

THE HOUNDS' BUGLE



Northern California Irish Wolfhound Club

August | September 2023

Northern California Irish Wolfhound Club

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PRESIDENT'S MESSAGE

Dear Members of NCIWC,

As I write this, I reflect on two events that were sponsored by our club. Our specialties were a major success—we received great feedback from members, exhibitors, and our judges about how welcoming we were and how smoothly everything ran. We also had comments that the potluck and the judges' dinner were not only tasty but brought together exhibitors, members, and guests in camaraderie. And the comments we received regarding the raffle/auction were over the top positive. The logo shirts were beautiful, and we offered a new way to pay at the Boutique and the auction—using your credit card.

Congratulations to the winners and a great job to those who went home with maybe not the top prize but the best dog anyway.

Thank you to our judges Frederic Maison, Brenda Fairbanks, Lou Guerrero, Hazel Olbrich, Kathy Kelly, and Lisa Voss. Special thanks to our ring steward Kathleen Soares, our photographer Mark Berry, our announcer/catalog sales John Hicks, and his back up Richard Jolly. There are so many people who jumped in and helped with set up, tear down, removing tables after the dinner, and much more. Please know that I appreciate every single one of you! I want to thank those who took on big jobs in advance and worked like crazy on conformation, obedience/rally, lure courses, auction/raffle, heart clinic, junior showmanship, hospitality (judges and exhibitor), RV parking and grounds. Those people are Assistant Show Chair and Performance Chair Cindy Steele, Mary Sharkey-Christian, Carol Gabriel, Allyson Hicks, Kay Paz, Kevin Steele, Frank and Mary Mesa, Frank Christian, Robin Burchett and Wendy Jepson, Junko Ishihara and Al Lum, Lisa Burr, Christina Strelava and Trina Zavala, and Robin McNery and Lynne Rosebrock. In the next Bugle, we will have a deeper report on the show—the ins and outs of things, the way people stepped up at the last minute when needed, and the winners and their pictures.

The other event that you can read about in this issue is the Celtic Festival. After a two years hiatus, the festival was back at the Nevada County Fairgrounds in Grass Valley. Great turn out by members and their Irish Wolfhounds. Thank you to Jim Williams for organizing the club's participation in this successful event.

Before I close, I want to let you all know that we are working on a new website for the club which will have many more features. Jim Bouziane is heading this up, and I'm assisting him. Look for it no later than January 2024! Have a wonderful holiday season.

Sue Williams
President



NCIWC New Members Page





SAVE THE DATE

Gathering Of The Cu

First Saturday in December 2nd 2023

Toro Park in Salinas, location TBD

Workshops will include the following:

Grooming & handling sessions

Informational lectures

Lure coursing

CGC/Positive Reinforcement Training

Special events are as follows:

Light of my life

Fun match judged by Borzoi breeder Mike Savage

More fun with a potluck lunch, raffle, meeting new friends and new puppies.

The Monterey Beach Walk will be Saturday, January 20th, 2024. We are planning to meet at the London Bridge Pub for lunch at 11am, and begin walking from there.

Contact Kay Paz 408 670 4476 or johnpaz5@gmail.com

T-Shirts, stickers, tote bags and mugs
featuring wonderful AL-generated IW art
by IW owner Pat Fish



I know the images LOOK like photographs,
but they are not.

Available at:

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WARNING



Shuswap Veterinary Clinic

Mar 30 at 1:38pm • 🌐

If you use Voltaren pain cream, you should know that diclofenac, the medicine in Voltaren, is **EXTREMELY** toxic to dogs & cats. If they lick your skin or you pet them after using it they can get very sick. As with any human medications, please be careful around your pets.



ATTENTION ALL DOG LOVERS!

BENADRYL GEL CAPS has XYLITOL
in it's ingredients, which is
poisonous to dogs.

The regular pink tabs are safe.

Do Benadryl gel caps contain xylitol?

Benadryl gel-caps now contain xylitol which is a huge "no-no" for our beloved canines. Capsules do not contain xylitol, just the gel caps, but to be safe, be sure to read the label before administering Benadryl to your dogs! - Jun 7, 2023



DCM Research Continues

The cause of nonhereditary DCM remains unknown, but reported cases have decreased significantly

In 2019, the Food and Drug Administration (FDA) started looking at a perplexing increase in cases of canine dilated cardiomyopathy, or DCM, which is an enlarged heart. It can be fatal. DCM was largely considered a genetic issue, but without warning, cases started to appear at an alarming rate in dogs without a known genetic tendency.

The DCM case reports continued at high levels through July 2020, but have since decreased. This may be due to pet food manufacturers changing diet formulations, owners switching to different diets, or that highly susceptible dogs were identified.

Grain-Free Connection Unclear

Initially, grain-free dog food was considered a cause, so the FDA looked more closely at pulses and legumes such as peas and lentils, which were found high in the ingredient lists of foods consumed by affected dogs.

Although legumes and pulses have been used in pet foods for many years without problems, the FDA found that these ingredients were in many grainfree diets in greater proportions. It's a complex situation, and many factors are likely involved. A specific connection between those diets and cases of non-hereditary DCM is still unknown. Researchers are exploring the role of genetics, underlying medical conditions, and other factors.

Taurine's Status

The FDA cautions that this is not straightforward like heart conditions attributed to taurine deficiency. Taurine is an essential amino acid for humans and cats and must be included in diets, but it is nonessential in dogs.

Where We Are Now

Many veterinarians have had good results in improving heart function in nonhereditary DCM cases. Some affected dogs are reported to have returned to normal cardiac function.

The work is ongoing. Updates will be released as new information comes to light about these cases.

Signs of DCM

Many dogs don't show obvious early signs and dogs with an irregular heart rhythm may suddenly collapse or die. Signs of DCM in later stages may include:

- Increased breathing rate or effort ▶ Coughing ▶ Weakness
- Lethargy
- Weight loss
- Distended belly

FDA List of Possible Causes

- Genetic susceptibility
- Underlying medical conditions
- Digestibility of ingredients
- How the food is processed
- Exact formulations
- Bioavailability of nutrients
- Sources of ingredients
- How the food is fed

Cornell Dog Watch March 2023



*“Love is such a powerful force.
It’s there for everyone to embrace
-that kind of unconditional love
for all of humankind.”
-Correta Scott King*

Dog Breeds and Varying Levels of Pain Sensitivity

Study findings contradict veterinarian beliefs about pain in dogs

Researchers at North Carolina State University compared veterinary anecdotal findings against objective evaluations of pain sensitivity in dogs. Along with questionnaires, quantitative sensory testing (QST) methods and emotional reactivity testing were used in the study.

With QST methods, dogs were exposed to something uncomfortable such as a warm or cold thermal probe and a pressure tool. When a dog showed a response, such as pulling his paw away or whining, that gave value to the stimulus. Pathways for pain reception are different for different types of pain, but QST gave a baseline for one type of stimulus. Emotional reactivity used things like a novel item put into a space with the dog and the presence of a disgruntled stranger.

Owners volunteered 149 healthy adult dogs from 10 dog breeds/breed types. Breeds were rated by veterinarians as high sensitivity (Chihuahua, German Shepherd Dog, Maltese, and Siberian Husky), average or medium sensitivity (Border Collie, Boston Terrier, Jack Russell Terrier), and low sensitivity (Golden Retriever, Labrador Retriever, Pit Bull). Veterinarian ratings did not always correlate with the objective results. Breed differences were noted, but pain sensitivities were also influenced by emotional reactivity. "Understanding that differences in canine pain sensitivity do exist among dog breeds is important," wrote the researchers, "as it highlights a need to investigate biological mechanisms that may explain these differences and inform the assessment of analgesic efficacy across breeds. From a clinical perspective, this information may one day help clinicians tailor more effective approaches to managing canine pain within specific breeds."

The researchers expressed concern that false beliefs about canine pain sensitivity made by practicing veterinarians could impact pain recognition and treatment of patients based on breed status.

Much more work needs to be done. For example, since anxiety may influence the expression of pain, use of methods like Fear Free at veterinary clinics should help dogs. It is also always important that veterinarians treat each patient as an individual. Two dogs of the same breed may express very different pain tolerances.

Cddiell, R., et al. "Pain sensitivity differs between dog breeds but not in the way veterinarians believe," *Frontiers in Pain Research*, June 26, 2023



FUNNY STORIES

Jada always lets me know when it is time for her dinner. She is normally fed around 5pm. She pushes her dinner bowl, making a bunch of noise, starting at 4:30.

I leave the house by the garage door to get an item out of the car. I return by the front door, to check the mail. I get greeted as if I have been gone all day.

It is a fast run to see who reaches the couch first. I almost always loose and end up sitting up to watch TV.

This is YOUR publication. I would love to receive a funny story on YOUR dog, so that we can create this page as a permanent fixture in the Hound's Bugle. Please send stories to the editor, Robin Burchett tory_iw@att.net

Treatment Options for Arthritic Dogs

Fish oil, Synovetin OA, and weight control are big players

Steve Budsberg, DVM, a professor of orthopedic surgery at the University of Georgia College of Veterinary Medicine, gave veterinarians a seminar on VETgirl, a continuing education network for veterinarians, about treating osteoarthritis (OA). Interestingly, Dr. Budsberg noted that signs of OA pain may not always include lameness.

Four areas that help dogs with osteoarthritis are weight control, nutrition, exercise/ physical therapy, and medical therapy. Weight control often must be a combination of decreased calories and increased activity. In the area of nutrition, research has confirmed that omega-3 fatty acids, such as in fish oil, can help with arthritic pain. Before you add any supplement, however, verify with your veterinarian or a veterinary nutritionist that your dog's current diet doesn't already have plenty.

More research with clinical trials needs to be done to determine which rehab techniques are the most effective for dogs with OA. For treatment, nonsteroidal anti-inflammatory drugs (NSAIDs) are the standard, but new treatments are on the horizon, and in some cases, being used.

Stem cell injections help but currently require harvesting and processing the cells first. Work is underway looking at using standardized stem cells, including those from other species. In addition, says Dr. Budsberg, don't count out cannabinoid products. A Cornell study showed an 80% decrease in OA pain with CBD.

Finally, Tin-117m (also designated ^{117m}Sn) is a radionuclide that is put into a colloidal suspension and injected to help with elbow pain in dogs. The product, Synovetin OA, is showing some good results, and effects can last for up to a year.

Cornell Dog Watch February 2023



5 Things: Pet Insurance

Be sure you're covered without limits where needed

Anyone who says it's smarter to set aside the money you would spend on insurance premiums in a dedicated savings account for vet care is a dinosaur. Emergency surgery can run as high as \$5,000. Chemotherapy costs thousands. Even everyday expenses like dental surgery can cost \$2,500 or more.

Whole Dog Journal editor Nancy Kerns says her dog Otto needs expensive medications and frequent radiological monitoring for abnormal growths. In 2022, Nancy says she paid \$3,530.90 in premiums, deductible, and her 10% co-insurance. But she saved \$1,610.10 by having him insured.

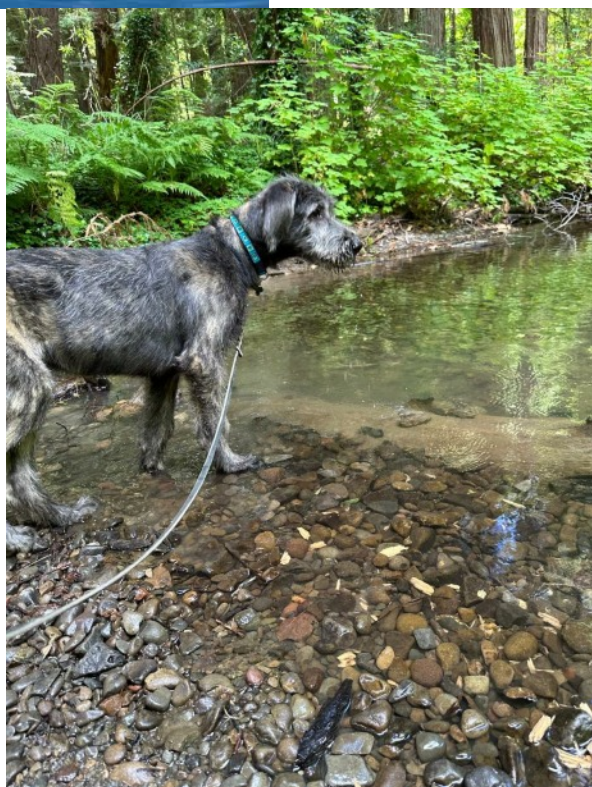
According to the North American Pet Health Insurance Association 2023 State of the Industry Report, the average accident and illness premium for dogs is \$640.04 per year, or \$53.34 per month.

Not bad, is it? Let's look at a few things to consider in choosing an insurer.

1. **Age and Breed Matter.** Insure your puppy or dog as soon as possible. The older the dog, the more the insurance costs, and some companies only insure dogs up to a certain age. Breed can affect premiums, too. The Golden Retriever, for example, has a known high incidence of cancer.
2. **Read the Entire Policy.** Download a sample of the insurance policy and read it, especially exclusions and limits. If you cannot download a copy, email the company and request one. If it refuses to send one, move on. If you have Questions, email them so you get a written response.

3. **Exclusions.** Congenital/hereditary diseases are usually excluded, which may be (X for you, but it's up to you to consider the risk. For example, hip dysplasia is hereditary, and larger breeds are more prone. Be wary, too, of stickywicket worded exclusions, like: "If your pet has undiagnosed masses prior to the end of the waiting period, any mass or condition where a mass is a clinical sign is not covered, including cancer," Email the company to clarify unclear wording.
4. **Limits.** An annual limit on your policy, for example the policy covers everything till you reach \$5,000, will cost you less in premiums, but it might leave you with heartache. Sure, most dogs do not reach policy limits, but what if your dog gets cancer and you reach your \$5,000 limit in July? And he still needs treatments? Choose unlimited coverage on everything. Save money on premiums with a higher deductible and co-insurance. Skip riders you don't need.
5. **Continued Coverage.** Be sure the policy states coverage continues even if your dog becomes chronically ill. Be wary of provisions that state they can cancel if your dog contracts a chronic disease, like diabetes, or that they only pay for that disease for one year. Research policies carefully. Pay your premiums on time and do all health maintenance that is required, like vaccinations, dental cleanings, and annual visits. Giving your insurer an out for not covering something is just throwing your money away.

Cornell Dog Watch August 2023





AT THE DOG SHOW

Reno Kennel Club

August 18, 2023

Judge Mr. R.C. Williams

2 Dogs 1 Bitch

1 Dog Special

WD/BOW GENII MOUNT OLYMPUS Owner: Laurel Consalvo & Samantha Sligar

RWD GLASS SHIRE LEGEND BODHRAN, BARD OF EIRE Owner: Lori Anne Glass

WB/BOS PANDORA OF MOUNT OLYMPUS Owner: Laurel Consalvo & Samantha Sligar,

BOB GCH BRZ RHYSHERON BAYNE DREAM OF YOU LIR HOUND OF NEADEN Owner: Ylva Ghazal & Jim Miller & Cheryl Riggs

*****Hound Group Two*****

*****Owner Handled Group one*****

Reno Kennel Club

August 19, 2023

Judge Ms. Sheila D. Paske

1 Dog 3 Bitches

1 Dog 2 Bitch Sp

WD GENII MOUNT OLYMPUS Owner: Laurel Consalvo & Samantha Sligar

WB/BOW BAILEBRAE PINKALICIOUS VALENTINE Owner: Maria Theresa Grotano & William Patrick Barry

RWB HEATHVIEW DANCING QUEEN Owner: Allyson Hicks & Ian L Rutherford & Laurie

BOB GCH BRZ RHYSHERON BAYNE DREAM OF YOU LIR HOUND OF NEADEN Owner: Ylva Ghazal & Jim Miller & Cheryl Riggs

*****BOB Owner Handled*****

BOS CH GLENN EYRIE CYRIE ELEISON SUNSHINE OF MY DREAMS CGC Owner: Trinidad Zavala

Reno Kennel Club**August 20, 2023**

Judge Ms. Nikki Riggsbee

1 Dog 3 Bitches

1 Bitch Special

WD/BOS GENII MOUNT OLYMPUS Owner: Laurel Consalvo & Samantha Sligar

WB/BOW/BOB HEATHVIEW DANCING QUEEN Owner: Allyson Hicks & Ian L Rutherford & Laurie E,

RWB BAILEBRAE PINKALICIOUS VALENTINE.
Owner: Maria Theresa Grotano & William Patrick Barry

**SEL BITCH CH GLENN EYRIE CYRIE ELEISON
SUNSHINE OF MY DREAMS** CGC. Owner: Trinidad Zavala, L

*****BOB Owner Handled*****

Best Puppy **GLENN EYRIE'S ELEISON LIVING THE
DREAM** Owner: Trinidad Zavala

*****Puppy Hound Group Two*****

Richmond Dog Fanciers Club**September 9, 2023**

Judge Ms. Tempest Deptuch

2 Dogs 3 Bitches

1 Dog Special

WD GLENN EYRIE'S FINNEGAN O'SLEVIN Owner: Wendy Jepson & Mike Jepson & Sue Williams

**RWD GLENN EYRIE'S ELEISON LIVING THE
DREAM** Owner: Trinidad Zavala

WB/BOS HEATHVIEW DANCING QUEEN Owner: Allyson Hicks & Ian L Rutherford & Laurie E,

RWB GLENN EYRIE'S WILDFLOWER Owner: Susan Williams & James Williams

**BOB GCH BRZ RHYSSHERON BAYNE DREAM OF
YOU LIR HOUND OF NEADEN** Owner: Ylva Ghazal & Jim Miller & Cheryl Riggs

*****Owner Handled Group Four*****

Richmond Dog Fanciers Club**September 10, 2023**

Judge: Mrs. Margaret S. Jones

1 Dog 2 Bitches

1 Dog Special

- WD** **GLENN EYRIE'S ELEISON LIVING THE DREAM** Owner: Trinidad Zavala
- WB/BOS** **HEATHVIEW DANCING QUEEN** Owner: Allyson Hicks & Ian L Rutherford & Laurie E
- RWB** **GLENN EYRIE'S RUMOUR HAS IT AT MO CHROI** Owner: Allyson Hicks & Susan Williams
- BOB** **GCH BRZ RHYSSHERON BAYNE DREAM OF YOU LIR HOUND OF NEADEN.** Owner: Ylva Ghazal & Jim Miller & Cheryl Riggs,
 ****Hound Group Four****
 ****Owner Handled Group Three****

Lake County Kennel Club Of N. Ca**September 14, 2023**

Judge : Mrs. Pamela S. Lambie

6 Bitches

1 Dog Special

- WB/BOS** **SUGAR SHACK RICKI OF LIMERICK** Owner: Lynne Park & Jamie Souza Bartlett
- RWB** **RYSHERON'S DREAM MAKER BLYTHE OF WILD CAT CREEK** Owner: Anne Simpson
- BOB** **GCH BRZ RHYSSHERON BAYNE DREAM OF YOU LIR HOUND OF NEADEN** Owner: Ylva Ghazal Jim Miller & Cheryl Riggs
 ****Owner Handled Group Three****

Lake County Kennel Club Of N. Ca **September 15, 2023**

Judge : Mrs. Paula Nykiel

2 Dogs 6 Bitches

2 Dog Specials

WD/BOS **BAILEBRAE EZEKIE** Owner: Maria Theresa
Grotano & William Patrick Barry

RWD **CARROY'S WHITE STAR** Owner: Sydney
Thomson & Anthony Barajas,

WB/BOW/BOB **SUGAR SHACK RICKI OF LIMERICK.**
Owner: Lynne Park & Jamie Souza Bartlett

RWB **HEATHVIEW DANCING QUEEN** Owner:
Allyson Hicks & Ian L Rutherford & Laurie E

SEL DOG **GCH BRZ RHYSSHERON BAYNE DREAM OF**
YOU LIR HOUND OF NEADEN Owner: Ylva
Ghazal Jim Miller & Cheryl Riggs,

Lake County Kennel Club Of N. Ca **September 15, 2023**

Judge : Mrs. Janet Warner

2 Puppy Bitches

BPB **WILD CLARY BE STILL MO CHROI OF GLENN**
EYRIE Owner: Susan Williams & James Williams &
Allyson Hicks

****Puppy Hound Group First****

2nd **WINDSEEKER EYECANDY** Owner: Susan
Williams & James Williams & Allyson Hicks

Judge: Mr. Juan L. Martinez

3 Dogs 6 Bitches

3 Dog Specials

**WD CALLANISH BORN TO BE WILD OF
MALOMA** Owner: Blake T Matheson & Peggy
Proffitt

RWD BAILEBRAE EZEKIEL Owner: Maria Theresa
Grotano & William Patrick Barry

WB/BOW/BOB SUGAR SHACK RICKI OF LIMERICK.
Owner: Lynne Park & Jamie Souza Bartlett

RWB HEATHVIEW DANCING QUEEN Owner:
Allyson Hicks & Ian L Rutherford & Laurie E

**BOS GCH BRZ RHYSSHERON BAYNE DREAM
OF YOU LIR HOUND OF NEADEN** Owner:
Ylva Ghazal Jim Miller & Cheryl Riggs,

**SEL DOG CH RIVERVIEW CARROY OLYMPIC
GAMES.** Owner: Lynne Rosebrock & D Wiewel

**BEST PUPPY GLENN EYRIE'S RUMOUR HAS IT AT
MO CHROI** Owner: Allyson Hicks & Susan
Williams

Sir Francis Drake Kennel Club**September 17, 2023**

Judge: Ms. Lee Whittier

3 Dogs 6 Bitches

2 Dog Specials

WD/BOW CARROY'S WHITE STAR Owner: Sydney
Thomson & Anthony Barajas

**RWD CALLANISH BORN TO BE WILD OF
MALOMA** Owner: Blake T Matheson & Peggy
Proffitt

WB/BOS SUGAR SHACK RICKI OF LIMERICK Owner:
Lynne Park & Jamie Souza Bartlett

RWB HEATHVIEW DANCING QUEEN Owner:
Allyson Hicks & Ian L Rutherford & Laurie E,

**BOB GCH BRZ RHYSHERON BAYNE DREAM OF
YOU LIR HOUND OF NEADEN** Owner: Ylva
Ghazal Jim Miller & Cheryl Riggs

****BOB Owner Handled****

**SEL DOG CH RIVERVIEW CARROY OLYMPIC
GAMES** Owner: Lynne Rosebrock & D Wiewel

Donner Trail Kennel Club**September 23, 2023**

Judge: Mrs. Christie Martinez

1 Bitch

1/W/B BAILEBRAE PURPLE REIGN Owner: Maria
Theresa Grotano & William Patrick Barry





The KVMR Celtic Festival was held at [Nevada County Fairgrounds](#) in Grass Valley, CA, September 29th through October 1st. The admission, parking and camping and entertainment was all free for NCIWC members and their Hounds. The setting was up in the gentle sloping foothills studded with lots of fir and pine trees with the sound of Celtic Music echoing through the hills. We had 12 members and their spouses with 15 Irish Wolfhounds. We were invited to participate in the Celtic Festival Parade and then attend the Queen's Court, to present the Hounds to the Queen. Later in the afternoon we gave a 'meet and greet' and gave the history of the Irish Wolfhound and answered any questions. We had enough hounds present, so that we could take turns providing pictures, pettings, and amazelements to the Celtic goers. It is always heartwarming to see a young child's face coming up to give our hound a hug or an elderly person tear up to meet and greet an Irish Wolfhound once again in their life. We have been invited back to next year's Celtic Festival, so mark your calendar for May 3rd through the 5th, 2024.

Jim Williams









Now Coming to Your Home: An Indoor Obstacle Course For Your Dog

When the weather gets rough, the housebound get inventive.

The temperature outside has plummeted, and neither you nor your dog feels like being outside for very long. Or the temperature outside has skyrocketed, and it's unsafe for you and your pet to be outdoors other than for a walk in the early morning and the evening. But your pal is antsy. How are you going to keep things interesting?

By setting up an indoor obstacle course, of course — for little to no money rather than choosing one for about \$100 from an online store.

Your dog may be confused as you set things up. But once she realizes it's for her and that she gets treats and warm praise for navigating the course properly, she will be thrilled. She will also get happily excited the next time she realizes you are moving things around to interact with her. She will understand that you are preparing something with her happiness in mind and that the two of you will engage in the activity together. That will only strengthen the bond between the two of you and thus make her more apt to follow your cue when you want her to do things outside of the activity, like "Wait," or "Stay," or "No jump." Much of what you need for this DIY project — is already in your home.

Chairs. With a set of dining room chairs or folding chairs, you can train your dog in basic agility. Arrange the chairs in a staggered line either across or down the room and enthusiastically coax her to zig zag her way around them. You can also set up the chairs for her to go through "the tunnel." Line up several chairs facing in one direction and set up another line of chairs facing in the opposite direction about two feet away. Then throw a quilt or blanket over the tops of the chair backs. Voilà — she has to make her way through the passage to receive a wonderful treat at the other end.

Ottoman or footstool. Incorporate jumping into the course. If your dog is on the larger side, an ottoman might be just the thing for flying through the air to the other side. For a medium size dog a footstool could work. And a small dog might be able to sail over a shoe (and then the other one) for a graceful landing. A couple of throw pillows could work, too, could two stacks of books set to whatever height is right with a broomstick going across the top of them (an idea promoted by the American Kennel Club).

The obstacle(s) you want the dog to clear doesn't need to be in the same room as the chairs if your rooms don't have a lot of length or width. You can just have different pieces of the "course" in different parts of the house or apartment, calling excitedly to your dog to come with you for the next part. She will get the hang of it very, very quickly.

That same piece of "equipment" can in many cases become a twofer — not just something you teach your dog to jump over but also to jump on. Switching up the cues for the two tricks will help her pay better attention to you.

Cardboard boxes. Find one or two that are barely wide enough for your dog to fit into, then cut out the bottom and get her to shimmy through. It's almost like a military maneuver in which soldiers have to crawl through a narrow space without much headroom. But your pet will just see it as another way to extend the fun. You can also use one of those nylon cylindrical baby tunnels that collapse on themselves for easy storage. (Remember, blue and yellow are the colors that dogs are best able to perceive.) A coffee table that's low to the ground can work well, too. Drape a sheet over the sides so that there's only one way through.

Hoop. No explanation necessary. If dolphins can jump through it, so can your dog (unless she's arthritic, overweight, medically compromised, or perhaps shaped like a Basset hound — or scared. Don't push it.)

PUTTING A STAIRCASE TO GOOD USE

If your home has a staircase, that can easily be incorporated into the fun of a homemade obstacle course, especially if you use it at the end of the game and teach your dog to fetch something from a room on another floor. Bringing you the fetched item can be what activates the treat-dispensing machine — you.

Bear in mind that you can move things around to keep it interesting. Anything that breaks the monotony of lying around while providing more time with you rather than just near you is great for your pet.

Tufts Your Dog February 2023



Traditional Chinese Medicine Dogs?

BY [BARBARA ANDREWS](#) AUGUST 15, 2023

Mount Sinai National Hospital states: “TCM is a complete medical system that has been used to diagnose, treat, and prevent illnesses for more than 2,000 years.”

Traditional Chinese Medicine (TCM) has incorporated dogs since before there was written history. Dogs have fed, protected, and sustained humans long before we could draw them on cave walls, and nowhere more effectively than in China. Chinese pharmaceutical imports have grown by 485%, from \$2.1 billion in 2020 to \$10.3 billion in 2022. The irony is that it took so long. Think about this. The National Institutes of Health credits Traditional Chinese Medicine, including acupuncture, with a history of more than 3,000 years!

Today we casually call it TCM without understanding that it is a medical practice based on a belief in Yin and Yang, which are opposing energies such as heaven and earth, good and bad, winter and summer.

When Yin and Yang are in balance, all is good, whether it applies to health, prosperity, or even politics, as in a balance of power.

OK... I hear you thinking, “What does yin and yang and all of that have to do with dogs?” Everything!

Traditional Chinese Medicine for dogs was first described in the Tang Dynasty (618–907). For the curious, archeological records show that China domesticated dogs 9,000 years ago. And when you think about it, if you are stressed or depressed, your dog is the first to “sense” that and comfort you.

For thousands of years, dogs have been “good medicine” for people, so certainly Chinese healers knew that and used dogs as stress-reducing medicine. China is where the term “lap dog” originated.

America ranks in the top five countries for highest stress levels, and more so than any other animal, dogs sense and react to their owners' emotions. Dogs are proven to detect illness even in people they don't know. So, instead of stopping by the gym or bar on the way home from work, try interacting with your dog.

Here's something you probably know but haven't put to good use. First, petting a dog lowers the stress hormone cortisol, but get this: "...social interaction between people and their dogs actually increases levels of the feel-good hormone oxytocin (the same hormone that bonds mothers to babies)." 1

Petting a dog releases serotonin and dopamine, and just staring into the eyes of your dog can release oxytocin. We might try the gym instead, or better for owner AND dog, go home and pet the dog. I'm serious.

I'll get to the point about animals, like how Yin and Yang applies to American dog owners, especially today when we are so stressed with inflation, job security, our kids' education, and if retired, how to make ends meet.

Traditional Chinese medicine is all about balance. Hopefully, your personal life (children, family, job, hobby, etc.) is in balance and we assume you have animals because you are here.

As an aside, have you ever wondered why your goat, cow, or horse seems contented? What about your dog or other housepets? One secret of health and low stress is to "live in the moment." That is what your dog does, and so, unless actually threatened or momentarily perplexed, he's happy just to be alive and to be with you.

Happy and contented releases feel-good hormones: dopamine, serotonin, endorphins, and oxytocin. If you are a breeder, you know oxytocin as the quieting-contented-happy hormone.

So, you already understand how certain medicines and/or supplements can affect your mood, behavior, and overall health. Okay, let's get back to Chinese medicine. Did you know that 8 out of 10 medications come from China or have one or more components made in China? That includes chemotherapy drugs,

birth control pills, antidepressants, and anti-seizure medications, and of course, your vitamins.

Showsight Magazine



Teach Your Dog to Heel

Your dog's ability to walk next to you on a loose leash can determine whether you enjoy your daily dog walks.

Loose-leash walking, historically known as "heeling," is one of the more challenging behaviors to master, since most walks happen away from home, where distractions abound. Here are five keys to teaching your dog to heel:

1 Keep in mind that it's harder for your dog than it looks.

Without a leash, most dogs would be well ahead of their (slow!) human counterparts. They're built to go faster — they have twice as many legs! Not to mention a nose that can smell parts per trillion.

Asking a dog to walk on a loose leash is asking a dog to choose to walk slower than their natural pace while largely ignoring most of the amazing smells and other distractions they'd love to pull toward.

2 Be willing to pay well. If we expect our dog to walk slower than his natural pace, •paying less attention to the environment and more attention to us, we must make it worth his while.

Dogs repeat behaviors that are reinforced. If pulling gets him closer to the smell he wants to sniff, pulling has been rewarded. When I'm teaching leash manners, I reward so quickly and frequently, the dog doesn't have time to think about pulling — he's too busy earning rewards by walking with me!

3 Create a zone of awesome. Polite leash walking is built one step at a time. Start by rewarding your dog for being next to you. Make the area that's next to you a "zone of awesome," where the treats and praise are free-flowing. Your dog needs to be able to stand next to you on a loose leash before he can walk next to you on a loose leash.

4 Start small and don't be greedy. As your dog realizes how well it pays to stand next to you, begin adding movement — one step at a time. Reward your dog in your "zone of awesome" before he has a chance to surge ahead of you and self-reward with the fun of moving forward or reaching an enticing smell. Talk to your dog as you walk. You're on the walk together — be a team! Polite leash walking should not look like a precise military heel. A great goal is to create a zone of awesome within the radius of your 6-foot leash. In the early days of teaching leash manners, you may have to take one step and give a treat, another step and give a treat, another step and give a treat — over and over! As your dog settles into this pattern, add a second step before the treat. Sometimes surprise your dog with a treat after a single step. You might feel like a PEZ dispenser but stick with it. Remember: Your dog will repeat behaviors that are reinforced. You won't need this many treats forever, but you'll need them for a while — likely much longer than you think. If you're worried about using too many treats, use your dog's kibble. I challenge my students to feed their dogs' entire morning meal as rewards while on a morning walk. To really stack the deck in your favor, take that morning walk in your own backyard or up and down your hallway to minimize distractions and make it easy for your dog to be successful. Help your dog get it right and work your way up from there.

5 You can call it whatever you want! There's nothing magical about the cue "heel." As a verb, "heel" originated in the early 1800s to mean, "to follow or stop at a person's heels," usually on the left side. This is because most people are right-handed, and, in the case of military and hunting dogs, it prevents the ejecting shells and cartridge casings from hitting the dog as they fall to the ground. If you're righthanded, it's likely easier to have your dog on your left and to keep your dominant hand free.

When training a new behavior, it's often better to not name it in the beginning. Learning can be messy, and it will take your dog a while to figure things out. Naming a behavior too early carries the risk of your dog associating the cue with the messy version of the behavior.

If you need to encourage your dog to start moving, pat your leg and say, "Let's go" as you take your first step. As it becomes

easier for your dog to stick with you, even around distractions, you can name the behavior. "Heel," "loose," "With me," — use whatever cue 'works for you!

OTHER THINGS TO CONSIDER

Remember that polite leash walking is unnatural for dogs. As such, it's important that we give them ample opportunities to experience the world in a more natural — to them — way. While I teach my dog to walk politely on a leash, I also offer plenty of opportunities for "sniffaries," (a sniffing safari!) where he's free to mostly disengage from me and sniff to his heart's content. To avoid a tight leash during such walks, we use a long line or walk off-leash in appropriate areas. Different types of adventure walks are important to your dog's wellbeing.

There will also be plenty of times where you just need to get from Point A to Point B long before your dog has mastered his polite leash-walking skills. For those times when you need the focus to be on getting somewhere rather than training, consider using a well-fitting front-clip harness. If you're struggling to teach or maintain your dog's polite leash-walking skills, you're not alone. The world is a distracting place! And heeling can be a difficult behavior to achieve and maintain. A skilled, positive-reinforcement trainer can offer tips and tricks to help heal your heeling training and get you and your four-legged friend on the path to mutually enjoyable walks.

Los Angeles-based writer Stephanie Colman is a long-time contributor to WD], with multiple articles recognized by the Dog Writers Association of America. Colman has an extensive background in positive-reinforcement training, and has competed at high levels in agility, Rally, obedience, hunt tests, lure coursing, and working trials.

Whole Dog Journal September 2023



DOG-FRIENDLY OVER THE COUNTER MEDICATIONS

Always ask a veterinarian before giving any medication to your dog. Even "safe" human meds can be toxic to certain breeds or pets with preexisting conditions.



BENDADRYL

FOR ALLERGIES AND ITCHING
1 milligram per pound of dog

DRAMAMINE

FOR MOTION SICKNESS
12.5 milligrams for small dogs
25 milligrams for medium dogs
50 milligrams for large dogs



HYDROGEN PEROXIDE

USED TO INDUCE VOMITING AFTER ACCIDENTAL
INGESTION OF TOXIC SUBSTANCES

10 milliliters by mouth



HYDROCORTISONE

FOR ITCHING OR IRRITATED SKIN

Small amount applied topically up to
twice daily

PEPCID AC (FAMOTIDINE) / ZANTAC (RANITIDINE)

TO REDUCE STOMACH ACIDS CAUSED BY
ULCERS, ACID REFLUX OR BELLYACHE

1/4 tablet for dogs under 20 pounds
1/2 tablet for dogs 20–60 pounds
1 tablet for dogs over 60 pounds



BUFFERED ASPIRIN

TO RELIEVE PAIN AND INFLAMMATION

1/2 baby aspirin for dogs under 10 pounds
1 baby aspirin for dogs 10–30 pounds
1/2 regular aspirin for dogs 30–50 pounds
1 regular aspirin for dogs 50–100 pounds
2 regular aspirins for dogs over 100 pounds



PEPTO BISMOL

FOR DIARRHEA, VOMITING AND GAS

1 teaspoon per 20 pounds of dog's weight
(toxic to cats!)

GAS-X



TO MINIMIZE FLATULENCE
OR GAS DISCOMFORT

1/4 adult dose for small dogs
1/2 adult dose for medium dogs
1 adult dose for large dogs



IMODIUM A-D

FOR DIARRHEA

1 milligram per pound of dog

ROBITUSSIN DM

FOR COUGHING OR HACKING

1 teaspoon per 10 pounds of
dog's weight



sheknows

Why Won't He Just Come When I Tell Him To?

To teach "Come, " you have to praise the dog before he complies.

For just about everything you teach your dog to do, you're supposed to praise him after he gets it right. With "Come," it's important to praise him before, or at least while you are training him to heed the word. That's because you want him to know he's not in trouble.

Too many people, we find, try to get their dog to come with exactly the opposite approach. They start out annoyed and quickly graduate to exasperated. How many people have you heard impatiently telling their dog to come and then saying it more and more angrily when he doesn't comply? Dogs are not stupid. They're thinking, "Why should I come? That won't end well."

Here's how to get it right, in four steps.

Step 1. Start out either in a room in your home or an enclosed backyard. When your dog is not expecting it, call out to him: "Max!" Once you have his attention, say, "Come! Goo' boy!" Make the praise in your voice as animated as possible and keep a happy, expectant expression on your face. Also, drop to one knee if you can and open your arms so that your gesture is as filled with promise as your inflection.

Step 2. As with all cues that you want to teach your dog, step 2 is the trickiest because it's all on the dog. He has to choose to do what you are asking of him. There's nothing you can do about it other than wait. In fact, if you try to force it, for example, by moving closer to your dog to see if that will work, the whole exercise becomes too remedial and your dog will not learn.

Step 3. Your dog "gets it" and comes over. (If you start out in a small enough space with the promise of a happy "reunion," this will most likely happen.)

Step 4. You reward your pet to the hilt, not just with warm praise but with a wonderful treat. He'll think, "Wow, coming sure does have its perks. "

Ramping it up

It's one thing to be able to get your dog to cross the living room to you, or from one side of the yard to the other. But that's just laying the foundation. Getting him to come when you really need him to — perhaps because he's bothering another dog in the park it's simply time to head back to the car — takes more training. You want to be able to redirect his attention when he's distracted by something he finds interesting, or fun.

To reach that goal, gradually keep making the stakes higher and higher while training. Keep in mind that this is not "Sit" or "Off," which happens right next to you. It's training by remote control. With that in mind, once your dog really has it down, let him off leash in a place without walls or a fence. When he has wandered from you but is feeling calm and not interested in anything in particular, give him the "Come" cue with all the energy and enthusiasm you did when you first taught him the word. Make sure you've got delectable treats with you.

After that works several times on several different days, look for situations in which your pal's attention is elsewhere. Perhaps he has run from your side to chase a squirrel or sniff another dog. When such a circumstance presents itself, tell him to "Come." Don't put any anxiety or urgency into it. And do not say it more than once. All that does is teach him that you're like a boring toy that keeps making the same sound. Just say the word in your usual enthusiastic, promising tone.

If he comes, great! Pour on the praise and the treats. If he doesn't, that's okay. He'll come another time. Gradually, he'll fold the cue firmly enough into his memory that he'll get very good at complying, especially if you keep your tone light and show your pleasure at his ability to follow through.

What if he never fully gets it?

The definition of a trained response, according to authorities such as zookeepers, is an animal's being able to respond more than 85 percent of the time. In other words, the chances are quite slim that you're going to get 100 percent compliance, meaning that there's always going to be some element of risk in using the word "Come." Thus, use it in conjunction with common sense. Don't ever let your dog loose near a busy road or in a place that he might encounter aggressive dogs or other aggressive animals. Only let him loose where if he is not able to heed your cue, a disaster won't follow.



Low Thyroid Hormone Levels Don't Always Signify Thyroid Disease

Signs of canine hypothyroidism — too little of certain thyroid hormones — often come on subtly and slowly, progressing over years, and therefore can be easy to miss or misattribute to advancing age. These signs often include poor coat quality, lethargy, mental dullness, exercise intolerance, and weight gain. If this constellation of symptoms describes your dog, it's worth discussing whether an evaluation for hypothyroidism is in order, as treatment is available.

Note that active working dogs and certain breeds may have thyroid hormone levels that naturally fall below the reference values and do not necessarily indicate disease. These breeds include sighthounds such as greyhounds and salukis. Certain medications can also suppress thyroid hormone levels. That needs to be considered as well in considering a diagnosis.

Tufts Your Dog October 2023



Have You Palpated Your Dog This Week?

Your veterinarian will palpate (feel) your dog's body during her wellness exams to check for lumps and bumps that shouldn't be there. But you don't have to wait for a vet visit. You can palpate your dog every time you brush her (which provides a health benefit on its own by distributing protective oils throughout her coat and removing tangles and mats that can lead to skin infections). Just feel with your hands as you go. If something doesn't seem right, you can take her in before waiting several months for the next doctor's visit.

Tufts Your Dog May 2023



Have a Canine first -aid kit on hand

Keeping certain materials on hand can mitigate damage in the event of an emergency, including, sometimes, a poisoning emergency. If you have the proper first-aid supplies, you may be able to forestall complications in a dog who has to be rushed to the vet's office. Sometimes the right supplies can ward off an emergency altogether. Here are the first-aid materials any dog owner should have in the house:

1. Gauze, sterile pads, and vet wrap, a self-clinging elastic wrap — all can be used to wrap a wound prior to transport to the vet,
2. Scissors.
3. Styptic pencil or powder to stop a nail from bleeding if it has been cut too close.
4. Tweezers or forceps to remove splinters, ticks, etc.
5. Triple antibiotic ointment to inhibit bacterial growth and infection, to be applied to wounds upon direction of a vet.
6. Antiseptic to help prevent infection in minor cuts and to disinfect minor wounds.
7. Hydrocortisone cream to reduce itching caused by insect bites and allergies.
8. Diphenhydramine, an antihistamine for allergic reactions.
9. Cold pack to reduce swelling.
10. Eyewash to rinse foreign objects or dust out of the dog's eyes
11. Hydrogen peroxide (10 percent strength) easily available over the counter) to induce vomiting in case of poisoning. Your vet or poison control center should be able to tell you the correct dose. (Either one should also be able to tell you whether induction is appropriate: sometimes it can worsen the poisoning, depending on the toxin.)
12. Antiseptic wipes, to clean your hands as well as a cut on the dog,
13. Alcohol prep pads to clean scissors and tweezers before use. (They should not be used directly on a wound.)
14. Muzzle (a scared dog in pain may bite even a loved one).
15. Latex gloves.
16. A ready list of emergency health-care provider phone numbers.

Dodman, editor. Houghton Mifflin Company. 2007 by Tufts University.

MARVELOUS MUTT MEATBALLS

Have some fun and hone your dog's fetching skills by tossing him a few of these meatballs at dinnertime.

1 / 2 pound ground beef or sirloin

1 / 3 cup grated cheddar cheese

1 carrot, finely chopped

1/2 cup bread crumbs

1 egg, whisked

3 tablespoons tomato paste (low sodium)

Preheat the oven to 350° F.

Combine all ingredients in a medium-sized bowl.

Scoop out by the spoonful and roll into mini-size meatballs.

Place the meatballs on a cookie sheet sprayed with nonfat cooking spray.

Bake for 15 to 20 minutes.

Cool and store in the refrigerator in a container with a lid.

Recipe from Real Food for Dogs by Arcen Moore. Storey Publishing. 2001 by Arden



Looking for a live culture of *Saccharomyces cerevisiae* yeast may be a key factor in your decision

Probiotics have gotten a lot of press in recent years and when it comes to dogs, deservedly so. A study from Nestle Purina looked at adding *Bifidobacterium longum* (also called BL999) to a dog's food. Dogs with this supplement showed some positive behavioral effects in the form of less barking, jumping, spinning, and pacing, along with more interest in exploring a new environment.

A 2023 study from France, published in *Microorganisms*, looked at the effects of feeding a probiotic from a live culture of *Saccharomyces cerevisiae* yeast. Eight dogs were fed two different diets for three weeks, then switched to a different diet for four more weeks while also getting a probiotic supplement with the live yeast. Eight control dogs had the same diets but no probiotic supplement.

Ideally, your dog would not have such an abrupt diet change, although both control and experimental dogs in the study handled the switch without a lot of gastrointestinal discomfort or signs. The dogs who received the *Saccharomyces* supplement did gain some benefits. Metabolites shifted to healthier concentrations of butyrate with less nitrogen fermentation. Even better, the actual gut microbiome shifted to healthier bacteria, with a decrease in pathogens such as *E. coli*. Important metabolites that contribute to gut health were also increased.

This was a small study that needs to be replicated with larger numbers of dogs for statistical validity and with a spectrum of pet dogs since the laboratory environment could be a factor. Still, feeding a probiotic containing this yeast could be beneficial for many dogs.

Cornell Dog Watch June 2023



NCIWC Calendar

***If you have an activity to add here, please let me know -
Editor, Robin Burchett tory_iw@att.net (925) 566-4171***

Oct 28 & 29, 2023 Sacramento Valley Dixon

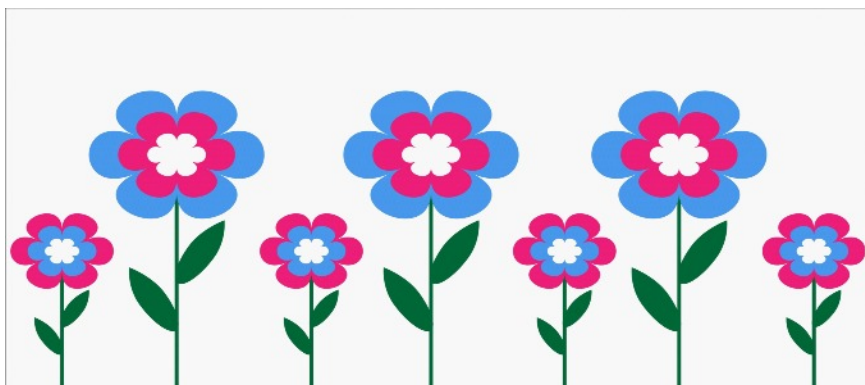
Nov 11 & 12, 2023 SBWC Fast Cat Santa Rosa

Nov 10, 11 & 12, 2023 Wine Country Napa

Nov 18 & 19, 2023 Two Cities KC Sutter

Dec 8, 2023 Santa Cruz KC Woodland

Dec 9 & 10, 2023 KC Of Salinas Woodland



STAY HAPPY

The Founders' Bugle

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Concord, CA 94520-1441