



# The Electronic Newsletter

Twin Cities Voyageur English Springer Spaniel Assn.

July 2020  
Volume 46, Issue 3

## Excellence Beyond Breeding, Training and Performing The Science Behind “Warm-ups” and “Cool downs”

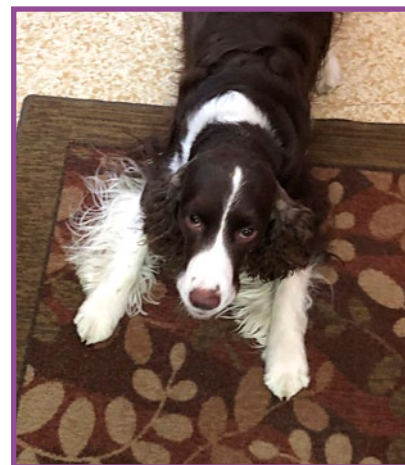
Part I by Alice Musburger

Those of us with canine companions all recognize the meaning of DVM behind a person’s name. Yes, of course, that is Doctor of Veterinary Medicine. But what is the meaning of CCRP, CVPP, CVA, CE, COSM and the monster one DACVSMR? We have gradually learned to accept chiropractors for dogs but what about the buzz words Canine Sports Medicine, Canine Orthopedics and Dog Physiotherapy to name a few?

Generally, most of us do not learn about this world of acronyms until we have dogs that become injured or ill. Is there a way to become informed before tragedy strikes? Is there more beyond Tellington T-Touch and canine massage?

Prior to my passion for competitive dog performance (by the way, conformation IS a performance event) I was a physical education, health and biology major. I specialized in exercise physiology and athletic training. I competed in gymnastics and coached gymnastics at the community, high school, and college level and beyond. Understanding and executing a proper warm up and cool down routine were the front and back cover of the BIBLE for achieving gymnastics success. As my passion and participation grew with dogs, I always wondered how to apply this information for our canine athletes.

Skip forward, if you will, past decades of reading, researching, seminars, DVDs, online classes, books, articles and personal experience to this article today. I want to share what I have learned about science-based research on the importance of proper warm up and cool down routines for our dogs and the correct methods for the various competition venues. There is of course a tremendous amount of research behind human athletic performance and a much lesser amount demonstrating similar concepts for our dogs. There is also a vast difference in the function and structure our human bodies and body systems. But it is common sense that the musculoskeletal system and how tissues respond and recover overlap between the species and offer guidelines and sensible conclusions that are



I’m ready for my warm-up stretch!

### TCVESSA Board:

#### President:

Courtney Hansen  
Spellboundess@yahoo.com

#### Vice President:

Liz Pike

#### Treasurer:

B.A.Breese

#### Secretary:

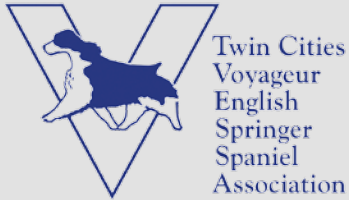
Alice Musburger

#### Members at Large:

Carmen Laing  
Kathy Patregnani  
Julie Roberts  
Diane Slais  
Tekla Viker

#### Newsletter Editor:

Joan Beck  
beckvisuals@comcast.net



## Excellence Beyond Breeding, Training and Performing The Science Behind “Warm-ups” and “Cool downs”

- continued -

relevant for our dogs. The disciplines of canine sports medicine, orthopedics and physiotherapy are rapidly growing from injury or post surgery rehab to conditioning, injury prevention. Professionals are confirming that there is a great deal of cross over techniques that can be used with human and canine participants.

After years of obedience training and competition, conformation exhibition and even some field work with my dogs I decided to participate in agility. It is agility training and competition where all of my questions came to the forefront. It began with taking Leo to the chiropractor after minor injuries from competition and grew to what I know today. At first, I couldn't see how there was time to warm up or cool down let alone run several times each day over a three day weekend. After all, I have seen Leo sprint full speed out of my back door after a squirrel without any apparent ill side effects. I did not realize that after all the dogs I have had and sports we had done that I was lucky no dog had ever been injured. I also did not dream that warming up could have improved my dogs' performances! It was not until Leo sustained an injury that I discovered how I could take advantage of warm up and cool down activities ensuring that he was prepared for the activities at hand.

At my first agility trials, I saw competitors stretching themselves and stretching their dogs. Many handlers used the practice jump. I saw tugging, snuffle mat use and a variety of human and dog exercises. None of it made much sense and it seemed as though many were just going through the motions to burn off nervous energy. It did not compare to the knowledge I had about conditioning exercise, warm up exercises, dynamic stretches, static stretches and cool down practices.

There is a difference between conditioning exercises and warm up exercises. Conditioning is designed to stress or fatigue a muscle or muscle group in order to make them stronger. Muscles are over loaded in a gradual progression over a period of weeks and months. Balance equipment and props are often used

to create repeated reps and sets. An example would be helping your dog stand on two balance discs for a set amount of time and repeating for a number of reps. Standing with each paw on a paw pod is another example.

Warm ups are intended to prepare your dog for any activity that involves an increase in resting heart rate and physical exertion of some type. Warm ups routines should be designed to imitate in small progression the movements required by the activity. Therefore, this even includes conformation, swimming, playing Frisbee or fetch and participation in performance classes. Warm ups are not just for agility, flyball, dock diving or lure coursing!

Cool downs should also be done under all the above listed guidelines. A cool down should be done right away after the activity is completed. Never put your dog away without a cool down. Cooling down allows for the blood to get redistributed throughout the body and prevents lactic acid build up and cramping in muscles. A cool down routine should have many of the warm up exercises included but on a smaller scale and with fewer repetitions. Shortened muscles are returned to their original length. It is also a side benefit to praise your dog and encourage them for their efforts.... a bonding time!

In the next VOX, I will discuss the difference between Static and Dynamic Stretching and begin presenting Dynamic Stretches for you to choose from for your dogs and their activities.



## From the Club President

July 15, 2020



Greetings All!

I hope everyone enjoyed the 4th of July and their summer so far. I don't know about you but I sure am missing some of the activities that I normally do in the spring and summer, namely dog shows and agility trials.

We on the TCVESSA board and show committees are trying our hardest to reschedule our specialty show and agility trials. We had rescheduled our cancelled May Specialty show to join with the Des Moines shows. The Des Moines club was going to hold two shows on Friday as normal and TCVESSA would have concurrent specialties on Saturday and Sunday the first weekend in September. Unfortunately, the Iowa State Fair cancelled not long after our State Fair cancelled and the Des Moines Clubs decided that they would not take the risk and cancelled. I am so disappointed as are many of our members. A special thank you to Liz Pike for getting all the details arranged to join with Des Moines. We all very much hoped that it would work out.

We do have some good news! Kathy Patregnani was able to schedule an ESSFTA agility trial here October 16, 17 and 18, 2020 at "On The Run" canine training center with judge, Tracy Bowers. Some trials are starting back up again and we will be watching how things are done to keep us all safe and healthy.

Among other things the board is trying to get some other activities planned for our club members. Currently we are working on getting a Nose/Scent work seminar with Holly Bushard scheduled. Brian Schafer is working on getting a field work training day scheduled (Please see article and ad flier later in the newsletter). A few other ideas we are also working on is another grooming clinic, Fast Cat and dock diving. If you have any other ideas of activities that you think would make a good club activity or something you would like more information on please let a board member know. Recently we have had several litters of puppies being born to our members so hopefully we will have some puppy evaluation parties in the next few weeks, as social distancing allows. Enjoy your summer and your dogs!

Cheers,

*Courtney Hansen*

Club President



## TCVESSA BOARD MEETING MINUTES ~ April 9, 2019

Members present: President Courtney Hansen, Vice President, Liz Pike, Secretary, Alice Musburger, Treasurer, B. A. Breese, members at large Kathy Patregnani, Diane Slais, Julie Roberts, Tekla Viker, Carmen Laing and Vox Editor Joan Beck.

Courtney Hansen called the meeting to order at 7:25 p.m.

The minutes from March 25, 2020 were approved.

Alice Musburger reported that Megan Stow, Maggi Stow, Kathy Raidt and Janice Johnson are the only members who did not renew memberships for 2020 by the April 1, deadline. Diane Slais will call Kathy Raidt. Joan Ewers decided to not renew.

B.A. Breese reported \$8586.92 in the treasury. Kathy Patregnani requested that the club send sympathy cards to Kris and Toni Osojnicki for the passing of Clark Osojnicki. Alice will do so. Kathy also proposed sending \$100 for Clark for medical expenses to the Go Fund Me Account. The motion was passed unanimously.

Alice reported that the annual awards are ready for pickup at Viking Trophy. The awards will be left there until it is clear when they can be picked up because of the Covid-19 pandemic. Alice also will request help with the annual awards for 2020 next October.

Specialty show chair, Liz Pike gave an update of possible alternatives for a 2020 specialty now that the May date has been cancelled because of the pandemic. Liz presented the idea of joining existing shows to be held in the fall. The Des Moines specialty show and or the Des Moines Kennel Club in September, the Coulee Kennel Club and the Fort Wayne shows in October were possibilities. It was decided to pursue all options in Des Moines because the other two shows were on the same weekend. Entries would probably be better at the Des Moines shows because it is centrally located and right before the ESSFTA National. Liz will check into all details and report back to the board. Liz will not be available as show chair for Des Moines. Kathy volunteered to be the show chair in her stead.

New Business: because the March banquet and general membership meeting was canceled, the election of officers for 2020 did not take place. According to the by-laws, the existing board will then continue. It is of little consequence because the new slate is the same anyway. Courtney Hansen will include this information in the President's letter in the April Vox.

Joan Beck reported on the upcoming April 15 VOX. Content is needed to have an appropriate issue. Joan requested a president's letter, a lead article, February and March minutes, litter announcements and brags. Puppy training during quarantine from Fenzi Dog Academy and an online video on tricks by Jami Meath were suggested along with and AKC socializing video. Sarah Willms might consent to reprinting of her grooming articles from past VOX issues.

Discussion took place regarding the Covid-19 pandemic situation and the affects it may have on future shows including the parent club National this coming fall. Everything is in limbo at this point and nothing can be done as of yet except to adopt a "wait and see" posture.

The next board meeting was set for Thursday May 7, 2020 at 7:15 p.m.

The meeting was adjourned at 8:37 p.m.

Respectfully submitted,  
Alice Musburger



## TCVESSA Board Meeting ~ May 7, 2020

Members Present: President Courtney Hansen, Vice President, Liz Pike, Secretary, Alice Musburger, Treasurer B.A. Breese, members at large Kathy Patregnani, Diane Slais, Julie Roberts, Tekla Viker, Carmen Laing and Vox Editor Joan Beck.

Courtney Hansen called the meeting to order at 7:27 p.m. via Zoom.  
The minutes from the April 9, 2020 meeting were read and approved.

Diane Slais reported that Kathy Raidt never responded to her phone call regarding membership status for 2020. Alice will reach out to Kathy.

B.A. Breese reported the amount of \$8345.88 in the treasury.

Alice asked that Carmen Laing pick up the annual trophies at Viking Trophy. They are offering curbside pick up. Alice will send the information to Carmen. A brief discussion followed regarding how and when to get certificates, trophies and mementos to club members. It was decided to wait a little longer in case Covid-19 restrictions are relaxed and we might have a summer picnic to get together and to distribute awards at that time.

Specialty Show Chair Liz Pike reported our request to hold specialties in conjunction with the Des Moines Kennel Club Shows September 5 & 6, 2020 has been approved by the AKC. There will be Best Puppy and Best Veteran in Sweeps and Best Bred-by awards. There will be no ESS Junior Handler, no ESS only obedience and no ESS only Rally. Saturday judges are Paula Nykiel and Carol Rushing for sweepstakes. Sunday Judges are Eric Ringle and Sarah Willms for sweepstakes. Liz presented three options for award ribbons for the specialty. It was decided to use the cheapest of the options of rosettes for big awards and flat ribbons for class placements. Liz still needs to get information from superintendent Onofrio about ribbon details. The ribbons and prize lists need to get to the Des Moines show chair soon for the show premium.

### New Business:

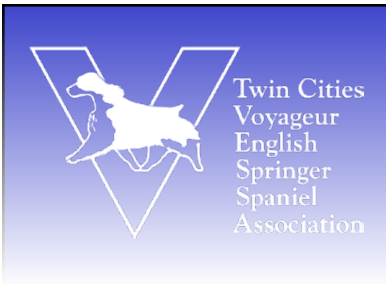
Discussion on a basket for the national was tabled until the June meeting.

Liz will forward comments from Francie Nelson about our club's hunting license status to Brian Schaffer.

The next board meeting was scheduled for Thursday June 4, 2020 at 7:15 p.m.

Meeting was adjourned at 8:17 p.m.

Respectfully submitted  
Alice Musburger



## TCVESSA BOARD MEETING MINUTES ~ June 4, 2020

Members Present: President Courtney Hansen, Vice President Liz Pike, Secretary Alice Musburger, Treasurer B.A. Breese, members at large, Kathy Patregnani, Diane Slais, Tekla Viker, Carmen Laing and VOX Editor Joan Beck. Club member, Brian Shaffer was also present. Members absent were Julie Roberts.

Courtney Hansen called the meeting to order at 7:23 p.m. via Zoom Teleconference.

The minutes from the May 7th meeting were corrected to reflect a change in the sweepstakes judges having Carol Rushing on Saturday and Sarah Kraft on Sunday. The minutes were then approved.

B.A. Breese reported the amount of \$8,373.02 in the treasury.

Old Business: Carmen Laing reported no plans for a club get together as of yet due to the Covid-19 situation. Specialty show chair, Liz Pike reported that the premium for the Des Moines Show should be out soon. Liz was still waiting for a few details from the Des Moines Show Chair. The joint specialty is being held September 5 & 6, 2020. Joan Beck will create a combined advertisement on Facebook for the board to proof read. Liz also reported that our commitment and spent funds for the supported entry this year with the Lake Minnetonka Kennel Club will carry over to the same show for 2021. The 2020 show in Jordan was cancelled because of Covid-19. Brian Shaffer reported that the AKC has our club approved to hold hunt tests. Since the club has not had a trial since 1989, the approval has been terminated. The AKC website needs to be updated.

New Business: Kathy Patregnani reported that there would be a judge change for our October 2020 agility trial to be held at On the Run Canine Center. Mike Teh will judge instead of Christi Bowers. It was unanimous among the board to host an all breed obedience/rally trial in place of our specialty in 2021. There will be no breed show due to the closeness of our trial to the ESSFTA Nationals, which will be held in Michigan the week after our show date. Instead, there will be two all breed obedience/rally trials held on Saturday and one all breed obedience/rally trial on Sunday at On The Run. Liz will contact Michelle Schwartzbauer, owner of OTR to find out if this change will allow us to keep our May 2022 weekend. Joan Beck requested content from the board members for the upcoming July 15, 2020 VOX.

A long discussion ensued regarding hunt training, hunt testing requirements and hunt training interests expressed by club members at the November 2019 general membership meeting. Brian looked into many possibilities and presented a variety of options. Rice Creek and Minnesota Hunting Spaniel Club are the only two club that have hunt tests each year. Each club has two hunt tests. There is a long checklist of AKC requirements to satisfy in order to apply for AKC Hunt Test approval. This includes things like training days and fun matches plus more. Many places semi local were mentioned such as the elk farm in Princeton and Pine Shadows near Brainerd. (Major Avenue has been sold.) Options ranging from watching a hunt test, hosting a working seminar or just training as a group were discussed and included details such as price per bird, guns versus no guns etc. It was decided that most club members are going to be working with bench Springers so no guns and just the basics was the best place to start. It was suggested that 2 birds per dog, a potluck, a presentation and a price per person would be best. Brian will check out these details and report back to the board. Brian himself will be attending training and tests and will be able to get information from the proper people. A poll on club interest may also help guide decisions. Information in the upcoming VOX will help communicate these ideas to club members.

### 2020 TCVESSA VOX Publication Schedule

**Issue 1:**

Submission deadline: Jan 10  
Publication date: Jan 15

**Issue 2:**

Submission deadline: Apr 10  
Publication date: Apr 17

**Issue 3:**

Submission deadline: July 10  
Publication date: July 15

**Issue 4:**

Submission deadline: Oct 10  
Publication date: Oct 15

The next board meeting was scheduled for Wednesday July 15, 2020 via Zoom at 7:15 p.m.

The meeting was adjourned. Respectfully submitted, Alice Musburger

## An "Introduction to GunDog Training" Class is in the Works

By Brian Schaffer

The English Springer Spaniel was developed to be a hunting companion, and even though the last dual champion was (CH/FC) was Green Valley Punch (in 1938), the Springer is still used today in fields all over the world as hard flushing bird dogs.

At last November's TCVESSA membership meeting I was thrilled to see so many people interested in doing field work with their bench bred Springers and interested in earning ESSFTA's working dog title and perhaps getting a Junior Hunter title on their dogs. With that in mind I have been working with the TCVESSA board to organize a seminar for those people interested in getting their dogs started off on the right foot in field training.



Morgan Haglin of Pine Shadow Kennels in Brainerd, MN agreed to help us get everyone started with a one day "Flushing Spaniel Introduction to Gundog Training" seminar. The seminar location will be at Pine Shadows near Brainerd and the date will be either August 22nd or 29th, depending on when the most interested people can attend.

The seminar will include:



- An intro to birds, with the focus being on getting the dogs excited and happy about bird work.
- An explanation of working dog, working dog excellent title and AKC hunt test requirements.
- An Introduction to quartering and handling the dog in the field
- An Introduction to field work terminology
- An introduction to water work
- A demonstration by my Oz-man on how the whole process comes together.

The cost will be \$40 per dog (each dog gets two birds). Training starts at 9 a.m. and runs approximately 4 hours followed by lunch provided by Mark and Sophie. You will want to bring plenty of water for you and your dogs, and I recommend having a way to water your dog in the field. Both Rev and Ozzy can drink from a sports bottle that I carry in my vest. The dogs will need to be on a flat collar. Please bring towels to dry the dogs after swimming. I use a chamois that I got at Walmart that is remarkably like Avery's Dogsorber but at half the cost. Battery operated fans are also a good idea. But I caution you to make sure that the dog is dry and cooled down before putting them back in a crate. Dogs can steam to death if put in a crate wet. You will also need something blaze orange like a shirt or vest, but at minimum a hat. A whistle on a neck lanyard is also encouraged. There are many types of whistles for dog training but I recommend a spaniel whistle like the Acme 5.10 whistle because they are quieter. I also use a SportDog pea whistle which is a little louder for trills and to direct Oz.

Other items you will want to bring are: a long line to control a novice dog, a good detangler like Cowboy Magic or Showsheen to help remove burrs and debris from the dog's coat, a good comb and brush, possibly a mat breaker and saline eye wash. You will find this is only the start of training a bird dog there are many more things that are needed. I have been buying training equipment as I needed it for several years. We can certainly discuss some of the other things that are going to be needed on this adventure.

Finally, the address to Pine Shadows is 14752 3 Mile Rd NE, Brainerd MN. (Please see the ad flier on the following page). I hope many of you come up and learn about the field side of our wonderful breed. More information will be sent out via email and social media once the board confirms dates.

# Attention All Spaniel Owners

## Bored staying at home?



Twin Cities Voyageur English Springer Spaniel Association in conjunction with  
Morgan Haglin of Pine Shadow Kennels in Brainerd, MN  
are offering a

### One Day Flushing Spaniel "Introduction to Gundog Training" Seminar

(This seminar is open to all Flushing Spaniel Breeds)

#### Cost:

\$40/dog and includes an outdoor, social distancing lunch

#### Dates and Times:

Class starts at 9:00 AM and runs roughly to 1:00 PM followed by lunch.  
Either August 22 or August 29, depending on who is interested in attending.  
If interested, please let us know which date works best for you.

#### SEMINAR INCLUDES:

- An intro to birds  
(with a focus on making it fun and exciting for the dogs)
- Each dog will have the opportunity to work with two birds
- Intro to quartering and field movements
- Intro to casting – to send the dog to the left, right, or back
- Introduction to water retrieves
- The rules of the hunt test game,  
Working dog and Working Dog Excellent titles

#### IF INTERESTED:

Contact Courtney Hansen  
Spellboundess@yahoo.com  
by July 24th, 2020

#### LOCATION:

Pine Shadows  
14752 3 Mile Rd NE, Brainerd MN

#### LODGING OPTIONS:

Country Inn and Suites Baxter MN  
15058 Dellwood Dr, Baxter MN  
phone 1-866-522-8891

#### Super 8

14341 Edgewood Dr Baxter MN  
phone 1-800-454-3213







**LITTER ANNOUNCEMENTS  
(THE STORK COMMETH):**



**Boone**  
CH Segre's Texas Hold 'Em

**July 2020**  
🐾🐾

**Zeva**  
VinEwood Bright Lights 'N Action  
CDX TD AX AXJ

**VinEwood**  
English Springer Spaniels

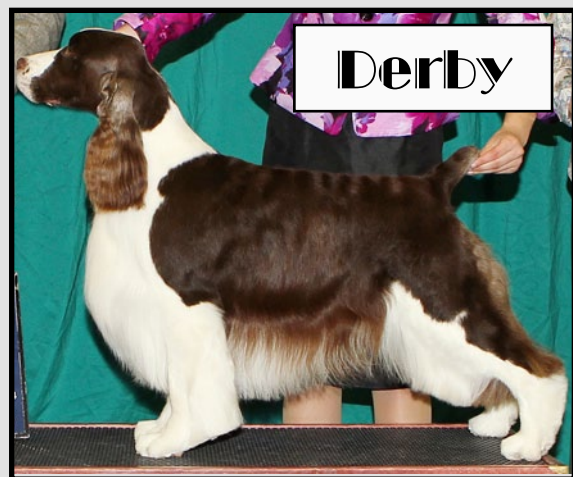
**Kathy Patregnani**  
vinewoodess@hotmail.com

**Tekla Viker** (dartek@fmwildblue.com)

I bred Lyric, GCH Dartek's Eldamar Lyrical Journey RN CGC TKN to Derby. GCH Segre's Brown Derby CD RA BN OA OAJ. Litter due 7/28/2020.



**Lyric**



**Derby**



Twin Cities  
Voyager  
English  
Springer  
Spaniel  
Association

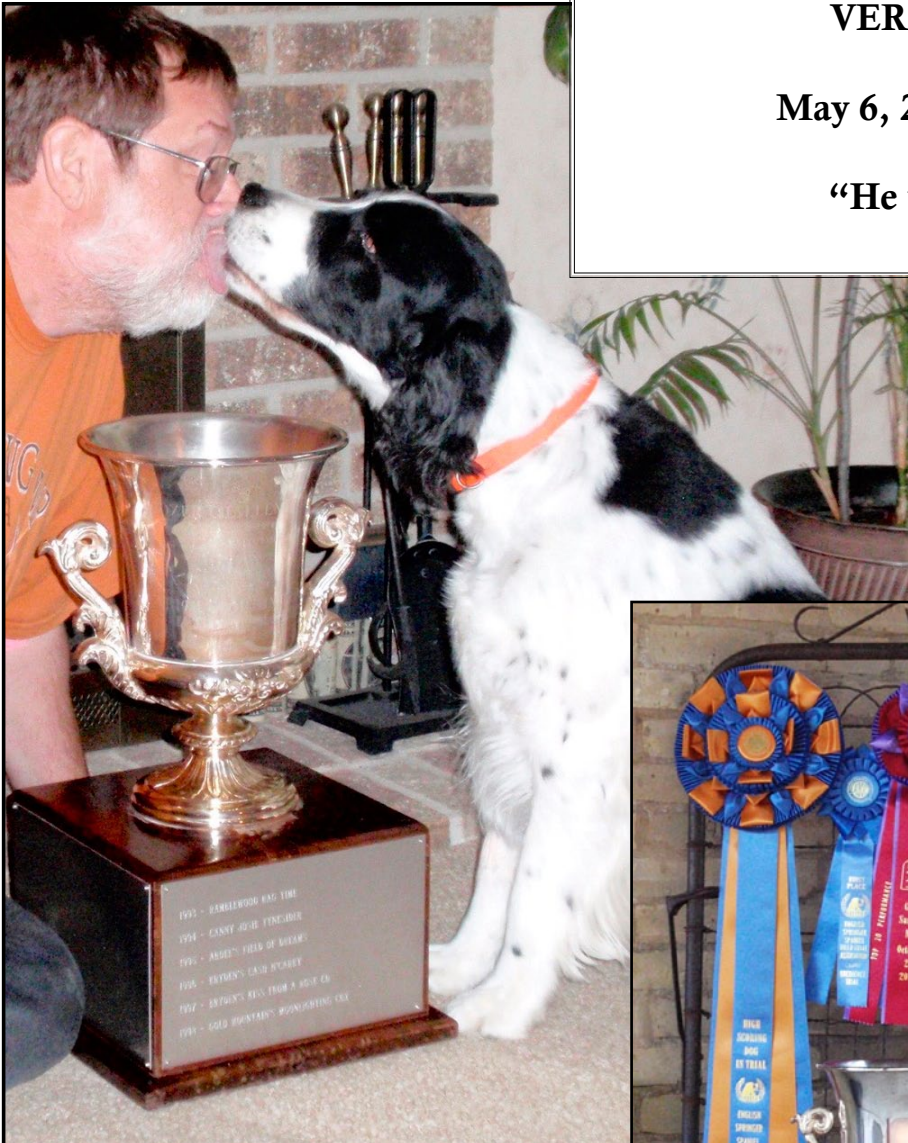


# Rainbow Bridge

**OTCH MACH Benson McGee OGM, UDX12,  
VER, SH, WDX, RE**

**May 6, 2005 - June 12, 2020**

**“He was a good dog”**



Loved and missed by  
Jon and Sandy Pidde





# Rainbow Bridge

Int'l CH UKC CH Can AKC GCH CH

**ROSEBUD'S LION HEART** MX MXJ CGCA

"LEO"

10/31/09 – 5/27/20

Rosebud was the little purple glass dog that held the diamond ring that my father used to propose to my mother. The love they had for each other was immense. I played with Rosebud as a child.

Leo had the heart of a Lion when it came to his devotion to me. I have never experience an animal bond as intense as his was with me.

He was a consummate show dog and his first and strongest calling was to show. He also was brave as he learned agility later in his life and gave me his all as we both learned the sport. Everyday I miss him and remind myself that I was daily blessed to have had him in my life. Our hearts are forever bound. ~Alice Musburger





# Rainbow Bridge



**CH AKC, CH UKC, CH International Hirdler Hill Sea Born Magic BN RN AX AXJ**

2/25/06-6/25/20

**Morgan, my Heart Dog**

What a great ride we had! And she was deeply loved by her cats. I learned so much from her and met so many wonderful people and amazing dogs. I wouldn't change a thing!

Loved and missed by Maryevelyn Monty



## Awards and Brags



Linda and Kevin Krueger are pleased to announce they got a new puppy, Auggie (Wil Orion's Standing Ovation). He came from Janice Johnson's Hazel x Truman litter born March 16, 2020.

