The BARC
BEACON
Shining the Light of Hope and Freedom

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FEATURED BARC BABY— JESSE NEILSEN



BARC's Jessie & Morwenna Rose

Of Berners and Babies... I have had a very special BARC Baby in my life for the last 5 years. BARC's Moonshadow Jessebelle, or Jesse, is the most tolerant dog ever. She came home to me from BARC in January of 2004 on a jet plane, bursting out of her kennel at the airport and landing firmly in my heart and arms. Little did I know then how much we would go through together in the following years. She took to learning to go up and down stairs quickly. Who knew you had to teach dogs to go up and down stairs? We went to the Specialty in Gettysburg, and she made her obedience debut with Team (Dis)Obedience in the team competition. She allowed 2 fosters into our cozy little house with no more than a friendly sniff. Then she took moving to Virginia with great grace. She met and approved of my husband – a feat for her as she, for the most part, refused to get within 10 feet of a man. I knew from her that he was "the one" when I came back to the hotel room we were staying in to find them snuggled up on the bed watching TV together, though I think the popcorn he was feeding her might have had something to do with it.

Jesse has been more than I could have ever hoped for ...

Jesse's greatest achievement to date is her acceptance and tolerance of my darling daughter Morwenna. Jesse was the first one to let me know I was pregnant. I must have smelled different to her. For 3 days she wouldn't leave me alone, she had to literally sit on top of me if she could. She kept an eye on me all throughout my pregnancy. She knew the night my husband went off for deployment and decided that night she would be my bedmate for the duration of the deployment. Nothing I did would get her off the bed. It was like she was making sure nothing happened to us in the middle of the night. When the time came for me to go into labor, she paced the halls of the house with me at 3 a.m. If I stopped for a contraction, she sat on my feet and licked my hands until I could walk again. When my Mom and I left for the hospital, she sat in the front window watching the car pull away.

My Mom says that for the next 2 days, while I was in the hospital, she never left the front window. When she brought Morwenna's first baby cap home for the dogs to sniff, Jesse took it gently from her and slept with it. When I was finally discharged and got home, Jesse was so over-the-top excited, she ripped out her toe nail on the fence. Off she and my sister went to the vet while we settled in at home. When they got back, Jesse came in, sniffed Morwenna, and promptly fell asleep at our feet. Every time we moved that first day, she moved with us. If we were on the couch and close enough to her to, Jesse would carefully lick Morwenna's head. 'Wenna would just about purr with contentment when Jesse was near. If Morwenna cried, Jesse would whine and look at me as if to say, "Well, you aren't moving fast enough! Hurry up, she



BARC's Jessie & Morwenna Rose

Continued on next page © The BARC Beacon 2010



BARC's Jessie & Morwenna Rose

needs you, and I don't have thumbs to help her!"

The Navy moved us around the world to Hawaii about a year ago, and Jesse took this in stride as well. She does remarkably well with the heat as long as she has her air conditioning to keep her cool. Since we have been here, Morwenna has learned to walk and talk. Jesse was right there to help her learn, allowing herself to be used as the most fun furry walker any toddler could ever ask for. Morwenna's first real word was "puppy". When Morwenna learned to eat solid foods, Jesse was the master face washer and repository for anything 'Wenna deemed inedible. I have found the two of them snuggled up, Morwenna lying completely on top of Jesse fast asleep. If Jesse is asleep on the couch and it is nap time, Morwenna will get her blankets and cover Jesse up and tuck her in. Morwenna's favorite toy to love on is her stuffed berner; it goes everywhere with her. These girls have a special bond and connection.

This past August, Jesse gained a sister berner, an Island-bred breeder rehome named Annabella. Like everything else, she has taken Annabella under her paw and treats her like her own little puppy. Annabella is just a year old and still learning the berner ropes. If she gets too playful with Morwenna, Jesse is there to get between them. If 'Wenna gets too rough with Annabella, Jesse nudges her away to give Annabella an escape route. The three girls (2 berner and the toddler) have a special kind of language and connection that I can only begin to decipher. It is almost like they all speak to each other telepathically. I hope that they will all include the newest little girl in this connection when she arrives later this year.



BARC's Jessie & Morwenna Rose

When I got pregnant again a few months ago, I didn't have to take a pregnancy test to know, Jesse told me in the same way she did with Morwenna. My hope is that Jesse is here for a long time still in order to teach this new little girl the ropes of both human and berner life. Since my husband is again on deployment, Jesse has taken up her place (though not on the bed this time) at the bottom of the stairs every night to guard us. I fully expect that she will know even before I do that labor is coming and will guide me through as she did before. I know that she will be here at home keeping Morwenna company while I am in the hospital. Jesse has been more than I could have ever hoped for when I chose to adopt a BARC baby 5 years ago. She is truly a vital member of our family.

—Amy Nielsen



BARC's Jessie & Morwenna Rose

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FROM THE EDITOR'S DESK


Lisa with Bosley

Welcome, everyone, to the 2010 spring edition of *The BARC Beacon*! We hope that you'll find the articles in this issue to be both entertaining and enlightening. I believe you'll truly enjoy our Family Spotlight and California BARC Bash articles. Our west coast family has enlarged over the past year, and we're grateful that many of these wonderful new families have chosen to get connected with the other existing BARC families in the area. As you'll read, regional BARC Bashes are one of the best ways to get connected and stay connected with other families in your area who have chosen to adopt these special Berners. These friendships have a special depth right from the start since you share this special bond of loving BARC babies.

Once again, Andrea Brin has outdone herself with an in-depth look at the different aspects of holistic medicine and how it can benefit us and our Berner babies. Helen Hollander has also gone above and beyond with her article on sibling rivalry. I, as editor, owe a debt I could never repay to these two wonderful and skilled ladies who have faithfully contributed to this newsletter since its inception. They are a huge part of what makes this newsletter so loved by so many BARC families.

We have many more of our usual and customary articles in this issue that we hope you'll find helpful and informative like our *Fundraiser FAQs* and *Bosley's Culinary Corner*, but we're especially excited to announce a new feature in this issue...an alliance with some wonderful ladies who work hard to train dogs using only positive reinforcement. The owners of GreenwoodDogs.Com have graciously given us permission to reprint their training articles in our newsletter! Mary Woodward and Susan Greenholt who live and train in Wilmington, DE are APDT (Association of Pet Dog Trainers) members and they also participate in Paws for People, a pet therapy group, and the READ Program. Their clicker training articles are short, clear, and concise so that they are easy to understand and implement. We've been looking for something like this since our inception, so we're very excited about this addition. Please feel free to visit their website(s) and contact them if you'd like further information. We will give you all their contact information in the bio section at the end of each article printed. Trust me, if I can use their articles to train my boyz, you most certainly can, as I'm no pro!! I unearthed their information from a stack of stuff in one of my closets that I'd had since Bosley was a youngster. Their articles were printed off, and I'd used them to work on Bosley's and my old Springer mix, Beau's, training at home way back in 2004. I, a total novice, have had great success with their simple concepts and clearly defined lessons. Now, by accessing their website, you can gain access to much more information than we can print in our little newsletter. Mary and Susan, THANK YOU for allowing us to utilize your wonderful lessons to help our rescued Berner babies and their families become the very best they can be!

Thankfully, our Memorials section is very small this time around. In that regard, this last year has been a really tough one for BARC families, so we are grateful for the slight reprieve. Yet we know, sad to say, that the next issue will once again be crowded. These babies come into our lives and WE are the ones supposed to be doing the "rescuing", yet we find, time and time again, that it is WE who are rescued by their love and devotion and depth of character. It is WE who are changed and affected in ways we often don't even realize until they are gone from us. The love and companionship that we share with these special creatures brings a depth to our lives that we often didn't know existed before. So when it is time to say goodbye, no matter how long or short our fellowship was, it is indeed an earth-shattering and heartbreaking ordeal to walk through. Yet we make our way through it as best we are able as a way of honoring their lives and their legacies. So while this quarter's Memorials section is short, the babies represented in it are just as important...and the pain their mom is going through is just a heart-rending as it is when the section is full, so remember to keep this precious BARC mom who has been hit so hard these last few months in your closest thoughts and prayers as she navigates the waters of loss.

As always, my heartfelt gratitude goes to all those involved in making this issue a success. You guys are THE BEST! And THANK YOU, Amy, for founding BARC and giving us all this wonderful extended family and this opportunity to grow and help one another become the best Berner moms and dads we can be! Have a terrific spring you all!


Tonka

Berner hugs,
Lisa Hawes
Editor
BARC's Bosley, Lionheart's Baby Tonka and holding BARC's Bernie forever in our hearts...

BERNESE AUCTION RESCUE COALITION

BARC, INC.

Lending a paw to those in need

BARC BUSINESS UPDATE

	2009	2010
Dogs Rescued	32	6
Adoptions Completed	29	6
Re-homes Completed	6	0
Donations/Adoption Fees	$ 36,735	$ 4,685
Expenses	$ 32,731	$ 4,667

If you have any questions or concerns, please email Karen Thompson at karenthompson@barcinc.net.

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RECENT ADOPTIONS



Warren & Kelly Barr	Riverside, IL
Pam Chacon	Long Beach, CA
Ann Meckes	Horsham, PA
Bill Meisner	Berkley, CA
Jacqueline & Heinz Niggli	Randolph, NJ
Monica & Mike Wesley	Schwenksville, PA

NEXT NEWSLETTER DEADLINE:

Deadline for submissions for the June issue of the BARC Beacon is Friday, May 7, 2010.

All submissions to be sent to the Editor, Lisa Hawes by email at lkhawes@yahoo.com.

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BARC FAMILY SPOTLIGHT

"THE WHEELER FAMILY"



Dillon greeting Megan and Cole

I live in Fairfax, California in the San Francisco Bay Area with my husband, Jeff, and 6 year old son, Cole. My love of Bernese Mountain Dogs began when a friend of mine would dog sit for her friend's 2 Berners. The first time I saw these lovely, gentle creatures and looked into their big brown eyes, I was hooked. I was in the midst of my career and a ways from settling down, but I knew when I did, a Berner (or two!) would be a part of my family.

Jeff and I were married in October of 2000, and a year or so later talk began of starting a family. In May 2002 we got a phone call from our next door neighbors. They knew of our love of the breed as they are dog people also. They had friends visiting from Prague, Czech Republic that were breeders of Bernese Mountain Dogs. These friends were here in the U.S. with two of their puppies. They had sold one of the puppies already and were planning on trading puppy #2 to a breeder in the San Francisco Bay Area for bloodline. They met with the breeder and did not like what they saw so returned to our next door neighbor's with this adorable 8 week puppy. Our neighbor was calling to see if we would be interested in having this puppy join our family. We went next door to meet the puppy and the breeders (although conversation was short as they did not speak English) and it was all over – Jake was now a part of our family. How could we not fall in love with this darling puppy, and we truly felt like fate kicked in here as this little guy literally showed up on our doorstep. Off to the pet store we went for all of the puppy supplies. Our neighbors helped us so much as neither Jeff nor I had owned a dog of our own. Since I work from home the transition was a pretty easy one, and we were immediately smitten.

It was all truly meant to be. Once again, fate had placed another baby Berner in our lives.

Jake was truly an active member of our family. He accompanied us everywhere he was allowed to go, barbeques, picnics, wineries, beaches, mountains, lakes, and more. He was such a great puppy and grew into a distinguished and gentle dog. Jake was ogled over everywhere. His gorgeous shiny coat and perfect markings in addition to his sweet disposition made it hard for us to get anywhere fast with people stopping us to talk about Jake or the breed.



Dillon Lounging with Jeff and Cole

In August of 2003, Cole was born. Jake was an adoring but curious big brother to the little wiggly pink thing that we brought home from the hospital. He was very protective of the tiny bundle – almost every picture of Cole on a blanket on the floor has Jake protectively lying by his side. As Cole grew, he and Jake became fast friends.

In April of 2009, Jake ingested an entire dog bone, and it became lodged. In the vet's x-rays we discovered that his spleen was enlarged, and the vet wanted to do some testing as this could be a sign of lymphoma. After the bone removal and a few days of healing, an aspiration of Jake's lymph nodes revealed the devastating news – Jake had late stage lymphoma. We lost our beloved boy on May 30th. We, along with many neighbors and friends (Jake was quite the celebrity and loved by all), were shattered. We wept as we got used to no more excited greetings when we

Continued on next page

came home, the sweet unconditional love, and all things that we had come to love about our Jake. We spent our summer, as usual, in Lake Tahoe at my parent's house. It was incredibly painful to return there without my constant companion who loved it there so. The tears flowed daily, and I shared many hugs with my "Tahoe buddies" as we shared memories of the many walks in the mountains and beaches.

I missed Jake tremendously as I knew I would. He was my Velcro dog, and some days it was unbearable. When we returned from Lake Tahoe to our own home, it was so empty without having the pitter-patter of four paws. I missed seeing the dog bowls in the kitchen, I missed a dog romping on the lawn with the kids during barbeques, I missed the hugs and big bear snuggles, and I even missed the dog hair! Jeff and I had long talks about going through this pain again with another Berner knowing their health concerns and short life expectancies, but in the end we decided that our love of the breed in so many ways won out, so in no time, I was on-line searching for Bernese Mountain Dog rescue groups. That is when I discovered BARC. We completed the Adoption Application and received a call from Linda Palma. After many long phone conversations, Linda told us that there may be one puppy still available from the Missouri rescue. We weren't expecting to be lucky enough to adopt such a young puppy but we were delighted. After we were approved for adoption, Linda put us in touch with the amazing Karen Aufdemorte who was not only fostering our puppy but had fostered his other 2 siblings and a 7 month old (in addition to her own brood of 4!). Karen is wonderful. She emailed photos along with notes from Dillon to Cole, and we had many long conversations before she put Dillon on a flight to us on August 30th – just 5 days after we filled out the application. We say that Jake definitely had his paws in this process as everything came together so quickly and seamlessly. It was all truly meant to be. Once again, fate had placed another baby Berner in our lives.



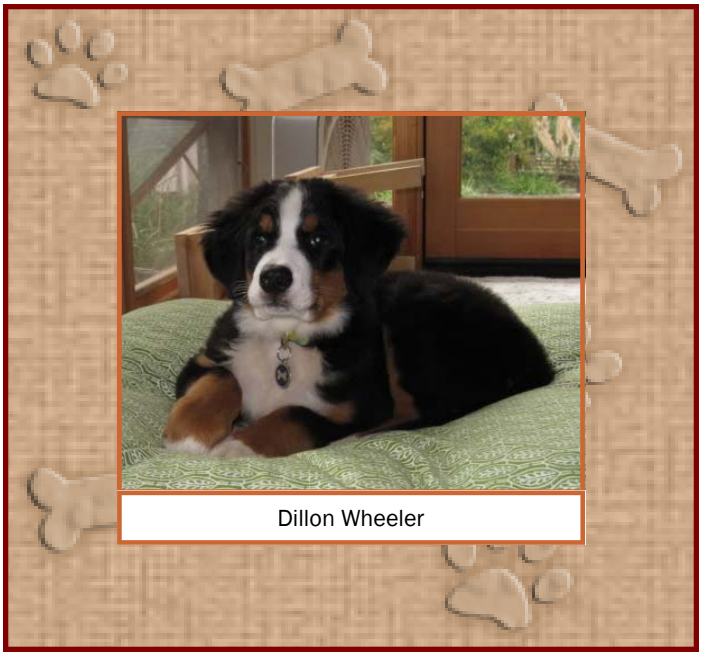
Dillon & Cole Wheeler

As soon as we took Dillon out of his crate at the airport, our hearts began to heal. Dillon is now 7 months old, and he has brought so much joy and love to our family and home. He has fit right in and has already shared so many great experiences with us – numerous picnics in the wine country, adventures to the beach, hikes in the woods, trips to Lake Tahoe, and even the Bay Area BARC Bash in December during which we were host to 11 BARC babies and their 5 incredible families. We have felt immediately embraced by BARC and the wonderful people involved. We have often commented to others about the BARC Bash as well as our other experiences, stating that Berner owners are such an outgoing, sweet group – much like their lovable breed. We have felt immediately embraced by BARC and are so glad to have found this new group of friends. We can't imagine life without a Berner...and maybe even two some day!



Dillon Wheeler

–Megan Wheeler



Dillon Wheeler

BOSLEY'S CULINARY CORNER



MOLASSES GRANOLA BALLS

THESE BALLS ARE CRUNCHY YET HAVE A TOUCH OF SWEETNESS FOR A DOG'S SWEET TOOTH.

**MAKES 30-40 BITE-SIZED TREATS.*

INGREDIENTS

1 cup granola cereal without raisins

1 cup flour (we recommend oat, barley, or millet flour)

½ teaspoon baking soda

½ teaspoon salt

¼ cup molasses

1 large egg

¼ cup evaporated lowfat milk

1 cup granola without raisins, for coating treats

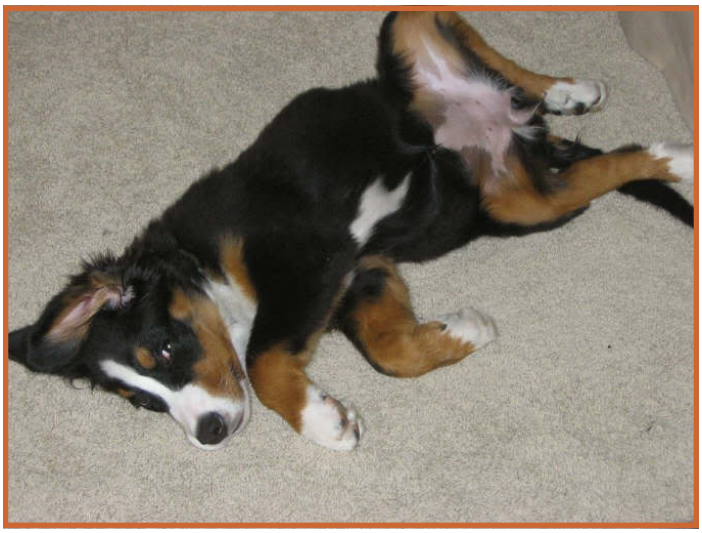
DIRECTIONS

- **Preheat oven to 350 degrees.**
- **Mix all ingredients except the second cup of granola. Use a large spoon, not a mixer, so that the granola is not crushed.**
- **Spread the second cup of granola on a breadboard.**
- **Roll a teaspoon of the dough into a ball in your hand and then roll it in the granola to coat it.**
- **Place the treats on a greased cookie sheets.**
- **Bake for 7-10 minutes or until golden brown.**
- **Remove from oven, let cool thoroughly, and store in an airtight container.**



**If you have a recipe that you'd like to share for yummy homemade dog treats, please send it to lkhawes@yahoo.com to be considered for inclusion in an upcoming issue of the newsletter.

DECEMBER'S PHOTO CAPTION CHALLENGE RESULTS



Top 5 captions in order of votes

1. Yep, I'm cute, and I'm working it, girlfriend! — *Lisa Hawes*
2. Modesty…what is that??? — *Mary Ann Monte*
3. Pleeeeeeeeeease give me a belly rub! — *Mary Ann Monte*
4. C'mon, scratch my belly--you know you want to! — *Kim Clark*
5. What do you mean all 4 legs are supposed to work together?? — *Patt Wiegand*

SIBLING RIVALRY



Helen & Paxil

Anyone who has grown up with a brother or a sister, or has had children of his or her own, is certainly familiar with "sibling rivalry". Family outings turned into a back seat battleground. "Maaaa! He's on my side," or Sunday afternoon board games becoming a living nightmare when it comes to who gets to roll the dice first. Quite honestly, it becomes a game of "who was going to kill whom first." Parents try everything possible to ensure that all children in the house are treated as equal. Likewise, sibling rivalry in dogs (dog-dog aggression) can and does exist in multiple dog households, and it is probably the most nerve-wracking behavior issue for the pet owner.

What is and what causes Sibling Rivalry?

Sibling rivalry is defined as an unstable social ranking among dogs that live together.

Many things can trigger this type of aggression. The key is to discover what triggers the inter dog aggression and then address that "trigger". Treat the root of the problem rather than trying to stop the symptoms.



Stacy's Bear & Friend Playing

A simple example of this is if your dogs fight over a favorite toy, take the toy away. Unfortunately, not all sibling rivalry is so simple. Typically, rivalry occurs due to instability in the dominance hierarchy between the dogs. For example, when a younger dog reaches social maturity and begins to challenge the status of the older dog. Or possibly, it may just be that the older dog perceives that he/she is being challenged.

Rivalry may take the form of normal competitiveness and fighting over resources such as food, toys, and attention from human housemates (you).

Lack of early puppy socialization, which may include poor bite inhibition, which leads to rough play, is often a cause of sibling rivalry. Another trigger for sibling rivalry is when two dogs of the same sex and age live together.

Usually, sibling rivalry begins with a small scuffle with no injuries. The well- meaning owner, anxious to make things right, actually makes the situation worse. Dr. Nicholas Dodman BVMS, MRCVS, director of the Behavior Clinic at Tufts University School of Veterinary Medicine states, "Sibling rivalry is actually a struggle for leadership. The problems become greater when people interfere and support the wrong dog."

Often dogs fight time and time again to correct our human interference. The dogs become more frustrated, not being able to resolve their dispute, and they begin to fight more viciously.

In many cases they will work their differences out much quicker if left to do so without our interference.



Bailey snuggling w girlfriend, Storm, while Dax chaperones

As social animals, dogs are willing and able to live in groups or packs. Within this group or pack, there is a social structure called "dominance hierarchy" in which each dog is either a leader and dominant or a subordinate and submissive. This is the main difference between the social rules of dogs and that of humans.

In the wild, the pack leader, known as the alpha dog, has access to everything it wants or needs first and foremost. This includes the food, sleeping spaces, mates, territory, and possessions. Dogs communicate dominance through facial expressions, body postures, and actions they take not only with their pack, but with others that come in contact with their pack as well.

For domestic dogs, the family is their pack and they need to know what their social position is within their family pack. In a multiple dog household, it is not uncommon for aggression, even in the mildest of forms, to be shown between two family dogs or even between dog and human. This is why it is important for the family leader and other humans in the family to demonstrate leadership in a dog friendly, non-aversive way. If a dog is unsure of its place within

Continued on next page

the pack, chances are likely that it may become too aggressive or too submissive with the other dogs and family members.

What's age got to do with it?

Between 12 and 36 months, most social status aggression occurs due to social maturity. Fights will most often occur between dogs that are the same status or same gender. Such fights can be rough play or more severe, depending on the determination of the dog to secure its place within the pack.

Generally, but not always, the dog's age and the length of time it has been in the home are deciding factors in the ranking order. The oldest dog usually requires the top ranking and respect of the younger dogs.

In a lecture presented with Dr.Dodman on Sibling Rivalry, at Tufts Expo in Boston, Diane Arrington, a dog trainer from Dallas states, "One of the most common causes of dog sibling rivalry is inaccurate human evaluation – people sometimes pick the wrong dog as the top ranking dog."



Ben & Archie Dijak-Robinson having some fun!

Dodman goes on to say "Far too often, a younger dog enters the home and family members lavish attention on him. When they greet the newcomer first, play with him first or even feed him; their actions create confusion and frustration among other incumbent dogs. A power struggle begins. The younger dog, which naturally should be the deferent dog, becomes concerned about maintaining his newfound rank. Contrary to popular belief, the instigator in most household dogfights is not the true dominant but the non-dominant one – the lower status dog who feels he must fight to move up in the rankings due to the attention he receives from people in the household. Truly dominant dogs are secure in their status and have no reason to fight." Arrington continued, "These dogs will fight only if their rank has been challenged, but they do not usually initiate fights."

Dogfights are quite scary and unsettling. When humans see two dogs fighting to gain access to a person or possession, they tend to try and treat the dogs as equals. Doing so only serves to counter the natural tendency towards a hierarchy. What we humans fail to recognize is that the more dominant dog in the relationship needs to be supported in its position, and the most subordinate must be taught to accept the relationship. Unfortunately, this becomes a problem for the pet owner. What if the more dominant dog is not the one you want to be more dominant in the pack? What if the more dominant dog is new to the family or even a much younger dog? Too bad! The dominant dog is the dominant dog no matter how much the owner wants it to be otherwise. If the more dominant dog is disciplined for being dominant, or it is pulled away and the owner has supported or favored the more submissive dog, the dispute will be prolonged and may even become worse between the dogs.



Bernie & Bosley Wrestling

The only time a human should intervene is when there is the potential for injury to either dog or humans in the area.

If your dogs indicate they're about to fight, calmly, but forcefully, intervene. The approach is, "I don't care who started it, both of you, down and put them in the down position". You basically tell them: "you don't have to worry about her, and you don't have to worry about him. You have to worry about me." YOU take the alpha role.

Please keep in mind that when a human intervenes in a full-blown dogfight, they have a chance of being injured due to redirected aggression.

If you are not sure whether your dogs are play fighting or truly feuding, look for these warning clues:

- Play between dogs that escalates to include snarls and growls.
- Dogs start to stand up and paw each other aggressively.
- Battles erupt over prized resources, such as food bowls, favorite toys, beds, and even owners.
- One dog may begin to chase the other dog out of the room or stand in front of the owner to block access to the owner.
- Play fighting turns to dirty fighting in which a dog will clamp down and bite another dog's abdomen.

Continued on next page

What's a mother to do?

If your dogs display any of these behaviors, the first step is to book an appointment with your veterinarian to rule out any medical cause for their aggressive behaviors.

The next step is to identify the true dominant dog in the family pack. Dr. Dodman suggests that owners need to examine each dog's temperament based on answers to these questions:

- Which dog tries to own you and your space?
- Which dog tends to seek your affection more than other pets?
- Which dog is the quickest to fight?
- Which dog is willing to fight for highly prized items?

According to Dr. Dodman, "The dog who pushes hardest for these commodities and is most defensive is often not the dominant one but a dominant wannabee. Dominant dogs act as if to say, 'That's mine, but you can borrow it if you want.' Wannabees seemingly say, 'What's mine is mine, and what's yours is mine,' i.e., they are less secure. However, when owners have supported the wrong dog for some time, interpretation of rank can be tricky. The true dominant may act depressed or despondent because he has given up on the owners recognizing the true order. With the correct support, these depressed dominants may suddenly regain their confidence. Dogs try to resolve ranking among them, but need family members to support their decisions. After a mild squabble, for example, praise and support the top dog and put the lower ranked dog in a crate or enclosed area. You are communicating to both dogs that you really do support the top ranking dog and that helps to clear up any confusion."

To ensure sibling rivalry doesn't escalate to a more aggressive fight, owners need to begin training their dogs as soon as possible. The human MUST assume the role as the true alpha or pack leader and needs to manage and control all dogs in their household. (An excellent book on just this topic is Patricia McConnell's booklet called Feeling Out Numbered - Managing A Multi-Dog Household). Although your initial instinct is to treat everyone equally, experts state that dominant dogs within the house need to be identified and supported in their role.



Eli & Agatha Bonding

When you are introducing a new dog to the household, here are a few of Dr. Dodman's suggestions that will help reduce conflict:



Cathy Putnam's Jack, Elsa & Owen

- Never put dogs together without a proper introduction.
- Always introduce dogs to each other on neutral turf.
- Never hold one dog in your arms during an introduction. Dogs are more secure with four feet on the ground.
- Do not let dogs "fight it out" even if they are wearing muzzles
- Keep dogs on leashes or harness so you can quickly separate them if they start to fight. You can also step on a leash to prevent lunging.
- Don't feed or give attention first to a new dog or puppy.
- Do not permit the puppy or new dog to have free access inside the home. Confine the younger or new dog to a room and allow the older dog to roam freely.
- Do not walk the younger or new dog first.
- Institute the "Nothing In Life Is Free" program (NILIF) for ALL dogs in the home.
- All toys should be kept in an inaccessible place and doled out by the owner one at a time.
- Owners determine when games begin and end.

- Owners must always be in charge of all the dogs if they are to be viewed as the ultimate pack leader. If you are inconsistent and slack off, you are bound to have behavior problems among your dogs as each one vies for the top dog position.

In addition, provide plenty of exercise. That improves a dog's mood and reduces the likelihood of aggressive behavior.

Diet is another important factor to consider. A reduced level of protein will often help to calm aggressive behavior. Be sure to check with your veterinarian or vet nutritionist for appropriate protein percentages for puppies, older dogs, and nursing dogs.

As an owner, you can help prevent serious aggression

Continued on next page

problems through:

- Proper early puppy socialization and identification of temperament tendencies in each dog.
- Exercise to help refocus aggression and energy.
- Obedience training to create a foundation of the human as pack leader.
- Most importantly, make your dogs work for everything (NILIF). Dogs should follow a simple command of sit, stay, or lie down before receiving food, affection, toys, or treats.

These suggestions all help the owner to remain in control of their pups no matter how old they are or how much sibling rivalry is expressed.

If aggression becomes more serious, an animal behaviorist may need to be brought in to work with the dogs.

With severe rivalry cases, veterinarians may prescribe medications such as Prozac for one or both of the dogs to help decrease dominance behavior or fear aggression that insecure dogs display. In most cases, the need for medication is temporary until behavior improves. Medication should be a last resort as it fails to fix the underlying cause – the household dynamics.

In situations where there is aggressive sibling rivalry, these dogs should be separated until the problems have been identified and modified; This is not only for their own safety but also for the safety of the human family members.

Keep in mind the established ranking may change whenever dogs are added to or depart from the family. When this occurs, carefully watch how dogs interact before reassessing who is the natural choice for top dog.



Amy B's Poppy & Kiley

The following common situations may trigger a hierarchy issue:

- When a new dog enters the family
- When one dog reaches social maturity
- When one dog becomes old in the eyes of the other
- When one dog's health is compromised

Remain optimistic and consistent in your actions and attitudes. According to Dr. Dodman, "Sibling rivalry can be successfully resolved in 75 to 90 percent of the cases. Often, the non- dominant dog that thought he or she had to be in charge is relieved and happy to not have to be in charge anymore, and the true, dominant dog is relieved because finally his people have seen the light!"

~ Helen



Maria Adriaans' Largo & Storm



Maria's Jack (rt) & Bones in the Snow

HELEN HOLLANDER, CPDT—*Helen graduated from Hofstra University with a degree in Psychology and later worked in the field of Special Education. Canine Behavior and training has always been Helen's hobby. Upon her children's graduation from High School, Helen switched professions to that of working with dogs on a professional level and furthering her education in Canine Behavior.*

Helen is a Certified Pet Dog Trainer and member of the Certification Council of Pet Dog Trainers, a Professional member of the Association of Pet Dog Trainers (APDT), a Certified Behavior Counselor through the Animal Behavior Center of New York. In addition, Helen serves as a Board member of the Nassau/Suffolk Owners Handlers Association and is a member of the Bernese Mountain Dog Club of America. In 2006, she became an AKC certified Evaluator for the CGC. Helen is a proactive advocate of dog-friendly, reward based training and is the owner of THE EDUCATED PUP, LLC, a private training and behavior counseling practice, located on Long Island, NY. In addition, Helen moderates an E-List that offers help for those people who own Shy/ Aggressive Bernese Mt. Dogs. Email BerneseAggressiveandShy-subscribe@yahoogroups.com to join.

Helen presently shares her life with her well trained and understanding husband and two Bernese Mt. Dogs and one Iraqi rescue pup, Dusty. When not counseling other people's pets, you can find Helen ringside handling one of her Bernese in conformation.

THE BAY AREA BARC BASH

One of the ways to stay connected with BARC families is to organize a "bash" or a get together with those families who live close by. It is a great way to meet some of the BARC list writers and their dogs - to replace computer screens and keyboards with real people and engage in shared conversations.



The first Mini Bay Area BARC Bash October 7, 2007
Pamela w/ Olive, Jack, Zsa Zsa and Sheira w/Arthur

Several years ago, Sheira and I made an attempt to organize a Mini (San Francisco) Bay Area BARC Bash. Our meeting place was going to be at Farmer John's Pumpkin Farm in Half Moon Bay at the height of pumpkin patch season. Farmer John also owns a BMD and advertises the first Sunday of every October as Berner Sunday. Scores of Berners and their families attend...

With our plans carefully laid out through emails and phone calls, waiting through horrendous traffic on the two lane highway, Sheira and I finally met...just as she was leaving the parking lot and I was arriving! We had time for hellos, hugs, a few quick photos, and before Sheira had to begin her journey home, a promise to do the next bash "right."



Truman warming himself by the fire pit

Skip forward a few years and add in several more BARC families to "our" neighborhood, stir in some enthusiasm, and we had a great mixture for a bigger and better Bay Area BARC Bash.

Megan Wheeler, a newbie to BARC via her pup Dillon, began organizing a common date months in advance. We finally settled on Saturday, December 5th, meeting at the Wheeler's home in Fairfax, Marin County. Rounds of emails went back and forth as we anxiously anticipated this special day...

I was excited to be able to see Sheira again. I had not yet met Gold, and I wanted to see how Arthur was maturing. Maria Adriaan had sent me a lovely message after I lost Olive to histio, and I wanted to thank Maria personally. Besides, I wanted to meet the famous Storm and Largo who made it onto the BARCINC list's Home Page!

The best surprise of this Bash was locating two Oakland BARC families, Bill and Lisa Meisner with Missy & Yogi and Lori and John Garife with Ginger & Truman.



Wheeler's Garden Paradise

The day of the celebration arrived, and as Sheira wrote in one of her emails to the BARC list, "Saturday at Megan and Jeff Wheeler's in Fairfax, California – a paradise on a misty, sunny, multicolored day." Sheira continued to weave prose into poetry..."Megan and Jeff created a gorgeous outdoor living room (complete with a fireplace!) all set in a layered garden with many terraces, a special grassy play area, golden boughs, and a view of the misty hills all around that took our breath away."



One of these dogs is not like the others.

But it wasn't just the setting that caught our attentions. In our midst were twelve dogs: eleven were Berners; of those eleven, eight were adopted through BARC. Two of the non-BARC Berners happened to be brothers/littermates. One dog remained unapologetic and nonplussed in drag/costume/incognito as a chocolate lab during the entire event. And Sheira's adorable, schedule-driven Gold insisted on doing her Saturday chore of riding in the car, even though the car was left parked in the Wheeler's driveway. Gold refused to

Continued on next page

budge, turning up her nose at salami and panko-coated shrimp as treats.



Simon says...
Lie Down for salami...
Stand Up for shrimp...

It was natural that our many conversations centered on our BARC babies: their circumstances, how we were led to BARC, the accomplishments of our dogs, the setbacks we have all endured, what obstacles we still face. As we were all engaged in conversations or in quiet contemplation, I noticed how comfortable each of the dogs seemed to be in seeking private moments from people and Berners other than their own family members. It wasn't the scent of salami that lured timid dogs into the laps of BARC moms and dads. It was big hearts and kind spirits that led them to us.



One of many hug fests
Lori Garife w/Zsa Zsa; Bill Meisner with Yogi and Missy

The Bay Area BARC folks are planning another Bash for the Spring. Since we've made new friends for ourselves and our dogs, we want to visit with each other during the four seasons!

By Pamela Lowe in collaboration with Sheira Freedman



Cheers from our BARC Bash to yours!



Hey, all you shutterbugs out there - those who have this insatiable desire to continually snap pictures of your wonderful BARC kids and their siblings - this announcement is for *YOU*!

We have started planning for the 2011 BARC calendar and we want to be sure to have lots of pictures to choose from.

Now, while we all know that ALL photos of our dogs are beautiful, what we're really looking for is those particularly high resolution (minimum 300 dpi), once-in-a-lifetime shots - the crème de la crème, if you will - those shots that *belong* on a calendar.

More information, including deadlines for submission, to come in the June newsletter!

IN MEMORIAM–KANSAS YOCKELL



Kansas

May 24, 2003 - January 6, 2010

In November of 2005, we adopted a sweet girl who we named Kansas.
She arrived in our care, so scared, frail and unaware.
Her eyes were empty she had a story to tell,
Of how her spirit was broken from living in two puppy mills from hell.



As the weeks and months passed on, we began to see
This girl was coming out of her shell knowing she was now free
Her tail started to spin and her paws started to dance
Her spirit was coming alive you could see it at a glance.



Mornings were Kansas's favorite time of day
She didn't want to waste her time sleeping, it was time to play
She would watch me sleep and when I would awake
I could hear her tail banging against the walls, the
house would almost shake
It was a new day, another dance was about to begin
What a joy it was waking up to her and watching that tail spin.

She brightened our lives more than I can say
That sweet, sweet girl sure had a special way
Her gentle nose nudges and those berner leans
Was something she had mastered and had to be seen.



Sadly the day came, when she had another story to tell,
It was the day her eyes told me it was time to say farewell

That twinkle in her eye and that prance in her step
Plays in my mind and in my heart is where she is kept



One day we will dance again sweet girl you will see,
When we meet at the rainbow bridge what a party it will be.

Forever in my heart
Catharine Yockell

IN MEMORIAM– BURLY YOCKELL



Burly

November 2, 1999 - March 8, 2010

Ten years ago this past December
Will be a day I will always remember
Out of a litter of five
One little male cocked his head and looked into my eyes



I knew from that moment my life would never be the same
It was the day I found my heart dog, my best friend, and Burly was his name



He was my shadow, my companion, and loyal to the end.
Oh how I miss you big guy, you truly were my best friend.

He wasn't a BARC dog, but a rescuer you will see
Lending a paw to those in need
When a little berner named Kansas walked through our door
He reached out his paws to her, showed her the ropes and so much more

I think Kansas thought Burly had rescued her
I think she may have been right
When I would see her with him
Her eyes would always shine so bright



Burly's heart was so big, big as can be.
So big in fact, that he shared it with Kansas and me.



With ten memorable years it was so hard to say good-bye.
When that big heart of his stopped beating.... so did mine.

Burly was loved beyond words and will be missed beyond measure.

Forever in my heart
Catharine Yockell

WHAT IS HOLISTIC VETERINARY MEDICINE?



Andrea with Woofit

Holistic (or Integrative or Complementary) Veterinary Medicine is the examination and diagnosis of an animal, considering all aspects of the animal's life and employing all of the practitioner's senses, as well as the combination of conventional and alternative (or complementary) modalities of treatment. When a holistic veterinarian sees a pet, besides giving it a comprehensive physical examination, he/she wants to find out all about its behaviors, distant medical and dietary history, and its environment including diet, emotional stresses, and other factors.

Holistic medicine, by its very nature, is humane to the core. The wholeness of its scope will set up a lifestyle for the animal that is most appropriate. The techniques used in holistic medicine are gentle, minimally invasive, and incorporate patient well-being and stress reduction. Holistic thinking is centered on love, empathy and respect.

This mixture of healing arts and skills is as natural as life itself. At the core of this issue lies the very essence of the word "(w)holistic". It means taking in the whole picture of the patient—the environment, the disease pattern, the relationship of pet with owner—and developing a treatment protocol using a wide range of therapies for healing the patient.

The holistic practitioner is interested in genetics, nutrition, family relationships, hygiene, and stress factors. Many patients present in a state of "dis-ease." At this point the holistic challenge lies in the question "why?" By a series of analytic observations and appropriate testing the goal becomes finding the true root source of the pathology. A simple-appearing symptom may have several layers of causation. Only when the true cause of the ailment has been found is there the possibility for a lasting recovery.

It is at this point that the most efficacious, least invasive, least expensive, and least harmful path to cure is selected.

In many acute situations, treatment may involve aspects of surgery and drug therapy from conventional western technology, along with alternative techniques to provide a complementary whole. This form of treatment has great value for severe trauma and certain infections. It often outperforms other methodologies. It is also at this time that other treatment plans such as those listed below are brought into use. Once the symptoms have been treated, the task is not complete until the underlying disease patterns have been redirected. The patient, as well as the client, will be guided to a new level of health.



Acupuncture

Is a technique for relieving pain and for improving the function of organ systems by stimulating acupuncture points on the surface of the body Acupuncture has been used in China for 3500 years. It is the main treatment for a quarter of the world's population. Thousands of years of acupuncture treatment prove its efficacy. The primary aim of veterinary acupuncture is to strengthen the body's immune system—to stimulate the body's adaptive–homeostatic mechanism.

Aromatherapy

Is the therapeutic use of essential oils for psychological and physical well-being. Essential oils are the volatile parts of aromatic plants that have been extracted by steam distillation (e.g., eucalyptus oil) or expression (e.g., grapefruit). These essential oils are inhaled, used topically or ingested. When inhaled, essential oils activate the limbic system and emotional centers of the brain. When used topically, as in massage, they may kill microbes and fungi, and activate thermal receptors. Ingestion (of pharmacological drugs; generally not recommended for home use) may stimulate the immune system. Scientific studies on humans and animals have revealed that lavender oil inhalation has anxiolytic effects.1,2 In a study with hypertensive humans, aromatherapy treatment consisting of lavender, ylang-ylang and bergamot once daily for 4 weeks, resulted in the reduction of psychological stress responses, serum cortisol levels and blood pressure.

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Chiropractic

Chiropractic can be used to treat a broad spectrum of conditions in animals. It works for any patient with a spine, bones, joints and muscles. There are healing potentials achieved through chiropractic that are not achievable by other forms of therapy. In chiropractic, the subluxated or fixated vertebra is identified and through hands-on specific adjustments the problem is alleviated and homeostasis is restored.

Craniosacral therapy

This therapy was invented in the 1930's by William G. Sutherland, D.O. Craniosacral therapy (osteopathy) is the manipulation of the cranium and sacrum to alleviate pain and other ailments, including cancer. Energy, harmony, balance, rhythm and flow are emphasized in this therapy.

Energy Medicine

Is rooted in the belief that the body has energy fields which may be used for healing and wellness. There are two types of energy therapies: biofield therapies and bioelectromagnetic-based therapies. Biofield therapies manipulate the body's energy fields through the application of direct pressure or by the practitioner's placing of his/her hands in or through these energy fields. Bioelectromagnetic-based therapies utilize electromagnetic fields, such as pulsed fields, magnetic fields, alternating current or direct current EM fields.

Flower Essences



Developed by Dr. Edward Bach in the early 20th century, this system of medicine uses wildflowers as natural remedies. The action of flower essences is through the "life force" of the flowers utilized. Each flower (type) has a specific energetic pattern which acts on the emotional body enabling the body to heal itself.

Herbal Medicine

The use of specific herbs and plants for medicinal purposes has been practiced for millennia all over the world. Veterinary herbal medicines include North American herbs, Aryuvedic herbs from India, traditional Chinese herbs and other herbs from all over the world. Herbs have healing powers that are capable of balancing the emotional, mental and physical dimensions of animals.

Homeopathy

Dates back to the Father of Medicine, Hippocrates. Samuel Christian Hahnemann, a German medical doctor in the mid–1800's, developed the system we are using today. Homeopathy works on the principle of "Similia Similibus Curentur", or "like cures like." When a large dose of a toxic substance is swallowed, it can produce death, but when a homeopathic, diluted, minute dose of the substance is given, it can save the poisoned animal. Homeopathic remedies are made from plants, minerals, drugs, viruses, bacteria or animal substances. These remedies do not mask or suppress symptoms; they treat the deepest constitutional causes of the illness. Homeopathic remedies contain vibrational energy essences that match the patterns present in the diseased state within the ailing patient.

Magnetic Therapy

The use of static magnets to relieve pain and increase energy. There is growing evidence that magnetic fields can influence physiological processes.

Massage



Manipulation of tissue with hands or special tools.

Mind-Body Medicine

Utilizes the mind's ability to affect physiological function. A variety of techniques are utilized and some are now considered to be mainstream; examples include biofeedback, art, music or dance therapy, medication, spiritual healing/prayer and support groups. Many of these techniques are not directly applicable in veterinary medicine or are self-explanatory so descriptions of these are not listed below. It is important to recognize that benefits the animal guardian receives from these modalities may transfer to the animal as well, especially if the human-animal bond is very close.

The Nambudripad Allergy Elimination Technique

NAET is a diagnostic and treatment technique, based on the principles of Chinese Medicine and developed primarily for humans

Continued on next page

Naturopathic Medicine

Literal translation of "naturopathy" is "nature disease". Naturopathic medicine originated in Europe and utilizes a distinctly natural approach to health and healing. Reportedly, it also has roots in India, along with Ayurveda, but is practiced in many countries around the world. Treatment of disease and injury is through stimulation, enhancement and support of the body's inherent healing capability. The principles of healing are based on observation of the nature of health and disease with continued reexamination of treatments with emerging scientific analysis.

Osteopathy

Osteopathic medicine traces back to 1874 in the United States and emphasized the neuromuscular system in health and disease. It utilizes manual and physical treatments for the prevention and treatment of disease, particularly musculoskeletal problems.

Qi-gong

One of the five branches of Traditional Chinese Medicine. It involves movement, meditation and controlled breathing to enhance the flow of Qi (roughly translated as energy), improve circulation and enhance the immune system.

Reiki

Energy balancing either remotely or by direct placement of the hands on or near the patient.

Traditional Chinese Medicine



This is also known as Traditional Oriental Medicine (TOM). This medical system extends as far back as 2200 BC-3000 BC. Health is a balance of Qi (energy), Yin and Yang; disease is therefore an imbalance in the body. Acupuncture, herbal formulas, Tui-na (Chinese medical massage), food therapy and Tai Chi or Qi Gong are utilized to achieve and maintain balance. Acupuncture is widely accepted and has been scientifically proven to be effective in managing chemotherapy-associated nausea and vomiting, and in controlling pain associated with surgery. It has broad applications and can be used in the treatment of problems that involve behavior, neurology, endocrinology, oncology, dermatology, internal medicine and musculoskeletal issues.

Therapeutic Touch

Movement of the hands over the body's energy fields.

Tui-na

Also known as An-mo, Tui-na is one of the five branches of Traditional Chinese Medicine and can also be considered as Chinese medical manipulation/massage. There are over 30 different techniques that range from the application of pressure at acupuncture points or meridians, to stretching and gently shaking the limbs. Massage and some chiropractic techniques are utilized.

Veterinary Orthopedic Manipulation (VOM)

Similar to the Activator Methods in chiropractic care, VOM uses a hand-held device to reduce subluxations. Healing is based on identifying areas of the nervous system that have "fallen out of communication" and re-establishing neuronal communication to induce healing.

According to Christine King, DVM, the integration of conventional medicine and Complementary Alternative Veterinary Medicine (CAVM) offers the patient the best chance for full recovery from injury or illness, and a healthy life. There is no need for the distinction between conventional and complementary/alternative medicine. Instead, there should be only good medicine and bad medicine (i.e. appropriate and inappropriate medicine), based on the individual patient's needs at the time. Hopefully we'll see the full integration of these medical paradigms and just one system of truly healing and life-affirming medicine in our lifetimes.

By better understanding the alternatives available to us we an make better choices for our berners. The terms are often confusing and over lapping. It is my hoe; that with these basic definitions used by the American Holistic Veterinary Medical Association you will have a clearer understanding of 'alternatives' for your dogs.

Andrea is skilled in canine massage and has completed course work in acupressure for dogs. Animal wellness comes naturally to Andrea, who has spent the last six years on a quest to create a holistic health environment for her two Bernese Mountain Dogs, Chi and Karma. Andrea also works as a nutritionist and wellness consultant. Her journey with her own dogs led her to bring services to the canine community that had previously only been available to their owners. She has chosen to step out of the box, think critically about their care and listen to their needs. She was instrumental in the development of Berner University and presents at the BMDCA National Specialty each year. Currently, Andrea is working with The Rabies Challenge Fund and other wellness projects.

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The Alpenhorn Staff

INITALIZING THE CLICKER & ATTENTION!

Clicker Training Lessons

gentle & effective obedience training for your dog

This first step is essential - don't skip it!

With this method we are going to be "shaping behaviors." You need a way to signal to the dog that he is performing whatever behavior it is that you were trying to get. Initially he will also get a treat for each correct response, but since that takes a few seconds (at least) to happen, the clicker marks the exact moment of response, essentially "bridging" the time between response & reward. This is classical conditioning, like Pavlov & his drooling dogs. You are going to take a clicker & pair it with a food reward until the click itself gets the dog all happy.

So.. get yourself some clickers - little toy-like devices that make a fun click sound. If you prefer (or while you are waiting for your clicker to arrive), choose a "bridge word" instead. I suggest "Yes!!" - it is short & happy! Say it briskly, in a rather high pitched, & very excited voice. I will be using the term C&T in the lessons, meaning to click & give a treat. If you are using a bridge word, just say it & give a treat whenever I have written C&T. I do recommend the clicker over just the word most of the time, however. It seems to be processed more quickly by the dog's brain and the consistency of the click sound is also good.

And don't worry - you won't be clicking forever... they are only used in the training phase of any new behavior!

Okay, go in a quiet room with your dog & have a bowl of really tasty treats. Food such as hot dogs, chicken, roast beef, etc. works really well, so do high quality (all natural) dog treats such as the Oinker Roll or Natural Balance. The treats should be cut up into very small pieces & be soft (crunchy ones take too long to eat). Or have a large chunk that you break small pieces off of.

Now, as long as your dog isn't doing anything naughty at the moment, click your clicker (or say your bridge word) and give him a treat. Then click it again & again give a treat. We are NOT asking for a behavior (such as sit) here at all...just making the connection needed for the clicker to be effective. (A few dogs are frightened by the click sound. If your dog is, then try muffling the sound by having the clicker behind your back or in a pocket, or by using a Snapple beverage top- pushing in the raised button in the center makes a softer click. The fear shouldn't last long!)

Repeat 5-10 times. You'll know when you can stop - you'll click & your dog will immediately look up at you, "There is that sound, so where is my treat?"

AN IMPORTANT NOTE! To really succeed with this method of training, it is essential that the bridge, whether it be a clicker or a word, ALWAYS be followed by a terrific reinforcement. It is usually referred to as "click and treat" for a reason. That is one danger of using the bridge word.... I found that I said "Yes" to my dog at times when I wasn't necessarily training & didn't follow through with a treat (or something equally rewarding for her).

Attention!

Okay, folks! Now that you have your dog conditioned to the clicker (or bridge word) you are ready for the next step. (Miss that lesson? The Clicker).

Again, go to a room without a whole lot of distraction, one where your dog already finds you more than usually interesting (the kitchen is usually best!). Have your bowl of tasty treats ready.

Say your dog's name ONCE in an upbeat, happy voice. When he turns to look at you, C&T. Then let him get a bit distracted by something and do it again. And again! You are looking for: he hears his name, and turns to look at you (okay at this point if he is just looking at your hand)! Many dogs will also come closer to you which is fine but not required.

If when you first say his name he doesn't look, then reach forward & gently touch him on the side or something so he turns around. Even if he doesn't look right at you, C&T. He'll soon get the idea!

At first, hold the treats in your hand behind your back, but then progress to having them sitting on the counter. Looking at the bowl of treats gets him nowhere... he needs to turn to look at you! If he keeps looking at the bowl, be patient... he will eventually turn to look at you. Here are the next few steps. Take it slowly - but when he

Continued on next page

is consistently doing a step correctly then you can move on to the next!

Once he is consistently responding to the sound of his name, you want to start shaping the behavior so he is actually giving you eye contact. For many dogs, this is accomplished by warming up by practicing as you have been, then saying his name again but NOT clicking if he looks anywhere except your eyes. If he has been looking at, say, your hands, he'll likely try that again (since it has worked so well so far!), but be patient and wait. You are hoping that he will get frustrated, give up, and look up at you as if you say, "What??" As soon as he does, making eye contact, you C&T and praise! From now on, when practicing attention in a quiet area, your dog has to give actual eye contact to receive a C&T from you.

Sugar Bear is staring at Joey's hand, so Joey waits...





Sugar Bear looks up a Joey's face - C&T!

When your dog is quite reliably responding to you at this point (I hope you are remembering to say his name only ONCE) then you need to start being variable with how often you C&T a response. By doing this you can shape your dog's responses to be even better as well as decrease the risk that he will become food dependent. There are two ways in which his response can improve - how quickly he looks up at you, and how long he holds the eye contact. Shape each one separately! Say you decide to go for a quick response first. From then on, only C&T if he turns right away when you say his name. If he takes too long, you can just ignore that or perhaps smile, but it earns no C&T. You might want to have better than usual treats for this, since he will need to work a little harder in order to figure out what exactly it is you want now. When you decide to work on length of eye contact, stop C&T'ing the instant he looks at you, instead holding out a bit. Increase the required time in little increments, say for a count of 2 at first. If he's still looking deeply into your eyes - C&T and give a jackpot! If he turns away too soon, ignore him for a moment. Then try again.

At this point your dog is ready to learn to respond even around distractions. To start this, have him sit in front of you. Say his name and C&T for a response. Then, while he is still focused on you, have another person approach from the side. Your dog will likely turn & look at her. She (your friend) should immediately turn away, ceasing to show any interest. You say his name and C&T a correct response. If he doesn't respond, then just wait a bit. It might take a minute or two, but your dog will eventually lose interest in this now-boring visitor & look at you again. The instant he does, you C&T, giving a jackpot reward! Then your friend should approach again & repeat the above. You will find that very quickly your dog can hardly be bothered with the visitor. After all... YOU are far far more interesting! If your dog really has trouble with this, then he may not be ready for this step yet. Your friend can work to being able to pet your dog.

Notice that there are two ways in which you are making this exercise more difficult for your dog: length of eye contact required before you C&T AND responding in spite of a distraction. Initially, be sure to work on only ONE of those at a time. When working on length, do it without distractions. When introducing distractions, don't require any length of time, instead C&T'ing a quick look. In fact, when a dog responds at all in the face of a very strong distraction (such as another dog coming over to play), I would C&T as soon as he turned toward you, not even waiting for him to look up at your eyes. What a good boy for paying attention to you at all instead of playing! Work on all of the pieces separately like this, then you will be able to put them all together. This concept applies to every exercise you will teach your pet!

Please keep all of these training sessions SHORT & FUN. Stop when your dog is still enjoying the training!

From that point you can use it whenever, wherever... You are outside & he sees another dog you'd rather he didn't? If you practiced this faithfully you should be able to say his name & have him instantly turn to look at you instead of the other dog!

Whenever you get a "breakthrough" or an exceptional performance like that, be sure to give a jackpot reward! That could be a really delicious treat or 5-6 bits of treats, given one at a time to lengthen the time spent getting it. After the initial teaching, the reward doesn't have to be food. It is far better to vary the reward: sometimes food, sometimes a ball tossed, sometimes a belly rub, sometimes the door opened so he can go outside. Discover what things you dog is the most excited by! Dogs certainly vary with that - my older dog Bear loves human attention & ear rubs, while my younger Rottie, Teddy, was never happy unless her reward was food. She was a natural born piggie! Use your imagination & be unpredictable!

Have fun!



Mary Woodward & Susan Greenholt
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FUNDRAISER FAQ'S

Q: Which fundraiser is currently running or will run during this quarter, and where do I go to find it?

A: Berner Emergency Health Assistance Fund (BEHAF)

http://bernese.biz/BEHAF2010Fundraiser.htm

Q: Why should I, as a BMD owner, participate, and how does it benefit our breed?

A: BEHAF provides some financial assistance to owners of purebred Bernese Mountain Dogs who find themselves in need of a little help when their dogs are accidentally injured or develop catastrophic medical conditions. BEHAF was founded in 1999 and their motto is:

TO LOVE ONE BERNER IS TO LOVE THEM ALL!

Q: Is there a website that tells me more about this cause?

A: http://www.behaf.org/

Q: How does this fundraiser work?

A: Jean Cheesman, from the UK, makes a website for most of Joye Neff's fundraisers, and the website gives you directions for participating in the fundraiser. Send your check made payable to BEHAF to Joye Neff at 1182 Firwood Drive, Pittsburgh, PA 15243. If sending a foreign cheque, please make payable to Joye M. Neff. Her bank does not charge a fee to covert to US dollars, so your entire donation goes to BEHAF. Be sure to visit the website then tell Joye how you want her to distribute the tickets you are buying for fundraiser items. After the winners are drawn, Joye mails all of the prizes to the lucky winners. There is LOTS of great berner stuff to win!! Enjoy!

Q: How do I participate to donate items?

A: If you'd like to donate items to this or any other fundraiser, you can send items to Joye Neff — 1182 Firwood Drive, Pittsburgh, PA 15243.

Q: How do I participate to win items?

A: Just send a donation to Joye, and tell her onto which items you want her to place your tickets. That's it! It's easy, it's fun, AND you are helping Berners in need and their families at the same time.

You may also see www.BMDfundraiser.org for information on all Berner charities and fundraising links.

THE LAST BARC — MARCH PHOTO CAPTION CHALLENGE



A new Photo Caption Challenge for March! The picture is randomly chosen out of the BARC Photobucket.

So all you creative, witty people out there, here's your chance to have some fun.

Email your photo caption to Lisa Hawes, Newsletter Editor (lkhawes@yahoo.com) by May 7, 2010

The top 5 captions as chosen by the Newsletter Staff will be published in the next issue, along with a new challenge.

Enjoy!! Have fun!!