# LEAD AND COLLAR



### April/May 2009

Club Officers		
President	Michelle Foutch	402-733-7063
Vice-President	Erin Embrey	402-672-2741
Secretary	Nora Boyd	712-624-8120
Treasurer	Kathy Novak	712-545-9059
Training Director	Deb Frady	402-733-8885
Board Members	John Wilson	402-551-1980
	Debra Landon	402-298-7196
	Marlene Lee	712-328-0619
Other Contacts		
Sunshine Person	Sharon Miller	402-731-8124
Club Web Site	http://www.bdocneb.org	
Class Coordinator	Caroline Rice	402-298-7185
BDOC Vouchers	Alberta Gray	402-572-7190
Club Newsletter	Sherry Rife	712-585-3427
Editor Email	greydog@myfmtc.com	

#### **Events to Note**

Apr. 2 BDOC Board Meeting

Apr. 18-19 Herding Trial

Apr. 29 Membership Meeting, Garden Café 108th

May 2-4 Agility Trial

May. 15 Newsletter Deadline for the June/July. Issue

June 2-4 CPE & UKC Trials

Oct. 23-25 Obedience & Rally Trials Show-n-Go's at Companion: April 19

#### Dates on the April Calendar

1st April Fool's Day 10<sup>th</sup> Good Friday 12<sup>th</sup> Easter Sunday 21<sup>st</sup> Teach Kids to Save Day 24<sup>th</sup> Arbor Day

#### Dates on the May Calendar

5<sup>th</sup> Cinco de Mayo 10<sup>th</sup> Mother's Day 16<sup>th</sup> Armed Forces Day 25<sup>th</sup> Memorial Day

#### Stem Cell Transplants in Dogs

Medicine is advancing by leaps and bounds and veterinary medicine is no different. In fact, because the FDA has less restrictions on animal research studies compared to humans some of today's advances are further along for animals! Take for example stem cell research. Vet-Stem, Inc. is a San Diego, CA based company that processes stem sells for canine and equine therapy. Currently, it is being used to improve orthopedic injuries and conditions like hip dysplasia (common in many dog breeds.)

The process is relatively simple. A veterinarian who has been certified in providing stem cell therapy for dogs removes about 30 grams (two tablespoons) of subcutaneous adipose (fat) tissue from the dog. It is sent overnight to Vet-Stem where it is processed to remove stem cells from the fat tissue. It is then overnighted back to your veterinarian for injection back into your dog's effected joint(s). Studies have shown an 80% success rate with clinical improvement often seen within days!

Compared to joint replacement surgery the cost of stem cell transplants is a bargain. The \$2,500 price tag isn't 'bargain store pricing' but compared to \$11,000 or more for joint replacement surgery it not only makes more sense financially but lets face it (and more importantly) it's a lot less invasive with minimal recovery time for Fido. To date about 3,000 horses and over 200 dogs have undergone the stem cell transplant procedure.

Vet-Stem is currently studying the efficacy of stem cell therapy in cats for kidney disease and in dogs for

liver disease. They expect to be able to offer these services within two years. Vet-Stem offers a free 3 credit hour continuing education course for veterinarians interested in becoming credentialed in stem cell transplants.

# AMERICAN KENNEL CLUB AND MOTEL 6 COST-SAVING DISCOUNTS TO AKC REGISTERED DOG OWNERS

NEW YORK-The American Kennel Club (AKC $^{\circ}$ ), a not-for-profit organization which maintains the largest registry of purebred dogs in the world, today announced a special agreement with Motel 6 and Studio 6 to offer all AKC registered dog owners a 10% discount on room reservations nationwide.

To reserve a room and activate the discount, all AKC registrants can log on to <a href="https://www.motel6.com">www.motel6.com</a> and enter access code CP542764 for Motel 6 or visit <a href="https://www.staystudio6.com">www.staystudio6.com</a> and enter the access code CP542765 for Studio 6 reservations.

"We are pleased to work with Motel 6 to offer AKC registered dog owners discounts during these tough economic times," said Dennis Sprung, President/CEO, AKC. "Last year alone, the AKC sanctioned more than 20,000 events that drew more than three million entries. These added savings will help AKC registrants find a comfortable place to rest with their dogs on their way to and from competitive events or while they are traveling on vacation."

"The AKC is the premiere organization that oversees the sport of purebred dogs in the United States," said Olivier Poirot, CEO for Accor North America, Motel 6 and Studio 6. "Motel 6 has been pet friendly since 1962, and we're happy to offer AKC registered dogs and their owners even more savings on our more than 1,000 properties across the United States and Canada."

Additional information on this program can be found online at <a href="http://www.akc.org/motel6">http://www.akc.org/motel6</a> studio6/.

You know you have a BIG dog when you walk your dog and everyone knows him by name, but you have no idea who these people are. Author Unknown

#### **Banquet Photos**















2008 President's Report

Another very good year has come to a close for the club. We had lots of fun with our various competitive events which took place throughout the year, but we also experienced some times of great sadness. Two of

our most faithful, dedicated, and long-time contributing members passed away this year, Marge Danielson and Sharon Van Ert.

We started 2008 in April with our Fourth annual herding trial April 19 & 20. It was cold and windy! The herding trial was held in the arenas and fields at Gerianne Darnell's farm. The holes couldn't be filled nor could the the tarping be done on the 17th as planned, because of the torrential rain. However, as always, faithful club members got everything prepared on Saturday morning before the trial began. We lost some money on this event, but made up for it with Gerianne's benefit seminar that was held on August 9th. We had 14 duck runs and 24 sheep runs each day. Thanks once again to all the members that were out there helping in the cold, wet weather. Marge and Gerianne both got a High in Trial and Polly Mumma did a very nice job as trial secretary.

At the April BDOC membership meeting, Gerianne Darnell announced that her Border Collie, Riva, was on the cover of two different dog magazines. She brought the magazines to the meeting and everyone was in awe of the photos and the beautiful competition dog that made the headlines! Riva was on the front cover of both "Front and Finish" and "Clean Run" Magazines.

After our herding trial, we had a very successful agility trial on May 2-4, even though once again it was cold and rainy. We had 119 entries on Friday and 235 entries each day on Saturday and Sunday. This was down somewhat from past years, but still made a profit. Thanks to Gerianne for continuing to be our Agility Trial chairman and for making sure everything continues to run smoothly. Gerianne gave special thanks to the course builders, Randy Frady and Mark Larson and the Chief Ring Steward, Cheryl Dikeman, and to Larry and Mary Max for doing a super job with the canteen. Gerianne received many positive comments about the trial.

In June we held our third annual CPE/UKC trial. The trials went very well although we had a few mud puddles to jump over and run through in the agility rings. There was some slipping and sliding, but through it all we still had lots of qualifiers. Thank goodness BDOC had the camper/trailer for Rose Strasser, the CPE trial secretary, which gave her the shelter she needed from the weather. The membership voted and decided to keep the camper trailer for all future CPE trials. Entries were up for these trials and we made a successful profit. Thanks

goes to our CPE trial chair, Alberta Gray, CPE trial secretary Rose Strasser, UKC trial chair, Gerianne Darnell, and UKC trial secretary Kathy Novak for ensuring all things came together as planned. A big Thanks to the club members for helping at these trials as well. Again thank you to the course builders, Randy Frady and Mark Larson.

Then we held our annual picnic on June 27th right after a tornado had struck in the local area. The traffic lights were out, trees and large limbs were lying across the streets, and the business where I was supposed to pick up the chicken for the picnic was closed because of the storm. No chicken to be found there! So, I very slowly found my way (very slowly because of backed up traffic!) over to the new HyVee in Council Bluffs, bought some chicken breasts, and finally made it out to Gerianne's house. It was amazing that 20 members attended the picnic. We sure had lots of desserts, but very little protien! Gerianne had quite a few tree limbs down and some windows broken in her training facility. Members helped pick up some of the limbs and broken glass. At the picnic meeting, Alberta Gray proposed that we have a Veteran's Dog Parade to be held at our agility trials. While each dog is performing tunnels and a table, their biographies will be read. Rosettes will be offered for the veteran dogs. This proposal was approved by the membership and Gerianne got this approved through AKC, and our first Veteran's Parade at our Agility Trials will be held at the BDOC May 1-3, 2009 agility trial.

Gerianne Darnell held a BDOC Benefit Seminar on August 9th, 2008. The seminar covered training on tracking and crosstraining. Gerianne gave her time and training facility all free of charge and the club made \$535.00 to help make up for the loss at our Herding Trial.

The September 12-14, 2008, AKC agility trial was also very successful. Thanks goes to Gerianne for again having a fun and profitable trial. Thanks also to Cheryl Dikeman, chief ring steward and assistant Nora Boyd, and to the course builders, Randy and Mark and the canteen personnel, Larry and Mary Max. The club always receives very positive comments from those participating in our agility trials. A special part of this weekend was Rosemary Strasser finishing Tia's MXJ title. In addition, Mark Larson, Randy Frady, Dave Landon and GOAG members put fencing up around the outside of the agility rings at the Nebraska Humane Society where we always hold our AKC agility trials. Mark and Randy did all the leg work gathering

estimates and getting people together to put the fencing up. This was accomplished in August 2008, right before our September agility trials. Thanks to all of the other members that helped out with the agility rings for three full days of the trial.

On October 11th, club members volunteered to help the Loess Hills Shelter campaign by attending the Animal Relief Fund for a Shelter (ARFS) event, held at Glenwood Lake Park, Glenwood, Iowa. Our club members demonstrated in the Rally Obedience Ring. We also collected funds to help build the Loess Hills Animal Shelter. Our club member, Jane Susgain, is one of the Chief executives on this shelter planning committee.

Our annual Halloween Party rolled around before you could blink an eye. We had our party and membership meeting at the New Cassel Retirement home. Fun was had by all that attended. The dogs were all in costume and our Vice President, Dee Nelson, was the ring leader of some fine demonstrations of dog tricks, rally obedience, and regular obedience. Everyone brought refreshments for the residents, and the residents seemed to thoroughly enjoy seeing the demos and touching the dogs.

Our last competition event of the year was the Obedience & Rally Trials which took place on October 25-27, 2008. We had a new Trial Secretary, Polly Mumma, who did a wonderful job of getting all the entries in, completing the obedience trial premium, and all the other duties that come along with it! We had 100 more entries this year than last. Thanks goes to Gerianne Darnell for being the Trial Chairman, to the trophy/ribbon committee, Linda Puckett, Deb Landon, Kathy Novak and Dee Nelson. Thanks to Caroline Rice for rounding up and assigning all the ring stewards to their positions, thanks to Eric Rice for handling the canteen and getting all the volunteers and judges fed. And Thanks to our VP, Dee Nelson, for all the hard work in gathering items for the silent auction. We made a very nice profit and had a very good time.

Our Christmas party and membership meeting was held on December 28th, 2008, at Gerianne Darnell's home. At this meeting Gerianne announced that the board approved the Marge Danielson Memorial Award which would be Herding High In Trials Combined Score from B Sheep for both days of our herding trial. A Special Rosette will be given. The club received \$175.00 in memory of Marge, and Gerianne

announced that this will pay for two years worth of herding ribbons. Marge's family also donated a trophy for each day for High in Trial sheep at the Herding Trial scheduled for April 18-19, 2009. Gerianne stated that the agility judges have been hired through the fall of 2010 and the obedience judges through 2012. We had a very fun time exchanging gifts at the Christmas party and had lots of great food to choose from, as everyone brought their own special dish to share.

Two of our members and their dogs were invited to attend and compete at the AKC/Eukanuba National Agility Invitational this year. Cheryl Dikeman and her Toy Fox Terrier, Keegan, and Rosemary Strasser and her Japanese Chin, Tia were both invited. Cheryl Dikeman did attend this event and her report of all her great memories at the 2008 Invitational was publised in our BDOC Feb/Mar newsletter. Cheryl and Keegan placed 15th out of 99 dogs running in the 8" class height on the first run and on the second run Keegan had a problem with that nasty old chute, but on the third run he placed 5th out of all of those 8" dogs. What a great performance!

We have had a successful year of training classes. Thank you to Deb Frady, training director, for getting instructors, and scheduling classes. Thank you to Caroline Rice for coordinating all classes, for enrolling class attendees, sending welcome letters to attendees, and usually being there at the first class to announce training procedures and check over all the shot records. We had additional classes this year besides our puppy, beginner's, and advanced/rally classes and that was two tricks classes. What a fun class, but very informative and educational, taught by our club secretary, Cheryl Dikeman. Thank you Cheryl. I look forward to all our upcoming events in 2009. It will be very exciting to see the Veteran's Parade at our agility trials this year and the addition of the new AKC titling classes added to our obedience trials in October. The premiums for the April 18-19 AKC Herding Trial and the May 1-3 AKC Agility Trial are online at our website. All have been included on the website thanks to Janet Taylor, our new website administrator. It will be another wonderful year for the Bellevue Dog Obedience Club!

2008 Outstanding Club Member Rosemary Strasser



This year's Outstanding Club Member as selected by the BDOC Board is a highly valued member that has been involved in working at almost all club events, has served on the board, has taught our training classes, and brought fresh new ideas that were adopted by the club.

This member adopted her first dog more than 15 years ago. This started her on the road to training dogs. This member has shown and titled dogs in obedience, agility, and rally obedience. This member has taught our beginners, advanced, and rally classes. The board has received only glowing reports about how the training was conducted, the attention given to class attendees, and the detailed instructions provided for all the different experience levels of the dogs and their handlers. This member is a highly talented trainer and has the experience to train dogs of all ages and behavior levels.

In 2005 this member was in charge of preparing the BDOC AKC Obedience Trial premiums, volunteered to work as hospitality person, and assisted the trial secretary where needed. Then in 2006 she was the BDOC AKC Obedience Trial chairman. She ensured that everything ran smoothly and that we had a very successful trial. She was in charge of the BDOC AKC Agility volunteers for approximately two years and was the BDOC AKC assistant herding trial secretary for one year.

This member assisted in getting our club involved with Canine Performance Events (CPE). She has been our CPE trial secretary for the past three years. Come rain or shine, you can count on this member to be out there pushing the paper, coordinating with the volunteers at our CPE events, preparing the premiums, getting the premium out to all interested dog clubs, corresponding with handlers, answering handler questions, and representing BDOC in a superior manner.

This member initiated our current Volunteer Voucher System. The voucher system rewards our volunteers for all their hard work at our club events. Volunteers can use the vouchers to enter training classes, to enter club trials, and to purchase club clothing items. She recommended to the board that an award be given to those members that pass the

AKC Canine Good Citizen (CGC) test. This was approved in 2008. Tonight will be the first time the club gives out awards for passing the CGC test.

This member and her 13 year old Japanese Chin, Tia, have been invited to the AKC National Agility Championship Invitational every year since 2005. Tia was the first Japanese Chin to earn a Master Agility Title (MX) and the second to earn a Master Excellent Jumpers with Weaves Title (MXJ) in the breed's history. Tia has over 30 agility titles and was the top Japanese Chin in AKC agility as recognized by the Breed Club from 2001-2005. Tia also finished her CPE Specialist Agility Team Championship (CS-ATCH) this year. Her other dogs have been awarded many agility titles in NADAC, UKC, and CPE.

This member as you may have already guessed is Rosemary Strasser. Rosemary is also very involved in a local rescue network for all breeds of dogs. She is a leader and constant advocate in finding good homes for shelter, puppy mill, and abandoned dogs. She is also very active in providing proper training for the adopting parents of rescue dogs. All of Rosemary's companions are rescue dogs; there is Chi Chi, her Basenj Mix; Tia, her first Japanese Chin, Buddha - a Shepherd Mix, and Satori, her second Japanese Chin.

Congratulations - Rosemary Strasser.

#### 2009 Life Member

Congratulations to Sherry Rife for serving 25 years as a dedicated member of the Bellevue Dog Obedience Club. Sherry received a plaque at the annual awards banquet held on Friday, March 6, 2009. Sherry has also been our newsletter editor for many many years.

CONGRATS SHERRY RIFE!!

#### John & Porter

The 2008 Agility rankings came out and Porter was ranked 3rd in Novice Standard, 9th in Open Standard, 1st in Novice Jumpers with Weaves, 2nd in Open Jumpers with Weaves, and 4th Top Spot Jumpers with Weaves.

Thank You to the <u>Awards Banquet Committee</u> for holding a very successful and fun banquet: <u>Gerianne Darnell, Linda Puckett, Dee Nelson, and Debra Landon.</u>

Congrats to the following Newly Elected Club
Officers and Board Members:

Erin Embrey - Vice President

Secretary - Nora Boyd

Board Member - Marlene Lee

Board Member - John Wilson

Thanks for all your support to the outgoing Officers and Board Members:

Dee Nelson, Cheryl Dikeman, and Amanda Mohler

The following club member was selected as the 2008 Member of the Year:

CONGRATULATIONS - ROSEMARY STRASSER

 $\ensuremath{\mathsf{BDOC}}$  Obedience  $\ensuremath{\mathsf{Training}}$  Classes will now be held at:

Jade's Pet Club

1207 Royal Dr., Papillion, NE

Owner/operator: Andi Telephone: 331-1331

REGISTRATION FOR MARCH CLASSES IS PRESENTLY UNDERWAY. PLEASE EMAIL CAROLINE RICE IF INTERESTED IN PUPPY, BEGINNER'S OR UKC RALLY CLASSES.

Beginner's and Puppy classes are scheduled to begin on March 17th and Rally Class March 18th. However, if we don't have enough dogs signed up for the puppy class, we will hold the Rally class on Tuesday evening, March 17th.

EMAIL CAROLINE: carolinerice@hotmail.com

*Michelle Foutch*, BDOC President

#### Agility Fun Matches

<u>When</u>: 4/24, 5/22, 6/26, 8/28, 9/28 <u>Where</u>: Nebraska Humane Society Meadow <u>Cost</u>: \$6 for 3 minutes, \$15 one dog all day

Nested courses will be set and numbered three ways to provide various levels of fun for handler and dog. Teaching, finding and fixing problems is encouraged in a show-like format. Various walk-through times will be offered and dogs will be grouped by jump heights. Agility classes welcome. Matces are offered by GOAG and NHS. Questions or to volunteer, contact John Wilson at <a href="mailto:jwilson3@cox.net">jwilson3@cox.net</a>.

Bellevue Dog Obedience Club Awards Banquet March 6<sup>th</sup>, 2009 Location: Gorat's Steakhouse

The meeting was called to order on Matat 8:10 p.m. by president, Michelle Foutch at Gorat's Steakhouse.

Dee Nelson moved to accept minutes from previous general meeting as printed in the BDOC newsletter, seconded by Randy Frady. Minutes from the previous board meeting were read by Nora Boyd and Gerianne Darnell moved to accept, seconded by Randy Frady.

#### Reports:

- Report of the **President** by Michelle Foutch - an overview of year's events and activities.
- 2. Report of the **Treasurer** by Kathy Novak a. Kathy read the BD*OC* **Fiscal 2008 Report**. The club made \$1800 this year, despite lower entries.
- b. Reimbursement for **fence** at NHS was discussed. GOAG has not repaid \$1000, but will be repaid within a year. Until then, BDOC retains ownership of the fence. Dee Nelson moved to accept the report, seconded by Gerianne
- Report of the **Training Director** by Randy Frady
- a. In 2009 the club has held one set of classes; beginners obedience and tricks class, which went well.
- b. The next set of classes start March 17<sup>th</sup> at our new training facility, which is right behind the former facility, Club Pet. Instructors are Deb Frady, Randy (beginners), Dave & Deb Landon (puppies no entries), Bert (rally on March 18<sup>th</sup> UKC Rally) May change beginners to Wed if there is no one enrolled in the puppies class. Randy will check with Caroline Rice about the change.
- 4. Reading of new members: Sonya Holmes' application, who was not present and still needs to be approved, was read for the first time. The application will be read again at the April general meeting.

#### Old Business:

- 1. AKC Herding trial, April 18 & 19
- a. Gerianne reported that she will need help tarping and filling holes in preparation. The club is also looking for volunteers on Sat. and Sun. of the trial.
- 2. AKC Agility trial, May 2, 3, 4
- a. Premiums are out and the hotel for judge is booked. Cheryl & Nora are chief ring stewards, ribbons are ordered, hospitality is arranged, and veteran's class is arranged.
- 3. CPE and UKC trial, June 5, 6, 7
- a. Alberta is UKC secretary, Rose is CPE secretary, and Nora will be CPE chief ring steward. Linda Puckett is in charge of ordering

ribbons, Peggy Battig is UKC chief ring steward, and judges are hired. UKC premium will go out next week.

- b. NQ raffle for UKC trial needs donations!
- c. **UKC** rally will be offered this year, along with obedience and CPE agility.
- d. Discussion of bigger title ribbons in the future for CPE.
- 4. AKC Obedience trial, October 23, 24, 25
- a. Nora volunteered to be the chief ring steward. The club still needs cantine volunteers.
- b. Dee and Linda have the ribbons, but need people to sign up for classes to donate awards find donors to the trophy fund.
- 5. CPE/UKC trial insurance
- a. The club's current insurance only covers AKC events. Sportsman Insurance Agency, has been selected as the club's new insurance proivder, as it covers all events, classes and equipment. John Wilson moved to approve the new provider, seconded by Rose Strasser.

## Recognition of outgoing board members and officers

- 1. Janet Taylor, our new web administrator, was recognized for her work on the club's website
- 2. Board members leaving are Amanda Mohler and Nora Boyd.
- 3. Officers leaving are Secretary Cheryl Dikeman, and Vice President Dee Nelson.

#### <u>Election of new board members, secretary</u> <u>and vice-president</u>

- 1. New board members: Marlene Lee and John Wilson.
- 2. Secretary: Nora Boyd
- 3. Vice President: Erin Embry

#### New Business:

- 4. Michelle discussed the change of training venue. It would be \$1500 to rent Club Pet (plus utilities), purchase cost \$225,000. She also looked into the Lied Activity Center, who would only rent to the club during the summer months, as well as other facilities; the social center in Bellevue, which is was not suitable. Jade's Pet Place (1207 Royal Drive, behind Club Pet) offers 800 sq. ft., and much more suitable to the needs of BDOC.
- 5. Rose proposed to do data collection to see if it would be worthwhile to run UKC and CPE on different days due to concern about people missing runs while trying to

- participate in both venues. Rose may send a questionnaire out with the CPE premium.
- 6. Gerianne discussed new ideas for trophies; a plaque shaped like the state of Nebraska with smaller plaques that hang from the main plaque. This would be less expensive to the club, and an attactive, compact display for the "regular" awards. The "special" awards Jackie Griffith, etc. would still be trophies or plaques.

#### <u>Presentation of instructor awards</u> Brags

John Wilson moved to adjourn the meeting, Randy 2<sup>nd</sup>, and the meeting was adjourned at 9:35 p.m.
Submitted by **Nora Boyd**, Secretary

#### My Mom

#### By Cesar Millan May 2007

To me, being compared to a dog is the ultimate compliment, and my mom certainly deserves the honor for her honesty, integrity, and loyalty. Without my mother's encouragement and support, I would not be where I am today. She taught me the value of being around the right people, being a part of the right "pack." She would say, "Don't hang around people with no goals. They'll only slow you down." I still believe that today. You're not going to grow unless you surround yourself with other people who want to grow. That is a lesson I hope to pass on to my kids.

Something else my mom deserves credit for: my signature "tsst" sound. As a child, it was the sound my mother would make around the house to get our attention or discourage something we were doing.

I wish all mothers and mothers-to-be a very happy mother's day. I hope you are surrounded by the love and warmth of family on your special day.

#### Intentions for your pets this New Year

Here are a suggestions from the <u>American Kennel</u> <u>Club</u> and <u>Nature's Variety</u> to help jump start your list:

- Feed smart: The easiest way to help shed those unwanted holiday pounds is to cut back on calories. Set regular meal times and reduce meal portions.
- Remember variety is the spice of life: Dogs and cats thrive when they're exposed to a variety of tastes and textures. Offer your animals different flavors (beef, lamb, chicken, salmon) and forms (raw, dry kibble, canned). Not only will pets look forward to mealtimes, the variety may also help to

- reduce the risk of allergies, improve skin and coat condition and maintain a healthy weight.
- Get active: Look no further than your backyard to find the perfect training partner. For a great workout, try walking your pooch on different surfaces like sand or dirt or hoofing up and down a few of those famous San Francisco hills to build leg muscles. During winter months when pets spend more time indoors, a closed set of stairs can provide the perfect cardio-exercise routine. Start by throwing toys up and down for your animal to run after. Another fun indoor activity for both cats and dogs is playing hide and seek. Try hiding a few of your pets favorite treats around the house and send them on a scavenger hunt!
- Keep it interesting: Pets need to exercise
  their minds just as much as their bodies.
  Work on simple obedience routines, such as
  heel work and turns, or break out the training
  books and begin practicing new and more
  difficult tricks and skills.
- Make more time for family: Pile everyone into the car for a day trip to a dog-friendly park or beach. Or get the everyone involved in playing with your cat or training your dog by signing up for agility classes or a fun-filled performance event.
- Delegate: Help your family work together by assigning roles and responsibilities to care for your animal. Decide who will be responsible for feeding, exercising, grooming, etc. Make a schedule and assign each family member a task. Be sure to rotate tasks each week so that everyone has a chance to bond with your pet in a variety of situations.
- Try new things: Why not offer your pet a massage? Massage therapy and acupressure can be incredibly calming in addition to helping increase flexibility and improve circulation. Pick up a book or DVD at your local bookstore to learn a few techniques that you can try out on your pet.
- Share the wealth: If your animal is friendly, good-natured and obedient, volunteering at a local hospital, nursing home or pediatric ward can give you and others the warm fuzzies. (The AKC even offers a <u>Canine Good Citizen Certificate</u>.) Contact the volunteer coordinator at your local hospital or nursing home to find out how you and your pet can help spread some cheer to those in need.

#### Here's to a fantastic 2009!

