



Obichaff

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



December 2023

Volume 80 - Issue 11

"So, good news. I saw a dog today." - Buddy the Elf

Board of Directors

From the Editor

President

[Shannon Hall](#)

Vice President

[Kara MacWilliams](#)

Secretary

[Julie Rovner](#)

Treasurer

[Pam Ayres](#)

Training Director

[Tom Tatham](#)

Assistant Training Director

[April deBremond](#)

Training Secretary

[Roxane Bouten](#)

Trial Chair

[Benita Bottom](#)

Trophy Chair

[Amy Scheiner](#)

AKC Delegate

[Joyce Dandridge](#)

Obichaff Editor

[Payton Murphy](#)



It's our favorite time of year! While most people lament about the cold weather and dark evenings, in our house we choose to lean in.

Members at Large
[Luann Korona](#)

[Marnie McCown](#)

[Shirley Blakely](#)

**New Membership
Information**
[Shirley Blakely](#)

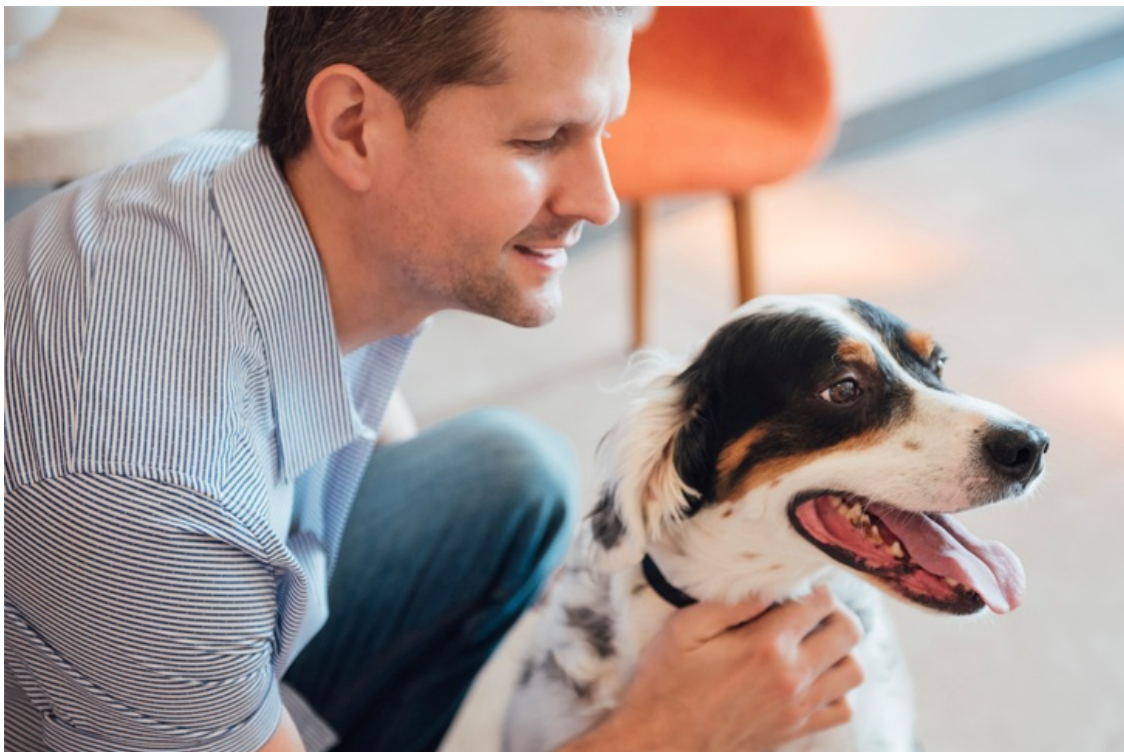
**Historian (not a
board member)**
[Joan Adler](#)

We get up early in the morning and go for a chilly hike in Rock Creek Park every day. This gets us both out in the sunshine and we much prefer these cold temps to the blazing heat of the summer. Once the weather consistently drops below 60 degrees, Hadley is visibly more comfortable on longer outings and we are both much happier.

We've decorated for the holidays and love the coziness that it brings to our home. Hadley hung the stockings with care!

We will be back in 2024 with our February 1st Obichaff. Stay well, and have a joyous holiday season and a Happy New Year!

Your 2024 Resolution: Own more dogs (for your health)!



Every year, we sit down and plan out our New Year's resolutions. Typically, these revolve around routine and health. What's better for keeping you active and on a schedule than a dog?!

The [Cleveland HeartLab](#) found that dog owners are more likely than their non-dog owning counterparts to have lower blood pressure. Dog owners tend to walk more, as we're motivated by those puppy dog

eyes staring up at us begging to get out there and take to the trails. This increased physical activity keeps dog owner hearts stronger and less likely to experience disease.

In addition to increased physical fitness, studies compiled in an [AHA Journal meta-analysis](#) found that owning a dog reduces a person's feelings of loneliness and social isolation. The companionship and loyalty we get from our dogs keeps us feeling connected and less stressed, which in turn lowers the risk of cardiovascular diseases.

Spending time with your canine companion can have you feeling physically stronger, more connected to the world around you, and more at ease. My conclusion? Everyone's resolution this year should be even MORE dogs!

CDTC's Howliday Party

Members, students, canine companions:

You are invited to CDTC's Annual Howliday Party!

On December 12th at 7pm, join us for a festive gathering in the club house. There will be food and drink and plenty of good conversation!

Want to bring something to share? Sign up [here](#)!



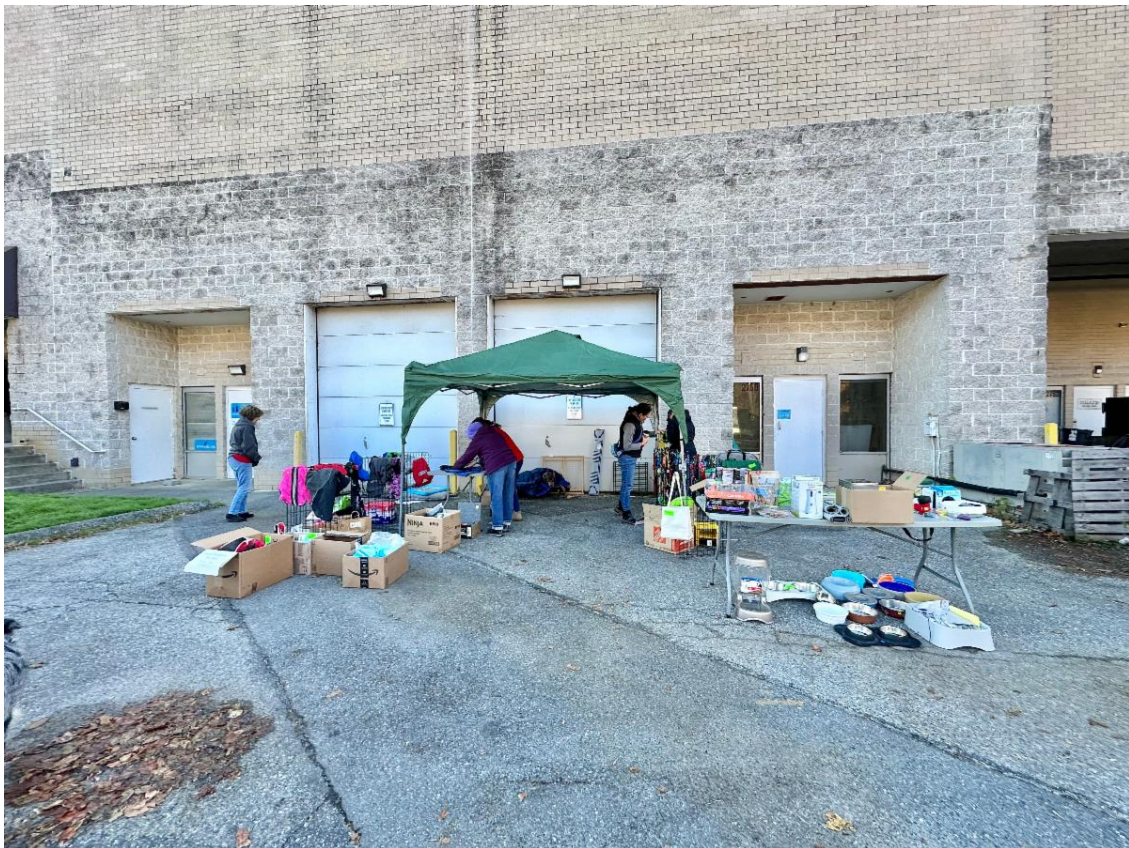
Bark Bizarre Breakdown

Submitted by: Marnie McCown

Thanks to those who came out to the CDTC Bark Bazaar, held on November 18th and 19th. Due to the generosity of shoppers, despite low turnout, we managed to make over \$1,100 for the club.

A huge thank you to the volunteers Natasha Curry, Allison Abbondante, Sandy Swinburne, Luann Korona, Alexis Smith, and Donna Cleverdon! Special mention for Eileen Freedman for funneling her puppy class through the sale and helping us break \$1k!

And to Beau for keeping us company.



Top Dog Names of 2023

The AKC has released their top dog names of 2023!

These are the names most used across their purebred registration and Canine Partner mixed-breed enrollment and compiled into lists for girl dogs and boy dogs.

For the girls, Luna and Bella remain at the top!

Top 10 Girl Dog Names of 2023

1. Luna

2. Bella

3. Daisy

4. Maggie

5. Willow

6. Lucy

7. Bailey

8. Rosie

9. Sadie

10. Lola

For the boys we have some down right adorable names, many of which overlap with the top human baby boy names!

Top 10 Boy Dog Names of 2023

1. Max

2. Charlie

3. Cooper

4. Teddy

5. Milo

6. Ollie

7. Bear

8. Rocky

9. Finn

10. Leo

Do you have a pup with a top 10 name?

Curious if your dog's name might fall in the lineup? Take a look at the [boy](#) and the [girl](#) top 100 lists.

Braggs

Mary Losikoff shares this very cute photo:

I took this picture of Liz and Poppy at elkhound trial because the backpack for Poppy was new to me.



Kate Mazza writes:

Teddy had a very successful weekend on the Eastern shore. He earned second place and his CD title on Saturday then third place and his RI title on Sunday.





Jennie Larkin writes:

Hermes and I had a fantastic weekend at the Norwegian Elkhound Club of the Potomac Valley Agility trials (November 18-19). He had some of his fastest runs ever, earned his 10th QQ (halfway to his MACH!), and finished his MXJ2 and T2B titles!

He is now GCH CH Patuxent Fuligin Winged Messenger BN RI MX MXJ2 T2B XF FCAT2 ACT1 TKN VHMP



Submit yours to CDTCObichaff@gmail.com

Delegate's Corner

By: Joyce Dandridge

If you haven't watch the video on Obedience Stewarding this is the published [link](#).

You may want to use also in the beginner classes.

Status by Sport- Number of Entries

2023

Conformation - 898,451 Change from 2022 15,359

Agility - 696,491 Change from 2022 3,360

Fast CAT - 134,854 Change from 2022 27,681

Scent Work - 128,134 Change from 2022 17,486

Rally - 79,326 Change from 2022 9,183

Field Trials - 68,628 Change from 2022 2,365

Obedience - 62,791 Change from 2022 1,534

Hunting Tests - 40,322 Change from 2022 1,049

Herding - 12,219 Change from 2022 223

Coursing Ability Test - 8,333 Change from 2022 -126

Lure Coursing - 5,086 Change from 2022 410

Earthdog- 3,072 Change from 2022 537

AKC Temperament Test- 2,751 Change from 2022 80

Tracking- 739 Change from 2022 -6

All Other Events- 1,032 Change from 2022 280

Total Entries all AKC- 2,142,238 Change from 2022 79,403

Total Number of Events- 15,167 Change from 2022 877

- Includes AB, LB, Specialties, BPUP & Open Shows
- Note- 2022 was a record for participation in AKC sports

Wishing Everyone a Wonderful and Safe Holiday Season.

Available Classes

Upcoming Classes/Tests/Trials

Classes

Register for all classes [here](#).

Puppy Kindergarten classes begin January 7 at 3pm and
February 15 at 6pm

Family Dog 2- January 10 at 6pm

Heeling Fronts and Finishes
January 9 at 6 pm

Beginner Novice
January 10 at 6pm

Foundations and Focus
Thursdays at 10 am
Contact [Training Secretary](#)

Rally Novice begins January 6 at noon.

Continuing Scent Work
January 22 at 2pm
Contact [Training Secretary](#)

Rally Competition Class has space available.
Contact [Training Secretary](#)

Tricks Class
January 7 at 4 pm

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 class.

Email [Training Secretary](#) with questions.

Training Groups

Rally Training Group meets the 2nd and 4th Saturdays each month 1 - 2:30 pm.

Conformation Group meets Saturdays. contact [Janice](#) with questions. Non-members pre-register and pay for dates you plan to attend [here](#).

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.

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

December 12th, at 7:00pm at the Howliday Party



Subscribe

Visit our website

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!