Pawprint

Official Publication of The Lakes Region Kennel Club-NH
AKC Member Club
www.lakesregionkennelclub.org

August 2016

Annual Meeting

September 12 6:00 PM
Hart’s Turkey Farm Restaurant
Meredith, NH
A Teacup Auction Will Be Held

September

National Service Dog Month
Responsible Dog Owners Month

We’re looking for pictures and brags about your dogs along with interesting articles to share with our community.
Send them to polakowski@att.net
Meeting Called to Order: 6:39

Members Present:  Linda Heath, Deb Mardin, Nancy Large, Susan Blake, Debbie Cost, Julie Boyer, Barb Champaigne, Mike Tierney, Corina Alexander

Motion made by Debbie Cost to accept the July 2016 meeting minutes as submitted. Seconded and passed

Guest:  Brandy Coderre

Presidents Report:  No Report

Recording Secretary Report:  No report

Corresponding Secretary Report:  Received a bill for the portable toilets from the barn hunt, it has already been paid.  Received an email from C.A.V.E.S regarding an eye clinic, the club chose to decline the offer at this time.

Treasurer Report:  Motion made by Nancy Large to accept the treasures report subject to review. Seconded and passed

One of the judges at the nose work trial asked that their payment go toward the scholarship fund.

After classes start in September the club will decide about putting money back into vanguard account.

Committees Reports:

•  AKC Delegate:  Deb Kreider has been voted in as a member by the board. Motion made by Nancy Large to accept Deb Kreider as the new LRKC AKC delegate pending AKC approval. Seconded and passed.

•  Annual Meeting: September 12th at Harts Turkey Farm at 6pm. Teacup auction will be held.

•  Barn Hunt:  Discussed possible dates for practice and the next trial.  Trial possibility July 22rd or 23rd and practice possibly July 15th.

•  DOGS: Please see report in the Pawprint

•  Handling, Obedience, Performance Classes:  Classes start Sept 6th and run through December 13th.

•  Match:  Match will be held on May 7th.

•  Nose work:  Thank you everyone that came to help with the trial.  It was successful and we had good feedback.

•  Rally trial:  Premium is made will be sent out shortly.

•  Responsible Dog Owner:  On a Saturday in September, exact date TBD

•  Scholarship:  The club received three thank you notes from the UNH scholarship winners.

•  Website:  Worked on the calendar and forms are up for the classes.

•  Pawprint:  Some computer issues, sorry for the late email of the newsletter.

Nominating committee has nominated Mike Tierney to be on the board for a three year term.

New business:

Brag:  Nancy Large’s pup Truffle finished her exterior title in nose work. Linda Heath’s pup Willow got her Target Odor Test in the nose work trial.

Meeting adjourned at:  7:40

Respectfully submitted, Deborah Mardin, Recording Secretary

Next meeting September 12, 2016 at the Harts Turkey Farm ~ Annual meeting
The calendar lists LRKC events and a sampling of AKC sanctioned events in New England.

A complete listing of AKC events can be found at: https://www.apps.akc.org/apps/events/search/index.cfm

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September 2016
ANNUAL MEETING

The annual meeting will be held on September 12, 2016 at the Hart’s Turkey Farm in Meredith. Election of officers for next year will take place.

The nominees are:

**President:** Linda Heath  
**Vice President:** Corina Alexander  
**Recording Secretary:** Deborah Mardin  
**Corresponding Secretary:** Susan Blake  
**Treasurer:** Barbara Champaigne  
**AKC Delegate:** Deb Kreider

**For Director for the three (3)-year term 2016-2018:** Mike Tierney

Note: “Article IV, Section 4.(c) Additional nominations may be made at the August meeting by any member in attendance provided that the person so nominated does not decline when his name is proposed, and provided further that if the proposed candidate is not in attendance at this meeting, his proposer shall present to the Recording Secretary a written statement from the proposed candidate signifying his willingness to be a candidate. No person may be a candidate for more than one (1) position....”  
“(d) Nominations cannot be made at the annual meeting or in any manner other than as provided in this section.

Meeting Details

Social hour starts at 6 PM, set up and ticket sales for the Tea Cup Auction  
Short Board meeting 6:30  
Dinner will be ordered from the menu.  
Regular meeting and election of new officers

**Tea Cup Auction**

Please bring a new or like new dog related item valued at $5.00 to $10.00  
Guests are welcome  
Please e-mail bordertaussie@gmail.com if you plan on attending
Through the Thompson School of Applied Science: Veterinary Technology Program, I was awarded your generous scholarship. I am very excited to begin my studies this fall! Becoming a certified Vet Tech is extremely important to me, and I cannot wait to be able to start my career helping and saving animals. With your help, I will now be able to afford the education necessary to begin doing what I love.

Thank you!

Kristen Woscyna
July 14, 2016

President
Lakes Region Kennel Club, Inc.
P.O. Box 752
Meredith, NH 03253

To Whom It May Concern:

I would like to personally thank you for awarding me the 2016-2017 Lakes Region Kennel Club Scholarship. It means a great deal to me that you recognized my dedication to my education as well as my current academic achievements through this program. I appreciate this recognition and scholarship more than words can explain, and it is going to significantly assist me in paying for school and books for this upcoming semester.

Thank you again so much for the recognition and the scholarship.

Sincerely,

[Signature]

Jordan A. Daigle
It is time for membership renewal. Please fill out and return the renewal form on the next page.
This form must be completed and returned with your dues payment.
Dues are payable before October 1st and MUST be paid according to Article I, Section 4 of our By-Laws, before October 30th. If dues are allowed to lapse, the procedure for application of new membership must be followed in order for the member(s) to be reinstated: submitting a new, sponsored application, interview by the Membership Committee, and a vote by the Club membership.

Cut Here>________________________________________________________

(please print clearly)

Name(s):
________________________________________________________

Address:
________________________________________________________

City/Town: __________________________________ State: ________ Zip: _______

Phone: (Home) ________ (Work) ________

e-mail:

Kennel Name:

Breed(s)

What particular areas of LRKC and our activities interest you the most? Please mark your interest preferences in helping on these committee or activities:

Agility Awards Holiday/special parties Public Educ. Programs Pet Therapy
Publicity Legislative “watch” Newsletter Sunshine Fund Raising RDO Day
Training Classes (handling? _____ obed. _____ Performance _____)
Matches: please list any areas of experience or interest:


Other:

Are there other projects and/or activities that you would like LRKC to do or work on? Please outline any idea(s):

DUES ENCLOSED:

Note - If you have been unable to attend meetings and/or help with our events or projects this year, perhaps you may wish to renew only at the Associate (non-voting) level.

(No dues are required of Honorary or Life Members, but please complete and return this form in order to receive the Pawprint newsletter & update information.

Please pay for dues on or before October 30th so we can get the membership list out in a timely manner.

Household Membership: $25.
Associate (non-voting) Single Membership: $15.
Associate (non-voting) Household Membership: $20.
Junior (under age 18 and non-voting) Membership: $10.

Total Amount Enclosed$____________(please make check payable to LRKC)

If you want to donate to LRKC Scholarship, General Trophy or Pet Oxygen Mask Funds please make out a separate check.

I/we hereby apply for renewal membership in the Lakes Region Kennel Club, Inc. and agree to abide by its Constitution, By-Laws, and Code of Ethics, and the rules of the American Kennel Club:

Signature: __________________________________ Date: __________

Signature: __________________________________ Date: __________

Send to: L.R.K.C. P.O. Box 752, Meredith, NH 03253
The Lakes Region Kennel Club, Inc.
New Hampshire AKC Member Club

Presents

Dog Obedience Classes

Starting Tuesday September 6, 2016 at
the Meredith Community Center all
classes are 7 weeks

Please contact Linda Heath 848-7149 or
e-mail her at bordertaussie@gmail.com for more information

*Please bring proof of your dog’s current rabies shots (Veterinarian Certificate or receipt

AKC S.T.A.R Puppy Class 6:00 PM
Socializing* Training* Activity* Responsibility Open
to all puppies from 8 weeks to one year old Class is
designed to get owners and puppies off to a good
start 6 Week course required Graduation 7th week.
Instructor: Linda Heath Class Fee $85.00

Basic Manners Class 6:00 PM
This class is for puppies that have passed the S.T.A.R.
Puppy Class and need more training.
Instructor: Mike Tierney $85.00

Competition Novice Obedience 7:00 PM
Prepare your dog for the Novice Companion Dog Title.
This Class aims to improve or perfect performance in
Novice exercises and develop the attention needed for
competition. Instructor: Linda Heath. $85.00

Nose Work Class 7:00 PM
Teach your dog NoseWork.
Instructor in Nancy Large $85.00

Advanced Rally Obedience Course 7:00PM
Practice a Rally Advanced Course
Instructor: Corina Alexander Drop ins $5.00
Lakes Region Rally Trial

Premium Page 1

The full premium can be found on our web site at: http://www.lakesregionkennelclub.org/2016/08/24/rally-obedience-premium/

Premium

2016162001 2016162002

Rally Trials
LAKES REGION KENNEL CLUB, Inc
(Member of the American Kennel Club)

Meredith Community Center
1 Circle Dr.
Meredith, NH 03253

Saturday, October 22, 2016
2 Rally O Trials

Trials Hours 9:00 A.M -5:00 P.M.
Closing date October 5, 2016
All Judging Will Be Indoors

This show is held under American Kennel Club rules
Lakes Region Kennel Club used to be known for having some of the best trophies available for our shows and trials. Club members and friends supported our entry with generous donations to celebrate their breed, a treasured dog, friend or family member. This is a request for your donation to make our Rally Trophy table spectacular! Suggested trophies are toys, treats, collectibles, rosettes, and cash. A trophy doesn’t have to be expensive but people seem to appreciate practical items or recycled trophies from previous wins that are in good condition. Breed specific items are always a hit. Or you can donate to the LRKC general Trophy fund which supports our ribbons for qualifiers, placements, rosettes, and High in Trial Trophies.

Please make a trophy pledge for our 2016 Rally Trial in any amount. Include how you would like to be acknowledged in the catalogue and if your trophy is intended for a specific breed or class. I like to support entries in Novice A and encourage those who are just starting out in our sport. You may offer trophies for Veteran Dogs (or Handlers) Junior Handlers, dogs with titles in other venues (Champion, Earth dog, Field events, etc), Varieties - everything is welcomed. As a bonus, since LRKC, Inc is a 501(c)3 non-profit, your donations are tax deductible.

Please use the form below and let me know if you will be bringing your trophy to a Club meeting or class or directly to the Rally Trial on 22 October 2016 in Meredith, NH.

Thanks in advance for making our Trophy Table special again. Any Questions: please email: Ravenwds75@gmail.com - Nancy

Lakes Region Kennel Club Inc. Trophy Pledge for AKC Rally Trials 10/22/16

Trophy or Monetary Award Offered:
__________________________________________________________
__________________________________________________________
Breed(s)__________________________________________________________

Class: Novice A or B   Advanced A or B   Excellent A or B

Highest Scoring Puli (for example) in Trial: _____________________________

Trial 1    Trial 2     (please circle one or both)

How you would like to be acknowledged in the catalogue:
__________________________________________________________
__________________________________________________________

I will bring my trophy to the (please circle one)   Trial   Sept/Oct Meeting   Tues, Classes

Thanks so much for your generosity!
Celebrate National Service Dog Month September 2016

By Vicki Clinebell

September is National Service Dog Month, a time designated to raising awareness and showing appreciation for the extraordinary work service animals do every day for the people in their care. National Service Dog Month honors these working dogs for making millions of lives better and safer.

A partner and companion to our human species, dogs understand us and can read our emotions, and they have intrinsic therapeutic capabilities. Even an untrained dog can be an emotional anchor for a person with anxiety or depression, but a trained dog can bring specific techniques to bear (http://www.care2.com/causes/national-service-dog-month-salute-our-canine-heroes.html).

Service dogs (http://dogtime.com/hero-service-dog-organizations.html) serve those with debilitating medical conditions, from autism to blindness, seizure disorders and hearing impairments, diabetes and those who need physical assistance, and they also serve our wounded warriors suffering from conditions like PTSD, traumatic brain injuries, and mobility issues. Military working dogs put their lives on the line on and off the battlefields, detecting explosives and finding contraband.

Service dogs provide companionship while inspiring confidence and they live to serve, protect and assist their handlers. They help their humans perform tasks, overcome disabilities, and live fuller lives. Each of these animals dedicates and often risks their lives to help their humans (Service Dog Saves Blind Owner’s Life at New York Intersection: https://youtu.be/1RWcFuKbAvs).

Originally called National Guide Dog Month, National Service Dog Month was established in 2008 by actor and animal advocate Dick Van Patten. After a visit to Guide Dogs of the Desert in Palm Springs, Van Patten was so inspired that he launched a fundraising drive to benefit guide and service dog training schools throughout the country. What began as a single fundraiser evolved into an annual celebration of the extraordinary work that service dogs do.

Many service dog organizations have a twofold objective: to provide a trained companion animal for people in need and to save an animal’s life (http://dogtime.com/give-a-dog-a-job-and-save-a-life.html) by using rescue animals for this work.
With thousands of dogs dying in shelters every year, simply because they are homeless, it’s a perfect partnership. In 2013 more than 380 rescued dogs were placed in jobs that saved their lives and benefited the person they now serve. Dozens of organizations look to shelters to find rescue animals that can have another chance at life by becoming service companions. Animal Farm Foundation (http://www.animalfarmfoundation.org/pages/Assistance-Dog-Program) is one these groups. They have established a Service Dog Training program so rescued pit bull dogs can be considered for the same work traditionally reserved for other breeds. 42 year old Matthew Smith of Bel Air, Maryland lost the use of his legs in a car accident and is confined in a wheelchair. He’s gained back his independence with the help of his service dog companion, a rescue pit bull named Jericho.

Dozens of other organizations are training service dogs to meet specific needs.

- Canines Companions for Independence
- Canines for Disabled Kids
- Dogs for the Deaf
- Guide Dogs of America
- Patriot Paws
- Best Friends Animal Society/Canines with Careers

Service dogs are therapeutic and trained to help their owner manage a variety of challenging physical and emotional disabilities, and they have a legal right to go everywhere in support of their person. It’s appropriate to dedicate a month to celebrating their work and honoring these loyal companions who make life better for all of us.

Related Articles:


September is Responsible Dog Owners Month

AKC Responsible Dog Owner Pet Promise

As a dog owner, I promise:

- I will never overlook my responsibilities for this living being and recognize that my dog’s welfare is totally dependent on me.
- I will always provide fresh water and quality food for my dog.
- I will socialize my dog via exposure to new people, places and other dogs.
- I will take pride in my dog’s appearance with regular grooming.
- I will recognize the necessity of basic training by teaching my dog to reliably sit, stay and come when called.
- I will take my dog to the vet regularly and keep all vaccinations current.
- I will pick-up and properly dispose of my dog’s waste.
- I will make sure my dog is regarded as an AKC Canine Good Citizen® by being aware of my responsibilities to my neighbors and to the community.
- I will ensure that the proper amount of exercise and mental stimulation appropriate for my dog’s age, breed and energy level is provided.
- I will ensure that my dog has some form of identification (which may include collar tags, tattoo or microchip ID).
- I will adhere to local leash laws.

To officially sign the Pet Promise visit [http://www.gopetition.com/online/9290.html](http://www.gopetition.com/online/9290.html)

For more information visit [www.akc.org](http://www.akc.org) or call 212-696-8228
Researchers Find Reason Dogs Detect Diabetes

Leslie Smith  July 8, 2016

Reason number I’ve-lost-count that dogs are better than pretty much everything else: They’re sniffing out health disasters waiting to happen — and once again proving they are true lifesavers.

Studies out of Cambridge University and the University of Oxford have revealed new findings about a chemical called isoprene. It seems levels of isoprene rise when blood sugar levels fall, and its scent can be detected by dogs on human breath. Which is excellent news for Type 1 diabetics and for parents of children with diabetes.

Diabetics are particularly susceptible to experiencing life-threateningly low levels of blood sugar while they sleep. But Diabetic Alert Dogs, as they’re called, are trained to watch over diabetic kids during the night. If a dog detects the smell of isoprene, she’ll first try to wake the child. If there’s no response, the dog is trained to then go alert the parents.

According to a report in the Endocrinology Advisor, the new role for humans’ best friend is proving incredibly valuable: “Diabetic alert dog owners as a whole have expressed high satisfaction and confidence in their canine guardians.”

So now, in addition to lowering blood pressure and sniffing out certain types of cancer, preventing hypoglycemic episodes can be added to the list of dogs’ health-preserving abilities. Indeed, their noses remain a step ahead of science. Pretty amazing for a species who asks for so little from their human partners.

Leslie Smith is a writer and long-time volunteer with Berkeley Animal Care Services and BADRAP. She lives in Oakland, California, with her husband and two rescue dogs, Uno and Maybe.

Image courtsey ACADIA Association
Beloved dog breed may disappear due to health problems

The future of a favorite dog breed, the English bulldog, may be in jeopardy, a new genetic study suggests.

Too much inbreeding has left bulldogs without the diversity needed in their gene pool, putting the health of future pups at risk, researchers from the University of California, Davis, reported in the journal Canine Genetics and Epidemiology.

"The English Bulldog truly is a breed in trouble," they report. "Inbreeding ... has brought the breed to a crisis point."

The scientists came to their conclusion after completing the first broad-based assessment of the breed's genetic diversity using DNA. The study's lead author Niels Pedersen, distinguished professor emeritus at UC Davis School of Veterinary Medicine's Center for Companion Animal Health, told CBS News, "There are a whole litany of different problems associated with their structure and inbreeding. We were not surprised to find they did lack genetic diversity."

The researchers found that many large regions of the genome have been altered over centuries of breeding -- focused mostly on changing the dog's appearance. Many changes have occurred within the last couple of decades, Pedersen said, as the dogs have been bred for increasingly stocky builds and shorter snouts. He explained that the study showed very little wiggle room in the breed for making additional genetic changes that might do away with serious health issues.

Common English bulldog health problems include breathing troubles associated with the dogs' facial structure, and complications because of their layered skin.

"The furrows in their skin can get moisture in them and get infected," Pedersen explained.

Their skeletons have also been modified through selective breeding over time, to the point that many English bulldogs are now essentially "deformed," said the author. Many suffer from joint disease, including hip and elbow dysplasia, and rup-tures in the spine.

"Changes in their skeletal structures and their breathing problems have made it difficult for them to breed normally and give birth normally," said Pedersen, explaining that many require C-sections. "You start to see the whole viability of the breed to collapse."
The list goes on: Bulldogs have problems with their immune systems and are more susceptible to immune conditions, including allergies; their tails, bred to look like a corkscrew, often get so infected they need to be amputated; and the dogs are prone to ear infections. Many have dental problems as well, due to the lower jaw pressing forward.

The lifespan of a purebred English bulldog, the fourth most popular dog, is not long.

"It's about six years overall. A bulldog puppy -- if it's having a lot of health problems by age one, that it will probably only live four-and-a-half to five years. If it remains healthy in the first year of life, it can live to be as long as eight years," Pedersen said.

By comparison, a mutt that weighs about 30 pounds can easily live 15 to 17 years, he said.

The researchers also note that bulldogs now have smaller litters and fewer of their puppies survive.

There's currently a debate between many English bulldog breeders on the one hand, and veterinarians and animal rights activists on the other who say it's time to breed the dogs with other types of dogs to expand the gene pool -- ultimately improving their health. And in fact, some attempts have already been made and have resulted in healthier dogs, said Pedersen. But some breeders feel strongly that it will "spoil" the English bulldog breed.

"Just because they're great apartment dogs -- affectionate, and some think they're cute and baby-like -- you can't just breed them because they're popular. That's no excuse for allowing them to be unhealthy, and that's where it is right now," Pedersen said.

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Mary Brophy Marcus

https://twitter.com/BrophyMarcus

Mary Brophy Marcus covers health and wellness for CBSNews.com
Eugene Bostick is a retired farmer from Fort Worth, Texas. According to The Dodo, the 80-year-old shares a farm with his brother and says people tend to abandon dogs on their property because they live at the end of a dead-end street.

Bostick says him and his brother were heart-broken by this and started to feed the abandon animals, taking caring of them, getting them spayed and neutered and providing a place for them to live.

Bostick says he’s currently taking care of nine dogs. They can roam free on his property but thought it would be nice to take them around to explore other parts of town. As an 80-year-old, walking nine dogs felt daunting so he fashioned a doggy train and drives them around with his tractor a couple of times a week. Bostick tells The Dodo:

“Whenever they hear me hooking the tractor up to it, man, they get so excited. They all come running and jump in on their own. They’re ready to go.”

You stay awesome Mr. Bostick, the Sifter salutes you.

A video of Mr. Bostick can be found here: https://youtu.be/eepfRldptT8
FROM

APHIS Proposed Rule Makes Regulations Consistent with Animal Welfare Act

By: Government Relations Department

Today, the USDA’s Animal and Plant Health Inspection Service (APHIS) published proposed updates to its regulations to make them consistent with existing requirements under the federal Animal Welfare Act (AWA). These rules do not represent a change in current USDA policy regarding licensing.

The proposed updates (known as a “proposed rule”) reflect changes to the AWA that were enacted in early 2014 as part of the 2013 federal agricultural authorization act. The new regulatory language provides minor adjustments that expand thresholds for exemption from USDA licensing for animal dealer and exhibitor enterprises whose business activities are considered by USDA to be de minimis.

De minimis activities include those that are of a sufficiently small size or undertaken infrequently by owners of household pets that reside exclusively with the owner and generate less than a substantial portion of income. The de minimis exemption also applies to any person who maintains four or fewer female dogs and/or other covered animals and who sells, at retail or wholesale, only those animals’ offspring, which were born on the person’s premises.

Under the AWA, most dog dealer or exhibitor activities considered de minimis are already exempted from licensing based on exemptions for persons who maintain four or fewer breeding female dogs and/or other covered animals and who sell, at retail or wholesale, only those animals’ offspring, which were born on the person’s premises.

The proposed de minimis exemptions are in line with current regulations that exempt from licensing requirements any person who maintains four or fewer breeding female dogs and/or other covered animals and who sells only the offspring of those animals born and raised on his or her premises, for pets or exhibition. (As defined, “exhibitions” specifically exclude purebred dog and cat shows.) Entities already exempted under current licensing exemptions—including under the “retail pet store” rule that exempts those who sell puppies only in face-to-face transactions—from federal regulations would also not be affected by the proposed de minimis exemption.

Visit [https://content.govdelivery.com/accounts/USDAAPHIS/bulletins/15ab95c](https://content.govdelivery.com/accounts/USDAAPHIS/bulletins/15ab95c) to read USDA/APHIS’s press release announcing proposed changes to federal Animal Welfare Act regulations.

Click here to read USDA/APHIS’s FAQ on Thresholds for De Minimis Activity and Exemptions From Licensing.

Click here to read the background and text of the proposed changes, including information on how to comment on this proposal.

Click here to read AKC’s Does the (2013) USDA Rule Affect Me to learn about the most common exemptions from USDA breeder/dealer licensing. If you have questions about whether you may qualify for an exemption under the de minimis definition contact the APHIS Animal Care office in your region.
AKC Government Relations is currently drafting formal comments on the proposal, and will provide additional information once those comments have been finalized. For more information on USDA/APHIS’s proposed changes, contact AKC Government Relations at (919) 816-3720, or email doglaw@akc.org.
Last week I had the opportunity to spend time with Dr David Bartram, best known as a champion for the mental health of veterinarians. David gained an MPhil and Royal College of Veterinary Surgeons Fellowship in the field, and was director of the UK’s Veterinary Benevolent Fund from 2008-2014. He was awarded the British Veterinary Association’s Chiron Award for outstanding contributions to the veterinary profession, and he’s just an all-round cool guy.

I first met David when I inadvertently sat beside him at an AVA conference and he introduced himself. It was one of those moments where you finally meet someone whose papers you’ve read and cited. He has been such an important promoter of mental health issues within the veterinary profession and really driven support for vets who need it.
Phil and I showed David around some of Sydney’s beaches and enjoyed a fantastic day of walking, talking and enjoying amazing street art.

I asked David what his best tips were for enhancing personal wellbeing, and he shared his top tips, which are as applicable to vets as they are to anyone else.

1. **Give** – do things for others. Being kind and of service to others on a regular basis is a key ingredient of happiness. There are also health and longevity benefits from helping behaviour that is fulfilling but not overwhelming. Practising so-called ‘random acts of kindness’ enhances one’s own wellbeing.

2. **Relate** – connect with people. This affects happiness more than any other single factor, enabling us to confide and discuss problems, generating a sense of belonging and trust.

3. **Exercise.** Exercise has been shown to increase mood and has been used successfully to reduce depression and anxiety. Participate regularly in a physical activity you enjoy and one that suits your level of mobility and fitness. As we were chatting all morning we managed to walk a cheeky 12kms! Phil chose to be carried for most of this.

4. **Appreciate** – notice the world around you. Reflect upon, savour and be grateful for the good things in your life. Think about the things for which you can be grateful, no matter how small they are. Consider keeping a daily gratitude journal. Practising mindful awareness of sensations, thoughts and feelings can improve mental wellbeing and self-knowledge.

5. **Keep learning new things.** Learning encourages social interaction and increases self-esteem and feelings of competency. Set yourself a challenge you will enjoy achieving, rediscover an old interest, sign up for a course or take on a new responsibility at work.

6. **Direction** – have goals to look forward to. Feeling good about the future is important for our happiness. We all need goals to motivate us and these need to be challenging enough to excite us, but also achievable. If we try to attempt the impossible this brings unnecessary stress. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

7. **Resilience** – find ways to bounce back. Learn to challenge automatic negative thoughts, dispute pessimistic explanations and reframe situations in a positive light. Try to keep a sense of perspective in life. There are negative feelings in life but experience shows that these pass; we learn from them and begin to enjoy life again. Situations that seem impossibly bad can turn out better than expected, whilst goals that seem incredibly important at the time are only a small part of life. We can experience adversity and come through it. Do not be lured into the trap of ‘perfectionism’ – self-defeating thoughts and behaviours associated with unrealistically high goals. Be satisfied with ‘good enough’; only going for ‘best’ when it really matters.

8. **Emotion** – take a positive approach. Learn to be optimistic while remaining realistic. Give yourself regular treats but don’t be trapped by the shallow sole pursuit of pleasure by doing only those things which bring immediate gratification and pleasurable feelings. Positive emotions expand our capacity to think creatively and see the big picture but too many of them can result in feelings that life is ‘hollow’ or ‘empty’.

9. **Acceptance** – be happy with who you are. Care solely about other people’s approval and you will forever be their prisoner. Identify your personal talents and character strengths and live life in such a way that enables you to use them to the fullest extent. Give yourself permission to be human: rejecting one’s emotions, positive or negative, leads to frustration and unhappiness.

10. **Meaning** – engage in activities that are meaningful to you. Perform those which are motivating, offer security, challenge, some autonomy, and in which you can take pride. If your work is not a calling, have a purpose that
you pursue elsewhere such as voluntary work or teaching. Embrace your spiritual dimension – a connection to something beyond yourself that goes beyond mere religious affiliation and strives for inspiration, reverence, awe, meaning and purpose. Have peripheral interests too, avoiding the vulnerability of allowing your life to revolve around one issue.

References
2. Based on: http://www.actionforhappiness.org/

Posted by Dr Anne Fawcett at 8:00 AM
You and Your Dog Share a Language: The Feelings Written on Your Faces

By Melissa Dahl

Dogs, as anyone who’s ever shared a home with one knows, are often uncannily adept at reading human emotions. Most dog owners have some story or another of a time their pet just seemed to know that they were feeling sad and were in need of a good cuddle. Consider Zeus, a small fluffball who noted his owner’s tears and — according to his owner’s telling — brought her an odd little gift to cheer her up.

Some recent studies are now providing empirical evidence to support these sorts of owner anecdotes. Dogs really do seem to be especially skilled at picking up on what people are feeling; one study published earlier this year even suggests that dogs can recognize a person’s emotions by looking at his or her facial expressions. And, really, why shouldn’t they be able to do so? Humans and dogs have co-evolved over many thousands of years (some theorize that the human-canine bond began 16,000 years ago; others say it’s more like 30,000). It makes sense that during that time, we’d have established some form of cross-species communication. As the studies are piling up, it seems like a huge piece of that common language are our expressions — that is, our ability to read the emotions written on each others’ faces.

ogs, at least, are uncommonly skilled at reading people’s faces. But how skilled are people at reading the faces of dogs? In recent years, a handful of researchers have begun an attempt to increase human understanding of that shared language, by improving the accuracy with which people read dogs’ facial expressions. You may have heard of the Facial Action Coding System, a project that began in earnest in the late 1970s to taxonomize all the expressions a human face can make. This is like that, only for dogs. “The literature so far is about dogs understanding human expressions,” Juliane Kaminski of the University of Portsmouth told Science of Us. “We’re sort of turning that around”.

Research in DogFACS only began a few years ago, but scientists have so far identified 11 action units (AUs) — that is, movements of facial muscles involved in expressions. They’ve also noted five Ear Action Descriptors (EADs), because ear movements are also an important part of dogs’ facial expressions. So that’s 16 independent facial and ear movements, which sometimes appear solo and sometimes combine to form distinct facial expressions. The point of FACS in dogs and humans (and apes and cats and horses, for that matter, all of which have their own FACS) is to have an objective way to describe what a face is doing, something that becomes incredibly important when studying animals to avoid unfounded anthropomorphism.
“We have the same problem as studies of human faces — we tend to interpret, but not describe,” Kaminski said. People say that dogs look sad, or happy, or guilty — but how many of these assessments come from a human point of view, instead of the dog’s? To get around that problem, “you need an objective tool, which we now have,” Kaminski said. The next step: to use DogFACS to catalogue canine facial expressions in a variety of different contexts. “As soon as we see there are certain facial movements that we always see in certain contexts, then we can say things like, ‘It’s probably because they’re scared.’ But the problem starts when we follow our own preferences in describing dog behavior.”

So far, there has been just one study published that places DogFACS in a real-life context (but is it ever a good one). In an experiment, Kaminsky and her colleagues filmed 27 dogs at a shelter, recording their interactions with a stranger. The researchers also acquired adoption information from that shelter, so that they could track how quickly each of those dogs found homes. Only one facial expression correlated with speed of adoption — what the scientists call AU101, the code for a raising of the inner eyebrows. In plain English, you might call this puppy-dog eyes.

Not only was this the only expression to correlate with faster rates of adoption — the dogs who made that face more often during the brief filmed interaction found homes the fastest. If, for instance, in that two-minute interaction caught on camera, the dog made puppy-dog eyes five times, he stayed in the shelter for about 50 more days on average; if he made the face ten times, it was 35 more days in the shelter; if he made it 15 times, he’d be out of the shelter in an average of 28 days.

It is not hard to imagine why this happened. That inner raised eyebrow just makes dogs look so sad, as if they are desperate for human companionship and care; it also makes their eyes look larger, and therefore more infant-like. “It’s a ‘You look like an infant baby, here, I’ll protect you,’ kind of thing,” Kaminski explained. “It’s you just look so cute, I can’t help it.” The next question, then, is whether dogs are making this face on purpose, because they’ve evolved to learn the power of cute to weaken human resolve. “So now what we’re looking at is — is this a communicative signal? Do they produce it in any way intentionally — do they produce it to manipulate us?” Kaminski said.

Along with the puppy-dog eyes, these researchers also want to investigate the “guilty look,” or the face your dog makes when you get home and find your favorite shoes have been used as chew toys. Is it truly a look of guilt — as in, the dog knows he’s done something wrong? Or is it a reaction to their human companion’s angry face? (Research by Alexandra Horowitz of Barnard College, for example, has suggested that it’s likely the latter.)

These misunderstandings matter. Children in particular, Kaminski said, tend to mistake a dog’s bared teeth for a “smile,” which is often the reason kids end up getting bitten by dogs when they try to zoom in for a hug. (Your periodic reminder: Dogs hate hugs.) For example, to a kid, it could kind of look like the dog below is smiling. To the researchers who study DogFACS, this expression is the painstakingly unemotional combination of AU110 (upper-lip raised), AU109 (nose wrinkled), and AU116 (lower-lip depressed), as Catia Caeiro of the University of Lincoln explained in an email to Science of Us.
It’s not that these expressions don’t work in tandem with dogs’ emotions — rather, the scientists behind DogFACS are trying to untangle anthropomorphic assumptions from the expressions, observing what sorts of situations tend to trigger each face. Eventually, emotions and expressions can be knitted together again. For now, however, Kaminski has some advice for people who wish to better understand what their dogs are trying to say through their faces. “It’s completely fine to follow your intuition,” she said. “If the bond is there, that’s based on this special relationship and this special history we have with dogs.” Scientists like Kaminski are learning the intricacies of this shared language. But people who love their dogs likely already get the gist.
Signs that indicate PAIN in PETS

Make sure you can readily recognize these signs to ensure patients aren’t suffering.

NORMAL—NO PAIN
- Comfort: Asleep or interested in surroundings
- Vocalization: Quiet
- Heart rate: 0 to 15 percent above normal
- Respiratory rate: 0 to 15 percent above normal

MILD TO MODERATE PAIN
- Comfort: Depressed, restless, no interest
- Vocalization: Crying but responsive to voice
- Heart rate: 16 to 45 percent above normal
- Respiratory rate: 16 to 45 percent above normal

SEVERE PAIN
- Comfort: Extreme agitation or thrashing
- Vocalization: Continuous crying that is unusual for the patient
- Heart rate: More than 45 percent above normal
- Respiratory rate: More than 45 percent above normal

Other signs that indicate pain include self-mutilation, anorexia, hiding, pacing, a decrease in normal activity, a change in routine, behavior changes, and aggression.
The U.S. Food and Drug Administration today announced the approval of Nocita (bupivacaine liposome injectable suspension), a new animal drug that provides post-operative pain relief for knee surgery in dogs. Post-operative pain occurs with any surgical procedure. Managing pain after surgical procedures ensures the comfort of the dog as they heal from surgery.

Nocita is a liposome formulation of bupivacaine, an amide local anesthetic that produces local post-operative analgesia directly at the surgical site. Nocita is administered as a single treatment into the tissue layers during surgical closure. The drug offers bupivacaine during time-release at the surgical site, providing local post-operative relief for up to 72 hours after surgery.

The most common adverse reactions include discharge and inflammation at the surgical site, vomiting, abnormal urine, increased alkaline phosphatase (a liver enzyme) and fever. This product must be prescribed and administered by a licensed veterinarian because professional expertise is needed to administer the product correctly and safely during the surgery.

Nocita should not be combined with other amide local anesthetics. Gloves should be worn when handling or administering Nocita.

The application for Nocita is sponsored by Aratana Therapeutics.
Lakes Region Kennel Club Members Brags

Owner’s Name: _________________________________________________________

Dog’s Name: _________________________________________________________

Brag: _______________________________________________________________

Please email brags to polakowski@att.net so they can be published in the Pawprint. Pictures are welcome too.

Please send photos of your dogs so I can put them in the Pawprint.

Example: Here is a picture of Tux playing Frisbee.