



THE HAPPY HEELER

JULY 2021



DEADLINE FOR AUGUST 2021 NEWSLETTER IS JULY 28, 2021

Officers/Board Of Directors

President
Alyson Deines-Schartz

Vice President
John Schwartz

Recording Secretary
Connie Chovan

Corresponding Secretary
Barbara Prilaman

Treasurer
Ron Asbury

Training Director
Nancy Asbury

Directors
Randi Boysen-Carl
Sandra Gonzales
Kay Hawthorne
Kathy Marmack
Mechelle Stall
Debbie Vachal

Membership:
Nancy Asbury
6826 Century St
La Mesa, CA. 91942
619 890-6826

Newsletter Editor:
Barbara Scott
441 Las Flores Terrace
San Diego, CA. 92114

E-mail: BarbaraScottOCSDC@aol.com
WEB SITE: sandiegoobedienceclub.org

TRAINING DIRECTOR
Nancy Asbury - nasbury@cox.net

Conformation Trainers:

Jennifer Ellis
Erin Mathews
Michelle Mixon
Julie Borst Reed
Margaret Williamson

Obedience Trainers:

Nancy Asbury
Randi Boysen-Carl
Alyson Deines-Schartz
Jane Glickman
Kathy Marmack
Bobbi Prilaman
John Schwartz
Rita Wolkiewicz

CGC Coordinator & Instructor:

Debbie Vachal

Rally Trainers

Shelley Bakalis
Randi Boysen-Carl
John Schwartz
Rita Wolkiewicz

Scent Work Trainers:

Alyson Deines-Schartz
Karen Hagler
Kayelene Hawthorne
Cathy Modica
Debbie Redondo

Obedience

Drop-in Trainers:

Shelley Bakalis
Sandy Gonzales
Betty Ribble

On June 1, our CGCA class took our test and all passed! Our evaluators were Jane and Bobbi. Shelley was invaluable in helping with the class. Here is a list of our successful teams.

CJ Aguilar with Ghost (American Bully)
Vicki Brown with Lilly (Australian Shepherd)
Kris Eitland with Jem (GSD)
Tom Bedford with Cinnamon (GSD)
Christine Hewes with George (Labrador Retriever)
Danielle Richards with Schooner (Lab/Shepherd Mix)
Greg Larson with Bear (Bouvier)

Here are the results for Bobbi and Jane's CGC test done on May 27th. Debbie Vachal, Shelley Bakalis and Kay Hawthorne were the evaluators. Our volunteer helpers were Kris Eitland, Tom Bedford, Mary Berube, Viki Brown and Venus Zaya.

Dianne Wallace with Sonia (Golden Retriever)
Alison Deines with Spica (Border Collie Extraordinaire)
Marla Cooper and Minnie (Poodle/Mountain Cur)
Tammy Brokaw and Kaia (Shepherd X)
Kate Palese and Mora (Irish Wolfhound)

Debbie Vachal, CGC Coordinator

BRAGS

Maris finished all three tracking titles in 5 months. She is the youngest Golden Retriever ever to attain the Champion Tracker title. (See attached .pdf)

Bobbie Sevier

The "Whippets Rock" team won first place in the Rally team competition at the HVOC trial on June 13th!



L to R..

Christine DeClerk with Roux and Riley; Stephanie Minnella with Cider;
Terry Schonhoff with Brady Thanks, Terry

Protect Your Dog From These Top 10 Pet Poisons

By Dr. Jerry Klein, CVO

As an emergency veterinarian for over thirty years, I've found that despite your best efforts, accidents happen even to the best owners. Your pet may gain access to a potentially harmful or fatal substance. Many toxins are common items in your home and yard. Some poisons are rather obvious and easy to avoid, while others are not so easily identifiable so it's important that you educate yourself and keep these poisons out of reach of your pet. Here are some helpful tips about how to poison-proof your home and to know what happens if your pet does ingest a harmful substance.

To help raise awareness, the ASPCA Animal Poison Control Center (APCC) released its list of top ten animal toxins of 2020 after reviewing roughly 232,000 cases of potential animal poisoning.

Over-the-counter medications ranked number one in pet toxins, accounting for nearly 20% of calls to the APCC. Common medications in this category are the drugs used to combat headaches, fevers and colds which include ibuprofen, naproxen, cold medications, certain herbal supplements and certain essential oils.

Human prescription medications accounted for 17.5% of all APCC cases. The most common medication were ADHD medications, antidepressants and heart medications.

Food items such as grapes, raisins, onions, garlic and items containing xylitol, an artificial sweetener commonly used in baked items even toothpaste.

Chocolate accounted for 10.1% of APCC cases. The darker the chocolate, the more potent the potential effects are. It is important to note that white chocolate is not toxic.

Veterinary medications accounted for 9.3% of cases. Many pet medications are flavored to increase palatability and make them taste good. Some pets may mistake these pet medications for dog treats. Remember that a "childproof container" does not mean pet-proof. Always keep all medications out of reach of children and pets.

Household items accounted for 7.3% of cases, including ingestion of anti-freeze, paint and cleaning products.

Rodenticide exposure increased to 6.3% of APCC cases. There are two major categories of rodenticides: anti-coagulants and those causing brain effects.

Insecticide exposure accounted for 6.2% of cases.

Plants accounted for 5.5% of cases, including some indoor and outdoor plants and notably bouquets containing lilies so toxic to cats and so common during Easter season.

Garden products round out the list at number 10, accounting for 2.3% of APCC cases. Many pets find fertilizer irresistible.

Though it did not make this top ten list, the APCC is also getting an increasing number of calls about marijuana and CBD products, especially edibles. Edible products are not regulated and may contain a high amount of THC which could lead to low blood pressure, coma, and even death.

Symptoms of Toxicity

With some poisons, you may have a reaction within minutes of ingestion. With other poisons, such as certain rat poisons, it may take several days before you notice any symptoms. Here are some toxicity symptoms:

Vomiting

Loss of appetite

Diarrhea

Lethargy or weakness

Pale or yellowish gums

Excessive thirst or urination

Nervousness, hyperactivity, muscle tremors or coma

Pet-Proofing Your Home

Pets are like children – they can't resist investigating and putting things in their mouths. That's why poison-proofing your home is so important.

Here are some important steps from the Pet Poison Helpline that can make your home safer for pets:

Make sure your houseplants are non-toxic. Check out lists of poisonous plants on the ASPCA guide of toxic plants before purchasing and bringing them home.

Store medications in secure area and out of reach of pets.

Secure garbage cans behind closed doors.

Keep ashtrays, cigarettes, and smoking cessation products out of reach.

Put your purse in an area where your pets cannot access it.

Keep pets out of the room when using toilet cleaners or other cleaning products.

If you use an automatic toilet bowl cleaner, always close the toilet lid.

Keep rodenticides (rat poison) out of reach from your pets.

Never use flea and tick products made for dogs on your cat.

Keep glue out of reach. Some glues, such as Gorilla Glue®, expand greatly once ingested and require surgical removal. Just one ounce of glue may expand to the size of a basketball.

Read all labels and instructions before using or applying.

If you think that your pet may have ingested any of these poisons or any other questionable substances, contact your veterinarian or the Pet Poison Helpline at (855) -764-7661 (incident fee applies) immediately. It will be very helpful if you can identify the substance and bring the package, label, or picture of it with you.

Preventing Obesity in Senior Dogs

By Harriet Meyers

Key Points

Overweight and obese dogs can have serious health problems.
A structured feeding plan contributes to maintaining a healthy weight.
Daily exercise is important for all dogs – even senior dogs.

Like the humans who care for them, dogs are not exempt from the battle of the bulge; they, too, struggle with weight gain and the health problems that come along with carrying around extra pounds.

"Dogs of all ages can be obese, although the greatest prevalence of obesity occurs in dogs between 5 and 12 years old. This condition may result in serious health problems, decrease longevity, and detract from quality of life," says Dr. Jerry Klein, AKC chief veterinary officer. "Obesity in dogs is a widespread problem in the U.S. today, yet it is one of the most preventable problems."

Is My Dog Overweight?

The most recent statistics from the Association for Pet Obesity Prevention estimated that 55.8 percent of U.S. dogs were classified as overweight or obese. While the terms are sometimes used interchangeably, there is a definitive difference between being overweight and obese.

Obesity is a medical condition, a nutritional disease caused by an excess of body fat. Dogs are considered to be overweight when they are 15 percent above their ideal weight, and obese if they are 30 percent above the ideal weight, according to Dr. Leilani Alvarez, director of Integrative and Rehabilitative Medicine at the Animal Medical Center in New York City.

Veterinarians determine whether a dog is an ideal body weight and size by considering his body condition, or overall physique. "When viewed from above there should be a distinct waistline behind the ribs," notes Dr. Alvarez. "When they're viewed from the side, the ribs should be slightly visible, with the abdomen tucked in, no hanging belly."

Similar to the Body Mass Index charts used to determine where a human falls on the scale, veterinarians use a grading system known as a Body Condition Score (BCS). On a grading scale from 1-to-9, an ideal body weight for dogs falls in the 5 or 6/9 range. Dogs with a BCS of 7/9 or higher become more prone to a variety of medical conditions associated with obesity.

Your vet can advise you about the number of calories and nutrients your dog needs, taking into consideration the age and breed of your dog, lifestyle, and activity level. Whether your dog needs to maintain a good weight or lose weight, the secret to success is to find a healthy diet and exercise routine that is safe and easy to continue.

The Effects of Added Weight

According to Dr. Klein, risks such as osteoarthritis, high blood pressure, skin infections, respiratory disorders, renal dysfunction, diabetes, and heart disease are some of the medical conditions more common to obese dogs.

For senior dogs, the concern is even greater due to other factors, such as a decrease in activity level that comes along with aging. Because it's harder for older dogs to lose weight, it's important to keep them fit in their younger years.

While no dog is exempt from the possibility of becoming overweight, there are some breeds that are more prone than others. "Obesity is more common in Basset Hounds, Beagles, Labrador Retrievers, Dachshunds, Cocker Spaniels, and several of the small terriers (such as Cairn, West Highland White, and Scottish Terriers) among others," says Dr. Alvarez.

An article published in the Journal of Veterinary Internal Medicine reported on a study of more than 50,000 dogs consisting of 12 breeds. Researchers found that an overweight body condition was associated with a shorter life span in all breeds studied, but the magnitude of the effect varied — being least for large breed dogs at 5 months shorter lifespan and greatest for dogs of the smallest breed at greater than 2 years shorter lifespan.

Creating Your Dog's Diet Plan

Weight isn't something dogs can control; they'll most likely keep eating whatever amount of food is in front of them. That's why it's best to follow a structured feeding plan when your pet is young and into the adult and senior years.

Although opinions may vary about how many times a day a dog should be fed, Dr. Alvarez says twice a day is best, as more than one meal helps to maintain a more normal metabolism. "How much they should be fed is dependent on their size and level of activity," she says.

Deciding what type of food to feed your dog can be a source of confusion for owners; it's all about finding what combination works best for his needs. "Ask your veterinarian, who knows your dog and has experience with different foods, to make recommendations," says Dr. Klein. Your vet can help you consider calorie requirements, healthy ingredients, and portion size.

"Most veterinary nutritionists recommend a consistent diet in order to ensure a balanced meal," says Dr. Alvarez. "The most important nutrient for senior dogs is high-quality protein, due to a higher need for protein levels." It's also important to have consistency from everyone in the household. If the kids are sneaking snacks to your dog from the table, they're not really doing him any favors.

Treats are an important part of the weight management equation. They should never exceed more than 10 percent of total daily calories. Owners can use dog treats that can be broken into small pieces and avoid table scraps, which can be high in calories. Dr. Alvarez suggests feeding your dog healthy treats, such as carrots, cucumbers, green beans, blueberries, mango, apples, and watermelon. Just be sure to educate yourself on what foods are toxic, such as grapes or raisins.

Exercising Your Senior Dog

No matter your dog's age, exercise, in addition to daily walks, is another important factor in keeping him healthy and fit. It's also good for a dog's mental state – a tired dog is less likely to get into mischief.

Even older dogs should go out at least twice a day for mental and physical stimulation. "Dogs with heart or respiratory disorders can be taken out for shorter periods of time and during the cooler parts of the day," says Dr. Alvarez. Some senior dogs can benefit from low-impact exercise such as swimming.

Remember that before starting any exercise or diet program a dog should have a complete physical performed by a licensed veterinarian to rule out heart, endocrine, and joint issues. Responsible dog owners observe their dog's daily behavior and know how much exercise their dog can safely handle and enjoy on a day-to-day basis.

How to Resist Those Big Brown Eyes

In an article for the American Animal Hospital Association, a group of veterinarians and researchers reported that one big contribution to failure of weight management is the owners' tendency to give in to begging dogs. Here are some strategies they recommend:

- Remember that the begging behavior is not really hunger-related.
 - Offer the dog a social or activity substitute, such as a walk, playtime, or affection.
 - Distribute a portion of the dog's food as treats instead of meals.
 - Divide food into more frequent, smaller meals.
 - Use food as a reward earned during training.
 - Feed using food balls and food puzzles.
 - Choose low-calorie treats, such as green beans or cucumber slices.
 - Separate pets when they eat; don't allow the dog to eat the cat food.
-
-

The AKC recently asked the club to be part of their Regional Meet the Breeds Show to be held in San Diego on August 14-15 at the San Diego Convention Center. Our club will host a booth and Aly is currently in charge of obedience and rally demos. We're bringing HVOC in to get more obedience (and more rally). If you would like to volunteer to help with this, please contact Aly Deines — aly.deines@gmail.com. This is a first for AKC in this area of the country!!!

**NEW BEGINNING AND INTERMEDIATE OBEDIENCE CLASSES
AND RALLY NOVICE CLASS TO START ON JULY 29.**

**"STAR PUPPY" CLASS TO ALSO START ON 7/29.
DETAILS TO FOLLOW.**

**CONTACT NANCY ASBURY
nasbury@cox.net**