

Paw Prints

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



Fall 2017

Dogs Better Than Pills? Maybe!

By Ursula Hoeft

Nobody has to tell us that dogs are great companions that shower us with unconditional love. We all know that from experience. But it seems there's more to the "feel good" stuff we get from our dogs. Dogs are good for our health! That's what recent studies have found.

A NIH-funded study showed that people who owned pets were found to have lower heart rates and blood pressure when tested than those without pets. And this really got my interest: Pet owners were also found to have milder responses to stress and a quicker recovery from illness when they were with their pets than with a spouse or friend. *(Interesting! So will I be able to give up my blood pressure medicine if I spend more time with Gus and less time with Greg?)*

The study also found that of 421 adults who had suffered heart attacks, dog owners were significantly more likely to be alive a year later than those who did not have dogs, no matter how severe the heart attack had been.

And, according to an NIH publication, "Several studies have shown that dog owners may get more exercise and other health benefits than the rest of us. One NIH-funded investigation looked at more than 2,000 adults

and found that dog owners who regularly walked their dogs were more physically active and less likely to be obese than those who didn't own or walk a dog. Another study supported by NIH followed more than 2,500 older adults, ages 71-82, for 3 years. Those who regularly walked their dogs walked faster and for longer periods of time each week than others who didn't walk regularly. Older dog walkers also had greater mobility inside their homes than others, the study found.

"Man's best friend may help you make more human friends, too. Several studies have shown that walking with a dog leads to more conversations and helps you stay socially connected. And studies have clearly shown that people who have more social relationships tend to live longer and are less likely to show mental and physical declines as they grow older."

The NIH report also talks about the value of dogs in nursing homes and hospitals. Animal-assisted therapies are increasingly offered in hospitals and nursing homes nationwide. Watch for an article in the next issue of Paw Prints about a Rand Park member's work with a local animal therapy group.

Welcome New Members

Linda Arthur, Bryan Wilkalis, Lori Buckley, Beth Gallagher,
Steve Zatkoff, Lois Yep, Julie Gustafson

We hope you and your dog will benefit from your association with Rand Park Dog Training Club. Rand Park is a very active, busy organization. Participating in club activities will make your membership more beneficial and, we believe, more enjoyable, and it will help ensure their success.

A note from Jerry Wulff:

There isn't a finer group of people than the members of the Rand Park Dog Training Club.

I want to thank all of you for the e-mails, cards and phone calls that I received during my surgery and recovery. It made me feel wonderful to know that "you really like me, you really like me!"

My heartfelt thanks go out to all of you.

*B.B. Wulff
(Big Bad Wulff)*

TDX Test Report

Rand Park had a full TDX Tracking Test on Sunday, September 24. It was a six track test and we had 12 entries. Unfortunately, there were no passes.

We did suffer from the unbearable heat on Saturday but it was slightly cooler on Sunday.

I want to thank all those who entered our test. I also want to thank Sheryl Phelps for her usual efficient handling of the test. Thank you to Barb Pische for keeping us hydrated and fed on both Saturday and Sunday. A HUGE THANK YOU to those who volunteered to lay tracks and cross-tracks!!!! It is always difficult to recruit track-layers, but I can always count on my friends! Thank you - Dee Morrison.

Ike Lichter, Barb Larsen, Mickey Tichawa, Carlos Santos, Pat Hanley, Diane Muzzey, Bill Urquhart, Peg Hanley, Kathy Baureis, Darlene Charmelo, and Benita Theleen. We could not have a test without these people...thank you again.

Finally, a BIG thank you to the judges: Lois Leidahl-Marsh and Ule James. I know the weather was brutal and we appreciate all the time it takes for plotting and then dealing with the heat.

And a special THANK YOU to Ike Lichter for new bungees! As some of you know, the bungees used to keep the tracking poles organized have seen their better days. Ike delivered to my house NEW bungees! Thanks Ike,,,you are one in million!

Patricia Duryea, TDX Test Chair

They're everywhere, they're everywhere!

Seems you can't get away from Rand Parkers! Not that you'd want to, of course, but who would expect to see Forrest Shields at the British Car Union show at Harper College? Well, actually, we kinda thought Forrest might be there with his beautiful vintage Triumph. That's Forrest in the photo, perfectly attired as always in shades of blue to compliment his powder-blue-car, and wearing a kilt, of course, also in blue plaid. It was good to see him.

- Greg and Ursula



Rand Parkers have a lot to brag about!

From Karyn McCoy:

I took Buddy to the Sheboygan DTC barn hunt in August and I think he had a good time. It was our first barn hunt so I entered him in everything I could. He ran in 6 crazy 8's the first 3 days. With 4 qualifying runs he earned 210 points. He was also entered for 2 trials each of the 4 days. On Thursday he earned 2nd place in Novice the first trial and 1st place in the second trial. He got high in class for his efforts. On Friday he got 1st place in the first trial for his Novice title and 2nd place in the second trial. He got high in class again. Saturday we moved up to Open and he went 0 for 2. Sunday he went 1 for 2 and managed to get a 2nd place ribbon. I think we found something that he really enjoys.

(That's Buddy with his ribbons in the photo on the right)



From JoAnn Neville:

Oliver (Bearded Collie) earned his L2C (NACSW nose work level 2 containers) and L2V (NACSW nose work level 2 vehicle) titles on 9/17 in Green Bay, WI.

From Patti Stitz:

Our Barney (Golden Grace BB's Legacy) got his UKC Rally Novice Obedience title with a perfect score of 100 and a High in trial on September 2, 2017.

From Barb Krynski:

Tom Woepse and Tori finished her Barn Hunt Champion title!

(Tori is in the photo on the right.)



The Real Reason Why We Own Dogs

Titles are nice, but here's the REAL REASON WHY WE OWN DOGS ...

... they give us reasons to be proud

Steve Sotkoff says "Madden earned her CGC and CGCA Titles on May 16th, at Rand Park Dog Training Club."

That's Madden in the photo.

Other teams that also earned Canine Good Citizen titles include Kristen Mascari and Lucy; Kathy Lauder and Winnie; Kathy Vaughn and Jake; Pam O'Shea and Harley; Lois Breslow & Terri Everwine and Tikvah; Larry Scordino and Star; Lin Hartnett and Parker; Diane Stark and Tiffany.

Watch for the names of other new Rand Park CGC and CGCAs in the next issue of Paw Prints.



From the Paw Prints Editor:

Greg and I - Gus, too, of course - will be spending the winter in Scottsdale this year. I plan to do Paw Prints while we are there - easy to do thanks to the internet! But my other Rand Park "job," Assistant Secretary, requires being at meetings, which I obviously won't be able to do. Diane Stark has kindly agreed to take over for me. Thank you, thank you, thank you, Diane!

A number of years ago, Dee Morrison suggested that "*The Real Reason Why We Own Dogs*" become an on-going Paw Prints feature. My thanks go to Dee and to all those who have sent me their reasons and photos of the dogs that have enhanced their lives.

I would like to start a new monthly feature: "Dogs That Left Paw Prints On Our Hearts." Sadly, dogs just don't live long enough, and if we chose to have them in our lives, we have to deal with the very sad certainty that they will leave us much too soon. Most of us have lost beloved canine companions! I hope you agree that they deserve to be remembered in Paw Prints.

The idea for this feature came to me as I was going through boxes of old photos - we all have them, don't we? - and I came across pictures of Adam, my last German Shepherd who was part of our family many years ago. After we lost him we bought our first Poodle, Charlie, and we've had Poodles ever since. Poodles are also a German breed, by the way. And they don't shed! What I remember most about Adam was how big he was and, while his size could be intimidating, he had a wonderfully sweet and gentle disposition. Seeing pictures of him brought back many happy memories. It also brought tears to my eyes. Why are dogs' lives so short?



Send me a photo of a dog you have loved and lost and let me know why he/she was special to you.

Ursula

Send your email to: randparkpawprints@live.com

Big Time Fun On A Summer Evening

On August 22, Mary and Frank Laurie again invited Rand Park DTC members, trainees and their dogs to a Meet and Greet ice cream social at the Prospect Heights Dairy Queen. We enjoyed an evening of fun and camaraderie, and our dogs got to have **free pup cups of ice cream**. Thank you, Mary and Frank!

Here are photos that Karyn McCoy took that night. Thank you Karyn!



The following note was found posted very low on a dog-owner's refrigerator door.

Dear Dogs:

The dishes with the paw prints are yours and contain your food. The other dishes are mine and contain my food.

Placing a paw print in the middle of my plate of food does not stake a claim for it becoming your food and dish, nor do I find that the slightest bit aesthetically pleasing.

The stairway was not designed by NASCAR and is not a racetrack. Racing me to the bottom is not the object. Tripping me doesn't help you to win because I fall faster than you can run.

I am very sorry but I cannot buy anything bigger than a king sized bed. However, do not think I will continue sleeping on the couch to ensure your comfort. Dogs can sleep comfortably curled up in a ball. It is not necessary for you to sleep perpendicular to each other, stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out at the other end to maximize space is nothing but sarcasm.

For the last time, there is no secret exit from the bathroom! If, by some miracle, I beat you there and manage to get the door shut, it is not necessary to scratch, whine, bark, or try to get your paw under the edge of the door in an attempt to open it. I must exit through the same door I entered. Also, I have been using the bathroom for years - canine company is not required.

The proper order for kissing is: Kiss me first, then go smell the other dog's butt. I cannot stress this enough.

Finally, in fairness, dear dogs, I have posted the following message on the front door:

TO ALL NON-PET OWNERS WHO VISIT AND LIKE TO COMPLAIN ABOUT OUR PETS:

- (1) They live here. You don't.
- (2) If you don't want their hair on your clothes, stay off the furniture.
Note that it's called 'fur'-niture.
- (3) I like my pets a lot better than I like most people.
- (4) To you, they are animals. To me, they are adopted sons/daughters who are short, hairy, walk on all fours and don't speak clearly.

Remember, dogs are better than kids because they:

- (1) eat less,
- (2) don't ask for money all the time,
- (3) are easier to train,
- (4) normally come when called,
- (5) never ask to drive the car,
- (6) don't smoke or drink,
- (7) don't want to wear your clothes,
- (8) don't have to buy the latest fashions,
- (9) don't need a gazillion dollars for college and
- (10) if they get pregnant, you can sell their children ...



**REMINDER TO...
PLEASE PAY YOU RPDTC DUES**

Rand Park Dog Training Club Annual membership dues are due by
January 1, 2018

Send dues to: Linda Forman
505 Courtesy Lane
Des Plaines, IL 60018

Make checks payable to **Rand Park Dog Training Club (RPDTC)**
Please fill in lower portion and return with dues.

If you are a new member and dues were paid October 1, 2017 or later you do not need to pay 2018 dues. However, please return the form and write **NEW MEMBER** at the bottom.

Single membership \$20.00 Family membership \$30.00

Senior Citizen discount 25% (65 years or older) Single \$15 Family \$22.50

Name(s) _____
Address _____
City, State Zip _____
Phone: Home _____ Cell _____
Breed(s) _____
e-mail address _____
Occupation _____ Hobbies _____

(Please print clearly)

Rand Park Dog Training Club Inc. Training Calendar for Year 2017-2018

Fall Session	
September 5	Orientation
September 12	Training Week 1
September 19	Training Week 2
September 26	Training Week 3
October 3	Training Week 4
October 10	Training Week 5 Membership Meeting
October 17	Training Week 6
October 24	Training Week 7
October 31	Training Week 8
November 7	Training Week 9
November 14	Training Week 10
November 21	Evaluation
Winter Session	
November 28	Orientation
December 5	Training Week 1
December 12	Training Week 2
December 19	Training Week 3
December 26	Training Week 4
January 2	Training Week 5
January 9	Training Week 6
January 16	Training Week 7 Membership Meeting
January 23	Training Week 8
January 30	Training Week 9
February 6	Training Week 10
February 13	Evaluation
February 20	PROGRAM
Spring Session	
February 27	Orientation Membership Meeting
March 6	Training Week 1
March 13	Training Week 2
March 20	Training Week 3
March 27	Training Week 4
April 3	Training Week 5
April 10	Training Week 6 Membership Meeting
April 17	Training Week 7
April 24	Training Week 8
May 1	Training Week 9
May 8	Training Week 10
May 15	Evaluation

Training Hours: 6:15 to 7:05; 7:10 to 8:00; 8:05 to 8:55; 9:00 to 9:55

Except on October 10, January 16, February 27 and April 10. On those nights, classes will be shortened to allow time for the Membership Meetings. Training hours will be:

6:15-6:55 6:55-7:35 7:35-8:15 8:15-8:55

Meetings will immediately follow the last classes.

Keep this Calendar for future reference

Rand Park Dog Training Club FUN MATCHES

Oct 14, Nov 4,

For Your Canine

1975 Cornell

Melrose Park, Illinois

(For Your Canine is air conditioned)

Judging starts at 10:00 a.m.

No entries will be accepted after 12:00 p.m.

Fees: Pre-entry: \$8 (\$7 for second entry of same dog)

Gate entry: \$10 (\$9 for second entry of same dog)

Classes Offered: Beginner Novice – Novice – Open – Utility

Enter Early – All classes are limited to 30 entries

Mail entries to: Jean Eremo, 2511 N. 79th Ave., Elmwood Park, IL 60707

For more information: 708-453-5128 – JEANEREMO@AOL.COM

Make checks payable to: Rand Park Dog Training Club, Inc. (RPDTC)

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

E-Mail: _____ Breed: _____ Dog's Name: _____

Class: _____ Additional Class: _____ Jump Heights: _____

Clinic Date: _____ Amt Paid: _____

I agree to indemnify and hold harmless Rand Park Dog Training Club, Inc., its officers, directors and members against any and all claims or actions that may at any time be made or instituted against them or any of them by any person for the purpose of enforcing any cause or action growing out of or connected with my attendance or my dog's attendance at the correction clinics conducted by the Rand Park Dog Training Club, Inc.

Signature _____

Date: _____