



Obichaff

The Monthly Newsletter of the
Capital Dog Training Club of Washington, D.C., Inc.



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“The dog is a gentleman; I hope to go to his heaven, not man’s.”

— Mark Twain



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For me, this last month has been all about scent work. One class graduated and the next class started. It is amazing how proficient at finding hidden odor a team can get in just a few weeks.

I have been busy organizing and starting a Scent Work Travel Class. At the moment, Travel Class is limited to former students and a few people I know who have experience in scent work. Soon, I will be opening Travel Class to our friends and members. I hope this is something that will be fun for the whole CDTC community. If you are interested in joining the Scent work Travel Class, send me an email.



American Dog Fancier

1d • 🌐

👍 Like Page

I can't wait for the office potluck! People always ask me how I make the paw print sugar cookies so perfect!



President's Message:

What a long year this has been. For the first time since World War II, our club did not have an Obedience Trial. We were forced to cancel both our trials in 2020. But this year we are holding both the Agility Trail (April 9, 10, 11), and our Obedience Trial, first weekend in October. I have just finished my Covid vaccine series, so I plan to be at the Agility trial helping out. I hope that many of you have received vaccinations as well, and perhaps I will see some of you there.

The loss of income from our trials and being limited in holding classes have adversely affected the club's bank balance. While there is a considerable pent-up demand for our training classes, the club can only make up some of the lost revenue gradually. This is the topic of much discussion amongst the Board of Directors. We strongly advocate an increase in annual dues as a realistic way to address paying our bills going forward. This will be coming up this year in general membership meeting. There will be other news coming up, so you will want to participate in the meetings! AND, remember that I will be using ONLY the IO email group for my communications in the near future. You need to be signed on to that to be in the loop.

But it is Springtime, the daffodils are blooming in my yard, and I'm building a

new garden bed. I have invested in some little fences to control the poodle. I did have a fence made of exercise pens, but that was rather unsightly. I thought it was ironic that normally ex-pens are used to contain dogs, but this was built to exclude the dog.

Meanwhile, some of our members have added new puppies to their households, a very optimistic move! With more people being vaccinated, we can gradually resume our training activities and traveling to competition events. Optimism is the word for this spring. I am optimistic that we will get through the summer and come to the second half of 2021 in good shape.

Is It Safe For Your Dog to Eat Cicadas?

They're coming! The cicadas will be out in their billions this year and Maryland is at the epicenter of the emergence. It only happens once every 17 years and this is the year, you and your dogs will experience the emergence of Brood X, sometime around the middle of May.



There are 12 different types of 17-year cicadas. Each year between April and June, one or two separate broods emerge in a different part of the U.S. This year the cicadas will emerge in Maryland, Virginia, Washington, DC, West Virginia and a few other adjacent states. They are coming out to mate. Once mates are established, the cicadas dig holes in tree branches, where they lay their eggs, and then die. Meanwhile, the eggs mature and hatch within six to eight weeks. The not yet fully grown nymphs then drop from the branch, burrow into the ground, and feed on tree sap for the next 17 years. Since their life cycle revolves around trees, the more mature the tree, the more cicadas you'll see in that area.

The cicadas' survival strategy is to come out in such large numbers that they can't all be eaten. There may be as many as 1.5 million cicadas per acre. They have no strategy for defense. They are easy to catch, do not bite or sting and apparently are quite tasty. Birds love them, as do foxes, squirrels and other animals. And of course, dogs love them too. Our Weimaraner, Laszlo, of beloved memory, would go out into our backyard and gorge himself on cicadas, come back inside and throw up a black smelly viscous mess of cicada parts. This happened in 1989 and, in our defense, we were young and not terribly experienced dog parents. Laszlo, a cicada gourmand, survived the summer of the cicadas with no ill effects, except, perhaps, to our carpets.

So are cicadas harmful for dogs to eat? I emailed veterinarian and CDTC board member Amy Scheiner to get a doctor's input. Dr. Scheiner wrote back: "In 2004, during the last Brood X emergence, I spoke with many pet owners who were concerned about their pets consuming cicadas. These insects are nontoxic but are quite appealing to dogs. Owners should not be concerned about their dogs consuming a few of the insects. Prevention of consumption of large quantities of the insects is recommended as this can result in gastroenteritis. If severe enough, this can require hospitalization and aggressive symptomatic and supportive care. So reasonable due diligence is required to keep dogs from overindulging in large quantities of the bugs."



Cicadas, while not toxic, are like ice cream and cake, they need to be ingested in moderation. Try to limit your dog's ingestion of cicada to one or two per feeding. Don't panic if you see your dog with a cicada in his mouth. Rather, encourage him to chew his food properly. And before you ask, I have no idea how to train that.

The bottom line is that dogs love to eat cicadas. They are slow and fly low and make a loud humming sound. Perfect snacking!

Do cicadas make good obedience or agility training treats? I will conduct tests with Magic and publish the answer in the July issue of the *Obichaff*.

Of course, if you can't stop your dog from eating cicadas, you might want to join them. Cicadas are a great high protein, low carb, gluten free snack. Here are a few [cicada recipes](#) you might enjoy.

Peace of Mind—A “God Forbid Bag”



If you're like me, I constantly worry about forgetting something or not being prepared for any situation—no matter how unlikely that may be. Perhaps that's the legacy of a former Girl Scout—our motto was: Be Prepared. So, that's exactly what I did and I now have more peace of mind that no matter what happens, how scatterbrained I may be or what surprise may present itself, I will be prepared for it. It's all in my God Forbid Bag and this bag NEVER leaves my car!

I wrote a list of all the things I routinely use for a trial. I added what I use for classes and spontaneous training situations. Then I included

“stuff” for unexpected weather events, traffic delays and general comfort so that both my dog and myself are reasonably happy.

This isn't a survivalist's collection—it's simply a way to gain peace-of-mind. This can be an invaluable tool for anyone who trials. How many of us have witnessed a frantic handler who discovered that they left the tagless choke chain home? Or the dumbbell? You know you always have a back up in your bag. If the weather suddenly turns chilly, you have a polar fleece pullover. If your socks get soaked with morning dew, you have a spare pair. If the trial runs later than expected, you have a bag of kibble for your hungry teammate.

It's all about collecting things that will keep you from worrying about forgetting them or being unprepared. Start a God Forbid Bag so your mind is free to focus on your trial!

In My God Forbid Bag

Inexpensive 6 foot leash
Choke chain collar
(without tags)
Leash with slip collar
Water bowl
Water (in a BHP-free bottle)
Cotton Towel
Paper towels

T-shirt
Socks
Sunhat and rain hat
Sunscreen
First-aid kit—especially
aspirin or Tylenol!
Phone charger
Pen & pad

Small folding chair
Small bag of treats
Dry kibble: enough for a meal
Polar fleece pullover

Dumbbell, ball and a tug toy *I also keep utility articles (bought used) and gloves along with a light folding crate*



Wendy Wilkenson is also organized and prepared! “I keep a bag in my car with all kinds of treats, a dog brush, spare leashes of all sorts just in case I come upon a loose dog so that I MIGHT tempt with treats, attach a leash or with the woven leashes, slip a lasso collar over them. I also have a water bowl and at least one or two bottles of water to pour a drink on the side

of a grassy area for some pup other than the ones in the car. I keep some toys with squeakers in case treats are of no interest. I also use this grab bag of treats and toys when assisting some PK classes. You never know when one of these little critters are going to take to something different!”

Brag

Nan Marks writes: Mella Marks is proud to report she earned her RE and her BN with some lovely work and ribbons and is even prouder to report earning her therapy dog THD title. Among her new COVID skills she and her brother Gordon have learned to listen attentively to children reading to them on zoom through Fidos for Freedom.



Mariah Stover writes that Tenley (black and white) and Reid both just earned their novice trick titles.





Study Finds That Exposure To A Dog In Childhood May
Reduce The Risk Of Developing Schizophrenia As An Adult.

Ever since humans domesticated the dog, the faithful, obedient and protective animal has provided its owner with companionship and emotional well-being.

Now, a study from Johns Hopkins Medicine suggests that being around "man's best friend" from an early age may have a health benefit as well -- lessening the chance of developing schizophrenia as an adult.

"Serious psychiatric disorders have been associated with alterations in the immune system linked to environmental exposures in early life, and since household pets are often among the first things with which children have close contact, it was logical for us to explore the possibilities of a connection between the two," says Robert Yolken, M.D., chair of the Stanley Division of Pediatric Neurovirology and professor of neurovirology in pediatrics at the Johns Hopkins Children's Center, and lead author of a research paper recently posted online in the journal [PLOS One](#). Dr. Yolken added that, "There are several plausible explanations for this possible 'protective' effect from contact with dogs—perhaps something in the canine microbiome that gets passed to humans and bolsters the immune system against or subdues a genetic predisposition to schizophrenia." Research into understanding the associations between "pet exposure and psychiatric disorders" will, hopefully, "lead to better prevention and treatment strategies."

In the study, Yolken and colleagues at Sheppard Pratt Health System in Baltimore investigated the relationship between exposure to a household pet cat or dog during the first 12 years of life and a later diagnosis of schizophrenia or bipolar disorder. For schizophrenia, the researchers were surprised to see a statistically significant decrease in the risk of a person developing the disorder if exposed to a dog early in life. Across the entire age range studied, there was no significant link between dogs and bipolar disorder, or between cats and either psychiatric disorder.

The researchers caution that more studies are needed to confirm these findings, to search for the factors behind any strongly supported links, and to more precisely define the actual risks of developing psychiatric disorders from exposing infants and children under age 13 to pet cats and dogs.

Wine Review: Durham Cellars' Three Legged Red

I am a sucker for winery owners who put a picture of their dogs on the labels of their wines. Pictured on the label of Three Legged Red is Port, Eric Durham's dog. As Eric Durham writes: "It was a sunny day in the summer of 1994 when I met Port. Outside I heard the distinct sound of an animal in distress. It took only moments to realize what was happening across the field from my house – a young puppy had fallen into harm's way and was being attacked by another dog. I ran to the scene, broke up the fight and found that the puppy was very badly injured. Instinctively, I wrapped him up and took him to the veterinarian, and although the puppy had lost a leg, he had found a home. With only three legs, and two on the port side, I named him Port, and he was my best friend."

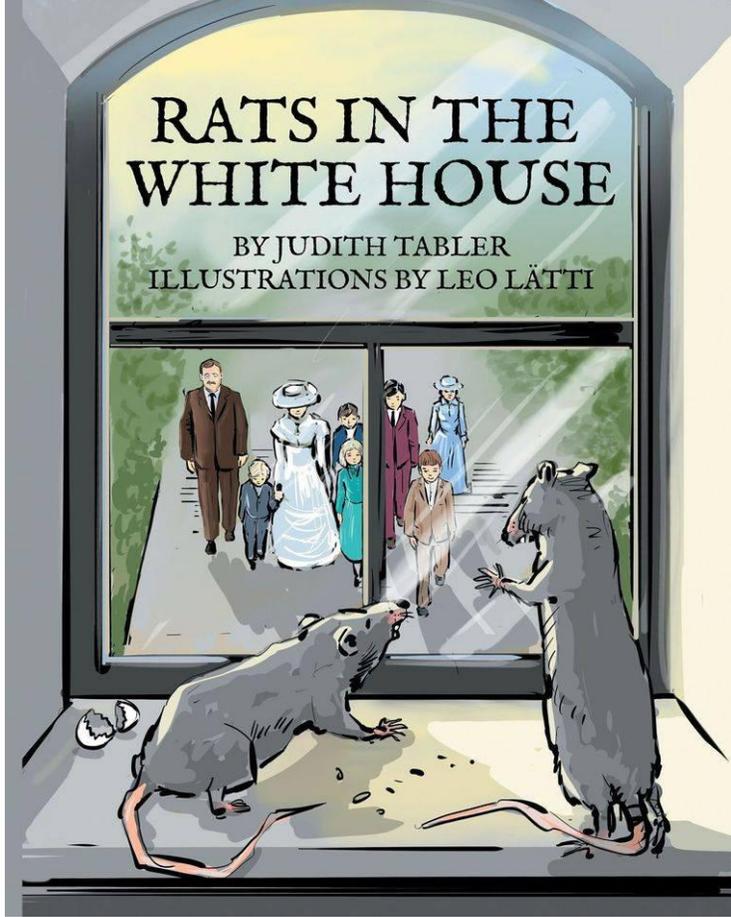
Three Legged Red is worth trying. The nose of this wine is loaded with aromas of savory herbs raspberry and cherry. The palate brings lush, fruit-forward flavors that deliver a big impact. The wine is priced at \$19 a bottle.



Rats in the White House, A children's book by Judith Tabler

It's 1901 and Theodore Roosevelt has just become the 26th president of the United States. He arrives in Washington, DC, with his wife, 6 children, and no less than 43 family pets: dogs, cats, horses, pigs, bears, badgers, and many others. None, however, are a match for an infestation of rats in the White House kitchens.

As the rats multiply, the Roosevelt children attempt to bring the problem to their father's



attention, but “TR” is too busy making history—meeting with Booker T. Washington, building the Panama Canal, mediating coal strikes, inspiring the Teddy Bear, and designing national parks.

The Roosevelt children love their new home, but they hate the rats. Only when TR wins re-election does he come up with a solution to the vermin problem, in the form of a 44th pet—Skip, a Rat Terrier.

Meticulously researched and accompanied by charming, period illustrations, *Rats in the White House*, will delight

animal lovers and history lovers.

The author, Judith “Judy” Tabler, who lives with three Skye Terriers is a long-time member of CDTC and author of several other dog books, including one on Rat Terriers. *Rats in the White House* is a finalist in the Theodore Roosevelt Association Children’s Book Award.

The book can be purchased at your local bookstore through the national distributor, Ingrams or directly through [Amazon](#) (paperback or Kindle edition).

Dogs of the Rich and Famous

‘You and me were meant to be with each other, silly girl.’ You’d be forgiven for thinking The Beatles’ 1968 *Martha My Dear* is a love ditty, but no — Martha is an expression of devotion to Sir Paul McCartney’s old English sheepdog, the hairiest fifth Beatle. He explains: ‘Whereas it would appear to anybody else to be a song to a girl called Martha, it’s actually a dog.’ She was ‘very cuddly,’ added John Lennon.



Available Classes

[Class List and Registration](#)

Upcoming Classes/Tests/Trials

S.T.A.R. Puppy/Kindergarten - dogs born AFTER 1/12/2021 (Tuesdays, 6/1)

Puppy Kindergarten - dogs born AFTER 2/21/2021 (Sundays, 7/11)

Family Dog 1 - For dogs 20+ weeks or PK grads (Tuesdays, 6/1)

Family Dog 1 - For dogs 20+ weeks or PK grads (Mondays, 6/21)

Family Dog 2 - For grads of Family Dog 1 or with permission (Sundays, 7/11)

CGC Prep Class/Test - None Scheduled (see Family Dog 2)

Intro Obedience Skills for Rally – Next session listed in June newsletter

Intro to Scent Work (Finding Hidden Odor) (Sundays, 7/11)

Fundamentals of Competition Obedience 1 - Next session listed in June newsletter

Fundamentals of Competition Obedience 2 - Next session listed in June newsletter

Novice & Open classes on Monday nights are taking new students

Facility use remains at 50% capacity with masks required.

Click [here](#) to go straight to registration. Email [Karen](#) for questions.

[FLYBALL](#) has space for new participants, tell your friends!

Email [AGILITY](#) to get on the wait list for the next available class.

Click [here](#) for more class information on the CDTC website.

Members use your discount codes to register. Email [Karen](#) for questions.

NEW CLASSES!

Intro Obedience Skills for Rally Novice: This class provides a quick introduction to several obedience skills that are necessary for participating in Rally. Skills taught

include heeling, fronts and finishes. At the end of the class students should be ready to enroll in Rally Novice. Students who are primarily interested in competition obedience are advised to instead enroll in Fundamentals of Competition Obedience 1. This is a 4-week class. We recommend enrolling for Rally Novice (offered consecutively) as well.

Fundamentals of Competition Obedience 1 (FCO1): This class slowly and systematically teaches heeling with sustained attention. Dogs will also be taught to stand, sit and down quickly and without moving out of position. Fast, straight fronts and sits will be taught. Ring entry and sustained connection between dog and handler will also be emphasized. Students enrolling in this class should have a strong commitment to excelling and will be expected to practice between classes. Permission of the Instructor is required. Email [Tom](#)

Fundamentals of Competition Obedience 2 (FCO2): This class teaches foundation skills necessary for competing in Open and Utility. It is not necessary to have earned a novice title before taking this class, but all dogs must have excellent heeling (on and off leash), and straight fronts and finishes that are performed promptly. Students will have typically completed Fundamentals of Competition Obedience 1 prior to enrolling. Foundation skills that will be taught include: retrieving, go-outs, directed jumping, pivots and scent discrimination. The emphasis will be on providing a firm foundation in these skills and providing a roadmap for training the actual competition skills. Less emphasis will be placed on training these skills to the point of being competition-ready. Instead, students will be prepared to perfect these skills in open and utility classes. Ideally, this class will be taken upon completion of Fundamentals of Competition Obedience. Permission of the Instructor is required. Email [Tom](#)

Training Groups:

FCO Training Group meets some Saturdays at 1pm. Contact [Tom](#).

Conformation Training Group will meet Friday evenings. Contact [Janice](#).

Thursday Open/Utility Training Group (Goldstein@ 12:30pm) has resumed. Contact [Karen](#).

Rally Training Group meets some 2nd and 4th Saturdays at 1pm. Contact [Sue](#).

Thinking of joining CDTC as a Member?

Active membership in the Capital Dog Training Club (CDTC) is available to an

individual who:

- has completed no less than three (3) months as a training member paying the prescribed fees/dues, and
- whose dog has passed a Proficiency Test as prescribed by the Club with a dog that she or he has trained **or** has obtained a qualifying score toward an AKC title in any “dog companion sport” trial.

Active membership includes the right to attend meetings, vote, access to the Members Only section of CDTC’s website, access to seminars, events, announcements of the Club, the right to hold an elective office in the Club, and all other privileges and benefits of the Club (including 2 free classes per quarter). Contact [Karen](#).

CDTC's 2021 AGILITY TRIAL

Capital Dog Training Club's annual **Agility Trial** at [FISC](#) is the weekend of April 9-11, 2021
The Premium is [HERE](#).

Delegate's Corner

By Joyce Dandridge

In the Companion Events Zoom Committee meeting the following were mentioned by Doug :

- Application event fee for cancelled 2021 events will be applied to the next event of the same type and clubs are allowed to submit applications up to 30 days prior to the event without incurring a late fee.
- ACT Jumpers have been added to the Agility and the Agility ACT Virtual program as of February 1, 2021.
- AKC National Agility Championships will be held in Tulsa on March 26-28, 2021. There are 1,122 entries.
- The regulations were amended to allow clubs holding agility, obedience and rally trials to close the events at a specified closing date no later than 7 days prior to the event at the club’s option. The Board approved a change to the Regulations for publishing the judging program and schedule to no later than 5 days prior to the event.
- An AKC Rally Virtual Guidebook will be added to the program’s webpage to clarify common questions and procedures.
- Waitlists Beyond Closing Date- The obedience and rally regulations were amended to allow a club to fill openings created by entries withdrawn prior to a date and time set by the club. Such date may be beyond the event closing date; however, must be a minimum of three days prior to the first trial date of a set of trials.
- There was discussion about the Fix ‘n Go Program and it was stated this option allows for an end in a positive note. Several specific questions were

asked by committee members who are judges and a sub committee was formed to come up with questions for the department to answer. The responses for these questions will be for judges and exhibitors.

- The new Virtual Obedience Program generated 16 entries in the first 2 days.
- Rally/Obedience National Championships will be held at the Roberts Centre in Wilmington, Ohio on July 9-11, 2021. Information and premium list will be published on the AKC website soon.
- Finally, Doug mentioned the Rally Virtual Pilot is reaching people who never engaged with AKC before and that some foreign entries have been received. The program will be through this year only.

REMINDER: Nominations for CDTC's AKC Outstanding Sportsmanship Award are due now. Please refer to last month's newsletter for requirements.

In the Delegates General Meeting:

- The Board elections were held. I sent the results to CDTC members on the list the following day and also read them at our general meeting.
- The Board chair, Tom Davis, and the President, Dennis Sprung, discussed what has occurred as it was one year ago when we had our last in person meeting. Dennis presented a video of the 2020 accomplishments and what was done to really boost morale. I will try to obtain that video for our viewing.
- The AKC accountant mentioned there was a 20% increase over 2019 in dog registrations which meant since people were home, they were breeding dogs. He stated the AKC events were 44% lower last year than in 2019.
- The Delegate body then had a presentation on AKC.TV which began 3 years ago and has really developed a wide range of features. Over 150,000 apps have been downloaded. If you have not, check out the segment called "All Things Dog" on the AKC Dog Center every Tuesday and Friday.

CDTC Swag

Do you love CDTC? If so, you can purchase CDTC logo items at [Cafepress](#). Order now and get your stuff for the holidays. Capital gets a portion of the proceeds. There's a great selection from sweatshirts, to mugs to magnets.

CDTC Groups.io

CDTC members, if you have not done so already, please join <mailto:cdtc@groups.io>. It is a great way to keep up with the day-to-day activities of our club. To sign up, go to <https://groups.io/g/cdtc> and click "Apply for Membership."



Visit our website