



Irish Setter Club San Diego



Guess who ?

Meeting Notice

Meetings are the (U.N.O.)
2nd Wed. of the month at:
Allied Gardens Rec Center,
5155 Greenbrier Ave.,
San Diego.
Board Mtgs at 7 p.m.,
followed by a General
Membership Meeting

Next Meetings are

December 19 at Christmas
party
&
January 13, at Allied
Gardens
Rec. Center

DOGS AS STRESS RELIEVERS

Dog lovers have known for years that playing with and caring for a dog can increase the quality of life for both humans and pups. According to Dr. Alan M. Beck, director of the Center for the Human-Animal Bond at the Purdue University College of Veterinary Medicine, there are several specific, scientifically proven ways that dogs can help reduce your stress and lead to better health for everyone involved. Here are a couple mentioned by Dr. Beck and others!

1. Being around a dog can lower your blood pressure.

High blood pressure is a sign of stress, and petting a dog can help decrease the symptoms. Even simply watching an animal can lower your blood pressure. If you've been diagnosed with this condition (and even if you haven't) find a dog to hang out with, stat!

2. Your dog can help you cope with stressful situations.

Stress is real! A study showed that people who tried to solve complicated math problems in the presence of their pups scored higher than people who took the test in front of their spouses! (Not sure what the results were for folks whose dogs ARE their significant others.)

3. Personal trainer?

People with dogs get more exercise. Whether playing fetch or simply walking your pup, you'll get plenty of fresh air and cardio. And then there's Zumba for dogs....

4. Banish loneliness.

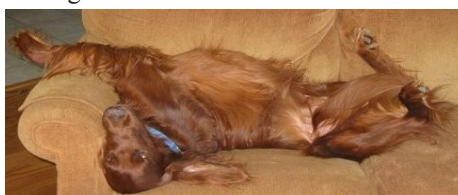
Not only do dogs provide companionship, but they also encourage interactions with other humans. Whether at the dog park or walking on the street, you're more likely to engage with others. Your dog is an icebreaker!

5. Be here now.

Dogs seem to focus on the moment. Pups help us to be present in the "now" and not fret about the past or future. Your dog is probably not worrying about the time she got in trouble for eating your leftover takeout or dreading her next trip to the vet. They have so much to teach us!

6. Reach out and touch somebody.

Humans and dogs alike benefit from a loving, nurturing touch. Get your snuggle on, or pamper your pup with a doggie massage.



Continued on page 8

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FROM THE PRESIDENT

| | |
|----|---|
| 8 | <i>Hello Club Members,</i> |
| 9 | Sad to report that we lost two members in the past weeks: Madelon McGowan and Dick Whiteis. |
| 10 | They were both long time members and assets to the club. Madelon served as Rescue Coordinator and Secretary for numerous years and Dick, the Husband of Kathy Whiteis was always there to help at events as needed. Please see tribute on page 3. |
| 11 | Our recent club Playday, held on Halloween day, was a huge success. Attendance was a record number for the dogs and several new |
| 12 | members attended also. Several photos are on Page 2. |

Continued on page 8

Irish Reflections

FALL PLAYDAY



| Costume Contest Placement | | | |
|---------------------------|----------------|-------------------------|----------------------|
| 1 st | Reba | Cowgirl (Reba McEntire) | Debbie Sherwood |
| 2 nd | Lucy | Lucy Fur (Devil) | Alice & Ric Borg |
| 3 rd | Annie | Fairy princess | Val Mahoney |
| 4 th | Clancy & Sully | Thing 1 & 2 (Dr Seuss) | Chris Cohen-Richards |
| Honorable Mention | | | |
| | Jinks | Bride | Carole & Dan Hippert |
| | Bunny | Bridesmaid | Carole & Dan Hippert |
| | Jasper | Ring Bearer | Carole & Dan Hippert |
| | Writer | Star Wars Tropper | Lynne Aung-Levine |
| | Laddie | Pirate | Madelon McGowan |
| | Allie | Lady Bug | Madelon McGowan |
| | Kaylie | Witch | |



Photos provided by
AMIEE IANG

ISCSD WILL MISS YOU BOTH

I am sure all of our hearts are a bit heavier today with the passing of Madelon. She was such a great lady with the most positive attitude. I am sure all of our dogs that have passed over the rainbow bridge were there to greet her. Bless you, sweet Madelon.

Linda Kenan

She has been a true friend to the Irish Setter and our club the Irish Setter Club of San Diego and had been involved in many many activities over the years, including rescue. A few years ago Madelon adopted two Irish, Laddie and Allie. Madelon has been active in our club and most recently served as secretary in 2014. Her positivity and happy personality will be greatly missed. Madelon had a wonderful life and there will be many happy canine faces to welcome her to the next life.

Such sad, sad news. Madelon was a wonderful person and a true friend to Irish Setters and the ISCSD. Her delightful positive personality will be missed by all of us.

Aileen Frazier

I'm so glad she felt good enough to attend our Halloween Play Day. She and the dogs had a wonderful time and I think it will be a good memory for all of us.

Val Mahoney



Allie



Laddie



Madelon McGowan

Such sad news. I knew Madelon prior to the Irish Setter Club when she was really young and vibrant. She was my sister's English teacher at Pt. Loma High and loved the Irish even then. I would take my first Irish, Sean, to visit her at school at her request. I will miss her.

Barb Scott



Dick Whiteis

Dear Kathy, I wish there were the right words to convey our deep sadness at your loss. It is our loss also. You have been and will continue to be in our thoughts and prayers.

Dan and Carol Hippet

I am so sorry to hear of Dick's passing. He was a good person and helped our club so much over the years that it's impossible to list them. Please accept my sincerest condolences on your loss.

Barb Scott

I am so sorry to hear this news. I have been so sad at all the losses in the last few weeks of our long time Irish Setter friends and now we have to add Dick to that list. I'm glad that you were able to spend the last few hours with him.

My deepest condolences.

Cathy Dever

PARTY TIME

**ISCSD
Annual Christmas Party!**



We hope you will join us on
Saturday, December 19th, 4:30 p.m.
for a pot luck dinner
at the home of

Lynne & Ted Levine
2505 Royal View Road
Escondido, CA 92027
RSVP 760-747-7848
lynneaung@att.net
entry gate cod is 2505

The club will furnish the drinks, plates and utensils, so bring your favorite Christmas dish to share **and please let Lynne know what that will be.**
Thanks

We're going to have our fabulous gift exchange, so bring a doggie related gift limited to a \$20 value. Remember, you may get to 'steal' the gift you really want!!

2016 ISCD SPRING SPECIALTY SHOW



We hope you will join us for our spring specialties

**Del Mar Fairgrounds
Partnering with Silver Bay Kennel Club of San Diego**

Make it a 4 show weekend!!

Morning Specialty: Friday, February 26, 2016

**Judge: Anthony Kelly
Sweepstakes: Susan Nikkel**

Afternoon Specialty: Friday, February 26, 2016

Judge: Douglas Holloway

**Show Secretary: Carolyn Sisson (619) 466-9792
PrimaECS@aol.com**

**Supported Entry: Saturday, February 27, 2016
Silver Bay Kennel Club of San Diego
Judge: Sue-Ellyn Rempel**

**Supported Entry: Sunday, February 28, 2016
Silver Bay Kennel Club of San Diego
Judge: Pluis Davern**

**Superintendent: Jack Bradshaw (323) 727-0136
mail@jbradshaw.com**

BOARD & GENERAL MEETING MINUTES 9/9/15

Irish Setter Club of San Diego

BOARD MEETING: Called to order at 7:02, but a motion was made by Jill and a second made by Alice for business to be postponed until the General Meeting. Adjourned at 7:03 pm.

GENERAL MEETING: Called to order at 7:04 PM. Members present: Rickard Borg, Alice Borg, Kathy Whiteis, Lynne Aung-Levin, Jill Merrifield, and Valerie Mahoney. Minutes from the August 11, 2015 meeting were approved as corrected. Motion made by Alice and seconded by Lynne the motion.

OFFICERS REPORTS:

- President - Chris Cohen-Richards – No report.
- Vice President – Rickard Borg – No report.
- Treasurer - Valerie Mahoney – Provided the Treasurer's report. The club made \$6 in Bitches & Brags and \$25 in clothing sales totaling \$31. Trophies and ribbons for the show cost \$201.64. We earned 93 cents and 44 cents in our certificates of deposit and one will roll in a couple of weeks.
- Secretary - Jill Merrifield – No report.

COMMITTEE REPORTS:

- Newsletter (Chris Cohen-Richards) – Will finish and send out the newsletter next week.
- Facebook (Chris Cohen-Richards) – We are up five more and now have 151 in total.
- Membership (Lynne Aung-Levin) – Nothing to report.
- Rescue (Sherry Rez) – Sherry could not attend the meeting, but sent her report in to Jill to relay: 1st) There was a rescue at the IrishSetterRescueMe in Apple Valley (which is above San Bernardino). This rescue was a seven year old male that needed 7' fencing in his new home. I sent the information forward to two people, but was told the dog was no longer available. Not sure what happened since the information was put out immediately after I received it, but do not know what the end result was. 2nd) A question for discussion another time is using our rescue applicants for another rescue organization. It is a similar thing to LabsAndMore who had the Irish Setter and Buddy. If we had rescued the Irish it would have been a \$500 adoption fee - who would be responsible for that? Then for us to find a home through our applicants and then what would that fee be? 3rd) There is one woman who will be sending in an application for adoption of an Irish Setter (as soon as she provides her address). Looking forward to seeing everyone at the Playday in October.
- Show (Linda Kenan) – Absent (on vacation).

OLD BUSINESS:

- Ophthalmologist presentation – Chris and Linda are still in process of finding out what the ophthalmologist's presentation requirements are.
 - Delores Hughes – Chris still has not heard back from her son, but will keep moving forward on that.
 - Update website in September/send in your photos – The only person to send photos has been Rickard. Valerie said she will send some also.
 - What are our responsibilities at the National – Valerie says that the Irish Setter Club of Southern California asked her to bring our club a request for help at the National. For the National it looks like Monday and Tuesday will be the busiest days. The dates for the National are May 29th through June 4th. Obedience is on the 29th and agility is on the 30th as well as the health seminar. Chris and Alexis told Valerie they will help her and Cathy Dever in the ring setting up for the day (and will be taught how to work the ring). Jill will help at the registration desk on Monday and Tuesday.
- Jill asked for a volunteer to attend the next Allied Gardens Rec Center meeting that is being held this coming Monday (postponed due to the holiday this week). She now has a scheduling conflict with that Monday night.



BOARD & GENERAL MEETING MINUTES 9/9/15, *Continued from page 6*

NEW BUSINESS:

- Nominating Committee for 2016 officers – A nominating committee was selected: Chris volunteered to be the chair and Kathy Whiteis volunteered to be the member. Chris will send out an e-mail to the current Board asking if they will remain in their positions for next year. If anyone wants to step down, a replacement will need to be found. If everybody stays in their current positions, the Committee's work is done. The committee would present the Board and take any additional nominations from the floor at the October Play Day .
- Chris asked if there should be one point of contact for any question regarding the National and the SoCal club. Valerie and Cathy are the main points of contact. Chris and Alexis are going to work with them to learn about working the ring. Anybody else interested please contact Val or Cathy.

REMINDERS:

- Fall Play Day is October 31, 2015
- ISCA 2016 National is May 30- June 4th 2016 and will need volunteers
- Update to website in September – send in your photos

Both the October and November meetings will be held at the Halloween Play Day at Hidden Valley Obedience Center (since the Allied Gardens Rec Center is closed on the November meeting due to a holiday).

ADDITIONAL/FORGOTTEN ITEMS:

None

ADJOURNMENT - Lynne made a motion to adjourn the meeting and Alexis seconded the motion. The meeting was adjourned at 8:02 pm.

BITCHES and BRAGS – Multiple B&Bs around the table.

BOARD & GENERAL MEETING MINUTES 10/31/15

BOARD MEETING:

Called to order at 1:10 pm, but a motion was made by Jill and a second made by Sherry for business to be postponed until the General Meeting. Adjourned at 1:11 pm.

GENERAL MEETING:

Called to order at 1:12 pm. Members present: Rickard Borg, Alice Borg, Lynne Aung-Levin, Sherry Rez, Linda Kenan, Cathy Dever, Jill Merrifield, Jeremy Rusin, Aimee Lang, Charlotte and Bill Kutzner, Debbie Sherwood, Madelon McGowan, Myrna Burleigh, Chris Cohen-Richards, Steve Seftl, Alexis Heath and Valerie Mahoney. Guests present: Mike & Peggy Malik, Leslie Brochu and Charlotte & Bill Kutzner. Minutes from the September 9, 2015 meeting were approved as corrected. Motion made by Linda and seconded by Sherry the motion.

OFFICERS REPORTS:

- President - Chris Cohen-Richards – Thanked the new members for coming to the play day and their first meeting.
 - Vice President – Rickard Borg – No report.
 - Treasurer - Valerie Mahoney – Provided the Treasurer's report. The club made \$10 in Bitches & Brags and \$102 in clothing sales totaling \$112.
- Secretary - Jill Merrifield – No report, just asked if all the members are receiving the e-mails she forwards from the parent club. If someone is not receiving the e-mails please provide a correct or updated e-mail address.

COMMITTEE REPORTS:

- Newsletter (Chris Cohen-Richards) – Will finish and send out the newsletter by mid-November and still wants members to send photos in.
- Facebook (Chris Cohen-Richards) – We now have 164 members. Chris requested \$83.66 for renewal of the website, which approved by the membership.
- Membership (Lynne Aung-Levin) – Bill & Charlotte Kutzner submitted their application and were read for the first time

BOARD & GENERAL MEETING MINUTES 10/31/15, *Continued from page 7*

- Rescue (Sherry Rez) – There are currently several applications in for rescues, but there are no dogs available at this time. Sherry suggested a raffle or silent auction to earn money for the club rescue activities. She suggested asking different entities for higher end items like dinners, bay cruises, hotel stays, Sea World visits. This type of donation would be noted in the ISCSD memo and give the business publicity.
- Show (Barbara Scott) – Barbara is finalizing the show list for the February shows.

OLD BUSINESS:

- Ophthalmologist presentation – Chris went and left a note, but has had no response. Right now there are about 20 individuals interested in the presentation, but the ophthalmologist wants more attendees. This potential presentation is still in work. Nothing final has been decided either way.
- Delores Hughes – Chris is still working with the son to do something for the February 2016 shows. Ideas include Delores Hughes as the ring name and a photo board. This is still in work.
- ISCSC National logo for medallions – Two people like the art, but more approvals are needed. No additional information has been given. The graphics Chris created for the bags turned out to be too expensive to produce.
- Update website in November – Chris asks that you send in photos to be included with the website update. Chris will attend the next Allied Gardens Rec Center meeting.

NEW BUSINESS:

- Nominating Committee for 2016 Officers – A nominating committee was selected: Chris volunteered to be the chair and Kathy Whiteis volunteered to be the member.
- Approve New List of Officers and Board Members - At the Play Day members were asked if they were interested in any of the positions as officers or board members. As of now, the ISCSD officers and board members state they will remain with Linda Kenan volunteering to be the final board member. At the Christmas party, the officers and board members will be voted on (if there are more than one person volunteering for any of the positions). The officers are: Chris Cohen-Richards for President, Rickard Borg as Vice-President, Valerie Mahoney as Treasurer, and Jill Merrifield as Secretary. Board members are: Lynn Aung-Levin, Alice Borg, Sherry Rez, Alexis Heath and Linda Kenan (replacing Teresa).
- Christmas Party. Lynne has offered her home again for the Christmas party, which has been set for December 19th (which is a Saturday) at 4:30 pm.
- New Rescue Point of Contact Needed. Sherry Rez needs to be replaced, as she has some requirements that need her attention making her unable to continue the rescue function. Anyone who is interested, please contact Chris for the information.
- Premium List Trophy Description – Kathy Whiteis and Valerie Mahoney provided this.
- Rescue Insurance – The club insurance covers all activities the club participates in. Chris Cohen-Richards requested \$83.66 for the renewal of the website, which was approved by the membership.

REMINDERS:

- ISCA 2016 National is May 30- June 4th 2016 and will need volunteers
 - Update to website in November – Please send in your photos
 - The next Board and General meetings will be held at the Christmas Dinner.
- ISCA 2016 Calendars are ready and available for ordering.

ADDITIONAL/FORGOTTEN ITEMS:

None

ADJOURNMENT - Myrna made a motion to adjourn the meeting and Linda seconded the motion. The meeting was adjourned at 1:50 pm.

PRESIDENT MESSAGE, *Continued from page 1*

The club will be in need of a new Rescue Coordinator as Jan 1, 2016. Sherry Rez will be stepping down after several years of management. If you would like to volunteer, please contact Sherry or me.

Hope to see lots of you at our upcoming Christmas party on Dec 19th to be held at the home of club member, Lynne Aung-Levin.

Complete details are on page 4. Hope to see you there; if not, have a safe and Happy New Year.

Woaf

TROPHY DONATIONS NEEDED

With the new year, comes our Specialty Show . We are soliciting for trophy donations. Listed below are the trophies still available. We hope, if you haven't already donated, you will step up and help support our club and make this specialty one of our best yet! Let us know your 1st and 2nd choice of trophies, just in case your 1st choice has been taken. If you would like to make a monetary donation to the general trophy fund, that is fine too! All donations are greatly appreciated. I know we are all feeling the crunch of our slow economy, but hopefully with all of us helping out, we can make this specialty happen. Thanks for your support and help in making our club a success!!

Please make your checks payable to the Irish Setter Club of San Diego and send to:

Alexis Heath
1457 Blue Lilac Lane
Alpine, CA 91901

Thank you so much for your continuing support
and we hope to see you at the show!

Available Trophies:

| | |
|----------------------------------|---------------------------|
| Winners Dog - \$35 | American Bred Dog—\$20 |
| Winners Bitch - \$35 | Open Dog—\$20 |
| 6-9 Puppy Dog - \$20 | 6-9 Puppy Bitch—\$20 |
| 9-12 Puppy Dog - \$20 | 9-12 Puppy Bitch—\$20 |
| 12-18 Junior Dog - \$20 | American Breed Bitch—\$20 |
| Novice Dog - \$20 | Veteran Dog—\$20 |
| Amateur Owner Handler Dog - \$20 | Field Trial Dog—\$20 |
| Field Trial Bitch—\$20 | |

ISCSD DUES NOTICE

Dues are Due January 1, 2016

Family Membership - \$25
Single Membership - \$20
Junior Membership - \$10

A membership is considered as lapsed and automatically terminated if such member's dues remain unpaid 30 days after the first day of the fiscal year. (January 31, 2015)

Send to: Valerie Mahoney, 9585 Marilla Drive, Lakeside, CA 92040

If there are any changes in your address or email, please include this form with your renewal so that our membership information is current. If you are a new member joining in the last quarter (Oct-Dec) your dues for 2016 are paid. Thanks!

DOGS AS STRESS RELIEVERS, *Continued from page 1*

7. Sup-paw-t group.

Pet owners on average have better self-esteem and are less preoccupied and fearful. Plus, your dog is unlikely to spill the deep, dark secrets you confess to her.

9. Dogs keep you regular.

They're prone to routine, which can help you stick to yours. A lot of dogs have very specific eating, bathroom, sleep, and walk schedules. Sticking to a routine and schedule can reduce stress for humans who tend to run around like chickens without their heads.

10. Celebrate "Take Your Dog To Work Day"

Lots of workplaces allow dogs at work (check your local health department and OSHA regulations). Take Your Dog To Work Day is on June 26th this year, but for us lucky dogs at BarkPost, it's every day! Nothing like belly rubs when you're trying to hit that deadline.



ANNOUNCEMENTS



DOG RUNS

at Coronado Dog Beach on the second Saturday morning and
Fiesta Isle Dog Park the fourth Saturday of each month starting
at 8:30am
mark your calendars.
Contact
Chris Cohen-Richards @ ccohenr1@san.rr.com
if you are attending.



CLUB STORE

Order thru: checkersmom@cox.net

Hats: \$12.00
One size fits all
Stars & Strips & Denim
Fishing Hat

T-Shirts: \$12.00
Small thru XXXL
Dark Green, Light Green

Long Sleeved Shirts: \$18.00
Medium, Large & XXL only
Dark Green, Light Green

Long Sleeved Denim "Setter" Shirts: \$25.00
Blue - Small thru XXXL, no Med
Green - Small thru XXL, no Med

Polo Shirts: \$20.00
Green - XXL
Black - Lrg & XXL

Sweat Shirts: \$25.00
Small thru XXL, no Lrg or XL
Green

Jackets: \$25.00
Large thru XXL
Green

Short Sleeve "Setter" Shirts
Beige - XXL

CONTACT US

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San Diego, CA 92124
619.850.9116

Send Articles
and

Photos to:
iscsd@san.rr.com

CLUB

Chris Cohen-Richards
619 850 9116
iscsd@san.rr.com

come. sit. stay. play!

FEE: \$50.00 FOR AN 8-WEEK COURSE

ALL BREEDS

WELCOME

13426 Sunny Ln.
Lakeside, CA 92040
Saturday 10 A.M.

Basic obedience (heel, sit,
down, come, & stay.)

Dogs need to be at least 4
months old.

Trainer has 30+ years of
experience.

Let us train you to
Train your dog
Basic & Advanced Obedience
Classes held weekly
Reasonable rates
Joyce Hitz
Instructor

Call today for more information
619-460-3076

Check out the **Monthly Calendar** on the Website at
www.iscsd.org. Click on the
Events tab on the left sidebar.
Each month can be printed by
simply clicking on the month
you want and pressing print.
Send in any updates to:
iscsd@san.rr.com

The Office
of
CCRdesigns

Chris Cohen-Richards
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Web : www.cc-rdesigns.com

Custom Residential & Remodels



November 2015

S U N M O N T U E W E D T H U F R I S A T

Irish Setter Club of San Diego

Meetings are the
2nd Wed. of the month at:
Allied Gardens Rec.
Center,
5155 Greenbrier Ave.,
San Diego, CA 92120
(UNO)

Board Meetings at
7 p.m. (UNO),
followed by a General
Meeting



Phone:
619 850 9116
Email:
iscsd@san.rr.com

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**Dog Run
Coronado
Dog Beach
8:30am**

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**Veteran's
Day**

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**Dog Run
Fiesta Isle
Dog Park
8:30am**

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Give Thanks
for
Irish Setters

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There's nothing that brings
you more joy than
a cold wet nose and
a wiggly butt!





December 2015

S U N M O N T U E W E D T H U F R I S A T

1 2 3 4 5

Irish Setter Club of San Diego

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Board Meetings at
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Meeting



Phone:
619 850 9116
Email:
iscsd@san.rr.com

| | | | | | | |
|-----------------------------------|-----------------------------------|----|----|------------------------|-----------------|--|
| 6 First day of Chanukkah | 7 | 8 | 9 | 10 | 11 | 12 Dog Run Coronado Dog Park 8:30am |
| 13 | 14 Last day of Chanukkah | 15 | 16 | 17 | 18 | 19 ISCSD Christmas Party |
| 20 | 21 | 22 | 23 | 24 | 25 Christmas | 26 Dog Run Fiesta Isle Dog Park 8:30am |
| 27 | 28 | 29 | 30 | 31 New Years Eve | | |



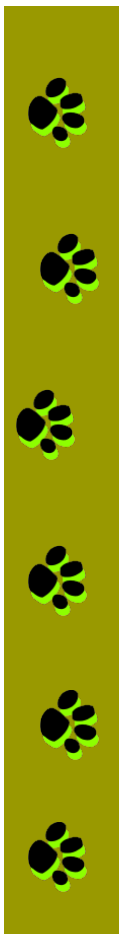
"Irish Reflections"

Chris Cohen-Richards, Editor
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San Diego, CA 92124



Check me out on
[www.youtube.com](http://www.youtube.com/irishsetter)
irish setter

WE'RE ON THE WEB
WWW.ISCSD.ORG



2015 OFFICERS & BOARD OF DIRECTORS

OFFICERS

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