



Obichaff

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



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"No matter how little money and how few possessions you own, having a dog makes you feel rich." - Louis Sabin

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From the Editor



It's certainly Summer here in Colorado! These 90+ degree dry days can feel a bit like living in

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**New Membership
Information**

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an oven. Luckily, we have the mountains to run off to. It's usually a solid twenty degrees cooler in the mountains which means longer hikes remain attainable even on the hottest days. We recently got out with some friends to do a hike in Idaho Springs, a little mountain town less than an hour outside the city. It was a perfect day with great views and we were rewarded with a beautiful reservoir to stop at before hiking back to the car. The water was filled with trout, which was fun to watch. There are few things better than being able to make a last minute plan to hike a gorgeous trail even in the depths of Summer!

The Puppy Blues



After my feature last month on puppy raising, I saw [an article on AKC.org](#) referencing a fairly recent study that investigated the phenomenon dubbed the puppy blues. Colloquially, the phrase "puppy blues" has been used to encompass the negative feelings that can come with welcoming a new puppy into your home. While there are few things better than a warm puppy, it's not all snuggles and puppy breath. Bringing a new puppy home means new responsibilities, less room for spontaneous plans, and sometimes pee on your rug!



The study, done by University of Helsinki, utilized "the puppy blues scale" to measure temporary affective disturbance resembling baby blues. By surveying hundred of dog owners, researchers obtained results that measured negative experiences and feelings related to puppyhood. In particular, they found owners reported feeling frustrated, anxious, and weary. While these feelings aren't tied to hormonal changes, like the aforementioned "baby blues" these feelings were fairly consistent across all surveyed.

Those who reported the most negative emotions tied to early puppyhood referenced additional risk factors such as division of labor within the family, challenging behaviors from the puppy, and experiences differing from their experiences with past dogs. The

most commonly reported symptoms of the puppy blues were categorized by the three main reported emotions:

- Anxiety-related symptoms: doubts and feelings of inadequacy as a dog-owner, heightened concern about the puppy's well-being, and heightened concern for self and puppy.
 - Frustration-related symptoms: irritation, emotional stress about unexpected challenges, generally feeling dissatisfied, feeling burdened, struggling to bond, and regret.
 - Weariness-related symptoms: exhaustion from caring for the puppy, anxiety about the puppy's needs, and difficulty sleeping.
-



We recently had a new foster puppy, Seth, with us for a bit. He's a tiny fellow with a big attitude. While we consider ourselves to be deeply experienced puppy people, he was a tough one! He struggled to be crated without someone nearby, had some big feelings about handling, and barked for fun. We made great progress with him and he was adopted by a family with small dog experience, a win-win. It was still a learning curve for us all!

You never quite know what you're up against when getting a new puppy, so it's important to be prepared. Seek out assistance from a trainer as soon as possible. If you need a break from puppyhood, ask friends or family if they'd like to get puppy cuddles for a few hours while you take time for yourself. Take a walk - without the puppy! By

looking after yourself, you'll feel more refreshed and ready to dive back into puppyhood.

If all else fails, remember - this is temporary! One day you'll be looking into the slightly gray face of your loyal and well-behaved companion and long for those chaotic and exhausting puppy days.

A Big Thank You

By: April de Bremond

I would like to say a Big Thank You to ALL CDTC Instructors for all the hard work and volunteer hours. We help students achieve goals with their dogs they never thought were possible. Being an Agility Instructor, the gratification of watching students learn and succeed is enormous. There are so many “feel good” moments. The formal 2024-2025 Agility Class season has just wrapped up.

I would like to say a big Thank You to our team of Introduction to Agility instructors: Tamara Faulkner, Emily Grundy, Valery Gordon and Eva Przygdzki. AND a BIG Thank You to my Sunday morning Beginner Handling teaching partner, Tamara Faulkner.

You are all the BEST!

Thank you,
April

Braggs

Brianne Studer writes:

Noodles had a perfect day at the July 4th AKC agility trial at Level Up near Richmond, VA. He started the day with an 80 point FAST run (the top score possible), then had a lovely standard q. After 10.5 hours on site, his jumpers run was slightly slower, but that Q netted us his 9th QQ and his second Masters jumpers title (MJP2).



Submit yours to CDTCObichaff@gmail.com

Delegate's Corner

By: Joyce Dandridge

First, it is after June 15 and official according to our rules, Amy Scheiner is the CDTC AKC Outstanding Sportsmanship Award winner of the year. In the Companion Events Committee Meeting:

- Doug Ljungren, VP Of Sporting Events mentioned that AKC entries are down over 21,000 from this time last year. 102 events were lost because of the tornado at Purina. Conformation lost 24,444, Obedience lost 888, Agility lost 2603, and Rally 306. Fast CAT, Scent Work and the AKC Temperament Test continue to show gains as well as Farm Dog Certified which gained 17%. He did mention that 2024 was a record year in AKC sports.
- Rally and Obedience Nationals are July 3-7, 2025 at Purina Farms. This will be the 12th RNC and the 31st NOC. RNC entries 683 and Obedience 137. There will be seven junior entries in RNC.
- Approximately 80 obedience judges have not completed the Obedience Judges Educational Program. Reminder letters have been sent and they have until September 30, 2025 to complete the requirement. Work will resume on the Rally Judges' Educational Program in August
- The changed a policy that the Stewards of Children online training is only required one time (not once every three years).
- Title Recognition Program- Canadian KC Titles: Effective August 6, 2025 (tentative), the AKC will recognize CKC conformation, obedience and rally titles on dogs that are AKC registered. All dogs that have earned these titles in the past will be eligible to apply. These will appear as suffix titles on the dog's AKC record.
- It was mentioned again that Diane Schultz, Director of Obedience, Rally, and Tracking is stepping away from her role effective July and will devote her skills to special projects. Lisa Liggins will step into the role as Administrative Director and Mary Higdem will assume the role of Field Director for Obedience, Rally and Tracking.
- A concern was brought up about Westminster dropping Obedience next year. A member of Westminster KC was in the audience and comment on a couple of reasons. First, he said they could not fill an entry with qualified dogs and he stated the space at Javits is expensive. Also, Obedience does not draw a good number of spectators. Someone mentioned the venue is very large and noisy and there is interference from spectators moving.
- Juniors Report was given by Patty Sample a committee member. She mentioned clubs that have coordinators are doing Junior Fit Dog Walks, Having Juniors assist at shows, for example stewarding, Having Junior build first aid kits. She said there were 241 Jr. Coordinators representing clubs and Family Dog magazine is highlighting juniors. She mentioned that younger club members have started to bring their kids.
- Agility- Allow Transfer of MACH to PACH legs: The Board approved a recommendation to allow individuals to transfer points and QQs acquired toward their dog's MACH title to the

earning of a PACH title through a one-time application process.
Nothing is lost and you can add together. Effective Jan. 1, 2026

Available Classes

[Class List and Registration](#)

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 Group

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

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: July 8th 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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