

Walnut Hills Newsletter

A Beautiful Community of Families, Friends and Neighbors for over 50 years



Swarms of Bees Wanted

Walnut Hills is full of honeybees ready to swarm. If you see a swarm please call me and I will come get it.

Please leave a few dandelions in your yard this year for the bees to have some pollen. Milkweed is another favorite flower for bees and will give you a good reason to skip pulling every single weed. If you have any questions, give me a call and we can talk about saving the honeybees!

Donna Senn 303-741-2065

Class of 2015

Graduation is a time of celebration for you and your family, and we feel privileged to celebrate your accomplishments as a community in our Graduation Issue. Each year we meticulously scan (literally) the Cherry Creek High School yearbook for graduation pictures, but of course not all our graduates are from Creek or even live on a street in Walnut Hills. If you feel like you are part of the Walnut Hills or Hunters Hill community and want to have your picture in the paper to celebrate your graduation, you are invited. The newsletter is a wonderful keepsake (when your picture looks great), and we have plenty extra copies for your extended family; just ask!

Please send your senior pictures to walnut hillsnewsletter@gmail.com. Digital files need to be submitted large file and unsized. If you are scanning a physical picture, scan at 600 dpi.

Congratulations!

Walnut Hills Dumpster Days is back!

Andrea Suhaka, Chair, Walnut Hills Civic Assoc. (303-770-0058, standy@ecentral.com)

May 9th & 16th 8 - 11 am

This is almost the 30th year for our Dumpster Days. Donna Senn, Neighborhood 5 Representative, has been in charge of this event for many, many years and she has it down to a science. She is absolutely wonderful at it and we appreciate her hard work. This event has gotten bigger and better over the years, and continues to be a very popular service the WHCA provides for our members. Yes, I did say our members. You are required to have paid your WHCA membership dues to take advantage of this event (only \$25.00).

Dumpster Days will be held two Saturdays, May 9 and 16, in the Walnut Hills School parking lot. The garbage trucks show up almost on the dot of 8am and do most of the unloading for you. Please, do not line up before 7:30am, out of respect for those neighbors on E. Costilla Blvd. You may pay your dues at Dumpster Days, but it sure makes it easier if you prepay. Be prepared to wait and the event ends when the 2 garbage trucks are full, which can happen before 11am, a few cars have been turned away in the past. We can take about 65 cars each day. If you want to "dump" a second/third load, it will cost \$10 each additional time. Yard waste fills the trucks up faster.

Our metals guy, Brookē, will also be there. He collects metal items he can sell for scrap and working electronics that you no longer want. TVs must be newer than about 2005. (Our Electronic Recycling event will take place on Oct. 10.) He will inspect what you have and decide what, if anything, he can take. He doesn't charge us for this service. See you there!

Summer Swim League for Youth

Enjoy a fun, recreational youth swim team this summer. The Holly Park Sharks participate in the Mountain Hi Swim League and are supported by South Suburban Parks and Recreation District. The league has 24 teams divided into five divisions. Our team is open to any swimmer 18 and younger who can swim one length of the pool, 25 meters.

We are committed to developing the technical skills of competitive swimming, strengthening friendships and encouraging swimmers to strive for their personal best. Swimmers improve all four competitive strokes in a team environment.

A parent informational meeting will be held on Thursday, April 23rd at 7pm, Room 4 at Goodson Recreation Center. Practices will start soon after. Meets are held throughout the metro area on Saturday mornings. Practice times differ for each team and age group. Collecting registration fees, booster fees, and completing necessary paperwork will be explained at the parent meeting. Questions? Contact Belinda Ralfe: ralfehome@gmail.com or view the team website: www.hollyparksharks.com



In Loving Memory



Carmen Joseph Grillo
 10/5/1935-1/24/2015 passed away peacefully surrounded by family on January 24, 2015. He is survived by his wife of 55 years, Kathleen Grillo, his three children Scott (Melissa) Grillo, Mark (Debbie) Grillo and Susan (Rob) Arnold, ten loving grandchildren, 1 surviving brother and 3 surviving sisters.

Carmen lived in the Walnut Hills and Hunters Hill area for over 50 years. He was active in the Walnut Hills civic association and was a coach for numerous Walnut Hills youth football and baseball teams. He enjoyed volunteering and tutoring at the Walnut Hills Elementary School during his retirement years.

Carmen was raised in Idaho Springs, served in the Marines (Korea), attended CU, and graduated from CSU. He was an avid pilot, golfer, skier, cook, lifetime Buffs and Broncos fan and a devout Catholic. His greatest joy was his family, especially his 10 grandkids. A Memorial Mass to honor this outstanding man was held on Monday, February 2nd at St. Thomas More Catholic Church in Centennial, CO.



Marilyn Whitelaw, age 83, passed away December 6, 2014. She was born in Franklin, Nebraska to Florence & A.C. McKee. Marilyn is survived by her husband of 63 years Walt, daughters Deborah Whitelaw and Cynthia Andrew (son-in-law Jim Andrew) and son, David Whitelaw. Marilyn graduated from Colorado Women's College in 1950 with a teaching degree and taught third grade. She was married to Walt on July 22, 1951 in Denver, Colorado. Marilyn taught until the birth of her first child and became a homemaker and mother, devoting herself to her family. Marilyn was also known as a good friend and neighbor. Marilyn moved with her family to Walnut Hills

in the fall of 1963. The family remembers the early days of living in Walnut Hills when there was very little to stop the wind and tumble weeds were piled up to the roof top blocking doors. This was also the case with drifting snow. All homes were equipped with an incinerator for burning trash. Marilyn's grocery trips were made to the nearest grocery store at Hampden and I-25 as Arapahoe Road was not cut through to Littleton. Marilyn loved her home and gardening as can be witnessed by the beauty of her back yard. Marilyn supported her husband in his demanding job as a Colorado State Patrolman and was always available to her children, Deborah, Cynthia and David. All of whom graduated from the Cherry Creek School System. She is also survived by 7 grandchildren and 4 great grandchildren. Marilyn will be dearly missed.

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Mothers Day

Isa Gregg

This past winter my mother-in-law passed away from Alzheimer's. She lived a long and happy life, had many children, grandchildren and even great grandchildren. She had many close calls in her long life, but with modern medicine broke all records for longevity in her family.

My relationship with my mother-in-law was long and more than a little tense. I guess all mothers really want perfection for their sons, and I am certainly not perfect. She was hard on me and expected too much, but not a day went by during my 25 year relationship with her that I did not try to please her. I was a slave to my pride.

As her Alzheimer's progressed, she softened towards me. She told me I was a good mother. She was kind and affectionate. I felt an incredible amount of love and compassion for her in her last years, for her vulnerability, and her inner beauty.

So I bid her farewell and peace, not with the frustration of a young wife and mother in her 20s, but with a little life under my own belt now and appreciation for all she was.



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Flickers Trending

Bruce Ferguson

Here at the beginning of March bird song fills the air again. The winter seemed so quiet, but now the rat tat tat of the flickers enlivens the air. Soon they will be drumming on the flue pipes and waking up the whole neighborhood.



Early February record temperatures in the 70s had the tulips up early, only to be smothered in record snow the next week. If you weren't vigilant you missed the coral bells all together. Colorado weather is full of twists and turns, but even so, a cursory look seems to suggest that most things fared pretty well. So now it is on to spring or at least maybe. The strange glint from under the plant debris turned out to be the glasses I lost last year.

I found a dead roof rat in the yard and I can only guess the roofers killed it. I hadn't seen one before and I am not anxious to see another. So I'll be up on the roof myself soon making sure they have no access or nesting places. Hail storms do have some benefits!

It is always a pleasure to pull back the winter debris and find a whole host of perennials poking up out of the ground. Now in the middle of March you have to wonder if and when the next snow storm is going to interrupt the spring. Most of the perennials really won't care. They are ready for spring and any snow now will just bring moisture they can thrive on. The little blue grape hyacinths and the hellebores are already in flower. I just use my trusty hedge shears and go at the last of the standing stems mercilessly, then use a row rake to pull out all the dead debris. In the coming weeks there will be plenty of time for cleaning up the rest and weeding out the grass and weeds. The hardest part, of course, is remembering which one is which. In order to keep from crushing things, I keep some stepping stones scattered about the garden so I know where I can stand without stepping on the new shoots as they poke up their noses. Some of these plants won't be up for another month or more and trampling about the garden now is something you don't want to do.

I often read about how fall is the best time for planting most perennials. People talk about how the plants can spend the winter putting down roots and getting acclimated. The thing is that if you go to your local garden center in the fall you won't find any plants to plant! Actually, I am not real sure when you should buy plants from a garden center. Most of the time I go there and they have these plants in full flower fresh from some greenhouse grower that look like they are dying to be planted in your yard and that is just what they will do, die. Any way you look at it takes time. Spring is usually the time I move things in the garden simply because that is when I realize I have too much of this or not enough of that, there. The hardest part is remembering whether the bare spots are plants that come up late in the spring or not. A good friend of mine who gardens for a living likes to say that the best time to plant a plant is when you can get it. So get it!

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April Showers brings May Flowers

Julie Gamec

Spring is starting to pop up! Tulips, daffodils and hyacinth are starting to spring from the ground - if you planted these last fall, you should be seeing the fruits of your labor. Despite the beautiful weather we have been having, remember, it is still really early in the year! Much too early for planting, transplanting or doing much in the garden. Generally, Mother's Day is the start of the planting season.

In April: April is a great time to do a general clean up of the garden. Pull the early weeds (the ground is nice and soft making easier work of those stubborn weeds), clean up any debris from winter die back or late falling leaves, and finish pruning. This is a great time of year to remove any broken or damaged branches and to do some restrained thinning on shrubs and trees. Remember, early blooming shrubs should be pruned immediately following the bloom (think Lilacs and Forsythia) or you will be cutting off the buds for this year. April is also a great time to put down fresh mulch on beds because the ground still has nice moisture and the mulch will help protect against any late frosts. Remove tree wrap around Easter.

For those of you with the time and space, veggies and seeds can be started indoors. For more information regarding growing from seeds, check out the CSU Extension website or talk to your local gardening center.

If you are considering putting in a tree or doing any extensive landscape, be prepared that garden centers will be bringing in plants by the truck load and typically are fully stocked by Mother's Day. If you are ready to get out there early and start shopping, have some patience, early in the season garden centers may not be fully stocked in either quantity or variety. However, this is a great time to get those hardscape elements installed - concrete, pavers, paths, walls, etc.

Aerate and fertilize your lawn to give it the proper nutrients and air for a healthy and vigorous growing season.

In May: Be PATIENT! This is where I always struggle - the days get longer, the weather gets nice, and I want to be out in the dirt. Don't rush Mother Nature! After Mother's Day go crazy with the veggies, annuals, herb and any other project you can think of.

Keep in mind, Walnut Hills has a very clay based soil. If you are planting outside of a pot, remember to add soil amendment. The accepted ratio is 2/3 existing soil to 1/3 compost. There are many different varieties, brands and mixes available. Stay away from soil that is labeled "manure", especially the \$1 a bag variety. This typically hasn't composted long enough and has a high nitrogen content causing the soil to be "hot." It will burn freshly planted flowers and shrubs. Ask your local garden center for their recommendation when you purchase plants.

As always, know the area you are placing plants - how large is it? What kind of exposure does it get? What is the purpose? What is the moisture content of the soil? Being armed with this information will help you be more successful in your gardening endeavors. Ask your local garden center for recommendations and don't be afraid to bring photos of your area! I have listed below some of the local nurseries with addresses (and major intersections) that serve our neighborhood below:

- Highland Garden Center (at The Big Tool Box) - 8080 S. Holly St., Centennial (Holly and County Line)
- O'Toole's Garden Center - 5201 S. Federal Blvd., Littleton (Bellevue and Federal)
- Silver Sage Garden Center - 9010 S. Santa Fe Drive, Littleton (C-470 and Santa Fe)
- Wilmore Nursery and Garden Center - 711 E. County line Rd., Littleton (County Line and Broadway)
- Tagawa Gardens - 7711 S. Parker Rd., Centennial (Parker and Arapahoe)
- Jared's Nursery, Gift and Garden - 10500 W. Bowles Ave., Littleton (Kipling and Bowles)

HAPPY PLANTING!

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Troop 257 has been quite busy the past couple of months. Our most recent camping trip was our annual winter camping trip to Tahosa High Adventure scout camp. The troop left on Saturday morning and returned Monday morning. The camp had 9 inches of snow on the ground, when we arrived, and got close to a foot more while we were there. The scouts enjoyed walking on the frozen lake, hiking and hanging out around the fire. The troop cooked all their own food, which varied from Dutch oven meals to hoagie sandwiches. The scouts set up their own tents and worked together to cook and clean for meals. While there, the troop participated in a service project for the camp. We split and stacked wood for an hour, which would help keep guests warm for a couple of weeks. The troop returned home safely and all the scouts had a great time even with the cold conditions.

Closer to home, Troop 257 also stuffed envelopes for the Walnut Hills Civic Association membership drive. We spent 4 hours stuffing and licking envelopes for the neighborhood, which the scouts included in their service hours. Troop 257 plays an active role in the community and frequently volunteer outside of scouts.

This summer Troop 257 will be going on a canoeing trip in Missouri for a week. The trip will be a once in a lifetime event that will teach the scouts a lot about teamwork and leadership. If you are interested in going on this trip or learning more about our troop you can attend one of our meetings or contact us. Troop 257 meets at Walnut Hills Elementary at 7:00pm every Thursday. During our meetings, we work on merit badges, rank advancements, service projects and preparing for camping trips. Troop 257 is a great group to learn life skills with while having fun in the outdoors with your friends.

For information, contact Scoutmaster Berke at andrewberke@earthlink.net



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Cindy Molk



The troop recently learned to make "hobo-stoves" and had a competition to see whose worked best and was able to boil a cup of water. They used old coffee cans, unused paint cans, and other items to fashion these inexpensive substitutes to camp stoves, using small sticks, pine cones and needles and anything else that can burn.

Troop 574 is ready for Spring to officially begin so that the outdoors can be fully utilized, as our last few outings have been a mix of indoor and outdoor experiences, starting with our use of the Scout Hut at FE Warren AFB in Cheyenne. We also headed to Leadville and a day at Ski Cooper, and a weekend at Snow Mountain Ranch near Granby. April traditionally is our kickoff to outdoor camping and adventures, and we will once again go to Wellington Lake near Bailey to teach new Scouts outdoor skills and how our troop does things around camp, and throw in a 5 mile hike using map and compass to complete a rank requirement. We will also be doing a conservation project at the property to help complete Camping Merit Badge requirements, while also simply doing something nice for future guests. A visit to Cub Scout Pack 268 at Homestead Elementary is planned for "Scout Skills Night" where our Boy Scouts will teach younger Cub Scouts and Webelos some useful skills and answer questions about Boy Scouts. April is also the annual Scout Show at the Western Stock Show complex on April 25th, where we will host a booth and show how we make "camp calzones" to hungry visitors, followed by our annual Earth Day project, which we will again do at Dry Creek Elementary by helping prepare the vegetable garden for the summer and cleaning up around the school property.

In May, we head down to Mueller State Park for another weekend of camping and finishing any last requirements before our Spring Court of Honor on May 26th. We have a lot of Scouts that are hoping to advance a rank and/or receive completed Merit Badges. If you have a son, grandson or neighbor that is in 5th grade or above that may be interested in learning more of what Scouting can offer, please have them visit us at Dry Creek Elementary cafeteria on Tuesday nights from 6:30-8:00 p.m., or visit our website at www.centennial574.mytroop.us

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2015 Walnut Hills Easter Egg Hunt



A beautiful day with our neighborhood children having a wonderful time searching for candy and prizes. Julie Gamec, Neighborhood 6 Representative, has chaired this great event for the last few years and we've always had a great time. Thanks those residents who volunteered to help your WHCA carry out this Eggstravaganza. We really can't do it without you!



South Suburban

NEW! Drop-In Ultra Beginner Line Dancing, Mon, Apr 6, 11-11:55 am, Goodson Recreation Center, 6315 S. University Blvd, Centennial.

Kick up your heels to a variety of music for exercise and to make friends. Each week in this energetic class learn a set of basic line dance steps and review previously learned steps. Good exercise for mind and body. In fact, try all of drop-in line dancing just for the FUN of it! For more information, contact BeckyR@spr.org.

Tantalizing Tastes, Tue, Apr 14, 6-8 pm Lone Tree Golf Club & Hotel, 9808 Sunningdale, Lone Tree.

Take a trip to the shore with a delicious meal featuring five courses of expertly paired food and drink selections prepared by Executive Chef Joseph Westley, CEC. Southern Wine and Spirits will supply the wines. Cost is \$36 per person, includes tax - guests must be over 21 years of age. The 2015 Tantalizing Tastes dinner schedule is: Apr 14, Jun 9, Aug 11, Oct 13, and Dec 8. Seating is limited, so call early for your required reservations to 303-790-0202.

Showtime on Ice, Apr 24-26, South Suburban Ice Arena, 6580 S. Vine, Centennial.
Fri, Apr 24, 7:30 pm; Sat, Apr 25, 1 pm & 7:30 pm; Sun, Apr 26, 1 pm
This year's show is called "Fairy Tales on Ice" which has highlights and music from Tangled, Enchanted, Sleeping Beauty, Shrek, Cinderella and Frozen and more! Purchase Tickets online, \$10-\$20. For more information, contact Carrie Ochitwa, cochtwa@comcast.net.

SSPRD Race Series this Spring!

Rockin' on the River Run, Sun, Apr 19, starts and finishes in front of the Hudson Gardens & Event Center, 6115 South Santa Fe Dr., Littleton.

Dust off and show off your old concert T-shirts! Run along the beautiful South Platte River on the Mary Carter Greenway - flat and fast! Prizes will be awarded in age and gender categories for this 5K race. It will be timed using timing chip technology. No dogs are allowed on the Hudson Gardens property, so this will be a pooch-free event, sorry pups. See online registration and other important information at www.RunningGuru.com/Event/Rockin. For further information, contact Sarah Nielsen at SarahN@ssprd.org.

High Line Canal Run, Sat., May 9, 8 am 10K; 9 am 5K, South Suburban's deKoevend Park, 6315 S. University Blvd., Centennial.

Register and get valuable information at www.runningguru.com/Event/Highline. Children and friendly dogs welcome. Registration includes a pancake breakfast, a long sleeve race shirt, a goody bag and prize drawings. Awards will be given to top male and female finishers in both the 10K and 5K race. All ages welcome. Pre-registration encouraged; same day registration available. For more information, contact Sarah Nielsen at SarahN@ssprd.org.

Blood Screenings, Apr 21-24, 7-9:30 am.

University Hospital professional staff screens cholesterol and over thirty other blood components. Appointments are on a drop-in basis. 12 hour fast required. Minimum age 18, unless accompanied by parent/guardian. Fee: \$40 and up. For more information, email KelseyW@sspr.org.

Lone Tree Recreation Center 10249 Ridgeway Circle Lone Tree, 303-708-3500

Tue, April 21 7-9:30 am

Goodson Recreation Center 6315 S University Blvd Centennial, 303-798-2476

Wed, April 22 7-9:30 am

Buck Community Recreation Center 2004 W. Powers Ave. Littleton, 303-797-8787

Thu, April 23 7-9:30 am

Family Sports Center 6901 S Peoria St Centennial, 303-708-9500

Fri, April 24 7-9:30 am



Time for a Springtime Goal!

Jo Haugland

New Year's is over. Did you make a resolution and keep it? Did you lose weight, stop smoking, get healthy, become a kinder, nicer, better person?

Me neither.

When the first day of spring hits, I always look at it as another opportunity to start new and fresh. Spring, with rebirth, new baby animals, budding plants, crisp, clean air and the promise of warmer days and summer fun, makes me want to set a new goal - a goal I will really keep.

This year, my springtime goal is to get stronger, build up my endurance, and hike a number of the trail heads of the Colorado Trail. I've always dreamed of hiking the whole Colorado Trail, but at my age, with my limitations, I think a reasonable goal would be to hike in for about 5 miles on five, six, or seven trail heads, camp overnight, and return the next day.

For me to achieve my goal this summer, I have to start working on it now! I've been walking a lot, bought a pedometer, have been trying different terrain, and am beginning to see a difference in the mileage I can get. My legs really want to go now. If a day is missed, I know it. I just extended one of my routes, have broken in 2 pairs of hiking shoes, and am starting to carry a pack.

Anyone wanting to get to their goal should look at the result they hope to achieve. The next task is to break the effort into smaller steps. There should be a specific date tied to the goal and plotting the actions on a calendar will help a person see where they need to be. In the business world, we used to call this activity "setting milestones" or "reaching a benchmark." It doesn't matter what you call it, you just need to write down what you need to do to reach your goal. List all the materials, equipment, skills, knowledge, and anything else involved. Put the items in order. Set a time frame in which each item will be obtained or accomplished and the date that you will consider your goal met.

My goal will be accomplished when I've hiked my first Colorado trail head, camped overnight, and successfully hiked back out. I plan to journal my trips, take pictures, and improve my skill with each hike. It will be apparent which things worked and which didn't and I hope to learn from each experience.

Here's to your springtime goal! I hope you identify, prepare for, and enjoy reaching your goal this year. Be positive, be strong, be determined. You can do it and it will be better than New Year's!



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Living with More Than One Dog

By Lorraine May, M.A.
Executive Director, Misha May Foundation Dog Training and Rescue

Philosophy

Each dog in the household will have equal access to resources that provide food, fun and attention. Dogs will understand that rewards come in response to good

behavior. Dogs will be relaxed because they are certain their needs will be adequately addressed and they won't have to compete with each other.

Each dog is recognized as a valued member of the household, receiving whatever special considerations they may need in relation to food, exercise, medical concerns or personality. Just as one of our children may be a musician, another an artist and another drawn to science, all are loved and valued the same.

Goals

- 1) A calm anxiety-free living environment created by a confident, yet benevolent, human leader who teaches the dogs to follow fair and reasonable rules consistently.
- 2) Polite, happy dogs who co-exist peacefully by following appropriate and relevant rules for which they are rewarded.
- 3) A knowledgeable leader who can assess tensions or disharmony early enough to prevent problems.
- 4) A resourceful leader who has plans in place to separate, engage, redirect, calm, reward or interrupt behavior.

Common Problems / Strategies

- 1) Feeding – establish a polite sit and wait before feeding. Feed each dog in a separate designated area to avoid tension or access or even attempted access. It isn't possible for us to understand inter-dog communication well enough to assess the level of tension or threat.
- 2) Play – calmly intervene and separate before play gets too rough or out of control. Match dogs according to play styles, size, energy level and relationship.
- 3) Sleep – provide safe areas for each dog. Perhaps rotate sleeping with you. Be sure dogs aren't competing for your bed.
- 4) Rest – separate dogs so they aren't spending 24/7 together. Establish rest periods or nap times for their mental and physical health.
- 5) Visitors – dogs should not be competing at the door for visitor attention. Devise a system where they take turns according to polite behavior. Start off perhaps by allowing one dog in the room at a time.
- 6) Unrealistic expectations – don't expect better behavior from dogs than they are able to deliver.
- 7) Preferred: Learning Theory – teaching dogs how to live in the human world by setting them up for success.
- 8) Out of Date: Dominance Theory – suggests that having an 'alpha dog' and treating this one special, or favoring the most confident, makes sense. This is not being a leader, this is letting that dog run things.
- 9) Bullying – a dog who pushes other dogs around needs to learn impulse control and manners. Often mistaken for a well-adjusted or more important dog, but not so.
- 10) Attention – if dogs compete for your attention, get up and leave. If a second dog tries to interrupt the petting of the first, ignore the second dog. Reward polite approaches where all dogs win. Teach each dog to have their place on the outside of your right and left knees. Super reward for going there!
- 11) Resource Guarding: may include toys, space, person, house, furniture, or whatever seems important. Take it away, limit access to areas with 'sit' and 'wait', teach 'off' and reward, teach 'give' or 'drop it'
- 12) Breed traits – guarding, herding, dependence, anxiety, high energy. Acknowledge, accept, manage and modify as possible.



Happy dog family includes Brucie, the foster with the stick and Buddy, another foster, plus resident dogs Twinkle, Valentino and Zeb

- 13) Associations – each dog should see the other(s) as bringing good things. Everyone gets a treat, a kind word, a pat.

Please request specific informational handouts at mishamayfoundation@gmail.com. Our full class schedule is at www.mishamayfoundation.org.

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of the Misha May Foundation, a 501(c)(3) non-profit dog rescue which offers a wide variety of educational classes to the community. The Misha May Foundation was voted #1 Best Dog Training on Denver's A*List 3 years in a row! The 6 week Understanding Dogs Behavior class has a unique individualized approach. The Dog Trainer Apprentice Program is designed for the working person and teaches our effective reward-based, anxiety-reducing techniques. www.mishamayfoundation.org mishamayfoundation@gmail.com 303-239-0382

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