

# NEWF TAILS

The Newsletter of the  
RIVER KING NEWFOUNDLAND CLUB



## Jul – Aug 2019 President's Message

RKNC held its annual Water Test the weekend of August 16, 17 and 18. I would like to take this chance to thank all the exhibitors for supporting RKNC this weekend at our water test. I especially want to thank the Water Test Committee, Mark Iken, Sue Zientara and Tom Brant, as always, they did an amazing job. Additionally, I want to thank all the stewards for donating their time and to all the exhibitors that volunteered and stewarded for us. But I want to spotlight a few, they are the ones that don't have dogs in the test, they don't have to be there and without them the rest of us wouldn't be able to play, so a special thanks to Tom Brant, for rowing all three days all levels, Sylvia Steiling for beach stewarding the whole weekend and bringing her out of town niece Katy that stewarded all weekend long. Lisa Noel for driving down and stewarding every class all weekend (yes the awesome steward Lisa was back!), Carin Hicks for preparing meals for us all weekend, the food was amazing, Nathan Hicks for kayaking all weekend and doing a fantastic job of it, none of these people had dogs in the test, but they were there working hard all weekend. There are several other people that donated items to the raffle and food, thank you to the "Rattner Crew" for all the donations and help! Thanks, Jennifer Jones, for a great raffle. A special thanks to Vince Molinarolo and Jenny for the smoked pork and chicken for lunch Saturday, it was awesome as usual (Jenny, I love the Chicken) and for the donation of so much of the entrants' bags and contents. I know I haven't named everyone, but there are so many people that it takes to put on an event that the list would go on and on. I hope everyone enjoyed themselves and want to Congratulate all the Qualifiers and hope to see you next year, mark your calendars for the weekend of August 15 and 16, 2020!

Just a reminder that the RKNC Obedience/Rally Trial will be held the weekend of October 5 & 6, 2019 in Wentzville, MO at Westinn Kennels, we will be in need of stewards.

The Regional will be the weekend of October 19 & 20, 2019 in Springfield, IL at the State Fairgrounds. We are asking for donations of Crockpots of Soup on Saturday, and raffle donations. If you are available to man the raffle table, please contact Jennifer Jones at [eagles4me@charter.net](mailto:eagles4me@charter.net).

Wishing everyone a Safe and Enjoyable Labor Day.

*Cassie Iken*  
*RNKC President*

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## **RKNC Officers**

**President:** Cassie Iken

**Vice-President:** Jean McAdams

**Treasurer:** Sylvia Steiling

**Corresponding Sec'y:** Mark Iken

**Recording Sec'y:** Janice  
Henderson

**Board Members:** Danielle Rimkus  
& Sue Zientara

## **Committees**

**Awards:** Gene Manley

**Conformation:** Janice Henderson  
& Jean McAdams

**Draft Test:** Cassie Iken & Mark  
Iken

**Education:** Steve McAdams, Gene  
Manley

**Fundraising:** Jennifer Jones

**Historian:** Pat Owens

**Membership:** Mark Iken

**Newsletter:** Gene Manley

**Nominating Committee:** Steve  
McAdams, Chris Jones, & Cynthia  
Harrington

**Obedience:** Mark Iken & Cassie  
Iken

**Parades:** Lorrie Carpenter & Chris  
Jones

**Regional:** Jean McAdams, Janice  
Henderson, Rita Jacobs, Mark &  
Kimi Wankel, Tom Brant, Lonnie  
Specht, Jean & Andy Zinsmeyer, Sue  
Zientara

**Rescue:** Debbie Fitton (chair), Lisa  
Noel, Deb Berg, Marilee Hejna

**Sunshine:** Cassie Iken

**Water Test:** Mark Iken, Sue  
Zientara, and Tom Brandt

**Website:** Chris Jones

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## **Officer & Committee Reports**

### **Awards Committee:**

Please make copies of your certificates so you are ready to submit your award requests for 2019

### **Water Test Committee:**

See general meeting notes

### **Parade Committee:**

See Meeting Minutes for update.

### **Draft Test Chairman:**

See Meeting Minutes for update.

### **Obedience Trials:**

October 5-6, 2019

### **Education Committee:**

### **Conformation Committee:**

### **Holiday Party**

# Calendar 2019

Agenda

[\\_JANUARY - OCTOBER 2019\\_](#)

[Collapse All](#) [Expand All](#)

[JAN](#)

**5 Sat**

**Show n Go @ Westinn Kennels Wentzville**

**Jan 5 @ 8:00 am – 4:00 pm**

[FEB](#)

**17 Sun**

**Scent work Seminar @ Rowens Kennels Training Center**

**Feb 17 @ 9:00 am – 3:00 pm**

**General Meeting #1**

**Feb 17 @ 12:00 pm – 1:00 pm**

[Read more](#)

[FEB](#)

**19 Tue**

**Board Teleconference #1**

**Feb 19 @ 7:00 pm – 8:00 pm**

[MAR](#)

**16 Sat**

**St. Patrick's Day Parade (Tentative) @ Downtown St. Louis**

**Mar 16 @ 8:00 am – 2:00 pm**

[MAR](#)

**23 Sat**

**Draft n Go @ Lake Lou Yeager Litchfield, IL**

**Mar 23 @ 9:00 am – 3:00 pm**

[MAR](#)

**24 Sun**

**Draft n Go @ Lake Lou Yeager Litchfield, IL**

**Mar 24 @ 9:00 am – 3:00 pm**

[APR](#)

**6 Sat**

**Draft Test @ Lake Lou Yeager Litchfield, IL**

**Apr 6 @ 8:00 am – 4:00 pm**

[APR](#)

**7 Sun**

**Draft Test @ Lake Lou Yeager Litchfield, IL**

**Apr 7 @ 8:00 am – 4:00 pm**

[APR](#)

**29 Mon**

**NCA Nationals**

**Apr 29 – May 4 [all-day](#)**

**MAY**

17 Fri

**Supported Entries Bloomington Dog Show**

May 17 – May 19 **all-day**

**MAY**

21 Tue

**Board Teleconference #2**

May 21 @ 7:00 pm – 8:00 pm

**JUN**

8 Sat

**Water Wizards @ Rowens Kennels**

Jun 8 @ 9:00 am – 4:00 pm

**General Meeting #2**

Jun 8 @ 12:00 pm – 1:00 pm

**JUN**

9 Sun

**Water Wizards @ Rowens Kennels**

Jun 9 @ 9:00 am – 4:00 pm

**JUL**

27 Sat

**H2O n Go / Title Chasers @ Lake Lou Yeager Litchfield, IL**

Jul 27 @ 8:00 am – 4:00 pm

**General Meeting #3 @ Lake Lou Yeager Litchfield, IL**

Jul 27 @ 12:00 pm – 1:00 pm

**JUL**

28 Sun

**H2O n Go / Title Chasers @ Lake Lou Yeager Litchfield, IL**

Jul 28 @ 8:00 am – 4:00 pm

**AUG**

10 Sat

**Board Meeting #3**

Aug 10 @ 7:00 pm – 8:00 pm

**AUG**

17 Sat

**Water Test @ Lake Lou Yeager Litchfield, IL**

Aug 17 @ 8:00 am – 4:00 pm

**AUG**

18 Sun

**Water Test @ Lake Lou Yeager Litchfield, IL**

Aug 18 @ 8:00 am – 4:00 pm

**OCT**

5 Sat

**Obedience Trial @ Westinn Kennels Wentzville**

Oct 5 @ 8:00 am – 4:00 pm

OCT

6 Sun

**Obedience Trial @ Westinn Kennels Wentzville**

**Oct 6 @ 8:00 am – 4:00 pm**

OCT

19 Sat

**RKNC Regionals @ State Fairgrounds Springfield, IL**

**Oct 19 @ 8:00 am – 4:00 pm**

OCT

20 Sun

**RKNC Regionals @ State Fairgrounds Springfield, IL**

**Oct 20 @ 8:00 am – 4:00 pm**

## **River King Newfoundland Club General Meeting Minutes July 28, 2019:**

**General meeting was called to order by President Cassie Iken at 1:00**

### **OFFICERS**

**President-Cassie Iken** - Thank you to everyone for helping out at the H2O-n-Go, we are going to keep the meeting short

**Vice President- Jean McAdams** - no report

**Treasurers Report- Sylvia** - General Account \$5,963.63; Rescue \$1,866.12

**Corresponding Secretary- Mark Iken** - no report

**Recording Secretary- Janice Henderson** - Minutes of previous meeting were published in the latest newsletter, motion to accept them as published by Jenny Harrison, seconded by Jennifer Jones, motion passed

**Board Members: Susan Zientara** - no report; **Chris Jones** - no report

### **COMMITTEES**

**Awards: Gene Manley** - no report

**Draft Test: Cassie Iken, Sue Zientara, Sylvia Steiling;** no report

**Education: Steve McAdams** - no report

**Fundraising: Jennifer Jones** - will be asking for donations for raffle for the Water Test and Regional, if you have anything get it to Jennifer

**Historian: Pat Owens** - no report

**Membership: Mark Iken** - no report

**Newsletter: Gene Manley** - deadline for next newsletter August 20, get your submissions to Gene by that date

**Nominating Committee: Steve McAdams, Chris Jones**- Slate of Officers as follows:

**President-** Cassie Iken

**Vice President-** Jean McAdams

**Treasurers Report-** Sylvia Steiling

**Corresponding Secretary-** Mark Iken

**Recording Secretary-** Janice Henderson

**Board Members:** Susan Zientara , Chris Jones

Nominations for the Board were asked for from the floor, none were made, nominations are open and can be submitted to the Nominating Committee prior to October 1, 2019

**Obedience Trial: Mark Iken, Pat Owens, Sylvia Steiling, Sue Zientara** - Obedience Trial in October, the Premium will be out shortly, will be looking for stewards to help out

**Parades:** Chris Jones & Lorrie Carpenter - no report

**Regional:** Jean McAdams, Janice Henderson, Rita Jacobs - Regional is October 19 & 20<sup>th</sup>, Cassie Iken is stepping in this year to help out, Cassie will be contacting people to help out with the raffle, food, trophy table. Regional has been approved, trophies ordered, plans are in the work

**Rescue: Debbie Fitton** - no report

**Sunshine:** cards being circulated for Jean McAdams & Stephen Pack

**Water Test:** Mark Iken, Susan Zientara, Tom Brandt - everything is moving along

**Website:** Chris Jones, Cassie Iken - no report

**Old Business:** none

**New Business:** none

Motion to Adjourn by Sue Zientara @ 1:15 seconded by Sylvia Steiling, motion passed

## **What do you need to know about this newsletter?**

- ***The President's Report***
- ***The Committee's Reports***
- ***Calendar of Events***
- ***General Meeting Minutes July 2019***
- ***What You Need to Know about this about this Newsletter***
- ***RKNC Rescue Report***
- ***RKNC Events going on in October 2019 Obedience Trials.***
- ***RKNC H2O N Go Pictures***
- ***RKNC H2O Test August 2019 Pictures***
- ***The information for Canine Health***
  - ***Canine Heat Stroke in Canines***
  - ***When is it Too Hot or Too Cold for your fur baby?***
  - ***The 10 Human Medications Most Dangerous to Dogs***
  - ***Seven Home Remedies for Your Dog***
  - ***Nutritional Concerns for your senior dogs.***
  - ***Fruits and Vegetables that our dogs can and cannot eat (updated).***
  - ***Berserk Behavior***
  - ***Pet Body Condition Score***
  - ***Balanced Gate, what is it?***
  - ***Have you heard of the Top Line?***
  - ***New Guidelines for CPR on Canines***
  - ***Better Never Bitten***
  - ***How to Trim your Dogs Toenails***
  - ***A Simple Cyanobacteria (Blue-Green Algae) Test***
  -
- ***The News, Brags, Newfoundland Birthdays (None this issue)***
- ***The River King Newfoundland Club Facebook Page (info)***
- ***The Rainbow Bridge portion (None this Issue, I am so Happy)***



***River King Newfoundland Club***

Rescue has had a busy couple of months. Six months to the day of the eight-Newf rescue in January, I received a call from the same owner asking rescue to take his last five dogs, apparently due to his bad health.

This producer had the older female and the adult male that he would not give us the first time, plus a three-and-a-half-year-old female and two 6-month-old puppies for a total of five dogs. This was an NCA rescue that I coordinated. Rita Jacobs and Lana Tauben assisted as did a representative from North Central and a representative from South Central Newfoundland Rescue.

On August 3, 2019 we went in and the producer relinquished what was hopefully his last five dogs. North Central Newf Rescue took the adult male and the three-and-a-half-year-old female. South Central took the two pups and the older female. Every dog was then on its way home to a better life.

Also, in July, a previous RKNC member contacted me with a rescue referral for an acquaintance in Danville, IL that needed to re-home his two Newfs. I contacted the owner and discovered that this was definitely a good owner who was extremely ill and would soon no longer be able to care for his dogs. I knew that rescue could help him. He owned a male and a female Newf, both approximately five years old. I asked the owner to call his veterinarian to give them permission to speak with me.

The following day, I called the veterinarian to check health histories of both dogs. When I explained the situation, the receptionist told me that the veterinarian had recently lost a beloved dog that belonged to their son who was in basic training in the military, and that when the veterinarian heard the story, he was considering to adopt one of the dogs. Fast forward a couple of weeks until I got through the NCA rescue listed above---When I called the owner to make arrangements to pick up one dog or both, the owner told me that the veterinarian had decided to adopt both of his dogs. We said that this was an answer to both of our prayers.



Figure 1 Picture of Cougar, What a handsome fellow!!

I am still fostering Cougar, the nine-and-a-half-year-old Landseer male. He is a beautiful, sweet, healthy boy who deserves his own family.



Figure 2 A picture of Tess who was adopted from Rescue on May 18, 2019. She turned 4 years old on Sept 2, 2019.

Please see the beautiful picture of Tess with the note from her owners in this newsletter. Tess's owners sent the note to me on Sept 2, which was her fourth birthday! Tess was adopted May 18, 2019 and has truly blossomed in her new family. Happy Birthday Tess!!

A Quick update from Tess's new parents: She is doing great; she loves her daily walks (especially the rabbits and squirrels) and the attention she gets from the girls. She can't wait to go for car rides, especially when we are going places with other dogs. We took her to a friend's farm yesterday, after her initial trepidation she enjoyed every moment even the pond.

*Thank you*  
*Debbie Fitton*  
217-454-7782

## **River King Newfoundland Club 2020 Slate of Officers**

**President: Cassie Iken**

**Vice President: Jean McAdams**

**Treasurer: Sylvia Steiling**

**Recording Secretary: Janice Henderson**

**Corresponding Secretary: Mark Iken**

**Board Member: Chris Jones**

**Board Member: Sue Zientara**

If there are any nominations from the membership, please forward them to Chris Jones, [cjones473@gmail.com](mailto:cjones473@gmail.com).



Figure 3 H2O N GO 01



Figure 4 H2O N GO 02



Figure 5 H2O N GO 04



Figure 6 H2O N GO 06

**Congratulations to all of our Qualifiers on a Fantastic Job**

**SATURDAY August 17, 2019 QUALIFIERS**

**WD:**

Amity's Ambitious Journey, CGC, RN, "Journey", Nan Edwards

Dreamhaven's Sum It Up With Old Bay, "Nash", Sue Lynn Morton

Kloofbear Way of Nature Summer's Breeze, RA, "Summer", Sue Matzke

Sunvalley's Tiptoe Through the Tulips, BN, RN, CGC, TKN, "Timmy", Heide Peterson

Woodside's Somewhere On A Beach With Shadrack, RN, DD, "Cruz", Mark Iken

Rowens Obsidian Talos, "Talos" Chris Jones

**WRD:**

Rowens Abigail WD, DD, "Abby", Chris Jones

Blue Moon's Seasons Under Heaven, CGCA, BN, ED, THDN, DD, "Sibylla", Debbie Meyer

**SUNDAY'S August 18, 2019 QUALIFIERS**

**WD:**

Cobars Paradise by the C, "Corson", Cathy Hartke

Rowen's Tuco, CGC, WD, "Tuco", Vince Molinarolo

**WRD:**

Blue Moon's Seasons Under Heaven, CGCA, BN, ED, THDN, DD, "Sibylla", Debbie Meyer

Pictures from the Test



Figure 7 WATER TEST 01



Figure 8 WATER TEST 03



Figure 9 WATER TEST 04



Figure 10 WATER TEST 05



Figure 11 WATER TEST 06



Figure 12 WATER TEST 07

I hope this was enough pictures to stir you interest, please enjoy all the pictures taken by Gary Meyer and Chris Jones on our website, I am sure you will enjoy viewing them as I did.

## Canine Health: Heat Stroke in Canines; Do you know what to look for?

### Heat Stroke

Please Share this with friends

Dogs and cats can't perspire and can only dispel heat by panting and through the pads of their feet. If you suspect heat stroke in your pet, seek veterinary attention immediately.

Signs of heat stroke include *(but are not limited to)*:

- Body temperatures of 104-110F degrees

- Excessive panting
- Dark or bright red tongue and gums
- Sticky or dry tongue and gums



- Staggering
- Stupor
- Seizures

- Bloody diarrhea or vomiting

- Rapid heartbeat

**Note:** Short-nosed breeds such as Bulldogs, Pugs, etc., large heavy-coated breeds, and dogs with heart or respiratory problems are more at risk for heat stroke.

### Cooling Your Pet

- Find some shade. Get your pet out of the heat.

- Use cool water, not ice water, to cool your pet (very cold water will constrict the blood vessels and impede cooling).

- Place cool wet cloths on feet and around head.

- Offer ice cubes for the animal to lick.

- Contact your your veterinarian.

# Canine Health: When is it Too Cold & Too Hot for your baby. Do you know?



## Canine Health: The Ten Human Medications most dangerous to Dogs:

### The 10 Human Medications Most Dangerous to Dogs

By [Dr. Kevin Fitzgerald](#)

Sep 07, 2016 | 2 Minutes



- [teeth](#)

One of the most dangerous rooms of the house with regard to [accidental poisonings](#) is the bedroom, on account of the nightstand next to the bed. Many adult dogs and [teething puppies](#) sleep in the [bed with their humans](#), and thus have easy access to the drugs on that nightstand. Medications left on counters in kitchens and bathrooms find their way into the stomachs of [bored dogs](#), too.

If your dog ever does happen to ingest human medication, bring the original container to the veterinarian. The original bottle or package can tell you which drug is involved, what strength, how many pills or tablets were in the container, and possibly the manufacturer's recommendations concerning poisoning.

#### Dangerous Drugs

The most common human medications to cause poisoning in dogs include:

## 10 Most Common Human Medications Harmful to Dogs

1. Aspirin
2. Ibuprofen
3. Naproxen
4. Indomethacin
5. Acetaminophen
6. Xanax
7. Ambien
8. ACE inhibitors
9. Beta Blockers
10. Adderall

#### Pet Poison Hotline

Keep this number on your fridge should your pet ingest a poison or medication\*:

**855-764-7661**

24/7 Animal Poison Control Center

\*fee applies

The **nonsteroidal anti-inflammatory drugs (NSAIDs)** are widely used and readily available — many of these can be purchased over the counter. These drugs are used to treat pain, inflammation, and fever in people. Examples of NSAIDs include **aspirin, ibuprofen, naproxen, and indomethacin**. In dogs, orally ingested NSAIDs are rapidly absorbed. Most achieve peak concentrations in the blood within three hours. The most commonly seen side effects of these medications are gastrointestinal irritation and damage to the GI tract.

At recommended dosages, NSAIDs have little effect on the kidneys, but in cases of overdose (and also with chronic usage) renal damage has occurred. The simultaneous use of two NSAIDs can lead to kidney dysfunction. Additionally, NSAID overdose has caused clotting problems and [liver disease](#). These drugs can also react with other drugs.

Another readily available human medication often used to treat pain and inflammation in dogs is **acetaminophen**. This drug, sold as **Tylenol** and other brand names, can be obtained both over the counter and in some prescription

preparations. Exposure to dogs usually occurs through administration of acetaminophen by uninformed but well-meaning

## Canine Health cont'd:

owners intending to treat [fever](#), [pain](#), or inflammation in their animal. Poisoning can occur from a single exposure to a large dose or from chronic exposure to a low dose.

Acetaminophen poisoning in dogs causes injury to the liver and, in high enough dosages, even liver failure. Clinical signs can include lethargy, loss of appetite, belly pain, and jaundice. Swelling of the face and paws is also commonly seen. Cats are even more sensitive than dogs to acetaminophen — clinical signs can result from ingesting a single tablet.

**Medications used for attention-deficit disorder and hyperactivity** contain **amphetamine**, a potent stimulant. Ingestion of these medications by dogs can lead to life-threatening tremors, [seizures](#), elevated body temperature, and even cardiac and respiratory arrest.

**Blood pressure medications**, like ACE inhibitors and beta blockers, can cause weakness, stumbling, and dangerously low blood pressure.

**Medications designed to aid with sleep, like Xanax, Ambien, and Valium**, can cause dogs to become lethargic, seem intoxicated and, in some cases, have dangerously slowed breathing rates. Some dogs become severely agitated after ingesting these drugs.

## Treatment

The vast majority of these accidental intoxications can be successfully managed with early treatment. For [poisonings](#), the best outcomes involve seeking immediate advice from your veterinarian followed by aggressive, proactive treatment, if necessary. Your vet may suggest making the animal vomit if ingestion just occurred, but your pet may also need intravenous fluid support or treatment with specific medications and antidotes to combat the toxin. Always check with your veterinarian before starting any treatments to neutralize the poison.

## If it works on shelties, it should work on our Newfoundlands? Right?

### Seven Home Remedies for Your dog

[This information was copied from The Telegram January/February 2017  
[s.pacesetter@sheltie.com](mailto:s.pacesetter@sheltie.com)]

— My Pet MD When you're feeling under the weather, you might find that the perfect thing for treating what ails you is something you already have in the kitchen. Did you know that you could use similar, simple home remedies to treat allergies in dogs, ailments in dogs and other canine annoyances, too? Below you will find seven great natural remedies for making your dog happy and healthy again, whether they are suffering from allergies, dehydration, fleas and more.

#### 1. Vitamin E for Dogs with Dry Skin

Have you ever wondered how to treat dry skin on dogs? Vitamin E is good for preventing those pesky age lines on your face, and it's also great for your dog's dry skin. You can give your pup a doggy massage by applying vitamin E oil directly to the skin, a soaking bath with vitamin E added to the water, or you can go all "Hollywood" and pop your dog a pill (of vitamin E, that is). If you give the vitamin orally, check with your vet on the recommended dosage for your specific dog breed.

## Canine Health cont'd:

### 2. Electrolyte—Replacing Liquids for Diarrhea and Vomiting

Flavorless electrolyte-replacing liquids, such as sports waters or pediatric drinks, not only help athletes to replenish fluids and babies to rehydrate after an illness, they can also supply your sick pooch's body with much needed fluids after a bout of diarrhea or vomiting.

Consult your veterinarian as to the appropriate dosage amounts when giving these types of liquids to your dog.

### 3. Yogurt and Acidophilus for Dogs

Plain yogurt is a healthy treat for your dog. Just as with humans, the live acidophilus in the yogurt keeps the good bacteria in your dog's intestines in balance, so that bad bacteria is swiftly knocked out. If your dog is on antibiotics, a little yogurt (fed at a much later time...away from the antibiotic) will also help keep yeast infections at bay (a common side-effect of antibiotic treatment). You can also give your dog acidophilus pills—wrapping the pills in bacon is strictly optional.

Puppies are especially prone to yeast infections, so a little plain yogurt as a snack (or even dessert) can help keep things in balance; especially useful while the intestinal system is building immunities.

### 4. Chamomile Tea for Dogs

Chamomile tea uses the natural disinfecting effects of the chamomile plant to settle upset doggy tummies. It is recommended for colic, gas and anxiety. It can also alleviate minor skin irritations. Just chill in the fridge and spray onto the affected area on the dog's raw skin. Your dog should feel an immediate soothing effect as the chilled tea kills the yeast and/or bacteria on the skin. A warm (not hot) tea bag can also be used for soothing infected or irritated eyes

### 5. Oatmeal to Stop Your Dog from Itching

An itchy dog can be quite an annoyance, especially as it goes around scratching itself on any piece of furniture it can reach. But don't blame your dog, sometimes they're itchy because of allergies and can't help but to scratch. If your pup is itchy, forget the backscratcher! Finely ground oatmeal is a time-honored remedy for irritated skin. You can use baby oatmeal cereal or grind it yourself in a food processor. Stir the oatmeal into a bath of warm water and let your dog soak in the healing goodness. Your dog will thank you. Dogs with skin allergies, infections and other diseases, which cause itchiness, have been shown to gain immediate relief with this approach, too.

### 6. Epsom Salt Bath for Dogs' Wounds

Dogs can be like kids at times, and as such they are bound to suffer from wounds and the occasional unexplained swelling. Try treating these ailments with Epsom salt soaks and heat packs next time. A bath consisting of Epsom salt and warm water can help reduce the swelling and the healing time, especially when combined with prescribed antibiotics and veterinary

## Canine Health cont'd:

supervision. Be sure that your pet does not ingest Epsom salt, however, as it can be very harmful. Also, do not bathe your pet in Epsom salt if there are open wounds.

If soaking your dog in an Epsom salt bath twice a day for five minutes isn't convenient or practical, a homemade heat pack using a clean towel drenched in the same warm-water solution can be applied to wounds for the same effect.

### 7. Flea Home Remedies

Does your dog have fleas? Some dogs are allergic to fleabites and just one can cause them to itch for days. Never fear. Before turning to the big guns, try some borax powder. The standard stuff at the store will work wonders on fleas by poking holes in their crunchy insect exoskeletons. A good way to make sure those parasitic suckers get annihilated is to sprinkle the borax on your floor, and then sweep or vacuum up the excess. The invisible borax crystals left behind will kill the fleas and you won't even have to lift a finger. It's inexpensive and practically non-toxic compared to an appointment with the exterminator; just make sure that your dog does not ingest any borax. To relieve the dog's allergies and repel fleas in its fur, try a simple solution of lemon water. Fleas are repelled by citrus, so this can work both as a flea preventive, and for making your dog smell clean and refreshing. A useful solution can be made by pouring boiled water over lemons and allowing them to steep overnight. This solution can then be applied all over your dog's skin using a fresh spray bottle. And, the tried and true Brewer's yeast method cannot be left out. Brewer's yeast can be given as part of a regular diet in powdered form, sprinkled over the dog food, or in tablet form, perhaps wrapped in a small slice of bacon or cheese.

Home (or holistic) remedies aren't just for tree huggers anymore. It's important to take care of your dog from day to day, not just when it's feeling a little under the weather, and the best way to maintain the best health is often the most natural way. But most of all, it'll help keeping your "baby" from crying like a hound dog.

### Nutritional Concerns for Senior Dogs

If you have time and would like to read and or listen to pod casts on our four-legged Children try out this website. It is the AKC Canine Health Foundation.

Here is a link to a podcast on Nutritional Concerns for Senior and Geriatric Dogs.  
<http://www.akcchf.org/educational-resources/podcasts/nutritional-concerns-for.html>.

### Keeping your dog safe during the Holidays

<http://www.akcchf.org/educational-resources/podcasts/keeping-your-dog-safe-during.html>

Here is a link that discusses Bloat, the video is approx. 40 minutes long, what is bloat, what causes bloat, what can be done if you dog has it, possible complications, length of recovery etc.

## Canine Health cont'd:

<http://www.akcchf.org/educational-resources/Webinars/bloat.html>  
<https://vimeo.com/74830629> (Short cut to video)

**Pet Therapy Programs: Tapping into your Dogs Natural Instinct**  
<http://www.akcchf.org/canine-health/your-dogs-health/pet-therapy-programs-tapping.html>

**The Basics of Canine Massage and Chiropractic**  
<http://www.akcchf.org/canine-health/your-dogs-health/caring-for-your-dog/the-basics-of-canine-massage.html>

**AKC › Dog Health › Nutrition (*Fruits & Vegetables Dogs Can and Can't Eat*)**  
Staff Writers | December 03, 2015

As dog owners, it's not uncommon to want to spoil your four-legged family members by sharing table scraps or your favorite snack with them. After all, if it is safe for you to eat, it must be OK for them as well, right? Not necessarily. While many human foods, especially fruits and vegetables, are perfectly safe, some are very unhealthy and downright dangerous to dogs. Dogs digest differently than humans and eating the wrong foods can lead to long-term health problems and, in extreme cases, even death. As carnivores, they have no need for fruits and vegetables as part of their diet, but an occasional fruit or veggie as a treat is OK.

But that doesn't mean all [human food is off limits for dogs](#). Read below to find out which fruits and vegetables are OK for sharing in moderation and which should be kept on your plate

Fruits & Vegetables ([source of this information is from the AKC.org website on nutrition.](#))

As dog owners, it's not uncommon to want to spoil your four-legged family members by sharing table scraps or your favorite snack with them. After all, if it is safe for you to eat, it must be OK for them as well, right? Not necessarily. While many [human foods](#), especially fruits and vegetables, are perfectly safe, some are very unhealthy and downright dangerous to dogs. Dogs digest differently than humans and eating the wrong foods can lead to long-term health problems and, in extreme cases, even death. As carnivores, they have no need for fruits and vegetables as part of their diet, but an occasional fruit or veggie as a treat is OK.

Read below to find out which fruits and vegetables are OK for sharing in moderation and which should be avoided.

### Fruits & Vegetables



**Apples** Yes, dogs can eat apples. Apples are an excellent source of vitamins A and C, as well as fiber for your dog. They are low in protein and fat, making them the perfect snack for senior dogs. Just be sure to remove the seeds and core first. Try them frozen for an icy warm weather snack. [Read More](#)



**Asparagus** No, dogs shouldn't eat asparagus. While asparagus isn't necessarily unsafe for dogs, there's really no point in giving it to them. It's too tough to be eaten raw, and by the time you cook it down so it's soft enough for dogs to eat, asparagus loses the nutrients it contains. If you really want to share a veggie, something more beneficial is probably best. [Read More](#)



**Avocado** No, dogs should not eat avocado. While avocado may be a healthy snack for dog owners, it should not be given to dogs at all. The pit, skin, and leaves of avocados contain persin, a toxin that often causes vomiting and diarrhea in dogs. The fleshy inside of the fruit doesn't have as much persin as the rest of the plant, but it is still too much for dogs to handle. [Read More](#)



**Bananas** Yes, dogs can eat bananas. In moderation, bananas are a great low-calorie treat for dogs. They're high in potassium, vitamins, biotin, fiber, and copper. They are low in cholesterol and sodium, but because of their high sugar content, bananas should be given as a treat, not part of your dog's regular diet. [Read More](#)



**Blueberries** Yes, dogs can eat blueberries. Blueberries are a superfood rich in antioxidants, which prevent cell damage in humans and canines alike. They're packed with fiber and phytochemicals as well. Teaching your dog to catch treats in the air? Try blueberries as an alternative to store-bought treats. [Read More](#)



**Broccoli** Yes, broccoli is safe for dogs to eat in very small quantities and is best served as an occasional treat. It is high in fiber and vitamin C and low in fat. However, Broccoli florets contain isothiocyanates, which can cause mild-to-potentially-severe gastric irritation in some dogs. Furthermore, broccoli stalks have been known to cause obstruction in the esophagus. [Read More](#)



**Brussel Sprouts** Yes, dogs can eat Brussels sprouts. Brussels sprouts are loaded with nutrients and antioxidants that are great for humans and dogs, alike. Don't overfeed them to your dog, however, because they can cause lots of gas. [Read More](#)



**Cantaloupe** Yes, cantaloupe is OK for dogs. Cantaloupe is packed with nutrients, low in calories, and a great source of water and fiber. It is, however, high in sugar, so should be shared in moderation, especially for dogs that are overweight or have diabetes. [Read More](#)



**Carrots** Yes, dogs can eat carrots. Carrots are an excellent low-calorie snack that is high in fiber and beta-carotene, which produces vitamin A. plus, crunching on this orange veggie is great for your dog's teeth. [Read More](#)



**Celery** Yes, celery is OK for dogs to eat. In addition to vitamins A, B, and C, this crunchy green snack contains the nutrients needed to promote a healthy heart and even fight cancer. As if that wasn't enough, celery is also known to freshen doggy breath. [Read More](#)



**Cherries** No, dogs shouldn't eat cherries. With the exception of the fleshy part around the seed, cherry plants contain cyanide and are toxic to dogs. Cyanide disrupts cellular oxygen transport, which means that your dog's blood cells can't get enough oxygen. If your dog eats cherries, be on the lookout for dilated pupils, difficulty breathing, and red gums, as these may be signs of cyanide poisoning. [Read More](#)



**Cranberries** Yes, cranberries are OK for dogs to eat. Both cranberries and dried cranberries are safe to feed to dogs in small quantities. Whether your dog will like this tart treat is another question. Either way, moderation is important when feeding cranberries to dogs, as with any treat, as too many cranberries can lead to an upset stomach. [Read More](#)



**Cucumbers** Yes, dogs can eat cucumbers. Cucumbers are especially good for overweight dogs, as they hold little to no carbohydrates, fats, or oils and they can even boost energy levels. They're loaded with vitamins K, C, and B1, as well as potassium, copper, magnesium, and biotin. [Read More](#)



**Grapes** No, dogs should not eat grapes. Grapes and raisins have both proved to be very toxic for dogs no matter the dog's breed, sex, or age. In fact, grapes are so toxic that they can lead to acute sudden kidney failure. Definitely skip this dangerous treat. [Read More](#)



**Green beans** Yes, dogs can eat green beans. Chopped, steamed, raw, or canned -- all types of green beans are safe for dogs to eat, as long as they are plain. Green beans are full of important vitamins and minerals and they're also full of fiber and low in calories. [Read More](#)



**Mango** Yes, dogs can eat mangoes. This sweet summer treat is packed with four, yes four different vitamins: vitamins A, B6, C, and E. They also have potassium and both beta-carotene and alpha-carotene. Just remember, as with most fruits, remove the hard pit first, as it contains small amounts of cyanide and can become a choking hazard. [Read More](#)



**Mushrooms** No, dogs should avoid mushrooms. Wild mushrooms can be toxic for dogs. While only 50 to 100 of the 50,000 mushroom species worldwide are known to be toxic, the ones that are can really hurt your dog or even lead to death. Washed mushrooms from the supermarket could be OK, but it's better to be safe than sorry; skip out on the fungi all together. [Read More](#)



**Onions** No, dogs should not eat onions. Onions, leeks, and chives are part of a family of plants called Allium that is poisonous to most pets, especially cats. Eating onions can cause your dog's red blood cells to rupture, and can also cause vomiting, diarrhea, stomach pain, and nausea. Poisoning from onions is more serious in Japanese breeds of dogs such as Akitas and Shiba Inus, but all dogs are very susceptible to it. [Read More](#)



**Oranges** Yes, dogs can eat oranges. Oranges are fine for dogs to eat, according to veterinarians. They are also an excellent source of vitamin C, potassium, and fiber, and in small quantities can serve as tasty treats for your dog. Vets do, however, recommend tossing the peel and just giving your dog the inside of the orange, minus the seeds, as the peel is much rougher on their digestive systems. Read



**Peaches** Yes, peaches are OK for dogs to eat. Small amounts of cut-up peaches are a great source of fiber and vitamin A, and can even help fight infections, but just like cherries, the pit contains cyanide. As long as you completely cut around the pit first, fresh peaches can be a great summer treat – just not canned peaches, as they usually contain high amounts of sugary syrups. [Read More](#)



**Pears** Yes, dogs can eat pears. Pears are a great snack because they're high in copper, vitamins C and K, and fiber. It's been suggested that eating the fruit can reduce the risk of having a stroke by 50 percent. Just be sure to cut pears into bite-size chunks and remove the pit and seeds first, as the seeds contain traces of cyanide. [Read More](#)



**Peas** Yes, dogs can eat peas. Green peas, specifically: snow peas, sugar snap peas, and garden or English peas are all OK for dogs. Peas have several vitamins, minerals, and are rich in protein and high in fiber. You can feed your dog fresh, frozen, or thawed peas, but do not give him canned peas, which have a lot of added sodium. [Read More](#)



**Pineapple** Yes, pineapples are OK for dogs to eat. A few chunks of pineapple are a great sweet treat for dogs, as long as the prickly outside is removed first. The tropical fruit is full of vitamins, minerals, and fiber. It also contains bromelain, an enzyme that makes it easier for dogs to absorb proteins. [Read More](#)



**Potatoes** Yes, dogs can eat potatoes. It's fine to give your dog plain potatoes every once and a while, but only if they're cooked, as raw potatoes can be rough on the stomach. A washed, peeled, plain boiled, or baked potato contains lots of iron for your dog. Avoid mashed potatoes because they often contain butter, milk, or seasonings. [Read More](#)



**Raspberries** Yes, dogs can eat raspberries. Raspberries are fine in moderation. They contain antioxidants that are great for dogs. They're low in sugar and calories, but high in fiber, manganese, and vitamin C. Raspberries are especially good for senior dogs because they have anti-inflammatory properties, which can help take pain and pressure from joints. However, they do contain slight amounts of the toxin Xylitol, so limit your dog to less than a

cup of raspberries at a time. [Read More](#)



**Strawberries** Yes, it is OK for dogs to eat strawberries. Strawberries are full of fiber and vitamin C. Along with that, they also contain an enzyme that can help whiten your dog's teeth as he or she eats them. They are high in sugar though, so be sure to give them in moderation. [Read More](#)



**Sweet potatoes** Yes, dogs can eat sweet potatoes. Sweet potatoes are packed with nutrients, including fiber, beta carotene, and vitamins B-6 and C. Just like with regular potatoes, only give your dog washed, peeled, cooked, and unseasoned sweet potatoes that have cooled down, and definitely avoid sugary sweet potato pies and casseroles. [Read More](#)



**Watermelon** Yes, watermelon is OK for dogs to eat. It's important to remove the rind and seeds first, as they can cause intestinal blockage, but watermelon is otherwise safe for dogs. It's full of vitamin A, B-6, and C, as well as potassium. Watermelon is 92 percent water, so it's a great way to keep your dog hydrated on hot summer days. [Read More](#)



**Spinach** Yes, dogs can eat spinach, but it's not one of the top vegetables you'll want to be sharing with you pup. Spinach is very high in oxalic acid, which blocks the body's ability to absorb calcium and can lead to kidney damage. While your dog would probably have to eat a very large amount of spinach to have this problem, it might be best to go with another vegetable. [Read More](#)

## Canine Health: Continued

### **Berserk Behavior** [by Nel Liquorman, Nutrition Editor TheDogPress.com]

[This information was copied from The Telegram January/February 2017  
[s.pacesetter@sheltie.com](mailto:s.pacesetter@sheltie.com)]

Estrogen inhibitors and excitotoxins in pet foods cause reproductive problems, infertility, and hyperactive, aberrant behavior!

Certain dog food ingredients can cause unprovoked aggression, excessive barking, nervous pacing, and behavioral problems which medical doctors would term Obsessive-Compulsive Disorder (OCD).

One cat owner reported her cats “went crazy” when she changed cat food. A long-time breeder who feeds dry kibble said her dogs became hyperactive while gaining weight at the same time. As questions mounted, all seemingly related, I did hours of in-depth research, which resulted in some very disturbing answers.

Behavioral problems, particularly aggression and hyperactivity, may be caused by excitotoxins in the food. Behavioral abnormalities have escalated in both humans and animals, from rampant Alzheimer’s disease to raging elephants to uncontrollable family pets.

The science of excitotoxicity will amaze you! Many pet foods also contain additives, which act as estrogen-blockers and cause frustrating problems for cat and dog breeders.

**Fertility and Reproduction Estrogen Inhibitor Oils:** Many pet foods are now touted as Rich in Omega 3 oils, from wild salmon and other oily fish, along with cruciferous plant substances including flax seeds, oil from flax seeds, broccoli, and rapeseed oil (renamed Canola). Oil from hemp, a cruciferous plant, which is 80% fatty acid, is also being sold as a supplement for dogs and cats. All these substances are natural estrogen inhibitors, plus they interfere with thyroid hormone production and with many prescription drugs.

**Vitamin D:** Vitamin D in pet food is just more oil from fish and Vitamin D3 is specifically from Cod Oil, which contains especially high levels of vitamin A. What is the significance of high levels of vitamin A? High levels of “A” are known to cause ii Hypervitaminosis A with side effects ranging from skin problems to birth defects.

Cruciferous vegetables, extremely healthy for humans, have been used in hundreds of cancer studies. Since 2004, cancer doctors have been telling patients to add such vegetables to their diets because they are beneficial to overall health and are believed to aid in combating the disease. But controlled studies, such as at the University of Illinois at Urbana, found that extracts of cruciferous vegetables act as anti-estrogen and estrogen antagonists. These findings were published in 2000 by the American Chemical Society. Other university studies are available, and indications are that over 300 studies with similar results took place.

**Mercury:** High concentrations of methyl mercury, an organic form of mercury, have been found

in Omega 3 from fish oils rendered from large, long-lived ocean fish. Mercury is a neurotoxin (as in vaccine-associated autism). Symptoms include vision impairment, lack of coordination and numbness, which can lead to seizures and death. High levels are common in wild salmon.

PCBs and Fish Oil: Earlier this year there were lawsuits due to polychlorinated biphenyl compounds (once used in the electrical industry) found in nearly a dozen different fish oil supplements. Just over thirty years ago, the EPA banned PCBs from the USA but this chemical (which causes cancer and reproductive toxicity) is still found in fish from which the oil is extracted.

The Mayo Clinic website had the following to say about fish oils: "There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements...however, high doses may have harmful effects, such as an increased risk of bleeding."

It should be noted that fish oil, cruciferous plants and exci- totoxins from MSG are not included in the AAFCO requirements published in 2008, yet they are added to many pet foods. Pet food manufacturers are just following "health trend hype."

According to researchers, Omega 6 found in vegetable oils, including corn and safflower, increase estrogen activity but these oils are also thought to be pro-inflammatory. Canola oil (an estrogen inhibitor) is also believed to be pro-inflammatory.

li Soybeans have moved into the top ten-allergen list in the human population. It is hard to find soybean listed on human food labels as, like MSG, it masquerades under many aliases. It is harder still to pinpoint in cat or dog food list of ingredients. We can however, expect some of these ii Soy Allergy Symptoms to manifest in our pets. In addition, for well over 20 years, soybean in pet food has been linked to bloat (gastric torsion) in dogs. This is not simple gas; torsion is a crisis situation that requires immediate emergency vet care.

Soy protein isolate (ISP) is a source of textured vegetable protein (TVP). That sounds good, but soy actually hinders protein digestion and causes red blood cells to stick together interfering with oxygen intake.

In addition to direct allergic reactions, it is widely reported that an alkaline solution is used to remove fibers from the soybeans. Fibers are acid washed in aluminum tanks believed to leach aluminum, a heavy metal that we may be absorbing and ingesting from other sources as well. Aluminum toxicity has a wide range of symptoms including colic, rickets, gastrointestinal problems, nervousness, anemia, headache, speech problems, memory loss, softening of bones, weak/aching muscles, liver and kidney function decline; the list grows yearly.

You should also be aware that MSG and other flavorings are added to human and pet foods to cover up the soybean taste, but labels usually state only "natural flavoring."

Marigold extract is considered a folk remedy for skin conditions which must be why some pet food makers are including it in their recipes even though the Association of American Feed Control Officials (AAFCO) does not consider marigold a nutritional need for cats and dogs.

Marigold extract (calendula) contains lutein. In the human population, lutein supplements can

cause a tightening effect on the uterus and are not recommended while breast-feeding. Animal studies indicate that marigold/lutein is toxic to sperm and may adversely affect fertilized eggs. Symptoms of too much lutein include indigestion, chest pain, heartburn, dizziness, blurred vision, eye irritation, skin discoloration, and difficulty swallowing and there may be evidence of renal and liver overload. Marigold's best use is probably as a natural pesticide ingredient!

### Aggressive, Hyperactive or Obsessive Behavior

Dog trainers, therapists and behaviorists are multiplying almost as fast as canine behavioral problems. Even carefully bred, perfectly raised puppies turn into uncontrollable, destructive pets that often wind up at the local shelter. Loving house cats may suddenly exhibit the same behavior. Some veterinarians, at a loss for explanation, blame it on the old standby—genetics. Obviously, that does not explain the crossbreds and mutts that are affected.

Excitotoxins: Sounds like a mad scientist made up that name but excitotoxicity isn't new. I knew about the often-misdiagnosed side effects in human foods. I wondered, could a wide range of excitotoxins be in cat and dog food and could they cause uncharacteristic out-of-control behavior in dogs and cats? Most of the known adverse effects are related to the human population, presumably because no one has studied this in animals, but I believe the effect on our pets can be even greater.

According to Dr. Russell Blalock (well known neurosurgeon, author, lecturer, and nutritionist), hidden MSG and many other specious ingredients are excitotoxins, which quite literally excite cells to death. Brain studies were in the human population but effects on pets would be more significant due to an animal's lack of inhibition.

MSG – monosodium glutamate: Most people now recognize the risk of MSG in human foods, particularly in "prepared" foods. Many products proudly proclaim, "no MSG" on the packaging, but in many cases, there is hidden MSG in what the label refers to as "natural flavor". What you may not realize is that monosodium glutamate (MSG) has become common in pet foods and is believed to be mildly addictive to more than the taste buds. Dogs and cats "taste" food through their olfactory senses but they ingest MSG just as we do and can therefore be equally affected.

MSG causes hyperactivity and behavioral aberrations in the human population and while studies have yet to be done, we can extrapolate that to our formerly mild-mannered pets.

Once referred to as "hidden MSG" (due to that additive's pseudonyms) the following ingredients were identified by a leading research group as being excitotoxins: gelatin, calcium caseinate, textured protein, sodium caseinate, yeast nutrient, autolyzed yeast, hydrolyzed protein, carrageenan, maltodextrin, malt extract, natural food flavoring, broth, ultra-pasteurized (when containing additives), soy sauce extract, whey protein concentrate, pectin, and anything protein fortified, enzyme modified or seasoned.

These additives are in everything from soup to ice cream, and increasingly found in dog and cat foods. Since the industry keeps coming up with new names, our best advice is: if you don't know what an ingredient is, research to make sure that it is not hidden MSG.

You may not reduce the risk of cat or dog food additives by using human foods. For example, feeding your pet raw or cooked chicken you buy for your family may not be a good idea. Check the wrapper again. If the chicken contains “broth” it probably contains excitotoxins. Associated Press reports that 30% of U.S. chickens are injected with additives that represent up to 15% of the meat’s weight. This process is called “plumping” and it is used to make former “factory farm” laying hens” more marketable. It may also be used simply to tip the scales a bit!

One particular brand, Perdue, uses broth containing “2% or less seasalt, carrageenan, xanthanum, vinegar and natural flavor.” Carrageenan and the natural flavor are the culprits. Natural flavor can be anything from MSG to rosemary (a neurotoxin) to soy (affects estrogen production). In addition, this broth doubles or triples the sodium content. These additives, like many others contained in pet and human food are hidden MSG, now known as excitotoxins.

When several pets have the same personality or health changes occurring at the same time, it is not coincidental. Unless you have moved, installed new carpet, treated the lawn, etc. it is almost certain to be a result of something that should not be in their food. For now, we can only say read the label. It is time for the FDA to do its job and to insist on plain English identification of all food additives whether for human consumption or in pet foods.

Oprah Winfrey exposed the food industry and our addiction to fake foods in her August 2010 show. As Oprah observed “non-fat foods make you FAT!” While her authoritative guests did not go in depth on additives, the message was clear. Today’s food supply can be downright harmful to your health.

It would be wise for pet food companies to rethink what they are adding to their products. The cat is out of the bag. A quarter-million pet owners will read this information this month. It is going to become harder to market pet food contaminated by unneeded, unwanted, and potentially dangerous ingredients!

## Pet Body Condition Score

If you are like me, I am concerned how well my pet is doing, is he or she is gaining weight, am I not feeding he or she enough, I have tried everything to get it right. But I ask myself is there an easy way to keep a check on your pet's body and you can get immediate knowledge? Well here is a quick and easy way to check your pet. It makes sense, please look it over, and hopefully it will be of use for you too.

### Pet Body Condition Score



Lightly run your fingers over your knuckles as you make a fist. If you imagine those knuckles were your dog/cat's ribs, this would be too thin.

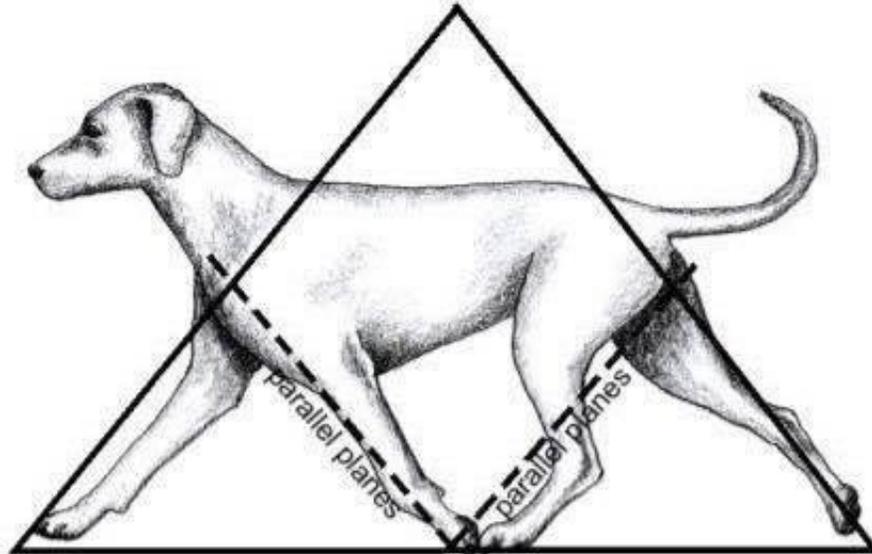


Put your palm up, fingers extended facing the ceiling. Run your fingers over the base of your fingers- this is too heavy.

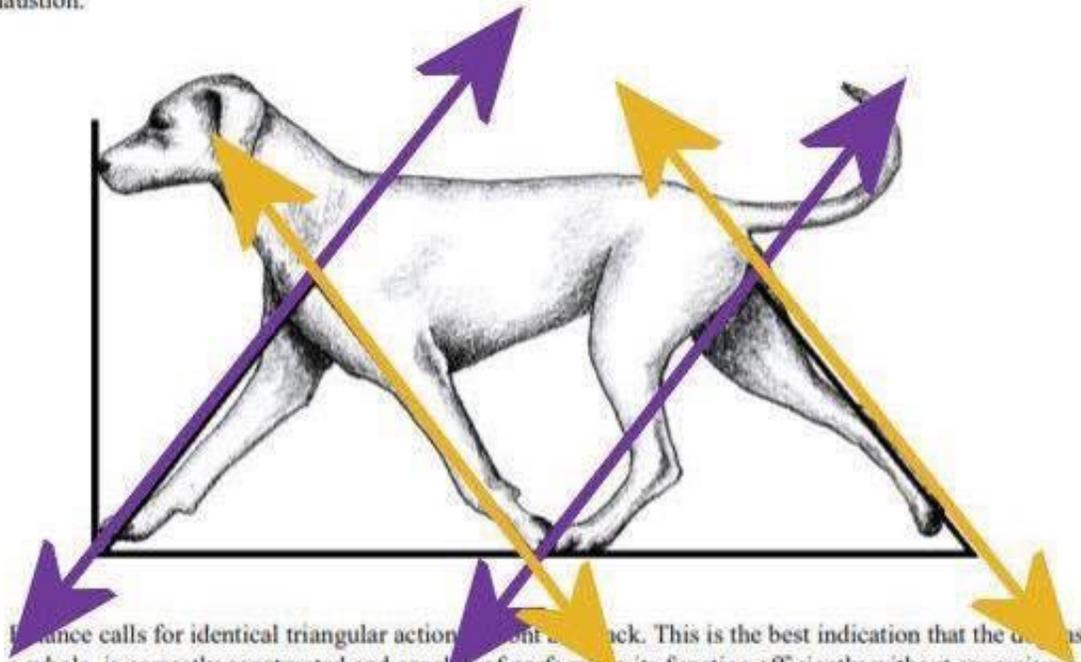


Turn your hand over, palm down and feel over your knuckles. When your pet's ribs feel like this, it's just right- healthy lean BCS 5/9!

## A Balanced Gate, what is it?



Balanced gait is typified by a **synchronisation** of front reach and rear drive. If a dog were to have a somewhat straight front assembly, it would be better for it also to have straight rear assembly to remain in balance, rather than a straight front trying to move in sync with an angulated rear. This problem would manifest itself as tremendous **kick-back** behind, yet the front would be unable to reach an imaginary plumb line dropped down from the nose. Such unbalanced movement is energy-wasting and can quickly lead to exhaustion.



Balance calls for identical triangular action from front and back. This is the best indication that the dog, as a whole, is correctly constructed and capable of performing its function efficiently without excessive energy consumption. Generally, reach should not extend beyond an imaginary plumb line from nose.

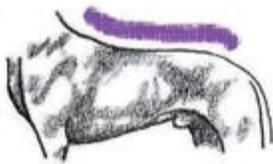
# Have you heard of the Top Line, not sure what to look for, this may help you and me understand?

## Topline

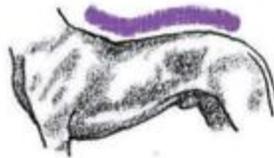
Strictly speaking, the **topline** describes the top edge of the profile from the dog's occiput to the root of tail. Colloquially, however, most people prefer to use this term to describe the profile between the withers and the tail, although this is more technically correctly called the **backline**. Characteristics may include:

- **hollowed back (saddle back)**: a small, shallow hollow or dip behind the withers at the anticlinal arch (where the vertebrae change direction). Can be a fault, but desirable in some breeds, eg. Poodle
- **level topline**: the height at the withers is level with the height at the loin.
- **roach back**: a roached back is an arched back, usually a fault of construction although in some breeds it is a requirement. Depending on where the roach occurs, it is given different names:
  - **carp or camel back** – first dips at the withers, then arches over the ribcage and loins, before dropping at the rump.
  - **wheel back** – a continuous curve that runs from the withers to the tail, eg. Bedlington Terrier. Can also be a fault in other breeds.
- **slack back (soft topline)**: a mild form of sway back due to structural weakness – a fault.
- **sloping topline**: the height at the withers exceeds the height over the withers, eg. Boxer.

**sway back (dippy back)**: a back that sags markedly in the topline, usually as a result of poor muscle development or weakness, sometimes can be due to overweight.



*level topline*



*slack back*



*sway back*



*sloping topline*



*wheel back*



*roach back*

## New guidelines for CPR in dogs, cats

Hyperlink to guidelines: <https://www.avma.org/News/JAVMANews/Pages/120715g.aspx>

Posted July 3, 2012



(Courtesy of the Journal of Veterinary Emergency and Critical Care)

Less than 6 percent of dogs and cats that experience cardiopulmonary arrest in the hospital survive to discharge, while the survival rate is about 20 percent for humans that experience in-hospital cardiac arrest.

To improve outcomes in dogs and cats, the American College of Veterinary Emergency and Critical Care and the Veterinary Emergency and Critical Care Society established the Reassessment Campaign on Veterinary Resuscitation initiative. In June, the RECOVER initiative released evidence-based guidelines for cardiopulmonary resuscitation in dogs and cats.

The initiative included a survey of more than 600 practitioners asking how they treated dogs and cats in cardiac arrest.

“What we found was that there was really no consensus on how to do that best,” said initiative co-chair Dr. Manuel Boller of the University of Pennsylvania. “There may have been a cohort, for example, that recommended 60 to 80 compressions per minute and another that thought 120 to 150 compressions per minute was the right thing.”



The new CPR guidelines for dogs and cats are available by visiting [here](#) to access the free special issue of the Journal of Veterinary Emergency and Critical Care.

Initiative co-chair Dr. Daniel J. Fletcher of Cornell University said, “We identified two overarching

goals for our research: first, to devise clinical guidelines establishing how to best treat cardiopulmonary arrest in dogs and cats, and second, to identify important knowledge gaps in veterinary CPR that need to be filled in order to improve the quality of recommendations, and thus, the quality of patient care in the future.”

Drs. Boller and Fletcher recruited more than 100 veterinary specialists from around the world to review more than 1,000 scientific papers related to CPR. The specialists analyzed the papers for rigor and for relevance to dogs and cats, arriving at 101 guidelines for CPR in dogs and cats.

A free special issue of the Journal of Veterinary Emergency and Critical Care online provides an overview of the development of the guidelines, a summary of the scientific papers, and details of the guidelines with algorithms and drug dosage charts.

The recommendations for CPR in dogs and cats include the following:

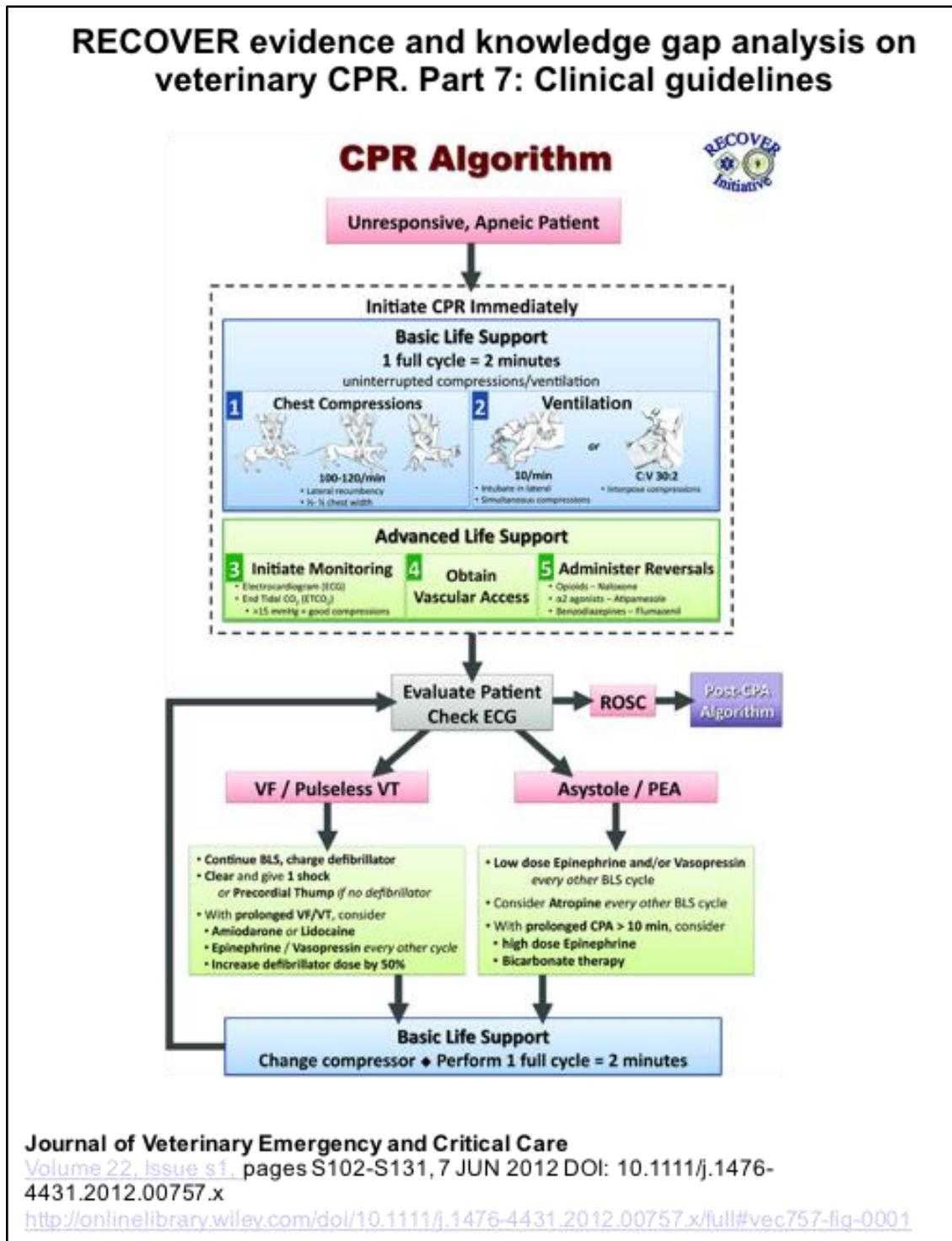
- Perform 100 to 120 chest compressions per minute of one-third to one-half of the chest width, with the animal lying on its side.

- Ventilate intubated dogs and cats at a rate of 10 breaths per minute. For mouth-to-snout ventilation, maintain a compression-to-ventilation ratio of 30-2.

- Perform CPR in 2-minute cycles, switching the person performing the compressions with each cycle.

- Administer vasopressors every 3 to 5 minutes during CPR.

Figure 1



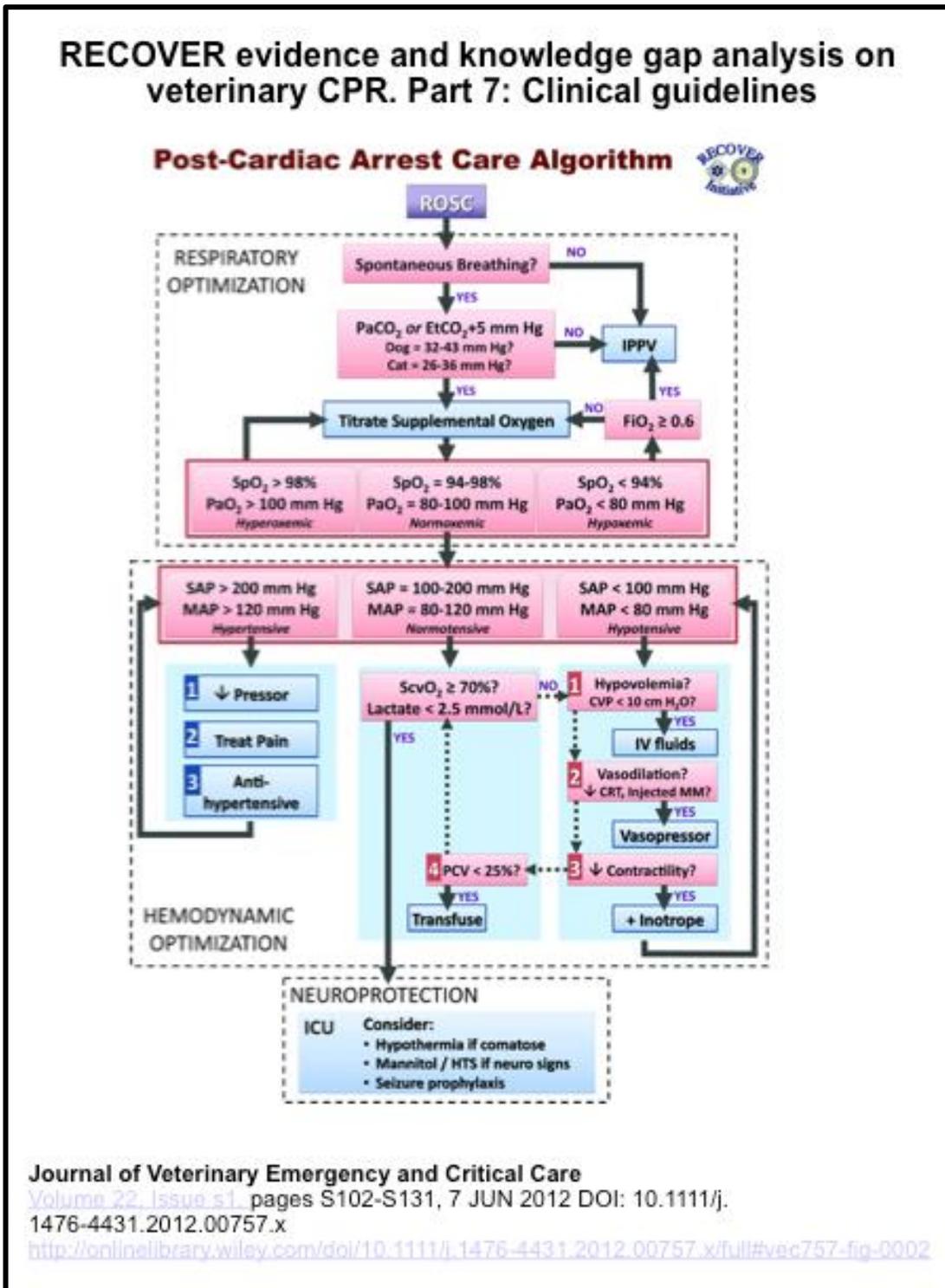
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<http://onlinelibrary.wiley.com/doi/10.1111/j.1476-4431.2012.00757.x/full#vec757-fig-0001>

Post-cardiac arrest (PCA) care algorithm. This chart summarizes a comprehensive treatment protocol for PCA care that includes components of controlled ventilation and oxygenation, goal-directed hemodynamic optimization, and neuroprotective strategies. The sequence shown reflects the order in which each component should be assessed, and treatment initiated. Assessment and initiation of treatment for the subsequent component will likely commence before the endpoints of the previous component have been completely met. Thus respiratory, hemodynamic, and neuroprotective treatment strategies will be initiated in parallel in most cases. CRT, capillary refill time; CVP, central venous pressure; EtCO<sub>2</sub>, end-tidal carbon dioxide; HTS, hypertonic saline; IPPV, intermittent positive pressure ventilation; MAP, mean arterial pressure; MM, mucous membrane color; ROSC, return of spontaneous circulation; SAP, systolic arterial pressure; ScvO<sub>2</sub>, central venous oxygen saturation.

Figure 2



Post-cardiac arrest (PCA) care algorithm. This chart summarizes a comprehensive treatment protocol for PCA care that includes components of controlled ventilation and oxygenation, goal-directed hemodynamic optimization, and neuroprotective strategies. The sequence shown reflects the order in which each component should be assessed, and treatment initiated. Assessment and initiation of treatment for the subsequent component will likely commence before the endpoints of the previous component have been completely met. Thus respiratory, hemodynamic, and neuroprotective treatment strategies will be initiated in parallel in most cases. CRT, capillary refill time; CVP, central venous pressure; EtCO<sub>2</sub>, end-tidal carbon dioxide; HTS, hypertonic saline; IPPV, intermittent positive pressure ventilation; MAP, mean arterial pressure; MM, mucous membrane color; ROSC, return of spontaneous circulation; SAP, systolic arterial pressure; ScvO<sub>2</sub>, central venous oxygen saturation.

Figure 3

## RECOVER evidence and knowledge gap analysis on veterinary CPR. Part 7: Clinical guidelines



### CPR Emergency Drugs and Doses

		Weight (kg)	2.5	5	10	15	20	25	30	35	40	45	50
		Weight (kg)	5	10	20	30	40	50	60	70	80	90	100
	DRUG	DOSE	ml	ml	ml	ml	ml	ml	ml	ml	ml	ml	ml
Arrest	Epi Low (1:1000; 1mg/ml) every other BLS cycle x3	0.01 mg/kg	0.03	0.05	0.1	0.15	0.2	0.25	0.3	0.35	0.4	0.45	0.5
	Epi High (1:1000; 1 mg/ml) for prolonged CPR	0.1 mg/kg	0.25	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Vasopressin (20 U/ml)	0.8 U/kg	0.1	0.2	0.4	0.6	0.8	1	1.2	1.4	1.6	1.8	2
	Atropine (0.54 mg/ml)	0.04 mg/kg	0.2	0.4	0.8	1.1	1.5	1.9	2.2	2.6	3	3.3	3.7
Anti-Arrhyth	Amiodarone (50 mg/ml)	5 mg/kg	0.25	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Lidocaine (20 mg/ml)	2 mg/kg	0.25	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Reversal	Naloxone (0.4 mg/ml)	0.04 mg/kg	0.25	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Flumazenil (0.1 mg/ml)	0.01 mg/kg	0.25	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Atipamezole (5 mg/ml)	100 µg/kg	0.06	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1
Defib <i> monophasic</i>	External Defib (J)	4-6 J/kg	10	20	40	60	80	100	120	140	160	180	200
	Internal Defib (J)	0.5-1 J/kg	2	3	5	8	10	15	15	20	20	20	25

Journal of Veterinary Emergency and Critical Care

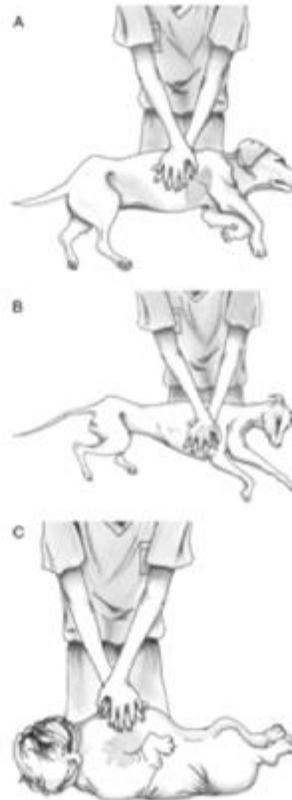
Volume 22, Issue S1, pages S102-S131, 7 JUN 2012 DOI: 10.1111/j.1476-4431.2012.00757.x

<http://onlinelibrary.wiley.com/doi/10.1111/j.1476-4431.2012.00757.x/full#vec757-fig-0003>

CPR drug dosing chart. Drugs are separated by indication and volumes are provided by body weight to reduce calculation errors. Defibrillator dosing is for a monophasic electrical defibrillator. Anti-arrhyth, antiarrhythmic drugs; CPR, cardiopulmonary resuscitation; Epi, epinephrine; Defib, electrical defibrillation.

## Figure #4

### RECOVER evidence and knowledge gap analysis on veterinary CPR. Part 7: Clinical guidelines



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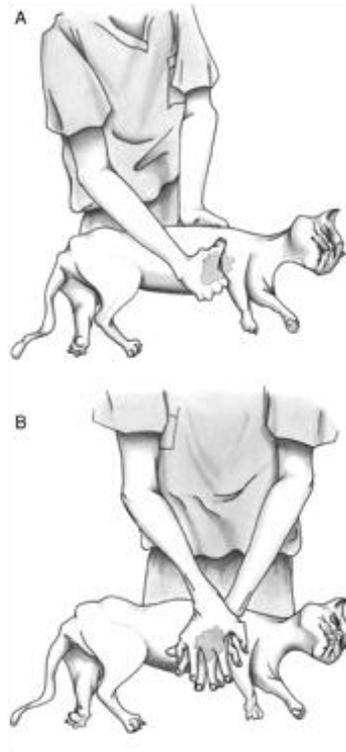
Volume 22, Issue S1, pages S102-S131, 7 JUN 2012 DOI: 10.1111/j.1476-4431.2012.00757.x

<http://onlinelibrary.wiley.com/doi/10.1111/j.1476-4431.2012.00757.x/full#vec757-fig-0004>

Chest compression techniques for medium, large, and giant breed dogs. (A) For most dogs, it is reasonable to do chest compressions over the widest portion of the chest to maximally employ the thoracic pump theory. Either left or right lateral recumbency are acceptable. (B) In keel-chested (i.e., deep, narrow chested) dogs like greyhounds, it is reasonable to do chest compressions with the hands directly over the heart to employ the cardiac pump theory, again in either recumbency. (C) For barrel-chested dogs like English Bulldogs, sternal compressions directly over the heart with the patient in dorsal recumbency may be considered to employ the cardiac pump mechanism.

## Figure #5

### RECOVER evidence and knowledge gap analysis on veterinary CPR. Part 7: Clinical guidelines



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<http://onlinelibrary.wiley.com/doi/10.1111/j.1476-4431.2012.00757.x/full#vec757-fig-0005>

Chest compression techniques for small dogs and cats. (A) For most cats and small dogs (<10 kg) with compliant chests, the use of a 1-handed technique to accomplish circumferential chest compressions with the hand wrapped around the sternum directly over the heart may be considered. (B) An alternative chest compression method for cats and small dogs is the 2-handed technique directly over the heart to employ the cardiac pump mechanism. This method may be considered in larger cats and small dogs with lower thoracic compliance, or in situations in which the compressor is becoming fatigued while doing 1-handed compressions.

## Figure 6

### RECOVER evidence and knowledge gap analysis on veterinary CPR. Part 7: Clinical guidelines



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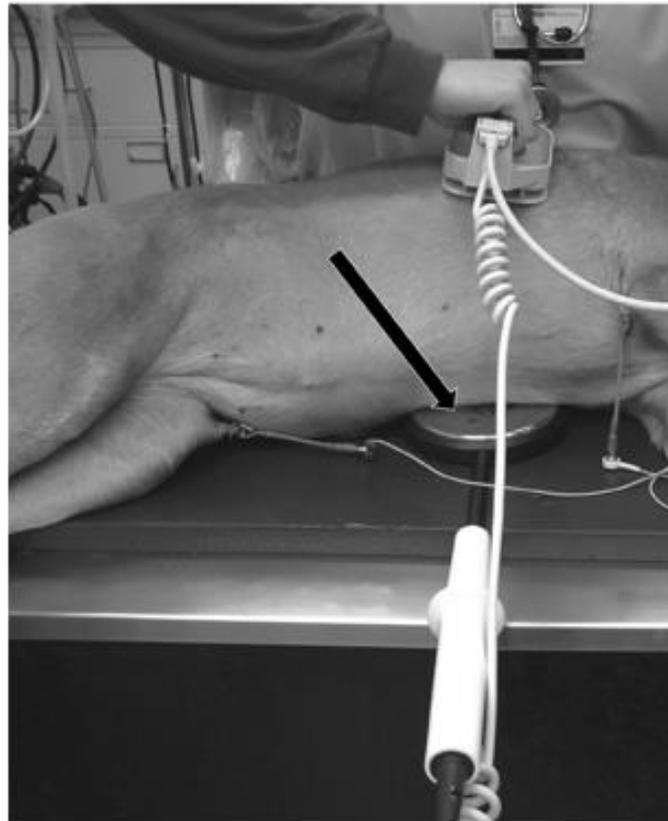
Volume 22, Issue s1, pages S102-S131, 7 JUN 2012 DOI: 10.1111/j.1476-4431.2012.00757.x

<http://onlinelibrary.wiley.com/doi/10.1111/j.1476-4431.2012.00757.x/full#vec757-fig-0006>

Mouth-to-snout breathing technique. The rescuer holds the patient's mouth closed with one hand, creates a seal over the patient's nares with his or her mouth, and blows into both nares to achieve a normal chest rise.

**Figure 7#**

**RECOVER evidence and knowledge gap analysis on veterinary CPR. Part 7: Clinical guidelines**



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<http://onlinelibrary.wiley.com/doi/10.1111/j.1476-4431.2012.00757.x/full#vec757-fig-0007>

Posterior paddle assembly. The black arrow indicates the posterior paddle. The dog is laid on the posterior paddle, and when defibrillation is required, the hand paddle is placed on the opposite side of the chest directly over the heart to defibrillate. Chest compressions can then be immediately continued with the posterior paddle in place.

# Better Never Bitten

Tips for Keeping Your Family & Friends Safe ... Including Your Dog

Dogs are our best friends, and many families cannot imagine life without them. Yet bites from pet dogs are common and can ruin an otherwise loving relationship. Although we certainly see them as members of the family, it is important to remember that dogs are, in fact, dogs—whose native language is different from our own. What a child might do to show her love to a dog might be seen as a threat, and reaching to take something as meaningless as a paper towel from it might insult any dog's sense of ownership. We hear all kinds of advice and it can be confusing. What, then, can we do to ensure that our children, ourselves, and our beloved pets are content and safe?

## What NOT to Do

- Don't leave infants, toddlers, or young children alone with any dog, no matter how friendly it is.
- Don't pet, touch, nudge, hug, or kiss a dog while it is resting, especially if it is on or beneath furniture.
- Don't hug or kiss a dog that is not your own, however friendly it may seem.
- Don't move a dog by pulling on its collar or scruff; instead, call the dog to you or toss a piece of food.
- Don't pet or touch a dog while it is eating food or chewing on a toy, bone, or any other object.
- Don't reach to remove food, toys, or any other objects from a dog. If it is necessary to remove an object, trade by offering it an irresistible piece of food.
- Don't pet or restrain any dog trying to get away from you.
- Don't corner a dog to clip on a leash, give it medicine, groom, or even pet it.
- Don't point at, hit, slap, or otherwise punish or scare the dog. Your dog does not purposely misbehave. Most important, physical punishment will frighten the dog, and frightened dogs are more likely to bite.

## SHOULD YOU SEEK HELP?

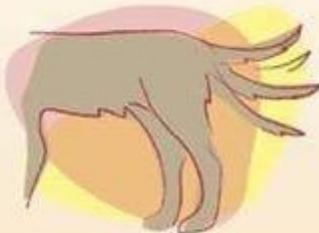
Dogs are complicated animals and, like us, might need help for one problem or another. Many "issues" can be addressed with simple training or environmental or management changes. If, however, your dog is significantly fearful or has shown growling, snapping, or biting behavior, the situation will not resolve on its own. Talk to your veterinarian or a certified behavior specialist for help and recommendations.



## READING YOUR DOG

You might be surprised to learn about these signals of stress or fear. These reactions may be especially relevant when the dog is approached by someone or hesitates to do something that you have asked it to do:

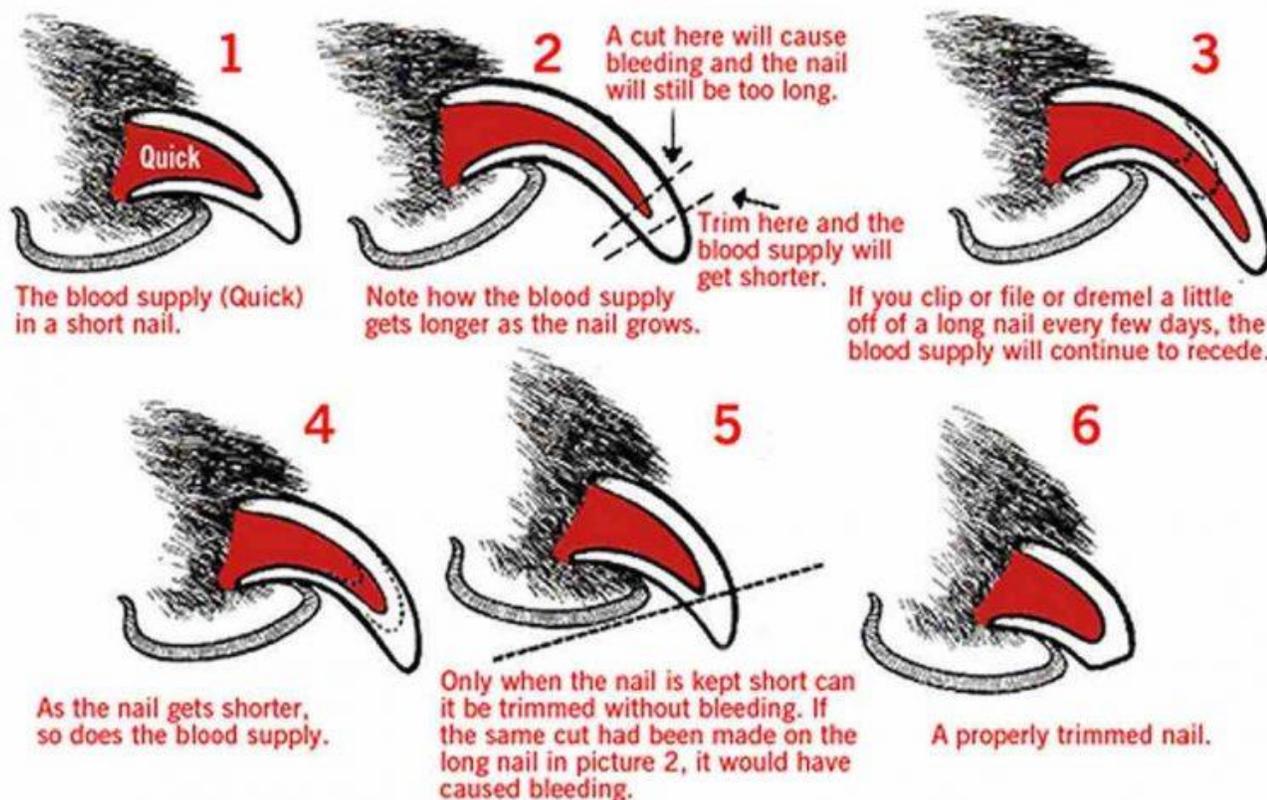
- Yawning
- Rolling over on its back
- Lowering its head
- Backing up
- Wagging a stiff tail
- Licking its lips
- Lifting a front leg
- Sitting



This client handout from *Clinician's Brief* may be downloaded and printed for use in your clinic.

How to Trim Your Dog's Nails and Why Long Toenails are Harmful to Your Dog's Health Keeping your dog's nails well maintained can prevent serious injuries.

<http://www.dogheirs.com/how-to-trim-dogs-nails/>

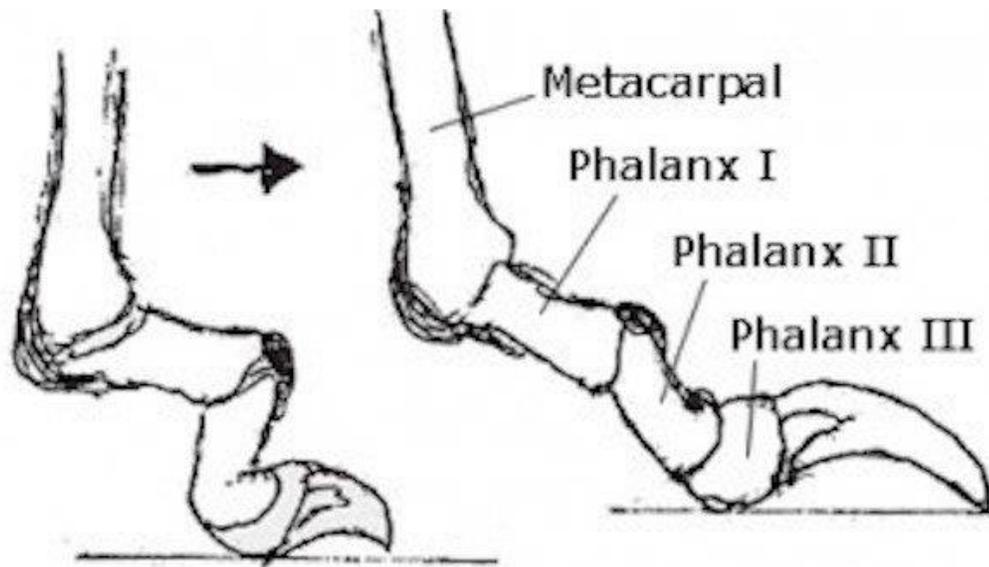


One of the key ways to maintain your dog's general health is to cut his/her nails regularly. Bridget Wessel is a foster for Italian Greyhound Rescue and teaches canine agility. She explains why cutting your dog's nails is so important in maintaining joint and bone health and shares some tips on how to properly trim your dog's nails.

Some dogs hate nail trimming, others merely tolerate it, almost none like it. Some dogs need tranquilizers to make it through the process without biting, while others sleep through the procedure without a care. No matter what your dog's personal take is on nail clipping, it is something you should do for your dog's regularly to keep from harming their skeletal structure.

A dog's nails are important parts of their anatomy. Unlike cats, dog claws are not weapons, but are used when he runs to grip the ground when accelerating and turning corners. Outdoor dogs run around enough over different surfaces and wear their own nails down. But our house-bound companions don't get that natural wear from carpet, hardwood, or vinyl flooring.

Having long nails changes the way a dog carries himself. The diagram below shows how a long nail causes the bones in the foot to flatten and the Metacarpal, Phalanx I and Phalanx II bones to sit more angled every time the dog walks or stands.



Left: proper alignment with short toenail. Right: angled alignment because of long toenail. Image provided by Dr. Lisa Kluslow

The different angle of the bones when pressure is applied causes joint stress and can lead to joint pain and arthritis. It also leads to dropped wrists which make the dog look flat footed. Women reading this article can probably relate if they think about wearing high heels all the time. Long toe nails essentially do the same to dogs by changing the natural alignment of leg bones which adds torque or twisting to the joints.

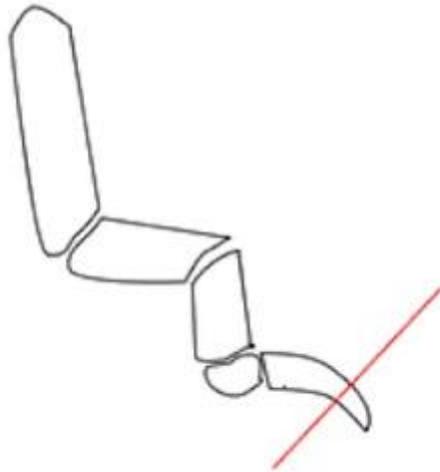
Personally, high heeled shoes wreak havoc on my knees and I suffer from knee joint pain for days after wearing them. I can't imagine the pain a dog goes through whose owner never trims his nails or doesn't trim nails often enough.

Changing the natural alignment also makes the dog less steady on his feet and can contribute to an increased probability of broken legs. If the dog's joints are out of whack, he can't catch himself from falling or landing as well. Again, if you compare how steady ladies are in sneakers compared to high heels you can relate to how a dog with long nails might feel all the time.

The image above shows how the bones of the paw and wrist angle back when a dog has long nails, but the damage doesn't stop there. All the bones in a dog's body are connected and the leg bones connect all the way up to the spine.

Some of you might relate to how an injury on one part of our body can cause us to carry ourselves differently and create pain in another part of our body. Unfortunately, our dogs can't tell us when they have a headache or shoulder ache and many times we miss the slight signals that they are in pain. Since dogs can't trim their own nails, it's up to us to make sure this dog maintenance is performed before the pain sets in.

Some breeds like Italian Greyhounds usually need their nails trimmed every two to three weeks, if not more often. Frequent walking (daily, fast paced, long walks) can help wear down nails and increase the time between trimmings. For some dog guardians, nail trimming might be easier as a two-person job. One person can hold the dog on his/her lap with their feet sticking outwards while the other clips.



### Where to cut a dog's toe nail

The red line in the diagram above shows where to cut the nail. The nail comes straight out, and at the point where it starts to bend downward, you should cut at a 45-degree angle. It's always a good idea to have [Kwik Stop](#) or another blood stopping product on hand in case you hit the quick. If trimming nails is not your forte, groomers or vet clinics are good alternatives to keep your dogs' nails well groomed.

Unfortunately, it is easy to overlook this basic grooming. Many of the dogs we take in to rescue, regardless of what their situations were before, need a nail clipping when they arrive. Remember that trimming claws is not merely a cosmetic issue, but it is also a health issue.

Trimming your dog's nails, it is one of the most basic things you can do to take stress off your pups' joints as they age.

*~ Written by [Bridget Wessel](#) and copyright of the author. Reprinted with author's permission.*

# A Simple Cyanobacteria (Blue-Green Algae) Test

*The “Jar & Stick Test” is an easy way to distinguish between good algae and cyanobacteria.*



**SolarBee® and AerationPlus® Lake & Pond Circulators can help fight blue-green algae blooms and improve water quality.**

*The original paper was written by the Kansas Department of Health and Environment and published on their website:*

[www.kdheks.gov/algae-illness/private\\_waters.htm](http://www.kdheks.gov/algae-illness/private_waters.htm)

*Medora Corporation has edited & reformatted the original content for use by its Customers and the general public.*

For more information on Medora Corporation Lake & Pond Circulation Solutions, please visit us at:

[www.medoraco.com/circulation-solutions](http://www.medoraco.com/circulation-solutions)

There are a couple simple no-cost tests a pond owner can do to determine if a “green looking” pond is suffering from toxic blue-green algae (cyanobacteria) blooms.

**Note:** No test is 100% perfect and this includes the jar test for blue-green algae referenced later in this document.

The jar test test relies on the buoyancy adaptation of most planktonic blue-green algae. In Kansas, bloom complaints are overwhelmingly the result of buoyant forms of blue-green algae; however, there is a small possibility ( perhaps 1 to 2%) that the species in your particular test happen to be non-buoyant blue-green algae (resulting in a false negative test). Likewise, some swimming forms of other organisms (like Euglenoids) may form a surface layer during a jar test (resulting in

a false positive). Fortunately, most Euglena blooms will be reddish in color rather than green allowing for their identification.

Although the jar test does provide a quick and inexpensive way to confirm whether you have a blue- green algae community in your lake, it does not tell you what species are present nor does it tell you whether they are actually producing cyanotoxins.

Also be aware that just having blue-green algae present does not mean your pond is automatically hazardous. Many lakes and ponds in Kansas typically have blue- green algae in them. Hazardous conditions occur when the amount of blue-green algae is large and composed of species capable of generating toxins. For that information, a microscopic examination of the water combined with a chemical test for toxins would be required for a more complete picture.

## The Jar Test

Look out over the pond and observe if the water looks very green. To determine whether the “green” is blue-green algae or just an overabundance of more beneficial types of planktonic algae, a simple test can be conducted called the “jar test.”

1. Find a clear glass jar with a screw top lid (i.e. a pint- to-quart size jar).



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2. Use gloves to fill it to three-quarters full with lake water (not directly from the surface, but collected just under the surface).

3. And set it in a refrigerator where it can be left without being disturbed overnight. *(reference Image A below)*

The next day, carefully (don't agitate and mix the water) take the jar out and look to see where the algae have accumulated.

- If the algae are all settled out near the bottom of the jar, then that is a likely indication that the lake does not have a lot of blue-green algae growing in it.

*(reference Image B below)*

- If, instead, the algae have formed a green ring around the top of the water in the jar, or just seem to be collected at the air/water divide, there is a strong possibility that the pond does have a blue-green algae community present. *(reference Image C below)*

## ABC

If the stick pulls out strands that look like green hair or threads, the mat on the pond is likely filamentous green algae. Although filamentous green algae can be a nuisance when over-abundant, they do not pose a danger to health.



*Filamentous algae can be unsightly but is harmless.*

**Important Note:** The stick test can fail when a particular type of blue-green algae is present, *Lyngbya wollei*. This species of blue-green algae can form tough filamentous mats that float to the surface similar to the mats formed by harmless filamentous green algae; however, *Lyngbya wollei* typically will have a



*Initial Water Sample Taken*

## **The Stick Test**

*Negative For Blue-Green Algae*

*Positive For Blue-Green Algae*

very putrid sewage-like odor which filamentous green algae do not. *Lyngbya wollei* mats also will often release a purple pigment in the water around them (filamentous green algae do not do this).

## **About Medora Corporation**

*Example of Lyngbya wollei*

Look out over the pond and see if a mat of green material is floating on the surface. Is it blue- green algae forming a surface scum, or is it a mat of floating filamentous green algae (often called “fisherman’s moss”)? A simple test to determine what the material might be is called the “stick test.”

Find a sturdy stick long enough to reach the water without getting algae on your hands. Thrust it into the surface mat (Careful! Don’t fall in!) and observe.

If the stick comes out looking like it has been thrust into a can of paint, the mat on the pond is likely to be a blue-green algae scum.

Medora Corporation combines innovative water quality solutions with top notch manufacturing and nationwide in-field service capabilities to create trusted, full circle support our Customers trust and depend on.

We design and manufacture GridBee®, SolarBee®, AerationPlus© and ResidualHQ© brand equipment for use across the water quality spectrum including potable water, freshwater, stormwater, and wastewater applications. We have thousands of installations throughout the United States & Canada and are an industry leader solving reservoir water quality problems the world over.

**Birthday Celebration of Newfoundlands that had Birthdays during March and April 2019:**

**Did not receive any notifications this time.**

**Our River King Newfoundland Club Facebook Page:**

Send items or information to Cassie or Me.

My desire is to show everyone what a phenomenal Newfoundland Club that we are. ***If you have anything that can help promote how great our club is, please send it to me.***

## This edition of Newf Tails

Thanks to everyone who sent me information. It sure helped me with getting this edition out the door to you. I am very appreciative of anything that you send me; please keep it up.

## Help Make Your Newsletter Valuable

This newsletter is all about RKNC, of course, and RKNC is nothing if not for its members, so please help make this newsletter all it can be by sending in your news, updates, brags, notices, photos, and everything else Newf- related (short of classified ads.)

If you have a lot of photos from a recent RKNC event, please consider creating a slideshow on a free photo- sharing site (such as PhotoBucket). The newsletter will publish a photo or two from your collection along with a link to the entire set of images; this way, the size of the newsletter can be kept manageable for emailing. (Photos, even web-resolution JPGS, consume a lot of file space and computer memory, and 'compressing' the newsletter PDF file compromises the quality of the entire document.)

The newsletter is currently published bi-monthly, and as a helpful reminder here are the current schedule and submission deadlines:

Issue	Estimated Publication	Submission Deadline
Jan-Feb	Feb 28	Feb 18
Mar-Apr	Apr 30	Apr 20
May-Jun	Jun 30	Jun 20
Jul-Aug	Aug 30	Aug 20
<b>Sep-Oct</b>	<b>Oct 30</b>	<b>Oct 20</b>
Nov-Dec	Dec 30	Dec 20

This schedule will make the newsletter "summary" in nature, being published at the **end** of each two-month period; this will allow us to include draft test results in the March-April issue, water test results in the July-August issue, specialty results in the Sept-October issue, and obedience trial results in the January-February issue. But that can happen only if results and reports are submitted in a timely manner. And if you're writing something for this newsletter, please keep in mind the relationship between what you're writing about and when the newsletter will be published. THANK YOU for your support of the RKNC newsletter!

*A special request from me to the members, during the entire year several things happen which should not have happened and would be fun to share with our membership, please if possible grab a picture of it on your phone and please send it to me with a short description about who and what I would appreciate it.*