



*Washington State
Obedience Trial Club*

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Vice
President – Don Rennick
Secretary – Janice Bergman
Treasurer – Wanda Diemert

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Canine Post is published ten times a year by the Washington State Obedience Training Club (WSOTC), an AKC member club. Subscription to the *Canine Post* is free for all WSOTC members. For more information about WSOTC and becoming a member, visit www.wsotc.org.

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The Canine Post March 2014

An AKC Member Club

*March meeting: Saturday, March 29th
at the WSOTC Trial*

Meeting Time: around lunchtime!

STEWARDS NEEDED FOR WSOTC OBEDIENCE TRIAL MARCH 29-30TH

Please contact Linda Shea at LindaShea@Walp.US if you can help steward. Stewarding is a great way to give back to the sport of obedience, and if you're new, to learn more about the various class levels. Linda will be happy to find a stewarding assignment for you that fits you best!

DONATIONS NEEDED FOR WSOTC TRIAL

We could still use financial support for the trial which is operating at a substantial loss. If you can send a donation for Friends of Obedience to Wanda Diemert at 15733 Midvale Ave N, Shoreline WA 98133 we would very much appreciate it (check made out to WSOTC).

UPCOMING MEETINGS

MARCH MEETING: March 29th, "noonish"

At WSOTC obedience trial, March 29-30th.

NO APRIL MEETING

**MAY MEETING: May 18th, 7pm.
Possible location: Total Wines in
Bellevue. More information to
come!**

Club Contact Info

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From the Membership Chair, Nancy Light

New member to be voted on at the March 29 general meeting at the Evergreen Event Center at the Evergreen Fairgrounds:

Shelley Timbers lives in Lakewood. She has 2 Bernese Mountain Dogs. Her titles include CD, BN, RA, RN, and CGC. She is applying as an Associate member and is sponsored by Ingrida Robinson and Kathy Lang and is interested in helping at seminars, agility events and obedience trials and is helping with judges/workers hospitality at the upcoming WSOTC trials.

Membership count: 27 Full, 49 Associate, 3 not renewing

The updated roster is on the members only page. Take a look, and let me know if you see any errors. We can mail the roster to anyone without Internet access and will try to have some hard copies as well at the Trials.

CONNIE CLEVELAND SEMINAR IN JUNE!

As you know, WSOTC is hosting a Connie Cleveland seminar in June. Last I heard, there are about 10 workings spots left. Contact Terri Sato at wdsato@cablespeed.com for more information and registration. A flyer is available on our website and in previous newsletters.

Nominating Committee

Our nominating committee consists of Joan Fetty, Lee Bolter and Nova Berkshires, with Nova as Chair. They are currently meeting. Please say "yes" if they approach you to serve!



If you're interested in watching some freestyle, a WCFO competition will be held at Julie Germano's building in Arlington, April 26-27th. Contact the editor if you'd like more info!

THE CANINE POST March 2014

Mental Management Systems Prepare Handlers for Dog Competition Preparation By Nova Berkshires

Many thanks to WSOTC members Kathy Lang and Ingrida Robinson for hosting the March 1 and 2, 2014, Mental Management Systems seminar at their Family Dog Training Center in Kent, WA. The Saturday seminar focused on obedience, rally and freestyle and the Sunday session addressed agility. Heather Sumlin, daughter of MMS founder Larry Bassham, an Olympic Gold Medal winner in rifle shooting in Montreal in 1976, taught the weekend seminar.

Heather opened her presentation by introducing the Consistency Principal. This means: Individual dog handlers understand they control their thoughts -- not their environment. Underlying elements of this concept include focusing on the pursuit, visualizing success, and rehearsing techniques that lead to the goal. For example, Heather emphasized the importance of having fun and relaxing in dog training by singing, breathing, repeating an affirming phrase, praying, or some other confidence building thoughts that encourage improvement.

The seminar included a variety of mental disciplines and choices handlers may choose to improve their relationships with their dogs and their attitudes about competition, nervousness, pressure, perfection, accomplishment, attainment, etc. Heather suggested focusing on "becoming," i.e., enjoying effort and training, rather than "attaining" a goal.

Her daily practices recommended a hand-written journal that focused on a clearly defined goal (written and displayed in five locations the handler sees daily) and included daily problems and positives with emphasis on three successes each day. Heather recommended beginning and ending every training session with a positive and working on problem fixes in-between.

For more information about the MMS, visit the Web site:
<http://mentalmanagement.com/>
<http://mentalmanagementcourses.com/performance-analysis/>

WSOTC has a beautiful new website at www.wsotc.org. Check it out! Ane Brusendorff has done a super job building our new site. She still needs pictures! More info is in the president's report in this newsletter edition.

WSOTC has a Facebook page!
You'll find it by searching on Facebook using "Washington State Obedience Trial Club" or just click on this link:
<https://www.facebook.com/#!/groups/170565146404616/>

The page is an "open group," which means you can view all posts. As a club member, we'd love to have you join! Just email a facebook member to get an invite.



WSOTC potluck after our February C Match at Kathy Lang's building

THE CANINE POST March 2014
BRAGS!

At the Seattle Shows our BTCOPS Club (Border Terrier Club of Puget Sound) received second place for our Breed Booth decorations which include each year a sample earthdog den with sideview windows! It is a favorite with the public and the other exhibitors. (Brag and Photos submitted by Kathy Teufel.)



THE CANINE POST March 2014
PRESIDENT'S REPORT

Hi all,

Just a few updates to share. Our next big event is of course the Obedience Trials at the Evergreen Fairgrounds on March 29-30. I hope to see many of you there. We will be having a meeting, which we will try to fit in around the lunch break. I know we can't accommodate everyone's schedule, but the meeting will be fairly brief—just a few announcements and there will be an election to membership for Shelley Timbers (see the Membership Report). There is no meeting scheduled for April, but the May meeting is set for May 18, 7:00 pm. That is a Sunday, and there are a couple of obedience trials that day, but I am thinking they will end early enough to get to the meeting. The location is not yet determined, but we are trying to make it fairly central. One possibility is at Total Wines in Bellevue as they have free meeting space—and free wine if we have at least 14 people there!

At that May meeting, we will have nominations from the floor. The report from the Nominating Committee will be in the April (and May) Post. We are also going to be voting on the changes to the Bylaws, which have been accepted by the AKC staff. This is a notified meeting and we absolutely need a quorum there. The changes are on the website in the members only section—you were given the code in a previous email. The changes will not be official until the AKC Board of Directors approves it and I'm not sure how long that will take. We will mail the changes to anyone without Internet access (anyone without an email address) and will also mail the updated roster to those folks. That is also on the web page in the members only section.

The next event is the Connie Cleveland seminar, June 21-22, which still has working spots left, but you may want to sign up pretty soon for that to insure a place. That is also on the website. If you haven't seen the new web page, please take a look, www.wsotc.org Ane Brusendorff has done some terrific work on the design and is always looking for new pics, so be sure to submit some of you and your dogs. Bring a camera to the trials so we can get pictures of that for the web page and also the newsletter. The new website also has links to obedience and rally classes so if you have classes send your web address to Ane-- anbrus@comcast.net and please link back to us. While this section was set up for web links, I think we can probably include just contact information if you don't have a website.

Our Club is growing thanks to you. We always need help with all our events and committees, so please consider saying yes to requests for help.

Nancy



Another WSOTC potluck photo!
Februarv. 2014.

WSOTC General Meeting Minutes February 2014

February 15, 2014 at Family Dog Training Center, Kent WA

The meeting was called to order at 6:27 by Kathy Lang, acting President. A quorum was present

Minutes: Motion: for the January 2014 Meeting Minutes to be approved, as printed, in the Canine Post. APPROVED

Report of the President : Welcome to the general meeting. Thank you to Kathy Lang and Family Dog for making the facility available for the match and meeting. Feel free to work your dogs in the rings after the meeting. Thanks to Sarah Kahn for taking minutes for this meeting.

Report of the Board: The Board appointed a Nominating Committee of Joan Fetty, Lee Boelter and Nova Berkshires with Nova as Chair

Report of Secretary and Treasurer-check Board minutes and website.

Announcements/ Committee Reports

- a. *Agility:* We have Judges Pam Stutz from New York and Shelia Gutierrez from Florida. Wanda said that the Robins have secured workers everything else seems to be taken care of.
- b. *Membership:* Current membership: 26 Full, 46 Associate and 6 that have not renewed, perhaps one or two of those may. Jill Peterson will be up for election today. March 1 is deadline for renewal, after which membership will lapse. We have two guests tonight: Judy James and Shelley Timbers. Shelley is applying for membership in the club. Her sponsors are Ingrida Robinson and Kathy Lang. Shelley lives in Lakewood and is a 911 operator, so she is applying for associate membership due to her unpredictable schedule. Shelly has two Bernese Mountain Dogs with the following titles: CD, BN, RN, RA & CGC. Shelley is interested in seminars, obedience trials and agility events.
- c. *Website-* Ane Brusendorff is here tonight taking pictures for the website. Kathy Lang took a couple photos of our potluck meeting and will send them to Laura for the newsletter and Ane for the website.
- d. *The Spring Obedience trials* need help. Linda is looking for ring stewards. We need someone to be in charge of set up on Friday, and the Saturday night dinner, and help with judges/stewards hospitality. . Still waiting for information from the Fairgrounds about hospitality vendors. Friends of Obedience still being accepted. David & Cheryl Jackson agreed to be in charge of set-up on Friday, assisted by Kathy Lang, Ingrida Robinson, Geri Orta, Debbie Addicoat and a few others. (David, Kathy and Ingrida will be staying in RVs on the grounds.) Linda Shea passed around a clipboard and a few more folks volunteered to steward. We did not have any luck finding someone for the Sat. night dinner and judges/stewards. Contact Nancy if you can help. Kathy Lang could not find anyone to donate the bags for the Exhibitor Gift bags, so she is purchasing the re-usable grocery-type bags in yellow and the club logo will be printed in green and donating them to the club. Kathy is still obtaining items for bag contents. If anyone would like to donate items, please contact *Kathy*.
- e. *Obedience Trial 2014, August:* Judges will be Chris Cornell and Mary Jane Shervais. Kathy Lang will be sending in the application shortly.
- f. The new facility in Monroe previously mentioned is still in the permitting process and things are going as planned, which should mean it will be complete in October 2014 and ready for our 2015 trials. Though they have set prices higher than first thought, it will still

be considerably less than the Fairgrounds. It appears it will not be a savings for the Agility trial.

- g. The proposed bylaws have been submitted to the AKC staff. These are on the website in the members only section.
- h. *The Connie Cleveland seminar* sign up is going well. 10 working spots left. WSOTC members who attend are expected to work in some capacity. Contact Terrie Sato to sign up.
Hopefully, WSOTC can do other seminars in coming years.

Upcoming meetings/events

Saturday, March 29 WSOTC obedience trials, Evergreen fairgrounds. About noon. April, probably no meeting. May-Ingrida has volunteered her home for a meeting May 18 (Sunday) at 7:00, but tentative depending on availability, so looking for other possibilities. June, possibly after Connie Cleveland seminar ends for day on Saturday, but may also just have on week night (Thursday) at Meadowbrook or someone's home.....

- 8. Election of New Members-** Jill Peterson was elected to membership. Welcome Jill Peterson.
- 9. Old Business** Today's C-Match was a great success. The club earned \$440. Thanks to Kathy Lang for donating the use of her facility. Thanks to Cheryl Jackson for handling all the registrations (many folks were turned away because the match filled within two weeks of its announcement). Thanks to Cheryl & David Jackson, Ingrida Robinson and Shelley Timbers for setting up. Thanks to all the judges and stewards who helped make the match run smoothly. Several people suggested that other instructors with training centers be contacted and asked if they would also be willing to donate the use of their facilities for future C-matches. Susan Kevin said she would talk to Julie Germano to see if she would be willing to let the club use her facility for a two-ring match.
- 10. New Business**
 - a. We discussed the club's Facebook page and hardly anyone knew it existed, so Laura Burns will include an announcement in the next Canine Post. Everyone appreciates Laura's efforts on the Canine Post and gave her a round of applause.
 - b. Kathy Lang & Jill Petersen have agreed to be co-chairs for another pair of Labor Day Obedience Trials in 2015, if the Club is interested in holding them again. Two judges from the "approved" list for 2014 have been contacted, are available and have agreed to judge for us: Theresa Temple and Carolyn Wray.
 - c. We had a wonderful potluck dinner during the meeting: lasagna, two kinds of chicken wings, spinach salad, potato salad, garlic bread, crackers & cheese, chips and home-made cupcakes! A few folks stayed after and trained for a little while, and club members helped clean up. It was a great meeting...thanks to everyone who attended. Nancy Light – you were missed and we hope you feel better soon!
- 11. Adjourn** Meeting adjourned at 6:44pm.
Submitted by Sarah Kahn, acting Secretary

WSOTC March Board Meeting Minutes

March 3, 2014

The meeting called to order at 7:10 pm by President Nancy Light via teleconference

Present: Nancy Light, Janice Bergman, Don Rennick, Claudia Hegdahl, Wanda Diemert, Lynn Brimmer, and Marta Brock

Minutes Minutes of February Board Meeting printed in the February Post APPROVED

President's Report: Thanks to Kathy Lang for hosting C match. We need to give Ane information on how to organize financial stuff for member's only section in the new website--what should be there and how to organize it.

WSOTC March Board Meeting Minutes continued

Secretary's Report: Email notice from AKC- Approval of Agility Trial for all three days, date, location and judges

Treasurer's Report:: Balances and checks were read. Wanda reported she was notified by the bank that there was fraudulent activity on the Club card. She has received a new card. If you need the new number, please contact her.

Committee Reports

Agility 2014 : On the AKC website

Awards-

Membership- Nancy : - Current membership:27 Full, 49 Associate ,3 not renewing. One new member applied in February, Shelly Timbers, who will be voted on in March. She has already volunteered for the trial. Next year, we will have the renewal form on the webpage.

Newsletter -Nancy – - Should be out next week.

Nominating Committee: Joan Fetty, Lee Bolter and Nova Berkshires, with Nova as Chair currently meeting

Obedience Trial 2014: Nancy : Nancy reported that she has people for everything including judges and workers lunch, except the Saturday dinner, which she can take care of. Don gave an update on judge's hospitality. Marta is waiting for call back on the 4H kids for clean -up. David Jackson is taking the lead on set up, and several people have volunteered to be there. Still don't know if there will be a vendor to serve exhibitors, but if not will announce in judging program.

Obedience Trial 2014, August: Judges will be Chris Cornell and Mary Jane Shervis. Jill will be sending in the applications shortly. There are some questions regarding how to handle limited entry. We hope to have flyers at WSOTC trial.

Printing/Mailing - Updates to the roster will be sent to the print shop soon. Members without e-mail will be mailed a copy. Copies will be available at the trials.

Programs/Meeting : - February meeting was well attended, C match was a success. March meeting will be at Trial on Saturday, about noon. No meeting in April. May-may try at a member's house on a Sunday(May 18) or at Meadowbrook May 15. Nancy is looking into having the May meeting at Total Wines in Bellevue, which has free meeting space for non profits. June is the annual meeting, discussing a few options and dates. Will have meeting at July agility trial. Kathy suggested doing more matches at members with training buildings.

Property/Inventory- : - Don and John will be moving all the stuff in the storage locker to his property in the next few weeks.

Seminar –Connie Cleveland. June 21-22- Still have 10 spaces available. Flyers will be at SKC and the WSOTC Trials.

Fall 2014 tracking: No test set yet

Tracking Committee: Will be having a phone meeting soon with purpose of setting up tracking tests.

Website: Will be doing updates in the next few days.

Unfinished Business

1. Still waiting for a response from AKC on by laws

New Business

1. Lay-out for the new website was discussed.
2. Discussion on adding links for obedience classes on the web page with a disclaimer that WSOTC does not endorse these. The Board agreed that we would have links for both members and non-members. We will request that they add a link back to our page.

Good of the Order

Adjournment: The meeting was adjourned at 8:26 pm

Submitted by Janice Bergman, Secretary.