



Newsette



WWW.VHOC.ORG

P.O. BOX 10132 CANOGA PARK, CALIFORNIA 91309

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MAY GENERAL MEETING

MAY 20—6:30 to 9 PM at

Canoga Park Lutheran School on the training field.

Rally course and Agility course will be set up.

VHOC will provide KFC—please contact Debbie Lang at djlang@sbcglobal.net to RSVP and let us know what side you might be bringing

Our General Meeting in June will be the 17th. This is the meeting that will be the Teddy Bear Photo shoot. We have a flyer on page 3—

Please contact Joyce Davis at joycedavis@me.com If you have any Teddy Bears that could be used for the photo shoot.



REMINDER

Remember to check the website
<http://www.vhoc.org>
for announcements, cancelled classes,
upcoming events and other important club information.

If you know of a member who would appreciate receiving correspondence, such as a get-well card, sympathy card, etc., please email our Corresponding Secretary, Carole Hills, at
chills37@aol.com

VHOC Board of Directors

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Nancy Giltner

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General Meetings

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Newsette

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Raffle

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Sandy Walton

Show 'N Go

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Top Dog Captains

Patti Rovtar

Cindi Malchose

Trophies

Deborah Lang

Joyce Davis

Website Administrator

Jennifer Voogt

Yahoo Group

Allison Pobirs

SCDOC Rep

Vita Allison

Welcome to our New Members!

(in order to activate membership, applicants need to attend one general meeting or volunteer to help at a VHOC event)

Annette Horenstein and her Pug - Porter

Sarah Gallegos and her Rhodesian Ridgeback - Maya

April Board Meeting Summary

The last VHOC Board meeting was held on April 17, 2016 at Ann Hills home.

Our Treasurer—Barbara Laffer indicated our starting Balance was \$13,238.19 and our ending Balance is \$10,125.69.

VP/General Meetings – Teddy Bear photo shoot moved from May General Meeting to June General Meeting.

Membership (Carole Hills) -We have had four new members since the beginning of the year, Pepsi Cook, Trudi Schoolhouse, Adrian & Deanna Smith (rejoined), Annette Horenstein.

Agility Training (Nancy Giltner) Classes going well, we still have openings in our Thursday classes at the school. We are looking into redoing the Agility contacts.

Nosework Training (Carole Hills) – Just need 4 more dogs to start a Beginners class.

Agility Trial (Nancy Giltner) – have the judges, checking out other venues besides Woodley Park for the December trial.

Obedience/Rally Trial (Melody Meyers) – just waiting on final 3 contracts from judges for the December trial.

Trophy Committee (Debbie Lang) – We will start sending out emails asking for class sponsorships in July.

Next Board Meeting – Sunday May 15th.



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Alexandra B.

info@bellabbarkery.com

www.facebook.com/bellabbarkery

Notice: This article is reprinted with permission of Catherine Zinsky. This article will appear in two parts in the Newsette.

This is Part 2 of 2. The first part is in the April Newsette.

A Three-Stage Program Toward Success

Catherine L. Zinsky

www.gettoready.net

The “Editing” Phase:

To edit means to revise and to make ready. In the editing phase of training I am going to make revisions on any skill or maneuver that is not to my satisfaction, with the ultimate goal of making my dog ‘ring’ ready. It is in the editing phase that corrections are introduced.

It is important to realize that to correct an error is merely to make it right. Cruelty, meanness, and especially anger should NEVER play a role this editing phase. Once again, my underlying philosophy is ‘be fair, be honest.’ When fairness and honesty are the backbone of the teaching phase, the editing phase is generally a brief period of fine tuning and perfecting each skill and exercise. No anger allowed!

During the Editing Phase it is essential to:

1. Recognize the beginnings of a problem
2. Correct for it immediately
3. Show the dog how to do it correctly
4. Repeat the skill and allow the dog to succeed on his own
5. Give quick, staccato leash pops, praise copiously and play!

Let’s take a look at the Novice Recall to demonstrate these editing steps. Pretend I have called my dog and for the first time in his entire life he lightly trots in instead of hauling butt. This is not the picture I ultimately want. Now, I can chalk it up as a weird occurrence or I can ‘revise’ it immediately so that it never crops up again. Because of my philosophy of being fair, being honest, I’m going to ‘revise’.

Consider: if I let it go I am being dishonest to my dog. Why? Because I’m letting a so-so recall slide by without letting my dog know that this so-so recall is not good enough. I’m accepting it as being all right. If I let it slide, the recall is no longer as crystal clear as it once was to my dog. It now has a fuzziness, as it can be fast or it can be ho-hum. With the fuzziness comes confusion, especially if down the road I suddenly decide it’s time to correct him. At this late date he will have no idea WHY he’s being corrected. He’s done a ho-hum recall before and it was all right. What’s suddenly different with this one?

Instead I let him know the first time this feeble recall occurs that what he is doing is unacceptable by:

1. Stopping him while he is performing this ho-hum recall (I’ve recognized the problem)
2. Repeating the recall while simultaneously giving him pops on a retractable leash with enthusiastic and stimulating “Hurry” commands. (I’m implementing a correction while showing him how to perform it properly.)
3. Again repeating the recall, giving no assistance or encouragement. (I’m allowing the dog to succeed on his own.)
4. Leaping for joy once the dog reaches me and sincerely giving praise, praise, praise as I pop him up for a cookie or toy, followed by lots of hands-on petting, then play.

A Three-Stage Program Toward Success Catherine L. Zinsky www.gettoready.net—Continued

By following this system I have clarified to my dog that this is the way a recall is done. I have left no wiggle room, no gray areas, no room for confusion. It is what it is, and there is no fuzziness, no uncertainty. This is honest training and the editing is fair. Better still, my dog is happy. He knows precisely what his job is and so is not lost in a vat of confusion.

Furthermore, I have found that when the teaching is honest and a correction is truthfully and fairly given, most dogs will actually anticipate the leash pop correction and *move into the pop* willingly, tail wagging. This is a dog that appreciates and enjoys his obedience work. This is a confident dog.

Where the teaching phase taught the ‘How to’ and instilled the ‘Want to,’ it is through the Editing Phase that the dog recognizes and accepts the ‘Must do.’

The Stabilization Phase:

It is in this stage that I introduce distractions and a variety of challenges to deepen and sharpen my dog’s abilities to perform any given skill or exercise that he has been taught. This is the defining stage in building my dog’s confidence.

The distractions and challenges are NOT tests—at least not in my program! The test of my dog’s abilities and ring readiness will come once we enter an obedience trial. The distractions and challenges I present to my dog are meant solely to strengthen my dog’s understanding and his self-assurance. When I take him into the ring, I want the ring to be a wonderful experience. I do not want my dog to enter a ring and suddenly be afraid or unsure. Neither do I want to be afraid or unsure. When we go in—because we both know we are ready and are a team—we will each have confidence in ourselves and each other. Showing then becomes a joy.

It is important to begin with light distractions and challenges and only gradually increase the difficulty as the dog becomes stable with the previous ones. I’ve broken my own into three levels: easy, moderate, and Super-Dog. Once I believe my dog understands any one step of an exercise, I introduce easy distractions and challenges.

Again, let’s look at the Novice Recall as an example: my dog has been doing lovely recalls for a number of weeks now and I have decided it’s time to make the game a little more challenging. One distraction I might employ is to have my husband, who the dog adores, stand near or even walk by as I call my dog. If my dog does not respond as I expect him to, I would gently give little leash pops and be very excited AND exciting. Once my dog reaches me, I would be ecstatic—and mean it! I would then play with him. I need to be the center of my dog’s world. Furthermore, my dog needs to understand that I am the team leader.

The moderate level might require my dog to come through a maze of scattered toys. The SuperDOg level might be that my husband throws some balls out and says “Get it,” at the same time as I call my dog to front. Or I could have a friend standing nearby offering my dog a hamburger when I call him. If my dog comes, I’m going to go ballistic! Good boy, yeah for you, what a dog!!!

A Three-Stage Program Toward Success Catherine L. Zinsky www.gettoready.net—Continued

If he doesn't come, I'm going to calmly walk in and take each side of his collar and pop him towards me a few feet, then release, praise and repeat the entire scenario. Understand that success is not mandatory at this point. I firmly believe that the introduction to any new idea or concept is initially enough. It is my contention that the dog then 'sleeps on it' much as we do, and that the next day or so there will be evident progress. What I do like to see before I quit for the day is that my dog is showing a sign of at least trying. He may not succeed, but there is a glimmer of hope.

The Stabilization phase is actually the exact opposite of setting your dog up for failure: it's a stage to help deepen his understanding of what it is you want him to do. With this understanding comes great confidence. This confidence makes your dog extremely flexible in different environments; he is able mentally and emotionally to adjust and function when the working picture changes. More importantly, knowing that your dog has a sound understanding of the exercises you are going to perform gives you as his handler supreme confidence. Your confidence and his confidence combined equal a win-win situation.

It is in the Stabilization phase that the dog learns the "Can do."

"How to," "Want to," "Must do", and "Can do" are the components for success. Just be fair, honest, and clear—to both yourself and your dog—and you won't go wrong.

Got treats?

This article is on Catherine Zinsky's website www.gettoready.net.

I will be posting the article in two installments. This is the second part. The first part is in the April Newsette.

Bio for Catherine Zinsky —

Catherine has trained and shown Dobermans, Australian Cattle Dogs, and Border Collies to National acclaim. She has had well over 150 High in Trials and more than 20 perfect '200' scores. In 2006 Catherine had the #1 Border Collie at the AKC National Obedience Invitational. In 2008 she was Second Runner-up and again had the #1 Border Collie as well as the #1 Herding Breed at the NOI. Catherine has

handled her dogs to breed Championships, Obedience Trial Championships, UDX titles, and Obedience Grand Master Titles. She writes obedience articles for a number of magazines, as well as maintaining the column, Playing by the Rules, for Front and Finish Magazine. She also provides an interactive Canine Competitive Obedience Toolbox website, www.gettoready.net, which is available to all enthusiasts at no cost. According to Catherine, this Toolbox is her payback to the sport she loves so much.

Her book, ATTITUDE + ATTENTION = TEAMWORK! SEVEN STEPS TO SUCCESS, is directed for handlers in all performance venues and can be ordered through information provided on her website.

We need your help for our June General Meeting



Our June General Meeting will be the Teddy Bear photo shoot. *It has been moved from the May meeting.*

If you have any Teddy Bears we can use for the June Meeting please contact Joyce Davis—

at joycedavis@me.com

She would like to know what Teddy Bears are coming so she can design the best photo set up.



Dog Aggression Ladder

This article and graph is taken with permission from the Bright Dog Academy website: <http://brightdog.com>.

This article in its entirety belongs to BrightDog Academy. BrightDog Academy is owned and run by Alex Antoniazzi, ABCDT <http://brightdog.com/dog-aggression-ladder/>

If someone says that a dog bit or attacked with no warning signs, well that simply isn't true.

Dog bites and attacks are actually very very predictable, and very very avoidable when you know what to look for.

When something is happening to our dog or around our dog that is making them uncomfortable, they will give off warning signs.

Because we are humans who don't naturally understand dog body language, it is very easy to miss these warning signs.

If we miss the warning signs, and continue to do what ever it is that the dog doesn't like, and the dog bites us, **then it is OUR FAULT!**

It is not fair to get mad or angry at a dog for biting when they were asking us to stop and we didn't.

Below is what I call the dog aggression ladder, and it shows you the build up of signs that a dog will give that eventually leads to a bite.

Now keep in mind that you won't necessarily see every single warning sign or action on this ladder before a bite occurs, but you will always at minimum see at least one, and that is your queue to identify what is bothering your dog and remedy the situation.

When you see your dog displaying the behaviors on this chart, here is what they would say to you if they could speak English.

- " Stop it! "
- " I don't like what your doing to me! "
- " Leave me alone! "

" I'm scared! "

Study this chart, and try to memorize it as best you can.

Doing so will help keep you safe around dogs since you will be able to read their body language more reliably.

Aggression Ladder



[http:// brightdog.com](http://brightdog.com)

"Graphic redrawn after Kendal Shepherd 'Ladder of Aggression' BSAVA 2002"

Got News?

*Do you have a brag? Did you get a new puppy? Is your dog celebrating a birthday?
Do you have other dog-related news, photos, articles, humor or upcoming events you'd like to share?*

*Do you have a canine product or service you'd like to promote?
Ads are only \$10.00 a month, or \$50.00 for an entire year.*

Email me for more information, or just send your stuff to:

Debbie Lang at
djlang@sbcglobal.net

Submission deadline is the 8th of each month

This is YOUR Newsette...make it great!



Don't forget the Raffle Committee needs your 1 pound Coffee Cans.

Please save your cans and we will give them to either Allison Pobirs or Cindi Malchose for our annual Raffle.



BRAGS



Elisa Hirsch and Scarlett

Who says dreams don't come true?

Introducing **Champion Tracker**

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CT MACH3 Hirsch's Gone With The Wind VCD2, CDX, RA, MXJ, MXC, XF, NW1, NW2

On May 1, under cool, cloudy skies at Southwestern College in Chula Vista Scarlett passed her VST test. Judges Joan M. Telfer and Roy Fair awarded her this prestigious title.

We couldn't be more excited and proud of her accomplishment!



Louise Brady and Squeak—April 10, 2016, Tri-Valley Shetland Sheepdog Club, Simi Valley, CA:

Earned our 2nd NA leg with a score of 85 and 1st place.

Louise Brady and Squeak - April 16 & 17, 2016—Dog Agility Club of Ventura, City of Industry, CA:

On Saturday we earned 85 in Nov Standard for our 3rd leg and **NEW TITLE**.

On Sunday we moved up to Open for both classes and earned our 1st leg in Open Jumpers with 95.

Brags

Robyn Zelden and Lux—April 30, 2016—*Border Terrier Club of So Cal, City of Industry, CA:*

Novice JWW—1st Q with a 95 for 1st place



Laurie Burnam and Scusi—April 30, 2016, *Lake Mathews KC, Prado Regional Park, Chino, CA:*

AKC Obedience. Open A 1st place. 193. 2nd. Leg



Laurie Burnam and Scusi— May 7, 2016, *Tri-County ASWA ASCA Stock trial, Task Farms, Leona Valley, CA:*

Open Sheep course D

1st place 95. 1st leg



Taken from "The Good Vet and Pet Guide" Facebook

Marcia Siderow and Remi—

May 7 & 8, 2016, Hollywood Dog Obedience Club, Woodley Park, CA:

Remi, aka Karbits Remington Steele,

5-7 got his open standard title **OA Title**

5-8 He got his second open jumpers que on Mothers Day.

Nice gifts for me. My boy is moving up in agility.

Braggs

Sharon Jeter and Kindle— April 22-24, 2016, Conejo KC and Angeles Canyon KC, City of Industry, CA:

"My Frenchie, GCHB DK's Kindle on Fire, earn his Bronze Grand Championship at the City of Industry show on April 24th. Two days out of three he was award Best of Breed out of approximate 40 entries. I was so excited as the competition was very strong plus some of the top handlers of the country were in the ring competing with me. I hope to apply his showiness in the future to the obedience and agility ring some day."



Yvonne Garst & Barbie—4/10/2016 National Association Canine Scent Work NW2 Trail Fillmore Hosted by Pink Biscuit.

1st place Containers

2nd place Vehicles

2nd place overall

NW2 Title

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Braggs



Dody Tyneway and P'Air—May 8, 2016 Hollywood Dog Obedience Club Agility Trial, Woodley Park, CA:

P'Air—got his **first Double Q** at the Jump City Trial on Mother's Day! With a 3rd place in JWW!



Shiro Torquato and Cody—April 9, 2016. Pink Biscuit K9 NACSW Nose Work 1 Trial, Fillmore, CA:

NW1 title



Sarah Sykes and Brio—4/22 & 23/2016, Went to their first Dock Diving competition with Splash Dogs at the Family Pet Expo in Costa Mesa, CA:

We had so much fun and Brio earned his **JD (Junior) title** with jumps of 13.01, 14.01, 13.02, 14.05, 13.06 and 14.10 feet with a 3rd place, three 2nd places and a 1st place. He also had one jump of 15 feet which earned his first Senior leg. He and I both agree that this was the easiest title we will ever earn!



Braggs

Jody Dushkes and Rowdy— *April 27, 2016 -Irish Water Spaniel Club of America's National Specialty, held in Chino at Prado Park, CA:*

Rowdy got his 1st Rally novice leg with a 90 and 2d place. Not bad considering this was his 1st time in the ring, and we had never really practiced rally.

Jane Nye and Gabe the corgi, *Sunday May 8, 2016. Central Valley Australian Shepherd Club Trial , Tulare, CA:*

Gabe got his ASCA CD with a 3rd place win and a score of 192 **NEW TITLE**

Debbie Lang and Quila—*April 16 & 17, 2016, Dog Agility Club of Ventura, City of Industry, CA:*

4-16—2nd place Preferred 16" JWW

4-17—**Double Q #19** towards her PACH, 2nd place 16" Preferred STD, 4th place 16" Preferred JWW. Panda is just looking on, while Quila is rather blasé about her ribbons.



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Braggs

Allison Pobirs and Ladd—5/08/16 *Central Valley ASC—ASCA AM and PM Obedience Trials, Tulare, CA:*

Ladd earned his **ASCA UDX on Mother's Day**, in the AM trial with **High Combined & High Scoring Other Breed**

(The UDX is earned with 10 Double Q's Open B and Utility B in the same trial)

In the PM trial Ladd earned his first leg of his ASCA ODX with HIT Overall and High Scoring Other Breed.



ASCA Open Obedience

This is a basic synopsis of the information located at: <http://www.asca.org/programs/obedience/odx>

As of 06/01/2013 there are two classes to choose from for ASCA Open obedience. There is the standard CDX (Companion Dog Excellent) where the dog will do the standard five individual exercises (Heel Free & Figure 8, Drop on Recall, Retrieve on Flat, Retrieve over High Jump, Broad Jump) plus the group exercises (out of sight sit stay— 3 minutes/ out of sight down stay 5 minutes) There are no changes to the requirements to earn the CDX title.

If your dog is competing to earn its ODX (Open Dog Excellent) title, your dog will do the standard five individual Exercises mentioned above, plus the directed open exercises.

A dog may enter ODX or CDX (not both) at any ASCA sanctioned trial. Your dog may earn both titles. Earning either title will allow your dog to move up to utility.

For the directed open exercises (DOE) there is DOE1 (2 exercises) and DOE2 (2 exercises) which flow into each other.

In DOE1 the handler will leave the dog 5' from the side of the ring at the judge's command and walk to the other end of the ring. When the handler is in position the judge will place a cone 2' to 3' to the left or right of the imaginary line between dog and handler half way between dog and handler. Neither dog nor handler will move from their positions. The second part of DOE1 is - at order from the judge the handler commands and/or signals the dog to go to the cone and sit, within a 3 foot radius of the cone. (30 points)

DOE1 flows ring into DOE2

In DOE2 – from a sit at the cone the handler commands and/or signals the dog to stand and the dog must remain within a 4 foot radius of the cone. The dog remains in a standing position, the handler on order from the judge will “return and heel forward”. The handler will return around the dog and without pausing give the command to heel and heel forward. (30 points)

A full tutorial with pictures is available at the ASCA website.



Reprinted with permission of Hillary Watson. Hillary Watson has been employed as a pet nutritionist for more than 20 years. Hillary has lectured on pet nutrition at the Ontario Veterinary College and the Atlantic Veterinary College, has been an invited speaker at 10 Canadian regional veterinary conferences, the CVMA national conference, as well as several veterinary meetings in Europe. Hillary has a B.Sc. in Animal Science and has completed graduate (Ph.D.) level courses in comparative animal nutrition, protein and lipid metabolism, nutrition and immune function, and veterinary pathology. Her websites are www.hilarywatson.com and www.completeandbalanced.com

FEEDING THE CANINE ATHLETE

By Hillary Watson

Published in Dogs in Canada Magazine, June 2006

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June is upon us and another demanding canine sports season is underway. While hot weather tends to lower the activity level and therefore the nutrient requirements of most dogs, working dogs have increased needs as a result of having to perform in hot, humid conditions. This month's column will look at nutritional strategies for enhancing athletic performance in working dogs.

There are five fuels that can be used by the body to drive muscular work: phosphocreatine, glycogen, glucose, fatty acids and amino acids (from protein). The type of work being performed determines which of these fuels are used. The muscles of a sprinter use different fuels than the muscles of a marathon runner.

Extremely short duration, maximum intensity work relies on energy released from phosphocreatine, a molecule present in limited quantities in muscle tissue. The breakdown of phosphocreatine provides maximum power (power = work/time) but lasts for a very short time. For very intense work that lasts no more than 10 seconds, phosphocreatine is the primary source of energy. Examples of dog activities that fall in this category include the French Ring palisade exercise, weight pulling, as well as the high jump and broad jump exercises.

A second potential fuel is glycogen. Glycogen is a carbohydrate which is also stored in muscle tissue. The power produced from the breakdown of glycogen is about half that derived from phosphocreatine, but it lasts a bit longer, up to about 30 seconds.

A third source of energy is glucose. Glucose circulates in the blood and is taken up by muscle cells where it is broken down to yield energy. The ability of muscle to use glucose depends on the availability of glucose in the blood and how quickly it can be moved into muscle cells. Because glucose uptake takes time, the energy derived from glucose yields less power than glycogen however circulating glucose typically outlasts muscle glycogen stores. Glucose becomes the major source of

energy for exercise lasting from 30 seconds to a few minutes. Since the liver can replenish glucose in the blood much faster than muscle can replenish its glycogen stores, glucose becomes an important fuel in sports that involve multiple short bursts of activity. Agility is a sport in which competitors (both dogs and handlers!) use glycogen and glucose as the predominant fuels.

The fourth source of fuel is the oxidation of fatty acids. Fatty acids used by muscle cells come from long chain fatty acids circulating in the dog's blood. These fatty acids move into muscle cells by diffusion and their rate of uptake by muscle depends on the fatty acid concentrations in the blood: the higher the fatty acid concentrations in the blood, the faster they are taken up by muscle cells. Once inside muscle cells, fatty acids must be transported into cellular structures called mitochondria where they are converted into fuel. The carrier protein responsible for transporting long chain fatty acids into mitochondria is called carnitine.

Dog sports which last for more than a few minutes use fatty acids for fuel. Within this category there is a wide range of activities, from the sprint of a racing greyhound, to a full day of field work for a hunting dog, to the 1800 plus kilometre trek across arctic tundra that defines the Iditarod sled dog race. With short duration, intense activities, glycogen and glucose still contribute significantly to the fuel used. For longer endurance work, fatty acid oxidation becomes the predominant fuel.

A final source of fuel is amino acids derived from the breakdown of protein. Amino acid oxidation is not a major source of energy for work. It usually represents no more than 5 to 10% of the total energy burned in work regardless of the type of activity performed.

FEEDING FOR STAMINA

Short duration, high intensity work does not depend on diet to the same degree as prolonged endurance work. While training can enhance the muscular strength and coordination of dogs performing the palisade,

diet and training cannot significantly improve a dog's ability to convert phosphocreatine into work. With endurance sports however, diet and training both play a critical role in enhancing the efficiency of energy utilization and maximizing performance.

Human marathon runners generally follow a feeding strategy called "carbohydrate loading" which was first described in 1967 by Bergstrom. Bergstrom demonstrated that diets high in carbohydrate extended the time to muscle glycogen depletion in human marathoners, thereby improving their endurance. While carbohydrate loading is an effective strategy for humans, it is not always a good strategy for dogs.

Dogs participating in activities that use glycogen and glucose as the predominant fuels do benefit from diets high in complex carbohydrates. However, for dogs who work for hours at a time, high carbohydrate diets can be dangerous. Carbohydrate loading in sled dogs results in a condition known as exertional rhabdomyolysis ("tying up"), which causes muscle pain and cramping. High carbohydrate diets fed to endurance dogs often cause watery stools which can quickly lead to dehydration. A better approach for endurance dogs is to increase their daily intake of dietary fat.

High fat intake, in conjunction with endurance training, causes cardiovascular, pulmonary and enzymatic changes which enhance the storage of fat in muscle and increase the dog's ability to use free fatty acids as fuel for muscle activity. These physiological changes, which occur only when a high fat intake is accompanied by an aerobic training program, are referred to as "fat adaptation".

Fat adaptation improves the efficiency of energy utilization in performance animals. One study showed that in fat-adapted race horses, 77% of energy absorbed from their diet was available for athletic activity, while 23% was expended to maintain normal metabolic functions. In non fat-adapted

By Hilary Watson

Published in Dogs in Canada Magazine, June 2006

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horses, 34% of absorbed energy was required for metabolic functions, leaving only 64% for athletic activity.

Similar results have been reported in dogs. Racing sled dogs have been shown to perform better on high fat diets than on high carbohydrate diets. Treadmill studies with beagles have shown that feeding high fat diets result in a longer time to exhaustion, while high carbohydrate diets were associated with a more rapid onset of fatigue.

Fat adaptation reduces breathing effort during exercise. During aerobic activity, muscles use oxygen to burn fuels and carbon dioxide is produced as a by-product. Increased heart and respiration rates during exercise facilitate an increased uptake of oxygen and release of carbon dioxide by the lungs. When fatty acids are burned as fuels, less carbon dioxide is produced per unit of oxygen as compared to carbohydrate. Fat adaptation reduces the rise in carbon dioxide levels in venous blood during exercise and this is believed to reduce the breathing effort required during strenuous exercise.

FEEDING TO MAINTAIN HYDRATION

Dehydration is a major concern for all animals competing in hot weather. Dogs lose excessive body heat by panting, so a dog's

requirements for water increase with increasing temperature and activity. While mild dehydration may not be life threatening, it can still significantly impair athletic performance. Body water depletion reduces blood volume causing the blood to "thicken". This results in the heart having to work harder to pump blood through the body, preventing the dog from achieving maximum cardiac output. Water depletion is a major cause of fatigue in performance animals.

Food consumption directly affects water requirements. Increased food consumption due to increased activity can double or even triple the amount of water lost in a dog's urine and feces. Urine is required for the elimination of nitrogen from the body, and nitrogen is released when protein is metabolized. Diets which are high in protein therefore promote the production of a greater volume of urine which increases the risks of dehydration. High fibre diets can also contribute to dehydration because they cause an increase in stool volume which increases fecal water losses. High salt diets, while encouraging water consumption, also increase urine output and so can lead to body water depletion.

High fat diets which are moderate in protein help to conserve body fluids in three ways.

First, they minimize urine output by reducing the amount of nitrogen which must be eliminated from the body. Second, they provide a more concentrated source of nutrients, thereby minimizing stool volume and fecal water losses. Third, dietary fat contributes "metabolic water". Metabolic water is defined as water produced from the metabolism of nutrients. When 100g of fat, protein and carbohydrates are metabolized, approximately 107g, 40g and 55g of metabolic water are produced respectively. Dietary fat yields more than its weight in metabolic body water.

By far the most important strategy for maintaining hydration in working dogs is to provide clean, fresh water as often as possible. Most people wouldn't dream of going jogging on a hot summer day without taking fluids with them. It's crucial to extend the same courtesy and care to active working dogs.

Supplements can help to improve performance, enhance stamina and hasten recovery after intense exercise. Some examples of nutrients which can be beneficial to canine athletes are listed below.

Supplement	Role
Carnitine (a small protein)	Enhances the ability of muscle to generate energy from long chain fatty acids
Arginine (an amino acid)	May help to prevent hyperammonemia (the build-up of ammonia in the blood) caused by increased protein turnover
Medium chain triglycerides (for example coconut oil)	Shorter fatty acids are absorbed faster into the blood and do not require carnitine for metabolism. They are particularly beneficial for canine endurance athletes.
Omega 6 fatty acids (for example sunflower oil)	Important for the integrity of cell membranes, they help red blood cells carry oxygen
Omega 3 fatty acids (for example fish oil)	Help reduce inflammation, promote healthy recovery after exercise
Calcium and magnesium	Increased dietary fat can increase calcium and magnesium losses in feces. Supplemental calcium and magnesium are important for endurance athletes but not necessary for most dog sports.
B vitamins	Necessary for the production of energy, requirements for a working dog may be triple those of the average dog
Antioxidants (for example vitamin C and E)	Help to repair cells and tissues damaged by exercise, working dogs have an increased requirement for these nutrients
Buffers (for example potassium bicarb)	Help to buffer acidosis caused by lactic acid build-up in muscles, helps reduce muscle ache and muscle fatigue
Glucosamine, chondroitin sulfate	Help to repair damaged cartilage tissue and promote joint health

May General Meeting

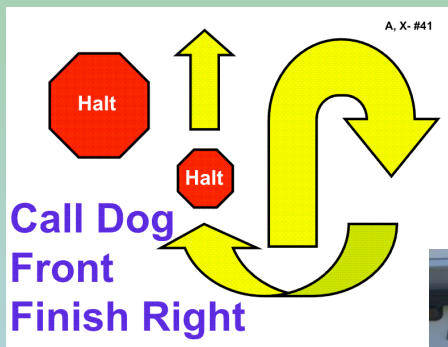
May 20th 6:30 to 9 PM

Our next General Meeting is on Friday May 20th
from 6:30 to 9PM on the CPLC Training Field
(Jordan Ave/Wyandotte St.)

We will have a Rally and a Agility Course set up. Bring your dogs and your crates/X-Pens for a great time.

VHOC will provide KFC Chicken for dinner.

Please bring a side to share.



RSVP to Debbie Lang at

djlang@sbcglobal.net

Let me know if you are coming so I can get enough chicken and what you might be bringing for a side





Newsette
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CANOGA PARK CA 91309

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Memorial
DAY