



AIREDALE TERRIER CLUB OF METROPOLITAN WASHINGTON, DC, Inc. *Newsletter*

www.airedales-dc.org

November 2023



Alex standing next to the cross country jump modeled after him.

Club Officers

| | |
|---------------------|-------------------|
| President | Bill Nelson |
| Vice President | Corally Burmaster |
| Secretary | Jackie Peebles |
| Recording Secretary | Elaine LaMontagne |
| Treasurer | Jeanne Esmond |

Directors

Pam McKusick
Nancy Nykamp
Karl Bloom
Jessica Rabin

Committee Chairs/Coordinators

| | |
|------------------|-------------------|
| Airedale Rescue | Pamela McKusick |
| Breeder Referral | Pamela McKusick |
| Newsletter | Jessica Rabin |
| Specialty Show | Corally Burmaster |
| Trophies | Mary Morningstar |
| Website | Karl Broom |

Website: www.airedales-dc.org

The Club Objectives

- (a) To encourage those who breed Airedale Terriers to do so responsibly and with the welfare and improvement of the breed having highest priority.
- (b) To urge members and breeders to accept the standard of the breed as approved by the American Kennel Club as the only standard of perfection by which Airedale Terriers shall be judged.
- (c) To do all in its power to protect and advance the interests of the breed by encouraging sportsmanlike competition at dog shows and obedience trials.
- (d) To conduct sanctioned and licensed specialty shows under the rules of the American Kennel Club.
- (e) To institute and maintain programs which promote the welfare of individual Airedale Terriers through rescue and education, and through any other means which the Club considers helpful.

Newsletter Disclaimer: Newsletter articles are the views and opinions of the authors and are not official Club policy. Club policy is made only by motions passed by the Board or by the voting membership.

From the President

I am thankful to the Nominating Committee and the Board of Directors for selecting me to assume the position of President of the ATCMW. I have big shoes to fill in replacing Corally Burmaster who has been President for the last 13 years. During her tenure, the Club membership has grown from under three dozen when she started to 54 current members. Corally has done a terrific job leading the club and has been a responsive and insightful resource for the membership. For example, she has been generous with her time in providing information about the Airedale Terrier breed as well as dog training tips and answering questions about health issues. The good news is that Corally is not going away. She is remaining on the Board as the Vice President and will continue to be a reliable resource for club members as well as helping during the transition.

When I was thinking about what to say in my first Letter from the President, I thought it appropriate to give you information about my background regarding my involvement with dogs. My wife, Lynn and I, obtained our first dog a little over 30 years ago. He was a Soft-Coated Wheaten Terrier named Murphy and he was followed by three more Wheatens, two Border Terriers and then Alex, our first Airedale.

We participated in a number of dog sports over the years including conformation, obedience, rally obedience, barn hunt, agility and FastCAT. I became particularly addicted with agility, mostly because two of our Wheatens, Nikki and Dillon, were exceptional agility dogs. I became so obsessed with the sport that I would compete over 40 weekends per year with Nikki. She eventually became the #1

Wheaten in the country and earned three Master Agility Championships (MACHs). Dillon was an equally good jumper and was a total speed demon.

One of the keys to our success in agility was the clicker training that was taught to Lynn and me by Corally and several local dog trainers who were taught clicker training by Corally. Clicker training was an essential tool for our dogs to learn the behaviors necessary for agility and for obedience competitions. For instance, teaching a dog to get its feet onto the yellow at the bottom of a contact obstacle takes operant conditioning of the desired behavior, reinforced by the click and the giving of a treat or toy.

I still compete occasionally in agility with Alex and Jamie, our eight-year old Border Terrier. However, Alex really prefers FastCAT so when he was invited to Orlando this year for the AKC FastCAT Invitational as a top 5 Airedale, I jumped at the chance to take him to this special annual event. I was happy to see him qualify and win the breed.

As I look forward to my term as President, I am excited about the opportunities to get to know each of you better and to celebrate our love of Airedales. Please feel free to write to me if you have any questions or suggestions for the Club regarding future activities.

Best regards,

Bill

Bill Nelson



Bill Nelson and Alex at the AKC Fast Cat Invitational

At the back of this newsletter is the membership renewal form for 2024. Please fill it out and return it to Jackie Peebles in a timely fashion. You can print it out and mail it with a check, or you can email it to her and pay your dues via paypal at

airedaleclubdc@yahoo.com

A copy of the renewal form will also be sent via separate email.

Another great picnic at Frying Pan Park

A beautiful day and a great program highlighted our Fall picnic meeting. And our election brought a new set of officers and board members who bring with them a fresh view and new ideas for activities!

Airedale Terrier Club of Metropolitan Washington, DC Annual Meeting and Picnic in the Park September 10, 2023

The Airedale Terrier Club of Metropolitan Washington, DC met on Sunday, September 10, 2023 at Frying Pan Park in Herndon, Virginia for a meeting and picnic.

A Social Hour was held beginning at 10:00 AM and Corally Burmaster, President called the General Club meeting to order at 11:08 AM.

President's Report

Corally Burmaster announced that this was the last session that she will presiding as president of the club. Her successor will be Bill Nelson.

Secretary's Report – Minutes of Last Meeting

It was announced that the meeting notes from the last meeting will in the next newsletter.

Treasurer's Report

Corally announced that the club had less than \$1,000 in the bank and the Board would discuss if there will be a rise in the dues. If so, an email would be sent to all members indicating a change.

Airedale Rescue Report

Pam McKusick, head of the Airedale Rescue, was not in attendance for a report due to illness of her dog.

Committee Reports

There is a Specialty Show scheduled for April 19, 2024. There is a need for a volunteer to coordinate the trophies. Mary Morningstar and Wilder Leavitt volunteered to assume this responsibility.

Election of Officers and Board

The nominated slate is as follows:

| | |
|-------------------------|-------------------|
| President | Bill Nelson |
| Vice President | Corally Burmaster |
| Treasurer | Jeanne Esmond |
| Corresponding Secretary | Elaine LaMontagne |
| Recording Secretary | Jackie Peebles |

Directors

Pam McKusick
Karl Broom
Nancy Nykamp
Jessica Rabin

Corally called for a vote of the membership and the slate was accepted by all.

Old Business

None

New Business

Bill Nelson thanked Corally Burmaster for her tenure in the position of President and for all her contributions to the club and membership over the years. Under her tenure, the membership has grown from twenty members to over fifty members. The social activities have increased and the learning opportunities have been excellent. Bill presented Corally with flowers and a gift certificate as a thank you for what she has done for the club.

There was a motion to adjourn and seconded. The business meeting was followed by a picnic lunch provided by the Club.

Special Program – Keeping Our Dogs in Good Physical Condition

Mary Pat Corrigan and her tri-paw Flat-Coated Retriever, Tara, demonstrated techniques to get our dogs into good physical condition and keep them that way throughout their lives.

Mary Pat has been training her dog for close to three years to be a canine athlete. She specializes in animal massage therapy and began training dogs in the early 1990s.

Mary Pat demonstrated “passive stretching” which is applied by the owner and “active stretching” which the dog does independently. She encouraged owners to ensure that the dogs warm up prior to activities to prevent injuries. Conditioning and stretching are essential to avoid risks of injuries.

Respectfully submitted,
Elaine LaMontagne

Attendees

Mary Morningstar
Wilder Leavitt
Corally Burmaster
William Nelson
Lynn Nelson
Gloria Bownas
Mike Bownas
Melissa Simulcik
Josh Simulcik
Anne Welsh
Marso Welsh
Karl Broom
Joyce Broom
Nancy Nykamp
Olivia Garner
Elaine LaMontagne
Jackie Peebles
Jeanne Esmond
Georgianne John
CathyScheiman
William Scheiman
Michael Scheiman
Debo West
Anne Benenson
Ann Cosgrove



Conditioning Exercises For Your Dog's Health

by Mary Pat Corrigan



I get it... it's been a very long day with an additional hour of driving due to heavy traffic. You're tired and you're stressed. You can hear the dogs welcoming you on the other side of the door. The dog walker got them out for a short amount of time, but you know that they will need a big release of energy as soon as you get in the door. So you pick up the Chuck-It or the Frisbee as your dogs blast out the back door. They spend a few minutes chasing each other or maybe even running the fence with the neighbor's dog.

Then the ball or frisbee is thrown and pretty soon they are tired with tongues dragging on the

ground. Yet they are still up for the game.

OK- one more throw and the oldest dog comes up 3-legged lame on his right hind and it's a trip to the vet the next day.

\$\$\$

You are not competing in a sport and yet here your dog is injured.

My athlete dog clients warm up/cool down their dogs and stretch them at competitions and training- or at least they should be doing these things. But is it reasonable to think that everyone is going to be able to do that the moment they get home from work every day? Especially if they have multiple dogs? Most likely not.

Are there other options? Yes!

There are things that you can do to minimize the risk of injury for your dogs during play or when they are engaging in weekend warrior activities with you.

Engaging in conditioning exercises- strength training, endurance work, stretching and body awareness- with your dogs throughout the week can help prevent injury. Strength training, stretching and body awareness are activities that you can do that only take 15-20 mins several times a week. And in doing these activities with your dog, you will enhance your relationship with your dog. These activities are fun!!

But first...**ALWAYS** check with your veterinarian **BEFORE** engaging in **ANY** fitness exercises with your dog. And **ALWAYS** learn the proper techniques, duration and frequency of exercises by engaging a fitness professional or by taking online or in person classes.

So now... what are these things you can do?

Strength training includes exercises such as sit to stand, stand-down-stand, crawling forwards and backwards, and core strengthening.

Stretching- passive and active- is not only beneficial to the soft tissues but can be diagnostic of your dog's condition. If you regularly stretch your dog, you will notice if suddenly your dog cannot reach around to the right as well as to the left, when before they were even. This is an indicator that something is going on with your dog. The sooner you discover potential issues, the less likely the issues will become major.

In the pictures with Tara, you will see some basic active stretching that you can do with your dog at any time. I recommend doing these several times a week at least. Passive stretching- where you move the limb while your dog is still- should never be done on cold muscles and you should learn the techniques with a professional before attempting passive stretching with your dog to prevent injury.

Endurance work builds heart strength and increases the time it takes for muscles to become fatigued. Why is this important? Fatigue leads to injury. Long walks or runs are simple ways to build this endurance- in your dog and in you.

Body awareness exercises work with the central nervous system to increase awareness of individual limbs and how the body moves in space. So if your dog starts to stumble while chasing the ball, the awareness of individual limbs can decrease the probability of a fall resulting in an injury. Body awareness exercises can include: movement patterns such as Figure 8s over unusual surfaces and teaching your dog to target objects with each individual foot.

I also highly recommend learning some basic massage techniques you can do at home. Massage has numerous benefits and again can be diagnostic of potential issues before they become a real problem.

If all this seems like a lot, I promise you it is not- and it is worth every trip to the vet that does NOT happen because your dog is conditioned properly.

I will add that these activities with Tara have increased our working relationship to the point where her focus on me has carried over to the rest of our time together. That's a huge bonus!!

There are networks for finding fitness trainers/classes and certified massage therapists, so don't hesitate to reach out. I am holding a workshop on the Basics of Canine Massage December 9th in Winchester VA- working and audit (including on Zoom!) spots available.

Wishing you all the best with your best friend!



Mary Pat is a Certified Canine, Equine & Human Massage Therapist and is currently enrolled in Northeast K9 Conditioning's Elite K9 Conditioning Certification Program. For more information , she can be reached at :

bluemoonwellness@yahoo.com

540-660-4367

Just a few examples of exercises you can do with your dog.



Tara demonstrating core strengthening exercises.



Stretching exercises



Combining core and strengthening exercises

Airedales on Course

by Lynn Nelson

My husband, Bill, and I support the equestrian sport of eventing which combines dressage, cross country, and show jumping. I am a volunteer jump judge for cross country. Bill is on the Board of the Maryland International Equestrian Foundation (MIEF). In July 2023 the MIEF held their first 4*5 (S for short) event at Loch Moy Farm in Adamstown, MD. We decided to sponsor a jump for the event. We discussed the jump options with Carolyn Mackintosh who owns Loch Moy. We wanted the jump to be special, something spectators would enjoy seeing. After considering several design options, we decided the jump should be an Airedale carved from one of Loch Moy's trees.

Carolyn introduced us to Tyson Rementer, a master course builder for the event and one of only about 10 full time course builders in the US. Tyson is also a wiz with a chain saw. He has carved many different animals including crabs for a jump at the Fair Hill, MD course and a camel for the Kentucky Horse Park, Tyson was not familiar with Airedales so we shared pictures of our Airedale, Alex. When Tyson came to Maryland to prepare for the 4* event, we took Alex to Loch Moy so Tyson could see what an Airedale looks like in person.

For a 4*5 event a jump is required to be 3 feet 11 inches in height and have a spread of 5 feet 11 inches at the highest point and 8 feet 10 inches at the base. This Airedale was going to be a big one!

Tyson picked out an oak log from the many available logs at Loch Moy to craft the Airedale jump. It took only 3 days for Tyson to carve a beautiful Airedale. He used other tools to create the appearance of the Airedale's wiry coat.

The jump was placed on the cross country course in a spot close to the spectator viewing area. I was the judge for the obstacle in the two events where it was used. All the horse and rider teams went over the Dale with ease.

We are pleased we not only supported the event but also helped create a work of art that will be used in future events for years to come.



Picking out the right log.



Tyson halfway through.



AIREDALE TERRIER CLUB OF METROPOLITAN WASHINGTON, DC 2024 MEMBERSHIP RENEWAL

Please update your contact and email information below and **PLEASE PRINT LEGIBLY**

| | | | |
|------------------------------|--|----------------|--|
| Member 1 | <input style="width: 95%;" type="text"/> | Email Address* | <input style="width: 95%;" type="text"/> |
| Member 2 | <input style="width: 95%;" type="text"/> | Email Address* | <input style="width: 95%;" type="text"/> |
| Member(s) Mailing Address | <input style="width: 95%; height: 80px;" type="text"/> | | Phone Numbers |
| | | | <input style="width: 95%; height: 80px;" type="text"/> |

*By submitting this membership form, you authorize the ATCMW to communicate all Club business to you by email.

Check all activities that interest you:

| | | | |
|---|--|--|--|
| <input type="checkbox"/> Pet Training | <input type="checkbox"/> Obedience Competition | <input type="checkbox"/> Pet Grooming | <input type="checkbox"/> Show Grooming |
| <input type="checkbox"/> Airedale Rescue | <input type="checkbox"/> Plan/Arrange Meeting Programs | <input type="checkbox"/> ATCMW Newsletter | <input type="checkbox"/> Scottish Christmas Parade |
| <input type="checkbox"/> ATCMW Specialty Show | <input type="checkbox"/> Other | <input style="width: 50%; height: 20px;" type="text"/> | |

Select your Membership Type Below

Associate Membership - Associate Members are entitled to participate in all ATCMW functions/activities including attendance at general membership meetings except that they cannot hold elected office or vote when the Club conducts business at its general meetings. Please select Associate Membership if you do not plan on attending the regular membership meetings. (No more than 2 individuals at one address)

Cost: \$17 for one; \$34 for two \$ _____

Individual Membership - Individual members are included in the Club quorum requirement for general meetings, may vote at those meetings, may hold elected office and are entitled to all of the other privileges of Club membership.

Cost: \$20 each \$ _____

Household membership - Household members are included in the Club quorum requirement for general meetings, may hold elected office, and are entitled to all of the other privileges of Club membership. (No more than two individuals at one address.)

Cost: \$30 \$ _____

Additional Contributions:

ATCMW Airedale Rescue and Adoption Service, Inc. This is a 501(c)3 charitable organization and your donation is deductible for Federal tax purposes to the extent allowed by law. Your donations help defray the costs associated with vetting and care of rescued Airedales prior to their being adopted.

\$ _____

Trophy and Specialty Show Fund - Each year in April the ATCMW puts on a conformation show. Funds donated here offset the expenses for judges, trophies and hospitality. Our Specialty in April 2022 will be the 50th the ATCMW has held, and we plan to celebrate accordingly! Your contributions here will insure the continued success of this well attended Club event.

\$ _____

Total Due \$ _____

Please mail this form and check made out to ATCMW to:
Jackie Peebles
2011 Beacon Pl.
Reston, VA 20191

Payments may also be made via PAYPAL. The Club's account is airedaleclubdc@yahoo.com
Email your completed form to Jackie at
peeblesjn@mac.com