

# DOG EARED JOURNAL

## Editor Needs YOU

This newsletter is for the members of the HRKC, and we'd like to include YOUR news, brags, events and pup pictures (pups of all ages!). Please send your stuff to Marie at [hrkcnews@yahoo.com](mailto:hrkcnews@yahoo.com).

## Web Pages

These pages present the club to the wider world, and serve members in various ways. In the coming months, the pages will take on a new look and structure. Please - I need your help here too! Send ideas, requests, comments and content to [hrkcnews@yahoo.com](mailto:hrkcnews@yahoo.com).

## HRKC Officers

President: Susan Parr

VP: Chris Cornell

Secretary: Deborah Dowd

Treasurer: Jo Chinn



## It's Show Time!

### *Are you ready for the ARO?*

June 3, 4 and 5, the HRKC will be hosting the annual Agility, Rally and Obedience show at Carrie Blake Park! We'll be out on the 1st and 2nd too, getting things ready, and need volunteers to help set up and get organized. So if you can, please come out to the venue and help!

Steve Chinn, Chris Cornell and Jan Gould are also looking for people to help in the agility, rally and obedience rings. Even if you can't sign up for a whole day, drop by the agility ring and work a bit! Every minute you can help lets one of the organizers have time to grab a bite to eat, something to drink - or even take a bathroom break!

## What Causes Dog Anxiety?<sup>1</sup>

Dog anxiety can have several causes, according to the [Merck Veterinary Manual](#). The most common are:

- Fear
- Separation
- Aging

Fear-related anxiety can be caused by loud noises, strange people or animals, visual stimuli like hats or umbrellas, new or strange environments, specific situations like the vet's office or car rides, or surfaces like grass or wood floors. These fears may seem inconsequential to us, but they create a lot of anxiety for dogs.

[Separation anxiety](#) is estimated to affect around 14 percent of dogs. Dogs with separation anxiety are unable to find comfort when they are left alone or separated from their family members. This anxiety often manifests itself in undesirable behaviors, such as urinating and defecating in the house, destroying furniture and furnishings, and [barking](#).

Age-related anxiety affects older dogs and can be associated with cognitive dysfunction syndrome (CDS). In dogs with CDS, memory, learning, perception, and awareness start to decline, similar to the early stages of Alzheimer's disease in humans. This understandably leads to anxiety in [senior dogs](#).

### SYMPTOMS OF ANXIETY

So how can you tell if your dog has anxiety? There are several important symptoms to look out for:

- [Aggression](#)
- Urinating or defecating in the house
- Drooling
- [Panting](#)
- Destructive behavior
- Depression
- Excessive barking
- Pacing
- Restlessness
- Repetitive or compulsive behaviors

By far the most dangerous symptom of dog anxiety is aggression. This aggression can be targeted directly or indirectly, depending on the situation. Direct aggression occurs when a dog acts aggressively toward people or other animals. Indirect aggression can be equally dangerous, and often happens when a person comes between the dog and the source of the dog's aggression, such as another dog. Even if a dog is prevented from harming others, aggressive behaviors such as [growling](#) or barking can lead to dangerous situations for humans and dogs, alike.

Urinating and defecating in the house is a common symptom of separation anxiety. Anxious dogs often work themselves up to the point that they pee or poop in the house, even if they

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<sup>1</sup> <http://www.akc.org/content/health/articles/treating-dog-anxiety/> May 22, 2017

are housebroken. This is frustrating for owners and can cause damage to property, not to mention the unpleasantness of the cleanup.

Destructive behavior is also common with separation anxiety. The damage is usually located around entry and exit points, like doorways and windows, but dogs in a state of heightened anxiety are also at risk of harming themselves. Attempts to break out of dog crates, windows, and even doors can result in painful injuries and expensive veterinary treatments.

## Treating Dog Anxiety

The best way to treat anxiety is to talk with a veterinarian. She can help you identify the type of anxiety your dog suffers from and the possible causes and triggers. Veterinarians can also rule out any other medical conditions that could be causing your dog's symptoms.

Your vet will help you come up with a treatment plan. Since anxiety is often caused by a variety of factors, the best way to treat it is usually through a combination of training, preventative strategies, and in some cases, medications.

### TRAINING AND COUNTERCONDITIONING:

There are several training strategies dog owners can use to treat anxiety. One way is counterconditioning. The purpose of counterconditioning is to change your dog's response to the stimuli responsible for anxiety, usually by replacing the anxious or aggressive behavior with a more desirable behavior, like sitting or focusing on the owner.

Another training strategy is desensitization. The owner slowly introduces the dog to the source of anxiety, preferably in small doses and at a decreased intensity. Repeated exposure and rewarding positive behavior can go a long way toward managing anxiety.

You might want to contact a professional dog trainer to help you choose the best approach for your dog, as training an anxious dog is not always easy.

### ANXIETY MEDICATIONS FOR DOGS:

Some cases of anxiety are so severe that your veterinarian may recommend medications or natural therapies. SSRIs and antidepressants are occasionally prescribed for dogs with anxiety, including fluoxetine and clomipramine. For predictable anxiety-producing events like thunderstorms, fireworks, or car rides, your vet might prescribe a medication such as benzodiazepine in conjunction with an antidepressant to help your dog cope with the stress. Senior dogs with cognitive dysfunction syndrome may benefit from the drug selegiline, which can help reduce some of the symptoms of CDS. Selegiline is also used for treating chronic anxiety in Europe.

The Merck Veterinary Manual also states that natural therapies and products can help dogs with anxiety. Some products work best in conjunction with other medications, while others can be used alone, depending on your dog's case. Natural products use pheromones and aromatherapy to reduce anxiety. Talk to your vet about the natural products best suited for your dog.

## Preventing Dog Anxiety

It is hard to predict if a pet will develop anxiety, but there are ways to help a new dog or puppy avoid anxiety-related problems.

### Body Language

One of the best things you can do is learn to [read dog body language](#). Knowing when your dog is uncomfortable or scared can help you avoid negative experiences or use them as a

positive training moment. Body language can also tell you when a dog is getting anxious, which is especially useful if your dog has a history of aggression-related anxiety.

### **Socialization**

Proper [socialization](#) can prevent the development of anxiety. Introducing your dog to new people, dogs, animals, places, and experiences can help them avoid an exaggerated response down the road, and also helps them become well-adjusted canine citizens.

### **Obedience**

[Obedience training](#) is an essential tool for preventing and managing anxiety. It lays the foundation of a healthy relationship and establishes trust. A well-trained dog is easier to socialize than a dog without training, and obedience classes are a great place for dogs to meet other dogs in a controlled environment.

### **Exercise and Nutrition**

Regular [exercise and stimulation](#) are crucial for a dog's development, physical, and mental well-being. A stimulated dog is less likely to pick up destructive behaviors, and [good nutrition](#) is equally important for your dog's health. Making sure you take care of your dog's physical and mental needs can help you prevent any behavior problems that don't stem from anxiety, letting you know the areas where your dog needs the most help.

### **Situation Avoidance**

If your dog has been diagnosed with anxiety, you can also try to avoid or prevent situations that trigger your dog's anxiety. For example, if you know that your dog grows anxious around large groups of dogs, you should avoid dog parks. Avoidance does not mean that you need to put your life on hold, but it can reduce some of the stress on you and your dog.

If the source of the anxiety cannot be avoided, preventative measures like leashes, body harnesses, and, in some cases, basket muzzles can prevent dangerous situations. Once you know your dog's triggers, you can prepare for these situations ahead of time.

## **Take Action Now**

Don't let your dog's anxiety take control of your life. With the right treatment strategy, you can help your dog overcome his anxiety and prevent dangerous and destructive situations from happening in the first place. If you think your dog might have anxiety, talk to your veterinarian today about a treatment plan that best fits your dog and your lifestyle.



Hurricane Ridge Kennel Club  
General Meeting  
April 19, 2017, Sequim Prairie Grange Hall  
Susan Parr and Chris Cornell, Presiding

The Hurricane Ridge Kennel Club general meeting was called to order at 7:00 p.m. Officers present included: Susan Parr, President; Chris Cornell, Vice-President; Jo Chinn, Treasurer; and Deborah Dowd, Secretary. Directors present included Jan Gould, Jan Garrison, and Anne Andritsch.

**Roll Call:** The following members attended the meeting: Anita Pedersen, Karen Faddis, Terri Krause, Miriam Rose, Polly Sarsfield, Bob Whitcomb, Marcia Whitcomb, Nancy Field, Marie Hooper, Hattie Good, Bruce Good, Glorine Hanson, Carolyn Money, Susie Metzger, Steve Chinn, Joe Larson.

**Guests:** Janet Wahl, Sherry Kimbrough, Linda Campos, Kathy Ohm, and Rolf Mitchell.

**New Member:** The Club voted to admit Liz Tweten to membership.

**Guest Speaker:** Miriam Rose described the new AKC Scentwork titling event, which launches in October 2017. Clubs may begin to apply for show dates now and may accept day-of-trial entries. A club can offer up to 12 shows each year. There is no preliminary ORT. The search odors are clove, birch, anise, and cypress. Searches can take place in containers, interior, exterior, and buried.

**President's Report:** None.

**Secretary's Report:** None.

**Treasurer's Report:** Jo Chinn reported current account balances. She has been banking membership dues. The activities permit is paid for and the exit banner for the parking lot has been ordered. The Club received a \$150 donation for the ARO.

**Committee Reports:**

**ARO:** June 2, 3, and 4, 2017. Steve Chinn, Agility Chair, reported. The tunnel has been repaired. The Sequim High School Equestrian Team will be at Carrie Blake on 6/1 to assist with set up; catering is taken care of, break down will begin about 1:00 p.m. on Sunday. Jan Gould has volunteered as Chief Ring Steward.

Steve will conduct a workshop on timing at the May 17 general meeting, so volunteers can be trained as timers. Volunteers are also needed as bar setters and leash runners.

**All Breed Show:** July 28, 29 and 30· Joe Larson, Chair, reported:

Awards: Jan Garrison called on members to donate for the awards.

Vision Clinic: Dr. Nathan Kice will be running the clinic. An examination will cost \$30.

There will be a nosework demonstration Saturday and Sunday.

**New Business:** None.

**Brag:**

Anita Pedersen and Newfy earned an Elite NW3 title and were High in Trial at the UKC show.

Marie Hooper's shih tzu was well-behaved thanks to Jan Gould's training.

Chris Cornell's Bree earned her T2B title and got a Q in Premier.

Nancy Field came within yards of certifying her 6-month-old wirehair dachshund in tracking.

Meeting was adjourned at 8:11pm by Chris Cornell

Respectfully submitted,  
Deborah Dowd  
2017 Secretary



**APPROVED**

Hurricane Ridge Kennel Club  
Board of Directors Meeting  
March 8, 2017

Jo and Steve Chinn's home

Meeting was called to order at 6:30 pm. Officers/directors present were Chris Cornell, Jo Chinn, Anne Andritsch and Jan Gould. Others present were Steve Chinn and Joe Larson.

Reading Minutes of last Board Meeting – This was dispensed with.

Report of Secretary – None.

Report of Treasurer – Jo Chinn gave a report on the club's financial position.

Report of Committees –

ARO: Steve and Chris discussed the status of the upcoming ARO trials. The premium and flyer has been completed. Ginny will make copies of the premium and flyer. Chris will also make copies of the flyer and get some to Joe, to distribute at the Seattle KC shows this weekend. Copies of both will be made available at future show and trials. Entries open April 5, close May 19.

Hospitality food is still an open issue. No club member has volunteered to be the lead person as of yet. Susan will talk to Cindy. Perhaps contact a local booster club? Chris will send out an email to selective club members asking if they will volunteer to be the lead person.

Tunnel repair. Steve and Chris will meet at the trailer, March 14, 10:00 am, to get the tunnel needing repair. They will also look at the other equipment. A listing of equipment will be sent to the agility judge, Candy Nettles. There is a new tie-down system being developed for tunnels that replaces the nylon straps (that can damage the tunnel ribs) with a broad vinyl panel. They have been used at trials in Mount Vernon and look good. Chris is in contact with Robin Kletke about possibly getting these panels before ARO dates.

All Breed Shows: Joe asked if the club is OK with asking Priscilla Stockner to be the on-site show veterinarian again. No objections. The high school will have classes

through June 21. Joe will check with school about making the paving upgrades before the shows.

Joe went over status of the judges for the shows.

We will be offering FAST-CAT on Saturday and Sunday, on the baseball field, east of the rings. There will be no additional cost to use the field. The Rhodesian Ridgeback people will be conducting the event. Georgia Towle will volunteer on Sat/Sun and Patty Greeny on Sun. We need another helper for Sat. We will probably put up the snow fencing as a chute for the 130 yard course. Joe will confirm this with the Ridgeback people. It was also agreed that it would be a good idea to include a description on FAST-CAT for the club newsletter, before entries close. Signs should also be made to identify where FAST-CAT will be held.

Final comments on the premium have to be sent to BaRay by May 3.

Unfinished Business – None.

New Business – Chris went over some items from the AKC Board of Directors meetings (Jan 9-10 & Feb 9-10). There will be some enhancements and new classes for Rally, effective 11-1-17. There will be some equipment modifications for Agility, effective 4-1-17. There may also be some changes to Premier Jumpers requirements. AKC Scent Work is a new AKC sport (based on Nose Work), that will be effective 10-1-17. Our club may be interested on holding a future Scent Work Test. A new Trick Dog Program will be launched by AKC on 5-1-17. Trick Dog titles will be certified by CGC evaluators.

Adjournment – Meeting was adjourned at 8:05 pm.

Submitted by Chris Cornell.