

The name of the show is, *What Would Jeff Do?* You're listening on *AM790, Talking Business*, and around the world on *Solid K9 Training Radio*. If you miss any part of my show, the #1 page on my website is the *What Would Jeff Do?* page, because you can download any of my old shows. By 6:00 PM tonight, today's show will be up there. You can also listen to my show live from around the world right from that page.

But more importantly, on the air right now, I've got Camilla Gray-Nelson. Good morning, Camilla.

Camilla: Good morning, Jeff.

Jeff: How are you?

Camilla: Well, I'll be better when I finish this second cup of coffee, remember we're three [hours] behind you over here, but I'm good.

Jeff: I know you are. So listen, you're from the Dairydell Canine. I'm on your website and this Doggy Dude Ranch and Training Center is incredible.

Camilla: Thank you.

Jeff: So we have to talk about that. We have to talk about a couple of things: We have to talk about the Dude Ranch and Training Center; we have to talk about the Dog Talk Diva, and your *Lipstick and the Leash*. And I also want to talk to you about training dogs for women -- is there a difference, and what women really need in a dog trainer. Let's talk about how you started this. Let's talk about how you grew up on a dairy ranch, and from when to when, like you literally grew up on a dairy ranch, like, you woke up every morning --

Camilla: Yeah, literally.

Jeff: Okay.

Camilla: I still live on one.

Jeff: Okay. So talk to me about that, because I think this makes you probably a special kind of a person, as well as a trainer. Because we have Vermont up by us -- you know, you can always tell when somebody comes down from Maine and Vermont -- they're a special kind of person because they work with their hands, and they're outdoors, and they tend not to complain as much about, you know, certain things. They understand the concept of a hard days' work. So talk to me about how do you feel that, growing up and being raised in that environment, just as a person, but also your connection to animals.

Camilla: Well, I'll tell you, when I was growing up, because I was raised on a ranch that was miles out of town -- all my other little friends in school had girlfriends and kids that they played with on the weekends and after school in their cul-de-sacs and their suburban homes -- I didn't have any of that. When I was small, it was a little bit disappointing to me. I always tell people, you know, I didn't have any friends with two legs until I was in junior high. But, the advantage of that looking back now, because everything I do in the dog world in training, is based on how animals communicate naturally with each other. And if I didn't have that background, I wouldn't know that language; I would be oblivious to it, just as all of my clients are and most of the world is. And yes, you're right, we are not afraid of hard work.

Jeff: It's incredible. So give me an example. Because I like to -- you know, I'm a different kind of trainer, and I don't know if we're going to go too deep into actual training. Because I want people to think bigger than that. I want people to look at the holistic message here. What is something that is so common in the dog world, or even the animal world -- we're talking about pack animals -- that we're missing, the general population is missing, they're missing the boat on it.

Camilla: I'll tell you right up front what it is: It is somehow the perception that to be seen as strong with your dog, or to get your dog to do what you want them to do, you have to be loud, you have to be intimidating, you have to be full of machismo and pin your dog to the ground. And I am telling you, as a student of nature for over 50 years, that is so backwards and wrong. When you look at a -- from my early experience, my herd of cows, my horses -- keep in mind, social group mammals, social mammals -- cows, horses, dogs, and what have you, are the ones I'm most familiar with. They all follow the same social contract -- there's a leader, there are the followers, there are the ones that work in the basement, there's middle-management, and there's the executive. I'm getting off track, but I'm still on track.

Jeff: No, don't worry, I'll reign you in.

Camilla: When you look at the animals that are the leaders in that group, they are not the loud ones -- they are the quiet ones. They are the ones that are off on the side, sort of. They're humored by the one doing all the barking or all the lunging or all the kicking -- they're going, go knock yourself out, I'll just come in and clean up your mess later. And so, the secret of power in the animal world is that quietness; when there's a dog that's doing the lunging and the barking and snapping, and all of this, acting very, very aggressive -- what they're really doing is they're overcompensating for a lack of confidence and power inside. They are not unlike the play yard bully at the local grammar school. And the thing is, the dogs know it. So when we yell at our dogs, and we try to force them into doing things overtly like this, the dog looks at us and goes -- you're the imposter, I'm not going to listen to you. So that's the biggest misperception is that strength is not loud, it's quiet.

Jeff: Right. So you talk about this, now let's talk about -- I mean, let's not talk as much about the Training Center, because there's a lot of training centers out there. I want to talk about this Dog Talk Diva. So you've been

training, but when did you start -- you know, training, training, training -- but Dog Talk Diva, I really think steps you [out] differently from a lot of people.

Camilla: It is the first dog training blog for women, *DogTalkDiva.com*. Over the years training -- I've been training dogs now over 22 years, and before that, all kinds of animals. But it takes a while to see the forest for the trees.

Jeff: Right, of course, well sometimes it just takes time.

Camilla: It occurred to me several years ago, that gosh darnnit, most of my clients are women! And gosh darnnit, most of them have the same problem...

Jeff: Which is what?

Camilla: Not taken seriously by their dog. So I, sort of, found myself developing this niche' of training to women just because that's who comes to me. I decided to start a really smart educational, but fun, dog training blog -- geared, yes, towards women, but of course, everyone can benefit from it. I started that blog about a year-and-a-half ago, and I try to regularly post blog posts that either speak to something that's happened in my dog training school, a particular problem that comes up, or one that seems to be pervasive. Most recently, the blog post was on: Dogs that don't make it in daycare, or dogs that start out as puppies that are good in daycare, and then they develop other issues that are so surprising to the owner, but aren't surprising at all to me. So I decided I would write about that, and why it wasn't surprising to me, and how they could know more about dogs.

Jeff: Give me an example. So if we're just tuning in, I'm speaking with Camilla Gray-Nelson. She's out in California. She has a kennel called Dairydell Canine, but the blog is *DogTalkDiva*. And there's also a book -- is the book, *Lipstick and the Leash*?

Camilla: *Lipstick and the Leash*. The most important part of that title is the subtitle, *A Woman's Guide To Getting What You Want From Your Dog and Your Life*.

Jeff: But let's go back to the blog. Tell me what are -- you know, you target women on this -- so what are women missing across the board? What are women missing with the communication with their dog? Because I feel that, just because we say, no or yes, we're not communicating. So we're not using possibly the proper communication tools to our animal, because it's just a word. A word is a word, but it takes two personalities to communicate -- one to say and one to listen. So what do you think women are missing? Not to pick on women -- but it's what the subject of this is here -- men have the same problem too.

Camilla: Watch yourself!

Jeff: Right, I know. That's why I'm specifying -- we're talking about communicating with women here. So what is it that you found, a basic thing -- I always like to go back to the basics so people can realize that they can do it too -- what are they missing? What have you found over and over and over and over again, that your clients, which are predominantly women, are missing in the communication with their dog?

Camilla: They are more concerned, Jeff, about the relationship than a perfect fit. And they universally, I would (well not quite, I don't want to over-generalize) --

Jeff: Right, 90%.

Camilla: But a great majority of my clients that are women, are worried that if they discipline their dog, their dog will not love them. That is at the core of many of the issues. And I also want to -- early on here -- I want to make a very clear distinction between dog training and dog obedience: They are not at all the same.

Jeff: Okay. You want to expound on that.

Camilla: Dog training is training a performance. It's a trained performance -- SIT to be collared, DOWN when I tell you down -- that's a performance, that's a trained performance. That is not leadership, that's a trained performance. Useful YES! Don't get me wrong.

Jeff: No, it is.

Camilla: Useful. However, it will never make you revered in your dog's eyes. It will never make you the leader. It will never do ANY of those things -- and I'll talk about why being the leader is important in just a second, it's all connected. Obedience, on the other hand, is when the dog will do what you ask in the face of his own competing priorities.

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We're going to take a quick break. Stick around, we're going to be right back with Camilla Gray-Nelson. We're going to talk more about obedience, more about dog training, more about her dude ranch, and more about no-kill. My name is Jeff Gelman of **Solid K9 Training**. This is my weekly call-in radio show, *What Would Jeff Do?* And I'm talking to you live on AM790, *Talking Business*, and around the world on, *Solid K9 Training Radio*.

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Jeff: On the phone, I've got Camilla Gray-Nelson, from Dairydell Canine, and we're talking about obedience. But

obedience -- I call obedience and behavior. So we call it a couple of different things, where -- yeah fine, your dog sits, your dog downs. Great, great, great -- but how does your dog behave? And I think we might be a little bit similar on that, but I want to talk to you more about it too. We left off with getting your dog to sit to put its collar on as a performance. And then what's the other alternative?

Camilla: Well, people just want their dog to listen to them. They want their dog to do what they ask. And when a dog has different ideas, that's when the issues happen. A dog will always do what you ask if they don't have anything better to do, because a dog is geared towards doing what they want. I always tell people, you know -- here's the truth about dogs, trained or not trained -- dogs do what they want, when they want, for as long as they want -- because nobody stops them. Now, in the dog pack, that's going to be another dog; but in your household, that better be you!

Jeff: So how can you get the dog to do what you want it to do, but have it think that that's what the dog wants to do?

Camilla: Well, the dog will want to do whatever gets it the best result. Here's how it works in nature. Here's how it works on my farm: So if I let my dogs out on the farm, they learn really fast about the horses. They learn real fast -- stick around those black horses. But man stay away from that brown-and-white one. He's the devil, because he'll make you think he's really friendly, but if you get too close, he picks you up and tosses you about!

Jeff: And who told them that, who told the dogs that -- to stay away?

Camilla: They learned through experience. They are experiential learners, they are trial-and-error learners -- that's what dogs do, they can't read, they can't read books about staying away from that horse. So everything's trial-and-error -- and dogs are results driven. Whatever gets them a great result, they're going to do; and whatever gets them a not-so-great result, they're not going to do. They will, in fact, want to do those things that give them the better alternative. So really, that's one key to managing a dog. But the other is, unless you're seen by your dog as the leader, as someone of a higher rank and authority in the group, a dog's instinct is to ignore you and avoid you, and in fact, distance himself from you -- and that's part of their survival. You have to understand animals -- once you understand animals, you understand dogs. And once you understand dogs, you can train your dog and you can have them obedient to you. It all starts with knowing what they are.

Jeff: So Camilla, do you think it's possible that if folks feel that if they discipline, which doesn't mean punishment, and in my book, there's a big difference.

Camilla: I hate that word.

Jeff: I know, there's a big difference. So if they discipline... You know, everybody needs -- I mean, I get discipline. You know, everybody gets disciplined.

Camilla: Discipline your children.

Jeff: Yes, of course. So are people afraid -- because I get this feeling as well (90% of my clients are female as well) -- if you discipline your dog, they feel that the dog is not going to like them. I find it the opposite.

Camilla: That's exactly it.

Jeff: I find it the opposite. I find, no, if I discipline and set up boundaries, my dog loves it because then they've got expectations.

Camilla: Well, the dog loves it, because they finally have the leader they have been looking for. You know, in the dog world -- there's so many things to talk about. It's so complex. There's so much stuff, I don't know where to begin... You know, I'm almost apoplectic --

Jeff: Don't use big words, please, I didn't go to school. Oh, that sounds like apple, are you talking about fruits?

Camilla: Okay. In the dog world, I spend a lot of time telling people, explaining how that leader gets his position. It's not because he wears a t-shirt saying, *I'm the boss of you*. And it's not because there's fighting. Everyone assumes that the top position in the dog pack is earned through a bloody battle.

Jeff: No. It's just through energy, mostly.

Camilla: That hierarchy involves aggression -- and that is at the root. Honestly that is the root of all the great dog trainer divider -- the faulty assumption that aggression and dominance are inexplicably (oh sorry, another big word) are linked. But unless a dog realizes how his world is organized, he is in a constant state of anxiety. Because in his world, unless you've got a well-organized pack with the right guy at the top, the right dogs working in the mail room and the right dogs in middle-management, so everyone has a job to do -- that pack, including the dog in it, are at risk. They will not survive. So the first thing a dog looks for in life is, okay, how are we organized? Who's the chairman? And what's my job? Once you answer that question, they calm down. And what you see from a dog when you set those boundaries -- and I'll tell you how they get that leader position -- but once you set boundaries, the dog has almost an audible sigh of relief. You've seen it, Jeff, you see it every day with your dogs.

Jeff: Yeah.

Camilla: And when they look up at you, you have attention that is real, honest, organic attention. And it's really like hero worship -- that's when you have the look of love in your dog's eyes, because he is saying -- oh, finally, you've

lifted the burden of life from my shoulders, I can defer to you.

Jeff: Right. A good example of that, Camilla, one quick example: I had a client, highly athletic, she ran with her dog. Her dog, all of a sudden, started getting aggressive, or acting aggressively towards people when they were running -- in the house and everything. So we did some history: What happened? When did this start? Well, it started when she wouldn't go to get a test, and she found out that she might have cancer -- that's when it started. And then we were working through it, and then ironically, in the middle of our sessions -- three weeks in, four weeks in, we did once a week, she found out she was cancer-free. That day, her dog slept for 24 hours. That day her dog changed. And whether it was anything to do -- I don't think it was my training. I really think even if she didn't hire me, it would have happened. That day, the dog -- really, you said the sigh of relief, and that's what made me think of that. The dog finally said, thank God, I don't have to protect this person anymore, and this person finally can protect me, because this is too much stress for my life.

Camilla: He wasn't born to be a leader. You know, they're born with their own personalities, and he wasn't born to be a leader. But I would say, you know, if no one's driving the bus, the dog's going to grab the wheel. Now, he doesn't know how to drive, and he doesn't have a license -- it's going to be a bumpy ride, darling, but if nobody's driving, he's going to grab the wheel.

Jeff: Let's give somebody a website. Now, *DogTalkDiva.com*, is that how they can get ahold of that.

Camilla: Yes, *DogTalkDiva.com*.

Jeff: Okay, so that's one thing, everyone can go to *DogTalkDiva.com*. And if you don't have a pen and paper, don't worry, we'll send you my website. We send out a weekly email that's a recap of the show, and we'll have a link there. Okay, *DogTalkDiva.com*. I want to talk to you about herding, because I don't get to talk to too many people about herding. So let me talk to you about herding, just because, you know, I want to know:

(1) How does that work? Who's doing the herding, what does it look like, how can people get involved with herding? I think there's a place in Connecticut that offers herding close to us, but how does the whole herding thing work?

Camilla: Herding is nothing more than controlled predation. That's what herding is. When a dog eye stalks, and crouches down, and chases -- that's predatory behavior. So, all dogs, that is what they are, they're hunters and predators. So herding is taking a dog that has been bred to have that part of the predatory instinct, but not so much the bite and the kill and the eat part.

Jeff: Right. There's a big difference between herding and protection, right, okay.

Camilla: It's food, you know. So when we do herding here at Dairydell, it's not so much herding as it is controlled experience with sheep. In that way, it is a recreational time with sheep. We offer it to our boarding dogs that come that might want that experience. We have a fabulous shepherd in his late-70s who has been doing this forever. Can't hear a thing, but he's really great with the dogs. Kind of like my old dog that's out to play. So herding is -- if you want to pursue it as a sport, then there are many places that you can go where someone will help teach the dog certain signals. But basically, when you do a herding dog, you are staying out of the way. However, you know what we find, is that the dogs that have been in my training program, my voice control -- it's all about being in charge with your voice, and not necessarily a leash because they respect you and they believe you. Once we have a dog that's gone through the voice control training program, they're much better at the herding because it is controlled predation. The shepherd has to be able to stop the dog on a dime at a distance, otherwise, they will have mutton for lunch. You have to be able to do that. And most dogs, of course, aren't trained to that level, and they don't stop. So they're just running around chasing the sheep on the long line and they never get the full experience.

Jeff: So you have sheep on your ranch.

Camilla: I do. I actually bought them as a birthday gift for my border collie, because I felt she was not --

Jeff: Nice! Some people get new dog beds that are monogrammed, you got sheep.

Camilla: And when you've got some property.

Jeff: Right, you've got elephants coming in for the next year.

Camilla: So I got horses for me and sheep for my dog.

Jeff: Because we have a phrase on our radio show, *unleashing the true spirit in your dog*. And there's nothing like seeing -- even something simple -- there's nothing like seeing a pack of dogs running down the beach, off leash. Well, I imagine seeing a dog, even not competition level herding, but herding sheep -- just the satisfaction you know your dog is putting in a good day's work, which is what it's all about.

Camilla: That's the word. When I first put her on sheep, I had never seen my dog literally so happy. She was like, happy, there was a smile on her face as she was panting, and like, I'm spent. I could die a happy dog today is what she was saying to me. Okay, sweetie, we're getting you something for your birthday.

Jeff: Incredible.

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We've got to take a quick break. I'm going to be back for the end of the hour wrap-up here. Speaking with Camilla Gray-Nelson from Dairydell Canine, *Dairydell.com*. My name is Jeff Gelman of *Solid K9 Training*, this is my weekly call-in radio show, *AM790 Talking Business, What Would Jeff Do?* I'm coming back. Welcome back, this is Jeff Gelman of *Solid K9 Training*, my weekly call in radio show, *What Would Jeff Do?*, talking live this morning on *AM790 Talking Business*, and around the world on *Solid K9 Training Radio*. I'm speaking with Camilla Gray-Nelson from Dairydell Canine, that's *Dairydell.com*.

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Jeff: Camilla, we have to wrap this up. It's almost the top of the hour and I want to talk to you about my no-kill message. And we like to spend the first hour of this show talking about no-kill. So we talked about how your clientele, which is primarily women, are free to possibly use, you know, not punishment, but discipline/structure. Do you think that has something to do with...you know, we're killing a lot of dogs in our shelters every year? Is it possible that because we're afraid to be pack leaders, that we're not communicating with our animals in a proper way, which is leading to their surrender?

Camilla: Oh, absolutely, that's part of it. It's much larger than that. It's not understanding the dog, you know, which creates all kinds of other issues. Dogs that bite because they're approached wrong. There are so many things -- it all gets down to really understanding what dogs really are. But then, of course, being a leader to your dog who is desperately searching for a leader, and understanding that leadership is not about confrontation, it's not about yelling, it's not about jerking a dog around -- it's about getting your way. So we talked a lot about what not to do, but how do you control a dog and become that pack leader? First of all, be quiet, be focused, and be consistent and persistent. You know, all that really matters in the end is that you win. It doesn't matter how you win. But it is so true -- dogs are needlessly given up, they're needlessly killed, they're just dogs trying to be dogs, and they're trying to fit into a human world. They're strangers in a strange land.

Jeff: They really are.

Camilla: And we really have to reach out and understand them, and say, "Can I help you?" And it's not happening, not because people don't want to -- they want to help the dogs, but they don't know how.

Jeff: So how can they do it today? How can they start?

Camilla: Well, obviously, work with a professional, if you can, that knows about dogs. That can help them give their dog that sigh of relief we were talking about before the break. That says -- oh, thank God, I can relax, I can be myself, and I'm safe because you're in charge. Do that first of all, and that alone will save a dog. Learn how to manage a dog that has behaviors that are out of the norm, in terms of what you want as a family pet. You know, some dogs bite, some dogs don't like strangers. Well, if they don't like the visitors coming to your house, then maybe don't have them right there off-leash at the door when somebody walks in.

Jeff: And I think people are afraid to do that.

Camilla: The dog's trying to tell you -- I'm not happy.

Jeff: I hear that a lot, though, where people are like -- oh, well Jeff, I've got this aggressive dog and you're managing it; and it's like -- well, managing its aggression is better than dead.

Camilla: Yeah, exactly.

Jeff: But for some reason --

Camilla: I always tell people, "You know what, I've never seen a happy dog bite."

Jeff: Right.

Camilla: I've never seen it. Every dog's different, do what makes that dog happy -- not what you want, it's not what you want -- it's what the dog wants.

Jeff: Interesting. So if people want to get ahold of you, is the best way going to *Dairydell.com*, because that's sort of like a portal for everything.

Camilla: That's the greatest portal, because on the contact -- you click on the contact button, it takes you immediately to the email screen.

Jeff: So that's *Dairy*, D-a-i-r-y (like the dairy food), *dell* like the computer guy. That's *Dairydell.com*. And we've been speaking with Camilla Gray-Nelson, and it's been a pleasure. It's been an absolute pleasure talking to you, and I appreciate you getting up at 5:00 in the morning to talk with me from California.

Camilla: It was great.

Jeff: Have a wonderful weekend, and I'll talk to you again soon.

Camilla: You will, thanks.

Jeff: Thank you.

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