

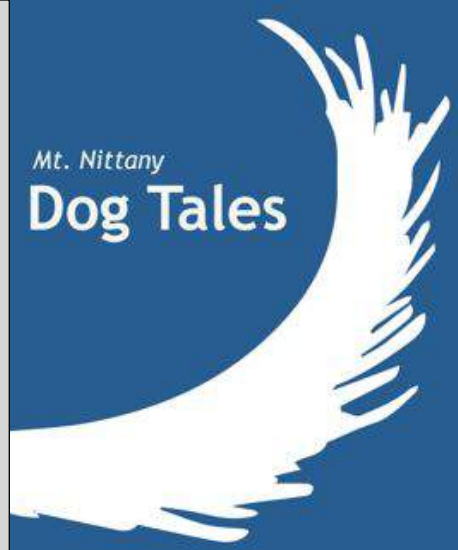


See more photos and read about our club's first Agility Course Test (ACT) event on page 10.

**ACT evaluators Tracey Dooms and Sharon Hagerty pose with Karen Keller and Jimmy who won their ACT1 title.**

Photo by Lisa Coggins

Mt. Nittany  
**Dog Tales**



January 2017



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### DEADLINE!!!

**Please submit titles & photos for Annual Awards by January 10**

**See more information on page 2**

## From the President

MNDTC is a busy club, offering numerous competitions, classes, and special events throughout the year. Our members volunteer their time to make all this happen.

You can help your dog training club by volunteering to serve on a committee or perform a specific task. You can serve on a committee that is active year-round, such as the Education Committee. You can help with an event that happens once a year, such as the awards banquet. You can run for office or learn to teach a class or help plan the club's budget.

Watch your club emails — the Late Barking News (LBN) — for requests to volunteer at specific events, such as an agility trial, obedience/rally trial, or tracking test, or moving equipment out of and into our training building. Twice a year — in January and July — we email a general request for volunteers for our various committees, although you can join most committees at any time.

If you haven't already volunteered, please consider doing so! No experience is necessary for most jobs, and we're always willing to help you learn. If you're not sure how you can help, email me or any board member and we'll help you find a volunteer spot that matches your interests and the amount of time you have available. As a bonus, you'll learn more about your club and meet more club members who share your interests in dog training!

—Tracey Dooms

**January General Membership Meeting with Elections**  
**Tuesday, January 10 - Potluck, 6:00 p.m., Meeting, 7:00 p.m.**  
**St. Paul's Lutheran, Pine Grove Mills**

### CLUB OFFICERS

- President  
**Tracey Dooms**  
tracey@traceydooms.com
- Vice President  
**Kathy Huey**  
kxhuey@yahoo.com
- Secretary  
**Janet Lewis**  
macleod05bcs@gmail.com
- Treasurer  
**Lois Albright**  
keesfun@comcast.net

### BOARD MEMBERS

- Howard Etzel  
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- Katie Kennedy  
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- Lynn Klees  
lpklees@comcast.net
- Heidi Miller  
heidihome1@aim.com

### Send Us Your News!

Do you have news for the Mt. Nittany Dog Tales newsletter? Send it to [news@mndtc.org](mailto:news@mndtc.org). The newsletter is published every other month, before the general meeting.

### Newsletter Staff:

- Christie Black
- Marliene Froke
- Janet Lewis
- Heidi Miller
- Brenda Palmgren
- Cynthia Rabbers

## Reminders

### Club Dues

**Annual Club dues for 2017** are due to the treasurer by **February 1**. Fees are \$20 for individual members, \$30 for a household, and \$5 for juniors, ages 9 to 17.

For complete information, refer to the December 9 *Late Barking News* email, which included a form to print out or to fill out and send via email. You can pay via check or PayPal.



### Awards Banquet

It is time again to celebrate our yearly accomplishments with our special dogs. The annual awards dinner is scheduled for **Tuesday, March 28 at 6 p.m.** at Mountain View Country Club in Boalsburg. Please join us and enjoy an evening of dinner with friends, as we celebrate our members' newest accomplishments with their loyal pets.

Even if you are unable to make the dinner, please join us for the awards portion of the night. The online form is open for submissions now, and will close Jan 10. It is located on the member area of the club website, under the annual awards link (<http://mndtc.org/member/awards.htm>).

Please fill out the form completely and double check spelling as that is the way it will be printed on the plates or rosettes. Also remember to type in the acronym, which will be printed on the plates. And spell out the new title, i.e. OAP = Open Agility Preferred.

General Information: Novice level titles earned may choose between a picture rosette OR a plaque with plates. The rosettes have a three-inch photo button included. You may submit a digital picture of your dog that will fit in the three-inch area to Diana Sheatler **by the January 10, 2017 deadline** via email [nicurndls@msn.com](mailto:nicurndls@msn.com)



Instructions will be placed online soon, for reference. We hope to see you there!

### Welcome New Members!

At the November meeting, the following people were introduced as provisional membership: **Judy Moore, Nicole Glenny and Sandy Loughlin.**

## MNDTC Event Calendar

- **January 10:** 6 p.m. potluck, 7 p.m., business meeting, St. Paul's Lutheran, Pine Grove Mills
- **February 3-5:** Agility Trial, Penn State Ag Arena, University Park, PA
- **April 1-2:** Agility Seminar with Donna Rohaus, Rock Springs, PA (registration is open)
- **April 9:** TD and TDX Tracking Tests, Rock Springs, PA
- **April 29-30:** Obedience Seminar with Julie Symons, Rock Springs, PA
- **May 13-15:** Agility Trial, Rock Springs, PA
- **June 17-18:** Obedience Trial, Rock Springs, PA
- **July 7-9:** Agility Trial, B & D Creekside Activity Center, Latrobe, PA
- **September 23-24:** Agility Trial, Rock Springs, PA
- **October 29:** TDX Tracking Test, Rock Springs
- **Barn Hunt:** Stay Tuned for Barn Hunt events for 2017

For more information on events, and dates of up-coming run-thrus, and Trial Premiums, go to the MNDTC events and run-thru pages at [www.mndtc.org](http://www.mndtc.org).



## Ask a Vet: What is Traditional Chinese Veterinary Medicine?

**Answered by Mary Ellen Sayre, DVM  
Certified in Animal Chiropractic  
Certified Veterinary Acupuncturist  
Port Matilda, PA  
<http://sayrevetacupuncture.com>**

Acupuncture and Chinese Herbal Medicine for animals are two modalities that have been gaining popularity in the United States in the last decade due to their gentle effectiveness and reduced side effects compared to Western pharmaceuticals.

Most people are surprised that animals allow acupuncture, but they do! Many dogs are nervous during the first session, but it is obvious to their owners that they are extremely relaxed afterwards. Gradually, they realize there is nothing to fear and they become relaxed as soon as they hit the front door of the clinic! Owners are very likely to seek out an acupuncturist for themselves after they've seen the unbiased responses of their pets.

Acupuncture can be used for just about anything, although it seems to shine for certain conditions. Any sort of pain, anywhere, will be helped with acupuncture. This includes muscular, skeletal, and abdominal, postoperative and cancer pain. So, for our four-footed friends, that might include disc disease in the back, neck and shoulder pain, hip dysplasia, chronic muscle and ligament injuries, arthritis, and pancreatitis. Acupuncture causes the release of serotonin, so anxiety is definitely on this list. Any disease that has an autoimmune or inflammatory component to it--asthma, inflammatory bowel disease--will benefit from acupuncture as an add-on therapy.

At my practice, I see a lot of dogs with neurologic issues such as epilepsy and spinal cord disease. Examples are a large dog with weak hind legs, or a Dachshund with a partially herniated disc that is having trouble using the back legs. Acupuncture seems to alter nerve pathways and so is deemed quite effective for these conditions.

Above all, and I can't stress this enough, acupuncture seems to nudge the body to heal itself. Think about it: we are inserting needles into the body to push the body to release its own hormones, bone marrow cells, and chemicals. In today's scientific climate, we sometimes get caught up in searching for the new wonder drug or outside intervention that is going to solve all of our problems. In fact, however, we are finding that some of the most promising cancer vaccines and treatments are utilizing the body's own immune system to fight the cancer.

Chinese herbal medicine has been around as long, or perhaps longer, than acupuncture. Most herbals are formulas of three to ten individual herbs. It is found that, when combined, the formula is more effective than any single component given alone. Formulas are designed to highlight one or two herbs that have the action you would like: to calm excitatory nerve pathways in the case of epilepsy. To this, however, might be an herb that directs the main herbs to a certain part of the body (in this case, the brain), and then one to several more herbs will be added to counteract any gastrointestinal upset or side effects that might arise. Though new formulas are being "tweaked" all the time, many of the formulas I use in pets were designed by physicians thousands of years ago.

I use herbal medicines routinely for more internal-type diseases, such as cancer, allergies, autoimmune disease, kidney, and heart disease. Although formulas are gentle, they are not without possible side effects. Additionally, because the herbs are grown in China, contamination is more likely. Safeguards have been put in place, and I only use two companies for all of my herbs. These companies have their own growers in Asia, and they test every shipment that comes in for heavy metal contamination, molds and bacteria, and other harmful pesticides.

A really good book that explains the concepts behind Traditional Chinese Veterinary Medicine in animals is *Four Paws, Five Directions* by Cheryl Schwartz.

## Trick Column: Spin

The spin is another trick you can try to capture/shape from a natural behavior. High energy dogs often perform this on their own when they are trying to get your attention, but be careful to not reward it for this reason. This is also another easy trick to lure, but as with the sit pretty you must phase out the lure quickly or you may not be able to phase it out. A lure should only be used as long as it takes for the dog to understand what your hand cue means, but not so long that the lure becomes a crutch.

The spin is a great trick to use in the show ring. It can be used in the obedience ring between exercises or when setting your dog up. In the agility ring, it can be used in your pre-run routine while you wait in the cue or set-up at the start line.

To teach your dog to spin:

- Start with your dog in front of you.
- Place a treat in your hand. (Use your left hand if you will ask your dog to go clockwise and your right hand if you will ask your dog to go counterclockwise.)
- Give your dog the treat as he is in the spin, we want to make sure he understands what behavior the treat is for. As your dog gets better treats can be delivered after completion of the spin.
- Once the dog gets the idea you can add in your command. You have a lot of options here (spin, twist, twirl, etc.). Many people will use one word for a clockwise spin and a different word for a counterclockwise spin.

As your dog gets better at spinning from the front, you can shake things up a bit. Put your dog in something closer to heel position and ask your dog to do the spin from that position. If you need to use a lure from this position to get started put it in the hand closest to your dog. It may be easier to have your dog spin away from you, the spin towards you may be a little more difficult to teach.

There are many benefits to teaching your dog this trick. It can help improve your dog's flexibility. A benefit for an obedience dog is that it can give you something fun to throw in when practicing heeling. The easiest way to make it more fun for your dog is to be unexpected, throw in some tricks and games your dog does when given a verbal or signal cue. This method of heeling actually provides two benefits: first it's fun for the dog and second, he or she is more likely to pay closer attention to you because they never know when you're going to ask them to do something different.

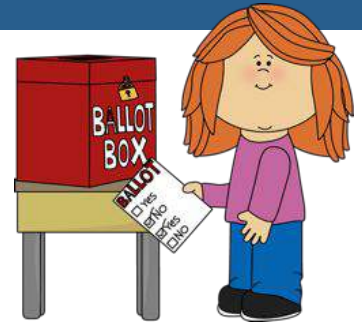


### Tips and Troubleshooting:

- If you are having difficulty with this trick you may need a higher level reward.
- Try slowing down your hand motion. You should go slow enough that your dog can follow your hand around. Work on speed later.
- Another reason your dog may have difficulty with this is if it has an injury that affects his or her back. If you suspect an injury that involves the back be sure to consult with your veterinarian before continuing to attempt this trick.
- A dog with injuries to the core muscles (back, abdominal, chest) may also struggle with this, so if you suspect this type of injury allow it to heal before continuing.
- If you have a small dog get down on his level. You don't want your dog to have to look up to follow your hand or he may tweak something. Keep your hand at a height where your dog's neck and spine remain aligned.

## Annual Election

**Our annual election will be held during the January 10 general meeting.** The members running for the offices of president, vice president, secretary, and treasurer are uncontested. There are three members vying for two open positions on the board. In this article, the candidates tell you about themselves and explain why they are interested in serving the club.



### Candidate for President: Howard Etzel

I, Howard Etzel, am interested in serving MNDTC as President of MNDTC. As president, I pledge to address each issue logically and without bias.

Dogs have been part of my life for over 40 years. I am currently owned by Beau, the Weimaraner. When I am not training and playing with my dog, I am judging AKC agility trials or designing agility courses. I have been an AKC agility judge since I passed the Judges' Seminar in 2008. Beau and I also enjoy and compete in canine nose work.

I retired in 2006 after 36 years of teaching (math and computers) in the Hollidaysburg Area School District. My wife has put up with me for 46 years. We have two children and two grandchildren.

The greatest concern for MNDTC is meeting diverse member needs and continuing to expand the club while meeting the mandates in the MNDTC Constitution and By-Laws. I pledge to work to accomplish that goal.



### Candidate for Vice President: Tracey Dooms

My involvement with dog training goes back to my teen years, when I earned obedience titles on my two Shetland Sheepdogs. My dogs and I have also competed in rally, but my current passion is agility. Currently, I share my home with one Sheltie and a Parson Russell Terrier puppy.

I joined Mt. Nittany Dog Training Club in 2006 to learn more about dog training, to meet other people with the same interests, and to help advance local dog education and activities. Over the past decade, I have served the club as president, board member, agility instructor, agility trial chair, agility class committee member, membership involvement committee member, and newsletter editor. I have helped with a variety of activities, including our obedience and rally trials, building move-in/out, Penn State visits, and Agility Course Tests.

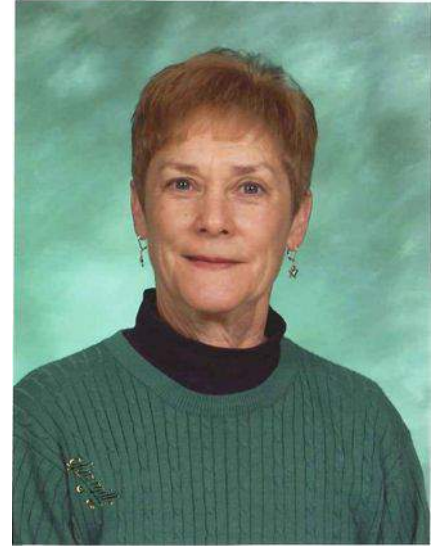
I would like to serve as vice president to continue helping the club fulfill its mission and support current and new activities to benefit all club members and the public.



## Annual Election

### Candidate for Secretary: Sandy Roth

When MNDTC was founded, I was one of the charter members serving in various club offices, BOD, and teaching many classes. Currently I teach tracking classes for MNDTC. My experiences of serving on the Welsh Springer Spaniel Club of America national board of directors for 15 years and president of the club for six years has given me many skills in business meeting procedure. I look forward to serving the club as an officer.



### Candidate for Treasurer: Lois Albright

I've been a member of MNDTC since 1982. I've served as secretary, treasurer, committee member and board member, and assisted with obedience classes.

The Keeshond breed has been part of my life since 1980, when I purchased my first puppy. I've shown my Keeshonden in conformation, obedience, rally, agility and barn hunt. I currently share my life with two Keeshondens, Breeze and Cory.

My work experience includes five years as a budget clerk, one year as a clerk in accounts receivable, and 35 years assisting with general ledger entries, account reconciliations and bank reconciliations for a local government contractor.

My greatest interest in MNDTC as treasurer is to keep an accurate set of records, to reimburse members expenses on a timely basis, provide monthly treasurer's reports for the board and the membership, and to attend monthly board meetings.

I look forward to serving another term as treasurer for MNDTC.



## Annual Election

### Candidates for Board (2 open positions):

#### Karen Bettleyon

I had a dog growing up as well as other furry creatures so I have always loved animals. Eventually I got my very own dog Jasmine. She was a great dog and I did a lot of stuff with her but I had no idea at the time what was available out there! I found Izzi on Pet Finder at a local shelter and when we determined she was probably part Border Collie, I knew she was going to need more to do than my previous dog.

I learned about MNDTC from a friend who had recently started to train her dog in agility and I went to the Ag Arena to watch a trial and to check out what the sport is all about. I decided this was definitely something we should try. We started taking classes at MNDTC that spring and joined the club shortly afterwards.

I have assisted in many aspects of agility trials, including kitchen set up, course building, and ring crew. I assisted this spring and fall with the foundations agility classes. I would like to continue to assist with the hope of teaching classes as well.



#### Sharon Hagerty

I was born, raised, and still live in Mifflin County. I retired after 34 years of teaching grades one through four for the Mifflin County School District. My husband, Jim, has two children and we have five wonderful grandchildren.

As I was growing up, my father had hunting Beagles, and when my older sister went to college, we got a Dachshund to replace her. I thought it was a good trade. As an adult, I had a Golden Retriever and a Labrador Retriever. As much as I loved both dogs, their chronic health issues sent me on the path to finding a different breed. Then came my Aussies.

Agility became an obsession with my first Aussie, Bailey. I began agility training with Jen Dreese and Cyndi Kepner, and they encouraged me to join Mt. Nittany Dog Training Club.

Since joining MNDTC 13 years ago, I have assisted with and taught agility classes and been on agility trial committees and nominating committees. I am currently on the Agility Class and Barn Hunt committees. Recently I, along with Tracey Dooms, helped organize the club's first ACT event.



I am very grateful that I am able to spend my retirement years doing the things that I love with my dogs.

## Annual Election

### Candidates for Board Continued (2 open positions):

#### Judy Karakawa

My name is Judy Karakawa and I have been a member of the Mt. Nittany Dog Training club since March of 1994. I have had five German Shorthaired Pointers over the years and have titled in breed, agility, obedience, and fly ball.

In order to become more informed with the workings of the club, I have made a concerted effort to attend most of the board meetings, as well as all of the regular meetings over the past several years.

The reason that I am running for a board position is that I feel strongly that everyone should not only be able to participate in club activities, but also be able to have the opportunity to have their ideas included in the decision-making processes that determine the direction of the club. As a board member, I pledge to be available to convey any club member's ideas and/or concerns to the board. In this way, I feel that the club decisions will be more productive and make the club more united.

Throughout the years since becoming a member, I have volunteered and still volunteer in most club activities. These include:

- Obedience class registrar
- Tracklayer for tracking tests
- K-9 Karnival set-up, registration, and tear-down
- Training building semi or more yearly move-ins and move-outs
- Assisting with equipment repairs and clean-up
- Agility/obedience trial set-ups and tear-downs
- Ribbon coordinator for obedience and rally trials
- Ribbon coordinator for agility trials prior to 2012
- Assisting with food concessions for agility trials



## Dog Tales Submission Guidelines

Submissions for the next newsletter are welcome at any time. The deadline for submissions is the middle of the month prior to the general meeting. A last call for submissions is sent out a couple of days prior to the deadline. We welcome many different types of submissions including: Brags, Puppy News, and Memorials. Also, feel free to send us a photo.

The quality of the photo will inevitably be reduced in the Dog Tales pdf file. This is a consequence of producing a newsletter that is a manageable file size for electronic distribution. However, the photo will look best if the submitted photo is of high quality. When in doubt, make sure your camera is set to "Large" for photos you plan on submitting to the newsletter. Photos do not need to be sent cropped as this can be taken care of during the newsletter design phase. If you are confident in your computer skills and can crop the photo without changing the quality, a pre-cropped photo is fine.

If you are asked to submit an article, you will be given submission deadlines and guidelines specific to your article.



## Three earn TDX titles at MNDTC Tracking Test

Tracking tests are known to bring out the worst weather a person can concoct. This year's MNDTC TDX test, however, brought ideal tracking conditions. October 29 and 30 was a fabulous fall weekend for outdoor activity. To make it extra special three of the six entrants passed tracks set by Judges Michele Gillette, Hanover, VA, and Jeff Whitsitt, Nashville, TN. This pass rate is almost unheard of at the TDX level of tracking.

Although the actual test is only one day, the day before the test is a full day for club members setting up the trial. Saturday was devoted to the judges plotting the tracks, along with volunteer track layers, cross trackers, and drivers. Mel Eng and Alicia Alwine had the coffee ready and then prepared a hot lunch and snacks.

Test day began with warm temperatures and a few sprinkles of rain. But to these trackers, it was ideal conditions. The six lucky winners of the draw for entries came from as far away as Massachusetts and as close as Petersburg, PA.

First up, on Diane Albright's track, was a Golden Retriever team that started well but made a wrong turn in the woods. Next up, on Carl Tier's track, was a Cocker Spaniel team that did an outstanding job and thrilled the gallery with a pass. The third team, on Sandy Roth's track, was club member Jill Paige and her Weimaraner - Swing - with another thrilling pass. Up next, on Betsy Geertson's track, was a Beagle team that also made a wrong turn in the woods. Track five, laid by Helen Smith, was run by a Chesapeake Bay Retriever team with another pass. The sixth team was Phil Gallagher, who has judged for us many times, and his Dalmatian. They had some trouble with cross tracks and the wind on Kathy Huey's track.

Tracking tests require the help of many club members. For this TDX test cross tracks were laid by Lisa Davis, Maureen Romej, Nan Bohren, and Dan Havrilla. Drivers were Vicky Dale, Janet Lewis, and Bonnie Jacobs. Lunch on Sunday was a fabulous potluck featuring donations from all who had already helped make our test weekend a success. And just as we came into the building for lunch, the rain began. This, too, is highly unusual in tracking; It usually rains WHILE the tracking is in progress! We had many compliments from exhibitors on our volunteer support, the great food, and the beautiful grounds.

In the tracking world, it was truly a wonderful weekend.

Kathy Huey, trial chair



**With an incredible pass rate of three out of six tracking teams, here are the jubilant 2016 TDX winners: Jill Paige, Swing; Judge Jeff Whitsitt; Linda Honsperger, Katy; Judge Michele Gillette; and LeighAnn Barnes, Cruiser.**

## Great turnout for first Agility Course Tests

Mt. Nittany Dog Training Club's first two Agility Course Test 1 events, held on November 5, were a big success!

Fifty-eight of the 60 available spots were filled, with each handler choosing to enter both tests. More than 20 of the 29 dogs who ran in each test earned green qualifying ribbons. Two Qs are needed for an ACT 1 title, which means many of the dogs earned their first AKC agility title that day. Each run ended with applause from fellow handlers, club-member volunteers, and friends and family.

ACT is a new AKC event designed to introduce and welcome beginning dogs and their handlers to the sport of agility. An ACT 1 course features 10 to 12 obstacles, primarily consisting of the a-frame, tunnel, table, and jumps. An ACT 2 course features 11 to 13 obstacles, including the seesaw and six weave poles. Refusals and run-outs are not judged in the ACT program, providing greater opportunity for success. Handlers can enter their dogs in any jump height, regardless of the dog's height.

Photos by Lisa Coggins



**Cindy Tier directs Saiah out of the tunnel and to the next obstacle.**

**After Sharon Hagerty finishes counting down, Cynthia Rabbers and Kiak race off to the next obstacle on the course.**



## Agility Course Tests



**Handlers from the first ACT 1 round pose for a photo with their ribbons and their judge, Sharon Hagerty. There was a combination of experienced agility handlers and novice handlers competing in their first event.**



**Handlers from the second ACT1 round pose with their ribbons and their judge, Tracey Doods.**

## Congratulations!

I am proud to announce that **SKITTLES**, my eight-year-old Cavalier King Charles Spaniel, earned the American Kennel Club's Agility Grand Championship title on October 22, 2016. This is a new "Lifetime" title offered by the AKC for dogs who can demonstrate a variety of agility skills over a long period of time.

To earn this title, you must accumulate a total of 450 qualifying runs across six different AKC classes: Jumpers with Weaves (Master & Premier levels), Standard agility (Master & Premier levels), Time 2 Beat, and F.A.S.T. class. You might recognize the judge in the photo, fellow club member Howard Etzel.



Skittles and I started our agility journey at the MNDTC agility trail in May, 2009 and Skittles earned his novice agility title under Judge Etzel on May 31, 2009, at the Nita Nee Kennel Club trial. Unfortunately, we could not stay local to earn this accomplishment because clubs in Central PA were not consistently offering the Premier classes, so we spent 13 weekends traveling to New Jersey so that we could get the remaining Premier legs. It was a big sacrifice, but I don't regret it. We made lots of friends and have many fond memories. Any time that I spend with my dogs is time that I will never regret.

~Laura Kuterbach



**HALO** finished the year with a Bang! She earned her RATO (Barn Hunt Open) title with 2 back to back Q's placing 4th and 2nd. It was an awesome day!

~Grace Stevens

## Congratulations!

We are pleased to report that our junior Australian Shepherd, **BIRCH**, joined the company of his illustrious predecessors: Sam, Zas, and Che and his current housemate - Cuz - by passing the AKC Tracking Dog Excellent (TDX) test on December 11 at the Oatlands Plantation south of Leesburg, Virginia. The weather was balmy compared to the previous Friday when Dan Havrila put in 15 cross tracks for Birch in 10 mph winds and temperatures in the 20s. Our thanks to Dan and Janet Lewis for laying tracks and cross tracks.

(Photo by Michael Appleman.)

~Craig and Nanette Bohren



My Lab, **SAILOR**, the puppy that would never do agility, has completed his AXJ, OA, and NF titles. So proud of the journey we are on.

~Jeni Mellinger

## Congratulations!

On December 9 at Oriole DTC, **REGGIE** got his 19th QQ toward his PAX. **BRODEY** got his RATO with a high in Open on December 3 at Dandy Dog. All proceeds from this trial were donated to canine cancer research. And as always our good luck dog, Teddy, was happy to be with us.

~Kay Waslohn



## Rainbow Bridge



**TUCKER** played some agility and rally, but mostly he enjoyed visiting with his human friends. He was a sweet boy who protected us from countless delivery people and school buses. He left us much too soon.

~Tracey Dooms

1/20/2005 - 8/30/2016