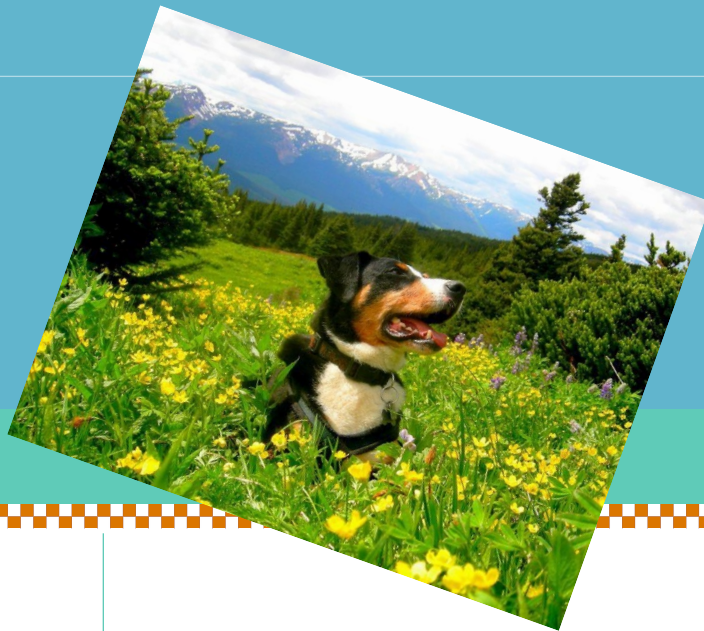


AMDCA NEWS

SPRING 2016



IN THIS ISSUE

President's Message

It's election time! Please see election positions and nominees to date for various positions.

Seasonal Allergies

Many of our pets suffer from seasonal allergies. Here are some safe remedies you can make at home.

Doggie Gourmet

Here are some simple yummy treats to help repel ticks, fleas and to help with allergies

Backyard games for busy Appenzellers

Spring is upon us and it's time to get outside and play some games!

President's Message

Hello all! I'd like to remind everyone of the upcoming election on Saturday, April 30th, 2016. As noted in the meeting minutes of March 12, 2016, members in good standing can nominate themselves, other members for AMDCA positions, and of course, be eligible to vote on April 30th.

The next AMDCA meeting will be held on Saturday, April 30, 2016 -11:00am Eastern, (10:00 am Central, 8:00 am Pacific). We look forward to your attendance!

Debbie Dales, Interim President

Appenzeller Rules #1

The only thing better than playing in the snow, is playing in water!

Upcoming AMDCA Election - Saturday, April 30, 2016

The position of President and Vice President are appointed by members of the Board and therefor not included in this election. However they may be reviewed and re-appointed at a later date after new officers have been elected.

<i>Election Positions</i>	<i>Current Volunteer</i>	<i>Nominees to Date</i>
<i>Corresponding Secretary</i>	<i>Anna Burns</i>	
<i>Registrar</i>	<i>Malena Brisbois</i>	<i>Malena Brisbois</i>
<i>Treasurer</i>	<i>Malena Brisbois</i>	<i>Audrey Lyke</i>
<i>Recording Secretary</i>	<i>Anna Burns</i>	
<i>Membership Coordinator</i>	<i>Debbie Dales</i>	<i>Debbie Dales</i>
<i>Website Coordinator</i>	<i>Audrey Lyke & Paula Webber</i>	<i>Tonia Sulkova</i>
<i>Communications</i>	<i>Paula Webber</i>	<i>Paula Webber</i>
<i>Rescue Coordinator</i>	<i>New Position</i>	
<i>Regional Director US East</i>	<i>New Position</i>	
<i>Regional Director US West</i>	<i>New Position</i>	
<i>Regional Director Can East</i>	<i>New Position</i>	
<i>Regional Director Can West</i>	<i>New Position</i>	<i>Mirjam Hofman</i>

The Directors of the Club shall be responsible for the development of new ideas, for the promotion of the Club and promotion of the breed in general. They shall assist the Club Officers in fulfilling the objectives of the Club. Directors must reside in the area that they represent and shall be elected by those members residing in that area.

Stop the itch....Naturally

Paula Webber

IS YOUR PET ITCHING, SCRATCHING OR WHEEZING AS THE WEATHER WARMS UP? ATTACK SEASONAL ALLERGIES WITH THESE HOME REMEDIES AND FLAVONOID!

Poor Hektor has been itching like crazy since moving from the north island to Nanaimo. My holistic vet and I are working to get to the bottom of the issue, but in the meantime, I've been using some natural solutions to help relieve the itching.

Here are some simple things you can make at home to provide some relief:

Chamomile tea & Herbal Tea soaks, chilled in the refrigerator, can alleviate any minor skin irritations when sprayed on sensitive, itchy spots. The chilled tea kills yeast and bacteria on the skin and relieves inflammation. I've used green tea and chamomile rinses after bathing and letting him air dry. You can also try green tea and calendula.

Apple Cider Vinegar- Prepare a 50/50 mix of apple cider vinegar with filtered water, and use a spray bottle to apply it to affected areas. I've also added several drops of tea tree oil to the mixture and rubbed into his coat once or twice a day.

Brush your dog every day – Who knew that something so simple and

basic as brushing your dog's coat could help to control and eliminate itchy and irritated skin. When his skin is itchy, inflammatory blood cells and chemical compounds such as histamine and prostaglandins

accumulate in the affected area. These are all responsible for the reddening and inflammation that causes the itch.

Natural Skin Tonic -

Thinly slice a whole lemon, including the rind, and steep it overnight in a pot of boiling water. The cooling water draws out d-limonene, vitamin C, and other healing ingredients found in the whole lemon. The next day, sponge it on your dog's skin and let the solution air-dry. This lemon-based tonic is also effective in repelling fleas.

Nature's Benadryl- Quercetin is a flavonoid (also called a bioflavonoid) that has anti-oxidant, anti-histamine and anti-inflammatory properties. During an allergic reaction the body releases histamine. Histamine contributes to inflammation, redness and irritation. Research has shown that

Quercetin can "turn off" histamine production and suppress, or at least moderate, inflammation. Furthermore, Quercetin helps suppress cellular activity associated with inflammation. This means less itching! For this reason, it has been coined "Nature's Benadryl."

Quercetin supplements are available in pill and capsule form. They are often packaged with "Bromelain" which increases the bioavailability of Quercetin, meaning you get more bang for your buck when combined.

Dosages

To work out the proper dosage in milligrams, just multiply the weight of your pet (in pounds) by 8. So a dog weighing 50lbs should get 400mg or a 125lbs dog would get 1,000mg.

Remember: Whatever the amount you give your pet, always split the dosage into two separate portions throughout the day for best results.



Appenzeller Rules #2

An Appenzeller is NOT a Beagle!

Doggie Gourmet

Frosty Pumpkin Dog Treats (for itchy skin)

What's inside:

Kefir-I always try to obtain health boosting ingredients from their naturally occurring, real food sources, and I've started to make my own Kefir. It's a wonderful probiotic!

Pumpkin- We all know pumpkin is great for dogs as it's high in fibre and wonderful for digestion as well being high in beta carotene, an anti-oxidant. It promotes a shinier healthy coat.

Brewers Yeast- Rich in antioxidants, it helps promote healthier skin and a shinier coat. It is also a wonderful, natural flea repellent.

Salmon/Fish Oil-EPA and DHA, the omega 3 fatty acids are as essential for dogs health as it is for us. It's benefits are many including health coat and skin, reducing inflammation as well as regulating immune systems- boosting those that are suppressed and calming overactive immune systems for dogs with allergies or autoimmune diseases.

Ingredients

- **1cup plain Yogurt, or Kefir preferably homemade**
- **16 oz organic pumpkin puree**
- **1/3 cup Brewers Yeast**
- **½ cup Salmon Oil**

Use a blender to combine ingredients, blend until completely smooth. Fill silicone molds, as desired. Freeze 3 hours or until solid then transfer frosty pumpkin dog treats into to a container or plastic zip top bag and store in the freezer, serve frozen.



Healthy treats to aid in itch relief!

Homemade Flea Prevention 2 ingredient dog treats

Ingredients

- **1 & 1/8*cups organic coconut oil, melted**
- **1/2cup Brewers Yeast slightly rounded**
- **2 paw print silicone trays.**

Instructions

1. Combine melted coconut oil and brewers yeast together in your blender. Blend for roughly 10 seconds until smooth.
2. Transfer blended mixture into a plastic condiment bottle (trim tip to 1/4 inch opening) and use to fill 2 - small paw print silicone pans.
3. Chill in fridge until set and solid-about 3 hours.
4. Remove from pans and store in fridge or freezer up to 6 mos.



Easy, 2 ingredient treats can help repel fleas! Yummy!

Fun in the Backyard

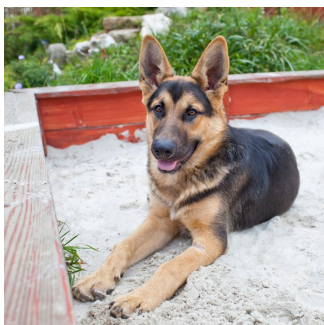
Keeping our Appenellers engaged is key to their overall well being- we all know that they're happiest when kept busy.

Agility is an athletic and competitive dog sport that requires a dog to navigate an obstacle course. You don't have to enroll your dogs in classes or compete to have fun with it. Inexpensive



backyard agility equipment is available online, or you can even make your own. I have a couple of PVC jumps and weave poles, and have made good use out of traffic cones that I picked up for free. We've got some big trees in our yard too and I've created a game of sending the dogs around the trees in figure 8's. So you can make use of your natural "obstacles" in your yard to make a fun course.

Digging in a Sandbox That goes without saying, right? I've never met an Appenzeller that doesn't like to dig! Rather than them digging up the backyard, a dedicated sandbox is like owning a little corner of heaven. Use a child's sandbox with a cover so that neighborhood cats don't make it a litter box and leave your dogs a few tasty snacks. Use only clean sand from your local hardware store. Bury your dog's favorite chewies in the sandbox and show him how to dig them up. Soon he'll understand that he will be rewarded for his efforts — and



you'll avoid having to fill in another hole in the yard!

Interactive Games with Puller I swear this is the best investment in toys I've made for my dogs, and it's an official sport in Europe and now in Canada. PULLER is an interactive dog toy made by the company [COLLAR](#) that helps provide necessary exercise – both physical and mental – for dogs. PULLER recommends using the dual ring set for 20 minutes a day and to split your time between three different exercises. I love it for reward based training for Hektor's foundation agility and obedience training sessions.



Running is just like playing fetch, but the two rings allow you to increase the training intensity by throwing the second ring just as your dog returns with the first. What Appenzeller wouldn't love this! And they float, so great for fetch at the beach.

Jumping is similar to playing with a frisbee. You can either hold the rings above your dog so that he or she jumps to them or throw them so that your dog can catch them in the air. To increase the training intensity you can use the second PULLER ring right after your dog gets a firm grip on the first ring.

Pulling or Tug Of War is Astro's favorite! Just like the first two exercises you can increase the intensity by introducing the second PULLER ring after the first PULLER ring is engaged.

You can purchase PULLER online through Amazon, or Ebay. My former dog trainer in Whitehorse, Yukon is the official Canadian distributor and recently launched the PULLER Dog Sport in Canada.



GALLERY

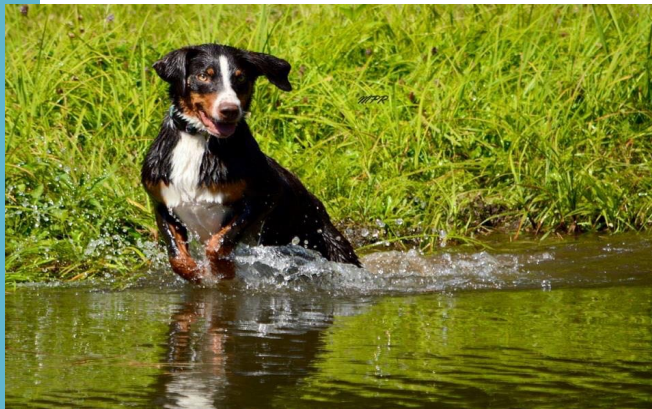
Appenzeller Rules #3

*Rest is NOT in our
vocabulary.*



Appenzeller Rules #4

Work hard, play louder!

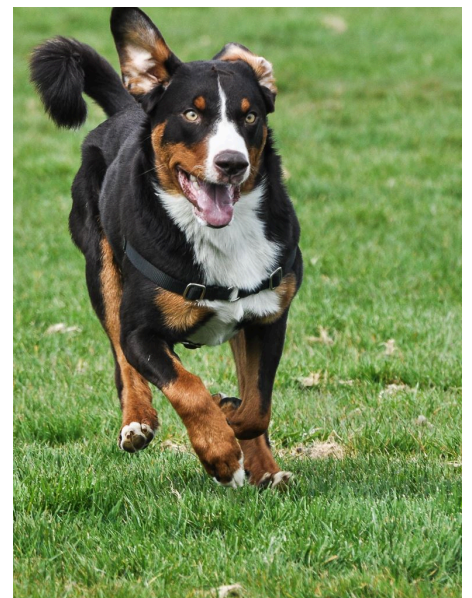


Appenzeller Rules #5

*Consumption of non-food
items is compulsory.*



**What's not to love
about an Appenzeller!**



‘They motivate us to play,
be affectionate,
seek adventure
and be loyal.’ - Tom Hayden



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

