



MAY Speaker: Rebecca Barocas - Nosework for Your Dog



Have you ever wondered what it takes to work with a dog detective? The sport of K9 Nosework trains any dog to find a target odor using methods similar to those used to train other sorts of detection dogs. And while your canine companion won't likely be looking for bombs or drugs, they can learn to identify and alert on various botanical odors, antler sheds, and your misplaced coffee cup. My name is Rebecca Barocas, and I've been competing in nosework with my German Shepherds for over 10 years. My current boy, Deckard Blue von Kearanen, is currently

trialing at the NW2 level in NACSW trials.

The wonderful thing about canine nosework is that dogs of any age can train and eventually compete. Of course, you don't have to compete to have fun with the sport. The special thing about the sport is that the dog takes the lead and works independently, sending body language signals to the handler to indicate that they've found what you're looking for. In fact, the less you say and the less you try to control the dog, the more successful you will be in your partnership. The sport is so very different from typical dog sports in that aspect.

The sport is also open to dogs of all ages. Deckard began his training at his breeder's home when he was one day old - imprinting on the sport's target odors. We achieved his first title shortly after he turned six months old. I have seen very senior dogs, dogs in wheelchairs, and dogs of varying disabilities enjoy both playing the game with their owner, and

Contents

Topic for May..	
Nosework for Your Dog	1
Presidents Message	2
Tailwaggers Happy'ngs	3
April 22, Agility Playday	5
AKC Bernese Mt. Dog Show	6
As the Tale Wags	7
General Meeting Minutes	8
Treasure Report	8
Beware of Blue Green Algae	9
Training Articles	
"Dad, I'm Telling You..."	
• Comforting Your Puppy	10
• Dog Parent Guilt	12
Ads	17
Membership Forms	19 & 20

competing. For my previous Shepherd Anja, it was her retirement sport post agility. It is also a great sport for building confidence in the shy dog.

Starting nosework is pretty straight forward. You need a few boxes (that you get free with your Amazon orders), and some high value treats. What you build from those humble beginnings is up to you.

**Come to the meeting on May 8, in the Equestrian Lounge.
Doors open for refreshments at 6:00 and the meeting is at 6:30.**

Guilt, What Good Does It Do? President's Message

Pam Miller

I lie here, for the 7th day in a row, on my living room couch sleeping the hours away and feeling my impatience growing with being sick with a cold. My puppies, lying next to me looking with expectant eyes as if to say, "when are you getting up to play, mommie?" They have been much more patient with the recent circumstances than I have been. So today, I get up and venture out with Jazzy, at least to walk around the block and she is over joyed with the outing. As for me, I wonder, "Is it enough? What kind of a mom am I that I haven't even been outside with Jazzy and Nonni for a full week?!" The guilt starts building in my head. Never-mind that I could hardly get out of bed for the week, or that it took all the strength I had to make it around the block. I still feel that I am wasting the best time of their lives by making them just lie around with me. What kind of a doggie parent am I?



Those thoughts morph into guilt about not being able to go sell more raffle tickets this week, and not having my Presidents message written yet, never mind not sending my club report to the Recreational Activities Committee for next week's meeting or getting in an article for the next Bear Tracks.

Then I pull back and reflect on how much of life is out of my control and the old adage comes to mind, "Why Worry?" I can do nothing about what life presents to me except do the best I can with it. Make lemonade out of lemons and all those trite sayings. I do relax, however, acknowledging that much in life IS out of my control. Having faith in others and life helps. So, I know my dogs will enjoy, at least some of the time, just hanging out with me on the couch, and that other club members are out there selling raffle tickets this week even if I am not, and that all those reports will either make it to their destination on time, or not and it's not the end of the world. Those thoughts help me to close my eyes again and sleep letting my body heal itself. I will no doubt see you at the next meeting feeling rested and excited about doing things with my dogs as well as looking forward to all that Tailwaggers has yet to do.



Molly Mackin giving Pam Miller flowers, at the April meeting, for all her work and a wand to help her keep everything under control!



Tailwaggers Happy'ngs

General Meetings

May 8th

Rebecca Barocas, Nosework Trainer

“Let’s Get Nosey”

Rebecca has competed in nosework for over 10 years. Her current dog is at the NW2 level in NACSW trials.

June 12th

Monica Noland, superb dog trainer.

Well known for teaching “Dancing With Your Dog”

July 10th

Rocco Spinelli, BVS Ranger

What Can a BVS Ranger Tell Us??

General Meetings are the second Monday of every month in the Equestrian Center lounge at 6:00 for refreshments and 6:30 for the meeting.

Agility Division

Agility Workshops:

Agility Playdays: 4/22; 5/20; 6/10; 9/23; 10/14

Contact Gary Hill, 480-216-8488, or Lucy Radike, 661-904-3379, for more information.

K9 Fitness Division

WalkAbouts

This is a weekly event on Fridays at 9:00. Meet at the Nature Path by the ball field. It’s a wonderful way to connect and meet new TW friends while socializing and exercising our dogs. You can join us with or without a dog.

HikeAbouts

Rona McKay and her dog Ginger takes Tailwaggers, as well as the BVS Trail Scouts, on fun hikes usually once a month. We had a nice Hikeabout today on Big Sky & Cummings Valley Trail. Perfect weather, we saw a few poppies but mostly lupine blooming now. This trail takes you to the Tehachapi Winery so it’s a fun weekend trail

which you can get a group of friends to hike down & enjoy the winery. Thanks Jan, Jayden & Dale for hiking with me & Ginger, Happy Trails!



HAVE A HEART FUNDRAISER LAST CHANCE TO BUY RAFFLE TICKETS

Tailwaggers is holding a fundraiser for Have A Heart to bring a SNIP Bus, (low cost spay/neuter service) up to Tehachapi. There will be two winners, each will win a portrait drawn by the well-known artists, Pamela Wildermuth or Terry Albert. Raffle Tickets are \$5 each or 5 for \$20. **The drawing will be held on May 6th at the Grummage Sale at Cub Lake at 12:00.** To buy tickets, contact Pam Miller at 661-203-5725 or any TW board member. Tickets will also be sold at the Grummage Sale. Be sure to get yours before we run out and contribute to this very worthy cause. As Carol Larimore says, “When the number of puppies are born are fewer, we can focus on helping those already in need of forever homes.”



**Get Your Raffle Tickets
by 12:00 MAY 6th. Drawing at
the Garummage Sale!!**

Training Division Events

NEW TRAININGS!

We will begin our NEW training series with the fabulous Meg Prior and Molly Mackin.

A six-week series will begin on Monday, May 15 and ending on June 19. Offerings will include AKC S.T.A.R. Puppy training, AKC Good Canine Citizen/Obedience and Rally training. For more information, or to sign up for training, text/call Molly Mackin at 818-512-9836. (See flyer on page

FLUENT PET WORKSHOP

“Teach your dog to talk” workshop with Amber McGee, began on April 24th.

NOSEWORK SERIES

Rebecca Barocas, Competitor and Trainer in Nosework for over 10 years.

Rebecca will be our speaker on May 8th. She will hold a 6- week training series in June. Call Molly Mackin, 818-512-9836 to register for her Training..

FREESTYLE-TRICK TRAINING

MONICA NOLAN - Dancing with Dogs

Monica Nolan has done an amazing job of training teams in the sport of freestyle near L.A. over the past few years. Famous for teaching “Dancing with Your Dog,” She is also an AKC Evaluator in all the different disciplines. Monica will be with us as a speaker on June 12 and hold a workshop on June 13.



Dog Park Division

Hanging out in the muddy dog park in the beginning of April.

Therapy Dog Division

Happy Hounds and Friends Reading Program

Tailwaggers therapy dogs are reading to the kids in Whiting Center once a month. They are also going to the hospital and to senior homes in the area. This is a terrific program and Nilly Smith, Lauren Jaimes, Mary Thompson, Joni Hensche, Guy Munday and Molly Mackin are doing a great service for the community.



Therapy Dogs “reading” at the Whiting Center



Therapy Dogs visiting a school in Lancaster.

April 22 Agility PlayDay

Thanks to everyone who helped make this playday possible including Gary Hill, Rick Gipson, Greg Lee, Dave McGuire, Donna Macintyre, Kim Strong, Mary Thompson, Erin Larkin-Rohrer, Nance Chefalo, Lucy Radike, and Jeannie Alvarado. A special BIG THANK YOU TO BRANDON AND HIS CREW!! They mowed the dog park and surrounding areas with only two days notice.



Rick, Erin, Donna and Gary



Greg, Jeannie, Lucy, Nancy and Kim



Brandon Haynes



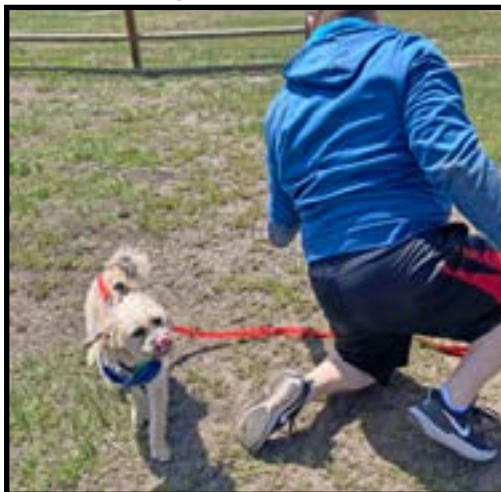
Dave McGuire and Dahli



Gamble Macintyre



What we do to help our pups learn!



Grant Boehme with his pup



Holly Bennett and Paizlee



Lauren Jaimes and one of her many golden pups!



Bubba Thompson



Do WHAT?? (Jazzy)



Just go with me. Vickie Taylor and Remi



So, what's next? Rod Thorp and Merlin

A Note from Gary Hill

It was wonderful to see so much enthusiasm at the Agility Playday from so many fabulous Tailwaggers' members!! It was a special treat to watch superb trainer and handler, Katherine McGuire, work with her young girl, Rebel. Thanks for joining us, Katie!

As always, these events would not be possible without our stellar group of volunteer coaches, who ALSO setup and tear down the equipment. My heartfelt thanks to Greg Lee, Rick Gibson, Donna McIntyre, and Kimberley Strong for their amazing help this past Saturday!

Also, special thanks to our board members, Jennie and Lucy, who assisted with everything from hauling my equipment back and forth to the park, to scheduling, taking donations, and so much more!! What a crew!!!

We hope to see many more Tailwaggers at our next Agility Play Day, Saturday, May 20. It is not too soon to sign up - please contact me or Lucy and get your team on our list!

Happy Training!!

Tailwaggers Attend the AKC National Bernese Mountain Dog Show

Each year the National Bernese Mountain Dog Show is held in a different state or region. This year it was in California and Kathy Carey and David Hidalgo (with Lucy's Pet Food) were able to attend.



As the Tale Wags

By Jane Tanaka



BVS Tailwaggers Kathleen Martin PhD, a retired Corporate Coach and Jim Atwood, a retired Naval Master Chief, moved from San Diego County to Tehachapi 6 years ago. Jim and Kat plan to have their Corgi's involved in Tailwaggers sponsored training events. Kat describes Corgis as affectionate, loyal, intelligent, and sometimes a bit stubborn !

Jim and Kat built their home in Bear Valley Springs, dedicating much of their 20 acres to wildlife access. In addition to being newly active members of the BVS Tailwaggers, and raising their beautiful Corgis, they are also board members of the BVS Wildlife coalition, and hope that fellow Tailwaggers will check out the Wildlife Coalition events and consider this club for membership as well.



One can go online to view photos and read more about Kat and Jim in the March 2023 issue of Tehachapi Living Magazine (https://issuu.com/tehachapilivingmagazine/docs/march_2023) They are on the cover of this issue which highlights Kat and Jim's extensive community involvement, Kat's impressive history as a clinician at the Golden Door, Jim's military career, as well as Jim's new role as beer master at the Tehachapi Brewing Company, which is featured at Tehachapi's new Mountain Bowling.

Jackie, a Bernese Mountain Dog.

This is the sister of Nikki, one Kathy Carey's dogs. Jackie showed as a three year old at a AKC Bernese Mt. Dog show. She then came home to BVS and lived her life as a ranch dog.



Kathy and David at the Lucy Pet Foods Booth

General Meeting Minutes

Monday, March 13, 2023

(The minutes appear in each issue of the Newsletter. If you have any additions for corrections, please email them to Pam Miller, pambvsprings@gmail.com).

The meeting started at 6:00 with refreshments.

The meeting was called to order at 6:35 by the President, Pam Miller. She welcomed everyone and recognized all of our new members. We have 14 new family memberships and now have 67 family memberships with over 90 members.

Molly Mackin was going to go over all the new training programs we have planned for 2023 but before she did she presented a bouquet of beautiful flowers to Pam Miller for all the hard work and many hours she puts in to the “Tailwaggers Dog Club” to make it such a successful club. She then went over, puppy training, obedience training nose work and AKA certification. The dates will be posted for our members when the classes are set.

Jeannie Alvarado talked about the dog park. Pam Miller brought everyone up to date on our fund raising for the Rescue Division. We have raised over \$7,000 for their “snip bus”. And Gary Hill brought everyone up to date on our Agility Playday scheduled for April 22nd.

We then had an amazing speaker presentation by Amber McGee. As Pam said “how many times have you wished your dog could talk to you?” Well, Amber has done this with her dog with over 42 different word buttons that the dog has used and now combines to get meanings across to her. She went over the training involved and follow up necessary. There were many questions and answers along with film projector clips to show the

methods she uses.
Door prizes were given away.

Meeting adjourned at 8:00
Respectfully Submitted by Lucy Radike

(The Treasure’s Report appears in each issue of the Newsletter. If you have any additions for corrections, please email them to Pam Miller, pambvsprings@gmail.com).

Treasurers’ Monthly Report

April 2023

By Jeannie Alvarado

Checking Account Beginning Balance	\$11,555.08
INCOME	
Membership	270.00
Ads	150.00
SNIP Fundraiser (Have a Heart Raffle)	3,140.00
Total	3,790.00
EXPENSES	
Newsletter (Feb & March)	150.00
Grummage Booth	20.00
Print Tickets for Fundraiser	87.44
Total	257.44
ENDING BALANCE	\$15,087.64
As of 30, April 23	
Allocated to SNIP	8,941.30



Beware of Blue-Green Algae



A Few Drops of Blue-Green Algae Can Kill a Dog. Signs of blue-green algae poisoning can begin within 30 minutes of ingestion.

Whole Dog Journal Elizabeth Vecsi April 19, 2023

Blue-green algae is deadly to dogs. You can identify it through “foam, scum, mats, or streaks” on the water, according to the Centers for Disease Control and Prevention (CDC). The algae produce one of the most powerful natural poisons known.

How Much Blue-Green Algae Is Toxic?

A tiny amount of the toxin – literally a few drops – can kill a dog. Dogs who ingest water containing blue-green algae while swimming, lick the water off themselves, or just take a quick lap of water can be poisoned. *The algae can even be in water sources around your home.*

Symptoms Appear Quickly

Blue-green algae begin to affect the dog almost immediately. Symptoms develop quickly, usually within 30 to 60 minutes. Many people report their dogs started getting sick on the drive home, usually with vomiting and diarrhea.

Symptoms of blue-green algae poisoning in dogs include:

- Black, tarry stools
- Diarrhea
- Difficulty breathing
- Disorientation
- Drooling
- Elevated heart rate
- Hives or rash
- Jaundice
- Muscle tremors
- Pale mucous membranes
- Seizures
- Shock
- Stumbling
- Vomiting
- Weakness

If you suspect poisoning, go to a veterinarian immediately. Fatal liver failure occurs quickly. Aggressive veterinary therapy includes IV fluids and plasma to help replenish electrolytes, regulate blood glucose, support organ function, and to prevent shock. Muscle relaxers and anti-seizure drugs are sometimes necessary, too. Sadly, the prognosis related to blue-green algae toxicity is poor.

How Can You Protect Your Dog?

Keep him out of any water that you are not familiar with or that looks funky. If you’re going to a park, check for blue-green algae warnings posted in the area. The EPA lists state resources for HABs (harmful algal blooms). Be especially suspicious if the temperatures have been warm and the water is not moving/flowing, as both conditions help the poisonous blooms grow.

A NOTE ABOUT OUR BVS LAKES:

Our Lakes Committee is very good at letting us know what the condition of our water is in Cub Lake and 4 Island Lake. Be sure and read any signs that are posted as to the condition of the water.

**"Dad, I'm
telling
you..."**



Why Comforting Your Puppy Is...

**Roman's Holistic Dog Training -
Facebook**

Why Comforting Your Puppy Is Essential for Their Emotional Development: The Science Behind It.

As a dog behavior consultant, I have come across many fallouts of classical training that suggest not to comfort your puppy during a stressful situation as it conditions the puppy to be stressed. However, based on scientific research, comforting your puppy is essential for their emotional development. [1]

In humans, the mother acknowledges the child's affective display and simultaneously draws attention to the child's internal visceral experience. As this empathic response is repeated during many infant-care-giver interactions, synchronization of affective expression and experience is increased. (D. P. Brown, 1993, p. 18) just like children, puppies develop the ability to differentiate between affective states such as happy, sad, mad, and scared. The caregiver's earlier and ongoing attunement and mirroring and the dynamic reciprocal affective display pattern begin the process of the puppy's clarification and differentiation of affective states.

As a puppy parent, your empathic response is crucial in synchronizing your puppy's affective expression and experience. When you comfort your puppy during a stressful situation, you acknowledge their affective display and draw

attention to their internal visceral experience. This repeated empathic response increases the synchronization of affective expression and experience, leading to better communication between you and your puppy.

Moreover, the cognitive developmental milestone of the ability to group and categorize develops in children between 9 and 12 months (Inagaki, 1989). In puppies between 6 and 18 weeks. With the emergence of categorical cognition, the continuing interpersonal mirroring has an even greater effect on promoting differentiation among affective states. Comforting your puppy during a stressful situation, therefore, leads to the categorization and differentiation of their affective states, leading to experiential identification of discrete emotional states.

**We're Adopted?
OMG!!!**



You mean you're not our real Mom?

In a recent Italian study [1] on the effects of petting stressed dogs, the researchers found that gentle petting prior to separation from their owner can promote reduced feelings of stress and calmer behaviors. The study included a group of 10 dogs and their owners, and each dog was tested in two conditions while visiting a training center that was unfamiliar to them.

In the "petting" condition, the owner gently petted their dog for a period of one minute while talking to a friendly stranger. In the "no petting" scenario, the owner talked to the stranger without petting their dog. The researchers measured the dogs'

Comforting Your Puppy, con't.

heart rates, salivary cortisol levels, and behaviors before, during, and after separation.

The results of the study showed that when dogs were not petted by their owners prior to separation, their heart rates did not change. Conversely, when they were petted prior to separation, their heart rates decreased, suggesting that petting either prevented or reduced the stress response associated with separation from the owner. Additionally, the petting scenario resulted in significantly longer periods of calm behaviors exhibited by the dogs while they were separated from their owner, compared to the no petting scenario.

Overall, the study found that the level of stress induced by the separation was relatively low, and the signs of stress displayed by the dogs were not severe. The study's conclusions suggest that providing comfort and a secure base to our dogs is a good thing and not something to be discouraged.

As a dog behavior consultant, I believe that this study's findings add to the growing body of evidence that comforting nervous dogs is an essential part of their emotional development. When dogs are stressed, they need reassurance and comfort from their owners to help them cope with their anxiety. By providing a safe and secure environment for our furry friends, we can help them navigate the ups and downs of life and build

a stronger bond with them.



If you see a dog with a YELLOW RIBBON or something yellow on the leash, this is a dog who needs some space. Pls do not approach this dog with your dog. Pls maintain distance or give this dog and his/her person time to move out of your way.



- There are many reasons why a dog may need space:
- HEALTH ISSUES
 - IN TRAINING
 - BEING REHABILITATED
 - SCARED OR REACTIVE AROUND OTHER DOGS

THANK YOU!

Those of us who own these dogs appreciate your help and respect!



Studies show that elderly people with pets live longer than those without.

Dog Parent Guilt: Why it Happens And What to Do About It.

Pupford

I'm here to tell you first and foremost, dog mom (or dad) guilt is totally normal. Let that sink in for a second...

We all want to be the absolute best pup parent and provide our dogs with a healthy, happy, and fulfilled life. But, sometimes we fall short. And that's where the guilt comes in...



We all have goals and aspirations of being the best pup

parent possible. And unfortunately, we often fall short of our own expectations. And when that happens, guilt shows up.

While guilt can actually be a healthy emotion (it leads us to want to improve and/or repair mistakes that cause guilt), there are times when it becomes harmful and unproductive...

WHY DO WE FEEL GUILTY AS PUP PARENTS

The reasons we feel guilty as dog moms and dads are almost endless (unfortunately), but here are some common reasons we pup parents feel guilt about our dogs.



- Leaving our dogs home alone for extended periods (this is probably #1)

- Incorrect training methods when we just didn't know better or hadn't yet learned what to do (using the crate as punishment, punishment-style methods, etc.)
- Having to crate our dogs when we leave or even while we're at home
- Falling behind on grooming that negatively affects our dogs (nails too long, not frequent enough grooming visits, etc.)
- Bringing home another dog
- Having a baby and our dog getting much less attention and care
- When our dogs act bored or seemingly "sad"
- When we see them in pain and feel powerless to help them
- Getting angry or impatient with our dog's behavior and/or training progress
- Spending less time with our dogs during holidays, busy periods of life, back to school, etc.
- Leaving our dogs while we go on vacation

While that list isn't comprehensive, those are some very common reasons dog mom guilt pops up! So, what can you do?!

Besides giving yourself some empathy and compassion, there are some critical reminders and actions you can do to help reduce your pup parent guilt!

WHAT CAN YOU DO WHEN YOU'RE FEELING DOG MOM (OR DAD) GUILT?

From a psychological standpoint, remedies for unnecessary guilt may include reflecting on factors that were beyond your control, acknowledging what you know now that you didn't in the past, and considering whether your standards for yourself are too unforgiving.

Dog Parent Guilt...

I think that last part is massive... Considering whether your standards are too unforgiving. When it comes to dog parent guilt, above all, know that it's normal. Guilt and associated feelings are to be expected, and it's good to give yourself some slack. The puppy blues are real!

It's okay to cry.

It's okay to feel overwhelmed.

It's okay to have some negative feelings toward your dog.

It's okay to even question your decision to get a dog or puppy.



But know this... If you are meeting your dog's needs (exercise, food, enrichment, training, love, etc.), remind yourself that

no one (dog or human) is perfect. You will make mistakes, but the beauty of dogs is that they are tremendously skilled at loving unconditionally. And while it can sound annoying to hear, it will get better! Puppies can be extremely difficult in the early stages.

But, if you stick to a training plan...and stay consistent you will see improvements in your dog's behavior and likely your own feelings toward your pup.

So, let's look at some common experiences that induce pup parent guilt and what can be done when those moments pop up!

WHEN YOUR DOG IS ACTING BORED



As I'm writing this, my dog Scout is staring at me seemingly wondering when the h*ck I'm gonna get up from my desk and pay

attention to her.

I work from home and it can be challenging to be with my dogs but not actually be spending

time with them. At least once or twice a day while I'm working, I catch myself feeling guilty for not playing with my dogs.

I have to remind myself that they've been properly taken care of that day, and learning to self-regulate is a part of a dog's life!

Here are some things you can do if you feel guilty when your dog is acting bored.

- If you're giving proper physical exercise, know that dogs can (and should) learn to self-regulate and relax
- Try using a tasty frozen Kong recipe and giving them the Kong when they seem bored to help keep them engaged and entertained
- If financially viable, consider taking your pup to doggy daycare once a week... This level of play and exercise is unbeatable
- Find unique indoor exercise ideas to help reduce your dog's boredom during breaks in your work day, house chores, schooling, etc.
- Know that it's okay! Some dogs (mine included) will give you the "bored look" even after hours of exercise, and that is okay!

Above all, make sure you're meeting your dog's physical and mental exercise needs! If you are doing that, remind yourself that you are and do your best to ignore the sad puppy eyes!

WHEN YOU GET UPSET AT YOUR DOG OR MAKE TRAINING MISTAKES

While getting upset with your puppy or dog doesn't accomplish anything, we're all human and it does happen from time to time. In those situations, some serious dog mom guilt (or dog dad) can pop up.

Once you've taken the time to calm down, apologize to your dog and move on. Make a commitment to be more patient and in all likelihood a stronger commitment to not allow your dog the opportunity to get into mischievous situations!

Dog Parent Guilt...

This type of guilt is honestly a healthy one. It pushes us to improve and avoid the same actions that led us to that guilt originally. There are also situations where you will use training techniques that you later find out are not beneficial to your dog. I personally used aversive methods on my pups before I knew any better, and I still have guilt about it. It almost ruined my relationship with my puppy.

But, the beauty of life is that we are all learning and progressing! Dogs are extremely forgiving and have a desire to love us. So, if this has happened to you, move on and vow to stick to dog training methods that are science-backed, fair to your dog, and beneficial to both parties!

CRATE TRAINING

Many pup parents, especially with puppies, feel guilty when they leave their dog in the crate. Sometimes there is whining, barking, and howling that can just break your heart! As long as you are following humane methods of crate training, then stick with the process and know that some level of protesting is normal.



When it comes to crate training, remember that crates are beneficial in the

long run. Crating is explicitly for their safety and to improve potty training, and know that when done correctly many dogs learn to enjoy their crate!



Mike, the founder of Pupford, talks all the time about how much his dog Doris loves her crate. When an overwhelming

situation, like thunder or fireworks, pops up, Doris will willingly choose to go lay in her crate as a safe space.

The one caveat to this whole point is that you shouldn't be leaving your dog in their crate as a punishment or for longer than they can handle! But in normal crating situations, try your best to push away those guilty feelings and know that you're helping keep your pup safe and secure.

I FEEL GUILTY LEAVING MY DOG, WHAT CAN I DO?



Quick note: Everything I'm going to discuss in the next section is applicable to dogs that do not suffer from separation anxiety. If your dog

has legitimate separation anxiety, this section won't apply to you. If you aren't sure if your pup has separation anxiety or not, do yourself a favor and check out our Separation Anxiety Course taught by Amber Aquart CPDT-KA. (The course is certainly extremely helpful if you do know your dog has separation anxiety as well.)

Of all the reasons pup parents feel guilty, leaving their dog home alone has got to be #1! There is something that just tugs at our heartstrings when we walk out the door and our pup gives us their sad eyes... If you've felt that guilt when you walk out the door, ask yourself... Is it realistic to never leave your dog alone? (Hint: The answer is no.)

You have a job, family, friends, errands, activities, etc. and never leaving your dog alone is out of the question. This goes back to the definition from above which pointed out that overcoming guilt can be about "...considering whether your standards for yourself are too unforgiving..."

Our dogs need to be left alone as part of their life. And while they may not love it, dogs are adaptable creatures and can learn self-soothing and calming skills.

Dog Parent Guilt...

Here's an overview of some reminders and things to do when leaving your dog alone causes you to feel guilt

- Know that self-care and time away from your dog can actually help you be a better pup parent
 - Dogs need structure and routine, being alone should be part of that
 - Try making it as positive an experience as possible
 - Use a dog camera to check in on your pup if needed
 - Try to plan "dates" with your dog
- Let's look a little closer at each idea!

SELF-CARE AND TIME AWAY ARE BENEFICIAL

I believe there is a lot of truth to the saying "distance makes the heart grow fonder". When you're in the thick of raising a puppy, it can be truly overwhelming for your mental health (and time!).

Recognize that taking time away from your pup can actually help you become a better pup parent. If you're always running on empty, your training sessions, level of patience, and ability to think clearly with your pup will suffer.

Taking time away from your dog for self-care (whatever that looks like for you) is extremely important for any new pup parent! When you come back, you'll likely feel more confident and patient to handle the challenges your pup throws your way!

DOGS NEED STRUCTURE & ROUTINE, BEING ALONE IS PART OF THAT

Dogs are creatures of habit, and they truly thrive under structure and routine. Know that over time, your dog will start to recognize that being alone is part of their routine. The key to this is to start at a young age by practicing leaving your dog for short periods of time and increasing the time incrementally. With time, practice, and patience your dog will start to better handle being left alone. And, you will too!

TRY MAKING THE 'LEAVING' EXPERIENCE AS POSITIVE AS POSSIBLE

A surefire way to reduce the guilty feeling when leaving your dog alone is to make the "leaving" experience as positive as possible. Try not to make it a long-drawn-out affair. Try not to make the goodbye too long. Swiftly present your dog with a tasty treat, say a quick goodbye, and head out the door.



I've been doing this consistently for about 5 years and now my dogs actually like when I leave. My dog Sunny will sit on her bed by the door when she knows I'm about to

leave and longingly stare up at where she knows her treat will come from.

It's truly classical conditioning at its finest! They now know that me leaving = a seriously tasty treat for them.

I usually opt for a frozen Kong-style treat, but just give your pup any safe chewer snack that is not part of their normal routine.

USE A DOG CAMERA TO CHECK ON YOUR PUP

If you're out and about and feel guilty that your dog is at home alone, using a dog camera is a great way to alleviate some of those guilty feelings. It can give you peace of mind to be able to check on your pup and see that they're (hopefully) safe, happy, and probably sleeping!

There are lots and lots of camera options available for keeping an eye on your dog, but anything basic will work. Many pup parents swear by the Wyze Cam. It's an easy-to-use and extremely affordable option!

TRY TO PLAN "DATES" WITH YOUR DOG

If you feel guilty about having to leave your dog alone, planning out "doggy dates" can be a great

Dog Parent Guilt...

way to reduce those feelings. While our normal dog schedule often includes a couple of simple walks and playtime each day, trying to sprinkle in longer adventure dates every week or so can improve your bond with your pup! And, it'll help



you feel less guilty and stressed when you are needing to leave your dog alone.

Here are some fun doggy date ideas.

- Go for a much longer than normal walk
- Take your pup on a new hike
- Let your dog guide a walk, don't give them any direction as to where you want them to go
- Take them shopping at a dog-friendly store
- Go do an activity you don't normally do, like swimming or dock diving
- Have a decompression walk where you let them just explore and sniff everything while on a long lead
- Take your pup to a cafe or restaurant that has items for dogs on their menu
- Explore a new part of your town or city that your dog has never experienced before

These are just a few ideas, just be sure to find something your dog will absolutely love and that isn't part of their normal routine. Sprinkling in a doggy date every week or so can really help break up the monotony of routine AND help you feel less guilty when you do need to leave your dog alone.

RECAP OF DOG MOM (AND DAD) GUILT

One of my dogs passed away last year, and that pain was tremendous. Having had time to cope and explore the grief associated with his passing, I've learned that ALL of the "annoying or problem



behaviors" meant nothing in comparison to the joy he brought into our lives.

Feeling guilty, overwhelmed, or anxious about your

dog, your parenting of them, and their behavior is totally normal. But if you stick with it and fight through the hard times, the bond and love you will gain will make all the hard moments seem like nothing. My two cents... it's all worth it. All the struggle pays off! Dogs are our best friends and I'm a firm believer that our dogs know (in one way or another) when we are trying our best to give them a great life!

If you're feeling guilt about your dog, that's okay. Find help through a community around you, reliable training resources, and of course, patience and time!



Mission Statement

The BVS Tailwaggers Dog Club is dedicated to responsible dog ownership/guardianship. We are a body of people who care about their dogs and want to be with like-minded responsible people who feel the same. We are committed to sharing and learning. The club will provide experiences through education, training, fun events and social activities. It is designed to improve handler skills and be an information center for owners presenting issues and subjects based on our members' needs.

The club will provide support for local rescues in Kern County.



Board Members

President

Pam Miller
661-203-5725

Treasurer

Jeannie Alvarado
661-917-1915

Vice President

Lucy Radike
661-904-3379

Secretary

Diana Munday
951-733-3909

Members at Large

Nilly Smith 818-519-8383
Gary Hill 480-216-8488

Newsletter Editor/Communications

Pam Miller 661-203-5725
pambvsprings@gmail.com

Support Our Advertisers.....They Support US



Beth Hall
BROKER ASSOCIATE
DRE 01453499




661 699 2855
661-822-8888
beth@bethhallrealestate.com
BethHall.remax.com

MLS 1001 W Tehachapi Blvd #A400
Tehachapi, CA 93561
Each Office Independently Owned and Operated

Snip
LOW COST MOBIL SPAY AND NEUTER
CALL OR TEXT
925-967-1001

TERRY ALBERT
pet portraits and animal art
www.terryalbert.com



858-748-9863
albertsark@gmail.com

Overnight Pet Sitting



Pam Miller
661-203-5725

Will stay overnight or feed daily at your home.

What you get is...
peace of mind.

pambvsprings@gmail.com

AIRBRUSH TANNING



Before & after
TANNING

JUDY

661-619-1706

Holistic Hearts Massage Studio
21030 Mission Street. Unit A

Serving Tehachapi since 1987!



When experience matters!

WORK WITH THE BEST



661-331-1514 phone/text

Call Kathy for all of your real estate needs!

**For those members with horses:
Call for Horse Services Only**



*Twin Oaks
Veterinary Services*

Christian Comeau, DVM
Matt Elliott, DVM

(661) 867-2554
Twinoaksvet98@gmail.com

I'm Haulin'
For You!

**ONE CALL, AND WE
HAUL IT ALL!**

- ✓ Weekly Trash Collection
- ✓ Recycle Collection*
- ✓ Real Estate Clean up/haul off
- ✓ Full Service household/junk removal
- ✓ Manure pick up/hauling

*We currently provide
Recycle Collection Services
on behalf of the Bear Valley
Springs Veterans Association.

Call for further details



Billy Curtis 661 345-0971
billycurtis37@yahoo.com



CANINE CREEK

PET WASH & BOUTIQUE

Kellie Dudevoir
Owner
Kellie@CanineCreek.com

 Canine Creek Boutique

798 Tucker Rd. Suite #5
Tehachapi, CA 93561
(661) 822-0307
CanineCreek.com



Stephanie

Hair Artist/Extensionist
TEL: 818 699 4213

Elevate your Look & Book Now!



The Snake Guys

Preserving the BVS Ecosystem
A Volunteer Series

Snake Relocation
Small Wildlife Rescue
Facebook: Bear Valley
Springs Snake Guys

Text or Call

Ron Hoyton 661-203-4468	Debbie Swinars 805-405-6010
Chris Budge 661-972-4320	Craig Swinars 661 821-0968
Key Budge 661-972-4328	

**2023 BVS TAILWAGGERS DOG CLUB
APPLICATION FOR MEMBERSHIP**

**Mail to: Tailwaggers Dog Club,
29800 Jamaica Dunes Dr.,
Tehachapi, Ca 93561**

Annual Dues: \$30.00. Make checks payable to: BVS Tailwaggers Dog Club.

Please print

Name: _____ Home Phone: _____

Street Address: _____ Tract & Lot _____

Cell Phone #(s) _____

Mailing Address (if different from above): _____

E-mail address(s): _____

May we publish your name, phone numbers and e-mail address for club use? Yes _____ No _____

Please provide family members' names. Give the current ages and birth dates of your children who may be participating in Tailwaggers' activities. ****All minors must be accompanied by and under the supervision of a parent or parent-designated adult (in writing) while attending or participating in Tailwaggers' activities.**

The BVS Tailwaggers Dog Club exists to represent canine interests in BVS, to promote responsible, informed dog ownership, and good fellowship of dog owners and BVS residents, to promote fun dog-related activities, including training, to improve and maintain dog-related facilities within BVS, and to support local canine rescues. Membership is open to adult property owners and residents in good standing with the Bear Valley Springs Association (BVSA).

ACCIDENT RELEASE: My signature below hereby releases the Bear Valley Springs Tailwaggers Dog Club and the BVSA and all persons connected with these aforementioned groups from any liability/responsibility for any loss/injury/damage to either myself, my family, my dog(s)/or my equipment while I am/we are participating in, assisting with, or working on any event/activity sponsored by the BVS Tailwaggers Dog Club. Pursuant to Section 305 of the BVS TAILWAGGERS DOG CLUB By-laws, all adult family club members signing below hereby agree: (a) to take physical and financial responsibility for any dog under my custody or control; (b) that if participating in any BVS TAILWAGGERS DOG CLUB event with a dog that is not my own, they shall be liable for damage or injury inflicted by any such dog(s); and (c) that the Board of Directors or designated Event Coordinator or Trainer of BVS Tailwaggers Dog Club has the right to exclude any aggressive, unruly, or unmanageable dog and their handler from any BVS TAILWAGGERS DOG CLUB event. All adult family club members signing below further agree to sign and maintain on file with BVS Tailwaggers Dog Club a current year's Waiver, Release of Liability and Assumption of Risk form.

ALL adult family club members must sign.

Name: _____ Signature _____ Date _____

Name: _____ Signature _____ Date _____

(Parents must sign for minor child)

Tailwaggers Office Use Only

Dues Paid \$ _____ Date Paid: _____ Cash/Check# _____

Liability release/waiver signed: Yes__ No__

BEAR VALLEY SPRINGS TAILWAGGERS DOG CLUB

WAIVER, RELEASE OF LIABILITY AND ASSUMPTION OF RISK TO BE COMPLETED AND SIGNED BY EVERY CLUB MEMBER

All club members must sign this form. Please read and be certain you understand the implications of signing. In consideration of my participation in activities arranged by BEAR VALLEY SPRINGS TAILWAGGERS DOG CLUB (BVS TAILWAGGERS DOG CLUB), I hereby release and covenant not to sue BVS TAILWAGGERS DOG CLUB, its owners, shareholders, directors, officers, employees, representatives, agents, and lessees and their successors from any and all present and future claims whatsoever, which the undersigned and any of them and the heirs, representatives, executors and administrators thereof, or any other persons acting in behalf, or on behalf of their respective agents, have or may have resulting from ordinary negligence and inherent risk of my participation in any activities or arrangements and the use of the facilities and equipment of BVS TAILWAGGERS DOG CLUB and Bear Valley Springs Association (BVSA) and Bear Valley Community Services District (BVSCSD), including but not limited to any loss, injury, damage, illness, sickness, or liability sustained by me while on or about the premises of the BVSA, the BVSCSD, or the BVS TAILWAGGERS DOB CLUB.

Express Assumption of Risk Associated with CANINE-RELATED ACTIVITIES. I, whose name and signature appear below, do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with canine activities and sports, including training, showing, competitions, exhibitions, events, meetings, play days and other activities. Inherent hazards and risks include but are not limited to:

1. Risk of injury from the activity and equipment utilized in canine activities of all kinds is significant including the potential for permanent disability and death.
2. Possible equipment failure and/ or the malfunction of my own or other's equipment.
3. My own negligence and/or the negligence of all others, including employees, agents, independent contractors or representatives of the BVSA, BVSCSD, and BVS TAILWAGGERS DOG CLUB, including but not limited to operator error.
4. The propensity of a canine (dog) to behave in dangerous ways that may result in injury or death to the participant or others or their dog(s) regardless of the dog's previous training and past performance.
5. The inability to predict a dog's reaction to sound, movements, unfamiliar environment, objects, persons, or animals.
6. Propensity for a dog to bite, fight, run, scratch, make unpredictable movements, jump, push or shove without warning or apparent cause.
7. Collars, harnesses, leashes and other equipment may loosen or break, which may result in accident, injury or death.
8. The domesticated animal may also react in a dangerous manner when condition or treatment is considered hazardous to the welfare of the animal.
9. The potential for a participant or others to fail to exercise reasonable care, or take adequate control when engaging in a domesticated animal activity, including failing to maintain reasonable control of the animal or failing to act in a manner consistent with the person's abilities.
10. Broken bones or severe injuries which may result in severe impairment or even death.
11. Pursuant to Section 305 of the BVS TAILWAGGERS DOG CLUB By-laws, I agree to take physical and financial responsibility for any dog under my custody or control; that if I am participating in any BVS TAILWAGGERS DOG CLUB event with a dog that is not my own, I shall be liable for damage or injury inflicted by any such dog; and that the Board of Directors or designated Event Coordinator or Trainer of BVS Tailwaggers Dog Club has the right to exclude any aggressive, unruly, or unmanageable dog and their handler from any BVS TAILWAGGERS DOG CLUB event.

I understand the description of these risks is not complete and that unknown or unanticipated risks may result in injury, illness, or death. I agree that immediately prior to participation in any activity arranged for me by BVS TAILWAGGERS DOG CLUB I will inspect the facilities and equipment to be used and if any defect is apparent I will not use the facility or equipment and I will notify the management of the BVS TAILWAGGERS DOG CLUB of the defect.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE WAIVER, RELEASE AND ASSUMPTION OF RISK AND FULLY UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS WAIVER, RELEASE AND ASSUMPTION OF RISK AND SIGN IT VOLUNTARILY.

Name: _____ Signature: _____ Date: _____

Address: _____ Phone: _____

Any person under the age of 18 years must have a parent or guardian co-sign this form.

Name: _____ Signature: _____ Date: _____