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AMDC A NEWS



Editor's Note

After a long hiatus, the AMDCA newsletter is back! Apologies to club members for the delay, but many things have happened...a move from Smithers to Vancouver Island, the near loss of my beloved Astro in 2011, and the acquisition of an Appenzeller puppy. I'm happy to say, both dogs are doing well!

We have a new interim president, Debbie Dales, also from British Columbia and a new Appenzeller owner! Debbie is a reputable breeder of Pugs and has a keen interest in promoting and preserving the integrity of our breed. She is breathing new life and vigor into the club and has agreed to take on many duties. We are very grateful to have the continued support of Malena Brisbois, Audrey Lyke, Deb Schneider and Anna Burns, as well as Mirjam Hofman. Look for more issues in the future!

Paula Webber

In this issue... ..

President's Message

Message from AMDCA's interim president, Debbie Dales

Breaking the Boredom

A busy Appenzeller is a happy Appenzeller! Keep your baby happy this winter.

Visiting Appenzellerland

Notes from Lisa Allen on her annual visit to the home of our wonderful breed.

Trends in Vet Medicine

Laser and acupuncture for your dog, from DVM Deb Schneider, plus timely information on tick borne illnesses from Anna Burns.

Doggie Gourmet

The humble sweet potatoe gets a new twist...good enough even for us humans.

Remembering

Remembering those wonderful friends and companions gone from us too soon.

OUR APPENZELLERS ARE AWESOME!

Highleigh Brandy, bred by Malena Brisbois, owned by Audrey Lyke & Stephen Lyke, completed AKC Novice Agility Jumper Preferred and AKC Novice Agility Preferred this year, and AKC now lists her as Highleigh Brandy NAP NJP. "Woohoo", says Audrey



Havana Hektor aus der Leinemasch, owned by Paula Webber has earned his 2nd leg in Novice Rally Obedience! "Pretty awesome for a 10 mos old puppy", says Paula



After 11 wonderful and fulfilling years, Astro retired from the agility ring in style in October, qualifying 6 of 7 runs and even earned 2 new titles at age 13 plus! "NADAC agility has been so good to us", says Paula, "and I want my old boy to end his career happy."



From the President

Hi to all you Appenzell Mountain Dog Owners and Club Members!

My name is Debbie Dales and I am owned and loved by Hilja, a wonderful female Appenzell Mountain Dog.

To those of you that do not know me, I am actually a Pug Dog breeder and a registered member of the Canadian Kennel Club and Pug Club of Canada.

My husband Art and I own a 3-1/2 acre farm at the base of Deroche Mountain, in the little town of Deroche situated in the Fraser Valley of BC, Canada. Because we have predators in the area, it is in our Pugs best interest to have a medium/large breed size dog on our property to help ward off unwanted wildlife in the area such as eagles, coyotes, bears, etc. We also have a 6-1/2 year old German Shepherd, Bell who has been showing increased signs of hip dysplasia and a weakening back end so we knew we wouldn't be able to rely on her for too long. Thus our search started for another dog to add to our family. We wanted a puppy so it could grow up thinking it was just one of the pugs; a buddy that would also provide guardianship over them.

I researched Bernese Mountain Dogs and considered another German Shepherd ...both of these breeds life expectancies is under 10 years due to cancer and mobility issues. Pugs are susceptible to a lot of health issues so we wanted to find a dog with more longevity. In searching for our 'perfect dog', we discovered the Appenzeller!

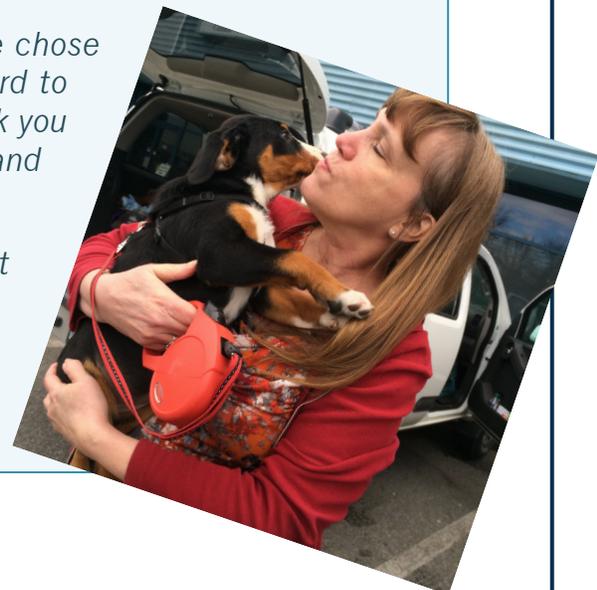
Almost a year went by from the time our search started until Hilja arrived to our home on February 22nd this year. As anticipated, it didn't take long for her to become our best friend as well as a bed warmer along with our matriarch Pug, Emma.

I am an advocate of canine health and health testing and I am also interested in pursuing Appenzell Mountain Dog breed recognition in the US and in Canada.

We all have our own stories to tell about how and why we chose our Appenzellers to be part of our family and I look forward to hearing from all of you as we get to know each other. Thank you all for your support in keeping this wonderful breed alive and striving in North America.

We are including a summary of the minutes of the recent meeting of the AMDCA Executive on September 26.

Debbie and her new Appenzeller puppy, Hilja!



**AMDCA Executive Meeting Minutes (Summary)
September 26, 2015**

Attended by: Debbie Dales (Acting President), Paula Webber, VP, Malena Brisbois, Membership Coordinator, Anna Burns, Secretary, Audrey Lyke, Past President, Mirjam Hofman, Registrar/Treasurer

- Executive voted to keep the AMDCA's incorporation status; it is beneficial in terms of protecting the breed. Annual costs are minimal.
- Financial report- Current balance is \$2400.00US which includes membership fees, registration of Malena's Brisbois two litters.
- Registration and Membership- Sheryl Green's recent litter has yet to be registered with AMDCA. The sire and dam are both from Europe and registration in the US of the dam in the US is necessary. Debbie Dales is working with the breeder to resolve this. It has also been decided by the Executive that breeders will be responsible for paying the \$30 for registration and membership fees for each puppy. Debbie Dales is also hoping to update the list of members. *It will be up to members to have their information made available to the rest of the membership on the AMDCA Group Chat site, but not on the AMDCA public website (appenzeller.org)
- Website- Paula Webber and Audrey Lyke are working together to update the AMDCA website. Paula will also continue to work on the newsletter.
- Member forum- It was suggested that AMDCA could set up a private Facebook chat group for regular club members, similar to the Yahoo Groups site. So many of us are on FB regularly. It would be used as a discussion forum for health questions/ issues, general breed information sharing, but will NOT intended as a breeders forum. The chat area could be used for meetings of the regular membership, such as the AGM. There will be a notice to members once this is done. Debbie Dales will be the admin for this private group.
- Breed Recognition- The Appenzeller is recognized by the AKC for performance events and companion events only. Debbie Dales is in contact with the CKC in Canada to have our breed recognized for conformation.
- Constitution and Bylaws- Audrey Lyke has agreed to chair an AMDCA Constitution and Bylaws committee that will look at proposed changes that might arise from the membership at large
- Next meeting- There will be an update on appenzeller.org with dates for the next meeting.
- AGM- Spring 2016. Date TBA
- Appenzeller calendar-2016- Paula Webber is looking after the calendar once again and once again got some great photos from members. The calendar is produced on CaféPress.com and is now ready for Christmas orders at <http://www.cafepress.com/AMDCA3>

Breaking the Boredom by Paula Webber



West Paw Design makes great, durable stuffable toys!

With winter coming it's sometimes hard to get our dogs outside as much as we tend to do in the summer. Here are a few ideas to keep our Appenzellers happy and entertained!

MAKE HIM WORK FOR HIS FOOD

When it's time for meals you can use a treat dispensing toy or simply make him do a few tricks to work for it. If your feed kibble, hide it in places around the house for a game of search!



SIMPLE OBEDIENCE & CLICKER TRAINING

We get a lot of rainy days where I live, and when it's simply too wet for long walks, I do simple obedience with my dogs, asking for sits and downs at random to keep them thinking. My dogs have learned lots of "tricks" on rainy days; spins, weaves through the legs, back up....there are loads of great videos online; fun for both of you AND rewarding for them!

A FROZEN KONG A DAY.....

If you leave your dog at home give him a frozen stuffed or another tough interactive toy to keep his mind occupied. There are numerous yummy things to stuff your Kongs with; my dog's favourites include organic nut butters with banana, berries and a dollop of yogurt! They really love baked sweet potatoe and yogurt too! Use your imagination! I make a few ahead of time and keep them handy in the freezer. Great for when they need to spend time in a crate or x-pen!

NOSE GAMES

Hiding treats around the house or playing a game of hide and seek is a fun way for your dog to get some mental stimulation. Start off with a simple game of 'guess which hand' to get them started. It can be played anywhere, with toys or treats you already have. I sometimes play the "shell game" with my puppy Hektor. Get 3 small containers all the same and place them upside down..one with a treat and the rest without. Let your dog see where you put the treat, and then shuffle them around. Make a huge deal when they paw the right one!



Visiting Appenzellerland

I am surrounded, in Urnäsch, by hilly terrain on which cattle and goats graze in contentment, the high hills of Appenzellerland seem to envelop me, clutching my spirit, my being protectively, forming a cocoon to claim and shelter me and bring me home! It feels so right and natural to be in Switzerland, breathing the fresh air, relishing a sunrise. The cattle leave their barns to graze. The bells around their necks announce their presence. Soon the hillsides are dotted with cows and goats.



In Urnäsch is the world's finest; the Museum of Appenzellerland Customs. Beginning with a short film in one's own language regarding traditions in Appenzellerland, the visitor then proceeds to view exhibits on many floors, highlighting the customs of the region. Trails abound, making hiking quite popular in Appenzellerland.

Appenzell is a 15 minute train ride from Urnäsch and is a wonderful town to visit, filled with specialty shops and places in which to dine on Swiss delicacies. Architecture in Appenzell and, indeed, in all of Appenzellerland is typically and splendidly Swiss with lovely floral window decorations, easily enticing one to take many photographs. Appenzell is surrounded by farms, so I did most of my shopping in Appenzell and at the Museum of Appenzellerland Customs gift shop.

It was the greatest of thrills for me to see Appenzellers guarding farms and herding cattle as part of their daily duties, and during the Alpine Cattle Drive on September 19.

I have immersed myself in the culture of Appenzellerland, having made six trips to the region thus far. On Saturday, September 19 was the Farmers Market in the centre of Urnäsch and also the day the shepherds bring their herds through the towns and back to their farms. It is customary for cattle to spend the summer grazing in the highest hills of the region. At each of these spots are a few rudimentary buildings for the shepherds who remain, and a barn for the goats and cattle.



Some of the shepherds make cheese! Their Appenzeller dogs accompany the shepherds to help them attend the livestock. In autumn, the herds of cattle are returned to their respective farms for the winter.

Shepherds dress in full Swiss garb; short yellow breeches, red vests, white stockings, hats, etc. So, on September 19, about a dozen herds of cattle came through Urnäsch on the way to their farms. Chanting, the shepherds guide the cattle and the Appenzellers assist them, keeping the herds

together. In front of many of the herds of cattle are white goats directed by children in shepherd costumes.

As is the custom, following almost every herd cattle was a horse pulling a wagon filled with supplies used during the summer, such as urns and that which is necessary to make cheese.

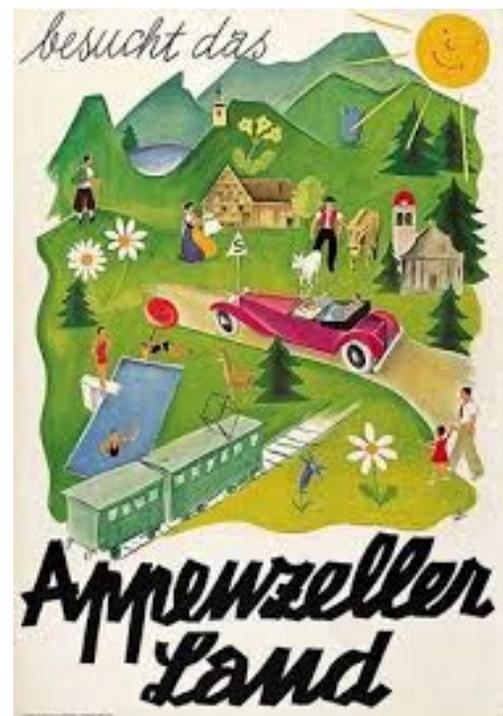


of

Those attending the Farmers Market were entertained by Alpenhorn players and flag throwing, a popular Swiss custom. All sorts of Swiss goods and crafts were sold at booth after booth! A boys choir chanted, the lads handsomely dressed in shepherd attire. Their voices mesmerized the crowd. A small band played Swiss melodies; one man on the hammer dulcimer. All kinds of Swiss cheeses, meats and pastries were available for purchase and I enjoyed Chäshornli, a Swiss noodle type dish, for my lunch!

What I especially enjoyed on this trip was observing Appenzellers guarding farms and herding cattle. Though I have returned to America, my heart remains in Switzerland and its special slice of paradise.....*Appenzellerland!*

Lisa Allen



New Trends in Therapy for Dogs by Deb Schneider DVM

The newest trend in veterinary medicine is **laser therapy**. This is a non-invasive and pain-free modality that greatly improves the quality of life for our pets.

Lasers use light energy to affect the underlying tissues. Lasers relieve pain by causing cells to release endorphins, reduce trigger points, and help the musculature to relax. They also reduce inflammation and expand microcirculation in the area being treated. The overall affect is to accelerate tissue repair.

There are 2 types of “therapy” lasers used in veterinary medicine: Class 3B and Class 4A. Both of these have much lower wattages than the lasers used in surgery to cut tissue. The 3B has the lowest wattage, thereby making treatment sessions a little longer (usually 30 seconds-1 minute for each spot that the probe is on) and it is too low to cause burning, so the probe can remain stationary. The Class 4A is a higher wattage than the 3B, so the probe needs to be constantly moving in order to keep the skin from burning, but the treatment times are greatly reduced. Both offer the same healing ability, so one isn’t any better than the other in that respect. The Class 4A laser is about \$35,000 whereas the 3B is \$7-10,000.

Protective glasses/goggles should be worn to protect the retinas from being damaged in case of accidental exposure.

Indications for use are: wounds, surgery incisions, lick granulomas, hot spots, arthritis, ear infections, strains and sprains, pain, anal gland ruptures, and many other conditions.

It should not be used over the eye area, on a cancerous lesion, pregnant abdomen, or in a growing pet with open growth plates (may cause premature closure).

Ask your veterinarian if they have a therapy

laser at their clinic. Chances are that your pet will benefit greatly from this new modality.

Acupuncture is one of the oldest known medical treatments for humans. In traditional Chinese medicine, acupuncture is thought to release “blockages” in “energy channels” of the body. In modern scientific terms, acupuncture needling has been found to release endorphins and other bodily chemicals in muscles, the spinal cord, and the brain which ultimately leads to pain relief, quicker healing, and relaxation.

The acupuncture needles stimulate nerve fibers in the skin. This leads to increased blood flow in that area (which is necessary for healing), as well as causing nerve signals to be sent to the spinal cord and brain. These nerve signals cause the release of endorphins (pain relievers).

Treatments generally last 5-30 minutes. Most animals tolerate it very well. The needles are very thin and sterile. Multiple needles are placed in specific acupuncture spots depending on the condition being treated. The effects of acupuncture are cumulative, so several sessions are often necessary at first, and then tapered down to meet the needs of the patient.

Conditions that I have successfully treated (in addition to laser therapy) include: an 8 week post-op spinal surgery daschund that was still paralyzed (within 3 weeks he started to walk again), a quadriplegic with an unknown diagnosis – 10 sessions over a 4 week period, and the dog was almost normal, “swimmer’s tail”, neck pain, post-op ACL surgeries, ACL ruptures that didn’t have surgery, and many other “back pain” issues.

Do not hesitate to try this treatment modality especially if your dog does not tolerate pain meds well or has liver or kidney failure. Unfortunately, it does not work for every patient.

THE DOGGIE GOURMET

Doggy Fries: Sweet Potato Jerky with Coconut Oil & Turmeric

Oh how we love the humble sweet potato. It's so versatile...and so tasty! I've been baking lots of sweet potato treats over the summer, for my hounds and these fries are a nice variation with the added goodness of turmeric and coconut oil.

Ingredients

- 1 large sweet potato
- 1 tablespoon coconut oil
- 1/2 teaspoon turmeric



Directions

1. Preheat your oven to 250°F.
2. Slice sweet potato in thick strips, resembling very thick cut fries. Your sweet potato will shrink as it dehydrates, so don't worry about them being a little thicker than normal fries might.
3. Place your sweet potato slices in a large bowl. Melt your coconut oil, then pour over the fries. Sprinkle on the turmeric, then toss to coat all the sweet potatoes evenly.
4. Spread the fries out on a baking sheet lined with parchment paper. Bake at 250°F for two hours, turning every thirty to forty five minutes.
5. Once your fries are starting to look more crispy, drop your oven temperature to 175°F (or the lowest it will go) to finish the dehydration process. We let ours dehydrate for three more hours.
6. Once your treats are finished dehydrating, take them out of the oven and let them cool completely before storing.

Toss a few fries on top of your pup's food with a little parsley for a fun dinner treat! Or, stuff into a Kong and let them work on it for an hour or two. These jerky treats should last up to three weeks in a sealed, airtight container.

NOTE ON TURMERIC FOR DOGS: *There are many benefits to adding Turmeric to your dog's diet. It is a known antioxidant and has numerous healing properties. I did my research on it when Astro, now 13, injured his shoulder in the spring. He was barely able to put weight on the one side and was very stiff. He's also got some arthritis and very stiff in the mornings. On the advice of a trusted friend and breeder, I got him onto turmeric paste, adding it to his daily diet gradually. Within two weeks there was much improvement and now, 7 months later he has more spring in his step and has way more energy...enough even for a bit of agility! Here's a good place to start for information...<https://beingonewithnature.com/golden-paste/>*

Canine Tick-borne Disease

The incidence of tick-borne diseases in dogs is increasing and we need to be educated in order to protect our canine family member. According to my own veterinarian (who recently completed a 2-day continuing education class at Virginia Tech on tick-borne disease in canines), topical medications do not offer 100% protection for an entire month (as the directions would imply, with monthly applications advised). He advised that the research shows that beginning on day 21, the efficacy of the topical medication protection begins to drop, and by day 25, there is virtually no protection remaining in the canine bloodstream.

The American Kennel Club has a very good and short description of each of the major tick-borne diseases that dogs can get: <http://www.akcchf.org/canine-health/your-dogs-health/caring-for-your-dog/canine-tick-borne-disease.html?referrer=https://www.google.com/> Please go to this website, read it thoroughly, and save the information where you can refer to it as needed.

I had heard about Lyme's disease, but never of Erlichiosis, which Max contracted in the summer of 2014. Max became very listless, lost weight, and did not seem to want to play or be himself. Only by chance did I find out the issue was a tick-borne disease – having purchased **Frontline** myself over the counter for years, I did not have him tested for disease, but last year, my vet insisted we test both Max and Kima's blood for parasites. Sure enough, Max was in the advanced stages of Erlichiosis, and he immediately went on a 3-week course of antibiotics, and got a special dose of high-protein and fat organic foods in greater quantity. It took months for him to recover his energy and weight, but he never fully recovered from the neurological damage.

The practical lessons I learned, for my particular situation and geographic area (the Mid-Atlantic): **1.** Never fail to have my dogs tested for parasites – annually is better. **2.** If I see a tick on my dog, consult my vet about how soon to have a blood test done – even out of the annual sequence. **3.** If I adhere to the package instructions for topical flea and tick meds, I am not giving my dogs the best protection against tick-borne disease, so I reapply the topical meds every 3 weeks. **4.** Check my dogs for ticks as often as possible – daily is best during the “season.” **5.** Ensure the correct dosage is being given.

Much suffering and damage is inflicted by tick-borne disease, both on canines and humans. So educating ourselves about the hazards of these horrific diseases, their causes and their symptoms, is the best first-line protection we can give our beloved dogs!

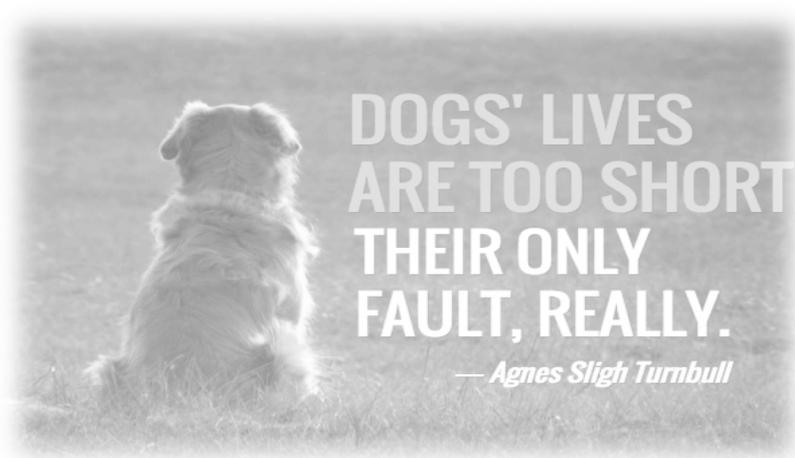
Anna Burns

Remembering.....

Brother and sister Max and Kima both crossed the Rainbow Bridge in 2015; Kima in August and Max in September. Born in 2002, they are lovingly remembered and sadly missed by Anna and Ed Burns.



Kim Brown and Kim Herek said their last goodbyes to their sweet beloved boy, Rondo in September, 2015. Rondo brought four wonderful and happy years of joy to his family and will be forever missed!



Appenzell Mountain Dog Club of America
<http://www.appenzeller.org>