



# BerNews

New Year 2005 Volume 2, Issue 1

## President's Column

-Julie Latterell (Cooper, Dutch, Owen, & Watson)

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We are blessed with a growing club with a growing number of members and dogs—this is the good news! We have been fortunate to have engaged board and club members who are willing to plan a number of lovely and educational events, in addition to providing occasions for simple socializing—canine and human!

Sine the inception of this club over 20 years ago, we have grown from a handful of Berner owners to a group of 100+ Berner owners. We now have formal and informal events nearly every month of the year. These events attract Berner owners and also people interested in learning more about the breed. Our 4-legged club members vary both in look and in temperament, just like our 2-legged club members—some are shy, some outgoing, some thoughtful, some nosey, some proper, and some not so proper! Of course we also have dogs of tolerance. Let's face it, like a crowd of humans, our Berners are as diverse as we are. But the difference is, they are dogs. They live in the here and the now without

thoughts of human etiquette or boundaries. Therefore, it's up to us, their protectors, to make sure we are doing our best to ensure they are properly safeguarded. With a little attention and a game plan, we should be able to avoid any real conflicts and make sure our canine companions and attending humans have a great time at any and all future club events. Below is a list of simple guidelines to follow to ensure we are all well protected:

### **General event etiquette**

If the event calls for your dog to be on-lead, put them on-lead. We all know some dogs are good off-lead and follow their humans willingly. They aren't a lot of trouble, and they don't go running off, but if the stated rules for the event ask for dogs to be on-lead, please be courteous and do so.

If the event is one where dogs may be off-lead, we all have to try to work together to be sure we keep the dogs in line. This includes monitoring the whereabouts of your own dog and also gives you permission to approach other dog owners to let them know if their dog is being too rambunctious or too "friendly."

**Young dogs** love to party. They run and frolic and have a ball. However, they need close supervision to ensure they aren't having too much fun. Puppies don't have smarts to know when they are playing too rough and hurting themselves or another dog—and remember puppies are still puppies long after they get too big to pick up! Also, if puppies are playing too wildly, they can easily knock over an unsuspecting person. Owners and all club members, please keep an eye on our young whipper-snappers to be sure they aren't over-doing it!

**Older dogs** are the most precious and must be treated with dignity and respect by all. Take care to watch out for your older dog or another member's older dog to make sure it does not get roughed up. It is a short time that we are blessed with these precious dogs, we all need to ensure we keep them as healthy and sound for as long as we can. ►

## Continued President's Column

**Intact girls** can present their own challenges. If you have a queen bee that tends to be bossy, keep an eye on her. If she starts getting too big for her britches, put her on lead or in an ex-pen. She will thank you for it! If you have an intact girl who is in season, do everyone a favor and let her sit the current activity out. Even if the boys are kept on lead or crated, they will no doubt be determined to try to get close to this enchanting creature and will most certainly embarrass their humans!

**Intact boys**—what can I say? Boys will be boys and we are all guilty of letting these lads charm us. As sweet as they can be with us, they are very much aware of their social status and aren't afraid to try to test it by challenging another male. Those challenges can take many forms—some overt such as out and out fighting—and some more covert like body posturing, rough play, and eye contact. The best thing you can do with your intact male from beginning to end is to avoid letting him argue or challenge another male. Keep his attention on you, keep him from facing down another male and most certainly if he is becoming a bit too friendly or rough with any dog, leash him or put him in an ex-pen. Boys can be very

subtle, so must be watched closely. Letting your intact male wander near a crated intact male will likely cause a riff and should your intact male mark another's "area" that's akin to the human version of giving someone the finger. So, watch those boys. They are big, have a whole lot more hormones at play than you think and they can and will drag you to your knees if not properly trained or if someone provokes them to forget their manners!

However, intact boys like to play too. So often, intact males are well behaved while playing with the spayed females and neutered dogs. Try to let your intact males play at intervals with those dogs. Try to keep the timing fair and take turns with other intact male dog owners in letting intact males off-lead to play. If your boy just won't leave the girls alone (or in some cases, other boys) with inappropriate advances—ok humping, or rough play, then put them on leash or in an ex-pen.

In summary, we all need to watch out for each other and for each others dogs. Some dogs may need to be reminded of their manners, but it is best if you don't grab another member's dog. However, don't be afraid to get their attention or

divert their attention if the occasion requires it. With a little planning and observation, we can continue to have fun filled off-lead events. This will create a fun environment for us, our dogs, and for any people interested in the breed to attend our great events!

### **Guidelines for our club members**

In order to allow everyone to enjoy future club meetings and events, we ask that club members leash their dogs during official business meetings of the club and when formal presentations are occurring. We will try to provide ample time before and after meetings for dogs to socialize off-leash. But would ask that if another club member asks you to restrain your over-active dog, that you be courteous and do so.

There may be special events, such as Health and Wellness Day, Fun Matches, etc. which require all dogs to be on-leash. These guidelines will be noted in meeting notices and on the Events link on our website. Again, thanks for your cooperation in helping us safeguard our dogs and ourselves!●

### **Bernese Mountain Dog Club of the Greater Twin Cities**

*The BMDCGTC was formed in 1992 to help promote the best possible breeding, training, health, and well-being of the purebred Bernese Mountain Dog.*



Be like Lucy. She got along with everybody.

## BMDCGTC Club Meeting Notice

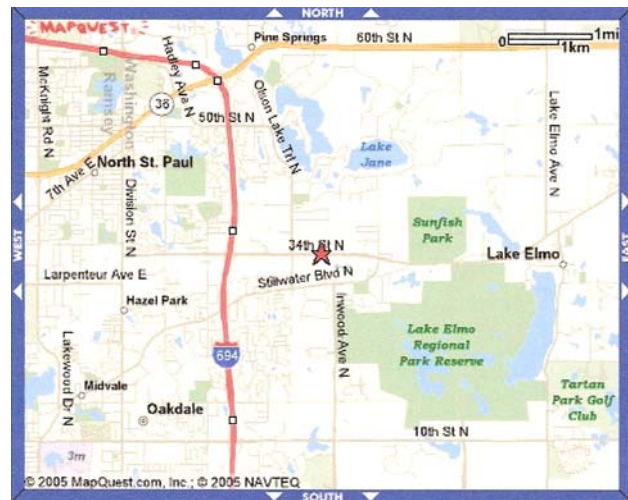
**Meeting Date/Time:** Saturday, February 5, 2005  
Doors open at 1:00

**Meeting Place:** Animal Inn Training School  
8633 N 34<sup>th</sup> St.  
Lake Elmo, MN  
651-777-2317

**Directions:** From I-694  
Take the 34<sup>th</sup> St. N/MN-5 E exit  
Go east 1.2 miles to Animal Inn

**Tentative Schedule:** 1:00 – 2:00pm Playtime  
2:00 – 3:00pm Speaker  
3:00 – 3:30pm Club Meeting  
3:30 – 4:00pm Cleanup

**Speaker:** Beth Hatch on “Emotional Freedom Technique”●



## Lucy's Fund

-Julie Latterell (Cooper, Dutch, Owen, & Watson)

If you are a BMDCGTC club member and your beloved Berner is injured or sick and you have incurred extraordinary vet bills, what can you do? This type of unexpected event is emotionally painful and stressful. On top of that, the care costs may be large as well, adding to the stress of the situation. Shelley Strohm and Steve Boda are very aware of the devastating impact this can have. They recently lost their beloved first Berner, Lucy. Out of this event came the desire to do something for other BMDCGTC club members facing similar situations.

The Lucy fund was created by the donated proceeds received from a wine tasting event held January 15<sup>th</sup> at Steve and Shelley's house. It was an intimate, fun event, attended by about 25 BMDCGTC club members—and their Berners (yes,

they all were in the house at one time!). Steve provided a brief description and sample of 6 wines. There was a delicious array of food provided and also a silent auction with a wonderful selection of items up for bid. The event raised over \$1,000 for the Lucy Fund!

While there are other funds designed to assist dog/Berner owners who are facing extraordinary medical costs for their pet, many of these have income limits for applicants, stipulations about the type of care the fund covers, etc. The Lucy Fund has very few guidelines and stipulations. This is by design—Steve and Shelley wanted to make the fund accessible to a wide range of people and Berners. This stemming from the belief that it is more critical to assist club members and their Berners in need and let them know they are not facing this crisis alone rather than providing huge monetary assistance.

Applications and guidelines to apply for assistance from the Lucy Fund will be available March 1, 2005 on our website.

In addition, there are other resources available for Berner owners in need of assistance with extraordinary medical expenses. Please visit:  
BEHAF – Berner Emergency Health and Assistance Fund:  
<http://www.behaf.com/>  
University of Minnesota Companion Animal Fund:  
[http://www.ahc.umn.edu/ahc\\_content/colleges/vetmed/Development\\_and\\_Alumni/index2.cfm/nav/52695/parent/20617/type/F/content\\_path/colleges@vetmed@Development\\_and\\_Alumni@Campaigns/content\\_name/Companion\\_Animal\\_Fund.htm/pic/VetEd\\_tx\\_12.jpg/bold/Campai](http://www.ahc.umn.edu/ahc_content/colleges/vetmed/Development_and_Alumni/index2.cfm/nav/52695/parent/20617/type/F/content_path/colleges@vetmed@Development_and_Alumni@Campaigns/content_name/Companion_Animal_Fund.htm/pic/VetEd_tx_12.jpg/bold/Campai)●

## Emotional Freedom Technique

-Beth Hatch

One Friday afternoon, I received a call from a frustrated dog owner named Susan. Her dog, a Miniature Schnauzer named Mike, was enrolled in a local obedience club's training class. Susan told me that Mike had always been shy, and as a result she had worked particularly hard to socialize him, introducing him to many new people and places with lots of positive attention and treats. As a result, he was a relatively well-adjusted little dog, although still rather reserved and cautious in novel situations. As a result of her hard work on his behalf, she was delighted when she was able to allow him to join the supervised doggy play group that met together before classes each week.

Unfortunately, the previous week Mike had been attacked by a larger dog in the group. Now, she told me, he would not even enter the building, let alone go to his training class there. "I'm so disappointed!" she told me. "I've put in so much time and effort, and now it's all ruined."

We set a date for Monday, and I mused over my options. As a dog trainer I am frequently asked to help people with common behavior problems. The standard behavior modification protocol for dogs like Mike is technically known as systematic desensitization. The process involves teaching the dog to relax, first away from the presence of the frightening or anxiety-producing stimulus. Then, after the dog has learned to calm himself, the stimulus is introduced, first at low and then at increasingly higher intensities. The dog is gradually taught that what had scared him is no longer scary. The procedure takes a lot of time and careful planning, and is not always successful.

As Susan and I talked, I found that she understood the protocols for behavior modification. She well knew the time and training commitment that would be required, as she had spent most of Mike's life working on exactly these issues in all kinds of places and with all kinds of people and things.

Then I asked Susan if she would like to try something experimental. I had recently been introduced to a new area of behavior modification using the emerging field of Energy Psychology. Emotional Freedom Technique (or EFT) is a simple technique that can help to dissipate negative emotional energy. I thought it might help Mike, especially since the trauma he'd been exposed to was recent and specific. Susan thought anything would be worth a try.

In stressful situations, have you ever done any of the following: placed your palm to your head, hand to chest, head in hands, rubbed under eye and under nose, wrung your hands, chewed your fingers, rubbed the back of your hand? Everyone has, and there is a reason for it. It dissipates negative energy.

EFT is a way to use all those motions together while thinking about what is upsetting you. Most of the time it makes the upset feelings better. Many times the feelings simply disappear. In humans, it has been used very successfully for everything from phobias to post-traumatic stress disorder. I had recently begun trying it on dogs with some degree of success and Susan and I agreed that it couldn't hurt to try it on Mike. The process involves tapping or rubbing on the endpoints of several acupuncture meridians while focusing on the problem that is causing you emotional distress. ►

### New Member Applicants

-Nancy Arndt (Cassie, Crash, & Rocky)

The following people have applied for club membership. They have attended at least one meeting and are eligible to be voted into the club at the next meeting February 5.

Robb & Gail Simpson  
Lakeland, MN  
Berners: Dually  
Sponsors: Coleen Carroll & Rick Bryan

Laurie & George Rose  
Lake Elmo, MN  
Berners: Windy  
Sponsors: Kathy Pruno & Nancy Arndt

Laura Krozser  
Minneapolis, MN  
Berners: Maddie  
Sponsors: Doug Hildre & Coleen Carroll

Shilon Bedford  
New Germany, MN  
Berners: Gretta & Frieda (also have 5 Alaskan Malamutes & a Papillion)  
Sponsors: Darwin Missling & Adam Conn

Laurie & Jim Coleman  
Richfield, MN  
Berners: Buddy  
Sponsors: Darwin Missling & Amber Loshbough●

## Continued Emotional Freedom Technique

Unlike people, dogs are not able to verbalize what is bothering them – so we have, to some extent, to guess. In Mike's case, both Susan and I had some pretty reasonable ideas as to why he might be distressed about entering the training center. Since Mike was willing to sit next to me on the couch, I began by focusing on his fear of other dogs attacking him. Then we worked on his anxiety about entering the building. Next, we tapped while we talked about how Susan had not been able to protect him from the dog that attacked him. Finally, we focused on his inability to trust that in the future Susan would be able to keep other dogs from attacking him, and on his choice to believe that she would not place him in such a position again. As I worked on this particular issue, I was surprised and delighted to feel his whole little body relax and lean into mine, while his breathing deepened and he became calm.

When I left her house, Susan promised to call me and let me know how the next class went. If he was willing to enter the building, I suggested that she make sure that he work from behind a barrier at first, just to make sure he could re-acclimate himself to being in a group dog training class again. If he did well behind the barrier, she could bring him out.

The message that greeted me on my answering machine the day after her class was heartwarming. Mike had no anxiety about entering the training building. Although he showed some stress about walking past the doggy play group, he had no fear and worked from behind the barrier in his training class so well that both the instructor and Susan felt he could easily join the class as usual after the first 5 minutes. Mike had conquered his fear. And I had discovered, once again, the power of EFT with animals.●

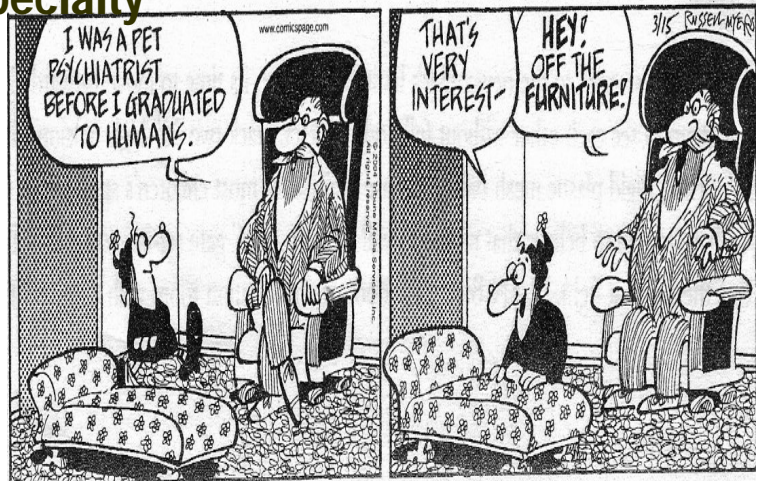
## Catalog Advertising for National Specialty May 8 – 14, 2005

-Duane Neverman

Support your 2005 National Specialty by advertising in the Specialty Catalog. Whether you are an owner or breeder, a vendor or service-provider, your ad will reach all specialty attendees and their friends and family.

**Advertising Sections:** Past Greats, Current Contenders, Future Stars, Working Berners (e.g. Therapy, Drafting, Herding); Loving Companions, Berner Clubs, In Memoriam, Vet/Pet Supplies & Services: Other Business & Services.

**Instructions for Advertisers:** Our show superintendent, MBF, accepts camera-ready artwork. Ad submissions not camera-ready will be charged an additional \$10 for 'mock-up'. Please submit ALL ads with accompanying advertising form from planning booklet or website and a check (US Funds) made payable to BMDCA2005 directly to Duane Neverman, Catalog Advertising, 246 Notch Road, Dover-Foxcroft, ME 04426. If you have any questions please contact Duane or Chris at [Berners5207@yahoo.com](mailto:Berners5207@yahoo.com), or by►



## Club Officers

### **President**

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763-783-1996

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Peggy Bebeau  
Darwin Missling  
Adam Conn  
Susan Acklen

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We're on the Web!

See us at:

[www.twincitiesbmd.org](http://www.twincitiesbmd.org)

## **Continued Catalog Advertising**

phone at (207) 564-2110. All advertising must be received by March 22, 2005.

For ad layout information please see the following link:

<http://www.bmdcaspecialty.org/2005/>

### Catalog Advertising

**Regular Rates (Regular rates apply to Text-Only ads. All photos are extra.)**

<b>Size</b>	<b>Text Only Ad</b>	<b>Photo</b>
Full Page (4-1/2" x 7-3/16")	\$55	\$15 per photo
Half Page (4-1/2" x 3-9/16")	\$40	\$15 per photo
Quarter Page (4-1/2" x 1-3/4")	\$30	\$15 per photo

### **Advertising Specials**

Breeders' Special (2 full pages with 1 photo on each page)	\$110
Inside Cover (includes 1 photo)	\$150
Two-Line Ad (max 25 words)	\$5
Business Card Ad (preformatted business card style)	\$25
Mock-up (for ads submitted NOT camera ready)	\$10
Each Photo	\$15●

### ***About BerNews***

The content of BerNews represent the views and opinions of the authors, and not necessarily those of the BMDCGTC or its members, nor does publication constitute

endorsement.

Articles written by members of the BMDCGTC on any subject that may be of interest to members are welcome.

All works must be sited.

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