



## Mary's Musings

November often reminds us to be thankful and appreciate the good things in life, whether they are big or small. Sometimes, we all get too busy and involved in activities to remember to take time for gratitude. This has been a perfect year for fall color in Kansas, and it has been spectacular and I'm grateful for the beauty! Cultivating gratitude involves consciously focusing on the positive aspects of life, even during challenges. Our November Agility trial will be well underway when this newsletter reaches your email inbox. Thank you to everyone who works so hard to make this event happen. We are grateful for each of you.

I have to admit, being President of the Wichita Dog Training Club isn't always easy. No matter what decision is being made, it seems everyone has a different opinion and often a different complaint. I am certainly thankful that we have so many members who care about our club and are invested in its solid future. Many opinions often make the best well-rounded decisions. I appreciate new ideas and the energy our members

put into implementing them. Our club could not survive without those who step up to volunteer their time and talents. It's also wonderful when a member presents a complaint, and it is accompanied by a possible solution and a willingness to help fix it.

Please remember to check your email! We keep hearing that members don't check their email. It is our primary way to get information to you. Over the next few months, several time-sensitive emails will be sent regarding membership renewal, key code applications, a members-only web page password change, and new gate codes for keyholders. It's also how we share upcoming events and opportunities. So don't miss out—check your email!

Happy Thanksgiving,



Mary, Rudy and Blitz

### HELP Wanted

**Needed:** Members with a vehicle capable of towing up to 7000 pounds and trailer towing and backing experience. Larry sold his truck and can no longer deliver WDTC's Trailer #2 to and from our trials. We need someone willing and able to transport the trailer from the club to the YMCA on the first morning of the trial. They will then return it to the club at the end of the trial when it is loaded. Mileage is reimbursed. If you are interested or have questions, please contact Larry Moyer at 316-617-9827 or [moyerlarry@gmail.com](mailto:moyerlarry@gmail.com).



Good luck at  
the WDTC  
Agility Trial  
this weekend!

**Please share with others. We all love to hear about each other's activities and successes. Send information and pictures to [WDTCNewsletter2@gmail.com](mailto:WDTCNewsletter2@gmail.com) by the 10<sup>th</sup> of the month to be included in that month's newsletter.**

## WDTC Events Calendar

**Agility and Obedience Classes** - The last session of classes of 2025 is under way. The next sessions will begin in January. Watch for an email announcing enrollment. We can't have classes without teachers! Please volunteer. [WDTC Agility Class Schedule & Sign Up](#) or contact [p.l.clement63@gmail.com](mailto:p.l.clement63@gmail.com)

**Title information and photos due** - Wednesday, November 19th

Have your dog's title information and photo for this year to Chrystal Beck by November 19th to receive a club recognition certificate and be included in the Christmas Party slideshow. Also please note if it is your dog's first title so we can order a frame. [Chrystal Beck](#)

### **WDTC Board Meeting**

Tuesday, December 9<sup>th</sup> at 6:00pm  
All members are welcome to attend

### **WDTC Christmas Party / General Meeting**

Our annual WDTC Holiday Party will be on Tuesday, December 9th at 6:30pm. The club will provide the meat and members should bring a dessert or side. Please come for food, fellowship, and celebrating members who earned new titles this past year. RSVP to Nicole Callahan at [nicole.s.callahan@gmail.com](mailto:nicole.s.callahan@gmail.com).

**For other events, classes, club calendar and information, go to**

[www.wichitadogtrainingclub.com/](http://www.wichitadogtrainingclub.com/)

**We welcome contributors to our newsletter. If you have an interesting article or idea and would like to share it with others, send it to**

**[WDTCNewsletter2@gmail.com](mailto:WDTCNewsletter2@gmail.com) by the 10<sup>th</sup> of the month to be included in that month's newsletter.**

**If you hear of events in our area, please let us know so we can share with others.**

C  
L  
U  
B  
  
I  
N  
F  
O

## 2026 Board of Directors

It's time to think about our 2026 WDTC Board of Directors. Our nominating committee has presented the following slate of candidates to the current BOD.

**President:** Mary Moyer

**Vice President:** Kyle Okumara or Katerina Woods

**Secretary:** Shelley Cox

**Treasurer:** Sharon Heckman

**Agility Director:** Chrystal Beck

**Obedience Director:** Lori Perkins

**Activities Director:** Scotland Lamb

If you would like to be added to the ballot, it is not too late. According to our bylaws:

ARTICLE IV. The Club Year, Annual Meeting, Elections SECTION 3. Nominations.....

c. Additional nominations may be made at the November Board of Directors meeting by any member in attendance provided that the person so nominated does not decline when his/her name is proposed, and provided further that if the proposed candidate is not in attendance at this meeting, the person nominating such proposed candidate shall present to the Secretary a written statement from the proposed candidate signifying his/her willingness to be a candidate.

d. After the November Board of Directors meeting, all nominations for the Board of Directors shall be published in the November edition of the Club's Board of Directors monthly meeting minutes.

e. Nomination cannot be made at the annual meeting or in any manner other than as provided in this section.

C  
L  
U  
B

I  
N  
F  
O

# A R E A I N F O

## [Tulsa Dog Training Club, Inc.](#) **Agility Trial** Dec 5 - 7

**Opens:** Friday, 10/10/2025 8:00 am CT **Closes:** Friday, 11/21/2025 6:00 pm CT

Tulsa Expo Square, Tulsa, OK\_

Premium not available

## [Red Dirt Agility Club of Oklahoma](#) **Agility Trial** January 9 - 11, 2026

[Canadian County Expo & Event Center](#), El Reno, OK\_

**Opens:** Tuesday, 11/4/2025 7:00 am CT

**Closes:** Friday, 12/26/2025 8:00 pm CT

Judges: Steve Tochtrop & Patricia Dunseith

[Premium List](#)

## [Greater Kansas City Dog Training Club, Inc](#) **Agility Trial** January 23 - 25, 2026

[All Star Dog Sports](#), Blue Springs, MO\_

Judges: Steve Tochtrop

**PREMIUM NOT AVAILABLE**-Classes tentative

**Opens:** Friday, 11/14/2025 8:00 am CT **Closes:** Friday, 1/9/2026 6:00 pm CT

## **Wheatstate Agility Group of Northeast Kansas** February 27 - March 1, 2026

[All Star Dog Sports](#), Blue Springs, MO\_

**Opens:** Wednesday, 12/17/2025 8:00 am CT

**Closes:** Friday, 2/13/2026 6:00 pm CT

**PREMIUM NOT AVAILABLE**

Judge: Alexandra Davis

## [Tulsa Dog Training Club, Inc.](#) March 13 - 15, 2026

Tulsa Expo Square, Tulsa, OK\_

**Opens:** Friday, 1/16/2026 8:00 am CT

**Closes:** Friday, 2/27/2026 6:00 pm CT

**PREMIUM NOT AVAILABLE**

Judge: Pending

## [Collie Club of America, Inc.](#) March 30 - 31, 2026

[K-9 Manners and More](#), Broken Arrow, OK\_

Indoor on Turf over rubber matting

**Opens:** Wednesday, 1/28/2026 6:00 pm CT

**Closes:** Wednesday, 3/11/2026 6:00 pm CT

**PREMIUM NOT AVAILABLE**

Judge: David J Nauer

## [Wichita Dog Training Club, Inc.](#) April 2 - 4, 2026

[Wichita YMCA Farha Sports Complex](#), Wichita, KS\_

Indoor on Turf

**Opens:** Thursday, 1/22/2026 6:00 am CT

**Closes:** Thursday, 3/19/2026 10:00 pm CT

**PREMIUM NOT AVAILABLE**

Judges: Pamela (Candy) Nettles & Craig Josling

# How Dog Agility Fuels Peak Performance Aging

compiled and edited by Mikel Miller

In *Gnar Country: Getting Old, Staying Rad*, Steven Kotler argues that **peak-performance aging**—maintaining vitality of body, mind, and spirit—comes from engaging in *challenging, social, and creative* activities that blend **dynamic, deliberate play** with **novel outdoor environments**.

Dog agility happens to check every one of those boxes.

## 1. Challenging

Agility requires continual learning: reading courses, improving timing, refining handling cues, and building fitness for fast, precise movement. The sport’s complexity keeps both brain and body firing together—exactly the kind of “demanding coordination” Kotler says keeps neural pathways young.

## 2. Social

Trials and training groups create deep social bonds. Handlers cheer for one another, troubleshoot together, and celebrate every success, large or small. Research shows that strong social engagement protects against cognitive decline, and agility communities offer that in spades.

## 3. Creative Play in Novel Outdoor Environments

Every course is a new puzzle, every run a fresh improvisation. Because courses change constantly and are often outdoors, handlers face new surfaces, weather, and layouts—stimulating adaptability and creativity. It’s serious play, but play nonetheless—the mindset Kotler calls essential for staying “rad” as we age.

Dog agility isn’t just a sport; it’s a living example of Kotler’s formula for thriving later in life—a **playful, social, ever-changing challenge that keeps us sharp, strong, and joyfully engaged**.



## How to Help Your Dog Deal With Visitors During the Holidays

By [Sassafras Patterdale, CPDT-KA, CTDI](#)

Updated: Nov 12, 2024 | 3 Minutes

AKC is a participant in affiliate advertising programs designed to provide a means for sites to earn advertising fees by advertising and linking to akc.org. If you purchase a product through this article, we may receive a portion of the sale.

Whether you have a [new puppy](#) or a [senior dog](#), their lives get temporarily shaken up when you have house guests over during the holiday season. Having people over and cooking for everyone is stressful enough. You don't want to also have to apologize for your dog's behavior. Here are a few tips to help your dog deal with visitors during the holiday season.

### Set Your Dog Up for Success

The best way to prevent your dog from getting into trouble is to give them the support to make good decisions. If you know your dog likes to ["counter surf"](#) or steal things off the counter, for example, make sure there aren't tempting food items left within reach and that your dog isn't left alone in the kitchen.

A good rule for life with puppies is "supervise or confine." If you can't fully supervise your puppy to prevent unwanted behavior, you should safely confine them in a [puppy-safe area of the home](#) or a [crate](#). During the holidays — or any busy time — this is a good rule to keep in mind, no matter your dog's age. If you know your dog gets overly excited about visitors, it can be helpful to keep your dog leashed during the festivities.

Use [high-value treats](#) to reward your dog for appropriate calm behavior like sitting or settling into a down. It can help to make someone in the family responsible for working with the dog—especially if you have a young puppy or are trying to retrain new manners around engaging with visitors. Be sure to [praise and reward](#) your dog for the behavior you want.

### Help Your Dog to Make Good Decisions

Some dogs are very excited about visitors entering the home, while others are nervous or uncomfortable. This can be due to a lack of socialization and individual personality, as well as breed traits. For example, some breeds developed as guardians may initially be wary of visitors.

For puppies and dogs that came home during the pandemic, guests coming into the house can be particularly disorienting. If you know that your dog [gets overly excited](#) when the doorbell rings, or when people come into the house for the first time, it's important to help them make good decisions. One option is to put your dog in a [crate](#) or another room before the doorbell rings. Then, you can bring them out after the initial excitement has calmed down.

### Give Your Dog Private Space

If your dog starts getting overwhelmed or stressed by visitors, it can be helpful to take a break. Bring them outside for a walk, or for some relaxation time in a private area of the home. Short and successful training sessions with visitors can help your dog make positive associations with guests coming into your home.

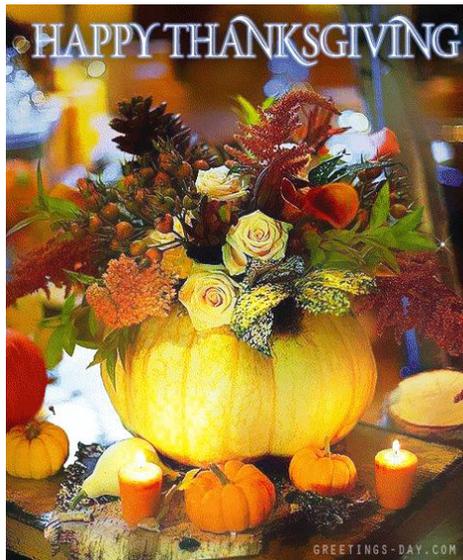
As you're preparing for the holidays, consider setting up space in your home to allow your dog to get away from the stress of any festivities. Put your dog's crate in an out-of-the-way place that's accessible to them but away from visitors. Alternatively, you can designate a room in your house for your dog to relax in if they feel overstimulated. Consider using a [dog gate](#) to secure them inside the room for breaks. Give them a stuffed [KONG](#) or other safe chew toy, which will provide [mental stimulation](#) and help them relax.

### Advocate For Your Dog

If your dog is nervous about meeting people, don't force them to interact with visitors. Instead, put them in a quiet and safe place in another part of the house during your visitors' stay. Many people love dogs but they don't always [engage safely or appropriately with them](#). It can be helpful to prepare your friends and family for what your dog needs to be successful.

Be your dog's best advocate and explain to your guests how you would like them to engage, whether that means ignoring your dog completely, or giving your dog [treats](#) in exchange for calm behavior like "sit." If you have children visiting the home, make sure that kids aren't allowed to interact with your dog unsupervised, and that they're [taught appropriate ways to pet or play](#) with your dog.

[Related article: How to Prepare Your Dog for the Holiday Season](#)



**If you have obedience questions, please sent them to [WDTcnewsletter2@gmail.com](mailto:WDTcnewsletter2@gmail.com) and we will help to get answers.**

November is the perfect month to have a fireside chat about what goes on in the ring. At 4-day trials you can have four different judges if there are multiple Rings going and they switch judges between rings. Or you can have two different judges, one that judges the first two days and one that judges the last two days. Usually at these trials, the judges love to bring their dogs and be exhibitors on the days they are not judging.

Things can go off the rails for exhibitors as well as judges as I have found out here recently at a trial. This is quite the story so settle in with some popcorn and put your feet up. Have fun with my journey but also there are lessons to be learned.

This trial was a one ring trial that started out with obedience and then into Rally. This was an absolutely wonderful trial. The judging on the first 2 days went without a hitch. Then that obedience judge became an exhibitor the last 2 days for rally.

The Masters course was set and my mind was on studying that map exclusively because most generally they nest the courses and the flow of the courses are usually never changed from Masters to Novice. Mostly, just signs being removed to take the more advanced signs out and replaced with the lower signs. It flows well so they can set up courses more quickly that way.

So as I walked the master's course there was some confusion on several parts, which should have raised a red flag to me. We asked several questions because the course was not set properly and the course got adjusted based on these questions. The judge chuckled and told the person that was helping her set the course, "the exhibitors will always keep you honest". That should have been a red flag for me.

We got through the masters competition and they started setting the excellent course. Since I had just got through competing, I ran Ice out to go potty before excellent began. By the time I got back in, they had set the course and we were ready to walk. I had not previously looked at the course map for excellent. I went out and walked the course which looked like a very nice course. The judge asked if there was any questions and I had no questions. Now the story becomes interesting! As the excellent course competition began, I got a tap on my shoulder. I turned around and an exhibitor had the course map in hand and says this is not the same course that she has posted. As I looked at the map, I could tell it was not even close to the map that she had posted on the board.

Unfortunately, this was the course we were going to be doing because at this point there had already been 2 competitors that had already competed. Number 3 was fixing to go in. I was 5<sup>th</sup> in line for this go. I explained to my fellow exhibitor that the judge ask if anyone had questions before we started and no one asked questions. Once the competition had began and exhibitors had shown it was out of our hands and there was nothing that we could do to change it. We just had to do the course that was in front of us. She looked very puzzled at me and I said again nothing we can do about it. If you walk the course, you do the course you walked. I am very sure that the judge had quite a few courses in her briefcase and just pulled the wrong one out. It happens to the best of us. But you know for certain that I looked very closely at the next courses being set.

As the day progressed things got back on track and ended up very well, until we got to novice. I had a novice exhibitor come and ask me about the sign that was out on the course. It was sign #26.

## < 26 - Call Front - 1, 2 and 3 Steps Backward - Forward



Call Front

1 Step Back



Favorite

2 Steps Back



3 Steps Back



N.I.A.X.M



Least Favorite



Stationary

## < 26 - Call Front - 1, 2 and 3 Steps Backward - Forward

**26. Call Front - 1, 2 and 3 Steps Backward - Forward** - While heeling, **the handler stops forward motion** and calls the dog to front. The handler may take several steps backward. **The dog must come and sit** in front. **The handler takes one step backward and halts. The dog must move with the handler and sit** in front as the handler halts. **The handler takes two steps backward and halts. The dog must move with the handler and sit** in front as the handler halts. **The handler takes three steps backward and halts. The dog must move with the handler and sit** in front as the handler halts. The handler may command/signal the dog to finish. As the dog clears the handler's path, the handler will heel forward before the dog returns to heel position. (Stationary).

Can Be In: **N I A X M C**

I explained to the exhibitor how to do the sign. But when she went out to walk the course, the judge saw her at that sign and approached to tell her how she was going to judge the sign. Unfortunately, how the judge explained to her she was going to judge the sign was nothing like the sign was written. The first judge from the previous two days happened to be sitting beside us. She expressed concern about the way the other judge had explained the sign. From the rally book she explained to the exhibitor how the sign was actually written and how it should be done. But she expressed that if this judge is telling you that is the way she is judging it, please do it that way, but do not ever do it that way again. The handler was told incorrectly, the first call to front and sit was counted as the first step backwards.

So the moral of our fireside chat this evening is:

1. wonderful judges are only human and sometimes it goes off the rails for them as well.
2. A bad day is just a bad day. Roll with the punches.
3. Do the courses that are laid out in front of you.
4. Always ask questions if you have them.
5. If a judge says that they are going to judge the sign this way even though it is incorrect do it as they are going to judge it. Even though you know it is incorrect you will never do the sign that way again but you do have to do it on this day.
6. Most of all have fun

Debra, Libby and Ice

**Do you have a rally question or lots of questions? Please send them to [WDTCNewsletter2@gmail.com](mailto:WDTCNewsletter2@gmail.com) and we will work on getting an answer.**

R  
A  
L  
L  
Y

## Which Thanksgiving Foods Can I Give My Dog?

By [Mary Kearl](#)

AKC is a participant in affiliate advertising programs designed to provide a means for sites to earn advertising fees by advertising and linking to akc.org. If you purchase a product through this article, we may receive a portion of the sale.

While many of us already know we're going to overeat on Thanksgiving, we still need to apply some restraint when it comes to sharing Thanksgiving foods with our dogs.

It's not just the obvious cautions—like splintering roasted [turkey bones](#) or toxic [onion](#)-filled stuffing—that are unsafe choices for your dogs. There are other known foods that are toxic to dogs and should be kept off their plates. That said, plenty of fall favorite foods can be tasty and safe options in small portions during holiday festivities.

### Safe Thanksgiving Foods to Feed Dogs

Every Thanksgiving Day table is a little bit different, but there are some foods that make an appearance on just about every table, and many of those tables might have a hopeful dog snoozing underneath, waiting for a stray bite of [people food](#).

**Sweet Potatoes** - "[Sweet potatoes](#) are a great source of dietary fiber, vitamin B6, vitamin C, and beta-carotene," says Dr. Gary Richter, MS, DVM, author of "The Ultimate Pet Health Guide: Breakthrough Nutrition and Integrative Care for Dogs and Cats." "Sweet potato treats can be as simple as a [dehydrated sweet potato chew](#)." Plain mashed sweet potatoes are an option you might find at the table. Just remember not to give your pet sweet potatoes loaded up with added ingredients like brown sugar, marshmallows, or maple syrup.

**Potatoes** - You may already know your dog loves the occasional french fry. For the holiday meal, opt to share boiled or baked [potatoes](#) with your dog. Save the mashed potatoes whipped with butter and cream (and sometimes onions or garlic) for your own plate.

**Apples** - "[Apples](#) are full of vitamins A and C and contain lots of great [fiber](#), making them a healthy Thanksgiving treat for your pet," says Dr. Richter. "However, if you're sharing an apple with your pooch, be sure to cut around the core, as large amounts of apple seeds can be toxic." Sliced fresh apples are on your dog's menu, or an [apple-cinnamon dog cookie](#), but please keep the slab of apple pie on human plates only.

### Turkey Meat (Without Bones or Skin)

If you're wondering if dogs can eat turkey at Thanksgiving, the answer is yes, but with some caveats. Turkey meat is okay to offer up "as long as it has not been prepared with any seasoning," says Dr. Sara Ochoa, DVM, a small animal and exotic veterinarian in Texas. That probably rules out your perfectly roasted holiday bird.

AKC Chief Veterinarian Dr. Klein advises owners to skip out on feeding turkey bones or turkey skin. Skin itself can be fatty, and the outer layer of the turkey’s skin was likely slathered in butter or oil before cooking, all of which can add up to triggering a bout of painful and dangerous [pancreatitis](#) or other digestive issues for your dog. If you’d like to share turkey with your dog without worrying about preparing a separate, dog-safe portion, you can look for [Thanksgiving-themed canned dog food](#) that did the work for you.

**Green Beans** - “With ample amounts of plant fiber, manganese, and vitamins C and K, plain [green beans](#) are great for dogs,” says Dr. Richter. The key here is that the green beans should be prepared and served plain, without added ingredients like butter or salt. Set aside a special portion of plain green beans for your dog if you know they love these veggies.

**Peas** - Plain [peas](#) are a fine addition to a dog’s diet in moderation, but creamed peas are a no-go, just like creamy mashed potatoes. Any fatty food or casserole risks triggering pancreatitis or other digestive upsets.

**Pumpkin** - “[Pumpkin](#) itself is a very healthy snack,” explains Dr. Richter. “Pumpkin helps with digestive health and it’s great for a dog’s skin and coat. Also, if feeding canned pumpkin, make sure it’s just [pure pumpkin puree](#) and not the pre-[spiced](#) or sugary pie mix.” And, same rule as above: keep the slab of pumpkin pie on your plate.

**Avoid These Thanksgiving Foods for Dogs**

You may notice this list is longer than the one above filled with healthy options, and with good reason. Thanksgiving coincides with an uptick in emergency vet visits across the U.S. because of the extra, often unsafe “human” food that dogs end up consuming at this time of year.

Prepare for a dog-safe Thanksgiving by taking some precautions to help you avoid something potentially unhealthy, or worse, toxic. Ensure your guests and any small children know to ask you before sharing food with your pets.

These are some of the foods that you shouldn’t share with dogs due to the potential for unsafe or unhealthy ingredients:

- |   |   |
|---|---|
| Turkey bones, skin, and gravy   | <a href="#">Alcoholic beverages</a>           |
| Stuffing  | <a href="#">Raisins and grapes</a>            |
| Casseroles  | Onions, scallions, and <a href="#">garlic</a> |
| Mashed potatoes   | <a href="#">Ham</a>                           |
| Creamed peas  | <a href="#">Yeast dough</a>                   |
| Fatty foods   | Foods containing spices                       |
| <a href="#">Chocolate</a> , cookies, pies, and sweets (as well as anything “sugar-free” or containing xylitol, which can be fatal for dogs) |   |

Once the meal is over, be sure to properly secure any trash so your dog can’t get into it. If your dog gets into something that they shouldn’t eat, seek help right away. In the event of an emergency, contact the [Pet Poison Helpline](#) or call your local emergency vet.

**WDTC Board of  
Directors  
for 2025**

Mary Moyer  
President  
Marymoyer0@gmail.com

Kyle Okumura  
Vice President  
kk.okumura1989@gmail.com

Sharon Heckman  
Treasurer  
HeckCC@hotmail.com

Katerina Woods  
Secretary  
kayjaywoods@gmail.com

Lori Perkins  
Obedience Director  
sleperkins@netzero.com

Penny Clement  
Agility Director  
p.l.clement63@gmail.com

Scotland Lamb  
Activities Director  
scotlandkplamb@gmail.com



**Supplies running low at the club?**

**Contact**

**Debbie Snider (316) 201-7347**

**If you are on the grounds and notice anything  
that needs fixing or immediate attention, please  
contact**



**Rick Phillips at (316) 655-3738**

Send all questions or suggestions to: [WDTCNewsletter2@gmail.com](mailto:WDTCNewsletter2@gmail.com)

Editor: Pam Watkins

Contributors: Scotland Lamb, Mikel Miller,

Copy Editor: Kat Woods

Mary Moyer and Debra Powers

**C  
O  
N  
T  
A  
C  
T  
S**