



THE BLAZE

Having Fun with Our Greater Swiss Mountain Dogs

Outgoing President Erin Stammer's Letter

What a fabulous year it has been! Our Western Regional was a notch above with our highest camping crowd ever! Golden Gate executed this event seamlessly. Thank you to everyone who came, who participated and who is a member of our club. Our breed is truly fabulous!

"Progress is impossible without change." ~ George Bernard Shaw
 "To improve is to change, so to be perfect is to have to change often."
 ~Winston Churchill

It has been my honor to serve the Golden Gate Greater Swiss Mountain Dog Club as long as I have-- a wonderful chapter in my life--and I am very proud of the accomplishments of our club over the last 5 years. Thank you to each of you for being a member of this club. Ultimately, you are a big, California Greater Swiss Mountain Dog family member who knows how unique and special this breed is!

My Officers and Board Members, thank you for trusting me and putting the time in. I know you came on because I asked you to, but then you stayed and worked your butts off! Thank you so, so much. It was a wonderful ride together!

Special "thanks" to Mac for being my VP. We made a great team and I could not have done it all without you. Your commitment to supporting me is appreciated more than you know!

I am excited for 2020 and our new Board and Officers. We are all so lucky to have them! Happy Holidays, everyone!

Incoming President Julie Vonada's Letter

I am looking forward to an exciting, Swissy fun-filled adventure year. The new Board and I have already started work on this year's budget and calendar. We finished those up at our first Board Meeting on January 25th. We will be sending out the calendar once everything is finalized, and we hope that you are able to participate in all the enjoyable events we are planning!

We've already kicked off a new program: The AKC Sportsmanship Award. We look forward to honor one of our members with this. I've received a few nominations--and it is going to be difficult to only pick one! This will continue in 2020; keep that in mind when you see a member standing out!

If you would like to volunteer for our club, please contact me! We need your help and ideas so we can keep this club robust and successful!

CALENDAR of ACTIVITIES

February Watch for Bay Area Swissies Meet-Up

March 7-8 Wag n Walk Pack Hike-Ojai

October 22-25 We will once again sponsor the
 GSMDCA Western Regional Specialty

Our Board members have planned to have temperament testing, several pack hikes, and a Farm Day with drafting, herding and farm dog certificates.

LET US KNOW WHAT YOU WANT TO DO!

Kaitlyn Lawrence is our new volunteer coordinator. If you have a non-AKC activity to suggest, or a meet up you would like publicized, contact Kaitlyn.

For instance, when Bay Area Swissies or San Diego Social Swissies want us to advertise their meet-ups on Facebook, or email, or the website, they should contact Kaitlyn.

Check out regional socials on these Facebook pages:
[Bay Area Swissies](#) [San Diego Social Swissy](#)

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9 Packing for a Dog Show	17 Ojai Pack Hike	24-26 Specialty	36 Resources

Officers, Board Members and Committees

President: Julie Vonada
Vice President: Lisa England
Secretary: Carol Bamsch
Treasurer: Kim Gradin

Board Members

Paula Robles Maria Jensen Kaitlyn Lawrence

Membership: Susan Robinson

Ways and Means: TBD

Awards and Trophies: Erin Stammer

End of Summer Party: Paula Robles

Clinics & Titles: Julie Vonada

Calendar: TBD

Volunteer Liaison: Kaitlyn Lawrence

Show Events: Erin Stammer

Working Events: Lisa England

Newsletter: Susan Robinson

Website: "Mac" Monika McNamara **Facebook:** Julie Vonada

Hospitality: TBD



Obi Bourdon

The objectives of the club shall be:

To encourage and promote quality in the breeding of Greater Swiss Mountain Dogs and to do all possible to bring their natural *qualities* to perfection.

To urge members and breeders to accept the standard of the breed as approved by the American Kennel Club as the only standard of excellence by which Greater Swiss Mountain Dogs shall be judged.

To do all in its power to protect and advance the interests of the breed and to encourage sportsmanlike competition at dog shows (obedience and agility trials, drafting and tracking tests).

To conduct sanctioned matches and specialty shows under the rules and regulations of the American Kennel Club.

To have FUN together with our Greater Swiss Mountain Dogs.

AKC Outstanding Sportsmanship Award



In the American Kennel Club's ongoing efforts to recognize and celebrate its volunteer club members, The AKC Outstanding Sportsmanship Award program was established in 2006 to provide each member club with an AKC Medallion to award to one of its own on a yearly basis.

This award honors those individuals who deserve special recognition that have made a difference in the sport of purebred dogs, embodied the AKC Code of Sportsmanship, and have been an active and valued member of an AKC member club. Medallions are awarded solely at the Golden Gate Greater Swiss Mountains Dog club's discretion.

GGGSMDC Award selection criteria:

- GGGSMDC and AKC member in good standing for the recognition year, as well as for the year in which the individual is being nominated.
- Has exemplified the virtues of the AKC Code of Sportsmanship
- An active and valued member of the GGGSMDC which has made an outstanding contribution
- Must be involved in and made a difference in the sport of purebred dogs in the areas such as Conformation, Obedience, Agility, Drafting, Pack-hike or other working dog sports.

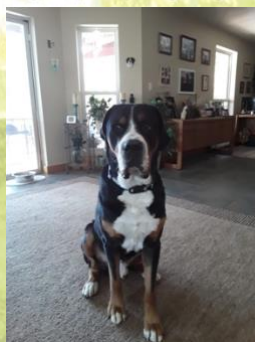
Golden Gate Greater Swiss Mountain Dog Club Member Nominated:

In a brief summary, using the criteria above, please write 500 words or less summary on why you feel this candidate should be considered for the award. Attach and supporting documents to this form. **SUMMARY MUST BE COMPLETED AND SUBMITTED ALONG WITH THIS FORM.**

Return this form and recommendation to:

Julie Vonada vonada@att.net

All nominations for 2019 must be received no later than March 1, 2020



Sluggo Krieschel is 5.



Holman Lawrence is 1.



Bruno MacEachern-Kantor



Kallie Allen

Happy
Birthday!!
!

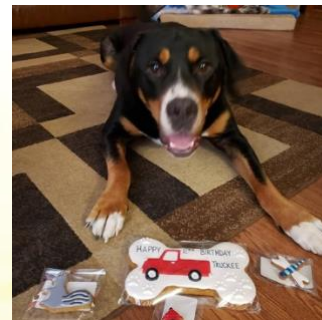
Every year is a gift to us.



Walter Ching #2



Kenai is 12!



Truckee Hansen, 2



Blumen is 10



Hamilton Gamboa is 1



Philo Remski #7



Chunk England, 1



Jetty Faulk, 1



Samson Stover, 1



Rodeo Burns Woods is 7

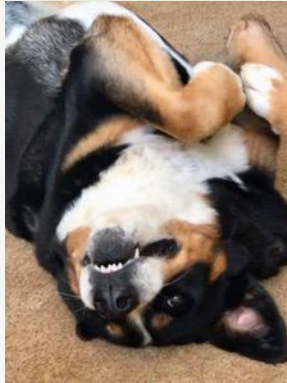


Norman and Ivy

Logan/Borst turn 5.

Your dog's teeth are not like yours, let me count the ways

Analysis by [Dr. Karen Shaw Becker](#)



Dixie

5 fun facts about your dog's teeth

1. They have two sets, just like we do — Young humans have baby teeth; young dogs have [puppy teeth](#). Known as deciduous or milk teeth, puppy teeth begin making way for adult teeth at around 4 months of age. The first set of teeth become loose and eventually fall out, and the roots are absorbed into the gums. The process is complete at around 6 months — much quicker than the rate at which human baby teeth fall out and are replaced with permanent teeth.

2. They have lots more permanent teeth than we do — Interestingly, there are only 28 puppy teeth, but 42 adult teeth in dogs. Humans have 32; cats have 30. Adult teeth in dogs actually begin to form before birth and erupt into their assigned positions as the puppy teeth "exfoliate" or fall out.

3. They are the [teeth of a carnivore](#) — As I'm sure you've noticed, the size and shape of your dog's teeth are very different from your own. Incisors are the teeth in the very front of the mouth; vegan animals have big front teeth (think rabbits and horses) for grasping grasses and carnivores have tiny front rows of teeth (think cats and dogs).

The most obvious teeth in the front of your dog's mouth are the large canines, which are long and pointy and perfect for grasping, lifting, tearing and if necessary, for defense. Further back are the large carnassial teeth, designed to shear against one another to slice things. Human teeth, on the other hand, are designed more for grinding against one another to chew food.

4. The roots of dog teeth are somewhat different from human tooth roots — The roots of dogs' teeth are similar to ours, except the three upper molars have two roots, and the two lower molars have three roots. And the roots of dogs' teeth are surprisingly long. The part of each tooth you can see above the gum is only about one-third the length of the entire tooth including the root. In the case of the incisors, what you can see is only about a quarter of the full length of the tooth including the root.

5. They almost never develop cavities — Dogs rarely get cavities because not only do they not consume as much sugar as we do, but the species of bacteria that causes cavities are almost never found in dogs' mouths. In addition, cavities tend to occur on the flat surfaces of teeth, and dogs don't have teeth with flat surfaces (because they aren't grinding grains and grasses).

5 tips to keep your dog's teeth clean and his mouth healthy

1. Feed a [nutritionally balanced, species-appropriate, fresh food diet](#), and feed it raw if possible. When your dog gnaws on raw meat, it acts as a kind of natural toothbrush and dental floss.

2. Offer [recreational bones](#) and/or a fully digestible, high-quality dental dog chew to help control plaque and tartar. The [effect of dental chews](#) is similar to raw bones, but safer for power chewers or dogs that have restorative dental work and can't chew raw bones.

3. Brush your pet's teeth, preferably every day. If every day is too tall an order, commit to do it several times a week. A little time spent each day brushing your dog's teeth can reap tremendous rewards in terms of his oral health and overall well-being. When plaque isn't removed from your dog's teeth, it collects there and around the gum line and within a few days hardens into tartar. Tartar sticks to the teeth and ultimately irritates the gums. Irritated gums become inflamed — a condition known as gingivitis.

If your dog has gingivitis, the gums will be red rather than pink and his breath may be noticeably stinky. If the tartar isn't removed, it will build up under the gums, eventually causing them to pull away from the teeth. This creates small pockets in the gum tissue that become repositories for additional bacteria.

At this stage, your pet has developed an irreversible condition, periodontal disease, which causes considerable pain and can result in abscesses, infections, loose teeth and bone loss. How quickly this process takes place in your dog's mouth depends on a number of factors, including his age, overall health, diet, breed, genetics and the frequency and quality of dental care he receives.

4. Perform routine mouth inspections. Your dog should allow you to open his mouth, look inside and feel around for loose teeth or unusual lumps or bumps on the tongue, under the tongue, along the gum line and on the roof of his mouth. After you do this a few times, you'll become aware of any changes that occur from one inspection to the next. You should also make note of any differences in the smell of your dog's breath that aren't diet-related.

5. Arrange for regular oral exams performed by your veterinarian. He or she will alert you to any existing or potential problems in your pet's mouth, and recommend [professional teeth cleaning under anesthesia](#), if necessary.

If you're vigilant about your dog's dental home care and he doesn't have any special situations that predispose him to tartar buildup or other dental issues, he may never need a professional cleaning by a veterinarian. However, pets with extreme tartar buildup, badly inflamed gums or oral infections need extra help.

What to expect if your dog needs her teeth professionally cleaned

Prior to the oral exam and cleaning, your dog should undergo a physical exam and blood tests to ensure she can be safely anesthetized for the procedure. The day of the cleaning, she'll be sedated, and a tube will be placed to maintain a clear airway and so that oxygen and anesthetic gas can be given. An intravenous (IV) catheter should also be placed so that fluids and anesthesia can be administered as appropriate throughout the procedure.

If you're wondering why pets require general anesthesia and intubation for a seemingly simple procedure, there are a number of benefits:

- Anesthesia immobilizes your dog to ensure her safety and cooperation during a confusing, stressful procedure
- It provides for effective pain management during the procedure
- It allows for a careful and complete examination of all surfaces inside the oral cavity, as well as the taking of digital x-rays, which are necessary to address issues that are brewing below the surface of the gums that can't be seen and could cause problems down the road
- It permits the veterinarian to probe and scale as deeply as necessary below the gum line where 60% or more of plaque and tartar accumulate
- Intubation while the patient is under general anesthesia protects the trachea and prevents aspiration of water and oral debris

While your dog is anesthetized, her teeth will be cleaned with an ultrasonic scaler as well as a hand scaler to clean under and around every tooth. Your vet will use dental probes to measure the depths of the pockets in the gum around each tooth, and x-rays should be taken.

Once all the plaque and tartar are off the teeth, your dog's mouth will be rinsed, and each tooth will be polished. The reason for polishing is to smooth any tiny grooves on the teeth left by the cleaning so they don't attract more plaque and tartar. After polishing, the mouth is rinsed again.

The oral exam, x-rays and cleaning with no tooth extractions usually takes about 45 minutes to an hour. The cost will depend on where you live, and typically ranges from around \$200 to \$1,000. [Veterinary dental specialists](#) often charge more. Extractions are typically priced according to the type of tooth and the time and work needed to remove it. There are simple extractions, elevated extractions and extractions of teeth with multiple roots, which tend to be the priciest.

Of course, the goal is that your pet will never require routine cleanings because you, her guardian, are committed to maintaining her oral health on a daily basis, at home. Healthy mouths come about by removing the bacteria, plaque and tartar that accumulate on a daily basis (just like in humans).

EIGHT REASONS WHY DOGS SHOULD SLEEP ON OUR BEDS



Reasons Why Sleeping with Your Dog Is Good for You [Dr. Karen Shaw Becker](#)

It Promotes the Release of Oxytocin — Being close to your dog increases production of the hormone [oxytocin](#), the “love hormone,” which is linked to bonding and feelings of affection and happiness,² while lowering your heart rate.³ Oxytocin may also help promote sleep, leading to a better night’s rest.⁴

It Increases Feelings of Comfort and Security — In a study published in Mayo Clinic Proceedings,⁵ many of those surveyed said they felt secure, content and relaxed when their pet slept nearby. A survey of 962 adult women also revealed that women who slept with a dog in their bed had stronger feelings of comfort and security than those who slept with a human bed partner.⁶

Further, 41% of pet owners perceived their pets as unobtrusive or even [beneficial to sleep](#).⁷ Study author Dr. Lois Krahn, a sleep medicine specialist at the Center for Sleep Medicine at the Mayo Clinic, said, “To have a purring cat or a well-behaved dog nearby may be very relaxing and conducive to sleep. Provided everyone sleeps well, it can be a benefit.”⁸

It’s Good for Sleep Efficiency — In a study using [fitness trackers](#) to accurately gauge sleeping time for dogs and humans sharing a bedroom,⁹ sleep efficiency, which is a measure of how much time is actually spent sleeping while in bed, was high — 81% for owners and 85% for dogs. A sleep efficiency score of 80% or higher is considered to be indicative of a good night’s rest.

It Reduces Nightmares in PTSD — Up to 70% of people with post-traumatic stress disorder (PTSD) suffer from nightmares. Dogs, and particularly [service dogs](#), have been found to diminish the effects of nightmares in PTSD patients, as they immediately awaken the person and also provide comfort. According to the journal *Sleep Review*:¹

“Dogs are also used to mitigate anxiety, which is often associated with insomnia, and to modify hyperarousal and hypervigilance, which in turn creates a more amenable mood state for sleep initiation, as well as a greater sense of safety in those who are uneasy in the dark and/or night and who tend to phase-reverse to dodge nighttime sleep.”

While a service animal may be necessary to combat nightmares in PTSD, even a family dog may provide comfort to a child who has trouble sleeping due to nightmares.

“[D]uring an awakening, both the child and the pet remain together in the room and the pet can continue providing a sense of safety and protection against any lingering wake/sleep transitional monsters/threats that might have been perceived to come back into the waking world with them,” Sleep Review reported.¹¹

It May Help With Chronic Pain — Among people with chronic pain who often have trouble staying asleep, dogs helped with relaxation and anxiety, ultimately enhancing patients’ sleep in one study.¹²

It’s Good for Your Heart — In 2013, the American Heart Association released a scientific statement relaying that pet ownership, and dog ownership in particular, is “probably associated with decreased CVD [cardiovascular disease] risk” and “may have some causal role in reducing CVD risk.”¹³

Interacting with your dog is also associated with a 3.34-mmHg decrease in systolic blood pressure, which in turn lowers your heart disease risk.¹⁴

It Increases Bonding — If you’re looking for a way to strengthen the bond between you and your dog, snuggling up together at bedtime may be just what the doctor ordered. Dr. Ken Tudor shared his experience when sharing his bed with “a herd of cats and dogs every night”:¹⁵

“The results were extraordinary. The bonding with our pets was so formative that they were easily trained without any expertise on our part. Potty training was never an issue because they let us know immediately that it was time to go outside. They simply responded positively to every command with little reward.”

Is Co-Sleeping With Your Dog Right for You?

While most [pet owners](#) can safely and enjoyably share their beds with their dogs, there are a few instances where it may be better to sleep separately. If you have [allergies](#) to your pet, it’s likely better to avoid having his dander infiltrate your bedsheets. Very young infants should also avoid sleeping with pets, who could accidentally suffocate a baby.

People with a compromised immune system may also want to sleep sans pets, as there’s some risk of disease transmission. If you’re healthy, however, and you enjoy cuddling up with your canine at nighttime, it’s perfectly safe to do so — and know you’re far from alone. Surveys suggest that 56% of dog owners sleep with their dog next to them, with about 50% of the dogs sleeping in their owner’s bed.¹⁶



Louise



Garnet

PACKING FOR A DOG SHOW

Packet of Papers

Directions to the show
Hotel Confirmation
Entry Confirmation
Copy of AKC Registration
Vaccination Record

Showing (backpack or bag)

Bait
Spray bottle with water
2 small towels
Paper towels
Cool jacket
Show collar and lead
Leather lead
Bottled water
Water bowl
Ring #, Time, Entry Confirmation
Poop bags
Camera
Soft Crate for ringside
Crate Pad
Bed sheet to cover/shade crate
Chairs
Cooler with food, drinks, yogurt, pumpkin

Pet Care

Water (either bottled or brought from home)
Dog food
Benadryl
Bowls
Toys
Leash (extending for potty trips)
Flashlight for night
Metal crate
X Pens
Soft crate
Fleece pad for crate
Crate bowls—clip on
Poop bags

Grooming

Shampoo and Baby Shampoo
Waterless Shampoo—for eyes area
Large towel
Zoom groom
Brush
Aqua Net
Shine spray
Tooth scraper
Toothbrush and paste
Ear Cleaner/Pads or Q tips
Nail clipper
Dremel
Paper towels
Nature's Miracle



Kim and Cayenne



Todd and Failla Snyder

A big "Thank You" to Jennifer Logan for providing this!



Bruno aka Justin Jones



The Faulk Brothers in Travel Mode



Brutus - "Did I Hear 'Cake?'"

**PUMPKIN APPLE DOG TREATS**

posted: Sep 16, 2019.

Apple & Pumpkin Dog Treats

Ingredients

4 - 4.5 cups oatmeal, plus additional
1 medium apple
1 egg
1 CUP canned pumpkin

Instructions

Preheat oven to 400 degrees F.
Grind the oatmeal down in a food processor or blender.
Transfer to mixing bowl.
Core apple, being sure to remove all of the seeds.
Grate apple, and add to bowl with oatmeal.
Add egg and canned pumpkin to bowl and mix well to combine.
The mixture will be thick and slightly sticky.
On a surface dusted with oatmeal (ground or not, your choice)
roll the dough out to approximately 1/2" thick.
Use a doggy bone cookie cutter to cut dough into shapes,
and transfer to a lined baking sheet.
Bake for approximately 12-15 minutes,
or until golden and crispy. Allow to cool to room temperature,
then store in an airtight container for up to a week.

ORIGINAL TURMERIC GOLDEN PASTE**Ingredients:**

½ c. turmeric powder
1 c. water + 1 c. in reserve, in case you need extra
1/3 c. oil (coconut, olive or linseed)
12½ - 3tsp freshly ground black pepper

Method:

Add turmeric and the first amount of water to a small pot and bring to a boil. Turn heat down and simmer 7-8 minutes, adding more water as needed. Remove from heat and cool to warm. Add oil and pepper, mixing thoroughly. Store in clean container in refrigerator. Keep what you'll use within two weeks, freezing the rest.

Directions for Use:

For most adults and medium to large dogs, start with ¼ tsp. twice a day in food. After 4-5 days, increase slowly to the amount that relieves symptoms.

Check out the Turmeric for Dogs Group on Facebook

<https://www.facebook.com/goldenpastefordogs/>

Curcumin has antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, wound healing and anticancer activities. It can help fight diseases like arthritis, diabetes, cancer, liver disease, gastrointestinal issues and more.



Solveig



A Patriot



Truckee & Ball



Kenley Roah



Axel McNeill



Rodeo Burns Woods

Our Swissies-Working Hard at Working Titles



At the Grand Canyon State Bernese Mountain Dog Draft Test 1-20-20, (l) Buckeye Reinke passed his second Novice Draft test with Becky and (r) In Forest Hill, CA on 11-3-19 Emmie earned her Master Draft title with Kelly Stover.



Berkeley (Silver Oaks Far Out), Jetty (Snowy Mountain Redrock One Love), and Bauer (Pine Grove England's Hat Trick) earned their CGC and TKN titles.



Fredrick (RamsGate's Sparkler) got his Rally Excellent title—his 21st title!
Charlie Tran (Rodeo's Pocket Change for Snowy Mountain) won some beautiful Obedience ribbons at the South Bay Kennel Club.



Elsa Ellis (Cornerstone's Quest for a Whole Lotta Love) is 3rd in FastCat for Swissies for 2019—21.78 mph!

SUCCESSES IN THE CONFORMATION RING

New Bred By Champion—Silver Oak's One Tin Soldier TKN, aka "Chunk"



Cayenne became a new Grand Champion on Saturday and the Winter Classic in Stockton, CA.

Now she is GCH Liberty Run's Cayenne Pepper-She's Hot! RN CGC TKN

Thanks, Anna Wallace, for this crazy 🐾, our daughter of Ricky Bobby and Tiara.



Jager finished up the year strong earning an AOM at Western Regionals on 10/18/19 from Judge Pat Hastings and both his GCHB and a Group 3 placement on 11/10/19 under Judge Paula Nykiel at the Wine Country KC show. He had a great year overall, ending up in the top 20 at #13 All Breed and #14 Breed.



SUCCESSES IN THE CONFORMATION RING

Congratulations "Geordi" GCH CedarCove's Geordi RODEO Next Generation

Bred by Carolynn Wamsley Owned by Holly Webb & Terrie Strom.

Geordi finished 2019 as the #6 GSMD in the AKC Owner-Handled Series, and was showed by Holly in the Invitation-Only Finals in Orlando, Florida in December 2019.



In Orlando, Geordi was Best of Breed twice, and was awarded Select Dog at the Royal Canin AKC National Championships. He finished the year ranked #15 Breed and #22 All-Breed, after only being specialied for 7 months of 2019.

Congratulations "Alta" GCH RODEO's Catch Me Kiss Me Snowy Mtn TKN

Bred by Holly & Jeff Webb & DaLena Christensen Owned by Holly & Jeff Webb



In 2018, Alta was the Winners Bitch and Best Bred-by Exhibitor at BOTH the Mid-West and Western Regional Specialties. Moving on to 2019, Alta was the Best Of Opposite Sex to Best of Breed and Best Owner-Handled at the Western Regional in Pleasanton, under our newest Breeder-judge Anna Wallace.



Julie Vonada and Silver Oak's Far Out aka Berkeley took Group 1 Puppy at Mensona.

WHAT IS AN INTERNATIONAL DOG SHOW?

There was an IABCA Dog Show in Santa Rosa on January 18-19, 2020.

At the International Dog Shows:

Judges give each dog a written critique. The judges are from all over the world, and dogs can earn international titles. Each dog is judged against the breed standard for its title points. The atmosphere is friendly, with less stress, fun and very informative. The judges enjoy the show because they can take time to talk with each exhibitor without time limits. The majority of dogs are owner handled, but professional handling is allowed. Breeder/Owner handling is recognized with the Best Bred-By Exhibitor in Show Award.



Julie Vonada says, "Berkeley had a blast at the International Show! This boy loves to show. He was the only Swissy puppy there so he got two BOBs Puppy, and very nice comments from the judges. We went to Puppy Group twice and he pulled off one Group 2."



Shelly King says, "John showed Podrick and it was great! John got lots of experience and help in learning to show Podrick. Julie and Whitney were there, as well, and we hung out together for the weekend. They were so helpful to us. We are always grateful for this Swissy community." Podrick won BOB in shows 1, 3 and 4, and he made the cut in the Group 4 show.



Whitney Dewar and "Boone" CH Columbine's Perfectly Suited for Success CGC got a V-1 and V-2 and a BOB in show 2.

MAKING A “SNUFFLE MAT” FOR NOSE WORK



The idea for the snuffle mat came from a bunch of dog-lovers in the Netherlands who knew that dogs like to use those smart little brains of theirs. Snuffle mats, at the core, are mats that allow the dogs to find dry food or treats that you've hidden. That means that with a snuffle mat you're feeding your dog while also letting their brain be stimulated as they sniff out and then savour their food. It turns feeding time into a stimulating activity, a game that will make them grateful for their treats. Sure, it sounds a little silly, but it's amazing just how much pups love these things. Yours will be no exception.

Think about it. If your dogs are like mine, meal time is the highlight of their day and it's over *in about 3.7 seconds flat*. Dogs don't exactly take the time to dig in and appreciate their food, no matter how much they love it. That's just not how pups work. So, a snuffle mat is a perfect way to extend food and playtime for your pup every day. This is an ideal product for those chowhounds who wolf their food down and it doubles as excellent stimulation for their brains too! What's not to love?

You want a snuffle mat in your dog's life. That's a fact. You can buy one online OR you can make one! Here's how.

<https://www.thehonestkitchen.com/blog/diy-make-your-dog-or-cat-a-snuffle-matt/>

<https://www.youtube.com/watch?v=R7eB-Hi8LqQ>

California toxic (blue-green) algae lakes and waterways

Almaden Lake	Isabella Lake
Antioch/Oakley Regional Shoreline	Kern River
Anza Lake	Klamath River
Arcade Lake	Manzanita Lake
Barker Slough	Millerton Lake
Berryessa Lake	Millpond
Big Bear Lake	Mokelumne River
Big Break Regional Shoreline	Mormon Slough
Big Lagoon (inc. campground)	Mountain Meadows Reservoir
Black Butte Lake	Nacimiento Lake
Blue Lakes (upper and lower)	New Hogan Reservoir
Borax Lake	Oakwood Lake
Bridge Bay (Shasta)	Old River, delta
Britton Lake	O'Neill Slough
Buckley Cove	Oroville Lake
Buena Vista Lake	Pine Flat Lake
Cache Creek	Quarry Lakes
Chabot Lake	Red Lake
Clear Lake	Richardson Bay
Copco Reservoir	Rim Rock Lake
Coyote Creek	Sac River at American River junct.
Crowley Lake	Sacramento River (near Sac)
Cunningham Lake	Salt Springs Valley Reservoir
Del Valle Lake	San Joaquin River (near Sac)
Diaz Lake	San Luis Reservoir
Digger Bay (Shasta)	Shadow Cliffs
Discovery Bay	Shasta Lake
Doughty Cut	Stanislaus River, middle fork
Driftwood Bay	Stone Lakes
Eastman HV Lake	Tahoe Keys
Eel River	Temescal Lake
Elsinore Lake	Three Mile Slough
Englebright Lake	Tuolumne River
Evans Lake	Webb Lake
False River	Wet Meadows Reservoir
Fisherman's Cut	Whiskeytown Lake
Folsom Lake	Willow Lake
Grant Line Canal	
Hensley Lake	
Horseshoe Lake	
Indian Lakes	
Iron Gate Reservoir	

What Is Toxic Blue Green Algae?

Harmful algal blooms, like the ones that fatally sickened dogs in [Texas](#) and [North Carolina](#) earlier in 2019, have also been spotted in Northern California waterways, state water officials said this week.

Not every bloom is toxic, but the toxins produced by the blue-green algae can be harmful and even deadly for pets when they eat the algae or drink the water, even in small amounts, water experts warn. Summer heat, stagnant or slow-moving water and nutrients from agricultural or septic runoff are an ideal recipe for the toxic stew.

The presence of the **algae** is a natural occurrence in **California**. It becomes **toxic** when water and air temperature along with sunlight produce the right conditions for a rapid bloom. The **algae** produces cyanobacteria which makes **dogs** ill when it's lapped up in the water or licked off their fur later.

Identifying a potential harmful bloom is one way to keep pets – and people – safe around the water. You can't see cyanotoxins – the toxins are produced by the algae – but potential harmful algae blooms have a [distinct appearance and odor](#), says the State Water Resources Control Board. Blooms can look like paint or soup on the water or can grow as blobs, mats or spires. Others take on the appearance of lettuce or chopped grass, while still other blooms appear as scum or bubbling foam. The blooms can also give off fishy odors or smell like sewage or gasoline.

When heading to the water, be familiar with what blooms look like. If you see blooms, avoid recreating in the water or touching the algae. Dogs and children are especially at risk because they are more likely to swallow the tainted water.

Read more here:

<https://www.sacbee.com/news/california/article234097932.html#storylink=cpy>

What happens at the **END OF SUMMER PARTY** doesn't stay at the End of Summer Party!



We're welcomed by Paula and Eddie Robles.



Breakfast, lunch and dinner al fresco



Puppy reunions



Puppy Hogan learns to stack from Erin.



We meet Joel's hand carved Swissies.



Nighttime (Saturday) weight pull winners



A dog walk in the vineyard



Mac chairs the Weight Pull



Ongoing Corn Hole Tournament



There's a second chance to succeed at Weight Pull—Sunday morning!
Who me? Pull this cart? The big winners hold their ribbons
Thank you, Paula and Eddie for hosting us on your 34th anniversary.



I did it!

OJAI VALLEY WAG 'N' WALK PACK HIKE 2020

Our pack hike has been approved—March 7-8, 2020!

Back to Back Pack Hike, 8 miles each day in beautiful Ojai Valley. We will meet in the parking lot @ 7am on Saturday.

Once all packs are weighed, we will be off ;) Hike should take about 3-3.5 hours.

Hope to see you and your Swissies there! If you have any questions please let us know.

[RSVP HERE](#)

Here are photos of the last Ojai Pack Hike in November, 2019.



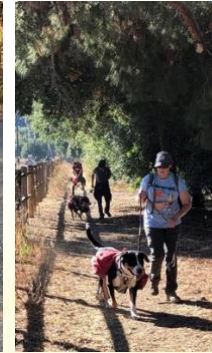
Getting ready-weighing in



Early am on the trail



Taking a water break



Trudging on



Whitney, Boone, Becky, Buckeye



Jenn and Jetty learn the pack hike ropes.



Lunch on Day #1—Can we eat, too?



Sitting at the Winery tables



Group at the Winery



Andrea and Whitney at the 4 mi. turnaround point



2 DAYS, 16 MILES



WE'RE DONE!

PACK HIKING INFORMATION: <http://www.gsmdca.org/working-activities/pack-hike/>



QUARTZ MOUNTAIN IMPORT EXPORT LITTER 7-24-2019

Bruno GCHS Bruno Mars Star Quarterworld RN CGC TKN

Mia BISS GCHB CH Alpinez Precious Silver RN HCT CGCA NDD TKN NWPD WPD



'Banksy' Quartz Mountain Prankster at Sotheby's lives in CO with Tracy and Paul, Bruno and Blue.



'Thunder' Quartz Mountain Lightning and Thunder lives in CA with Mark, Kim, Grant and Bailey

I prayed and my prayer was answered.

I adored these boys and I cherished every minute with them.

My heart was filled with love and overflowed with gratitude to have them in my home.

I felt so blessed to be a part of their beginning.

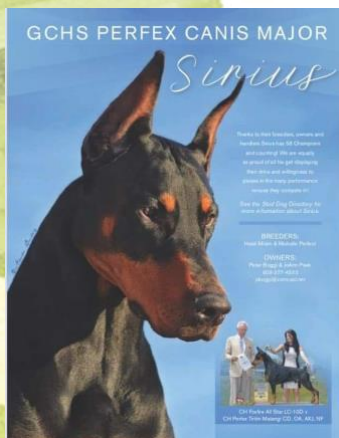
There is no doubt that they will have wonderful lives, filled with love and adventure.

Kelly McCune Stover, Breeder

Golden Gate Greater Swiss Mountain Dog Club NEWS

SUZI'S QUILT

We are so excited to announce that we will be showcasing one of our very own Swissies on a lovely quilt by artist, Suzi. Suzi has graciously donated to design a quilt of one of our very own Swissies and then auction it off. Here is a sample of what Suzi does with a photo:



Here's the photo.



Here's the quilt!

SO....GET THOSE PHOTOS OF YOUR SWISSY READY!

Guidelines to feature your Swissy on a quilt which will be in a silent auction at our Western Regional Show in October:

- Please submit head and chest shots (no full body)
- The picture needs to be very clear, of high quality, taken with a 35 millimeter camera. **No cell phone pictures.**
- Choose a current picture or from the past, we have some great dogs of the past and would love to see them again.
- All submissions need to be received by **May 1st.**
- Please submit them to Kelly Stover. k_stover@sbcglobal.net

Suzi, the artist will have the final say on which picture she will do.

We will OPEN the silent auction of the completed quilt on-line *before* the Western Regional show.

We will FINISH the silent auction at our GSMDCA Western Regional Show in October.

All proceeds will be used to sponsor future events and activities for our club.

**Plans are underway for our traditional
Golden Gate Greater Swiss Mountain Dog Club Weekend
at the Harvest Moon Cluster in Pleasanton, CA.**

SAVE THE DATES:

October 15th—One day, 10 mile Pack Hike

October 16th—Del Valle Dog Show

October 17th—GSMDCA Western Regionals

October 18th—Independent Specialty

Erin is purchasing trophies now.

Please support our awards and sponsor via [PayPal Sign Up Genius](#)

Or send checks made out to GGGSMDC

c/o Erin Stammer

1515 San Ramon Way, Santa Rosa, CA 954090

For questions, contact erinstammer@gmail.com

WELCOME to our NEW MEMBERS and their PUPS!



Top Hat's Elka

With Annie Liebman and Family



Pine Grove's Big Mac-A-Roni

with Scott Mintz and Linda Benbow



PUPPIES



Gilly Hansen



Dumbledore Litter
(King son Remus x Norman daughter Louise)



Banksy MacEachern/Kantor

HOUSEHOLD MEDICATIONS FOR PETS

**The following is a list of common household human medications that can be used on pets.

**These medications can be extremely useful if you can't reach a veterinarian immediately.

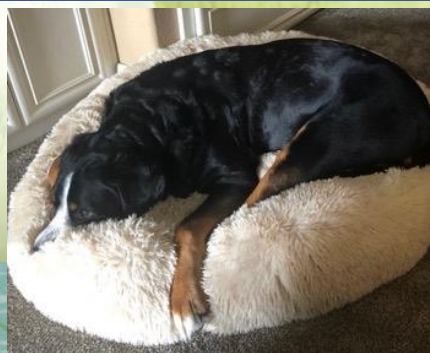
Product	Common Usage	Canine Dosage	Feline Dosage
Benadryl	Treats allergies, itching, etc.	1/2 mg per lb. Every 8 hours. Maximum Dosage 2 mg per lb.	1/2 mg per lb. Every 8 hours. Maximum Dosage 2 mg per lb.
Buffered Aspirin	Pain relief/anti-inflammatory	5 mg per lb. Every 12 hours.	Not Recommended!
Digel Liquid	Antacid & anti-gas	Up to 4 tbs. Every 8 hours.	Up to 2 tbs. Every 8 hours.
Dramamine	Reduces motion (car) sickness	Up to 50 mg. Every 8 hours.	Up to 10 mg. Every 8 hours.
Epinephrine 1:1000	Treats reactions following medications, insect stings, and bites	1/10 to 1/2 ml. Intramuscular or subcutaneously.	1/10 to 2/10 ml. Intramuscular or subcutaneously.
Hydrogen Peroxide (3%)	Used to induce vomiting after accidental ingestion of poisons.	10 ml by mouth. Every 15 minutes.	10 ml by mouth. Every 15 minutes.
Imodium AD	Relieves diarrhea	1 ml per lb. Every 8 hours.	Not Recommended!
Kaopectate	Relieves diarrhea	1 ml per lb. Every 2 hours.	1 ml per lb. Every 2 hours.
Mineral Oil	Eliminates constipation	Up to 4 tbs. Daily.	Up to 2 tbs. Daily.
Pepto Bismol	Diarrhea, anti-vomiting, gas	1 tsp per 5 lbs. Every 6 hours.	Not Recommended!
Tylenol	DO NOT USE!!!	DO NOT USE!!!	DO NOT USE!!!



Chunk England



Kenley Roah



Murray Ridenour



Liddy Robinson

SWISSY ADVENTURES



Elsa Ellis and Lost Coast Pelicans



Jetty and Hudson Faulk -Let's Head out!



Birg Steyck romping in snow



Obi Bourdon at his beach



Tucker Robins

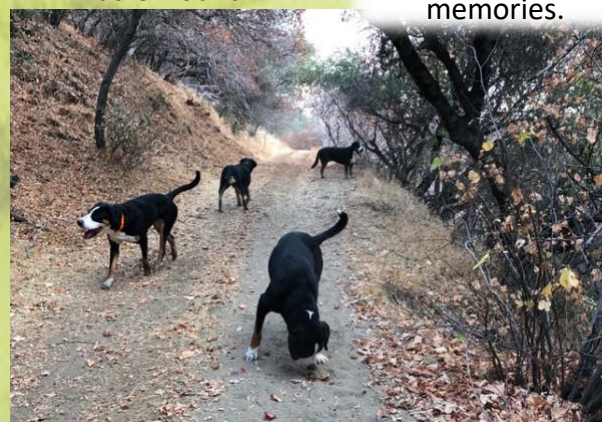
Every moment
spent with your
Swissy is worth a
Lifetime of
memories.



Otter connecting with his spiritual side at Sea Ranch



Hans lounging in ice plant



Logan-Robinson crew in the Sierra



Lukas at the shore



Buckeye at Draft Trials

Swissies and Their Friends



Podrick & Brienne Schurr



"Hogan and Weber" painting by Joel Friesch



Weber, Avery and Hogan



Birg with Ranger



Hansel Roger/Hanson and his toy



Lain Michaels swims with sharks



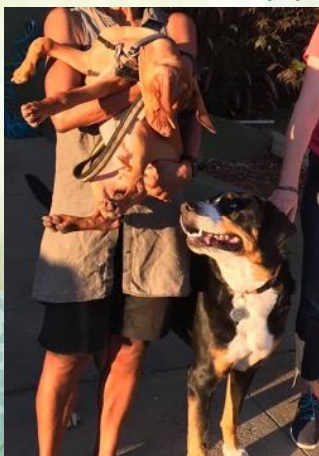
Tim and Axel McNeill



Fredrick and his hedgehog



Boone and pal



Bruno on National Dog Day



Star Puppy Banksy & Fan Club



Solveig and Cayenne



Glory, Arbor & Sonoma



WESTERN REGIONAL WEEKEND Pleasanton, CA October 2019



CONFORMATION WINNERS

FRIDAY

Pat Hastings
Judge

BOB - Brig (Alpinez)
BOW - Chunk (Silver Oak)
BOS - Bauer (Pine Grove)
SD/Best Veteran - Enzo (Northwoods)
SB - Cayenne (Liberty Run)
AOM - Jager (Landhof/Brushcreek)
AOM - Freya (RamsGate)
WB - Garnet (Snowy Mountain/
Redrock)
RWB - Poppy (Silver Oak)
BOSV - Arbor (Alpinez)
GROUPS - AQH3 - Brig (Alpinez)
GR4 - Brig (Alpinez)

SATURDAY

Amy Wallace
Judge

GSSMDCA Western Regional
BOB - Bomber (Aegis)
WB/BOW - Failla (Ridgebridge) NEW CH!
BOS/BOBOH - Alta (RODEO/Snowy Mountain)
SD - Nash (Trout Creek)
SB - Nexpa (RODEO)
AOM - Geordi (Cedar Cove @ RODEO)
WD - Boone (Columbine) NEW CH!
RWD - Shaq (TreeNSea)
RWB - Poppy (Silver Oak)
Best Veteran - Enzo (Northwoods)
BOS Veteran - Arbor (Alpinez)
Best Puppy - Fletcher (Fireside)
Stud Dog - Brig (Alpinez)
HIT Obedience - Luna (Trout Creek)
High Rally - Shay (Chenohed)
Sweepstakes:
Best Puppy - Chunk (Silver Oak)
Best Opposite - Poppy (Silver Oak)
Best Veteran - Nakota (Moon Valley)
Best Opposite - Sophie (Alpinez)

GGGSMDSpecialty SUNDAY

Vicki Seiler-
Cushman
Judge

BOB - Nash (Trout Creek)
WD/BOW - Wyatt (Saddlepeak) NEW CH!
BOS - Freya (RamsGate)
SD/BOBOH - Brig (Alpinez)
SB - Cayenne (Liberty Run)
AOM/Best Veteran - Enzo (Northwoods)
AOM - Cassie (Starcrest)
WB - Poppy (Silver Oak)
RWD - Berkeley (Silver Oak)
RWB - Sonoma (Coppervines)

Annika Schmid and Luna



High Pts Obedience



Sunday's Show Ring

Jim, Julie and Shay Franklin



High Pts Rally



We ran Fast CAT—Boone ran his own course at the end. <https://www.youtube.com/watch?v=m7nX9gQQgVQ>

WESTERN REGIONAL WEEKEND Pleasanton, CA October 2019

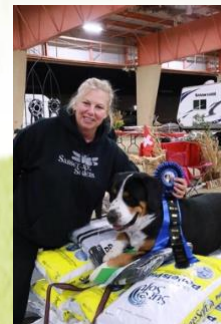
Weight Pull-Friday Night



Camille—Girls Do It Better



The Weight Pull Scene



Paula and Boomer



Linda Kinoshita's boy did great!



Jim's Shay pulled 940 lbs.



Bill and Leslie sweep the mats

Saturday's Educational Opportunity

Julie Vonada of [Pawsitive Dog Training](#) set up a Rally course for us to try.



Saturday Night Raffle



**WESTERN REGIONAL
WEEKEND**
Pleasanton, CA October 2019



Nash, BOB on Sunday, models the beautiful ribbons

Saturday Night Photo Booth



Gradin Family



It's all about the Swissies!



Mac and Gabby



Everyone had a great time!



HALLOWEEN



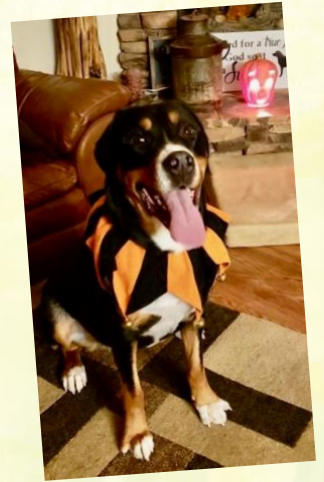
IT STARTED AT THE PLEASANTON HALLOWEEN PARADE



...THEN WENT TO THE STREETS



SWISSY HALLOWEEN



What You Need to Know Before Using Any Flea and Tick Product

Analysis by [Dr. Karen Shaw Becker](#)

When it comes to **flea and tick protection**, many veterinarians recommend chemical preventives as a solution (some even recommend them to pets year-round), but I don't agree with the knee-jerk use of chemicals as a means of controlling nature, especially heading into the cold winter months in many parts of the world.

In deciding how to best protect your dog from fleas and ticks, you need to take into account when pest season begins and ends where you live, your pet's individual risk (e.g., do you go for long walks in the woods or do a lot of hiking?), as well as the level of disease risk in your area.

Fleas 101

Fleas and ticks are very different types of pests. Fleas are related to ants and beetles, feed on blood, and their bites can lead to irritation and skin allergies.

Flea allergy dermatitis (FAD), which is actually sensitivity (allergy) to flea saliva, is a very common condition in dogs. It's not the bite of the flea that causes most of the itching in dogs with FAD, it's the saliva. The saliva causes irritation way out of proportion to the actual number of fleas on the pup.

Many dog parents assume if their pet isn't infested with fleas, the itching can't be caused by fleas. But if your dog has FAD, the saliva of just one or two fleas can make him miserably itchy and uncomfortable for many weeks, even after the fleas are gone. Fleas can also transmit tapeworms and can cause severe anemia, especially in young animals. However, fleas are primarily an annoyance, and if you live in an area where they thrive, it can seem like a constant battle to keep them under control.

Fleas flourish in temperatures between 65°F and 80°F with humidity in the 75% to 85% range. In some locations, flea season is year-round, but in others the types of fleas that bother pets and people aren't considered a big problem.

It's important to note that fleas aren't typically attracted to healthy pets. They're drawn to the weakest animals they can find, first, so one of the best defenses against flea infestations is to feed your dog a nutritionally balanced, species-appropriate fresh-food diet that will help keep his immune system functioning optimally. In addition to diet, it's important to remove the environmental factors that can negatively impact your dog's immune system, including:

- Poor water quality — make sure to provide fluoride- and chlorine-free drinking water
- Too many vaccines — insist that your veterinarian runs **titer tests** instead of giving unnecessary vaccinations
- Toxic household chemical load — eliminate **dog beds treated with PBDEs** (flame retardants) and toxic household cleaners
- Yard chemicals — eliminate pesticides, herbicides and fertilizers around your home
- EMFs — provide your dog with a safe zone that's free from toxic levels of electromagnetic fields from electrical devices in the home

Tick-Borne Disease

Ticks are a type of arachnid related to mites, spiders and scorpions. They're resilient, increasingly resistant to pesticides, and found throughout the U.S. Because ticks feed on many different animals (humans, dogs, cats, squirrels, mice, opossums, deer and more), and they feed for long periods of time, they're quite good at acquiring and transmitting diseases, some of which can be life-threatening. **Tick-borne diseases** include:

Lyme disease	Cytauxzoonosis
Rocky Mountain Spotted Fever	Ehrlichiosis
Anaplasmosis	Hepatozoonosis
Babesiosis	Tularemia

Unfortunately, a single tick bite can expose your pet to multiple diseases, but exposure is not the same as infection. In many cases, your pet will be able to fight off tick-borne diseases with no treatment required. Most dogs' immune systems

do exactly what they're supposed to do when a foreign bacterium enters their bodies — they mount an effective immune response.

The only way to know if a dog has effectively eliminated the bacteria (was exposed but not infected) or is currently infected is to follow up with a second test called a QC6 (Quantitative C6) that differentiates exposure from infection. Sadly, large numbers of dogs each year are unnecessarily treated with extensive antibiotic therapy because their veterinarians panic after seeing a positive exposure. Please don't let your vet do this!

Up to 90% of dogs may have been exposed to tick-borne pathogens, but most are able to fight off infection on their own. In those that do not, quickly identifying the problem and creating an appropriate treatment plan is crucial. I recommend that my clients who live in tick-endemic areas or who have dogs who receive multiple tick bites each year have their pets tested every six months.

How do you make sure you're catching possible tick-borne infections before they take hold? Ask your veterinarian to replace the standard heartworm test with a more comprehensive annual blood test that identifies several tick-borne potential pathogens long before dogs show symptoms.

The **SNAP 4Dx Plus** (from Idexx Labs) and the Accuplex4 tests (Antech Diagnostics) which screen for heartworm, Lyme disease and two strains each of ehrlichia and anaplasma should be screening tests for dogs in tick-endemic areas, in my opinion. Completing one of these simple blood tests every 6 to 12 months is the best way to:

- Avoid unnecessary chemical preventive application
- Identify infections before chronic disease occurs
- Catch cases of dogs infected as a result of pesticide resistance (a growing problem)

I also recommend that pets living in tick-infested areas who test positive on the SNAP 4Dx Plus or the Accuplex4 also be screened for **babesia exposure**. The best way to detect exposure to this parasite is with a PCR (polymerase chain reaction) test that checks for the presence of babesia DNA.

Before You Reach for a Chemical Pest Preventive

I strongly discourage pet parents from automatically applying potentially toxic chemical agents to their dogs or around their home to repel or kill pests. The use of **spot-on products** may cause skin irritation, paralysis, seizures and even death if used improperly, and there are effective natural alternatives that are far safer.

In addition, ticks are growing resistant to chemical pesticides, which means your dog may still be exposed to tick-borne disease. I see many canine patients who've been given monthly doses of pesticides for years, yet turn up positive for tick-borne illness, including many dogs with **Lyme disease** that have been vaccinated against it.

Discontinue pesticides during the winter, if you live where there are freezing temperatures. If, however, you choose to use these chemicals, follow these precautions:

- Be very careful to follow dosing directions on the label, and if your pet is at the low end of a dosage range use the next lowest dosage. Be extremely cautious with small dogs, and do not under any circumstances apply dog product to your **cat**.
- Monitor your pet for adverse reactions after you apply a chemical product — especially when using one for the first time.
- Don't depend exclusively on chemical treatments. Rotate natural preventives with chemicals, including diatomaceous earth, pet-friendly essential oil products and **natural deterrent collars**. An every-other-month rotation works well for many pet parents. In many parts of the country people find they can successfully control ticks with two doses a year: one in the spring and one in the late summer.
- Since your pet's liver will be tasked with processing the chemicals that make it into the bloodstream, it can be very beneficial to give your dog a supplement to help detoxify her liver. I recommend milk thistle, which is a detox agent and also helps to actually regenerate liver cells. Another product I recommend is chlorella, a super green food that is a very powerful detox agent.

Work with your integrative veterinarian to determine how much to give your pet depending on her age, weight and the medications she's taking. I recommend one dose daily for seven days following any chemical flea, tick or heartworm preventive application.

Safe, Non-toxic Alternatives to Chemicals

A safe, natural pest deterrent (see recipe below)

Cedar oil (specifically manufactured for pet health)

Natural, food-grade diatomaceous earth, topically

Fresh garlic (¼ teaspoon of freshly chopped garlic per 15 pounds of body weight)

Feed a nutritionally optimal, species-appropriate fresh food diet

Bathe and brush your pet regularly and perform frequent full-body inspections to check for parasite activity (if you spend a lot of time outdoors, it's important to check your pet and yourself for ticks every night during tick season)

Use a flea and tick comb to naturally exfoliate your pet's skin while removing or exposing pests (absolutely nothing takes the place of physically checking for ticks)

Make sure both your indoor and outdoor environments are unfriendly to pests

There are safe, non-toxic alternatives for flea and tick control for dogs, and they don't have side effects, unlike virtually all forms of chemical pesticides. Alternatives I recommend include:

All-Natural Homemade Pest Deterrent for Dogs

You can make an all-natural pest deterrent for your dog very easily at home. It will help him avoid a good percentage of the pests he encounters, though not all of them. The recipe: mix 8 ounces of pure water with 4 ounces of organic, unfiltered **apple cider vinegar** and 10 drops of neem oil.

Neem oil is not an essential oil. It's expelled or pressed oil and is effective because fleas and ticks are repelled by it. It's also great for pets who are very sensitive to odors. Catnip oil can also be used as a pest deterrent, since it has been proven to be as effective as diethyltoluamide (DEET), the mosquito and tick spray humans use that has a number of toxic side effects.

If you want to add some extra punch to your dog's pest deterrent recipe, go with five drops of lemon, lemongrass, eucalyptus or geranium oil. I use geranium oil quite a bit because I find it very effective. In fact, I use it in my Dr. Mercola natural flea and tick products. If you have a dog who comes in contact with ticks, adding the extra punch of one of the essential oils I listed can be very beneficial.

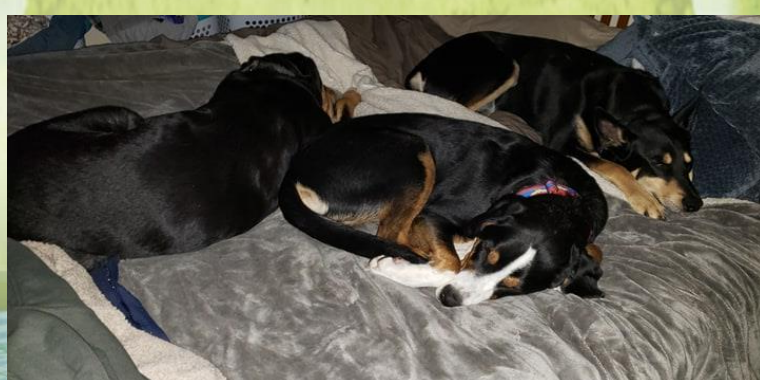
You can store your homemade pest deterrent in the fridge, which is what I do. Before your dog goes outside mist him with it, being careful to avoid the eyes. The active ingredients, especially the oils in the recipe, dissipate in about four hours, so you may need to reapply it several times throughout the day.



San Diego Social Swissy



Tucker del Presto Robins



Glenn pack

CLUB WAYS AND MEANS

Ways and Means has some items to offer you!!

Part of the sales price for these goods goes directly to the club!!

SWISSY YARD SIGNS

Our mommy does
Ways and Means
for the club.
Want an
adorable
customized sign?
❤️🐶🔗

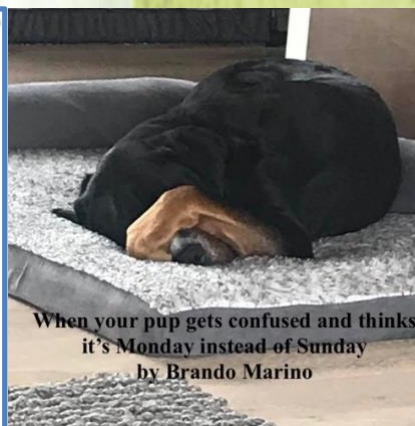


[Theresa Liedtke Turkovich](#) is on FB (Message her what you want) or you can find her on Instagram @tsign.collective selling these fun signs and a couple of others that can be customized for you! She will donate a portion to the GGGSMDC for each sign sold!

HOW TO TAKE A SWISSY SELFIE by Lynn Calabro Sauro-Vinal



Hold the chicken bag with your feet.





Andie Hansen and Gilly



Kallie and Koda Allen



Banksy, Blue, Bruno MacEachern



Axel McNeill



Berkeley Vonada



Birg Steyck



Brando Marino & Harley Bush



Glory Mata



Draven, Cayenne, Solveig and Zeeva Gradin



Murdoch Hansen's Parade



Liddy Robinson



Truckee Hansen



Lukas Lucas



Hansel Roger Hanson

Shape Up: Eight Exercises for You and Your Dog by Embrace Pet Insurance

All you need is a few minutes a day to make a big difference in how you and your dog feel. Here are 8 fun exercises to help you and your dog increase fitness and strengthen your bond.

WAG NOTICE: The key to any exercise program, canine or human, is to make it fun! The biggest thing contributing to your dog's enjoyment is YOU. Whatever your fitness level, you can still do something with your dog. The key is engaging with your pup. Consult with a veterinarian and/or your family doctor before starting any fitness program that is different from your normal activity.

Warm-Up Activities for Dogs and Their People: All activities should begin with a warm up to prevent injury. The goal is to raise the body temperature and make muscles more flexible and less susceptible to injury. A brisk full body rub or walk can help stimulate blood flow before activity.

1. **Spot to Spot – Raises Core Temperature and Warms Muscles:** Create two targets approximately 10-25 ft apart. Direct your dog to Spot #1. Then encourage your dog to walk to Spot #2. Stop at each spot saying "Spot" and asking for a sit. Praise with a treat or "Good Dog." Gradually increase speed, repeating 7-12 times.
2. **Neck Stretches – Stretches Neck and Spine:** Dog can be in a seated or standing position. Use a treat to lure the dog's neck up to extension. Stop short of the dog jumping for the treat. Then bring your dog's head down and in between the front legs. At the same time, you can do toe touches. Bring your body to stand as you lure the dog's nose up. Touch your toes when you bring the head down to the front legs. Bend your knees and support your back with your core muscles to avoid back strain. Hold up to 30 seconds. Repeat 2-3 times.

Cardio Activities for Dogs and Their People: Cardio activities should be carefully monitored during colder weather when surfaces can be slippery and in hot weather when temperatures soar. Start slow and build up activity. For overweight dogs, please consult with a veterinarian before partaking in these activities.

1. **Spot Sprints – Increases Speed and Endurance:** Can be performed inside or out. Use the same instruction as the Spot-to-Spot warm-up but increase intensity and repeat 10-12 times. Try extending the distance between spots or adding obstacles for you both to jump over, run around, or crawl under to make it fun. Make it a race.
2. **Run-Walk-Run - Increases Endurance and Speed:** To kick up your heart rate, establish running distances between street lights or mailboxes and alternate your gait between a brisk walk and a run, or a walk and a jog. Try to keep this up at least 10-15 minutes and increase distance/time by 10% each week. This activity can also be done on a **dog treadmill** during extreme weather days. Position your cardio equipment with your dog's and you can elevate your heart rates together.
3. **Play Ball - Increases Agility and Speed:** Use any toy your dog enjoys to chase and bring back to you. Throw the toy and then race your dog to see who gets to it first. If you don't win, still follow through and reach down at the end, pretending to pick it up, to increase calorie burn.

Strength Activities for Dogs and Their People: Increasing your dog's muscle and tendon strength will go a long way to decreasing injuries and preserving healthy joint movements.

1. **Hill/Stair Climbs – Increases Strength, Stamina for Front and Hind Legs:** Start with small hills/stairs and build up to longer and steeper hills/stairs as you and your dog gain strength. Once you reach the top, turn around and go back down. Adding one-legged squats on the uphill portion is a great way to work your legs even more. It is important to focus on form over speed. Practice making sure each foot and paw steps on each stair – do not skip stairs. Hopping up or down stairs could be a sign of soreness or injury. Watch carefully.
2. **High Five – Strengthens and Stretches Rear Legs:** Ask your dog to sit as you squat down. From the dog's sitting position, verbally prompt with "High Five" grabbing one front paw and lifting up to get full extension, then showing the dog with your hand where you want it placed. Encourage success with a healthy treat. Once the dog has completed the activity, stand up. Repeat other side. If squatting is too hard, try kneeling and focus on engaging your core. Suck your belly button to your spine and hold as your dog does High Five.
3. **Dance – Strengthens and Stretches Rear Legs and Core:** Turn on some tunes and invite your dog to put his/her front paws on your chest or in your hands. Walk forward and back, side to side, and then jump around to the beat. This helps with your coordination and strengthening side lateral movements.

Cool Down for Dogs and Their People: Give you and your dog a chance to cool down with a slow 5 minute walk after activity to prevent injury and reduce soreness. It's a good way to let your dog know you are done. Finish with a brisk belly rub and a calming massage or the High Five activity above, while you stretch and bring your heart rate down.



Dixie Vonada, age 9.5


I love your funny face...



Glory Mata



Hogan Friesch



Kenley Roah



MacSwiss Beck Benbow



Garnet Glenn



Podrick King-Schurr



Solveig Gradin



Walter Ching



Zeeva Gradin

THE SATURDAY
EVENING POST



SIGNS OF DOG SICKNESS

Toni Killpatrick

Signs start with a change in your pet's routine behavior and attitude.

Watch for:

Decreased energy or activity level

Changes in appetite or water intake

Changes in behavior:

hiding, refusing to play,

Vomiting, diarrhea or straining to urinate or defecate

Poor coat quality, patchy hair loss or excessive scratching

Weight loss

Foul order coming from the mouth, ears or skin

Abnormal whining or crying

Fredrick Vonada



PHOTOS

Birg Stecyk
in snow

Elsa Ellis

Emmie
Stover



GOLDEN GATE

GREATER SWISS MOUNTAIN DOG CLUB

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