbol of Parisian chic, poodles actually originated in Germany—as hard-working water retrievers. Their characteristic bouffant hairdo was a purely practical measure to protect lungs and joints from icy water. Athletic and eminently trainable, standard poodles distinguish themselves in everything from flyball to obedience to therapy work. In the show world, they're known for their dramatic stage presence and excessive grooming needs: fully coiffing a poodle for competition takes at least a day—and learning how to do it takes years of training. The standard poodle is ubiquitous in the annals of Western culture, appearing next to queens (Jane Seymour, Henry VIII's third wife), in literature (Goethe's *Faust*, Steinbeck's *Travels With Charlie*), and in movies (who can forget Rhapsody in White's star turn in *Best In Show?*).

For a Standard Poodle to call your own, search online for rescue organizations near you.



City Dog Country Dog is Expanding!

City Dog Country Dog specializes in providing training, behavior and quality-of-life solutions for dogs and their families in Portland, Oregon and on the Central Oregon Coast.

Caroline Spark is the owner of City Dog Country Dog. With a PhD in psychology and a background in counseling and adult education, Caroline has nearly 30 years of experience in helping people solve problems, meet learning goals, and achieve positive change. Caroline is a Certified Pet Dog Trainer (CPDT-KA) through the Association for Pet Dog Trainers, a Certified Dog Behavior Consultant (CDBC) through the International Association of Animal Behavior Consultants, a Karen Pryor Academy Certified Training Partner, and an AKC Canine Good Citizen evaluator.

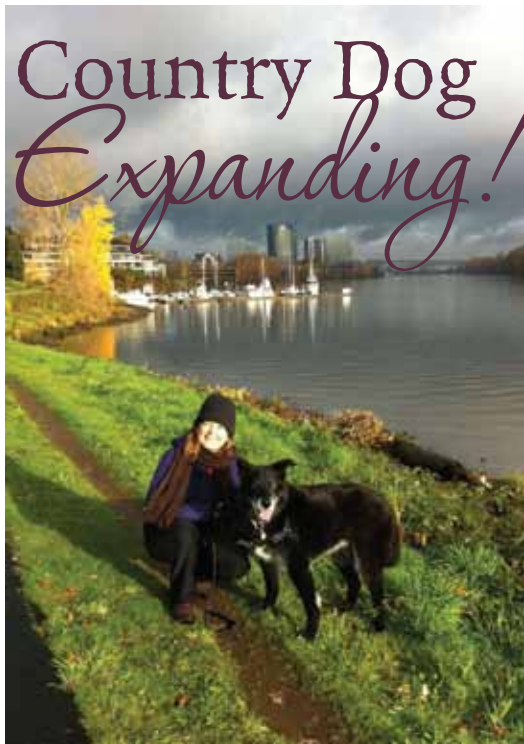
Recently, City Dog Country Dog welcomed two new members to our team of dedicated professionals and interns.

Heather Ohmart is a Certified Professional Dog Trainer (CPDT-KA) who specializes in "all things puppy" – raising and training puppies to be family companions, and for therapy and service work. Heather also offers board & train services in Portland to complement our board & train program on the Oregon Coast.

Karolin Klinck recently signed on as an intern with City Dog Country Dog, as she furthers her dog training skills through The Academy for Dog Trainers <http://academyfordogtrainers.com/>. Her enthusiasm and talent are already adding to the scope of our services on the Central Oregon Coast.

You can read more about the City Dog Country Dog team at <http://www.citydogcountrydogtraining.com/aboutus.shtml>.

How can we serve you and your dogs? Please contact info@CityDogCountryDogTraining.com for solutions to training and behavior problems and to find out more about City Dog Country Dog's services.



[Tips & Tools] How To Move An Injured Dog

Proceed with caution. Make sure you're not in any danger yourself, then approach carefully, using a soothing voice. Then:

- 1. Muzzle the dog.** Woozy and in pain, any dog might bite, even one you know to be gentle. Use a rope, scarf, belt, or the dog's leash.
- 2. Place the dog on a blanket (or your coat) and ask two people to help you carry him to your car.** If alone, lift the dog using one arm behind the rump and the other around his chest, allowing his neck and head to rest against your shoulder.
- 3. In your car, keep the dog as flat as possible.** Cushion him with pillows, clothing, or towels to prevent him from rolling around during the ride. Put a blanket over the dog to keep him warm and drive as smoothly as you can.

SAVE
THE
DATE!

Call of the Wild Dog Camp
August 24-26, 2012. Details at
www.citydogcountrydogtraining.com



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