



### FEATURED PIC:

#### Julie Hansen and Sophie the Whippet

Julie has owned sight hounds from tall to small. See more of their story below.



# OLDEN SPIKE DOG OBEDIENCE CLUB

## President's Message

*by Ann Miller*

Stelvio and I competed this past weekend at the Salty Dogz Agility Trial and had a great time (see more of our story in Accolades). We had several club members also competing. They too had their share of amazing runs or sections of runs. I can think of at least one or more amazing runs I witnessed from Pat Milburn, Sheryl Hames, Sue Richey, Jerriann Ernsten, Julie Griffin, and Crystal Toupin. Tyler Plowman ran for the first time with his dog, Chimera, and it sounds like they did great. It's nice to finish the first run positively.

Coming up on March 24 – 26<sup>th</sup> is the Golden Spike Dog Obedience Club, Obedience Trial. We have several members participating, which means they are working hard right now to get ready. This is a huge commitment. Thanks goodness for the opportunities that our training director, Crystal Toupin, is making for additional practice. I need to be ready with a good sense of humor because I can never be sure what Stelvio will do in the ring. It could be very good or very funny. Who knows, it could be both.

Hope you come out to participate, volunteer to help, or cheer our members on at the obedience trial. Have a great March. We still have two - three feet of snow and I'm hoping to see some grass by the end of the month.

## IN THIS ISSUE

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- Hypothyroidism in Dogs
- Welcome New Members



So, you think I need some obedience training?

## Letter from the Editor

by *Jerriann Ernstsens*, [jernstse@gmail.com](mailto:jernstse@gmail.com)

What do you know, it's still snowing. What a year so far. Yesterday while out for a jaunt with Porter, the field that we were in was so beautiful. The sun was just starting to set, the clouds had broken, and the "virgin" snow sparkled like diamonds. I love winter. I love being outside with my family. Even though it's cold, please get out with your furry loved ones. They'll love you for it. And, if you had a mirror, I bet the reflection would be of happiness.

This issue will highlight our wonderful graduation night on Feb 21<sup>st</sup>. Way to go Crystal, you are a great mentor and Director of Training.

I will also introduce the topic of hypothyroidism. Porter has just been diagnosed as having this disease. Yes, I write about Porter a lot. I believe that I could not possibly be the only one experiencing the health issues that I've had with Porter. If there is anyway that I can provide a bit of light to similar questions or observations you might have, then I think I have met my goal – to educate.

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## About the Featured Pic

by *Jerriann Ernstsens*

Julie Hansen is a new member of GSDOC. Julie and her Whippet, Sophie, joined the club in February. This team just graduated from Basic I, taught by Teri Yool and will start in Basic II that will be taught by Jerriann Ernstsens.

Sophie is a 14 months old registered Whippet. Julie researched many Whippet breeders. A breeder in AZ sent pictures of both the puppy's parents and their lineage. Julie was sold! But, one of Julie's criteria, above health, was that she did not want to have the breeder ship her new puppy. So, she loaded a plane with an empty crate, which rose suspicion by all. Julie met the breeder at the Phoenix airport, turned around, and reloaded a different plane with her prized new puppy, Sophie. Happy family!

Julie has owned other sight hounds before her Whippet. She has owned a Greyhound and an Italian Greyhound. Of the three sight hounds, the Greyhound is the largest, the Italian

## IMPORTANT MESSAGES:

- ❖ Please send me your comments, corrections, contributions, and award titles so I can continue to make this newsletter better and about OUR club.
- ❖ Board meeting is on Mon Mar 6<sup>th</sup>.
- ❖ CLASS REGISTRATION FEB 28<sup>th</sup>.
- ❖ General meeting: Tue Mar 14<sup>th</sup>.
  - Fun games with our doggies.
- ❖ GSDOC AKC All Breed Obedience and Rally Trials
  - Mar 24 – 26<sup>th</sup>.
  - Davis County Legacy Events Center, Farmington, Utah.
  - Premium is available on GSDOC Facebook page and at <http://gsdoc.org/uploads/meetings/3eb964213cc43eaf33d80f7e3b407734.pdf>.
  - Entries close Wed Mar 8<sup>th</sup> at 5:00 PM MST.
  - Ann Miller is looking for volunteers.



SOPHIE, HAPPY PUPPY



Greyhound is the smallest, and the Whippet is in between. Julie mentioned that Whippets are a very healthy and athletic breed. Also, that the Whippet has more endurance than the sprinter, Greyhound. Daily jaunts with her Greyhound would result with her dog overheating and laying down to cool after about a mile. Whereas, Sophie can easily go on 2-3 mile jaunts.

Julie's goal for the team is to try different types of activities. Last fall the team tried lure coursing the Salt Lake area. They also tried dock diving in Farr West. She said that a Whippet holds the record for dock diving! Really, not a water dog? After the team masters Basic Obedience II, she plans to try agility.

Julie was raised on a farm with horses, but no dogs. One day while out riding, she came across an abandoned puppy (who are these people). She picked up the pup, but the horse would have nothing to do with it, especially giving it a ride home. So, the trio walked home. Dad saw them first, turned to mom and said "our troubles have just begun"! That was Julie's first dog.

Julie's dog family also includes an 11 year old chocolate lab, Breka. Unfortunately, her lab has multiple myeloma. This is a cancer that affects the plasma cells, which are responsible for producing antibodies. Common symptoms include lethargy, weakness, bone pain, and bleeding. Her lab is on chemotherapy and comfortable. Julie believes that her Whippet is very well behaved because her lab taught her to behave. For instance, Sophie only had two puppy "accidents" and Julie attributes that success to Breka. Good girl, Breka.

Julie shared a story of just how much she cares for her dogs. One time while Julie was out walking her Greyhound and her newborn baby, a loose dog attacked her dog. The attacker ripped into her dog's flank, but did not attack Julie or her baby. Highly concerned for her dog, she gave her

## LURE COURSING

Lure coursing is a system of mechanized lures and pulleys that simulate the unpredictability of chasing live prey. Dogs of eligible breeds—sighthounds—are evaluated for follow, speed, agility, endurance, and overall ability as they pursue an artificial lure zigzagging across an open field.

To get started in lure coursing, go to <http://www.akc.org/events/lure-coursing/getting-started/>



## DOCK DIVING

Dock diving is a dog sport in which dogs compete in jumping for distance or height from a dock into a body of water.

To get started in dock diving, go to <http://northamericadivingdogs.com/>



newborn baby to a neighbor to watch while she took her dog to the vet. In “hind” sight (this is not a pun), she wondered why she left her newborn baby with a neighbor. It’s because of our love of dog

## WHIPPET FACTS:

- ❖ An English Greyhound in miniature and belonging to the Hound Group.
- ❖ Brought to America in the 1800’s by English mill operators.
- ❖ Originally bred to pursue and capture small game, then became known as the poor man’s racehorse.
- ❖ AKC recognized in 1988.
- ❖ It is the fastest domestic animal of its weight, capable of reaching up to 35 MPH.
- ❖ Comes in 18 colors ranging from black to white, blue, red, and brindles, and 6 markings.
- ❖ Quiet, calm, and never snappy.
- ❖ AKA “COUCH POTATO” and highly decorative for the living room!!
- ❖ They are great with kid, other pets, easy to train, but would rather spend time with their people than being left alone.
- ❖ Easy to care for, great for apartment living if given daily exercise



One word of caution that Julie has about getting a Whippet or any sight hound is to follow the Utah Sight House Facebook page. Interested people will learn about local chapters and clubs, breeders, and the breed.

## Dog Treat, Equipment, or Other Resource of the Month

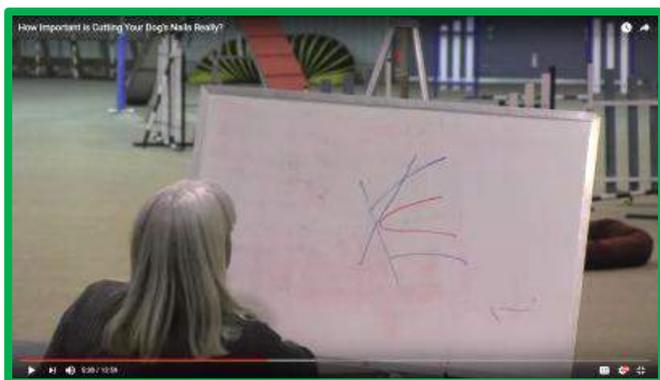
*Recommended by our members*

This month's suggestion was recommended by Jerriann Ernstsén.

### Say Yes Dog Training

Dr. Leslie Woodcock on Nails

<https://youtu.be/MM4HQDb1Ef0>



Dr. Woodcock really stresses the importance of nail clipping. She discusses nails on old dogs, young dogs, and active dogs that compete in activities like agility. Dr. Woodcock (left) is illustrating a nail with quick (red) that has been cut on a typical cut angle (back slant line) compared to her suggested angle cut (forward slant line).

Dr. Woodcock (right) looks like she is holding a Millers Forge Clipper made in Italy. But, words of warning, I've heard that sometimes these clippers are knock-offs. Be prepared to return if they squeeze instead of clip. When you watch the video, please make note that Dr. Woodcock mentions that the clipping exercise is more of whittling versus clipping.

Cindy Herl, who is a member of our club, showed me her tool of choice, a cordless "Dremel" with a course sanding drum. Make sure that you acclimate your dog to the sound and vibration of the Dremel before you ever start sanding/filing.

Please go to the YouTube link provided above for the entire 14 min presentation by Dr. Woodcock.

I found another source on nail trimming. It's a Facebook group: "Nail Maintenance for Dogs".

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## Messages from the Director of Training

Crystal Toupin and Lily

[blueydrdr@aol.com](mailto:blueydrdr@aol.com); 801-603-0486

### Current Class Session #2

Registration for Session #2 was February 28<sup>th</sup> and will run through April 25<sup>th</sup>. In addition to the normal classes of Puppy, Basic 1, and Basic 2 Obedience, we are also conducting a Scent and Retrieve class, a Show-n-Go Obedience League, and a Foundations of Agility class.

I taught Basic 3 classes in Session #1, which focused on distractions/proofing, heeling skill building, and games. Basic 3 was a wonderful addition to the classes offered at GSDOC. We may offer Basic 3 again, along with Agility, Puppy, Basic 1, and Basic 2 in May for Session #3.

I'm always looking for feedback on how we make the classes better, how we can teach better, and what classes we should offer.



### Spring 2017

Keep posted on the upcoming GSDOC Obedience Trial in March (Farmington, Utah) and the Great Salt Lake Dog Training Club Obedience Trial in May (South Jordan, Utah). Contact Crystal Toupin for more information.

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## ACCOLADES, TRIBUTES, AND PRAISES

If you and your dog have attained a wonderful benchmark, or have a tribute or praise that you would like me to include in a newsletter, please get me your drafted contribution by the 25<sup>th</sup> of the month. Please spell out all words, no acronyms, please. If I receive it later than the 25<sup>th</sup>, your contribution may be included in the following newsletter: [jernstse@gmail.com](mailto:jernstse@gmail.com).

### ***Idaho, February 2017. Stelvio earns her MACH 3 in Agility. YEA!!!!***

*By Ann Miller and Stelvio.*

The only predictable thing about Stelvio is that she will often do something unpredictable and silly in the agility ring. She earned her MACH 3 on February 20 in Idaho. She is very experienced in many venues since she's been running agility for six years. This last weekend at the Salty Dogz trial she took a detour on our last course to visit the judge. She lost some time but not the Q. As she was finishing a jump, the judge must have caught her eye. This is silly novice dog behavior. She is also well known for making strange course changes to hit a tunnel. The unpredictability makes her interesting. My job is to make sure I can still laugh at her and know that she is doing the best she can. She's such a hard worker and becomes so excited in the agility ring.



***AKC CGC Evaluation Night.  
February 21, 2017.***

Two dogs and one handler participated in the Canine Good Citizen Program (CGC). Congratulations to these participants who earned their CGC Titles!

GSDOC offers this program on a “as-interest” basis and availability of evaluators. Teri Yool has donated her time by serving as the evaluator for many of these CGC events, including this one in February.

Thanks again, Teri.



***Peak to Peak Working Dog Association.  
Denver Colorado. February 16, 2017.***

Lily and Crystal Toupin receive Rally High Combined Working Breed Dog.

***Colorado Kennel Club. Denver Colorado.  
February 19<sup>TH</sup> AND 20<sup>TH</sup> 2017!!.***

Lily and Crystal Toupin receive Rally High Combined BOTH days.

Gus' Lily Darlin' competed in memory of her best friend, Gus.

*GSDOC Graduation Night.  
February 21, 2017.*



Basic I, Basic II, and  
Basic III unite for  
graduation game  
night.





## Puppy class had their own graduation



# How fun was the “egg” heeling race course!!



DON'T DROP THAT EGG.

***GSDOC General Meeting Program.  
Anthony Bersimin. January 2017.***

A thank you goes out to Pat Milburn and Sue Ritchie for organizing such a wonder program for our members on February 14<sup>th</sup>. North Ogden City Officer Anthony Bersimin shared his experiences as a first-time Canine Officer and training his dog for police work.

Officer Bersimin recently got his 3-year old dog, Ziro. Ziro is a narcotics officer. The two started confidence building of desired tasks, to search and apprehend suspects, in baby steps.

Firstly, they worked on building confidence of biting when told. Officer Bersimin learned quickly that when Ziro was biting (in training) that Ziro's body language of tail wagging indicated that he was happy and was not about to let go, for anything!! Secondly, they worked on building confidence of searching. The goal was for Ziro to search an area for a suspect, bite, and hold the bite. They repeat this training every day. Ziro's reward is playing tug with a lacrosse ball on a rope and biting.

Originally, Ziro "believed" that he was #1 and Officer Bersimin was #2. They quickly had to establish that Officer Bersimin is the lead. Ziro, however, still demands respect and fairness. So, when they play, Ziro wins sometimes and Bersimin others. If Officer Bersimin forgets to let Ziro win, well Ziro lets him know, right down to 50:50! Officer Bersimin earned (and continues to earn) the #1 spot in the team by going back, daily, to basic obedience and LOTS of walks.

Officer Bersimin loves Ziro. However, at the end of the day, Ziro is a "tool" for Officer Bersimin, just like his radio, taser, gun, or handcuffs. If it is safer for the human officer for the dog to go in first, then the dog goes in first. If you remember our program last summer with the Porn officers, this "1<sup>st</sup>"-on the scene is different for them. In this situation the Porn dog and officer goes in last.



***Farmington, Utah. Salty Dogz Agility Club Trial. February 2017.***

Here are some pictures of highlights of some of our members at the trial. Of course, I didn't capture many who ran with their dogs or all our volunteers. I took pictures when I remembered. The rest of the time I just learned (many lessons!!) and enjoyed myself and Porter.

**Judge Catherine Clifton**



**Sheryl Hames (L) with Pete and Sue Richey (R) with Sophie.**



**Jerriann Ernstsén with Porter. We placed 1<sup>st</sup> in this Standard Novice run, then placed 1<sup>st</sup> later that day in JWW Open!!**





Tyler Plowman with Chimera. They took 1<sup>st</sup> place in JWW Novice.



Pat Milburn with Schatzi (L) and Heather Dunifer with Story (R).



*FROM ALL OF US HERE AT  
GOLDEN SPIKE DOG OBEDIENCE CLUB  
TO ALL OF YOU, YOUR FAMILY AND DOGS*

**HAPPY ST. PATRICK'S DAY**



Saint Patrick's Day, or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick"), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland.

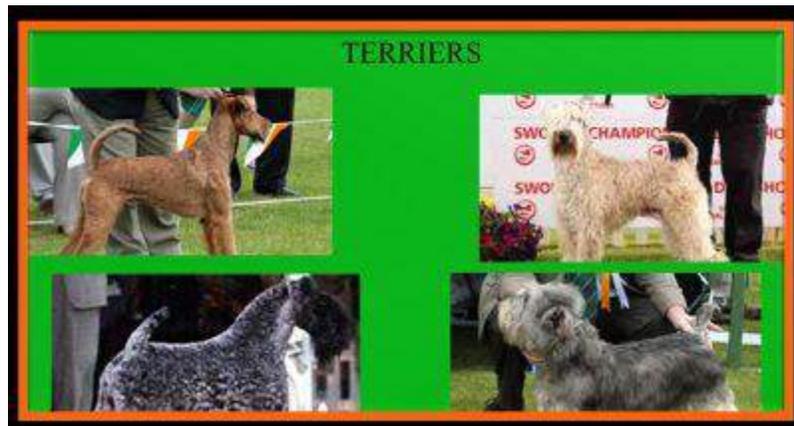
Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, céilíthe, and the wearing of green attire or shamrocks. Christians also

attend church services and the Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption. WOW.

[https://en.wikipedia.org/wiki/Saint\\_Patrick%27s\\_Day](https://en.wikipedia.org/wiki/Saint_Patrick%27s_Day)

**The Native Irish Dogs which have been developed down the centuries in the mountains, woods and bogs of Ireland are the legacy we have inherited from our forefathers.**

There are nine Native Dogs of Ireland, two Hounds – Irish Wolfhound and Kerry Beagle, three Gundogs – Irish Water Spaniel, Irish Red Setter and Irish Red & White Setter, four Terriers – Irish Terrier, Irish Glen of Imaal Terrier, Irish Soft Coated Wheaten Terrier, Kerry Blue Terrier.

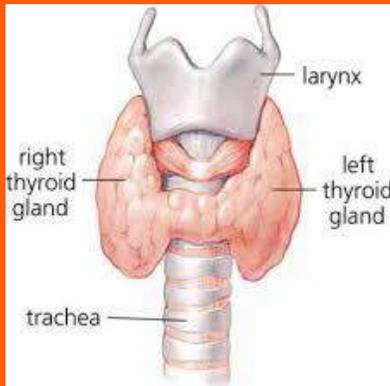


<http://www.ikc.ie/dog-ownership/types-of-dog/breeds/native-breeds-of-ireland/>

# HYPOTHYROIDISM PART I

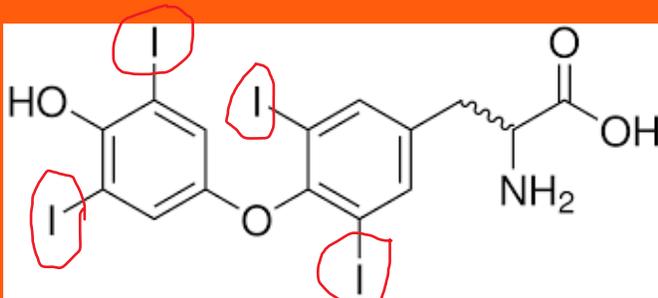
## The Definition and Science

by Jerriann Ernstszen



The thyroid is an endocrine gland located in the neck that produces a thyroid hormone (called T4) that, in part, regulates metabolism (turning food into energy for the lay person, and cellular respiration for us nerds) and protein synthesis. The T4 hormone is released from the thyroid into the blood system and delivered to cells throughout the body. Once in the cells, T4 is converted into the T3 hormone, which is the active form of the hormone. This hormone basically, affects everything!!

Iodine deficiency, historically, was the major cause of hypothyroidism in humans. Hence, the addition of iodine to our table salt. Iodine is part of the hormone molecule. The T4 has four iodine atoms and T3 has three.



T4 or Thyroxine. The four I refer to iodine atoms.

Hypothyroidism is condition where the thyroid gland activity is abnormally low. This results in low levels of T4. The cause of low activity may be caused by the body attacking the thyroid or just a “lazy” thyroid.



This disease seldom causes symptoms in the beginning, but over time if left untreated can cause many health problems. It may affect appetite and gut motility, which as many have noticed or read in my previous newsletters, Porter has a hard time gaining weight and has a huge problem with gooey poeey!

Another function that this hormone affects is heart rate. Hmm. Early on, one of our vets noticed an irregular heart beat. More recently, our current vet has also detected the irregular beat.

Hypothyroidism is easy to diagnose with a blood test that checks the level of various thyroid hormones including T4. Treatment will include a synthetic thyroid hormone replacement for the remainder of the dog's life. At first, the veterinarian will estimate the dosage based on the dog's weight, then reevaluate the dosage about 6 weeks after starting treatment, which requires another blood test. Periodically, the vet will need to reevaluate as metabolism changes in the dog.

When symptoms do appear, they may include the following:

- ❖ Abnormal weight gain (or inability to gain weight).
- ❖ Constipation or diarrhea.
- ❖ Dry and flaky or sensitive skin.
- ❖ Sores or patches of blackened skin.
- ❖ Excessive shedding and hair loss on the trunk, rear legs, and tail.
- ❖ Poor hair growth and low quality of coat.
- ❖ Muscle loss and weakness.
- ❖ Lethargy.
- ❖ Mental dullness.
- ❖ Aggression.
- ❖ Sensitivity to cold.
- ❖ Decreased heart rate.
- ❖ Secondary infections of eyes, ears, or toenails.

In December, Porter got very sick with diarrhea (more than usual gooey poeey). I attributed this to his food allergies. Porter also has always had red eyes, but he started collecting eye goobers, which I also attributed to his allergies. Then in January, I started noticing lots of hair on the floor. I attributed this to me not vacuuming! I changed dog food, but still gooey poeey.

Two years ago, I almost had Porter get a fecal transplant. You read correctly. Google it. I

hesitated thinking that I could manage the goo with diet. Well, I failed. So, I went back to the holistic vet and started the process of preparing for the fecal transplant, which required a weigh-in and a full blood panel. The story started there. Porter had gained seven pounds in five weeks, which he has been a steady 65 pounds for two years. Then the blood test results came back that Porter has hypothyroidism.

We are working with a traditional and a holistic veterinarian. Both believe that it is possible that the gooey poeey, red eyes, hair loss, and irregular heart beat may all be due to this disease. Also, that this disease has probably been with Porter since a pup. Usually, this disease affects older dogs, so they are suspicious that it is genetic. Another blood test that examines all the thyroid hormones and derivatives will determine if it is genetic. That test will wait, given that our holistic vet is now headed up to Alaska to join the medical staff for the Iditarod.

Until then, Porter is on an integrated treatment of thyroid hormone replacement, and two thyroid supplements. It may take a few to several weeks to notice a change, but everyone including the vets, say the symptoms will go away. I sure hope so.

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## REMINDERS FROM PREVIOUS NEWSLETTERS

### AKC Junior Recognition Program

AKC is starting a new program for Juniors. It is the Junior Recognition Program and they will be recognizing Juniors across sports. It should start in March of this year. AKC is asking you to be sure to record the Junior handler number on all your results. They advised the Juniors to start including their Junior Number on entry forms. If you have questions, please contact AKC at [juniors@akc.org](mailto:juniors@akc.org).

### 4H Dog Training Club

Weber County 4H has teamed up with GSDOC. Please visit, <http://webercounty4-h.org/> or call Vicki Ross at 801-686-5128 for more information.





**New Members**  
to  
**Golden Spike Dog Obedience Club**



**PATTY UCHIDA**  
**AND**  
**RASCAL THE TOY POODLE**

