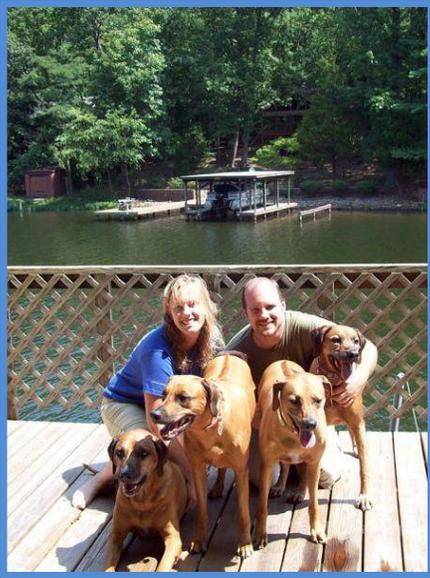




# Chesapeake Bay Area Rhodesian Ridgeback Club



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Dear CBARRC Members,

With one of the hottest summers on record coming to a close, I know we are all looking forward to Fall and cooler weather so that we can finally get outside with our dogs. If your dogs are anything like ours, they have been panting, drinking bowl after bowl of water, and looking miserable for months now.

And of course the cooler weather and changing seasons means that CBARRC will be getting together again soon for our annual Fall Fun Day. As we have for several years now, we will be taking over Patuxent River Park in Croom, MD on November 7<sup>th</sup> for the day so that our dogs can lure course while their humans enjoy some social time. Please check out the events section of the CBARRC website for more details as they become available.

CBARRC will also be sponsoring the Old Dominion show this year. Come out and join us on Sunday October 3rd in Millwood, VA to watch the Ridgebacks hit the ring. Afterwards we will be getting together in the CBARRC tent on show grounds for lunch as well.

I'd also like to remind everyone that CBARRC events are open to members and non-members alike. With so many of us involved in Rescue, breeding, and our local communities in general, you are definitely encouraged to invite the people you meet who have Ridgebacks (whether they are purebred or mixed) to visit the club at our Fun Days and other events.

Enjoy the rest of the summer!

*Steve Hoffman*

President, CBARRC



## Upcoming Events

### CBARRC Events

Old Dominion Kennel Club, RRCUS Supported Entry - Sunday October 3rd, 2010

Fall Fun Day - Sunday, November 7th-Patuxent River Park, Croom, MD

### MARYLAND

			Show Date	Reg. Close
Catonsville Kennel Club, Inc.	AB/JSHW	West Friendship	10/16/2010	9/29/2010
Laurel Highlands Kennel Association	AB/O/JSHW/RLY	Cumberland	10/22/2010	10/6/2010
Mispillion Kennel Club, Inc.	AB/O/JSHW/RLY	Salisbury	11/14/2010	10/27/2010
Northeastern Maryland Kennel Club	AB/JSHW	West Friendship	11/26/2010	11/10/2010
Upper Marlboro Kennel Club, Inc.	AB/JSHW	West Friendship	11/28/2010	11/10/2010
National Capital Kennel Club, Inc.	AB/O/JSHW	West Friendship	11/29/2010	11/10/2010
Catoctin Kennel Club	RLY	Point of Rocks	12/3/2010	11/17/2010
Oriole Dog Training Club	RLY	Baltimore	12/17/2010	12/1/2010
Maryland Kennel Club	AB/JSHW	West Friendship	10/17 ~ 18	9/29/2010
Upper Potomac Valley Kennel Club	AB/O/JSHW/RLY	Cumberland	10/23 ~ 24	10/6/2010
Talbot Kennel Club	AG	Queenstown	11/06 ~ 7	10/12/2010
Talbot Kennel Club, Inc.	AB/O/JSHW/RLY	Salisbury	11/10 ~ 11	10/27/2010
Salisbury Maryland Kennel Club, Inc.	AB/O/JSHW/RLY	Salisbury	11/12 ~ 13	10/27/2010
Catoctin Kennel Club	O	Point of Rocks	12/04 ~ 05	11/17/2010
Oriole Dog Training Club	AG	Westminster	12/10 ~ 12	11/26/2010
Oriole Dog Training Club	O	Baltimore	12/18 ~ 19	12/1/2010

### VIRGINIA

			Show Date	Reg. Close
Agility Club Of Chatham, Virginia	AG	Chatham	11/27 ~ 28	11/13/2010
Central Virginia Agility Club	AG	Glen Allen	11/05 ~ 07	10/19/2010
Gloucester Kennel Club Of Virginia	AG	Gloucester	10/16 ~ 17	9/28/2010
Langley Kennel Club	AG	Gloucester	10/29 ~ 31	10/12/2010
Mattaponi Kennel Club	AG	Woodbridge	10/23 ~ 24	10/8/2010
Mattaponi Kennel Club	TR/TX	Leesburg	12/12/2010	12/1/2010
Merrimac Dog Training Club	RLY/O	Hampton	10/23 ~ 24	10/6/2010
Middleburg Kennel Club	AB/O/JSHW/RLY	Leesburg	10/30 ~ 31	10/13/2010
New River Valley Kennel Club	O/RLY	Blacksburg	10/23 ~ 24	10/6/2010
Portsmouth Chesapeake Obedience Training Club	RLY/O	Hampton	10/30 ~ 31	10/13/2010
Tidewater Kennel Club Of Virginia, Inc.	AB/JSHW	Virginia Beach	11/4 ~ 5	10/20/2010
Tidewater Tracking Club Of Virginia	TX	Yorktown	2/12/2010	11/19/2010
Virginia Beach Kennel Club	AB/O/JSHW/RLY	Virginia Beach	11/06 ~ 7	10/20/2010

### Key Code for Events

AG - Agility

JSHW - Junior Showmanship

TX - Tracking Excellent

TR - Tracking

RLY - Rally

AB - All Breed

O - Obedience



**Braggin' Rights**

*Trent D. Prange & Lucy*

Lucy has started Coursing this season and has earned 8 points so far in 3 AKC events. She won the open class at a SHOT event in March (a 4 and 3 point major). Then she picked up one more point in Hanover with an MDIHC club event on the 7-8th of August. At that same event she won Best in Breed of their annual Sight Hound Spree competition. The Sight Hound Spree is a combination Lure Coursing and Conformation event.



## Profiled Member - Bruce and Elizabeth Goodman

1. **What dogs are currently in your household?** *We currently have one 6 year old female RR, Valor.*



2. **When did you get your first Ridgeback? And what made you decide on one?** *We got our first RR, Justice, when we lived in Texas in 1997. We were actually at a dog show to meet (gasp) Labrador Retriever breeders when we saw this big red wheaten male dog sitting with his parents. They were sitting in folding metal chairs and he wanted to join them. We watched for close to 20 minutes while he figured out how to get his 90 or so pounds up in the chair without it folding. We spoke with the owners a bit to find out it was a Rhodesian Ridgeback – we were hooked!*

3. **What is your profession and what do you enjoy doing outside of the “world of dogs”?** *I work for a national not for profit (NISH) whose focus is to employ people with disabilities. I also volunteer as the Board Treasurer for Rhodesian Ridgeback*

*Rescue (www.ridgebackrescue.org). Bruce works for the federal government.*

4. **Favorite activity with your dog(s)?** *We like to run with our RR. Bruce ran 12 miles with Valor for the endurance trail at the Gettysburg RR Specialty. We enjoy lure coursing and have tried some agility but that is harder with busy work schedules.*

5. **Any memorable or funny story about you and your dog(s) you would like to share?** *While we love our female, most of our funny stories involve our former male and his desire to eat anything. During his lifetime, Justice managed to steal or eat paper products, pizza, chicken, chocolate truffles, Thanksgiving turkey and a Christmas ham. The last of these thefts occurred at my parents’ house during lunch. The ham had been left momentarily unattended on the kitchen counter, while Bruce and I sat in an adjoining room. My father yelled “Justice – No!” As we jumped to our feet, we quickly realized Justice had absconded with the basketball sized ham in his mouth. He had made his way half way down a hallway toward a back bedroom before being discovered. His gait was almost a tip-toe-- as if we wouldn’t see the huge ham in his mouth. After I also yelled, Justice dropped the ham and ran into our bedroom. My dad picked up the loot, washed off the outside, cut out the tooth marks and set it back on the counter.*



6. **Do you attend CBARRC events and what do you enjoy about CBARRC?** *We try to attend and help out with the CBARRC fun days. It is great to see all the RRs running and playing and it is great to meet new people who are as crazy about this breed as we are.*

7. **Is there anything new or different that you would like to see CBARRC offer?** *Not really.*



## KEEPING YOUR DOG SAFE THIS HOLIDAY SEASON



Thanks to the girls for posing for the "just a little piece, please" picture.

The smells, the drooling, the big or little furry-feet, young or old, following your every move, whining for just a nibble, just one little nibble, those big sad puppy dog eyes, pleeeeeease, just one little piece!

Yah, Thanksgiving time is just around the corner and it's in my favorite time of the year, the best season in the world— autumn, fall, and Harvest time! This is a day that we are all reminded of just what it is we have to be thankful for in our lives. And, I'll be the first to admit that my dogs are at the top of that list; giving love unconditionally and unfailingly, asking for very little in return except for a walk or run and a warm place to sleep with their full bellies. So it should come as no surprise that despite the preparation that occurs during Thanksgiving (I always cook the dinner!) I am adamant about including my dogs in the festivities, right down to the dinner. Going as far as setting up their doggy table, crazy dog mom here! I know it is frowned upon and advised not to, by our family vet, in books, on television, on the web, but while this is an innocent and seemingly gracious and loving gesture, the truth is, it's more loving not to share your holiday meals with your pets. While it may seem that a little piece of crispy turkey skin here and a spoonful of Auntie May's stuffing there wouldn't hurt or some thick gravy made with the turkey juices poured over their kibble with turkey and potatoes, we know how quickly the pounds can add up over the holiday season for both human and canine.

### Gastrointestinal Disorders - Pancreatitis

*The pancreas is a vital organ, which lies on the right side of the abdomen. It has two functions:*

*To Produce Digestive Enzymes and To Produce Hormones Such As Insulin*

Pancreatitis or Inflammation of the pancreas is just one of the problems that occur with a high fat and unhealthy diet. It's common and very often the family has just had a party or a big holiday meal when this disease strikes. So, if your pet is often one that gets a bowl of table scraps, leftover snacks, extreme caution should be taken, as his or her possibility for an acute pancreatitis attack could already be high. However, it isn't OK for you to indulge them if it's "just for the holiday." Things can turn bad quickly and with the hustle and bustle of the holidays; you may not be as alert to the first symptoms, or may pass them off as excitement, or stress or just having the family at home for the holiday.

The pancreas produces digestive enzymes that break down food so the body can digest it. These enzymes are carefully handled by the pancreas in order to prevent them from damaging the pancreas itself or surrounding tissue. If they break down for any reason, the result is leakage of enzymes, which damage the pancreas and any surrounding tissue they reach. This breakdown is called pancreatitis. *Symptoms include loss of appetite, severe and frequent vomiting, diarrhea that may contain blood, reluctance to walk, weakness, pain, crying, restlessness, irritability, or refusing to eat.* Many people know their dog is sick, but may be confused as to whether or not it's serious because of a lack of symptoms or symptoms being vague and mild.

Pancreatitis may occur only once in a dog's life or it can become chronic, a condition that comes back time and time again. It can quickly become fatal or just be a mild attack of pain that is over in a few hours or a day or so. It can cause serious side effects including shock, blood clotting disorders, heart arrhythmias, and liver or kidney damage. So, if your pet exhibits ANY of these signs, even if mild at first, get him to your vet immediately! Of course with it being a holiday, many animal clinics may be closed - another VERY valid reason to not be so sharing with your pets this Thanksgiving.



Thanks to cousin Kumba, posing for the sneak picture.

Make sure your pet does not have access to any food left on the counters or tables when no one is around (counter surfing

Ridgebacks are all too common).

After you're done cleaning up the kitchen, make sure you take the garbage out, and dispose of it in a secure place where no pets or outside critters (knocking it over and opening it) can get into it. Even the best behaved, well trained pets may be too tempted with turkey bones, skin, the string that tied the turkey legs together, and what little of what was left of Auntie May's stuffing in the trash. Make sure your pet is contained and cannot go next door and rummage through the trash and food dangers.

### Other Holiday Food Dangers

Besides table scraps being dangerous to your pets, because of the high-fat in some of them, there are still other reasons to not share your holiday feast with pets. Cooked turkey, duck, geese and other bird bones are dangerous to your pet. They are hollow and break and splinter easily. Also, because they are so easily breakable, dogs usually won't chew them thoroughly. The results are sharp pieces that can choke the dog, block or tear the intestines. A pet that has a bone or fragment of one lodged in his intestine may not even show symptoms for a few days. When they do occur they may include loss of appetite, depression, vomiting, or diarrhea. Sometimes the bone will pass by itself; other times it may need to be surgically removed. So make sure all leftovers and trash are out of your pets' reach.

### Chocolate and your dog

Every holiday season, veterinarians find an increase in chocolate poisoning in pets: kids dropping chocolate, pets grabbing chocolate off the table, opening up gifts or just not being able to say "No"

when they beg. However, not many people are aware that chocolate is bad and can be lethal for your pet. The naturally occurring theobromine found in chocolate is responsible for the poisoning effect in dogs. Dogs are unable to metabolize this element quickly enough to prevent poisoning. Not all dogs are the same; breed, age, activity levels and the amount of chocolate consumed by the dog will all contribute to the toxicity level that will affect the dog. When those big puppy dog eyes are begging, it can be difficult to resist sharing your chocolate treats with them.



Family gathering showing "their big puppy dog eyes".

I know how hard it is.....

How many times have you been eating those chocolate chip cookies with milk when you look over and see those soulful puppy dog eyes staring at you? While the saddest eyes begging creeps across his face and he lets out the most pathetic whimper, **Be Strong!**

### **BLOAT**

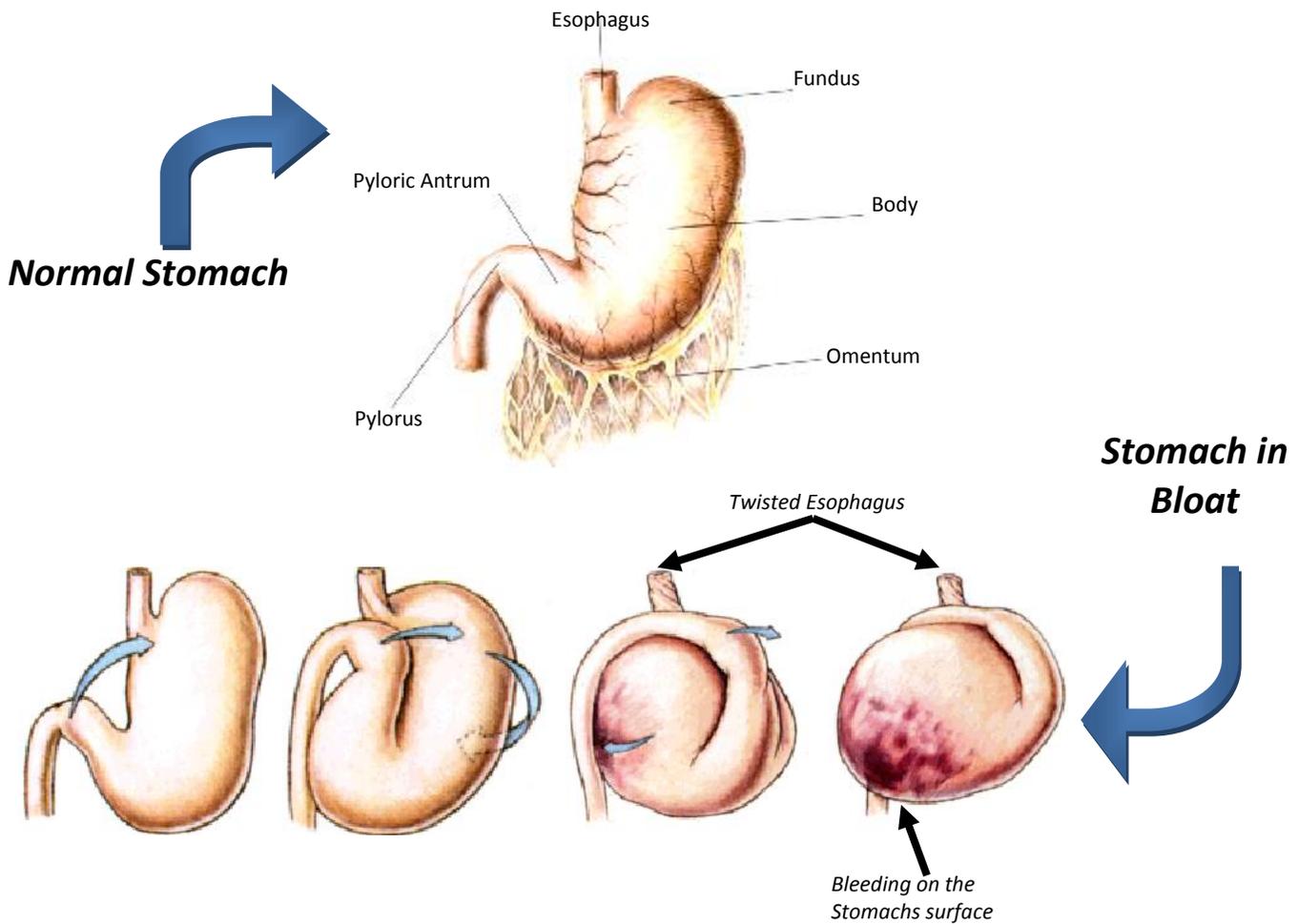
This is a **medical emergency**, known as "**mother of all emergencies**". Bloat is a very serious health risk for many dogs, yet many dog owners know very little about it. It is the second leading killer of dogs, after cancer. Bloat, also known as gastric dilatation [The technical name for bloat is "*Gastric Dilatation-Volvulus*" ("GDV")], is a condition in dogs that can kill the dog in a matter of hours. Unlike in humans who simply sit down and relax for a little while after feeling bloated until it passes, a bloat in a dog could literally kill.

When a dog is suffering from bloat, it means that its stomach is distended. This is sometimes followed by the stomach getting twisted. If the stomach gets twisted, the food substances in the stomach will get trapped while the gas volume continues to increase. This is dangerous because as the gas volume continues to increase, it can literally press against blood vessels inhibiting the flow of blood. If this is not stopped on time, the dog will get less blood to its brain causing the brain to shut down and the dog to go into shock. With consistent swelling, the spleen will be affected, resulting in it being dislodged from its normal position. This has been known to both twist the spleen and stop the flow of blood completely. With increased gas pressure and lack of blood flow on the stomach walls, the areas that tighten in the stomach fail and die. This all can happen in a matter of minutes depending on the severity of the bloating. Bloat is a very serious

problem in large breed, deep-chested dogs, one being the Rhodesian Ridgeback.

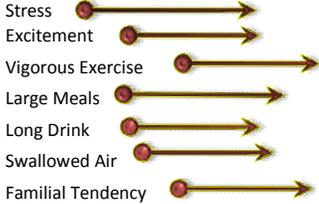
**Symptoms**

This is coupled with the fact that the symptoms can vary in different dogs. Some of the more common symptoms in a bloat are panting, pacing forwards and backwards, agitation, drooling, foaming at the mouth, difficulty walking, anxiety, discomfort, retching, inability to lie on its side, stomach distension, and restlessness. The stomach in this case usually appears abnormally huge in size -more like when a dog has swallowed a basketball or two- and is extremely hard to the touch. Other obvious symptoms are pale gums bordering on grey or ash, weak pulse rate and a fast heart beat. If you notice symptoms of bloat in your dog, you must consult your vet immediately. If the pressure is not released it can, as already described, be fatal for your dog.



Courtesy of Dr. Wendy Brooks and the Veterinary Information Network

# Reference Guide for GDV **BLOAT**

	What is Happening	What the dog does	What you should do	Treatment
	Stomach function is normal	Dog behaves as usual	Keep the dog quiet; do not leave the dog alone; give antacid if your vet agrees	During this period the dog may recover without going on to develop Gastric Volvulus
	Gas accumulates in the stomach, but the stomach does not empty as it should	Seems slightly uncomfortable	Beware of Phase 1 symptoms	
<b>PHASE 1 GDV</b>	Stomach begins to dilate (Gastric Dilatation)	Anxious, restless, pacing; trying to vomit -may vomit up stiff white foam but no food; Salivating; Abdomen may be swollen	Call your vet, tell him what you suspect and why Take your dog to the vet without further delay	During this period the dog may recover if your vet releases the pressure with the stomach tube
	Stomach twists (Gastric Dilatation)			
<b>PHASE 2 GDV</b>	Blood supply to part of the stomach is cut off. Stomach tissue is damaged. Portal vein, vena cava and splenic vein become compressed and twisted. Spleen becomes engorged. Shock begins to develop	Very restless; whining and panting; Salivating copiously; Tries to vomit every 2-3 minutes; stands with legs apart and head hanging down; Abdomen swollen and sounds hollow if tapped; Gums dark red; heart beat 80-100 beats/minutes;	Get someone to call your vet and tell them you are on your way and why Take the dog to the vet as quickly as possible	During this period the vet will need to relieve the stomach pressure, start an intravenous drip and perform surgery to untwist the stomach
<b>PHASE 3 GDV</b>	Spleen and stomach tissue become necrotic	Unable to stand or stands shakily with legs apart; Abdomen very swollen;	Death is imminent	As well as doing everything above to remove part of the stomach and the spleen, the vet will also need to use powerful drugs to counteract shock
	Shock now very severe	Breathing shallow; Gums white or blue; heart beat rate over 100 beats a minute;	Get someone to tell your vet you are on the way and why	
	Heart failure develops	Pulse very weak;	Take your dog to the vet as quickly as possible	
	Shock now irreversible	Temperature drops to 98°F.		It may not be possible to save the dog's life
	Death			

## Food for the Hungry Dog's Soul

### Canine Gemorse

#### Ingredients

1lb Any meat (beef, venison, chicken) or some of each  
 2 large Carrots  
 1 Small Potato finely chopped  
 2 Sticks Celery sliced  
 1 Cup sliced Green Beans (stringless)  
 1/2 cup chopped Tomato  
 1 t Salt (optional)



Place all ingredients into a large crock-pot. Add 1-1/2 cups of water and mix. Cook until meat is tender and the smell is making your ridgeback's mouth drool with anticipation. Serve when cooled.

### Bayin' for Brownies



#### Ingredients

1 1/4 lbs Beef liver or chicken liver  
 2 C Wheat germ  
 2 Tbsp Whole wheat flour  
 1 C Cooked barley  
 2 Whole eggs  
 3 Tbsp Peanut butter  
 1 Clove garlic  
 1 Tbsp Olive oil  
 Salt (optional)

Pre heat oven to 350°. Liquefy liver and garlic clove in a blender; when its smooth add eggs and peanut butter. Blend till smooth. In separate mixing bowl combine wheat germ, whole-wheat flour, and cooked Barley. Add processed liver mixture, olive oil and salt. Mix well. Spread mixture in a greased 9x9-baking dish. Bake for 20 minutes or till done. When cool cut into pieces that accommodates your dog's size. Store in refrigerator or freezer.

### The-Day-After Turkey Omelet

#### Ingredients

1 egg  
 1-2 Tbsp mashed potatoes  
 1/2 cup diced cooked turkey meat  
 1/2 cup cooked vegetables, chopped  
 1/4 cup desired cheese, grated

Heat a medium-sized pan with a small amount of olive oil. Whisk together the egg and potatoes. Spread in pan. Place turkey and veggies on top in even layers. Cover; simmer until egg cooks and the mixture is warm. Sprinkle cheese on top, then cook a few more minutes until cheese is melted and egg is golden brown. Let cool. Cut into wedges. Store in refrigerator. Use as doggy treats.

**Rifrug Gobbles**

(These are so good you may want to try them yourself!)

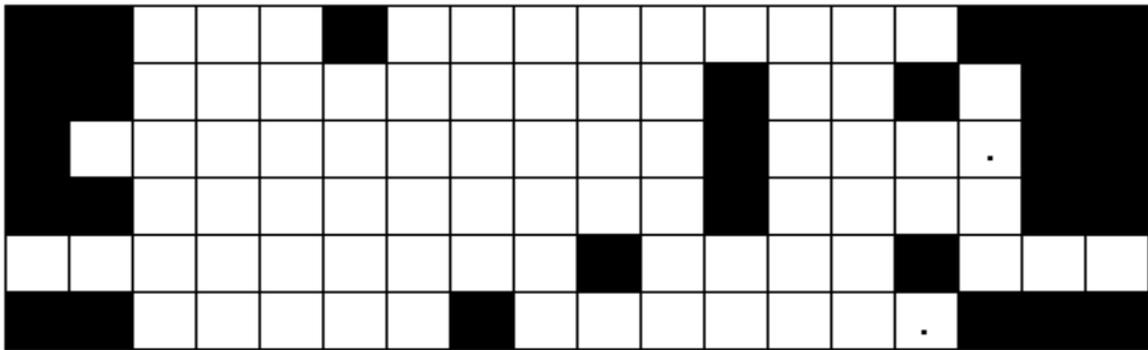
Ingredients

- 1 loaf uncooked bread dough or pizza dough
- 1/4 cup turkey broth
- 1-2 tsp flour
- 3/4 cup cooked turkey, cut up into small pieces
- 1/2 cup cooked vegetables
- 1/4 tsp garlic powder
- 1/4 cup grated cheese
- 1/4 cup sesame seeds

Roll out the dough and cut into 3 inches circles with cookie cutter. In a saucepan, combine the broth and flour, stirring until flour is dissolved and mixture thickens. Add the turkey, veggies, and garlic powder. Cook until mixture is heated through and thick.

Spoon one to two teaspoonfuls of the turkey mixture onto each circle. Fold up the sides and pinch shut. Roll into a ball shape. Mix the cheese and sesame seeds in a small bowl. Roll or sprinkle each ball with the mixture. Arrange the balls on a cookies sheet. Cook in a preheated 375 degree oven for 10-15 minutes, until they are golden brown. Let cool. Store in the refrigerator. Afrikaans folk sometimes call the breed *Rifrug*.

**The Rhodesian Ridgeback.....**



T R I E O E U L  
 A C D I A B A C F F A  
 M F R G D H R N G I O  
 A H T E K T I N K R L G G T  
 F B I E I R A A D C S D O N K  
 S O R E E N M E S I S A I S L A H E

## Help is on the Way

By Cari Messick

CPDT Certified Professional Dog Trainer

*Ridgebacks are known for their bottomless pits of a stomach. With Thanksgiving only three months away, it's time to start thinking about being able to manage your dog during this crazy holiday time. If you start working now, you can have a well-mannered friend by the end of November. To help you have a dog that doesn't run away with half of the Thanksgiving bird, or steal the pumpkin pie from someone's plate teaching a few core behaviors and using a bit of management can keep this from happening:*

### Teach "Place"

Teaching your dog to go to a designated spot, like a bed, mat, or even a specific spot on the floor or rug and stay there can prove useful in a variety of situations—but especially during the holidays when the kitchen is prone to be full of enticing food. But even if you aren't prepping for the holidays you can use "place" when you're eating every-day dinner, watching a movie, greeting guests at the front door or visiting friends and family with your dog. Once your dog has mastered this skill, you can use it almost anywhere, whenever you need her to settle down for a while. *Few things, including having a well-trained dog come without hard work, consistency, follow through; so be prepared to work on this everyday for a few weeks, and probably even longer.*

There are several ways to teach this but in the interest of time and writing space, I have chosen to explain one method, which is luring. To begin, your dog's mat or bed should be out of the kitchen or at least away from the counters. I personally I prefer to have my dogs settle outside of the kitchen area. Cut some treats into bite-sized pieces before you begin training. Use something really exciting, like soft dog treats, chicken or cheese. The more your dog loves the training treats, the harder she'll work to earn them.

### Step One: Follow the Treat

1. Call your dog over to the bed or mat you'd like to use. Standing just a foot or two in front of the mat, say the cue, "Place."
2. Hold a treat in front of your dog's nose so she sees that you have something delicious, and then toss the treat onto the mat.
3. Your dog will step onto the mat to eat her treat.
4. Clap your hands and walk a few steps away to encourage your dog to move off of the mat.

Repeat this sequence, tossing the treat to guide your dog onto the mat from various angles. Eventually, your dog will start to seem reluctant to move away from her mat. (Why would she want to be anywhere else? That's where she gets delicious treats!) At this point, when your dog starts to "stick" to the mat, you can move on to Step Two. Some dogs will need several training sessions to get to this point; others will be ready after only 15 to 20 repetitions.

### Step Two: Follow the Hand

Now, instead of tossing a treat to guide your dog onto the mat, you'll introduce a hand signal. Practice Step One a few times to warm up. Then follow these steps:

1. Put a treat in one hand and hide it behind your back.
2. Standing a couple of feet away from the mat, say "Place."
3. Using your empty hand, point to the mat. Your movement should look a lot like the one you made in Step One when tossing a treat. In response to your pretend toss, your dog should turn her head toward the mat. When she does, take the hidden treat from behind your back and toss it onto the mat. (This will convince your dog that she'll still get a treat when she goes to the mat, even if she doesn't see you toss it when you gave your hand signal.)
4. Encourage your dog to move off of the mat so you can start over again. Repeat the sequence above 15 to 20 times.
5. Eventually, your dog will go all the way to her mat when you give the hand signal. As soon as all

four of her paws are on the mat, say, "Yes!" Then, instead of tossing the treat, walk over to the mat and feed your dog the treat from your hand.

Repeat Step Two for a few days, using your new hand signal to guide your dog onto the mat from various angles. When your dog readily moves onto the mat as soon as you give the hand signal, you can move on to the next step.

### Step Three: Go to the Mat from a Distance

If you'd like to teach your dog to go to her mat on her own from a distance, follow the guidelines below. However, you can skip this step if you don't mind walking with your dog to her mat when you'd like her to settle on it.

Continue to practice Step Two for a few more days, gradually increasing the distance your dog must travel to get to her mat. At first, stand just two feet away from the mat.

1. Say "Place."
2. Point toward the mat as you did in Step Two.
3. Wait silently for your dog to move onto her mat. When she does, say, "Yes!" and give her a treat.

Practice this sequence until your dog quickly goes to her mat as soon as you say the cue and point. Then try standing three feet away from the mat. When she's good at that, try standing four feet away. Then try five, then six, etc. When you can stand 10 to 12 feet away and send your dog to the mat, proceed to the next teaching her to stay there.

### Teach Your Dog to Settle and Stay in Her Spot

Now that your dog knows how to go to her mat, you can teach her to *stay* there. Before you start this stage of training, your dog already needs to know how to lie down when you ask her.

When you're ready to train, take your dog's mat and put it next to a comfortable chair or sofa where you can relax and read or watch TV while your dog learns to stay in her spot.

### Step One: Stay on the Mat

1. Say "Place," and point to the mat.
2. When your dog moves onto the mat, praise her enthusiastically and ask her to lie down. Then say, "Stay."
3. Count to 5 in your head.
4. Then say, "Yes!" and give your dog a treat.
5. After your dog has finished her reward, release her with "Okay" to let her know her job is done. Encourage her to move off of the mat by clapping or taking a few steps away. Then start again from the beginning.

Repeat the sequence above for a number of days, gradually increasing the time that you ask your dog to remain settled on her mat. (If your dog already knows "Stay" well, you'll progress quickly.)

As you increase the time, randomly throw in some easy short repetitions. Start with 10 seconds, and then increase to 15. Try 20 seconds, and then go back to 10. Increase to 25 seconds, then 30, then 40, and then an easy 10 again. While your dog's staying on her mat, reward her randomly. At first, be generous and reward every 10 seconds on average. Once she's getting the hang of it, you can gradually reduce the number of treats you give while your dog stays.

If your dog gets up before you release her, gently lead her back to her mat. Ask her to lie down and stay, but don't give her a treat. (If you do, she might learn that the way to get another treat is to break her stay!) Have your dog stay on the mat for at least 15 seconds. Then reward and release her. If she's getting up a lot, you're progressing too quickly. Your dog needs some shorter, easier repetitions for a while to really understand what you want her to do.

When you build up to about three minutes on the mat, you can start giving your dog something to keep her busy and happy while she stays in her spot for longer periods of time. After you send your dog to her mat and ask her to stay, hand her a tasty new rawhide, bully stick or stuff a KONG® toy with something delicious and let her work on that. While your dog enjoys her goodie, you can sit down right

next to her and read or watch TV. When her time on the mat is up, release her with “Okay,” and then take away the chew or KONG. (She only gets her special treat when she’s in her spot.)

When you’ve worked up to 5 to 10 minutes of mat time, you can proceed to Step Two.

### **Step Two: Add Distance**

After your dog learns to settle down in her spot for a while, you can teach her to stay in place while you move away from her.

1. Say, “Place” and point to the mat.
2. When your dog moves onto the mat, praise her enthusiastically and ask her to lie down. Then say, “Stay.”
3. Move a few steps away from the mat.
4. If your dog stays, say, “Yes!” Then quickly return to the mat and give her a treat.
5. After your dog has finished eating her treat, say, “Okay” to release her.
6. Encourage your dog to come off of the mat by clapping or moving a few steps away. Then you can start again from the beginning.

Repeat the sequence above for a number of days, gradually increasing the distance that you move away from your dog while she stays on her mat. Start with two steps, and then increase to three or four. Then try five or six. Then throw in an easy repetition and only move one step away. Then go back to five steps. Increase to seven steps, then eight or nine, then an easy five steps again. Because you’re making the exercise harder by adding distance, only require your dog to stay for short periods of time—30 seconds to a minute at most. When you’re able to walk about 15 steps away from your dog while she stays on her mat, you can move on to Step Three.

### **Step 3: Put Time and Distance Together**

Now that you’ve worked on both increasing the time your dog stays on her mat and the distance you move away, you can try putting those two things together.

Repeat Step One: Stay on the Mat, but this time, try moving away from your dog when you ask her to stay on her spot for longer periods of time. When you’re ready to train, put your dog’s mat six to eight feet away from your comfortable chair or the sofa. After you say, “Place” and ask your dog to lie down and stay, hand her a stuffed KONG or something tasty to chew. Then move to your spot and relax for five minutes or so. When the times up, release your dog with “Okay,” and then take away the chew or KONG.

Practice this step for a few days, slowly increasing both the distance between your dog’s spot and where you sit and the time that your dog stays on the mat. Remember to throw in some easy, short repetitions so that your dog doesn’t get bored or frustrated.

### **Step 4: Add Distractions**

So far, you’ve been practicing in calm, quiet places with little to no distraction. Now you can start to add some distraction to the scenario. Practice in a variety of locations and situations. When your dog becomes a pro at staying on her mat when there are distractions around, you’ll be able to start using this skill in real life.

Set your dog up to succeed by increasing distraction slowly. First, practice in various quiet places, like all the rooms in your house. Then try slightly more distracting places and situations. You can practice in your house when family members are moving around, when you’re cooking in the kitchen and when you’re eating dinner at the table. Try practicing at friends’ houses, too. When your dog can reliably stay in her designated spot in these distracting places, add even more distractions. Practice when guests ring the doorbell. You can reward your dog by releasing her to greet the visitors. Try practicing while someone bounces a ball or squeaks your dog’s favorite toy nearby. If she stays, you can release her and reward her with a quick game.

If your dog can't stay on her mat when you move to a new location to train, you may have progressed too quickly. Try going back to a slightly less distracting location to practice for a while or asking her to stay for a shorter period of time. After a few successful sessions, you can try making things a little harder again.

### Training Tips

- Set your dog up for success by training when she's exercised and calm. It's also a good idea to hold training sessions when your dog's hungry so that she's extra-motivated to earn her treats, chew or KONG.
- When your dog is in her spot, resist the urge to repeat, "Stay." It's fine to say it one time to remind your dog that you'd like her to settle down once she gets to the mat—but once should be enough. Chanting "Stay...stay...stay..." the whole time your dog is on her mat is a lot more work for you and your dog may learn she needs to hear it constantly.
- Remember to use the release word "Okay" to tell your dog when she can get up. You don't want her to think she can release herself.
- If your dog stands up, turns around, sits or flops over on her side, that's fine. She may need to readjust to stay comfortable on her mat. But if she gets up and steps off of her mat, immediately say "Oops!" and rush over to lead her back to her spot. When she's standing on her mat again, ask her to lie down and remind her to stay. After 30 seconds or so, give her a treat to let her know that you love it when she stays put in her spot.

- During the training process, you can use a leash or tether attached to a heavy piece of furniture to remind your dog to stay in her spot. After securing the tether to the furniture, say "Place." Then ask your dog to lie down and stay. When she's in position, attach the tether to her collar. After your dog's time on the mat is up, unhook the tether and say, "Okay" to release her.

### Management is the Best Policy

In addition to teaching a solid *Place* and *Stay* doing simple things like keeping the counters free of food is the best daily practice. If there is nothing enticing on the counters, your dog is less likely to jump up to the counters. If your dog even *sometimes* gets rewarded for surfing because she jumped up and found something yummy, she is likely to try it again and again because surfing pays off.

Make sure to never feed your dog near the counters or from the table. Again, if they even sometimes get rewarded from you for coming to the counter or table to beg and they get something for it, you better believe they will do it again :) Always better to feed/reward them when they are where you *want* them to be, on their bed or mat or on the floor away from counters and tables.

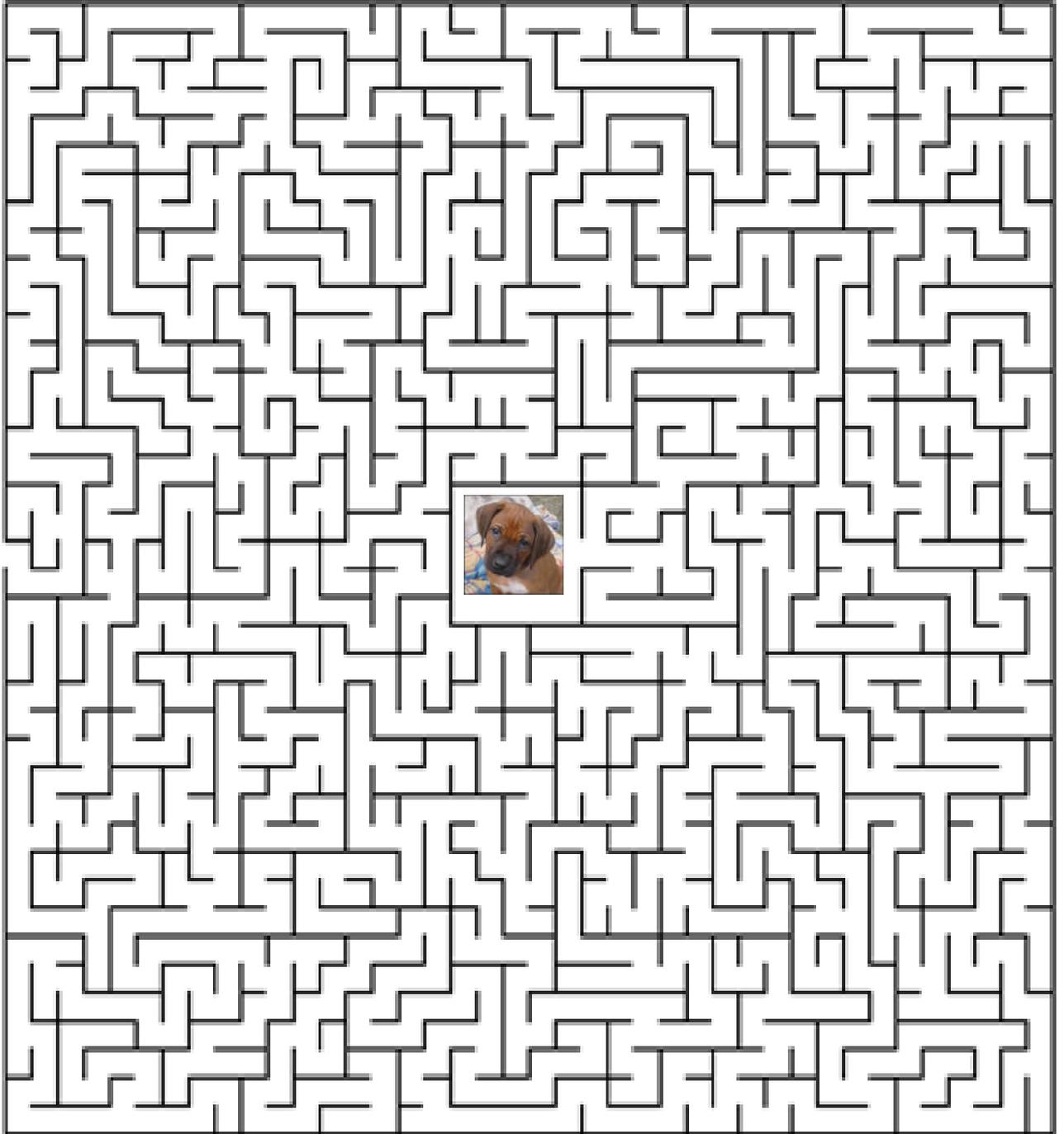
If you don't have the time or energy to work on daily training, then removing your dog from the kitchen or dining room during meals and meal prep is best. Have your dog in another room behind a closed door or baby gate or put them in their crate with a yummy chew or Kong.

*Fletch and Maddy have learned to 'Place' at the edge of the kitchen on the family room carpet.*



Baby Nduna Malaika is lost; please help him find his way home.

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# chesapeake bay area Rhodesian Ridgeback Club

VOTING MEMBERSHIP APPLICATION

Annual Dues: Single \$20, Family \$30 (2 or more persons)

After completing the terms and conditions of an Associate Member, such Associate Member may apply for Individual or Family Voting Membership status.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Occupation: \_\_\_\_\_

Phone:(Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail: \_\_\_\_\_

# and Name of Ridgebacks: \_\_\_\_\_

I agree to abide by the constitution, bylaws and Code of Ethics (copy attached) of CBARRC and of the American Kennel Club.

Member Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Dues are payable annually. All memberships run from January 1 to December 31. Renewal notices are mailed in December and due by January 31st each year. Application accepted only with signed Code of Ethics. Checks should be made payable to: CBARRC

*Membership application and dues should be mailed to :*

*Tricia Tripp*

*16621 Comus Rd*

*Dickerson, MD 20842*

Please feel free to contact any of the following people for:



**CBARRC Membership questions:**

Lynn Quinney, Secretary  
[quinneyzoo1@comcast.net](mailto:quinneyzoo1@comcast.net)

**CBARRC Events:**

Steve Hoffman, President  
[shoffman@dominionrr.com](mailto:shoffman@dominionrr.com)

**The CBARRC Website:**

Cari Messick, Vice President  
[carimessick@yahoo.com](mailto:carimessick@yahoo.com)

**CBARRC newsletter questions or submissions:**

Stephanie Matulich, CBARRC Member  
[stephanie\\_matulich@yahoo.com](mailto:stephanie_matulich@yahoo.com)



*Have A Great, Safe, Fun and Adventurous Autumn.  
Love your hounds and they will more than double their love back to you.*