

FALL 2017

# AMDCA NEWS

## Farewell, friends...



**Astro**



**Piber**

## In this issue... ..

### President's Message

*Message from AMDCA's president, Debbie Dales*

### Nosework- Hot, Hot, Hot

*Nosework is the "hottest" thing in dog sports, and something our Appenzellers can excel at.*

### BPA

*What is it and why is it dangerous for our dogs?*

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*Bone Broth is full of good nutrition, is easy to make and great for you AND your dog!*

### Remembering

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

## From the President

### Presidents Message:

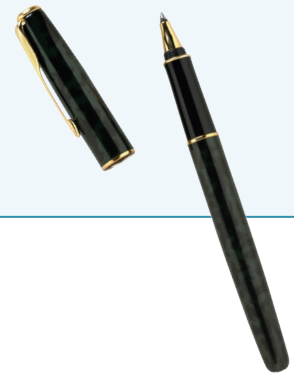
On behalf of our current club members and myself, I would like to welcome all new members to the Appenzell Mountain Dog Club of America. AMDCA has its own registry, taking care of record keeping needs for Appenzell dogs and represents Appenzell dogs across North America (USA, Canada and Mexico). We are associated with the American Kennel Club Foundation Stock Services (FSS) <http://www.akc.org/dog-breeders/fss/> and strive to coordinate Appenzell dog-related activities, policies and education.

If you are plugged into social media, you can access the AMDCA website at [www.appenzellers.org](http://www.appenzellers.org). This is where AMDCA provides background information, photos, stories, forms, and more. Registered Appenzell Mountain dogs are eligible to enter FSS agility and rally events and United Kennel Club (UKC) conformation, agility, and rally events. If you would like to join in active Club discussions, you are welcome to participate in our periodic Club meetings. We welcome training tips, recipes, Appenzell stories you may have, and pictures you would like to share.

We are coming up to another election year in 2018. AMDCA elections are held every second year on the last Saturday in April. Members in good standing can submit nominations for AMDCA positions and are eligible to vote. Please feel free to contact any of the current AMDCA executive if you are interested in getting involved.

Here's to a safe and fun Fall and Winter Season with your Appenzellers!

Debbie Dales, AMDCA President



### AMDCA Officers:

**President** – Debbie Dales

[derocheappenzellers@gmail.com](mailto:derocheappenzellers@gmail.com)

**Vice President** – Paula Webber

[pwebber58@gmail.com](mailto:pwebber58@gmail.com)

**Corresponding Secretary** – Anna Burns

[annaburns514@gmail.com](mailto:annaburns514@gmail.com)

**Registrar** – Malena Brisbois

[ltmb@verizon.net](mailto:ltmb@verizon.net)

**Treasurer** – Audrey Lyke

[audrey.lyke@gmail.com](mailto:audrey.lyke@gmail.com)

**Membership Coordinator** – Malena Brisbois

[ltmb@verizon.net](mailto:ltmb@verizon.net)

**Recording Secretary** - Anna Burns

[annaburns514@gmail.com](mailto:annaburns514@gmail.com)

**Regional Director** Canada – Mirjam Hofman

[maaikemirjamhofman@gmail.com](mailto:maaikemirjamhofman@gmail.com)

**Regional Director** USA – vacant

**Website** – Tonia Sulkhova

[tonia.sulkhova@yahoo.com](mailto:tonia.sulkhova@yahoo.com)

**\*\*\*Annual membership dues are now due and can be submitted via Paypal to: [audrey.lyke@gmail.com](mailto:audrey.lyke@gmail.com) with a note saying "2018 membership dues".**



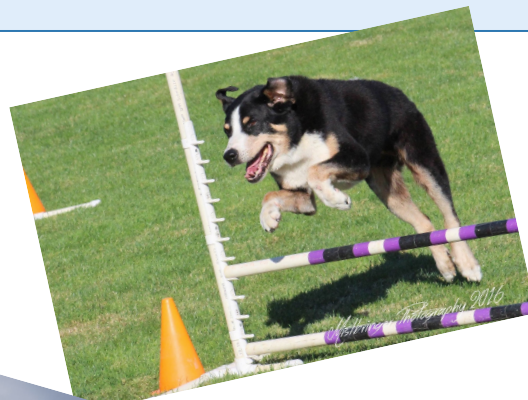
# OUR APPENZELLERS ARE AWESOME!

Checkers, owned by Audrey Lyke & Stephen Lyke, recently completed AKC S.T.A.R. program. Puppy STAR acknowledges pups up to 1 yr that have taken basic training, and many aspects of the CKC are tested as well. **Socialization, Training, Activity and Resonsibility! Way to go puppy Checkers!**



Havana Hektor, owned by Paula Webber earned his UKC CH this summer in Washington "We were thrilled with Hek's title in a very competitive group", says Paula

After 15 wonderful and fulfilling years, Astro crossed the Rainbow Bridge in August. "Agility was, hands down his favourite", says Paula, "and I have to be happy he was still playing a month before he died."



Peter Devenis and Tonia Sulkhova take their pups Gemma and Sophie everywhere! Super athletes they are! Peter and the girls are enjoying early fall weather in Alberta.

## Nosework-Hot, Hot, Hot by Paula Webber

### WHAT'S THAT SMELL?

Inspired by working detection dogs, NoseWork is a fun search and scenting activity for virtually all dogs and people. It's easy to learn and builds confidence and focus in many dog...even Appenzellers.. and provides a safe way to keep them fit and healthy through both mental and physical exercise. It's especially good for shy or fearful dogs.

For those new to the game, NoseWork starts with getting your dog excited about using his nose to seek out a favorite toy or treat reward hidden in one of several boxes, expanding the game to entire rooms, exterior areas, and vehicles. As your dog grows more confident with his nose, target odors are introduced, and competition skills are taught.

A dog's sense of smell is 2000 greater than that of a human, so it's understandable why dogs are used in search and rescue!



With fall here and winter coming, there's lots to do when the weather keeps us indoors! Nosework is extremely popular and ANY dog can do it! Here are some ideas to get started before you hit the classroom!

Big party when they get the right one! Eventually, you can hide the treat without your dog seeing which container holds the treat.

Moving on, you can start to play "find it" with your dog. I started with my dog in one room and hiding some smelly treats in another room. Make it fairly simple at first, and again, always remember to make a big deal when they do find it. You can gradually make the "find" less obvious, but now that the dog knows the game, it's really fun to see them really start to use their noses.

### UPPING THE ANTE...

Your dog is a smarty, so time to up the ante by putting the treats in containers. They can be almost anything, boxes, Tupperware, anything you have that's ventilated. You can start with one in the same room as the dog, and later, when he gets the hang of it, put the container in another room; fairly obvious at first, then gradually more challenging. You always want your dog to succeed, so making a big deal of the "find" is very important, especially if you decide to move on and take a class where other odours are introduced (wintergreen, birch, pine and such) which are used in trials.

Here are some links to help get you started! Happy sniffing!

[Find it Games](#)

Online Nosework Classes:

<https://fenzidogsportsacademy.com/index.php/courses/15>

### GETTING STARTED-NOSE GAMES

Start off with a simple game of 'guess which one' to get them started. It can be played anywhere, with toys or treats. 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, then shuffle the boxes.





## What is BPA and why is it dangerous for your dog?

**BPA** stands for Bisphenol A, an organic chemical compound that's been used in plastic for the past 60 years. BPA is a xenoestrogen - a substance that mimics estrogen. It's used in the production of plastic water bottles, dental fillings, the lining of most cans, plastic water pipes and the thermal print paper used for retail receipts.

### WHAT ARE THE HEALTH EFFECTS OF BPA?

Unfortunately, studies confirm **even BPA-free plastic contains other forms of xenoestrogens**, which can disturb the hormonal balance in humans and animals, including our dogs.

Approximately 37 trillion chemical reactions happen in the body every second and research confirms xenoestrogens in plastic can change the function of glands and have negative effects on sexual behavior and fertility. Laboratory studies have also shown xenoestrogens, including BPA, increase the likelihood of leukemia and testicular cancer. These estrogen-like substances can also affect the brain structure and chemistry, which can result in hyperactivity, restlessness and heightened propensity to drug use in humans.

Government regulations of different countries vary when it comes to limiting the use of BPA, but there is sufficient evidence to see that BPA and xenoestrogen pose a significant health risk and reducing their use is a very wise thing to do.

My sense is regulatory bodies are trying to avoid a major disturbance in the food and drink industry. It seems BPA and plastic producers are one of the most influential lobbying groups in the US, which makes addressing BPA and xenoestrogen toxicity difficult.

From the research I've done, it appears some companies refuse to disclose what alternatives they use in place of BPA in bottles and the lining of cans labeled BPA free. Here are examples of countries where BPA was declared toxic or banned from all packaging and containers or at least baby food packaging and bottles:

- Denmark
- France
- Netherlands
- Sweden
- Canada
- Japan



**Researchers discover  
high concentrations of  
BPA in dogs after  
eating canned dog food**

Chemical-Free-Life.org

### A DISAPPOINTING FACT

Interestingly, Switzerland is home to many food industry giants that sell canned and processed food, soft drinks and bottled water and its government imposes no regulations and proclaimed BPA safe. There is much evidence now that BPA is toxic and harmful, so one naturally has to wonder if the Swiss regulatory agencies are just protecting the interests of big corporations.

### WHAT DOES THIS ALL MEAN FOR YOU AND YOUR DOG?

Based on the information above, the safest approach is to limit exposure to BPA whenever possible. Here is a list of practical suggestions to reduce BPA and xenoestrogen in your dog's life.

### 7 PRACTICAL STEPS TO REDUCE YOUR DOG'S XENOESTROGEN EXPOSURE

1. Never use water in plastic bottles or containers. Get a good stainless steel water bottle for your dog. Use glass whenever possible.
2. Avoid canned food as most dog food cans are lined with resins containing BPA and other xenoestrogens.
3. Don't use plastic toys even if they are labeled BPA-free. Replace them with toys made of natural materials such as wool or wood.
4. Never use plastic containers for storage or reheating and store your dog's food in glass.
5. Check if your dog's food packaging is BPA-free.
6. Avoid any supplements or oils packaged in plastic and look for supplements packaged in glass.
7. Take your dog through a liver cleanse every sixth months because the liver detoxes BPA.

# THE DOGGIE GOURMET



## *Bone Broth: Packs a healthy punch to your dog's diet*

When the leaves start to fall from the trees and the days become colder and shorter, a hot meal or beverage is the ultimate comfort food. While you might not share your cup of coffee or bowl of spicy chill with your dog, there is a meal that will put a warm glow into both of you. (It's good all year long)

Bone broth is a long forgotten superfood that's inexpensive, nutrient packed and easy to make. Here are four reasons you should consider bone broth for your dog.

1. Bone Broth is good for the joints- Bone broth is loaded with glycosaminoglycans and you might even be familiar with one of them: glucosamine. Not only does bone broth contain super amazing amounts of glucosamine, it's also packed with other joint protecting compounds like chondroitin and hyaluronic acid.
2. Bone Broth helps the liver detox- bone broth has lots of the amino acid glycine to help the liver detoxify
3. Bone Broth helps promote a healthy gut- Stress, poor diet and bacterial overgrowth can cause leaky gut. Bone broth is loaded with gelatin that can plug up those leaky holes in the intestine
4. Bone Broth is great nutrition for sick dogs- Studies conducted in the 1800's showed that when there is plenty of gelatin in the diet, the body's need for protein from meat sources can be reduced by as much as fifty percent! Bone broth is also an excellent source of important minerals and can bolster the immune system (think chicken soup)! Bone broth is also loaded with glycine, which aids digestion by helping to regulate the synthesis of bile salts and secretion of gastric acid.

### MAKE IT!

You can use raw or cooked bones but be sure to include joint bones with cartilage. You can collect and save cooked bones from your own meals in the freezer but be sure to rinse any sauce off that may be irritating to your dog's digestive system. Turkey wings and legs are a good raw choice.

Completely cover the bones with water; add the vinegar or lemon juice. Cover by about two inches of water, but not too much more, to keep the broth dense. For a regular sized crockpot, use about two to four tablespoons apple cider vinegar. This helps draw the minerals out of the bones more thoroughly. Raw apple cider vinegar is most commonly used (It's well regarded by herbalists for its ability to draw minerals out of plants). Lemon juice may also be used.

Turn your crockpot to high just to get it started for the first hour, then switch to low and let it go for the day. **Cook For A Long Time**. This is necessary to get the full nutrition out of the bones. There is no magic time, but try simmering it for 24 hours in a crockpot. You could do it on the stove as well, but be sure you don't leave the simmering broth unattended.

When your broth is finished, strain the bones (do not feed these to your dog!). If you used bones with meat attached you'll need to strip them by hand. Once it's chilled, skim the excess fat off the top of the broth if you wish (there may be less than you expect). The remainder is your broth. If it has a jelly-like consistency when it's cold you've done a good job of it!

You can freeze this broth in small containers (even ice cube trays) for easy dispensing. Or you can store it in your refrigerator for about four days. For myself, I freeze in ice cube trays and add 1 or 2 to my dog's meals. He loves it!

\*\*\*\*I add turmeric paste, fresh grated ginger to mine. There are lots of recipes [online](#) for more information.

# Remembering.....

Astro, fondly remembered by many as Old Man A, crossed the Rainbow Bridge on August 31, 2017. At the age of 15 plus. Astro lived a long, happy and healthy life. He will be missed by Paula and Brett, Cameron and Peter, and of course, young Hektor.

Piber, owned and loved by Lisa Allen joined Astro across the Rainbow Bridge in November, 2017 at the age of 16 plus years. Piber will be greatly missed by Lisa and Muesli.



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