

DOG TRAINING CLUB  
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# Obichaff

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



AMERICAN  
KENNEL CLUB

October 2016

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## The Dog Aging Project— A Longitudinal Study of Aging in Pet Dogs

*by Bob Rogers, Member, CDTC*



Despite the wealth of veterinary expertise in treating elderly companion animals, there has never been a comprehensive, detailed study of aging in dogs or cats. The goal of this component of the Dog Aging Project is to perform the first nationwide, large-scale longitudinal study of aging in pet dogs, where individual animals will be followed throughout life to understand the biological and environmental factors that determine why some dogs die early or succumb to diseases such as cancer, kidney failure, and dementia, while others live to a relatively old age free from these problems.

Similar longitudinal studies of aging in humans have yielded a wealth of important data, but require decades to perform. What takes decades in people will take just years in dogs. Using cutting-edge technologies, in less than a decade we could identify the critical factors that would help our pets stay healthy longer, with added bonus that we will be able to compare our outcomes to those from the human studies.

The Dog Aging Project Longitudinal Study of Aging aims to enroll more than 10,000 dogs and follow them throughout life in order to define the genetic and environmental factors that affect healthy aging and disease in dogs and, ultimately, in people too. There are no age, size, or breed restrictions for participation in the longitudinal study. As the goal of this study is to understand the normal aging process, these dogs will not receive rapamycin or other interventions beyond routine veterinary care.



The Longitudinal Study will consist of several cohorts of dogs. The largest cohort, also known as the Global Cohort, will be enrolled first and will simply involve providing a copy of your dog's veterinary records and completion of an initial on-line survey that will collect information about your dog's

*(continued on page 15)*

### In This Issue

The Dog Aging Project .....	1	Club News .....	8
From the Editor .....	2	Bridget Thomas Agility Seminar .....	9
From the President .....	3	Collect A "God Forbid Bag" .....	10
Delegates Report .....	4	AKC News—Obedience and Agility Updates .....	11
Giving Comfort—The Goldstein Crew's Travels .....	5	CDTC Brags .....	12-14
Dog Days—Last Swim! .....	6	Where In the World Is Megan? .....	16-17
Monthly Instructors/Assistants Seminar .....	7	Calendar .....	18-19
It's A Good Thing—Ribbon Display .....	7	Back Cover .....	Announcements

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## From the Editor

— by Pam Coblyn, Editor, Obichaff



# I GET MORE MOTIVATED WHEN I GET TO PLAY JUST OUT OF MY LEAGUE.

Sometimes, a hard slap in the face is just what you need to move forward. It's all about working outside your comfort zone, learning something new and being "the new person".

Sure, it's scary. It's uncomfortable and you might think, "I don't belong here!" But even the most polished and effortless teams all have one thing in common with the rest of us: they all had a beginning...they all had a first day, they were all the new kid in class

Stepping outside your comfort zone allows you to see where you are and what's possible. Rather than focus on disappointment in your abilities, failure or even downright embarrassment, *USE* the opportunity to learn new training methods, hear different ideas and be around teams that are more polished than you are *at the moment*. As the saying goes, "Rome wasn't built in a day". So, be patient with yourself and especially with your dog, who is learning new things and being asked to give just a little bit more.

Don't sell yourself or your dog short! Once you have embraced the goal of "playing in the bigger leagues" (for ex. Beginner to Novice) be confident that if you put in the effort, you *can* and *will* be successful. Use your precious time wisely—even if you can spare just a few minutes a day, it will make a difference. Take a handful of kibble from your dog's breakfast or dinner and do some heeling. Look at agility maps online ([www.agilitymaps.com](http://www.agilitymaps.com)) and analyze how you would handle the course. Share with your instructor any problems or frustrations you might be experiencing. Join a training group (check the calendar, pages 18-19).

We have many, many talented and experienced members who can help move you forward. Don't hesitate to push the envelope and play out of your league.

Another saying is, "It takes a village." At CDTC, our village is kind and caring. Join in!



Website: [www.cdtc.org](http://www.cdtc.org)

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## From the President—October 2016



**H**i all, October is a busy month for our club with lots of exciting events! One of our biggest events of the year, **Capital's 73rd Annual Obedience Trial** and our 13th/14th Rally Trial will be held on Friday-Sunday, October 7-9, 2016 at the Catoctin Kennel Club. For those of you showing at our trial, we wish you the very best of luck and hope you and your dog perform well! If you are not trialing, we need your help as a volunteer as it takes a village to run a successful trial. We need volunteers to act as ring stewards, help with ribbons/trophies, etc. Please contact me or sign-up on the volunteer sign-up sheets located in Ring 1 of our building if you are able to volunteer for a shift or two!

We also have the second session of our **instructor workshops** being taught by Lisa Daniels at the clubhouse on Tuesday, October 18th, beginning at 8:00 PM. The topic will be "Everything You Always Wanted to Know about Equipment. Lisa will review the many types of collars, harnesses and leashes, advantages and disadvantages and, in particular, how to fit them

correctly. This information will be useful to not only instructors/assistant instructors but all members that are interested in learning more about equipment and how to fit properly.

On Sunday, October 23rd, Capital hosts **Bridget Thomas for two agility mini-workshops**, "Techniques For Success," at the clubhouse. Working spots are limited to eight but there are unlimited auditing spots. The flyer and registration information is on our website.

Finally, **Bridget Carlsen** (October is Bridget month at Capital), **will be returning to Capital on October 29-30 to teach her obedience workshop, "Training Novice Thru Utility With Enthusiasm."** Working spots are full at this time but we still have audit spots available. Information and registration form can also be found on our website.

So, jump into October and get involved with all that is happening at the club! See you there!

**Carrie Solomon**  
President, CDTC



## The Rally Training Group

*Train, polish, learn and have fun with your dog!*



Set up for Rally Training Group is 1:00-1:25pm. Walk-thrus 1:25-1:40, run-thrus 1:40-2:45.

IF you need walk-thru—which is highly recommended—please come early enough to do so.

IF you come late and miss the opportunity to do a walk-thru, you can look at the posted map and watch others. There are always people around to offer help with the course and training ideas.

It can get quite BUSY this time of year with lots of pending trials, so please come early to help set up the course or stay late to help take it down (it's easy!). We want everyone to get a chance to participate!

Also, if you have adequate knowledge of all rally signs, please offer to assist in judging.

***Come by on Saturday afternoons—check the back page for dates!***

### Go Green—Obichaff Print Edition Opt-Out

Don't want to receive a copy of *Obichaff* in the mail? No problem. Just email Pam Coblyn at [pamcoblyn@comcast.net](mailto:pamcoblyn@comcast.net) and ask to have your name removed from the Obichaff mailing list. All club members subscribed to the CDTC listserv will receive notification when the PDF of Obichaff is posted to the web site.



# *Delegates Corner*

— by Joyce Dandridge, CDTC AKC Delegate



## **In the Companion Events Committee Meeting:**

- Doug, the VP of AKC Sports and Events mentioned Agility is rebounding because of the Premiere Class. He stated Obedience entries are still declining.
- A survey will come to clubs on the idea of having an Achiever Dog Program.
- A discussion occurred on clubs expanding their territory and it was noted how a request to do this can be made to AKC.
- A discussion occurred on the moving of the closing Date during holidays and the changing of closing times of entries to no later than 11:59pm. The time vote will occur at the Dec. meeting in Orlando. If you have strong feelings about this, let me know. Remember if passed, it is optional for clubs. It does allow more flexibility for those who can't make that noon deadline.
- A report was given which included information on the fact that 45 obedience trials have been dropped by conformation clubs. Many stated summer months and expense of low entries. The report also cited that very few preferred classes are being offered at trials. I mentioned our Novice Only trial and others mentioned their success; for example the Atlanta club. Also, it was mentioned that Dock Diving brings in extra excitement and entries to a trial. It was mentioned, also, that we are also allowed to do a Novice Only combined with Open Only Trial. Another suggestion is for clubs to offer a discount for 2 events on the same dog.
- It was discussed that the files our committee has in the Best Practices section on AKC's website are not being used.
- AKC is moving data from the hardware in NC to the "Cloud". It will take a year to complete.
- To date, \$1,266,000 has been raised for the trailer program. Fifty one trailers are in 25 states.

- The Chute (collapsed tunnel) is NOT to be used in Agility. Other Agility Organizations have banned them also.

## **In the General Meeting:**

- 9-11 remembrance was done. A slide presentation was done about AKC's role.
- AKC President, Dennis Sprung, presented the Delegates Generational Award. It was presented to Delegates who had parents previously serve as Delegates. In some cases, it went back to three generations.
- AKC Financial Report shows that registrations are finally increasing and that litter registrations are also increasing. This is important for the survival of our clubs.
- AKC PAC has raised \$37,000 so far for candidates favorable to us. In 2012, forty-five thousand dollars was raised. Mr. Ashby asked that we continue to donate to bring the amount at least to the 2012 amount.
- Jim Crowley, the Executive Secretary, was presented with a 25 year medallion.
- The Delegates had an election for committee members for three year terms. I was up for reelection and was fortunate to be elected to my third 3 year term serving on the Companion Events Committee. There were 8 Delegates running for 4 slots. Others elected were Bob Amen, a former Board member, Barbara Mann and Maureen Settles.

## **Beware of Ticks!**

Tick bites are common from February through October. Do daily tick checks on yourself and your dog after being in grassy areas with forest edge or leaf piles.

If you or your dog are bitten by a tick and experience flu-like symptoms 3-30 days later, see a doctor/vet as soon as possible!



# Therapy Dogs Giving Aid & Comfort— Where In the World Are the Goldsteins?



Burton and Shellie Goldstein are pictured in front of the Maryland State House in Annapolis. Team Shih Tzu, represented the Maryland V.O.A.D. (Voluntary Organizations Active in Disaster), and had just participated in the “Private Sector Integration Program”, Table Top Exercise, conducted by the Maryland Emergency Management Administration, in the State Senate Office building. Attached find three of us in a troop carrier, at an Operation Purple Camp, in West Virginia. Combine the colors of the flags of the five branches of the military, and you get purple. Operation Purple Camps are held for children of deployed families.

The Goldstein Therapy Crew rode in a troop carrier at an Operation Purple Camp, in West Virginia. The name of the camp reflects the result—purple— when you combine the colors of the flags of the five branches of the military. Operation Purple Camps are held for children of deployed families.



# *Last Swim!* **Of the Summer!**



## ***Adventures With Mariah Stover and Jensen***

**Every year I take Jensen swimming at one of the end of the season doggie pool parties. And every year he absolutely hates getting in the water to the point that I have to drag him in with a leash. However, this year he not only willingly got in, but he really enjoyed swimming and even jumped in the water all by himself!! I was so proud of him and so is my mom (his grandma), who can't stop watching the videos I took of his big swim. Jensen has come so far over the last 7 years and he continues to amaze me everyday!**





# ***It's A Good Thing— Clever Ideas for Competitors!***



***Use A Dish  
Rack to Air  
Out Your  
Articles!***



***Make A Hanging  
Rosette Display!***

Store lots of ribbons in a small, tidy display!

Make a simple system of dowels and chain. All that's needed is 1/4 inch dowel (get it at your local hardware store) and chain with links large enough to push the dowels through.

Just do a little measuring to figure out how wide and how long you want your display. It's an easy project to make your own rosette "clothes line for very little money!"

# **CDTC New Monthly Seminars for Instructors & Assistants (and anyone else who is interested!)**

■ On October 18 at 8:00 pm, Lisa Daniel (IACP-Certified Dog Trainer, CDTA, PDTI) will be hosting a one-hour seminar, “Everything You Always Wanted to Know About Equipment: Collars, Head Halters, Body Halters, Remote collars and Beyond”.

Lisa will discuss different types of collars (including e-collars and citronella collars), harnesses, and head halters and pros and cons—proper fitting and usage, pros and cons and cautions, what types of equipment work best with what types of dogs, etc. This seminar is appropriate for anyone who would like to know more about the range of options that are available. (Note: using e-collars on dogs is prohibited in the clubhouse, but Lisa will be discussing them—people can feel the stimulus for themselves. Because some students who might use them outside the club, instructors will find it useful to learn about them and their proper use.)

**These seminars will take place every third Tuesday at 8 pm of each month.**

The intended audience is CDTC Instructors, Assistants, **and people interested in becoming one or the other.** The Topics will be stand-alones, so there is no need to commit to all of them. Each month, the topic will be announced in the previous month's Obichaff. Lisa will be hosting and the plan is to have a variety of presenter and topics.

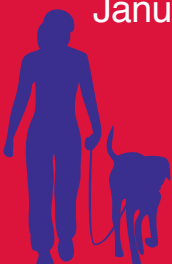
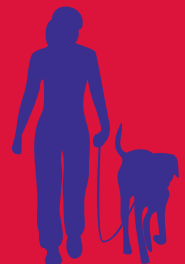
## **Please note that there are NO obedience run-thrus in October, November**

In 2017, run-thrus will take place in, January, February, March, June, July and September.

January & September run-thrus are the first **SATURDAY** of the month (unless it's a holiday).

February, March, June, and July take place on the first first **SUNDAY** of each month

Please mark your calendars!





# 2 Agility

Mini-workshops with



The Capital Dog Training Club Presents...

## Bridget Thomas

Sunday • October 23, 2016 • 9am – 5 pm

# Techniques For Success

8 Working Spots – Unlimited Auditing!!!



### **Beginner - Novice Workshop Geared Towards New Competitors!**

**9:00am – 12:30pm**

***Jump start your learning curve—where to be, when to be there and how fast you need to go!***

Geared toward the dog and handler teams currently competing at the Beginner-Novice level in any agility venue. This session will teach the physical cues, course analysis, and strategy and obstacle discrimination. Sequences, small courses, and full size courses will be done to teach foundation handling skills and techniques. Focus will be on using these skills needed to navigate a dog through an agility course.

### **Open, Masters/Excellent Level Geared Towards More Experienced Competitors**

**1:30 pm – 5:00 pm**

***Improve your handling with techniques geared to success***

This class is for teams competing at the Open and Excellent/Masters level in agility. Students will be challenged with course strategy, sequences and drills. Learn to run the lines and set the most efficient path for maximum speed and learn to handle with consistency to improve your accuracy. Polish your skills and take your handling to another level!



### **About Bridget Thomas...**



Bridget Thomas has been a fixture in Maryland agility for the last ten years, and before that she was learning, teaching and training in New York and New Jersey since 1999. Her focus has mainly involved training for dog sports but over the years she has become an animal behavior nerd and spends as much time as she can during the year learning through continuing education conferences, seminars and online learning.

Bridget believes that the heart of all dog sports and dog training should revolve around fun and the human canine bond! She thrives on helping her students find the same joy working with their dogs as she does with her own. "I love dogs, dog training, and competing with my dogs! My goal is to help others enjoy their dogs as much as I do mine! In finding an activity to satisfy their dog's physical and mental needs I hope to help owners learn what makes their dogs tick and build a fun partnership together!"

In the world of agility Bridget's dogs have ranked among the best in the country, heading to the finals in both AKC and USDAA Nationals every time they've attended. She has also competed and excelled with her dogs in herding, earthdog, lure coursing, racing, rally, disc dog, dock diving, and soon, drafting. She is also very interested in canine fitness and trick training and incorporates those two activities into all of her foundation training.

More information on Bridget, her achievements and her dogs can be found on her website: [www.dogstar-agility.com](http://www.dogstar-agility.com).

# Peace of Mind—A “God Forbid Bag”

*By Pam Coblyn, Editor, Obichaff CDTC*

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!



*An organizer that clips onto a crate keeps what you need visible and handy!*

## In My God Forbid Bag

Inexpensive 6 foot leash	T-shirt
Choke chain collar (without tags)	Socks
Leash with slip collar	Sunhat and rain hat
Water bowl	Sunscreen
Water (in a BHP-free bottle)	First-aid kit—especially aspirin or Tylenol!
Cotton Towel	Phone charger
Paper towels	Pen & pad
Small folding chair	Dumbbell, ball and a tug toy
Small bag of treats	<i>I also keep utility articles (bought used) and gloves</i>
Dry kibble: enough for a meal	<i>along with a light folding crate</i>
Polar fleece pullover	

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!”

# AKC Obedience News



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## The New Preferred Classes— Guidelines for Open and Utility Jump Heights

*All measurements are taken at the dog's withers.*

- If the dog measures at withers 12" or less—Minimum height to be jumped—4"
- Greater than 12" up to 18"—8"
- Greater than 18" up to 22"—10"
- Greater than 22" up to 26"—12"
- Greater than 26" up to 30"—14"
- Greater than 30" up to 34"—16"
- Greater than 34"—18"

The above table allows for the broad jump hurdles to be set to cover a distance equal to twice the height of the Preferred Open High Jump setting.

## Graduate Open Scent Discrimination Exercise— Performance and Scoring Clarification

The dog and handler are required to begin this exercise **facing** the articles and **remain facing the articles throughout the exercise**. When the judge orders, "Take an article", **the handler and dog may move together to take an article without penalty**.

## Marking the Judges's Book

- If a handler chooses not to return for the Group Exercises, those exercises will be marked **AB** (Absent) and with an **NQ** added to the Total Score Box.
- If a dog **NQ's** during the individual exercises and the judge feels it has demonstrated some uncontrolled behavior, the judge will release the dog from the group exercises. The dog will be marked **NQ-R** in the group exercise boxes and an **NQ** will be added to the Total Score Box.
- If a handler chooses to leave the ring at any time, the score sheet will be marked **HLR** (Handler Left Ring) and an **NQ** added to the Total Score Box.
- Any time a dog is excused, it will be marked as **Excused** with the reason stated in the judge's book. The Total Score Box will be left blank.

# AKC Agility News



On August 30, 2016 the American Kennel Club Agility department held their annual field representative meeting. During this meeting, the Agility Field Representatives agreed unanimously to suspend the use of the Chute (the collapsed tunnel) effective immediately. The obstacle has been shown to cause issues as performances have become faster and higher level classes have become more complex. The AKC Board of Directors concurred that the concern regarding the safety of the dogs was the first priority.



## ***Braggs—CDTC Members & Dogs Take To the Ring!***



### **New Grand Champion Show Dog!**

**Joanne Riddle** is rightfully proud of her **Elspeth**, (GCh Merrie Munro's Dark Endora) Her mighty little scottie earned her Grand Championship! on July 30 at the Mountain Laurel Cluster.

*Mighty fine Elspeth—you are officially a GRAND!*



### **New Obedience Title!**

**Sue Faber's** miniature schnauzer **Stevie Ray** continues his success in the obedience ring. Stevie picked up his Preferred Open title at the Oriole Dog Training Club trial on August 28, 2016.

*You are such an inspiration Stevie—we know you train like a champ and enjoy it!*



### **New Agility Title!**

**Ken Briefel's** young miniature poodle **Max** (Safranne's Maxwell's Silver Hammer) earned his first agility title, NAJ, at the Blue Heron Agility Trial in Delaware on September 16. Not yet 17 months, Max has only had 3 trial days, debuting just days after turning 15 months. After refusing to take the now banned chute on his first run of his first trial, he' reeled off 9 straight Q's and is having a blast running with the big dogs.

*We know Max is destined for greatness—and we are so glad you knew that chute was a bad idea!*



## New Rally Titles!

**Megan Hemmer** and **Nanuq** entered Cyanosport Rally for the first time on August 27-28. There were 2 trials each day. Nanuq earned three legs in Puppy for his RLP title, all with 1st Places!!!! Megan reports, "He had a super run in Level 1, except he messed up a required sign and NQ'd." **Jasper** also earned three legs in Level 1 for his RL1 title- also all with 1st Places. He then moved up to Level 2 and earned his 1st leg, with no less than another 1st Place! Megan is rightfully proud. Of the 8 classes, her teams won 7 blue ribbons, 7 qualifying ribbons, 2 new title ribbons and 7 toys!

*We are also proud of your and your wonderful rally dogs who make it look easy and. But we know how hard you work—your dedication shows!*



## New Utility Title!

**Deb Jackson** shared a sweet moment with her westie **Reo** (PACH2 Finishline's Doublestuf UD VCD2 RA MXP7 MXPS MJP6 MJPS NFP PAX2 ME). Reo earned her third and final Q to complete her UD (Utility Dog) title on September 18 at



the Northeastern Kennel Club Obedience trial under Judge Jean Nocilly.

*We are so proud and inspired by this team that works hard and shares a most loving bond.*

*Deb made westie pupcakes for Reo's title party!*

## New Nosework Title!

**Luann Koronna** and her collie **Bodhi** (Kelso-Millknock Smilin' Like A Buddha), earned his Nosework NW1 title at the Canine Copilots Nose Work trial in Oxford, MD over Labor Day weekend. Luann reports, "His Pinocchio collie nose told no lies and we qualified at our very first trial, by correctly finding hides in all four elements: vehicles, exteriors, containers and interiors."

*Bodhi is clearly using his nose and getting most excellent results. Hearty congratulations on such a wonderful canine achievement!*



# ***Brags—CDTC Members & Dogs Take To the Ring!***

## **New Rally Title Followed By A Dog Camp Vacation!**

**Sandi Atkinson's Figaro** earned his Rally Excellent and **Dandini** (who turned 6 months old on 9/11/16), his Rally Novice titles! At the last trial, Dan placed first with 94 points. Breeder Carla Close from Allentown was on hand to witness his success.

"We attended the first two days of a big four-day AKC show in Macungie, PA. Pocono Mountain KC held two trials each day, 9/15-16. Figaro qualified three times in Advanced and once in Excellent. At the second trial when he qualified in Excellent B to earn the Rally Excellent title, he also managed to qualify in Advanced B.

This was the first outside trial for both of us and the first trial anywhere for Dan. The weather was good and the grass short, but the distractions were too much of a challenge for Figaro. Occasional loud trains complete with whistles passed the show site—once when he was in the ring for judging. Constant shrieks from a noisy daycare center nearby were hardly noticeable to the people, but they bothered Figaro. Every now and then ripe black walnuts (the hard green fruit about the size of a tennis ball) fell off trees and hit the roofs of buildings, cracking like gunshots. And, of course, there was all the general noise that accompanies a big all-breed dog show, even though the breed rings were separated from the obedience and rally area. While Figaro, the only Basenji in Rally and Obedience, did not do very well overall, I must report that he was not the only dog who apparently did not like showing outdoors. (Some, of course, did very well.)



*Dandini & Figaro near the duck pond at Canine Camp Getaway, held at the Roaring Brook Ranch near Lake George, NY.*

Danny, whose pattern of locomotion usually resembles that of a busy gnat, benefited from being in a totally on-leash class. His innate desire to work with a human surfaced frequently enough to enable him to succeed. In short, he is a toady and happy to be so.

On Friday, at the conclusion of the trials, we headed northeast for a few days to Canine Camp Getaway held near Lake George, NY. We participated in Beginner Agility for Dan, Barn Hunt, bingo (pictures of dogs on the cards), a little CGC work, karaoke, Lure Coursing, Nose Work, and Rally. Although Dan was uninterested in swimming (water was probably too cold), he displayed great enthusiasm for Agility, Barn Hunt, and Lure Coursing. And, I presented new dog sport lyrics to a couple of old songs (no, Fig and Dan did not sing). We were lucky with the weather—only a few sprinkles during early morning hours which did not interfere with camp activities."

*What a wonderful time you had with your dogs—trials, fun, new sports and more fun!*



## ***She's On Her Way and We Judger Her A Perfect 10!***

On September 24-25, **Josie McAuliffe** got to score our CDTC members and Rally Training Group devotees Sue, Terry, Marsha, Sandy, and Tom for her Rally judge's evaluation at the Hyattsville DTC—which she passed! She also passed her AKC Rally Judge written test with an impressive 96% and "interview," which took the whole day! Josie credits her 3 dogs for helping her to achieve this goal: Rocket-Ru, RE, CGC; Atlas, CDX, RAE, CGCA; and last but not least, Xena RAE 2, CDX, CGCA!

Josie writes, "There were also SO many people who helped along the way: my teachers, judges who mentored me, clubs who let me steward or apprentice, friends and family who encouraged me, and the participants in our rally training group who taught me so much by letting me teach them. Thank you all! Now, I can spend more time surrounded by dogs and dog people!"

*Hearty congratulations to our Godmother of the CDTC Rally Training Group!*



## The Dog Aging Project, *continued from page 1*



history, lifestyle, and environment. We hope to begin formally enrolling this cohort within the next three months. As additional funding is obtained, the Longitudinal Study will be expanded to include more comprehensive surveys and assays of health for a subset of dogs in the Global Cohort. These assessments will include annual veterinary visits, spontaneous activity via GPS tracking, cognitive assessments, and in some cases genotyping or even full genome sequencing.

### Rapamycin Intervention Trial in Pet Dogs

A small number of interventions have been shown to reproducibly and robustly extend lifespan in mice. Among these, the best candidate for working similarly in dogs and people is a drug called rapamycin.

In order to meet the goal of increasing healthy longevity in pet dogs, the Dog Aging Project is performing

an intervention trial to treat middle-aged dogs with the FDA approved drug rapamycin. At high doses, rapamycin is used successfully in human patients to prevent organ transplant rejection and to fight cancer. At low doses, rapamycin slows aging and extends lifespan in several organisms, including mice, with few or no side effects.

The first phase of this study is complete and the researchers are currently in the process of planning Phase 2. This next phase of the study will enroll a second cohort of middle-aged dogs into a longer-term, low-dose rapamycin regimen designed to maximize lifespan and healthspan extension. Several age-related parameters will be assessed before, during, and after the treatment period, including cognitive function, heart function, immunity, and cancer incidence. The second phase is hoped to include dogs from around the United States, and, if possible, the rest of the world.

For more information about the project and if you would like to register your dog to be considered for the long term rapamycin study, go to: <http://dogagingproject.com/project-details/>.



## The Dog Aging Project In the News

### Article

Why do small dogs live longer than big dogs?  
Researchers on aging study expand...  
The Dog Aging Project wants to help... –  
The Dog Aging Project –  
Meet the senior dogs trying...  
Can old dogs teach us new tricks? –  
Dog aging study aims to help extend... –  
Project could length the dog's lives...  
It's a dog's life? That could be great –  
Dogs test drug aimed at human's...  
Longevity researchers launching world's large...

### Reference

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Do you believe in dog?  
Buzzfeed  
Promislow  
CBS News  
FOX23  
Newsday  
The New York Times  
Here&Now

### Date

9/3/16  
8/31/16  
8/29/16  
7/21/16  
6/11/16  
6/2/16  
5/19/16  
5/18/16  
5/17/16  
5/16/16  
5/9/16

# *Where in the world is Megan?* **On Top of the World in Maine!**

*By Megan Hemmer, Member CDTC*

**I** worked all Labor Day weekend, and promised my crew that we would go hiking the next weekend. Then, I caught a bad cold, but decided the fresh mountain air would be good.

We left Saturday afternoon, and didn't make it to Maine 'till Sunday afternoon. Then, we did the Basin Trail to Basin Rim, which was a nice, short 4.5 mile trail with some good views.

On the next day, Monday morning, we hiked Caribou Mountain. The ridge at the top was not well marked at all. There was

another group of five hikers that we hiked with for part of the journey. I lost the trail at the top and one of our group leaned over a ledge and said "Yup, goes down this way!" One of other hikers helped me and Nanuq down a five foot drop along the trail.

It was all worth the trip and braving my cold—the Caribou Mountain trail was about seven miles up to the rim and you feel like your on top of the world at the peak!

That same afternoon, we hiked Blueberry Mountain (4.5 miles), which was also nice. Rattlesnake Pond was really cool and the

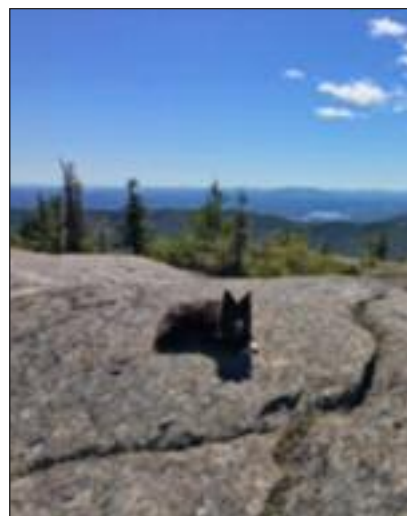


*On the Rim Trail with The Crew!*



trail was fairly wide most of the way up. Monday night was so cold my tire pressure light came on and the closest gas station was out of air. So caution took over and I

decided that we should wait to head back in the morning, rather than Monday night, in case we had car trouble (easier in daylight, than at night on steep, windy roads).



*On top of Caribou Mountain!*

## New Hampshire Odyssey!

**O**n August 15, we headed north! The next day, we hiked at Diana's Bath Loop, with wet, slippery rocks, and step drops next to the trail. We also did Bridal Veil Falls, a less strenuous hike with a nice waterfall, although it poured for half of our hike.

The following morning we did Cloudland Falls and Old Bridle Path. Then we visited the Silver Cascades and the Flume Cascades. We hiked the short Basin Trail, then the Caso Lake Trail. We even saw a moose near the highway!

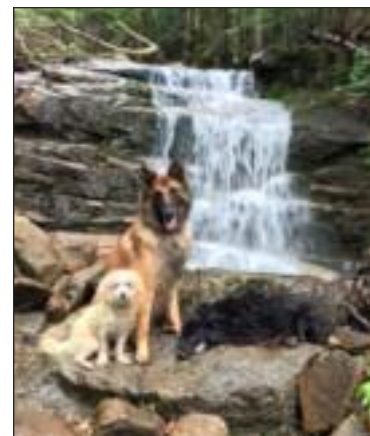
On Thursday, we hiked up Mt. Pierce (4,310 feet). Near the summit, a crowd cheered "The little dog's in the lead! The little dog's in the lead!", as mighty Nanuq pulled up the boulders!



*Mt. Pierce*



*Silver Cascades*



*Red ridge Trail*



# CLASS SCHEDULES

Day	Date	Time	Instructor	Time	Class	Instructor
<b>PUPPY KINDERGARTEN</b>				<b>AGILITY</b>		
Mon	8/29-10/17	6:00-6:50	Harringer	Wed	7:00-8:30 pm	Hall
Wed	8/30-10/18	6:00-6:50	Cleverdon	Sun	10:15-11:45 pm	deBremond
Tues	9/13, 20, 27	7:00-7:50	Freedman	Sun	11:45-1:15 pm	Heyes
<b>BEGINNER, ADVANCED BASIC &amp; SUB-NOVICE</b>				Sun	4:45-6:15 pm	deBremond
Mon	Sub-Novice	7:15-8:05 pm	Adler/Dwyer	Sun	6:15-7:30 pm	Carter
Tue	Basic	6:00-6:50 pm	Reinhardt	Sun	Agility Test-in August 7	
Tue	Beg. Open	7:00-7:50	Cleverdon	<b>TRICKS</b>		
Thur	Sub-Novice	9:30-10:20 am	Adler/Dwyer	Tue	Adv. Tricks 11:30-12:50 pm	Rosen
Sat	Basic	9:00-9:50 am	Solomon	<b>CONFORMATION</b>		
Sun	Adv. Basic	1:00-2:15	Crawford	Sat	TG: Conformation 10:00 am 7/30	Harab
<b>NOVICE</b>				<b>FREESTYLE</b>		
Mon	C	7:15-8:05 pm	Glass	Mon	C 10:00-12:00 pm	Ely
Thurs	C	9:30-10:20 am	Holt	Sat	11:00-12:30 pm	Guzman
Thurs	C	6:00-6:50 pm	Dwyer	<b>FLYBALL</b>		
<b>OPEN</b>				Sat	Beginning 6:30-7:30 pm	Dwyer
Mon	C	6:00-7:15 pm	LaDieu	Sat	Intermediate 7:30-8:30 pm	Dwyer
Tue	C (Beg.)	7:00-7:50 pm	Cleverdon	Sat	Competition 8:30-9:30 pm	Dwyer
Thurs	C (Intermed.)	8:00-9:00 pm	Harry	<b>TRAINING GROUPS</b>		
<b>UTILITY</b>				Mon	C 10:00-12:00 pm	Ely (Freestyle)
Mon	C	8:15-9:05 pm	Adler	Tue	C 10:30-11:250	Kietur/Cook/Ames
Thurs	C	6:00-7:00 pm	Harry/Prep			(Novice) on hold until 9/20
Thurs	C	7:00-8:00 pm	Harry	Tue	C 6:00-6:30	Cleverdon (Open & Util)
<b>RALLY</b>				Wed	C 9:30-10:20 am	McCown
Thurs		Rally Class Set Up 11-11:30 am		Wed	C 11:30-12:00 pm	Spodak (Obedience TG)
Thurs	C	11:30-12:15 pm	Daniel/Comp.	Wed	C 12:00-1:00 pm	Spodak (Open Discussion)
Thurs		Rally Take Down 12:15 to 12:30		Wed	C 1:00 pm	Spodak (Freestyle TG)
Sat		Rally Skills 3:00-3:50	Faber	Wed	C 4:30-5:30 pm	Cleverdon
Sat		Rally Intro 10:00-10:50	Harab	Thurs	C 10:30-11:30 am	Holt
<b>BUILDING BLOCKS BEHAVIOR</b>				Thurs	C 12:30-2:20 pm	Goldstein
Mon		12:30-1:20 pm	Rosen	Fri	C 12:3-2:00 pm	Faber
				Sat	C 10:00-11:00 pm	Harab
				Sat	C 1:00-3:00 pm	McAuliffe/Harab/Smith
				Sun	C 9:00-10:15 am	Bob Reinhardt
				<b>BUILDING CLEANING</b>		
				Tues	C 1:00 pm-3:30 pm	
				<b>TG = Training Group</b>		
				<b>C = Continuing Class</b>		

# CLASS SCHEDULES

Time	Class	Instructor	Ring	Time	Class	Instructor	Ring
<b>MONDAY</b>				<b>FRIDAY</b>			
10-12 noon	Freestyle TG	Ely	1-2-3	10:00-12:00	Freestyle	Ely	1-2-3
12:30-1:30	Building Blocks Behavior	Rosen	1-2	12:30-2:00 pm	TG: UDX	Faber	2-3
6:00-7:15 pm	Open	LaDieu	2-3	<b>SATURDAY</b>			
6:00-6:50	Puppy K, 8/29-10/17	Harringer	1	9:00-9:50 am	Basic 9/17-10/22	Solomon	2-3
7:15-8:05	Sub-Novice	Adler/Dwyer	3	10:00-10:50	Beginning Rally 9/17-11/6	D. Harab	1
7:15-8:05	Novice	Glass	1-2	10:00-10:50	Beginning Conformation 9/17-12/3	Jeff Harab	2-3
8:15-9:05	Utility	Adler	2-3	11:30-12:30pm	Fun With Freestyle	Guzman	Bldg.
<b>TUESDAY</b>				1:00-3:00	Rally Training Group McAuliffe/Harab/Faber/Smith		1-2-3
10:30-11:25	Novice Training Gp Kietur/Cook/Ames		1-2	6:30-7:30	Beg. Flyball	Dwyer	1-2-3
11:30-12:30	Advanced Tricks	Rosen	1-2	7:30-8:30	Intermediate Flyball	Dwyer	1-2-3
1-3:30 pm	Building Cleaning			8:30-9:30	Competition Flyball	Dwyer	1-2-3
6:00-6:50	Puppy K, Part II, 8/30-10/14	Cleverdon	2-3	<b>SUNDAY</b>			
On Hold	Open/Utility TG (on hold)	Cleverdon		8-10:15 am	Open TG	Reinhardt	1-2
6:00-6:50	Basic, 9/27-11/1	Reinhardt	1	10:15-11:45	Agility-Beginner 8/14-10/9	deBremond	Bldg.
7:00-7:50	Beg. Open	Cleverdon	2-3	11:45-1:15 pm	Agility-Handling 8/14-10/9	Heyes	Bldg.
7:00-7:50	Puppy K, 10/4-11/15	Freedman	1	4:45-6:15	Agility-Intro 8/14-10/9	deBremond	Bldg.
7:00-7:50	Beg. Open	Cleverdon	2-3	6:15-7:30	Agility Handling B 8/14-10/9	Carter	Bldg.
8:00-10:00	CDTC Meetings, 10/11 & 10/24		Bldg.	<b>More Doings At the Club!</b>			
<b>WEDNESDAY</b>				<ul style="list-style-type: none"> <li>■ CDTC Annual Obedience &amp; Rally trial, Oct. 7-9</li> <li>■ CDTC General Meeting: October 11 at 8 pm</li> <li>■ Board Meeting: October 25 at 8 pm</li> <li>■ Lisa Daniel's Instructor Seminar, Oct. 25 at 8 pm</li> <li>■ Bridget Carlson Obedience Seminar, Oct. 29-30, all day</li> </ul>			
9:30-10:20 am	TG: Novice	McCown	1-2	 			
11:30-noon	TG: Obed. Handling	Spodak	1-2				
12:00-1:00 pm	Discussion	Spodak					
1:00	Freestyle Training	Spodak	Bldg.				
7:00-8:30	Agility: Competition	Hall	Bldg. 8/24-10/12				
<b>THURSDAY</b>							
9:30-10:20 am	Sub-Novice	Adler/Dwyer	3				
9:30-10:20	Novice	Holt	1-2				
11:00-11:30	Rally Set-up		2-3				
11:30-12:15pm	Competition Rally	Daniel	2-3				
12:15-12:30	Rally Take Down		2-3				
12:30-2:30	TG: Open/Utility	Goldstein	Bldg.				
6:00-6:50	Novice	Dwyer	1-2				
6:00-7:00	Utility Prep	Harry	3				
7:00-8:00 pm	Utility	Harry	2-3				
8:00-9:00	Open Intermediate	Harry	2-3				

## **September Rally Training Group Schedule**

Set up at 1pm. Walk-thrus at 1:25.

Runs start at 1:35, end by 2:45 pm.

The next training dates will be:

Saturday, October 1, 15, 22.

*(no rally run-thrus on 10/8 or 10/29)*

**There will be a rally match/run-thru  
for our CDTC trial in Catoctin, MD  
at 6pm, Thursday night 10/6/16!**

Please check our club's listserv for any cancellations.

## **General Membership Meeting**

*Tuesday, October 11, 2016 at 8:00 pm*

**CDTC's AKC  
Obedience and Rally Trials  
October 7-9, 2016  
Rally Match  
Thursday, October 6**

**Clubhouse/Information Phone:** 301-587-5959 (K9K9)

**Yahoo! Group:** [groups.yahoo.com/group/cdte](http://groups.yahoo.com/group/cdte)

**Website:** [www.cdte.org](http://www.cdte.org)

**Obichaff email:** [pamcoblyn@comcast.net](mailto:pamcoblyn@comcast.net)

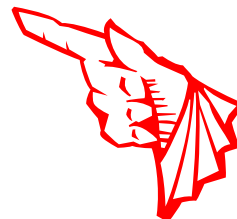
**Classes:** [www.cdte.org/classes/classes.html](http://www.cdte.org/classes/classes.html)

**Events:** [www.cdte.org/events/events.html](http://www.cdte.org/events/events.html)

**Facebook:** Capital Dog Training Club of Washington, DC

**Twitter:** @CapDTC

**eCommerce Site:** [www.CapitalDTC.blogspot.com](http://www.CapitalDTC.blogspot.com)



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The Monthly Newsletter of  
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***Originators of AKC's Brace  
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