

# Paw Prints

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



March 2024

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

Class info and registration form... [Rand Park Dog Training](#)

article	page
From our President	2
Brags	3
CGC	5
Fundraising	6
Tornado Warning	8
Scoop on Poop	10
Introducing Rally	11
Nutrition	13
From the K-9 Kitchen	15
Dog Tech	17
Upcoming AKC trials	18
Fit Dog	19
Meet the Instructor	22
Senior Visitation Hours	23
Thanks	24

## Important dates

**April 9 - 7:30 pm Annual meeting.** Classes will be shortened by 10 minutes. Schedule of classes:

5:15-6 pm (Rally)

6 -6:40 pm (CGC & BN1)

6:45-7:25 pm (Beginner & Novice)

**7:30 pm - Annual Meeting**

8:45-9:30 pm (BN2 & BN3)

**April 16 - 6 - 8 pm Member Appreciation Night** and award ceremony. All are welcome to attend, more information to come.

**April 23** - Session 3 begins

**May 5** - Volunteer to work our booth at Tails on the Trails at the Morton Arboretum. Contact Teena Horne at [randparkdte@gmail.com](mailto:randparkdte@gmail.com)

**May 18 and 19** - we need volunteers to help with our Tracking Trials. Please email Nancy Henderson at [nancyhenderson@earthlink.net](mailto:nancyhenderson@earthlink.net) Various jobs include laying tracks and working the hospitality tent.

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

# From our President

Dear members and trainers,

It's been a relatively mild winter and it's hard to believe spring is around the corner. The dogs are getting frisky and enjoying the sunshine! Though, it is the midwest and we still could get some snow.

We had an interesting start to session 2 with a tornado alert and spent some time getting to know each other sheltering in the men's locker room. Hopefully the rest of this session will be uneventful!

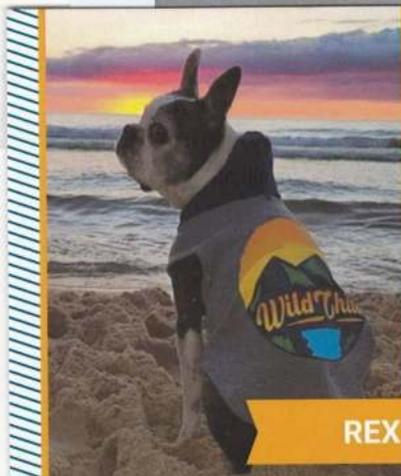
Our Annual meeting is coming up on April 9th @ 7:30pm (Classes will be shortened by 10 minutes) Please join us! On April 16th we will have a Member Appreciation Night from 6-8pm. All are welcome to come. We will have pizza, drinks and dessert. Awards for titles earned in 2023 will be awarded to our members and the new BOD will be sworn in for the 2024-2025 year. We will have more information out next week.

Happy Spring to one and all!  
Birgit



# BRAGS!!!!

## CANINE THERAPY CORPS CELEBRATES THE FOLLOWING VOLUNTEERS ON THEIR 5 YEAR ANNIVERSARY



REX

**Birgit Mantilla and Rex**, a Boston Terrier, began volunteering together in March of 2018. Birgit and Rex have been a part of our visitation program at the Chicago Children's Advocacy Center for several years. At this program, they visit with children who have suffered sexual abuse and assault to reduce stress and anxiety while they await appointments with treating professionals. Birgit and Rex have also assisted at our assessments as our meet and greet team. We are very grateful for all that you've done these past 5 years, Birgit and Rex.



Dallas and Deborah Egan Bolton's first ever obedience trial. Novice A at CAR-DUN-AL on February 3rd. Third place finish.



Barn hunting with Huskies!  
Appa earned his Novice title with a 3rd place, and Monroe earned her Senior title with 1st and 2nd place Q's

**Congratulations to all our Canine Good Citizens who passed their test  
Tuesday February 20, 2024!!**



From the AKC website...

## **What is a Canine Good Citizen (CGC)?**

At the AKC, we believe that all dogs can be good dogs, and all owners can be great owners, all it takes is a little bit of training, lots of love, and of course, plenty of praise along the way.

That's why we created the Canine Good Citizen® (CGC) program: an expert-made training program designed to help you and your dog be the best you can be—together.

Canine Good Citizen is a [10-skill test](#) that teaches good manners to dogs and responsible dog ownership to their owners. AKC now offers a quick and easy way to submit your Canine Good Citizen Title Application! Try the new – [Title Application Portal \(TAP\) System](#).

# Fundraising



Congrats Erin, Paul and Diablo on winning the gift basket!

I hear Diablo is a little afraid of Gumby!

Looking for your generous donations for our Raffle Baskets.  
Raffle ticket sales help support RPDTTC!

**What can I donate? Anything from dog treats to human treats, toys, equipment, home decor, candles, alcohol, gift cards, tickets, etc. Drop off every Tuesday night!**



# First night of Session 2 - With sirens!

The first night of Session 2 was going along smoothly when suddenly everyone's phone alarms screamed .... a tornado watch! The Park District manager directed all dogs and people to the men's locker room to shelter from the storm.

So proud of how well they did! Every human and dog remained calm for the 20 minutes for the storm to pass over.

 **The Weather Channel®**    
Weather Alert · 30m

The National Weather Service has issued a Tornado Warning on Feb 27 for Cook County.

The National Weather Service in Chicago has issued a

\* Tornado Warning for...  
Southwestern Lake County in northeastern Illinois...  
Southeastern McHenry County in northeastern Illinois...  
Northwestern Cook County in northeastern Illinois...

\* Until 745 PM CST.

\* At 717 PM CST, severe thunderstorms capable of producing a tornado were located along a line extending from Algonquin to Elgin, moving northeast at 25 mph.

HAZARD...Tornado.





# Get the SCOOP on POOP

(click on the link to see the full story)

## Why does my dog circle before pooping?

Dogs check the surrounding area for safety, to mark territory, or to align with the north/south magnetic pole, and many more reasons!

## Stop wasting money on Biodegradable Dog Poop Bags

The author claims expensive biodegradable bags don't actually degrade in the landfill, and recommends bags made of 100% recycled plastic as a better alternative.

## It's Time to talk about Dog Poop

Pet waste has become a major pollutant, both outdoors and at home. Pet owners who don't clean up after their pets cause problems to the environment, from e. coli outbreaks to algae blooms. The author recommends composting.

## Italian province orders all dogs to be DNA tested in poo crackdown

"Dog owners in Bolzano, Italy, must submit their pets for DNA tests as the authorities in the northern Italian province crack down on the scourge of dog poo in the streets.

The swab test results will be inserted into a database, which police can then refer to in their search for the culprits and their owners. The evidence will be used to fine owners between €292 and €1,048 (\$317 to \$1,138)"



# Introducing Rally!

## Know the Basics

AKC Rally® is all about teamwork. You and your dog navigate a course together, side-by-side, at your own brisk pace. You move him through a course with signs where he performs different exercises. The courses are designed by the Rally judge (10-20 signs per course, depending on the class level) and include various turns and commands such as sit, down, stay, etc.

Unlimited communication from the handler to the dog is to be encouraged and not penalized. While touching isn't allowed, you can use verbal commands, clap your hands, pat your legs and use hand signals to praise and encourage your dog.

Scoring in Rally is less rigorous than in other competitions like traditional [obedience](#). You begin with a perfect score of 100, with points deducted along with way. If you retain a score of at least 70 points, you will qualify toward earning a title. As you qualify the required number of times, you will move onto the next level.

There are six levels of Classes in AKC Rally:

Novice is for those just getting started:

- All exercises are performed with your dog on leash.
- There are 10-15 signs.
- Exercises vary from turning 360 degrees to changing paces during the course.
- You may talk, clap your hands and/or pat your legs to encourage your dog.
- To earn a title, it takes three qualifying scores.

Intermediate/Advanced Classes:

- After Novice, handlers may choose which class they are ready to participate in, either the Intermediate or Advanced level.
- All exercises are performed on-leash in the Intermediate level and there is no jump required.
- All exercises are performed off-leash in the Advanced level and there is one jump required.
- There are 12-17 signs.
- To earn a title, it takes three qualifying scores.

Excellent is the next level of competition. The course is like the Advanced level (above), but with some more challenging exercises.

- All exercises are performed off-leash.
- Handlers are not allowed to pat their legs or clap their hands to encourage the dog.
- Dogs must jump twice.
- There are 15-20 signs.
- To earn a title, it takes three qualifying scores.

Master/Choice: These classes are the highest level of competition.

- All exercises are performed off-leash.
- Handlers are not allowed to pat their legs or clap their hands to encourage the dog.
- Dogs must jump once in Master, no jumps in Choice
- There are 15-20 signs
- To earn a title, it takes ten qualifying scores.

Enter a Rally trial

You've both worked so hard and it's time for your first trial ("competition"). The official announcement of a club's event is called a "premium list." It contains all relevant information regarding the trial, including date, location, classes offered, and judges – as well as an entry form.

To enter a rally trial, the owner of the dog must submit an official AKC entry form, which can be found in the premium list or on the AKC website. The entry form should be sent to the trial secretary or superintendent of the trial listed in the premium list. You may find rally trials using the AKC Event Search on the website. After the entries have closed, a program showing the schedule for the judging of each class will be mailed to you along with all relevant information about the trial



# Nutrition

## 4 Items you can add to your dog's food to hugely boost the nutrition and quality of nutrition they receive

**By Teena Horne**  
**Certified Canine Raw Nutritionist**

We know the world is imperfect today, and we know the kibble we so conveniently scoop into our dog's food bowl every day or the canned food we open and serve is likely an imperfect food for our dog, but the convenience is hard to beat. And they seem to enjoy it. Here is a quick very basic background of a dog's nutritional needs. There are 3 macronutrients in a dog's diet: Protein, fat, and carbs. Everything else a dog requires in their diet is considered to be a micronutrient because even though they do require many vitamins, minerals and other micronutrients, they require small amounts compared to the macronutrients. Of the macronutrients, dogs require protein and the right balance of the right kinds of fat, but they have almost NO nutritional requirement for carbs. Most kibble on the market today is 1/2 or more carbs! It has so much carb filler in it because that makes it more shelf stable at room temperatures and it also makes it much cheaper to manufacture, but it does these things at the cost of our dog's nutrition.

Any dog food that is labeled "for adult maintenance" or "for all life stages" meets the AAFCO nutritional requirements for dogs. But the AAFCO nutritional requirements are far from perfect for our dogs and may set min or max values for some of the required nutrients for our dogs. AAFCO also does not have any quality standards as to where these nutrients come from. The most nutritional way for our pets to get their nutrition is directly from a high quality food source. Not from the synthetic, cheap, manufactured and Franken nutrients added to most dog food these days, again done to keep the price of manufacture down.

OK, enough background, let's get to the meat of the article!

### Eggs

Eggs are a superfood! Eggs are a wonderful source of omega 3 fats and protein! They also contain vitamin A, folate, vitamin B5, B12, B2, phosphorus and selenium! Crack an egg into your dog's food dish every other day. Raw eggs will benefit your dog the most nutritionally. However if you are not comfortable feeding raw egg to your dog, you can scramble it and they can still benefit from many of the nutrients.

## Wild Caught whole sardines

Sardines are a fabulous source of omega 3 fats and protein! They also contain vitamin D, calcium, iron, potassium, antioxidants, zinc, vitamin D, B12, Vitamin E and Vitamin K. Put a sardine or 2 in your dog's bowl every other day. Canned sardines are the next best thing if your dog does not care for raw sardines.

## Whole oats

Fiber is beneficial for dogs, it provides all of the same benefits for their intestines as it does for ours! That means it is a pre and probiotic which helps support the healthy bacteria and discourages the bad bacteria in the gut. Whole oats has lots of fiber and it also is a source of iron, potassium, thiamin, phosphorus, magnesium and zinc! You may recall that whole grains in dog food was blamed for the cardiomyopathy heart condition, but that was never true. The right amounts of the right kinds of whole grains in your dog's diet are super beneficial for your dog, their gut, and their immune system! 1 tablespoon per day is all it takes. Remember to get whole oats and not steel cut or quick oats.

## Hemp seed hearts

Hemp Hearts are one of mother nature's multivitamins! They are a great source of omega 3 and omega 6 fats and plant protein! They are also a source of iron, potassium, thiamin, riboflavin, niacin, folate, phosphorus, magnesium, and manganese! Add 1 teaspoon to your dog's food every other day.

You can see how adding these 4 items to your dog's food everyday will greatly help boost their nutritional intake! A note about quality of ingredients: try to get organic or non-gmo items in order to reduce the toxins in the foods such as heavy metals, herbicides and pesticides, all of which are unfortunately a part of our food sources given the factory farming that dominates the food sourcing industry in current times.

# From the K-9 Kitchen

Attention fur parents! Your pups are going to love these DIY Dog Treats! They are quick and easy to make with nutrient-rich ingredients and a great way to let your pup know how much they're loved.

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Course: dog treats Cuisine: dog food Servings: 28 treats Calories: 86kcal Author: [Dani Spies](#)

## Ingredients

- 1/2 cup all natural peanut butter
- 1/3 cup pumpkin puree
- 1 large egg
- 1 1/4 cup almond flour I use Bob's Red Mill Super Fine
- 1 teaspoon cinnamon
- 1/2 teaspoon turmeric

## Optional Glaze

- 1/3 cup natural peanut butter
- 2 tablespoons melted coconut oil
- 1/2 teaspoon turmeric

## Instructions

1. Preheat the oven to 350 degrees F. Line a baking sheet with a silicone baking mat or parchment paper and set aside. In a medium-sized bowl combine peanut butter, pumpkin puree, and egg; stir until well combined. You can use a hand-held electric mixer if preferred.
2. Add in almond flour, cinnamon, and turmeric and stir again until everything has come together into a dough. NOTE: The dough will be sticky.
3. Scoop a heaping teaspoon of dough into your palms and gently roll and shape into a disc-shaped cookie. Place on the baking sheet and continue until you have 20 cookies on the tray. Use a fork to create a crisscross on top of each treat. It helps if the fork is wet so it doesn't stick to the dough.
4. Bake for 20 minutes or until the dog treats are set and golden brown around the edges.
5. Optional: Combine peanut butter, melted coconut, and turmeric in a small bowl and mix well. Transfer into a small zip-top bag, remove all the air, and seal. Cut a tiny piece off of the corner and drizzle the glaze over each cookie.

## Notes

This is a sticky dough, I find shaping the treats with slightly damp hands helps prevent the dough from sticking to my hands.

The glaze is fun (and tasty!) and while it will firm up, it does remain soft, so if you add the glaze, be sure to store the treats in the fridge.

Store the treats in an airtight container for up to three days on the counter, one week in the fridge and three months in the freezer.

Serving: 1treat | Calories: 86kcal | Carbohydrates: 3g | Protein: 3g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.001g | Cholesterol: 7mg | Sodium: 36mg | Potassium: 54mg | Fiber: 1g | Sugar: 1g | Vitamin A: 464IU | Vitamin C: 0.1mg | Calcium: 17mg | Iron: 0.4mg



# Escaping dogs: LED collars and Apple AirTags



Let me introduce you to Grant, or “Goofy Grant”. He’s getting older, but not wiser, and he takes advantage of any opportunity to take himself for walks. After a January snow storm, a small section of my fence came down, and of course Goofy Grant went visiting. At 10pm. I think he followed a cat’s scent. Not to be found. Panic.

Of course preventing a dog’s escape is always best, but no system is foolproof. I have several strategies to get them back ASAP. My dogs have little plaques riveted to their flat collars which give two cell phone numbers and my name. Each is also microchipped to prove ownership.

Flashing LED collars give the dogs great visibility not only on walks - bike riders won’t entangle themselves in my leash - but help me monitor them in the yard.

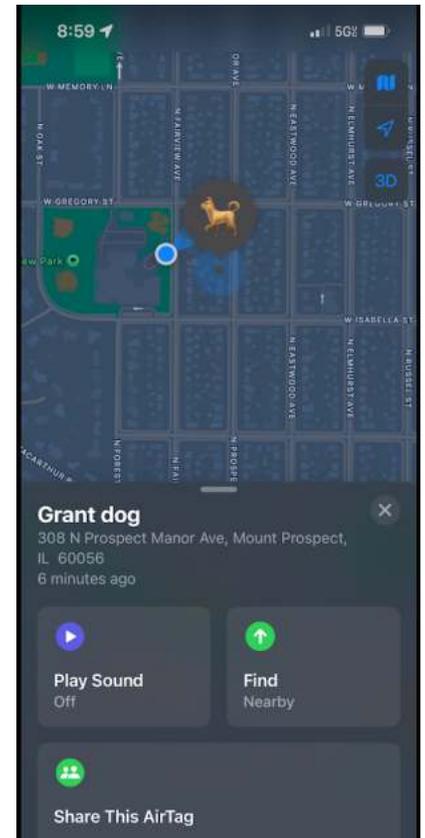
Finally, Apple AirTags secured to a small waterproof case riveted on their collars are my secret weapon.

In under 5 minutes, Grant was gone from view. I hopped in the car and circled the immediate area, nothing. Then I remembered Apple’s “Find My” app which allows the owner to ping the AirTags. The Find My app puts the Tag’s location of the last time an Apple device “saw” them and marks that location on a map. It also allows the owner to sound the Tag’s notification, which helps find keys or other valuables to which it is attached. On the app’s map, I saw Grant was

already a few blocks from the house, cutting through backyards. I suspect he was panicking because this old dog was moving quickly. I drove over to where he was last “seen” and saw his flashing orange collar going along the sidewalk. He was very happy to jump into the car.



Thankfully I didn’t have to use the last resort – my neighborhood “Lost Dog” FaceBook page, those folks are vigilant at searching for dogs! So yeah, making sure our dogs are safe and secured in any location is the best, but using tech is good backup.



# Upcoming AKC shows, all-breed/mixed-breed obedience

Event Date	Event	Closing Date	Club	location
April 6 & 7, 2024	Obedience	Mar 20, 2024	Kennel Club of Yorkville, Illinois	Dekalb, IL
April 13 & 14, 2024	Obedience	Mar 27, 2024	Steel City Kennel Club, Inc.	Crown Point, IN
April 17, 2024	Rally	April 03, 2024	South Side All Breed Dog Training Club, Inc.	New Lenox, IL
April 19, 2024	Rally	April 03,2024	Greater DeKalb Kennel Club	Maple Park, IL
April 20 & 21, 2024	Obedience	Apr 03, 2024	Greater DeKalb Kennel Club	Maple Park, IL
May 4 & 5, 2024	Rally	Apr 24, 2024	Blitzen Agility Club of Chicago	New Lenox, IL
May 14, 2024	Obedience	Apr 25, 2024	Great Lakes Poodle Club of Chicago	New Lenox, IL
June 15 & 16, 2024	Obedience	May 30, 2024	Golden Retriever Club of Illinois	Spring Grove, IL

How to search for a trial or event:

<https://webapps.akc.org/event-search/>

To search for an event to plan for a future competition do this:

1. Click on the drop down menu for Companion Events
2. Select which types of events you want to enter. Opt: choose All-breeds to filter breed-specific trials.
3. Click on Search near City, and then enter state name.
4. Choose 50 or 100 miles.
5. Select "closing date" so you only see trials can still enter.
6. Finally, click on "Retrieve Events."

The screenshot shows the AKC event search interface. It includes a sidebar with event categories (Companion Events, Performance Events), a main search area with filters for location, breed, and date range, and a map of the United States. Numbered callouts indicate the steps: 1. Companion Events dropdown, 2. Event type selection, 3. Search near City input, 4. Distance selection, 5. Date Range selection, and 6. Retrieve Events button.

city,

you

# Fit Dog



Fit Dog events are flexibly planned with a specific outdoor meetup location and a backup indoor location, as well as a backup date should the weather be extraordinarily terrible.

In January, the weather was only kinda-terrible so they met up at Northbrook Court and walked around the mall. It's a great way to train your dog in new situations, as well as enjoy chatting with other Club members.

Rand Park DTC is a Fit Dog Club. If you'd like to learn more about getting a Fit Dog Title or just learn more about its goals, check out:

[www.akc.org/sports/akc-family-dog-program/akc-fit-dog/](http://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/)



# AKC FIT DOG



## SPRING PACK WALK 2024

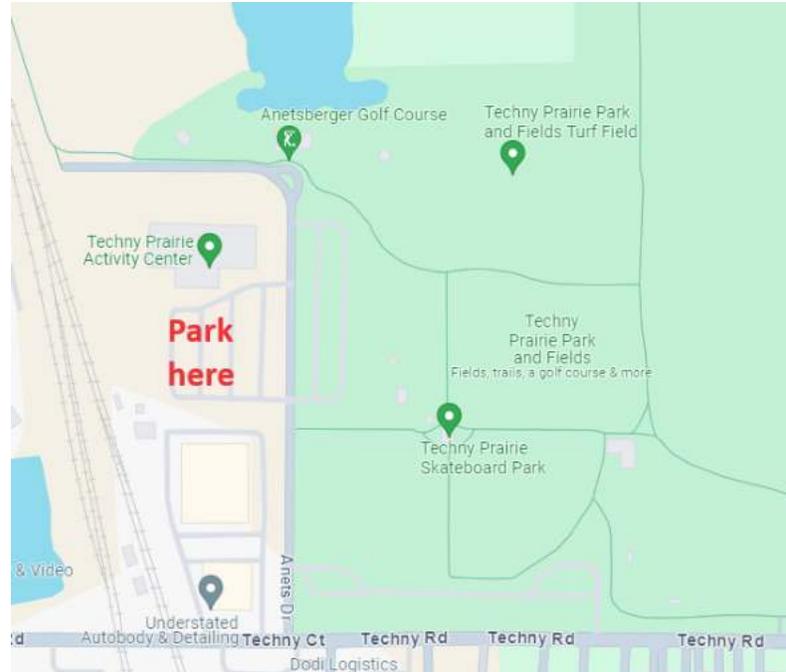
Please join us for a “pack walk” at 10:15 am, April 20, 2024

### Weather permitting:

Techny Prairie Park, 1750 Techny Rd. Northbrook, IL. Restrooms are available near the parking area.

### Alternate location is:

Northbrook Court, California Pizza Kitchen  
1515 Lake Cook Rd, Northbrook, IL.



More info:

- **Alternate date: April 27**, same time and place(s).
- Get more social with your class instructors and fellow students. This is fun!
- Bottled water will be available.
- Sign and bring the waiver (see attached).
- **RSVP to Vickie Henderson @ 847-650-7883 or [ykbsa1541@gmail.com](mailto:ykbsa1541@gmail.com)** with contact information. We will notify you of last-minute changes
- On the morning of the walk, please check the Facebook page for last-minute instructions.

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

AKC rules...Collars, harnesses, and 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

# Meet the Instructor

Longtime member Clyde Werner recommended PawPrints highlight a different instructor, and that the first person should be Barb. Great idea! So.....



## Meet Barb Pische!

(Pronounced pish-ā)

Barb has been a member of RPDTC since 1984. She has trained 9 dogs through the Club, Shepherds, Wolfhounds, and, as with her last dog Cody, Golden Retrievers.

She'd train two dogs at the same time.

Words of advice for brand new dog trainers?

Keep at it, you can't just do it one time and say, "I'm done".

I'd see people go through puppy class and all of a sudden they'd bring the dog back as one-year-old. They'd say, "But he's not doing anything." And I said, "Well, did you practice what you learned in puppy class?"

"Well no, he should know it."

It's like assuming a two-year-old baby can read when he turns five, it doesn't work that way."

Barb is a lifelong educator. She was a Kindergarten teacher for 20 years, and also taught other early primary school grades in Chicago.

Barb also manages the Club's therapy dog visits to Nazarethville Place (see following page). The residents look forward to seeing us, but mostly the dogs, once a month. Consider joining us for a very fun and feel-good activity with your dog.

# 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, before attendance, contact Barb Piche 872-276-3331 or  
[remi2332@sbcglobal.net](mailto:remi2332@sbcglobal.net)



**Thanks to our contributors,**

**Pet nutritionist: Teena Horne**

**Recipes: Vickie Henderson**

**Martha Nelson**

**Teena Horne**

**Barb Pische**

**Birgit Mantilla**

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

**Next Issue... Tracking information!**

rpdtc.president@gmail.com	Birgit Mantilla Barb Pische Lois Liedahl-Marsh	President Chairman of the Board Vice President
rpdtc.DOT@gmail.com	Jackie Montero Kathy Baureis	Director of Training Assistant Director of Training
rpdtc.Secretary@gmail.com	Martha Nelson Jill Spooner	Secretary Assistant Secretary
rpdtc.Treasurer@gmail.com	Candido Martinez	Treasurer
rpdtc.assttreasurer@gmail.com	Todd Doerpinghaus	Assistant Treasurer
rpdtc.PawPrints@gmail.com	Vickie Henderson	Paw Prints Editor

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

<http://www.randparkdtdc.org> and Facebook Page:

<https://www.facebook.com/RandParkDTC>