



Obichaff

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



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"A well trained dog will make no attempt to share your lunch. He will just make you feel so guilty that you cannot enjoy it." - Helen Thomson

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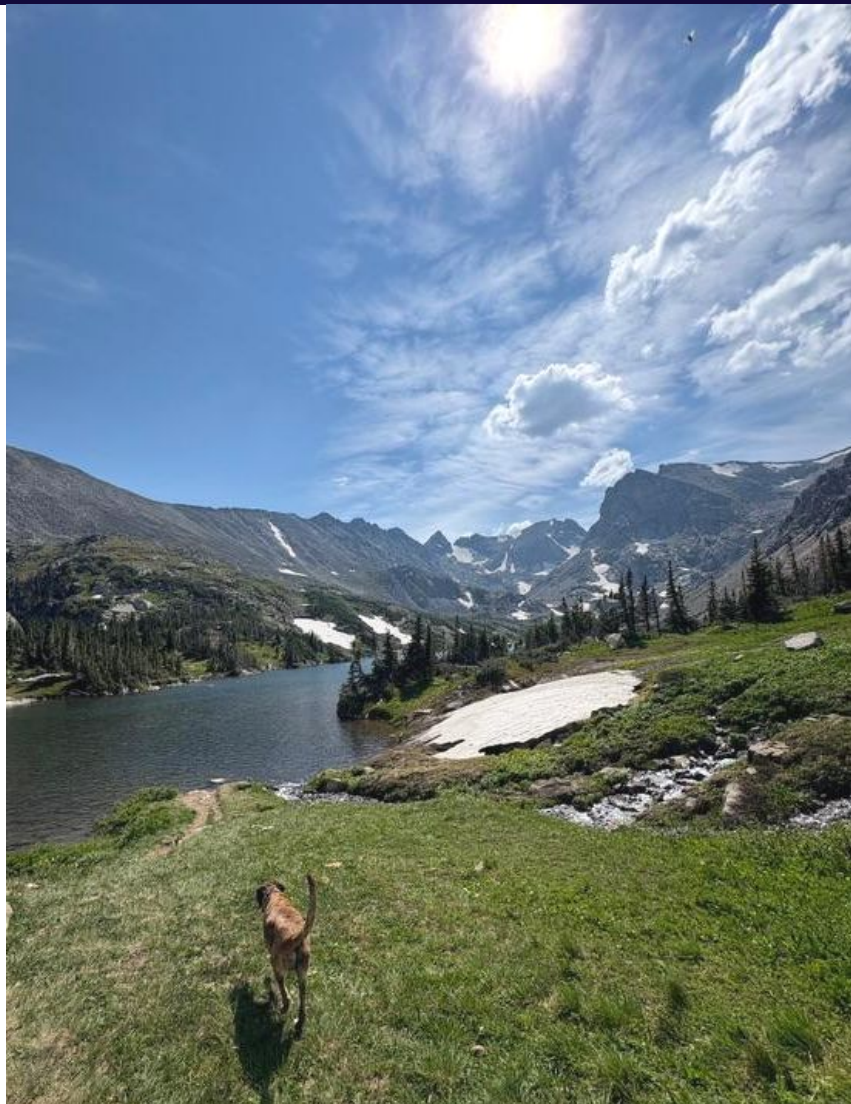
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From the Editor



Sometimes, I really cannot believe I only have to hop in my car for an hour long drive (half of that being in the maintains) and I end up

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**New Membership
Information**

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board member)**

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places like this! It's been a dream getting to venture off to places where my phone has no service and I can connect with nature with my loyal companion following right along side me. This is Lake Isabelle in the Indian Peaks Wilderness just above Boulder. It's an incredible place to hike - my favorite part being the snow on the ground through July! While this place is a dream, it also can be a bit anxiety inducing as my favorite (and yet most terrifying) animal is abundant up there - the moose! We've seen a bunch and they are HUGE. Moose hate dogs, they see them as wolves and have little tolerance for a wolf in their territory. They rarely attack humans without a dog involved, so it is particularly important to keep your dogs leashed and quiet on the trails. Luckily, Hadley is a good listener and we keep a very respectful distance and stay keenly aware of our surroundings with some bear spray at the ready. It is incredibly worth it to experience views like these - and to let her dip her toes in an alpine lake or two!

Marsha Smith Seminar

“POLISHING SKILLS FOR NOVICE TEAMS”

CAPITAL DOG TRAINING CLUB PRESENTS

Marsha Smith Seminar

"POLISHING SKILLS FOR NOVICE TEAMS"

Saturday, October 18, 2025

Participants and their Novice A/B dogs and Open A dogs will learn how to work on:

- Getting and maintaining attention for Heel Work
- Transitioning to Off-Lead Heel Work
- Ratio of On-Lead v. Off-Lead work
- Rewarding appropriately

Additional topics may include:

- Warm-up strategies at trials
- Handling ring nerves
- Ring choreography
- Set-ups and transitions.



SEMINAR LOCATION: 2758 Garfield Ave, Silver Spring, MD 20910

TIME: 10:00am – 4:00pm
Lunch break 12:00 – 1:00pm

FEE: \$100 for working spots
\$50 for non-working/audit spots

SNACKS AND LUNCH PROVIDED!

SIGN UP: [HERE!](#)

QUESTIONS?: Email – CDTCclasses@gmail.com



Capital Dog Training Club is thrilled to announce that registration for the upcoming seminar by Marsha Smith, "Polishing Skills for Novice Teams", is now open.

Click on the poster above or [here to register](#) for a working spot, and [here to register for an auditing spot](#).

Register and secure your spot today!

AKC Fit Dog Walk with CDTC



**CAPITAL
DOG
TRAINING
CLUB**
OF WASHINGTON DC, INC

AKC FIT DOG WALK WITH CAPITAL DOG TRAINING CLUB

DATE & TIME

August 16th

6 pm

WALK

**1, 2, and 3 mile loops
will be suggested**

Gets you 3 of 5 points necessary for Fit Dog Bronze title, or counts toward Silver and Gold.

LOCATION

US National Arboretum

Park in R street parking lot, near 2400 R Street NE, Washington, DC

MAP

Meet at Arbor House
right inside the
R street entrance



REGISTER:

Walk open to members and friends. Please register by filling out [google sheet](#) or emailing Brianne Studer or Shannon Hall.

Many thanks to Capital Dog Training Club for sponsoring
extended hours at the US National Arboretum
on August 16th for your AKC Fit Dog Walk!

Please consider [making a donation to CDTC](#) to cover the cost of this event.

VISIT WWW.FONA.ORG TO LEARN MORE

FONA

Have you ever taken your dogs out to the National Arboretum? This summer, the Friends of the National Arboretum (FONA) is offering extended hours to 8 pm so that folks can come out to the Arboretum after its usual close at 4:30 pm. CTDC is sponsoring August 16th to help promote the club to Arboretum followers, and to host an AKC Fit Dog Walk!

When: August 16th, 6 pm

Where: US National Arboretum

Park in the R Street Parking lot near 2400 R St NE, Washington, DC

Meet near [Arbor House](#)

What: Gather with other CDTC club members for a 1, 2, or 3 mile walk through the beautiful Arboretum in the evening.

Interested in earning an AKC Fit Dog title? This walk gets you 3 of your necessary 5 points for Bronze, or can count toward what you need for Silver or Gold.

Register: Let us know you'll be coming by emailing Shannon at shandavegh@gmail.com, or Brianne at blstuder@gmail.com

Please consider also making a donation (<https://cdtc.org/make-payment>) of \$20-30 to Capital Dog Training Club to support this walk.

This event is open to Capital Members, and their friends and family. Please feel free to share!

Cool-Down Science

An article shared by: Shannon Hall

As published by the AKC Canine Health Foundation



Summer brings long days of sunshine and outdoor adventure and for many dogs, that means backyard play, long hikes, training sessions, or athletic competitions. But with rising temperatures comes a real danger: heat injury.

Just as you might crave air conditioning and ice water after time outside, your dog can feel similarly. Even with shaded rest areas, cooling towels, and constant hydration, it can be difficult to keep

active dogs cool—especially those involved in working or sporting events. Dogs primarily cool themselves through panting and some sweating through their paw pads, which makes them more vulnerable to overheating.

“High-energy dogs often don’t know when to stop, and it’s devastating,” said Dr. Cynthia Otto, Executive Director of the PennVet Working Dog Center at the University of Pennsylvania. “They seem fine, then suddenly collapse with heat stroke. And there’s a 50 percent chance they won’t survive.”

For years, dog owners have turned to traditional cooling methods like alcohol on paw pads or dunking in water. But what actually works best? Until recently, no one knew for sure.

Putting Cooling Methods to the Test

In 2022, Dr. Otto launched a study to compare the effects of partial water immersion versus applying isopropyl alcohol to paw pads. Dogs stood in shallow water or on alcohol-treated pads. The result: water immersion proved more effective and did not raise heart rate like alcohol did, likely due to the alcohol’s intense smell.

Next, with funding from the AKC Canine Health Foundation, Dr. Otto’s team tested four additional cooling techniques:

1. Ice pack on the neck
2. Wet towel on the neck
3. Wet towels in the axillae (armpits)
4. Voluntary head dunk in 70°F water

Dogs exercised for 10 minutes until reaching 105°F core body temperature or showed signs of heat stress, like heavy panting or a change in the color of their gums. Then each cooling method was applied, and dogs were monitored for 40 minutes.

The head dunk came out on top. It delivered the fastest and most sustained reduction in body temperature. “This result blew our minds,” said Dr. Otto. “But it also made perfect sense. Dogs pant to regulate heat, which increases blood flow to the head. Cool the head, and you cool the dog faster.”

From Research to Real Life: What the Data Means for You and Your Dog

Dr. Otto is now building on her research with a follow-up study to explore whether factors like water temperature or substitute methods, like applying cool towels to the head, can offer similar results—especially for dogs who are panting excessively or who are unwilling to dunk their heads.

Even for pet owners without sporting or working dogs, this research offers practical, life-saving insight. A soaked towel over the head, a

shallow basin of cool water, or a quick head dip could be enough to prevent tragedy on a hot day.

Real-world applications are already underway. During a medical visit in Zambia with Working Dogs for Conservation, Dr. Otto had the opportunity to introduce the head dunk technique. “We didn’t know how effective it would be at the time,” she recalled. “But we could tell this had the potential to change outcomes for active dogs.”

Thanks to funding from the AKC Canine Health Foundation and Dr. Otto’s continued commitment to canine wellness, dog owners everywhere now have access to simple, science-backed tools to help prevent the deadly consequences of heat injury.

Contribute to the work CHF is doing to support active, working and sporting dogs by donating today at akcchf.org/fueldogsinmotion/.

Brag

Mary Carson shares:

By the time this hits the press, Holly will be formally known as CH RACH Reflections Baker's Globe Mallow CD BN RM3 RAE2 PT RATCH CZ8B CGCA. She earned her RACH July 6th at the Mataponi KC Rally Trial under judge Joanie Brobst. Holly has been a dream-come-true for me in so many ways--my first Breed champion, first Barn Hunt champion, and now my first Rally champion. We also certified as (my first) therapy dog team with National Capital Therapy Dogs in April. We are working towards that elusive Open A Obedience title and will start entering more Scent Work trials this fall. She gave us a wonderful litter of 8 puppies 3 years ago, which at last count comprised 3 breed champions (including a dual champion), 2 certified therapy dogs, and a certified human remains detection dog. We are forever grateful that Anne Clark and Elizabeth Nemore trusted us with Pink Raspberry Girl!



Shannon Hall writes:

The Dread Pirate Michael earned his 4th AKC Master Agility Championship (MACH) on the 5th of July. Good Pirate!



Submit yours to CDTCObichaff@gmail.com

Delegate's Corner

By: Joyce Dandridge

Check in next month!

Available Classes

Upcoming Classes/Tests/Trials

Classes

Register for all classes [here](#).

Permission is required to register for Beginner Novice, Novice, Open, and Utility Obedience classes
Contact [Training Secretary](#)

Fill out the [Agility Waitlist Questionnaire](#) to get on the wait list for the next available classes.

Email the [Agility Director](#) with all agility related questions.

Email [Training Secretary](#) with all other questions.

Training Groups

Rally Training Groups

A group meets the 2nd and 4th Saturdays each month at 2pm.

Mary Carson hosts a Rally Training Group every Thursday from 11 am to 12:30 pm

Obedience Training Group
meets the 1st Saturday of the month

Conformation Group
More information to come.

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

Friday Utility Training Group (Cleverdon @ 1:00pm). Contact [Donna](#).

For information about **Freestyle Training Group**
Contact [Training Secretary](#)

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 (Obedience, Agility, or Rally).

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). Visit cdtc.org/membership.

Email [Training Secretary](#) with questions.

Next Membership Meeting: August 12th at 8:00pm

Do you have an idea for an article? Perhaps a message for dog-people is taking up space in your brain and you need to put pen to paper? Submit your articles for the Obichaff [here](#)!



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Capital Dog Training Club | 2758 Garfield Avenue | Silver Spring, MD 20910 US

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