

UPCOMING EVENTS

1/31 - Classes resume
2/2 - Groundhog Day
2/12 - Lincoln's Birthday
2/14 - Valentine's Day
2/21 - President's Day
2/21 - Washington's Birthday
3/1 - Fun Match

BARKS



Happy Valentines Day!



**LUCA SAYS EVERYBODY SHOULD
GET A KONG FOR VALENTINE'S DAY**



A Note from the President's Article Bag

Where did January go?!!! Wow what a fast month! Sadly, due to the pandemic we lost more time to train our group classes in the best interest of keeping our dedicated instructors and awesome hard-working students safe. Just about two years now of this not so fun and games. However, we continue to persevere, and we hope to start January 31st again for group classes. Stay tuned.

I was asked what one "gets" for becoming a member of GABOC. What a question- how does one answer that on the fly? First answers, low membership rates, monthly newsletters, a place to train, and awards for titles earned with participation. It felt somewhat empty to answer like this. In taking time to think, there is a much better answer. To follow is what GABOC has meant to me.

What I "got" from becoming a member of GABOC was inspiration, family, friends, support, knowledge, and memories that will be with me always.

Inspiration- almost 20 years ago when I first walked in the building, I knew nothing. Just me and my Rottie Girl Bonnie Bell, all 117 lbs. of her. Both of us freaked out day one, knowing we wanted to learn and achieve but totally clueless and stressed. What a sight that must have been. Then seeing a lady glide through the crowded aisles with her wonderful dog and those in the utility and open rings working what looked like magic with their dogs- I had found my home. Inspiration that has lasted all this time.

Family- dedicated time spent in the rings, sharing passion for obedience and being with like minded people led to strong bonds with those who are now considered family. For me through Glenbard my son has a third set of the most caring grandparents and a marvelous Auntie. Family- as members who had become ill and passed there were those who were there for them through the worst and to take their beloved animals for life.

Friends- so many good friends. Always there through thick and thin. Always there to support each other through life's curve balls and joyous achievements. Attend trials together, crate together, be there for each other to celebrate or pick each other up with words of encouragement when things weren't as expected.

Support through simple challenges of a training block to health issues. Sharing knowledge of our sport, of our breeds, what foods we feed or what supplements we provide, what specialists we have gone to and so much more. Support to find the bright side when we find frustration.

Memories- Lynn Weiss always worked her dogs last after teaching most of the evening at Glenbard. I don't like to leave anyone alone to be sure she was safe, so I stayed with her to teach my dogs too and we left together. There was an "animal in trouble" at that far end of the parking lot and we decided to "save it". As we walked briskly through the dark and deserted parking lot, we were ready to "rescue" a skunk moseying off to the direction of the prairie path! Our laughter as we retreated, I am sure was heard through the neighborhood! How hilarious and one of the warmest memories of a dear friend at Glenbard. Still makes me smile all these years later. We are no longer in the original training building, but many Monday's I used to touch the mat where Bonnie did her first set of sits and down at the club, panting and nervous. A memory of my Novice A dog that paved the way for the Pack of Three I have today- a place to connect with her once more at the place where our relationship grew so much through obedience training and Glenbard.

In appreciating all that I got in being a member of Glenbard, it make it all the easier to give back to our students and members long standing and new.

I invite those who have not been back for a while due to the pandemic and other life's issues to join me to inspire, touch base with old friends and make new ones, and support fellow members on their journeys with their canine companions in sharing your knowledge as an instructor, steward/judges at the upcoming matches, or volunteering at our next events and activities, and of course to train your dogs!!!!!!!!!!!!!!

To those new members, I also hope that we can seek to inspire you and invite you to volunteer to learn and grow at GABOC as I have done with your dogs and fellow members. Don't know where to start? Just ask your instructors, board members, or me and we will be happy to assist!

Until next time, happy training and don't forget to PLAY!

Joan Mazat

Esmonds Bel Air Rides Like the Wind UD PUTD PCDX RE CGC, MRC Hall of Fame
Blue-Dog UD BN RM CGCA, GABOC Hall of Fame
Mondenkind's Majestic Phaze UD RA CGC TKN



Windy's Mom Says...

Run to the Hard Stuff

My office has something we call the Seeds of Success- ideals that we use to guide us on our daily decision making and principles of business. One of them is "run to the hard stuff". This is something very useful to keep in mind when training our dogs, no matter what the chosen activity.

It is always a feel-good moment when we work our dogs and they do well on exercises we and they like, and we have trained well. Both dog and handler feel positive and are totally happy. The trouble spots where we run into roadblocks as a team and those that are more "boring" are ones we most likely avoid and train less. Our dogs maybe confused, and we may become frustrated so it all the easier just to move on and do something fun so we can feel we have done well.

Run to the hard stuff! Seek help from those around you who can assist. Think about why you are running into issues, find solutions, and focus. And when you have achieved your goals, all the sweeter the moment will be- you and your canine partner will be all the better for it!

Joan and Leader of My Pack Windy

Newfie Lifestages



0-6 months



6-24 months



24+ months

**A NEWFIE SIZED THANK
YOU TO MY DAD AND HIS
BEAUTIFUL
BRIDE FOR
SHARING THE
FOLLOWING
ARTICLES FROM
FAMILY RVING**



By Janet Smith

Calming Your Canine

I adopted a dog just one month before I took off on my full-time RV adventure. For more than 20 years, I had been a renter, with a work schedule that didn't allow for a dog. But now I would be free to make my own rules, and a dog would be a great companion and a good protector. I was very excited, both at the prospect of my new lifestyle and for the companionship and joy a puppy would bring.

I adopted an 8-month-old standard Xoloitzcuintli (pronounced "show-low-itz-QUEENT-lee") puppy from an online classifieds site. A "Xolo" is also known as a Mexican hairless. I owned this rare breed many years before, and it seemed meant to be to find my new pup at the exact right time.

Tips from an RV owner who eased her fearful and aggressive dog into a life of full-time travel.

I was told he was put up for adoption because the landlord said he had to go. The truth was, he inadvertently had been abused by children playing much too roughly with him. While he never showed aggression with me, he was a different dog around strangers. Also, he was extremely fearful during our walks. For instance, he had a weird paranoia about blue plastic tarps and anything under a cover, such as a motorcycle. Not only was I on an RV lifestyle learning

← Understanding what triggers a dog's anxiety can help the owner devise a positive approach to RV travel.





Calming Your Canine

curve, but I had a dog that needed emotional help.

It would be another month before I hit the road driving, so I used this time to prepare my new traveling companion as best I could. Above all, I understood that a life of constant change could be stressful for my fearful dog. There would be new places, new sounds, new smells, strange people, and strange dogs. As it was, my fur baby already had a case of sensory overload. I could see that excess stimuli triggered his fight-or-flight response. Unfortunately, when it came to other dogs and people, it was more fight than flight.

FIRST STEPS

I started by finding simple solutions to help my dog live the RV life with as little stress and anxiety as possible.

First, I removed an extra chair from the motorhome to make room for a dog crate. This provided my pup with a safe place to travel. Likewise,

it allowed me to drive safely, without the distraction of a needy, fearful dog roaming the coach.

Second, I downloaded sound therapy music, reputed to calm a dog's nerves. While I was driving, or at other times when my dog became agitated, I played this calming, classical piano music. It did not affect my alertness while driving, but it did calm him down.

Third, I bought a ThunderShirt for him. This tight-fitting garment applies a constant, gentle pressure. It's like a hug. It is designed to decrease a dog's fear and anxiety created by stressors such as fireworks, thunderstorms, traveling, and separation anxiety. It's not a medication, so your dog remains drug-free. My boy wore his almost around the clock for the first few weeks. (Models for cats are also available.)

DEALING WITH FEAR AGGRESSION

Next, I made arrangements to meet with a dog trainer at our first month-long stop. In the meantime, on the road, I found that traveling with my dog was a great opportunity to increase his confidence. While nervous, he seemed to enjoy the natural environments we camped in. Once we were out of the city and in calmer, more rural environments, he settled down. I quickly realized that city life had overloaded his senses. Noises, movements, and people coming out of nowhere, constantly surprising him, put him on guard and triggered his aggression.

The RV community helped a lot also. In my experience, the average RVer is a calm, mature dog-lover. Exposed to friendly, nonthreatening

people, my pup began to rethink his relationship to strangers. My advice: Remember to let your dog make the first move with new people. Always reward him for his courage in new situations. Furthermore, never keep your dog in a situation that really frightens him. If your dog becomes very agitated, just leave.

Once we reached our destination, we paid a visit to the vet. It's important to ensure that a dog's issues are not health related. My boy had a bad case of worms but was in good health otherwise. If your dog has chronic pain, such as arthritis, she's more apt to display fearful, aggressive behavior.

The trainer we worked with was a wonderful woman, who eventually became "second mom." The first thing we learned was that every dog has something that motivates him. Discovering what motivates yours can help you through behavioral issues. Does your dog love to play ball? Does she have a special toy? Is your dog food motivated? Does he live for your love and approval? Find the special thing you can use as a reward.

Knowing what motivates your dog is key to positive training. It's important to use positive reinforcement. Using positive training methods increases the bond between you and your dog. Furthermore, it builds mutual respect and trust. For example, I learned that throwing a treat onto a blue tarp, or near a motorcycle, encouraged my dog to overcome that fear. If he was fearful of something on our walks, I'd throw a treat ahead to keep him moving. I never left home without tasty little treats! Eventually, his confidence increased, and I needed to use treats less and less.

I also learned to walk him early and late. This ensured we didn't meet too many other people out walking their dogs. At the same time, we made



ThunderWorks

⬅ The ThunderShirt provides gentle reassurance when a dog is exposed to loud noises and other stressors.



regular trips to a nearby dog park to work on his socialization. I discovered one of his fear aggression triggers: bigger dogs. He has since made friends with bigger dogs, but it takes longer, and some gentle encouragement. Remember, when your dog becomes fearful, remove him or her from the situation.

Always make sure your dog knows you're his protector, and that his home is a safe space. Allow your dog to calm down following stressful situations. A calm voice, along with petting, will soothe away the cortisol that causes prolonged stress. While you don't want to reinforce needy behavior, it's important to respond with compassion and kindness when your dog really needs it.

NUISANCE BARKING

One issue we encounter in RV parks is "nuisance barking." My dog is very territorial and will try to drive away anyone walking by with "vicious" barking. If your dog is a nuisance barker, rather than immediately reprimanding her, acknowledge what she is barking at. In your dog's mind, she's just doing her job. Take a look at what she has spotted, and say something like, "I see that! What are they doing? I see that. Now calm down. It's okay." By acknowledging what she sees, you release her from watchdog duty.

Of course, this won't work with every dog. Small dogs seem especially prone to nuisance barking. If your "little yapper" just won't stop, you may have to restrict his access to windows. Also, playing dog "sound therapy" music can help. It will not only soothe your dog's nerves, but it also may mask any triggering sounds outside.

The beauty of the RV lifestyle is that it can give you more control of your environment. If a particular place is especially triggering to your dog, moving is a simpler option than

it is when a sticks-and-bricks home is involved. If people walking by your rig triggers your dog to act out, request a campground site in an out-of-the-way corner.

CALMER ON THE ROAD

As I write this, we've been full-time RVing for five years. I'd say my pooch is 80 percent over his "issues." We spend much of our time boondocking or camping in state parks. Both my dog and I appreciate the wide-open spaces and the tranquil beauty of nature. He is much calmer and happier away from the city bustle. But he still needs supervision, and he needs to "approve" new people or dogs. He keeps his interactions short, but now he wants to go out and meet people. He wants to check out the neighbors.

Above all, I know his triggers. He doesn't like small children. People with walking sticks spell danger to

him. He will chase bicycles and cars. He may pick a fight with a bigger dog. Finally, there are some people he simply does not like, for no discernible reason. In other words, he's doing his job; I protect him, and he protects me.

While he's still prone to defensive behavior, my dog's aggressive behavior has greatly diminished. The combination of gentle, positive training and reinforcement, and the RV lifestyle, turned him around. I sometimes imagine what he would be like if someone else had adopted him. Someone with rowdy kids. Someone with volatile relationships. Someplace where he was left alone all day, with too much scary stimuli. He enjoys a lifestyle that includes living outside of the big city, in rural towns, as well as out in nature. I do believe finding him was meant to be. He was destined to be a boondocking RV dog, living the dream! ●

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RVing With The

“BIG” Dog

By Ruth Canutt, F495710

↑ The author has traveled with Newfoundlands for decades. Although trip planning is necessary for all pets, supersized canines require special considerations.



amping has always been a huge part of our lives. From the old Army tent that leaked if we touched the canvas

through the natural progression of equipment and vehicles to our current 36-foot Alpine Coach, our pets have always come with us.

When thinking of traveling with a pet, the typical image is likely a small critter, 10 pounds or less, that is transported in a fancy carrier or curls up on the dash or a chair to supervise the adventure. I have seen many an article about traveling with pets but haven't seen one specific to owners such as us, who are dedicated to the “BIG” dog.

Now, when I say “BIG,” I mean giant breeds such as the mastiff, Great Dane, Saint Bernard, or our “babies” — the Newfoundland. Yes, our Newfies are hairy, slobbery, and weigh more than 150 pounds each on average. But many large dogs travel quite well and are just as manageable and enjoyable as their smaller canine cousins.

We regularly travel with three Newfies (approximately 460 pounds total). Specific planning, rules, and tips need to be taken into consideration to make the trips enjoyable: for the “pups,” us, and the thousands of fellow RVers we meet. We have learned several things over our 40-plus years of traveling with Newfies.

The following suggestions apply to any large breed, and much of the information lends itself to travel with any size dog.

RESEARCH WHERE YOU ARE GOING TO STAY

Interview the RV park or campground you are targeting. Ask questions! For example:

- What is their specific pet policy regarding breed, size of dog, number of dogs, containment options, areas to exercise, swimming rules, etc.?

- Are there larger spots or end spots available with a little more outdoor space?
- Is shade available?
- What is the water quality? (A large dog with digestive issues is no fun!)
- Is the staff averse to large dogs? Also ask about local points of interest, or do your own online research:
- What are the pet restrictions at these facilities?
- Are pet-friendly restaurants, wineries, or breweries located nearby?
- Are the city parks pet friendly?
- Is the terrain dangerous?

CHOOSE AND PREPARE YOUR RV

Slideouts have become a necessity when traveling with large dogs. But in the case of a motorhome, where the dogs will be traveling inside with you, it's also important to evaluate how much floor space is available when the slides are retracted for traveling. Confirm that your RV has enough floor space to handle extra "furniture" — dog crates. I know this sounds obvious, but you may be surprised by how much space you actually have versus what you think you have for such additions. Decide whether you want a hard-sided crate or possibly a soft-sided, collapsible crate that can be stored when not in use. Be sure your canine pal is familiar with the collapsible furniture to lower his stress and reluctance to use it.

Take a look at the flooring and furniture coverings in your RV. Do you need to prepare them for your trip? Leather/vinyl is easier to clean and doesn't retain the "wet dog smell." Our dogs are not allowed on the furniture, so that helps prevent potential damage. Still, we cover the furniture with old sheets and place a nonskid painter's tarp on the carpet and tile flooring. Also, ours are restricted to the cabin area only — no sleeping on the bed when we're traveling.

Outdoors, portable fencing is our containment of choice. For this, a large storage compartment is a

must. Our Newfies stay outside as much as possible, but since they want to be with us, we are outside with them as well. Under the awning, a couple of lawn chairs, a happy hour cocktail table, and a propane fireplace work perfectly.

Extra water, leads, toys, dishes, grooming equipment, meds, and drool towels are always packed. We feed our dogs a natural raw diet and prep and freeze the food ahead of time, so a high-quality cooler is also part of our equipment.

Groom your dog before you go. Keep your best friend(s) healthy. Before an RV trip, make sure all their vaccinations and flea/tick treat-

ments are up to date. Carry copies of immunization records/certificates (especially when traveling internationally). Notify your veterinarian that you are headed out of town, so if an issue arises, they will be prepared to assist if you need a referral to a local vet clinic.

TRAIN YOUR DOG!

Have your buddy on a leash at all times, and make sure he or she has received training to remain under control. Nothing is worse than seeing a large dog straining against the collar/leash and dragging the owner. It puts fear into anyone who sees that happening — even though the concern may not be justified.

Socialize your dog so that he or she is not aggressive toward other dogs and people — especially small dogs. Even though your fellas may think



Full-size breeds make enjoyable travel companions, especially if their owners take time to prepare before hitting the road.

the little guy is their "house kitty," the small-dog owner may panic and assume their pet may be harmed.

A constantly barking dog is not welcome, no matter what the size! Be sure your dog has been exposed to different noises and situations so that he or she can absorb the surroundings and not become nervous or frightened. Do not leave your dogs unattended, but if you do need to walk to the laundry or office without them, try to reassure them before you leave to minimize separation anxiety and prevent a barking event.

TRAVEL WISELY

Plan your stops (usually every two to three hours). Most rest stops along interstates have pet exercise areas; after all, four-footed travelers need to stretch their legs, too. Carry extra waste bags, just in case. Always pick up after your dog and pick up any other piles you see. A big dog tends to be blamed for others' negligence.

Be weather wise. For example, summer might not be the right time of year to travel in the desert with your dogs. And a wet, rainy climate

AND YOU'RE OFF
Traveling with your "BIG" dog can be the most enjoyable experience there is. They are your full-size friends. So, be prepared and ensure they are well-behaved. You will be invited back to every place you discover. ●

Photos: Patricia G. Turpin



↑ The author's first cat, Sheba, claimed her travel chair during their motorhome journeys.

A Purrfect Travel Companion

As this pet parent learned, understanding a cat's unique personality and creating a safe, comfortable environment inside the RV can lead to many happy miles together.

introduce her to the motorhome, including the engine noise. Although edgy at first, she settled down and curled up on a blanket in the leather recliner. The first day of the rally, I left with friends for what was to be a short ride; eight hours later, we returned. This confirmed that I had made an excellent decision to get a cat versus a dog. Sheba was perfectly fine with food, water, and her litter box.

I had Sheba for 20 months, during which time she traveled with me wherever I went. Each time she entered the motorhome, she curled up in "her" chair for the ride. Once at our destination, she roamed the coach, usually settling back in the recliner. I never had to worry about where she was or whether she was happy or safe. When she died, I was devastated and convinced I would not get another pet. That didn't last long.

Initially, I looked for another older Siamese; however, I found Dottie, a senior Turkish Van/calico mix. She was in a foster home with six dogs and as many cats. She was not friendly (screeched and catapulted off my shoulder when I picked her up), but I felt so sorry for her, I adopted her. She had beautiful crystal-blue eyes, so I renamed her Crystal.

Crystal adapted to my house immediately. She did not jump on furniture, used the scratching post, and frequented the litter box. She wanted to be near me and enjoyed being petted, but she disliked being held.

For our first RV trip, I put a collar on her (not without some difficulty) and hooked on a leash to walk her to the vehicle. We were barely out the door when she wriggled free. Holding the leash and an empty collar, I looked like a cartoon character. I captured her and carried her, kicking and screaming, into the coach. I put her down and let her roam a bit before turning on the engine. The noise startled her, but she was oriented to the travel process.

The initial leg of the trip went well. Crystal seemed content to ride under the passenger seat. On the second leg, she began wandering and crawled under the driver-side floor space near the brake/accelerator pedals. She found a spot she could hop over and ended up under the dashboard! I had no idea whether she could fall out of the coach, so I called one of my RV go-to people, who assured me that could not happen; however, it was best that she not be

People are sometimes hesitant to travel with cats; however, in the past nine years, I have taken three very different felines on my RV trips. A cat fulfills my desire to have loving company, yet allows me the freedom to come and go as I please.

When I visited an animal shelter to find my first cat, a volunteer asked whether I knew about an "older" Siamese cat who was declawed and on the urgent-adoption list. When I said that I really thought I wanted a kitten, she responded, "Well, if I may say so, you are older; maybe an older cat would be perfect for you." Sheepishly, I agreed to meet Sheba; she came home with me that day.

Our first RV trip involved a two-day drive to a Country Coach Texans chapter rally. I carried Sheba out to



← Cat number two, Crystal, developed an affinity for the front of the coach when it was parked.

underfoot or mess with headlight wires and other items in that area.

I covered the opening with pieces of cardboard and acrylic, but she found a new entrance and again settled in under the dashboard. Even after removing the dashboard cover, I couldn't reach her or get her to budge. Eventually, she popped out, and I placed her in her crate. Although this was my "punishment" for her, she was quiet and content. She seemed to like the security the kennel gave her.

Between trips, I "cat proofed" access to the dashboard compartment by placing screens held by hook-and-loop fasteners at each open area. But the minute she got out of her carrier, she headed up under the dashboard, thwarting my efforts. As long as we were parked, it was frustrating, but not life threatening.

When the coach was moving, she rode on the passenger seat in her carrier; I ran the seatbelt through the handle for security. At first, she meowed like I was murdering her. Shortly after I started to drive, I smelled an odor I shouldn't have. Nothing like getting even! I eventually put a hospital wash basin filled with cat litter in the back of the carrier. She used the litter and seemed content. I had learned a valuable lesson.

I grieved when Crystal died. Soon, however, I was back at the shelter

looking for another feline. When I told my sad tale of two cats, the tech at the shelter said, "You need a kitten!" She brought out a precious 5-week-old baby, who perched on my chest, looked up, and seemed to say, "Hi; I'm Sweetie." And so, I was on a new journey with my third cat in five years.

Sweetie has never known any other way to travel except in her carrier. She rides in it when we are moving, and I have not needed to add a makeshift litter box. Sometimes, she meows loudly in the carrier; however, I've discovered that she loves Frank Sinatra, so I turn on his Sirius XM music channel, and it calms her. She has free rein of the coach when we are parked.

Somehow, the lure of the dashboard was passed on to Sweetie, even as a tiny kitten. I didn't think she could climb over the board behind the pedals, but just in case, I made a screen to cover the opening. She got through. Finally, I discovered pegboard! I cut a piece to fit the entire opening in front of the pedals, with a notch to fit under the steering column, and I used mounting tape to hold it in place. Now, after it is installed, I let her out of the carrier. Once a day, she tries to move the pegboard aside. I place her carrier along the pegboard to further thwart her efforts.

I have learned that cats are like children: They all have unique characteristics. Friends told me to beware of a cat bolting for the RV door when

it is opened. Sheba never did that; Crystal did it twice but was caught immediately; Sweetie has bolted once and came back for treats. Now, she has "stranger danger" syndrome and runs to hide when the door is opened. She crawls under the comforter on the bed, where she feels secure, but I know exactly where she is.

Another "danger" for traveling cats are slideouts. After learning about my adventures with Sweetie, friends decided to take their cat RVing with them. On one of their first mornings out, Junebug hid, wedging herself between a slideout and the wall. They dared not try to move the coach until they found her. Tragedy averted!

Today, Sweetie is content to stay in the coach. She sleeps on the dashboard next to the windshield or on the bed in the rear, where she looks out the window and entertains people passing by. She loves to be close to me, purring and being petted. She is the perfect travel companion. ●



↑ Some "cat proofing" has been required for Sweetie, the author's current feline.

I have learned that cats are like children:
They all have unique characteristics.

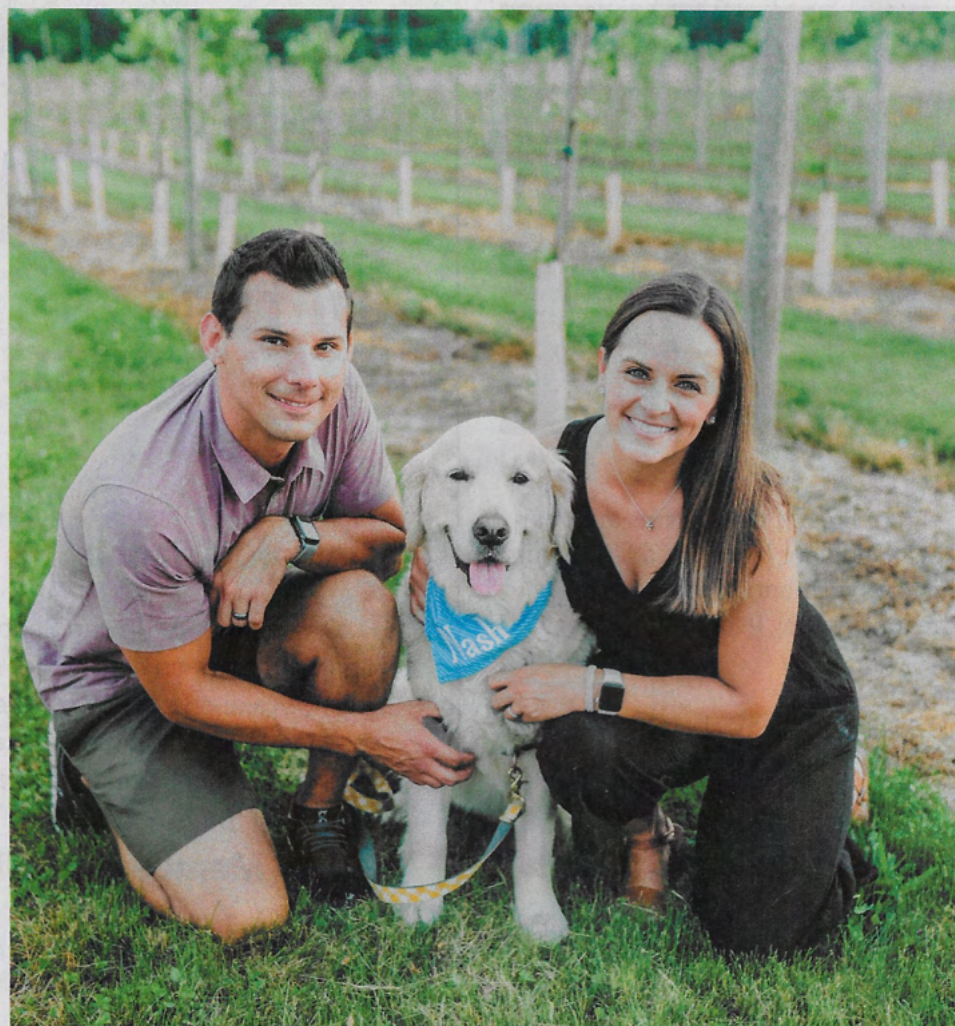
➔ VOLUNTEERING

PAWS FOR LOVE

When COVID-19 shut down the volunteer work that Sean and Christina Conlon and their therapy dog, Nash, had been doing in schools, police stations, and fire departments in Nashville, Tennessee, they decided to take their efforts on the road. They sold 90 percent of their things, bought an RV, and hit the road to volunteer. They are now traveling the United States with the goal of inspiring and encouraging others to live a life of purpose, while spreading some serious joy with Nash's help!

Nash is a 3-year-old English cream golden retriever who is full of personality and loves everyone he meets. The couple says he was meant to do this type of work. And they believe the need for therapy dogs and the joy they bring has never been greater. In their effort to help, they travel the country, volunteering with Nash in the cities they visit, and create inspirational content for their social media channels (what they call "Digital Therapy"). After the Conlons departed Nashville in November 2020, they headed to Iowa to spend Thanksgiving with family and while there, they had their RV, a Grand Design Reflection travel trailer, wrapped to display the name they have chosen for their tour — Paws For Love.

Sean and Christina had originally planned to travel for a year, but after passing through 25 states (officially visiting 22), they say they are just getting started. In a release from Lippert, one of their tour sponsors, the couple said: "You learn very quickly that a year just isn't



Victoria Hunt Photography

⬆ The Conlons' quest to inspire others to live a life of purpose has taken them on the road with Nash, their therapy dog (above). Opposite: Nash bonded with kids at Boys & Girls Clubs of the Sioux Empire in Sioux Falls, South Dakota (top) and at The Journey School in The Woodlands, Texas (bottom).

enough to see the whole country, and it's true! Nash has so many more friends to meet! We are absolutely hooked on the RV lifestyle."

They went on to say, "If RVing and the tour have taught us anything this year, it's to savor the small things and remember that even the smallest gestures can mean the world to someone.

It sounds cliché, but it's so important to remember that we never know what someone is facing in their personal life. Showing up is what matters. Talk to the person next to you. Invest in a conversation with them. It doesn't have to be perfect to make an impact. Every day we look at Nash, we see the beauty in simplicity.



He doesn't care who we are, how much money we make, or what we wear. All he cares about is the love we give him (and the food of course; let's not kid ourselves!)."

The Conlons are also excited to share that they will be welcoming a puppy into their home on wheels this upcoming January. Be sure to follow along with their journey on YouTube (youtube.com/c/pawsforlove), Instagram (instagram.com/pawsforlove), and Facebook (facebook.com/pawsforlovetour). ●

➔ APP FILE

WELL-BEING

Camping is a great way to relax, but with today's stresses, it may not be enough. Take a deep breath and check out these apps.



Getty Images/veronika lunina



Calm: Each time you sign in, you're greeted by relaxing nature sounds and a voice reminding you to take a deep breath. From there, it's wherever you want to go. The app offers hundreds of meditations based on what you want to achieve — lowering anxiety or stress, improving self-care, boosting self-esteem. There's a 10-minute daily meditation of breathing and awareness exercises, and sleep stories read by people with buttery voices to help you doze off quickly. The app also has music to help you focus, stretching lessons, and "master classes" on a range of subjects. After a seven-day free trial, a \$69.99 annual fee provides access to all the content. Available for Android and iOS devices. www.calm.com



Headspace: A former Buddhist monk and mindfulness expert is the voice behind Headspace, which begins with "Wind Down" meditations for early evening; followed by "Sleepcast" stories to help you doze off; and then "The Wake Up," a series of bite-sized stories and videos to get you going in the morning. For those moments of panic in the middle of the night, "SOS" sessions ease the emergency and get you back to sleep. Headspace also lets you track your mood and progress. After a free trial, access requires a \$12.99 monthly fee or a \$69.99 annual fee. Available for Android and iOS devices. www.headspace.com



Reflectly: Reflectly takes a different approach to self-care. It's an interactive journal driven by artificial intelligence that helps you structure and reflect on your daily thoughts and challenges. Reflecting and journaling — or, to put it another way, venting your frustrations — is like a written chill pill. The app then uses positive psychology, mindfulness, and cognitive behavioral therapy to help reduce your stress and increase your happiness. It offers personalized morning motivations and affirmations, as well as personalized prompts that help you keep journaling and reflecting. After a seven-day free trial, the app costs \$47.99 a year. Available for Android and iOS devices. <https://reflectly.app> ●

Q: What did the boy cat say to the girl cat on Valentine's Day?

A: Your purr-fect for me!



JuicyQuotes.com

| THE BEST JOKES TO SHARE



GLENBARD HONORS THEIR AWARD WINNERS

Please send your photos and listing of awards won to:

Lee Melka
372 Woodlane Court
Wood Dale, IL. 60191

This **Special Awards Recognition** is for all members who have earned any titles on their dog in the year **2021**.

Please write the information on a separate slip of paper **or send the information and picture electronically to r.melka@att.net**. In the case of electronic information, it will require an acknowledgment by Lee to confirm receipt of information. **Deadline to Lee is January 31, 2022.**

The photo can be of you and your dog or of your dog alone. It may be a portrait or an action shot. This recognition celebrates your accomplishments over the last year.

Please participate by sending your photos to Lee by the deadline.





What do you call a
very small Valentine?

A Valentiny!



Valentine's Day

WORD SEARCH

Q O H L O I E N V B L M O J N
G A X A L S C H E A R T S S H
I C H O C O L A T E C K D N G
F N L M K S R L Z I A W S X S
T H O D F W V G O F R C C Z K
S O X J T E R A X V D S A R H
V L S G G E H F L Z E R N T Y
V I O H M T D L M E J C D H B
R D R M H H A O D W N J Y F A
O A C Y U E T W P Y V T D K P
M Y P P G A E E Q W O T I P N
A R O Y C R F R I E N D S N Q
N F O E N T X S X C U P I D E
C Z K I S S X E W K Z J P G J
E O U Z A K A V Y C B S X K T

Sweetheart

Valentine

Chocolate

Romance

Friends

Flowers

Holiday

Hearts

Cupid

Candy

Gifts

Love

Kiss

Date

Card

Hug



**My wife said she wanted to feel special
this Valentines Day.**

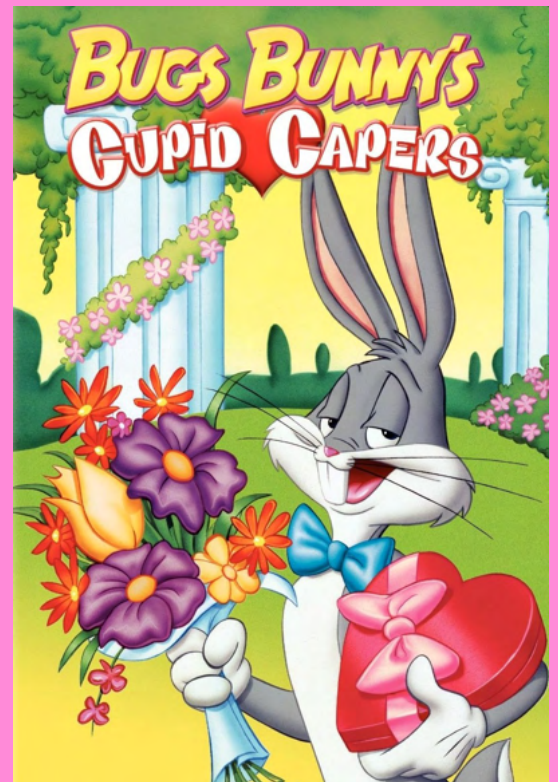
**So I bought her a helmet and some
crayons.**



Joko Jokes



Be My Sweet Valenitne!



Learn Chinese in 5 minutes (You MUST read them aloud)

English

That's not right
Are you harboring a fugitive?
See me ASAP
Stupid Man
Small Horse
Did you go to the beach?
I bumped into a coffee table
I think you need a face lift
It's very dark in here
I thought you were on a diet
This is a tow away zone
Our meeting is scheduled for next week
Staying out of sight
He's cleaning his automobile
Your body odor is offensive
Great

Chinese

Sum Ting Wong
Hu Yu Hai Ding
Kum Hia Nao
Dum Fuk
Tai Ni Po Ni
Wai Yu So Tan
Ai Bang Mai Fu Kin Ni
Chin Tu Fat
Wai So Dim
Wai Yu Mun Ching
No Pah King
Wai Yu Kum Nao
Lei Ying Lo
Wa Shing Ka
Yu Stin Ki Pu
Fa Kin Su Pa

More Fun Only On www.FunnyLoves.com



Q: What did the boy squirrel say to the girl squirrel on Valentine's Day?

A: I'm nuts about you!



“

Parade

Who *always* has a date
on Valentine's Day?

A calendar.

”



VALENTINE'S DAY

♥ WORD SCRAMBLE ♥

1. MARDIER _____
2. QUTBOUE _____
3. OOLTCHEA _____
4. PDUCI _____
5. WRSLEFO _____
6. AETRH _____
7. NORMCEA _____
8. WREHTTESAE _____
9. ELVNATEIN _____
10. OESRS _____
11. GHU _____
12. LEVO _____



What did the calculator
say to the pencil on
Valentine's Day?

✕

“You can always
count on me.”

GH



I FOUND
MY 
VALENTINE



MY
Valentine
has PAWS



**Do skunks celebrate
Valentine's Day?**



**Sure, they're very
scent-imental!**

GH

Q: Why did the boy have his girlfriend put in jail?

A: She stole his heart.



JuicyQuotes.com

| THE BEST JOKES TO SHARE



Happy
≡VALENTINE'S≡
Day

Q: What did the boy octopus say to
the girl octopus?


A: Can I hold your hand, hand,
hand, hand, hand, hand, hand, hand,
hand, hand?



JuicyQuotes.com

THE BEST JOKES TO SHARE



I'm SMILING
 under
the MASK
HUGGING you
in my HEART

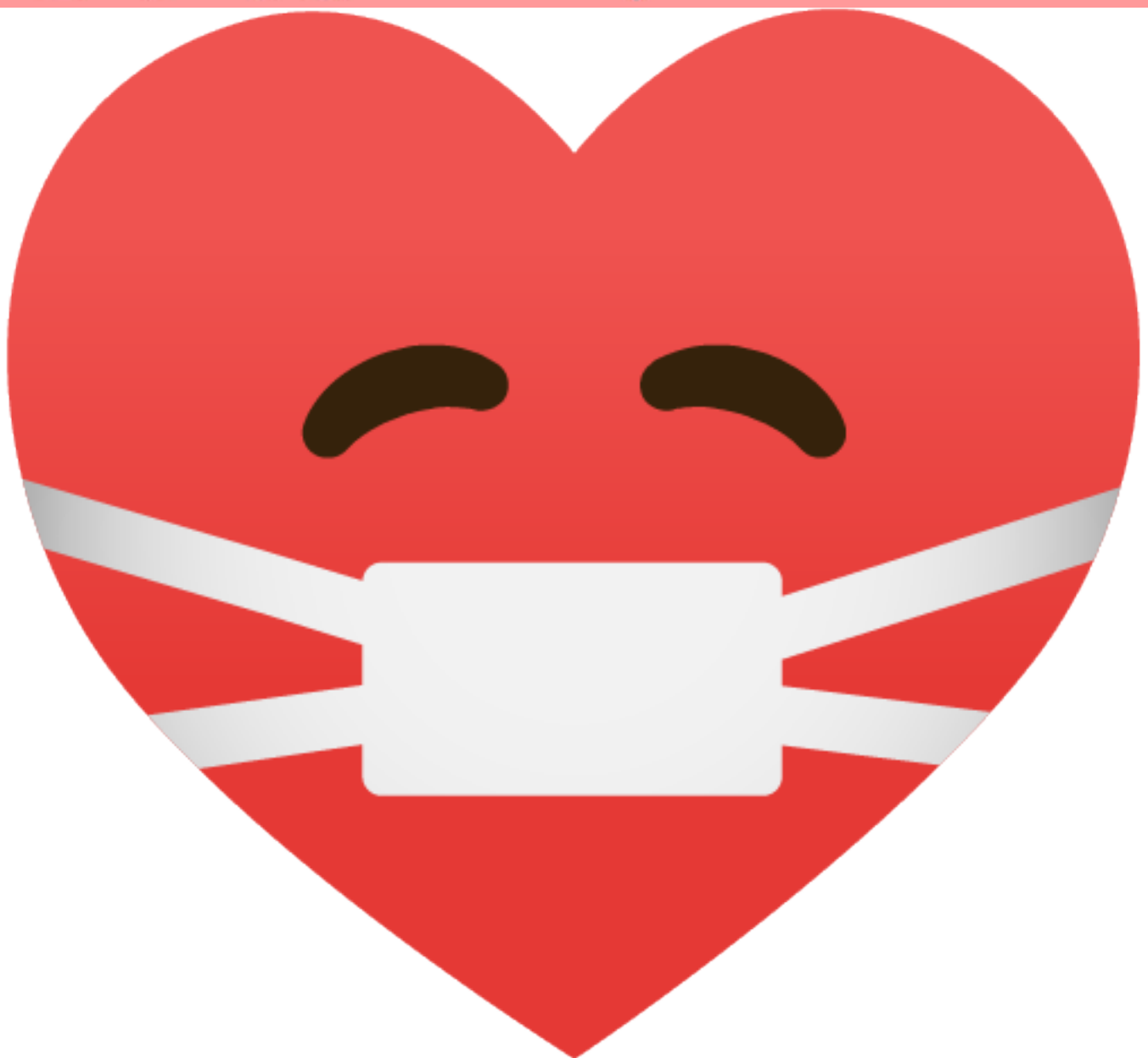


What did the paper clip say
to the magnet?
"I find you very attractive."



JuicyQuotes.com

THE BEST JOKES TO SHARE



Knock, knock!
Who's there?
AI.

AI who?

**AI be your Valentine if you'll
be mine.**



Knock, knock.

Who's there?

Olive.

Olive who?

Olive you.



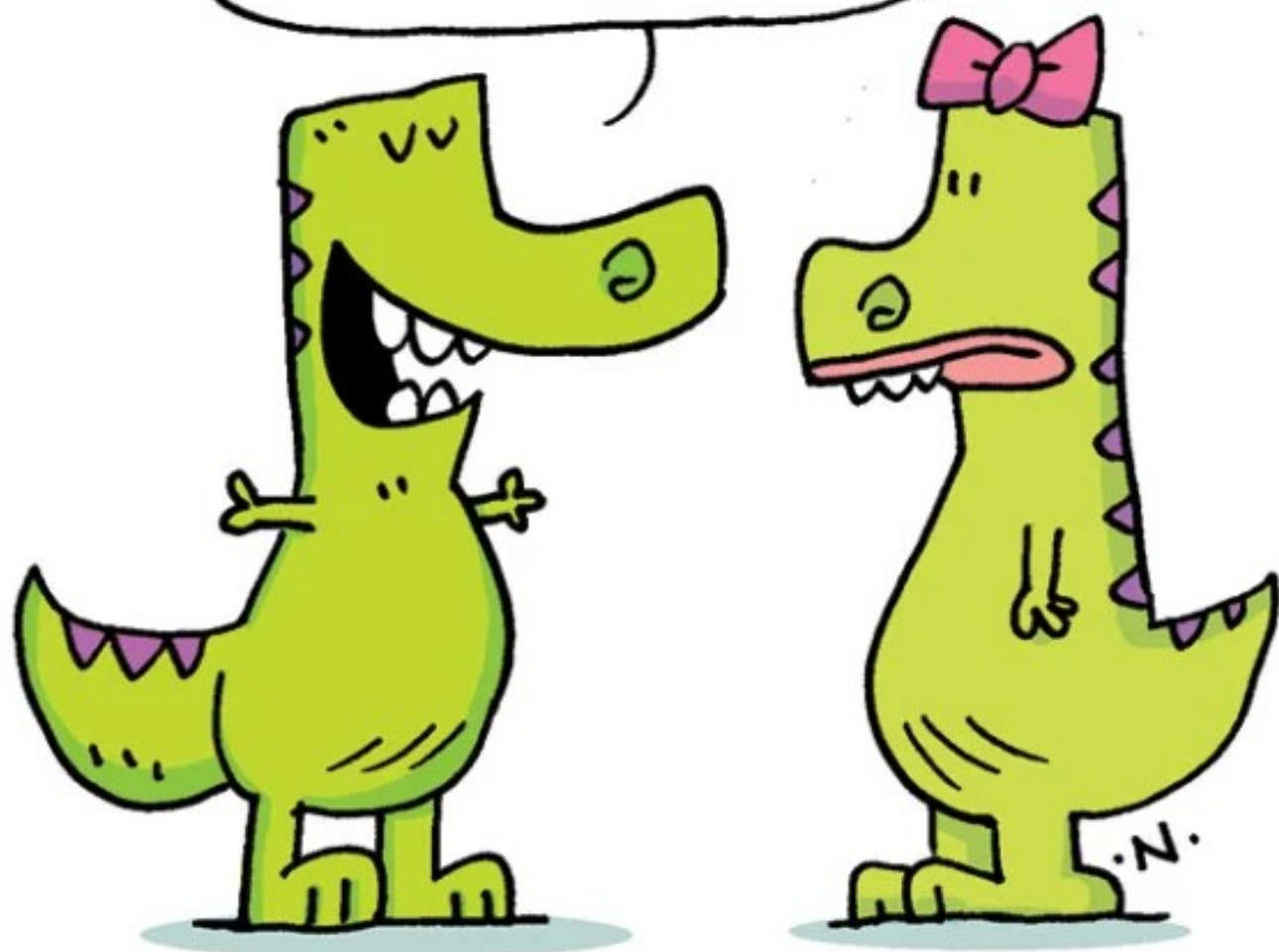


**What did the one
sheep say to the
other?
I love ewe!**

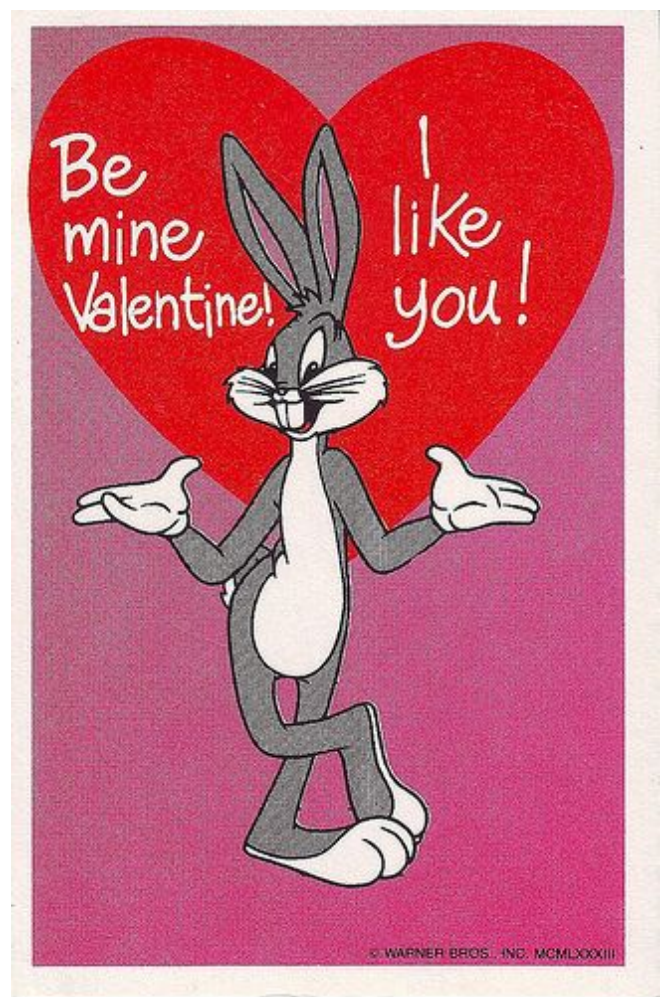
comicbookandbeyond.com



I LOVE YOU
THIS MUCH!







GABOC 2020 NEW TITLE HOLDERS



RACH2 Riverside Rhyme and Reason CD, BN,
RM4, RAE4
"Kian"

Handled / Trained / Owned by: Cathy Haake



Goodwin Dealer's Choice **CGC**
"Chip"

Handled / Trained / Owned by: Bette McMillan



GCHB CH Glenwood's Sassy Sunshine Girl RN,
CGC, Achiever Dog, HIC, OFA H/E
"Elsa"

Expertly Handled by: Julia Foster
Owned & Trained by: Isabel Lopez

Photo Credit: Melia Photography



Shadrack's Surfing The Motion Of The Ocean
CGC, S.T.A.R. Puppy
"Swell"

Loved and Trained by: Cheri Nicholas

Bold Print & Underlined indicates Titles Earned in 2020.

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GABOC 2020 NEW TITLE HOLDERS



Believe's Winning Ways CD, **OA**, OAJ, **XF**
"Winston"

Handled / Trained / Owned by: Betty Smith

Photo Credit: Tamara Fanter



Mondenkind's Majestic Phaze **CD**, **RA**, TKN,
S.T.A.R. Puppy
"Mars"

Loved / Owned by: Joan Mazat & John Henry Hacker
Handled by: Joan Mazat



Blackwood Princess of Claddagh **UD**, CGC, CS,
CI, CS-T
"Teagan"

Handled / Trained / Owned by: Liz Hixon



Jake
"A New Beginning"
CGC

Jake A New Beginning **CGC**
"Jake"

Owned / Trained / Loved by: Carole Moen &
Bill Rock

Bold Print & Underlined indicates Titles Earned in 2020.

GABOC 2020 NEW TITLE HOLDERS



Diva Vom Alten Flakturm

CD RI FDC ACT2 CGCA CGCU TKI TKN, NW1, RN, NTD, ITD, ACT1

Trained, Handled & Owned by Nancy DiMenza



Ebb Tide's Zorro the Legend Continues BN, CGC, TKN, TDI
"Zorro"

Owned by: Phyllis Wendell
Handled by: Karen Schlipf



Feuer Bombe Vom Landschaft
"Bubba"

CD BN RI NA NAJ SWN CGCA CGCU TKP NW3,
NW3-I, NW3-E, NW3-V, NW3-C, NW3 Elite

Trained, Handled & Owned by Nancy DiMenza