

Practice Makes Permanent

By Doug Ricks of Seattle Agility Center

Here are some helpful ideas and guidelines for practicing agility. Practice is an essential part of becoming the best we possibly can as handler and dog teams.

1. What you practice is what you get. In other words, if you do not work at getting better in practice, you are not going to get better in trials. If you let your dog sniff around and play with other dogs in practice, can you expect them not to do that in a show? Train and practice like you want to compete.

2. Practice what you might expect to find out on a course in a trial. You are not going to put your dog in a sit-stay in the middle of the course and carefully lead ahead to attempt a difficult section. So practice exercises from a moving start, and from all kinds of angles. Practice with your dog excited and distracted, and so forth.

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Wilsonville

Larsen Barn Manager

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renno.pup@verizon.net

Friday • 7-9

Open practice - all levels

Sunday • 3-4:30pm

Open practice - *novice*

Sunday • 4:30-6pm

Open practice - *advanced*

Practice Barn Info

Gresham

Bebop Barn Manager

Tara Choate
agilityteam@juno.com

Forest Grove

Van Dyke Farm Manager

Sue Woodson (503-640-0584)
will be the barn manager

CAT News

No More BeBop barn - As we now know it...

For more details see page 7.

Wilsonville (Larsen) Barn Robbery

For more details see page 13.

CAT Membership Lists

The CAT membership list is now available for download on the web site. Look on the "Members" page. If you **absolutely cannot** use the list from the web site, send a note to Dick Watson, 1212 SW Upland Dr, Portland, OR 97221, and one will be mailed to you.



CATalyst Online

The CATalyst is now online! You can access it from the Columbia Agility Team's website. If you would like to be taken off of the mailing list for the CATalyst please contact the editor.

Keeping Current . . .

Elaine Resner is in charge of keeping the CAT data-base up to date —no small feat!

Therefore, if you MOVE, CHANGE PHONE NUMBERS, NEW E-MAIL ADDRESS, GET A NEW NAME(!) etc., PLEASE let her know. Not only is it important with this big a club to know how to get hold of people, but the *CATalyst* and *Trial planners* depend on current and correct addresses from the database for mailing.

If for some reason, you don't get a premium, or a newsletter and all your friends have, perhaps you need to check with Elaine and see what address she has for you :-)

ELAINE RESNER (Egr.hijinks@verizon.net or 503-643-9001).

2003 Calendar of Events

July

July 4-6 Auburn, WA	AKC	Evergreen Afghan Hound Club Trial
July 12-13 Adair Village, OR	NADAC	WAG Trial
July 12-13 Shoreline, WA	AKC	WSOTC Trial
July 19-20 Estacada, OR	USDAA	CAT Trial & Local GP Qualifier
July 19-20 Ferndale, WA	AKC	CDTA Trial
July 26-27 Enumclaw, WA	AKC	NW Bearded Collie Club of PS Trial

August

August 2-3 Lacey, WA	USDAA	RAT NW GP Regional & DAM Tournament
August 2-3 Gig Harbor, WA	AKC	Gig Harbor KC Trial
August 9-10 Auburn, WA	AKC	Evergreen Afghan Hound Club Trial
August 9-10 Enumclaw, WA	NADAC	BEDOG Trial
August 9-10 Brownsville, OR	USDAA	WAG Trial
August 15-17 Central Point, OR	AKC	Flat-Coated Retrievers All Breed Trial
August 16-17 Enumclaw, WA	AKC	Olympic Kennel Club Trial
August 22-24 Redmond, WA	AKC	Golden Retriever Clubs Trial
August 23-24 Tenino, WA	NADAC	Top Dog New Games Trial

2003 Calendar of Events**

August 23-24 Spokane, WA	AKC	Spokane DTC Trial
August 23-24 Salem, OR	AKC	Boston Terrier All Breed Agility Trial
Aug 30-Sep 1 Central Point, OR	NADAC	Rogue Canine Agility (RCA) Trial

September

September 5-7 Vancouver, WA	NADAC	CAT Trial & Columbia Cup
September 6-7 Bremerton, WA	AKC	Peninsula Dog Fanciers Club Trial
September 7 Gig Harbor, WA	UKC run thru	Puget Sound K-9's
September 12-14 Elma, WA	NADAC	Extreme Agility Team Trial
September 24-28 Calgary, CAN	NADAC	NADAC Championships
September 27-28 Sequim, WA	AKC	Hurricane Ridge KC Trial

October

October 4-5 Auburn, WA	AKC	PS Labrador Retriever Assoc. Trial
October 11-12 Bend, OR	NADAC	Bend Area Agility Dogs Trial
October 18 Kent, WA	fun run	RAT Fun Match - Open to all
October 18-19 Vancouver, WA	USDAA	CAT Trial

** I have done my best to find all the events in the area, however, there are some trials, AKC mostly, that don't get put on the calendar until the last moment! I suggest that you check with each organization's web-site for up-to-the-minute changes or additions. You might also check with the links to the various clubs, on CAT's web-site for more information on each meet.

Bragg

Congratulations everyone!!!

Rugby (Cardigan Corgi) earned his AKC Open Jumpers title at the Eugene AKC trials (May 23-26th) and also got two legs towards his AKC Open Standard title! We came home with 5 "Q's" and 5 First Place ribbons! Needless to say, it was a great trial!



Kristine Gunter

Just a couple of brags: Fly got his ADCH in Colorado at the Super Regional this past weekend - he's now ADCH Super Fly TNT, MX MXJ!! He also took 3rd in the Steeplechase (even with two refusals), and his DAM Team was 2nd overall, with Stacy Peardot and Able and Gerry Brown and Larrie (1st place team was Stacy Peardot and Secret, Ken Fairchild and Echo, Julie Daniels and Spring). As of June 20th, he has also made the top ten lists in three of USDAA's Top Ten categories, with Jumpers being his best overall - he's ranked 5th in Jumpers, 13th in Snooker, and 21st in Standard, for 22" jumping dogs nationwide.

Daisy Peel



Library News

The club library is loaded with books upon books of agility and dog related topics. If you want to browse through the most complete agility library in town go to where people can browse everyday except Tuesday from 10-8, and Sunday 12-6". For a list of books checkout the CAT website.

CAT is proud to be able to provide books, videos and other materials on agility and dog training for the use of CAT members. If you would like to check these out, they and all the other checked-in materials will be available at all club meetings, or you can browse and check items out 6 days a week including weekends at *Pawsitively Clean*, located at 3962 D SE Hawthorne Blvd in Portland and run by CAT member [Tara Choate](#). [Sarah Kerridge](#) [(360) 835-2921] manages the collection. If you would like the club to buy a specific book or tape, let Sarah know and she'll try to get it. If you want to check out a specific item, contact Tara.



CAT News

No More BeBop barn - As we now know it...

Due to problems with the BeBop barn (animals other than dogs on equipment, scheduling conflicts between us and owner) the CAT board (with my approval) has given notice on the barn. August 1st we will no longer have it at all. Meanwhile, in the next month, we will be moving the equipment to another location. I will let you know if there are rental opportunities there.

In the meantime, there is no longer any open practice times at the barn. Classes will continue until the end of this term.

The owners of the barn have decided to buy their own set of agility equipment and continue offering the barn to agility renters on their own. They also plan on offering agility and obedience classes there. If you would like to continue renting, please contact:

Sue Roake
503-663-6166
sue@bebopusa.com

Neither CAT or I have any opinion on this, nor am I not endorsing or not endorsing (or anything else). I am just passing on info.

Thank you for your support of this barn. We will be looking for another eastside barn; so if you know of something, don't be shy.

Tara Choate
www.pawsitivelyclean.com
(503) 232-5037



Poems

Old Dogs Do Not Die

We have a secret, you and I,
That no one else shall know,
For who but I can see you lie
Each night in the fire glow?
And who but I can reach my hand
Before we go to bed,
And feel the living warmth of you
And touch your silken head?
And only I walk woodland paths,
And see you ahead of me,

Your small form racing with the
wind,
So young again, and free.
And only I can see you swim
In every brook I pass...
And when I call, no one but I
Can see the bending grass...

—Author Unknown

Practice Makes Permanent

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3. Whether it is literally true or not, practice and act as though you are totally 100% accountable for everything that happens with both you and your dog! If your dog is slow or wild or distracted, do not blame the dog or the weather or the full moon. Instead look at what you can do to change things and get a better result. Is it really true that your dog gets bored after two repetitions, or do you get bored - or do you get boring?
4. Invest at least twice as much time and energy working on yourself as you do your dog. Practice your timing, your body position, your crosses, your commands, your strategy, and work on increasing your speed and accuracy too.
5. Have a clear picture of what you are working on in each practice session. Keep clearly defined goals in mind and know what concrete steps you want to take toward them. This will help you know when you are making progress, heading in the right direction, and prevent getting discouraged as you invest the time in working through difficult training issues.
6. Try to be aware of the things you might avoid, overlook or spend minimal energy on in practice as often they are weak areas that need attention the most. Rather than just kind of go through everything once or twice, focus your time and energy on specific areas so you make the most of each training session. Practice what you need to practice.
7. Perfectionism can be a very destructive trait. If you never make a mistake, you will never learn. It is not fair to demand perfection from your canine partner until you can live up to that yourself. If you expect your dog to pay attention to you, pay attention to your dog. If you want your dog to move fast and work hard, you need to do the same.
8. Experimentation is an important part of learning, like Thomas Edison who found hundreds and hundreds of ways NOT to invent the light bulb before creating a successful design. When you or your dog make a mistake, do not stop to scold, blame or apologize. Instead laugh and learn. Try again, or try a slightly different approach. If you or your dog get too frustrated, stop a minute and play.
9. If your dog is having trouble understanding or mastering something try to increase the motivation, with more cheering or promise of reward, and simplify the exercise (slow down, straighter approach, etc.). If that is not enough, do what it takes to help him be successful (hold collar, put out target, etc.)

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10. Overall you need to maintain a 4:1 ratio of successes to failures, so they are practicing the right behaviors and being rewarded enough to build confidence and keep it fun. Rehearse for a successful performance.

11. A few minutes of hard or intense activity is almost always better than a long session of puttering around. Keep training fast, fun and interesting. Throw in the unexpected once in a while, to give you dog reason to really keep an eye on you just in case you lose it again and decide to ...???

12. Know when you and/or your dog have had enough. Stop with you both wanting more. End on an easy, fun, positive note.

Praise, Rewards and Motivation

1. Look for ways to excite and motivate both you and your dog to train. You need your “treats” just like a dog. Is it the hope for Qualifying Runs, First Place Ribbons, getting in better shape, playing with your dog, or the enjoyment of the social side of agility? In addition, try to make the process of practice as enjoyable and rewarding in itself as those other things.

2. Rewards should be something really desired. How excited would you get if your treat for good handling were a Brussels sprout? Would you be more excited over chocolate? How about a \$100 bill? The greater the appeal of the reward, the more you and your dog will happily do to win it.

3. Think about finding a training partner or partner(s). You can share feedback, cheer each other on, give each other ideas, and nudge one another to get out and train on those nights when it would be easier to just pass. Challenge each other and have friendly competition to keep things fun and interesting.

4. Your dog needs to know when he is doing what you want. Some people like to use a clicker to “Mark” the moment a dog is doing what we ask. In agility, most find it simpler to use a word like “YES!” or “NICE!” as a sort of verbal marker. In either case, the Marker means “That Behavior Right There Is What I Want You To Do, and a Reward will Follow!” The marker needs to be timed for the exact moment the behavior happens (right as they get into touch position, down on the table, etc.) Do not use a release word like “Okay, Good Dog, etc” for a marker, or you are telling them they can stop and release.

5. If your dog makes a big breakthrough (gets weaves off-side after struggling, etc) STOP right there with a marker and give them a jackpot. A jackpot might be several pieces of their favorite treat delivered one after another with excited

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praise. Or it might be an especially joyful game of tug. Do not go on and do more work before rewarding them, or the thing you want to reward may be forgotten.

6. You should praise your dog for any effort or attempt, but only reward them when they perform up to a reasonable level for them. For example, if they can do 12 weave poles very quickly, but one day go through at half speed, praise them with a “Nice Try” and start them back up again with better motivation. When they give the poles a good run, then give them the reward of cookies or toys or play.

7. As the dogs become more skilled at a behavior, use variable rewards. Instead of a treat on every contact plate, begin to omit one out of four. Eventually work down to one out of three times, one out of two times. What they should be doing now is trying to work harder to earn those jackpots for improving speed, accuracy, distance, etc.



THE annual BBQ and meeting

at Wilsonville Park September 13, starting at 4:30 pm

Busters will be serving dinner
Members will be free, guests will be \$10.

We will have **Carol Devereux**, animal communicator speaking with us. Anyone interested in having a communication with his or her dog should bring your pet.

Cost is \$20 for 20 minutes (this is a good price!).

Please let Kitty know if you are interested so that she can give Carol a heads up on the count.

RSVP to **Kitty Ware** phone **503-649-8420**
E-mail: **skware7777@aol.com**

Un-Approved Board Meeting Minutes

June 8th, 2003

Meeting called to order at 7:31pm at Shari's in West linn

Board Members Present: Matt Sachs, Dick Watson, Wendy Ware, Kitty Ware, Susan Goble, Janice Tshudia, Tammy Moody, Dan Butcher, and Lisa Klein.



Attending Guest: Connie Reed

Report of the President: Review of minutes, accepted with changes. Review of agenda.

Report of the Vice President: June 15th, 2003 General Meeting at Delta Park Denny's. July 9th, 2003 Board Meeting at Holiday Inn in Wilsonville. Wendy showed the log book she designed to track free trial entries. She also brought for viewing dog bone shaped clamp that will be given out with each entry at the Columbia Cup.

Report of the Secretary: Three have people met all requirements for new membership. These people are Jabbara Edwards, Kerri Schweiger, and Gloria Edwards.

Report of the Treasurer: Review of the Treasurer, Treasurer Report accepted.

Report of the Training Director: The second session of classes are underway in Forest Grove. The Junior Handlers class is full. The next session of classes in forest Grove will start July 7th. Kitty is searching for Gresham area instructors. There will not be any summer classes in Gresham.

Unfinished Business:

July 19th and 20th, 2003 USDAA Trial review. Seems to be moving along. Everything is okay. Will check on fencing status.

September 6th and 7th, 2003 NADAC Columbia Cup trial review. Moving along. The Columbia Cup will be an ASCA co-sanctioned event. Premiums will be printed in a week.

October 18th and 19th, 2003 Black CAT USDAA trial review. Things are moving along, still looking for judges.

January 2004 USDAA trial review. Judges secured.

Un-Approved Board Meeting Minutes

February 22nd and 23rd, 2004 NADAC Trial review. The trial is losing money so the Board discussed increasing entry fees by \$1.00 a run. Board passed this decision effective starting with The Columbia Cup 2003. Discussion about entry availability online, board will encourage members to download entry forms. Dwight is looking into Salem event site. Kitty ware has agreed to co-chair the event. She will mentor the chair position.

Club Insurance Update: The clubs insurance premium is \$704.00 a year. A meeting will be set up with the clubs insurance agent to discuss and update the clubs plan.

New Business:

The garbage at the Wilsonville Barn has not been emptied in some time. Will send e-mail to Renee' Wilson to check the status.

Sue Woodson reports great success achieved by the Westside barn in terms of the amount of participants involved. She agreed that the structure for sharing Fun match profits is fair. The key being that excess profit will be donated to charity. All agreed that 25% up to \$50.00 will be given to CAT and the rest will be given to charity.

CAT Wear will not be sold at Clark County fairgrounds. The minimum order will be discussed with clothing company to see if we can lower it or order items one at a time.

The owners of the BeBop Barn want to use the barn this summer for horse classes. Sue Roake (owner of BeBop) would like to teach classes during the summer only. A motion was made to drop BeBop Barn and scout for a new location. Motion was accepted.

The summer BBQ and general meeting is scheduled for 5:00pm, September 13th, 2003 at Wilsonville Park. There will not be a Fun Match.

The ASCA draft letter was reviewed and discussed. The club would like to pay only for those competitors who wish to have their ASCA titles. The draft was accepted with minor changes.

There is the possibility of being testers for the new Trial Genie software designed for USDAA. We could try it at our Black CAT event if Dwight and Venita are willing to put in the work. If we are guinea pigs for this software our input/feedback will be used in making changes to the product. Motioned

Un-Approved Board Meeting Minutes

and accepted that Trial Genie Software usage is pending on Dwight and Venita.

Starting with the May NADAC Trial certificates will be given to “key” positions. Wendy will send the certificates to the Trial Chair of each trial.

Motion made to have Library books and subscriptions sent directly to the Library. Motion accepted. The shipment of Library books will be sent directly to the library.

Motion to adjourn at 9:35pm

Submitted by Tammy Moody

Wilsonville Barn Robbery (Larsen Barn)

I was contacted by Maureen at Larsen barn. There has been another robbery there this week. They have put a bigger chain and a padlock on the gate. Because the gate is closed at 6:00 pm we need to know that the key is on the white pole. If you need to contact the Larsen's because of any problems getting in, the phone numbers where they can be reached is 503-638-9609 or cell phone # 503-804-1200.

Please help the Larsens by watching out for any unusual activities when you are there at night, and always close and lock the gate behind you.

Kitty Ware



BEWARE of Cocoa Mulch!!!



Cocoa Mulch is sold by Home Improvement and Garden Centers, it contains a lethal ingredient called "Theobromine" It can be lethal to dogs and cats. It smells like chocolate and is very attractive to dogs. They ingest it and die. Several deaths have occurred in the past 2-3 weeks. Theobromine is the ingredient used to make all chocolate, especially dark & bakers chocolate, which is toxic to dogs. Cacao bean shells contain potentially toxic quantities of theobromine, a xanthine compound similar in effects to caffeine and theophylline. A dog that ingested a lethal quantity of garden mulch made from the cacao bean shells developed severe convulsions and died 17 hours later. Analysis of the stomach contents and the ingested cacao bean shells revealed the presence of lethal amounts of theobromine. Check what you are using in your garden and what may be in any area where your dog spends time.

*Pat & Quinn
Agile CAT June 2003*

Cocoa Mulch is made from the leftover husk of the cocoa bean. It is a lovely cocoa color, deters slugs and snails, smells just like chocolate and is biodegradable. However, it does contain trace amounts of theobromine, which along with caffeine) is one of the toxic elements in chocolate.

This is an excerpt from the ASPCA web site:

Cocoa beans contain the stimulants caffeine and theobromine. Dogs are highly sensitive to these chemicals, called methylxanthines. In dogs, low doses of methylxanthine can cause mild gastrointestinal upset (vomiting, diarrhea, and/or abdominal pain); higher doses can cause rapid heart rate, muscle tremors, seizures, and death.

Eaten by a 50-pound dog, about 2 ounces of cocoa bean mulch may cause gastrointestinal upset; about 4.5 ounces, increased heart rate; about 5.3 ounces, seizures; and over 9 ounces, death. (In contrast, a 50-pound dog can eat up to about 7.5 ounces of milk chocolate without gastrointestinal upset and up to about a pound of milk chocolate without increased heart rate.)

If you suspect that your dog has eaten cocoa bean mulch, immediately contact your veterinarian.

*Chris Zimmerman
AgileCAT 6/25/03*

Just for Fun Agility on Sunday 7/20 - Salem

Silver Falls KC is hosting another just for fun match on Sunday 7/20
Willamette Mission Park just North of Salem.

We're offering Just for Fun Agility - standard course plus a game. Dogs may run naked or with flat collar; may be on lead for first run. Course and equipment familiarization will be allowed.

And, you can give rally obedience, conformation, and junior & open handling a try, too. Judging will start about 9 am. Once again we'll have a great raffle, and our super show photographer, Randy Roberts, will be on hand to capture pictures of your favorite pooches.

We're in a different spot of the park this year - more open flat land, but fewer trees so bring your own shade!

RARE BREEDS, UKC BREEDS, AKC BREEDS, 4-H, mixed breed are all welcome. We'll even be holding a separate 4-H handling class. All for just \$5/dog/class (plus park access fee as you come in).

Get all the details at:

<http://groups.yahoo.com/group/silverfallsdogs/files/JulyMatch.pdf>

Feel free to pass this info along to others who might want to know about it. Then mark your calendar and come out for a fun day in the park. (A portion of the proceeds will benefit Marion County 4-H)

Judi James, Club Secretary

Silver Falls Kennel Club, Inc

email: <judjam@open.org>

club website: www.silverfallskc.org

club yahoo site: <http://groups.yahoo.com/group/silverfallsdogs/>



Columbia Agility Team
13250 SW Viking Ct.
Beaverton, OR 97005

**Junior Handler Agility Fun
Match/Competition**

Saturday August 30, 2003 Oregon
State Fair Grounds

Entry Fee: No Cost (state fair parking
& admission not included)

Contact Chris @ 503-588-9094 or
petrotts@comcast.net for entry form or
more info.

note the new e-mail address.

