

News and Announcements from **HEART**

January 2019

Promoting Positive, Force Free Training



HEARTy PLANS FOR A GREAT 2019

Welcome to 2019! Your new Board has been busy planning and executing on exciting changes and initiatives for the new year. Some highlights:

- **Monthly HEART** Member meetings - generally 3rd Friday night. Dates and locations are on the [Events](#) calendar. And this year we'll be asking you to let us know you're coming (register) to aid our speakers in preparing handouts, setting up facilities, etc.
- January kicks off with **HEART** training sessions at Bar K Dog Bar in honor of National Train Your Dog Month. This is the first of our planned **quarterly** events directed at the general public.
- FEAR FREE certification program discount for **HEART** members. Join us at the Jan 18 **HEART** meeting for FEAR FREE program overview and more details. Let us know you're coming by registering for the event.
- **HEART** participates in 2019 Frostbite conference for area veterinary professionals in late February. We'll be seeking volunteers!
- Much more being actively worked. Stay tuned!



We look forward to seeing you soon at a monthly meeting or one of our events.

JANUARY FOCUS PROGRAMS



January is [National Train Your Dog Month](#), an initiative started in 2010 by the [Association of Professional Dog Trainers](#) to bring public awareness to the importance of socialization and training, and to inform the public that training your dog can be easy and fun! This month **HEART** will lead several training sessions at [Bar K Dog Bar](#) to demonstrate use of positive training techniques for many aspects of dog training

[Fear Free](#) is an education and certification program for veterinary and pet professionals, and pet owners with a focus on techniques to prevent and alleviate fear, anxiety, and stress in pets and handlers. **HEART** has several Fear Free certified members, and the January 18th monthly meeting will include an overview of the Fear Free Certification program. Pet owners will find useful information at a special site dedicated to [Fear Free Happy Homes](#).

NATIONAL TRAIN YOUR DOG MONTH @ BAR K

Jan 17, Jan 19 & Jan 20 Events

In honor of National Train Your Dog Month, **HEART** trainers are putting on a series of training sessions at Bar K Dog Bar in January.

Entry to Bar K is free for Bar K Members. For Bar K Guests, it is \$10 for your first dog, and \$5 for each additional dog in your pack. There is no

additional charge for attending these training seminars -- however, **space is limited to 15 people per session.** Registration for the training sessions is through Bar K's website (link provided further in this section).

All events are held at Bar K Dog Bar, 501 Berkley Pkwy, Kansas City MO 64120. Phone # is (816) 474-2275.

Still Want to Volunteer? **HEART** members who have not previously registered as a volunteer can just drop an e-mail to Info@TrainersWithHeart.com to let us know when to expect you. Volunteers should arrive 30 minutes prior to session. Check in with the session leader when you arrive.

Please consider promoting this event to your clients. Feel free to share the link to register for sessions:

<https://www.barkdogbar.com/training-month>

SCHEDULE OF THE EVENTS AND OTHER DETAILS

| SESSION / DATE / TIME | DETAILS |
|---|---|
| PUPPIES' NIGHT OUT Thur, Jan 17 6:00 PM - 9:00 PM Bar K - Puppies Pub | Puppies Night Out is an opportunity to get new pups (age 3 to 9 mos) some much needed socialization and recreation. HEART trainers will be on hand to answer questions for participants. The Thursday session is limited to 15 people per session. |
| ROCKIN' RECALL Sat, Jan 19 11:00 AM - 11:45 AM Bar K - PetFinder Park | Does your dog come to you enthusiastically every time you call? If not, come join the trainers with the HEART landPositive Dog Training Alliance for this free class to teach you how to teach your dog Rockin' Recalls! Leader: Melissa Laub |
| A WALK IN THE PARK Sat, Jan 19 12:00 PM - 12:45 PM | Having a dog that walks nicely on leash makes going places much more enjoyable! If your dog is a puller, join the trainers with the HEART land Positive Dog Training Alliance for this free class |

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| <p>Bar K - PetFinder Park</p> | <p>to get you and your dog started on the right paw! Leader: Laura Hills</p> |
| <p>TRICKS</p> <p>Sat, Jan 19</p> <p>1:00 PM - 1:45 PM</p> <p>Bar K - Pet Finder Park</p> | <p>Teaching your dog tricks makes life more fun for the both of you! In addition, Tricks is now recognized as a titling sport in two different venues. If you would like to learn how to expand your dog's trick repertoire (and as far as dogs are concerned everything we teach them is a trick), join the trainers with the HEARTland Positive Dog Training Alliance for this free Tricks Class. Then come back on Sunday Jan 20 from 12:00 p.m. - 12:45 p.m. to get evaluated for a Tricks Title, or two!</p> <p>Leader: Jamie Eaton</p> |
| <p>POLITE GREETINGS</p> <p>Sat, Jan 19</p> <p>2:00 PM - 2:45 PM</p> <p>Bar K - Pet Finder Park</p> | <p>Does your dog jump enthusiastically when greeting people? Although jumping is a completely normal canine greeting, many people would prefer not be jumped upon. If you would like your dog to show a little more decorum when interacting with visitors, join the trainers with the HEARTland Positive Dog Training Alliance for this free class to teach your dog how to keep his paws to himself! Leader: Melissa Laub</p> |
| <p>CREATING A DEEPER BOND</p> <p>Sat, Jan 19</p> <p>3:00 PM - 3:45 PM</p> <p>Bar K - Pet Finder Park</p> | <p>Although there is some debate on how long people and dogs have lived together, there is little debate on the beneficial healing power of living with a dog. This class, based on the practice of Teal Paws, explores dog training in conjunction with mindfulness coaching and can be the start of service dog and emotional support dog training. Join the trainers with the HEARTland Positive Dog Training Alliance for this free class to begin this journey together. Leader: Melissa Laub</p> |

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| <p>CANINE GOOD CITIZEN EVALUATION</p> <p>Sat, Jan 19</p> <p>4:00 PM - 4:45 PM</p> <p>Bar K - Pet Finder Park</p> | <p>The American Kennel Club has created a standard that is widely accepted for recognizing polite dogs in public, called Canine Good Citizen (CGC). The ten CGC test items can be found at this link: https://www.akc.org/products-services/training-programs/canine-good-citizen/training-testing/. If you and your dog are ready to be evaluated, please join the trainers with the HEARTland Positive Dog Training Alliance for this free opportunity for your dog to earn his CGC! Although the evaluation is free, there is a charge to submit the form to receive the CGC recognition. Leader: Jerri Johnson</p> |
| <p>THE ART OF DETECTION</p> <p>Sat, Jan 19</p> <p>5:00 PM - 5:45 PM</p> <p>Bar K - Pet Finder Park</p> | <p>There is a newer sport that is taking the dog training world by storm called K9 Nose Works®! This sport is based on the skills dogs are taught to detect narcotics and explosives, which is to use their nose to find the source of a specific odor. If your dog enjoys finding things with his nose, you won't want to miss this class to put his ability to good use! Come join the trainers with the HEARTland Positive Dog Training Alliance for this free class on the best smelling dog sport around!</p> <p>Leader: Barb Miller</p> |
| <p>CANINE LIFE & SOCIAL SKILLS</p> <p>Sun, Jan 20</p> <p>11:00 PM - 11:45 PM</p> <p>Bar K - PetFinder Park</p> | <p>Does your dog have C.L.A.S.S. (Canine Life and Social Skills)? The Association of Professional Dog Trainers has developed this program to ensure he does! If you would like to brush up on some everyday skills like polite greetings, coming when called, waiting for the food bowl, walking nicely on leash, waiting at doorways, along with a trick or two, come join the trainers with the HEARTland Positive Dog Training Alliance for this free class to ensure your dog has C.L.A.S.S.! For more information on the</p> |

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| | <p>C.L.A.S.S. program go to www.mydoghasclass.com.</p> <p>Leader: Emily Coleman</p> |
| <p>AKC TRICK TITLE EVALUATION</p> <p>Sun, Jan 20</p> <p>12:00 PM - 12:45 PM</p> <p>Bar K - PetFinder Park</p> | <p>If your dog does a lot of tricks on cue and you want to be evaluated for a Trick's Title, this is your chance. Join the trainers with the HEARTland Positive Dog Training Alliance to earn an AKC, or Do More With Your Dog, Trick Title. Although the evaluation is free, there is a charge to submit the form to the titling organization for the individual title.</p> <p>Leader: Jerri Johnson</p> |
| <p>AGILITY</p> <p>Sun, Jan 20</p> <p>1:00 PM - 1:45 PM</p> <p>Bar K - PetFinder Park</p> | <p>Agility is the most popular dog sport in the world! That's probably because it's so much fun! If you would like to try your hand at teaching your dog how do to some of the obstacles and navigate a simple course, then join the trainers with the HEARTland Positive Dog Training Alliance for this free agility class to learn more about playing the game!</p> <p>Leader: Laura Hills</p> |

JANUARY 18 HEART MEETING: "FEAR FREE"

Location: Bar K Dog Bar (Bear Bishop Room)

The [Fear Free](#) education & certification program provides tools, protocols, procedures and guidelines to veterinary professionals on how to reduce fear, anxiety and stress in pet patients, and as a result, in clients and staff. **HEART** member Jerri Johnson of Wagmore Canine Enrichment will overview the program.

Other topics to be covered:

- Review details of the **HEART** discount for the Fear Free Certification
- Survey attendees for potential meeting topics

Social time starts at 6:30 PM and the meeting kicks off at 7:00 PM.

Food and drink is available for purchase at Bar K.

Bar K is located at 501 Berkley Pkwy, KCMO 64120.

[Let Us Know You're Coming](#)

NEW BENEFIT FOR HEART MEMBERS

20% DISCOUNT FOR FEAR FREE CERTIFICATION IN 2019

Active **HEART** members can receive 20% off the regular price of the Fear Free Certification in 2019. A special discount code and instructions for use are found on the "HEART Discounts" page of the Members-Only section of the **HEART** website. (Or use the link below. Login may be required.)

[View HEART Discounts](#)

VOLUNTEERS NEEDED: FROSTBITE 2019 SEMINAR

HEART will once again have an information table at the Blue Pearl's 2019 Frostbite Seminar for Veterinary Professionals. Participation in the event provides an opportunity to dialogue with seminar participants about force free, positive reinforcement training as well as low stress/fear practices for veterinary care.

Volunteers are needed to setup and staff the information table throughout the day.

Frostbite 2019 is on Sunday, February 24 from 8:00 AM - 3:30 PM at the Overland Park Convention Center.

For more information or to volunteer, please contact [Kay Lampe](#).

DOGS IN A HUMOROUS MOOD: FEAR FREE



A WORTHWHILE READ

Because this month's theme is "Fear Free" and some folks really like meaty science articles, we present the following peer reviewed, open access article on the neurobiology of stress and it's intimate relationship with fear:

A Comprehensive Overview on Stress Neurobiology: Basic Concepts and Clinical Implications by Lívea Dornela Godo, Matheus Teixeira Rossignoli, et.al.

[Read the Article](#)

Upcoming Events

| Date | Event | Event Information |
|-------------------|--|---|
| Jan 17, 2019 | National Train Your Dog Month: HEART @ Puppies' Night Out | 6:00 PM - 9:00 PM Bar K Dog Bar More Info..... |
| Jan 18, 2019 | HEART January Meeting: Fear Free Certification Overview | 6:30 PM - 8:30 PM Bar K Dog Bar More Info... |
| Jan 19 & 20, 2019 | National Train Your Dog Month: HEART Training Sessions | Sat 11:00 AM - 6:00 PM Sun 11:00 AM - 2:00 PM @ Bar K Dog Bar More Info... |
| Feb 15, 2019 | HEART February Meeting: Physical Conditions & Behavior Issues | 6:30 PM - 8:30 PM Grandview Animal Rehabilitation Clinic More Info... |
| Feb 24, 2019 | Volunteers Needed: 2019 Frostbite Seminar for Veterinary Professionals | 8:00 AM - 3:30 PM Overland Park Convention Center More Info... |
| Mar 2 & 3, 2019 | Bobby Lyons: K9 Fitness 2 Day Workshop Presented by D.O.G. Obedience Group | D.O.G. Obedience Group More Info... |
| Mar 15, 2019 | HEART March Meeting: Topic TBD | 6:30 PM - 8:30 PM |

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| | | Brookside Pet Training Studio for Dogs More Info... |
| Apr 4-7, 2019 | IAABC Animal Behavior Conference | Houston, TX More Info... |

TO OUR MEMBERS & FRIENDS

Stay safe...

Stay warm...

Stay connected...

Be well...