

# Paw Prints

The Newsletter of the Rand Park Dog Training Club, Inc.

January 2024



**Got any news, brags, or recipes? Email them to [rpdtc.PawPrints@gmail.com](mailto:rpdtc.PawPrints@gmail.com)**

- **Membership Meeting 1/16/2024 9:00PM** at the Des Plaines Leisure Center We encourage all members as well as anyone training with Rand Park Dog Training Club to attend to learn about the activities of the club!
- **2/20/2024 No classes** Relax, take a break and enjoy a week off, but remember to continue practicing with your canine best friends!
- **2/27/2024 - 4/9/2024** Training Session #2
- **3/12/2024** Membership meeting 9 pm We encourage all members to attend as well as anyone training with Rand Park Dog Training Club to learn more about activities of the club. Des Plaines Park District Leisure Center
- **4/9/2024** Annual meeting We encourage all members to attend as well as anyone training with Rand Park Dog Training Club to learn more about activities of the club. 7:30 pm Des Plaines Park District Leisure Center
- **4/16/2024** No Class Relax, take a break and enjoy a week off, but remember to continue practicing with your canine best friends!
- **4/23/2024 - 6/4/2024** Training Session #3

Class info and registration

form... <https://randparkdtc.org/class-schedule#982fc2a2-24e3-4147-a512-22d95dd220bc>

<a href="mailto:rpdtc.president@gmail.com">rpdtc.president@gmail.com</a>	Birgit Mantilla	President
	Barb Pische	Chairman of the Board
	Lois Liedahl-Marsh	Vice President
<a href="mailto:rpdtc.DOT@gmail.com">rpdtc.DOT@gmail.com</a>	Jackie Montero	Director of Training
<a href="mailto:rpdtc.Secretary@gmail.com">rpdtc.Secretary@gmail.com</a>	Martha Nelson	Secretary
<a href="mailto:rpdtc.Treasurer@gmail.com">rpdtc.Treasurer@gmail.com</a>	Candido Martinez	Treasurer
<a href="mailto:rpdtc.PawPrints@gmail.com">rpdtc.PawPrints@gmail.com</a>	Vickie Henderson	Paw Prints Editor

**Notice of training cancellation will also be posted on the Club's website:**

<http://www.randparkdtc.org> and Facebook Page: <https://www.facebook.com/RandParkDTC>

## **Message from the President:**

**Happy New Year One and All!**

**I would like to thank the BOD, committee members, instructors, students and members for a wonderful 2023. Seeing our students earn their titles and spend the time training their dogs to become good citizens is heartwarming. For some, it was their first title this year! Some have attended their 1st fun match. Our instructors guide and encourage our Rand Park students every week.**

**So many of you have worked tirelessly to make improvements to the club. One big change coming to Rand Park will be on-line registration. I can't even begin to count the hours it took to get to this point. Thank you to our amazing and dedicated tech team! More information in regards to signing up will be coming in the next few weeks.**

**Thank you all for your continued support and to all our dedicated volunteers who keep the club going.**

**" Before you get a dog, you can't quite imagine what living with one might be like; afterward, you can't imagine living any other way." – Caroline Knapp**

**Birgit**

# Hoping your Holidays were filled with love!

Tara and Scarlet Urquhart



# Let them sniff

**Why is it important to let your dog sniff on a walk?**

- **dogs see the world through their noses**
- **slow sent sniffy walks let your dog absorb and process all the scents**
- **gives you insights into their behaviors**
- **mentally and physically stimulating**
- **decreases their heart rate**
- **decreases their stress levels**
- **improves behavior**

**It's their walk not yours**

In particular, high-energy, high-anxiety dogs can really benefit from opportunities that go beyond stretching their legs. Exercising their minds is essential, too. Sniff walks are the best of both worlds. It's an activity that provides our dogs with the physical exercise they need as well as mental stimulation and enrichment that can help increase your dog's focus at home, when you're training, and when you need to take more structured walks.

A dog's nose is 100,000 times more sensitive than ours. So strong is a canine nose that it could detect one teaspoon of sugar in two Olympic-sized pools. Your dog's nose is important for them to be able to communicate, explore, and evaluate. When dogs sniff their surroundings, they can learn about what other dogs were in the area before them and even what kind of mood they were in!

If you put time and effort into making your dog's walk fun and enriching, your dog will look forward to going on walks every time! To offer them extra enrichment you can take some kibble with you on your next walk and scatter it over a safe, grassy area. Let your dog forage and sniff for the food. This activity is great for all types of dogs, even some that are less active. Your dog not only gets to have fun while looking for the food, but they also use their natural scenting abilities!

*It can tire them out*

Walks are great for tiring out your pup! So what kinds of walks are the best? Slow ones! Slow down your walk to include grassy areas and non-paved surfaces. Let your dog's powerful nose find new scents. Doing this will be much more stimulating than a quick walk with no sniff time. Giving your dog the opportunity to investigate new scents is not only a great way to tire your pup out but it also gives them a sense of freedom!

*It stimulates their mind*

Besides getting physical exercise from walking, your dog will also burn tons of mental energy when they get to sniff. The mental stimulation that a dog gets on a slow walk with lots of sniffing is greater than that of a frenzied walk. A sniffy walk tires a dog out from all of the analyzing that happens when taking in all the scents. As a result, you get a more relaxed and tired pup. A relaxed dog is less likely to be destructive or have problem behaviors.

**From our Groomers Corner:**

# Talking about Nail Trims

## **Frequency of Canine Nail Trims:**

I am often asked, “How often should my dogs nails be trimmed?” For the most part, they should be trimmed every 3 weeks or so. Some dogs will be less, and some will be more. If you want to avoid that clickty-clack on the hardwood floors, then get them done regularly. Additionally, planned routine nail trims will help your dog become accustomed to the process, making it a less stressful experience for everyone.

## **Untrimmed Nails Cause Pain:**

Sadly, forgoing regular nail trims can become painful for the animal. When nails are super long the individual digital pads, or toes, can become splayed. Long nails force the toes to separate with noticeable gaps. As you can imagine, walking when this occurs is painful.

Another painful outcome, nails can curl around into the pads below, piercing them. Once the nail is clipped and removed from the pad it will often bleed at the puncture. You can avoid such pain for your best friend with regular nail trims.



## **Happy Dogs have Short Quicks:**

Like their human family members, a dog’s nails will keep growing if not trimmed. Unlike humans, there is a nerve called a quick, inside the nail. The quick grows along with the nail. The quick bleeds when the nail is cut too short. This can cause pain. How much pain depends on how much of the quick is cut. At the request of dog owners, groomers try to get as close to the quick as possible without catching it. We keep Styptic Powder on hand to stop the bleeding when the quick is unintentionally hit. Trimming the nail regularly actually coaxes the quick to recede. However, extremely long quicks will take several, timely nail trims, before reaching normal length.

**Humans keep their nails at a comfortable length and so should they keep their furry, family members’.**

**- Cheri Sikora, professional animal groomer**

# Road Trip!! Let's Go!

## *DAY TRIP or OVERNIGHT/WEEK-END*



### *Food and Drink*

**Food**

**Water**

**Bowls**

**Medicine**

### *Walking*

**Collar**

**Leash**

**Harness**

**Flashlight**

**Poop Bags**

### *Important Papers*

**Vaccination Records**

**Medication info**

**Microchip info**

**Local Vet/Emergency**

**Photo of pet (lost)**

### *Wellness*

**Brush**

**First Aid Kit**

**Shampoo**

**Nail clippers**

**Toys   Outfits**

### *Sleeping*

**Crate**

**Carrier**

**Bed**

**Blanket**

### *Cleaning Supplies*

**Paper towels**

**Disinfectant**

**Wet wipes**

**Pet Stain remover**

**Lint roller**



# Senior Visitation Hours -

2nd Saturday of the month

- Dogs must be comfortable around other dogs in tight spaces
- Dogs must be comfortable being petted by several people
  - Dogs must not be fed by the residents at any time

Ascension Living Nazarethville Place 300 N River Rd, Des Plaines IL 60016

If interested, prior to attendance, contact Barb Piche 872-276-3331 or [remi2332@sbcglobal.net](mailto:remi2332@sbcglobal.net)





## AKC FIT DOG



## WINTER PACK WALK 2024

Please join us for a “pack walk” on January 20, 2024 at Techny Prairie Park if weather permits. 1750 Techny Rd is the address and parking lots are at Anets Dr and Techny Rd. **Rest rooms** are available near the parking area. Alternate location is Northbrook Court! If necessary we will meet at the entrance by California Pizza Kitchen 1515 Lake Cook Rd. Get more social with your class instructors and fellow students! Bottled water and cookies (for humans and dogs) will be available.

Attached is the waiver you will need to bring with you.

Please RSVP to Vickie Henderson @ 847-650-7883 or [vkbsa1541@gmail.com](mailto:vkbsa1541@gmail.com) **with contact information** so we can notify you of location change if necessary! Also check the Facebook page in the morning for changes!

In case we need it...Alternate date is January 27th same time same place!

Hope to see you and your dog(s) there!

**We plan on meeting in the parking lot at 10:15 am at 1750 Techny Rd...parking lots at Anets drive and Techny Rd.**

AKC rules...Collars, harnesses, leashes at activities, dogs may wear slip collars, buckle collars, Martingales, and body harnesses. They may not wear prong collars or e-collars. Muzzles may be worn only in events that permit muzzles. Head collars may be worn unless they are prohibited by a specific activity for safety reasons (e.g., when a dog is running the agility course, the only collars allowed are flat buckle or rolled leather collars). Leashes should be 4 ft. to 6 ft. long and should be made of fabric or leather. You can still participate with a prong, but it will not count toward a FIT dog title.

<https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>

Established  
1948



*"May we be as good, as noble, and as  
deserving as our dogs think we are"*

**WAIVER, ASSUMPTION OF RISK, AND HOLD HARMLESS INDEMNITY AGREEMENT**

I understand that attendance at, and participation in a dog training class, seminar, trial, workshop, show, or practice is not without inherent risks to myself, members of my family (or guests who may attend), and my dogs. I acknowledge that some dogs to which we may be exposed may be difficult to control and may be the cause of injury even when handled with the greatest amount of professional care.

I hereby waive and release RAND PARK DOG TRAINING CLUB, INC., its officers, directors, board members, trainers, instructors, volunteers, members, and anyone associated with them, from any and all liability of any nature and kind, for any injury or damage which I, or my dogs, may suffer, including, but not limited to, any injury or damage resulting from the action or conduct of any dog, the condition, maintenance, and supervision of the premises, or the placement or choice of equipment. I expressly assume the risk of any such damage or injury while attending any class, seminar, workshop, or other function, or while training with obstacles, or while upon the premises used for the training grounds or areas surrounding thereto.

In consideration of the acceptance of my application to participate in a function of the RAND PARK DOG TRAINING CLUB, INC., I hereby agree to indemnify and hold them harmless, including their officers, board members, directors, members, trainers, instructors, agents, and volunteers, from any and all liabilities, claims, demands, expenses, suits, actions, losses, recoveries, judgments, attorney fees, costs, or expenses arising out of or in connection with any injury or death or damage to property as a result of the use of said premises, or participation in the above described activities, by myself or my heirs, representatives, dependants, or invitees. By my signature which follows, I acknowledge that I have read and understand this agreement.

-----  
Signature

-----  
Date

-----  
Please print your name

-----  
Address

Congratulations 🐾 to our beginner's class that graduated 🎓 Tuesday night. They have worked diligently on their skills 😊 and are now ready to move up to the CGC/CGCA class. Bravo!! December 19, 2023



## **Congrats to CGC test grads!**

Ann Mednick and Rosie

Todd Doerpinghaus and Taylor

Sue Miceli and Maggie

Lois Yep and Hattie

Jill Schermerhorn and Senna

# Pumpkin Carrot Dog Cupcakes

**Prep: 25 mins**

**Bake: 16 mins**

**Cool: 30 mins**

**Total: 1 hr 11 mins**

**Yield: 24 cupcakes**

## Ingredients

- $\frac{2}{3}$  cup white whole wheat flour**
- 1 teaspoon baking powder**
- $\frac{1}{2}$  teaspoon pumpkin pie spice (optional)**
- $\frac{1}{2}$  cup canned pumpkin**
- $\frac{3}{4}$  cup plain nonfat yogurt\***
- 1 egg**
- 1 tablespoon honey**
- 5 tablespoons natural peanut butter\***
- $\frac{1}{2}$  cup finely shredded carrot**



## Directions

**Preheat the oven to 350°F. Grease and flour or line twenty-four 1 3/4-inch muffin cups with paper liners; lightly coat liners with nonstick cooking spray.**

**In a medium bowl, whisk together flour, baking powder, and pumpkin pie spice (optional). In another medium bowl, whisk together the pumpkin, 1/4 cup yogurt, egg, 2 tsp. honey, and 1 Tbsp. peanut butter. Stir the pumpkin mixture into the flour mixture until nearly combined. Fold in shredded carrot.**

**Scoop batter into prepared pan(s), filling muffin cups about 2/3 full. Bake 16 to 18 minutes or until a toothpick comes out clean. Cool completely on wire racks.**

**In a bowl, beat together remaining 1/2 cup yogurt, remaining 1/4 cup peanut butter, and remaining 1 tsp. honey until smooth. Pipe or spoon the frosting onto cooled cupcakes.**

# ***Interested in Obedience? Want to learn more? Need to practice?***



Did you know the AKC streams live trials and highlights of past competitions? You can watch top talent achieve the highest scores in agility, obedience, and conformation, scent work, fly ball, dock diving and other great sports. Pick up excellent handling tips and learn to watch like a judge for deductions. All free on your internet-enabled device!

Go to: <https://akc.tv> and search “2023 NOC” to see the National Obedience Championship.

## **How to really practice...FUN MATCH...**

<https://www.akc.org/expert-advice/sports/enter-a-fun-match-before-competing-in-dog-sports>  
<https://northwestobedienceclub.org/fun-match-program/>

**In a future PawPrints we'll cover how to find an AKC trial, but for now, these events are open and accepting competitors.**

### **Car-Dun-AI Obedience Dog Training Club, Inc.**

<https://www.cardunaldogtraining.com/clinics-trials-events/obediencerally/>

10783 Wolf Drive, Huntley IL

Obedience and Rally Saturday and Sunday, February 3 and 4, 2024, registration closes January 17, 2024, 6pm

Trial Secretary: Heidi Nelson 847-334-4721 – hniwu@yahoo.com

### **South Side All Breed Dog Training Club, Inc.**

Fred Francis 4-H Field; Main Building Francis Road New Lenox, IL

Obedience, Saturday and Sunday, March 16 and 17, 2024, registration closes February 28, 2024, 12 AM

Event Chair: Rosemary Hurley, [goldenhse@aol.com](mailto:goldenhse@aol.com) (708) 532-8922

Event Secretary: Bob Olson, [secretary@livetrial.net](mailto:secretary@livetrial.net), (630) 790-8426

... more trials in April, 2024

## Congrats to our blue ribbon winners at Stone City in November



**Barb and Maestro received first place on his 3rd Novice leg, which earned him his CD Novice Title**



**Jackie & Appa with judge Dianne Allen, 2nd place, Novice B**



**Birgit & Rex earned their 4th Q in Novice B with a 1st place**



**Martha & Gunnar earned their CD in Novice A with a 4th place**



Birgit & Noah earned 1st place 🏆 in Utility B and 6 OTCH points

Got any news, brags, or recipes? Email them to [rpdtc.PawPrints@gmail.com](mailto:rpdtc.PawPrints@gmail.com)

# Honoring those members and dogs of Rand Park Dog Training Club

.... whom we have lost this past year and hold dear in our hearts.

Donald E. Meseth, United States Army veteran age 90 of Des Plaines, Illinois for 66 years passed away on April 17, 2023 in Park Ridge, Illinois. He was born on March 3, 1933 in Chicago, Illinois to his parents Harry and Anne Meseth. Beloved husband of Marion B. (nee Baumgartner) for 65 years. Loving father of Pamela Meseth-Fack. Dear brother of Sandra (Donald) Arnholz and the late Carol (Alan) Brown. Cherished uncle of Jeri (Thomas) Eberhardt and several additional nieces and nephews. Donald also leaves behind a precious 14 year old golden retriever, Angie. Donald will be met at the rainbow bridge by many other furry companions that he has loved and cared for throughout his life. Over the years Don has been very involved in the Des Plaines community as Director of Emergency Management Agency (EMA), Commander in the American Legion post 36, member of Elks Lodge 1526 and a member of the New Tradition Chorus. A memorial service will be taking place on Saturday, May 20, 2023 beginning at 11:00 a.m. at American Legion post 36 located at 1291 Oakwood, Des Plaines, Illinois 60016. Memorials may be made to Canine Companions (<https://canine.org/>) in Don's name. Funeral Care provided by G.L. Hills Funeral Home.

Deepest sympathy to MICHELLE JAWORSKI on the passing of her mom. Our thoughts and prayers are with you.



Today, our dear Gina, crossed the Rainbow bridge. She was 16.5 years old and the best dog we could ever ask for. She helped us go through Daniela's Leukemia 2x and we will never forget that!! She was very smart, loved her little hippo (she went through few of them 🥰), and protected our family with constant barking.

She joined Maggie in Heaven today and I bet Maggie is showing her who the BOSS is ❤️. Gina, you will forever be in our ❤️❤️

Patti Stitz's Ernie has also crossed over. He earned titles in several different sports and achieved many titles in nosework. He also earned rally, obedience and agility titles as well.



### **Diane Thompson**

Diane started with Rand Park with her dog Robbie which was her first dog she titled. She had several more shelties through the years. She was working on training Darby when she passed away. She loved coming to training classes at Rand Park.

Diane sang the National Anthem at our trials. She had studied voice and belonged to a Norwegian women's choir.

Diane also volunteered at fun matches.

Karen Schaubel adopted Darby.



### **Patricia L. Phelps**

Sister of Sheryl Phelps, died Sunday, September 24, 2023

She was raised and educated in Chicago and graduated from Lakeview High School. Patricia worked as a bookkeeper for several companies until she retired. She was an animal lover and was particularly fond of Siberian Huskies. Patricia loved her family very much and looked forward to spending as much time with them as possible.

You are no longer here with us  
No more laughter, joy, or play.  
Not a moment in our life goes by  
That we don't think of you that day.

**Thanks to our contributors,**

**Groomers Corner: Cheri Sikora**

**Recipes: Vickie Henderson**

**Martha Nelson**

**Kathy Baureis**

**Teena Horne**

**Barb Piche**

**Birgit Mantilla**

**Next submission deadline March 5, 2024 for March 15th issue**

**Next Issue... Rally information!**