



- **DOG CALMING TREATS**
- **TEMPERATURE TOLERANCE**
- **PUREBRED VS. MIXED BREED HEALTH**

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Wagging Tails

The Newsletter of Vegas Valley Dog Obedience Club

PAGE 1

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JUNE, 2025

Dog Calming Treats: Uses and Alternatives

By Colt Dodd

Published: Jul 31, 2024

Picture two dogs. One is an active Australian Shepherd who seems to run on an endless supply of energy. The other is a timid Italian Greyhound who constantly hides under the couch in the presence of strangers, fireworks, or the front door closing too loudly. While



these dogs may seem different at first, they have one thing in common: both could benefit from over-the-counter calming treats.

Many of these products rely on ingredients, such as melatonin and chamomile flower, to help anxious or high-energy dogs become more tranquil. But with so many different types, it can be difficult to choose the right one for your pet. Many of these have a generalized calming affect on dogs, so what you need them for can also depend. The best decision ultimately depends on many factors, including your dog's breed, aller-

gies, and the reason for the calming treat.

Different Ingredients in Dog Calming Treats Target Different Stressors

There isn't a standardized formula for dog calming treats. Each product will have its own ingredients aimed at relieving your dog's anxiety or putting the brakes on their excitability. Yet, different ingredients have different purposes. And, while some ingredients have been tested through studies, research is not always done on the calming treats themselves.

(See **TREATS** Page 3)

Famous Dog Quotes

1. If you don't own a dog, at least one, there is not necessarily anything wrong with you, but there may be something wrong with your life. *Roger A. Caras*
2. Dogs' lives are too short. There only fault, really. *Agnes Sligh Turnbull*
3. A well-trained dog will make no attempt to share your lunch. He will just make you feel so guilty that you cannot enjoy it. *Helen Thomson*
4. When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you. *Nora Ephron*
5. Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read. *Groucho Marx*





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UPCOMING MEETINGS

MONTH	DATE
JUNE	3
JULY	NO MEETING
AUGUST	5
SEPTEMBER	2
OCTOBER	7
NOVEMBER	4
DECEMBER	2

Board Meeting begins 6:30pm

General Meeting begins 7:00pm

Attendance via Zoom is also available.

Meetings are held on the first Tuesday of each month at 1600 E. Desert Inn Rd., Suite 240, Las Vegas NV

Contact Us

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We are on the Web!



Upcoming Events Calendar

June 12-15, 2025 Nut Farm Classic Show & Trials, California

July 11-14, 2025 Truckee Meadows Dog Training Club Trials, Nevada

July 17-18, 2025 AKC Rally National Championship, Ohio

July 19-20, 2025 AKC Obedience National Championship, Ohio

July 26-27, 2025 Flagstaff Kennel Club Show & Trials, Arizona

September 5-7, 2025 Red Canyons Kennel Club Show and Trials, Utah

September 11, 2025 VVDOC Fall Training Class Registration

September 12-14, 2025 Great Salt Lake Kennel Club Show & Trials, Utah

September 18, 2025 VVDOC Fall Training Classes Begin

September 20-21, 2025 Prescott AZ Kennel Club Show and Trials

October 4-5, 2025 Chino Valley Canine Training Club of AZ Trials

October 11-12, 2025 Bakersfield Obedience Training Club Trials, California

October 24-26, 2025 Pahump Valley Obedience Club Trials

November 14-16, 2025 Poodle Club of Las Vegas Show & Trials

January 1-4, 2026 Palm Springs Kennel Club Show & Trials, California

January 8, 2026 VVDOC Winter Class Registration

January 10, 2026 VVDOC Awards Dinner

January 15, 2026 VVDOC Winter Class session begins

January 17-18, 2026 Phoenix Field & Obedience Club Trials, Arizona

Jan. 29-Feb. 2, 2026 Heart of the Desert Classic Show & Trials, Arizona

February 6-8, 2026 VVDOC Trials

February 27-March 1, 2026 Superstition Kennel Club Show & Trials, Arizona

March 20, 2026 VVDOC Trials

March 21-22, 2026 Silver State Kennel Club Show & Trials

March 27, 2026 VVDOC Trials

March 27-29, 2026 Kern Co. KC & San Luis Obispo KC Show & Trials, California

March 28-29, 2026 SSKC Trials

April 2, 2026 VVDOC Spring Class Registration

April 9, 2026 VVDOC Spring Class session begins

April 24-26, 2026 Apple Valley Kennel Club Show & Trials, California

Apr 30-May 3, 2026 Beehive Cluster Shows & Trials, Utah

May 1-3, 2026 Fiesta Dog Shows, Arizona

May 8-10, 2026 Del Sur KC, California

May 21-24, 2026 (4 Club Cluster) San Bernardino, California

(TREATS from Page 1)

Dogs with sensitive stomachs may become anxious in response to pain, gas, and discomfort. Here, a calming treat with ginger root could be beneficial, as the ingredient would soothe both their tummies and anxiety. An older dog who feels anxious at night may benefit from a treat with melatonin to help them sleep.

Other ingredients and their benefits include:

- L-tryptophan, a natural amino acid that promotes the production of serotonin
- L-theanine, another amino acid used to alleviate anxiety
- Valerian root, which is shown to act as a mild sedative
- Cannabidiol (CBD), which studies suggest can lower cortisol levels
- Chamomile flower, an herb commonly used to soothe upset stomachs
- Thiamine (B1), a vitamin that targets the central nervous system
- Passionflower, which can be used to soothe dogs with acute anxiety

Talk to your dog's veterinarian before administering calming treats, even if you purchased them over the counter. The term "all-natural" doesn't necessarily mean the treat is safe for your dog. Some even contain traces of harmful ingredients, like garlic, which can cause serious health complications. Your veterinarian can review the ingredients of a calming treat and explain whether it's safe.

Considerations When Purchasing Dog Calming Treats

You can streamline your search for the right calming supplement by considering some unique factors that apply to different kinds of treats.

Types of Dog Calming Treats

Many calming treats come in a chewable flavored tablet, but others come as oils. You may consider drizzling a calming oil

over their dry food if your dog might spit the treat out.

You may also purchase treats that offer benefits in addition to anxiety relief. Dental sticks blended with hemp and melatonin clean your dog's teeth while also offering a short activity. Other treats offer joint health supplements, thanks to their high levels of healthy omega fatty acids.

How Long Does the Dog Calming Treat Last

Depending on a treat's active ingredients, it could last anywhere from four to eight hours. You may choose a long-lasting treat for road trips or a more temporary treat for short-lived stressors, like firework displays.

Dietary Restrictions for Dog Calming Treats

While there are some common ingredients in many calming dog treats, each will have its own specific formula. For example, some dog calming treats are flavored with chicken, a common allergy in many breeds. Check the treat's packaging to ensure that it only contains ingredients your dog can tolerate.

How Quickly Do Dog Calming Treats Work?

Fast-acting treats are ideal for unexpected events that call for immediate relief, such as during loud rolling thunderstorms. Treats that take longer to "kick in" might be ideal for non-urgent situations, like before bedtime.

What Dogs Can Benefit From Calming Treats?

It's a common misconception that only perpetually anxious dogs can benefit from calming treats. In reality, dogs of different ages, sizes, and breeds can benefit from these products. Senior dogs, for instance, can develop symptoms similar to dementia in humans, causing them to feel anxious in situations they normally wouldn't.

High-energy dogs, such as Border Collies and Australian Cattle Dogs, are known for their endless enthusiasm for hours-long play sessions. While these working dogs should have an outlet to thrive, they can

become easily bored and resort to destructive behaviors. With the correct dosage, these dogs can find a healthy balance with treats containing chamomile and melatonin. Some new owners wonder whether they can use calming treats for puppies. The short answer is yes. However, as with adding anything new to your dog's diet, you should consult a vet first.

What if Calming Treats Don't Work on My Dog?

Finding the ideal dog calming treat can be a trial-and-error process. It might take several brands and ingredient combinations before you get the desired result. Before ruling out



dog calming treats altogether, here are some things to consider.

First, ensure you understand the dosage instructions before offering these treats to your dog. Your dog's weight plays a major role in how quickly their body metabolizes certain substances. One treat might not equal one serving. In fact, larger dogs may need multiple treats to achieve the intended effect. Note: this isn't to say that more treats necessarily equal better results.

You may also need to readjust your expectations about dog calming treats and their effect on your pet. These products won't override inherent traits found in some breeds or cancel out reactivity stemming from traumatic events. These issues are best addressed with the assistance of an animal behavioral specialist.

(See **TREATS** Page 4)



DID YOU KNOW?

June 20th is

Take Your Dog To Work Day

(TREATS from Page 3)

Finally, know that some conditions go beyond the scope of over-the-counter treats and supplements. A veterinarian may advise you on whether prescription medications could help your dog thrive. These could include antidepressants or benzodiazepines, such as diazepam (Valium).

**Alternatives to Dog Calming Treats**

Dog calming treats are a great resource for owners looking to relieve anxiety, discourage destructive behaviors, or soothe an aging dog. However, these treats aren't intended to be all-encompassing solutions. They're tools that, in combination with oth-

er targeted efforts, can promote your dog's quality of life.

For example, you could:

- Drizzle a CBD oil over your dog's breakfast the morning of a long car ride. In transit, you also attempt to create a positive association with the experience using praise and other high-value treats.
- Leave behind toys and interactive games for a dog who struggles with separation anxiety, in addition to administering a calming treat.
- Try participating in an activity, like agility or freestyle, to meet the needs of a high-energy breed.

There are even some alternatives to calming treats themselves. One such alternative is a soothing collar. These products release pheromones that trigger the same comforting response a puppy would feel from its mother. Anxiety vests or apparel are another alternative to calming treats. Generally designed as a vest or wrap, these items provide gentle, constant pressure over the dog's body, like a long hug.

Talk to Your Vet Before Administering Dog Calming Treats

As dog lovers, we want to take as few risks with our dogs' health as possible. Whether you're aiming to soothe an anxious dog or prevent reactivity, a veterinarian can offer insight into what options you have for meeting that goal.

Unlike testing for human supplements, there is no standard testing for pet supplements on things like calming treats or behavioral supplements. In many cases, that can mean a range in quality between different brands of calming treats.

By working closely with a veterinary professional, you can rest assured that you're providing the safest and most effective method for your dog's condition.

This article is intended solely as general guidance, and does not constitute health or other professional advice. Individual situations and applicable laws vary by jurisdiction, and you are encouraged to obtain appropriate advice from qualified professionals in the applicable jurisdictions.

Height

Dogs 16" Females 15"

Weight

20-30 pounds

Life Expectancy

12-15 years

AKC Sporting Group**About the Breed from the AKC**

The Nederlandse Kooikerhondje is a very old breed, appearing in paintings by the Dutch masters back into the late Middle Ages. The breed was

**Breed of the Month**

used in the 'Eendenkooi' the manmade duck-trapping pond systems, beginning prior to the invention of gunpowder. These 'Duck Decoys' - as they were called in English - are not to be confused with carved wooden faux ducks, but were instead hand-dug ponds ranging from 3 to 10 acres in size. The breed was also associated with the founder of the Dutch Monarchy, Prince William of Oranje, whose 'Kooiker' Kuntz was credited with saving the Prince's life when assassins sought to kill him. The breed began to diminish after the First World War as better fowling guns meant hunters could shoot ducks more readily. The Duck Decoys were not as profitable, the effort to maintain them less desirable and with their disappearance so too came the decline of the little orange-red and white dog used to lure the ducks. In late 1939, as part of her silent resistance to the occupation of the Netherlands, the Baronesse von Hardenbroek van Ammerstol set out to preserve

**Nederlandse Kooikerhondje**

the breed. She sent peddlers who stopped at her estate off with a black and white photograph of the breed and a snippet of fur. When the peddler spotted a dog that seemed to match the Baronesse's requirements, she then took to her own bicycle to visit the dog. In this way she found Tommy, a bitch from the farthest north province in the Netherlands who became the foundation. The Baronesse bred 52 litters under the name Walhalla from 1942 to 1976. The Dutch parent club was organized in 1967, and the breed was officially recognized by the Raad van Beheer (the Dutch equivalent of AKC) in 1971.

Welcome, Spring: A Season of Renewal for Dogs

March 20, 2025

AKC Government Relations

Today marks the first day of spring, a season that brings warmth, blooming flowers, and longer days – all of which can be a refreshing change for both humans and their canine companions. As the weather begins to shift, it's important to remember that dogs, like us, have different tolerances to temperature. From the first spring breezes to the hot summer days ahead, each breed is uniquely adapted to thrive in specific climates.

Dogs come in all shapes and sizes, with characteristics that make them exceptional in different environments. Whether it's a furry arctic breed with a dense undercoat or a sleek, single-coated breed, each dog has traits that help it thrive in various weather conditions. Understanding these unique qualities is key to ensuring that your dog remains comfortable and safe as the seasons change.

For example, sled dog breeds like the Siberian Husky have a unique circulatory system that allows them to conserve heat and energy when out in the cold. This system, combined with a thick double coat, helps them stay warm in freezing temperatures. Interestingly, these same breeds are also able to tolerate heat in the summer, as their thick coats provide insulation against the sun's rays. In addition, their well-adapted circulatory system helps protect their paws from frostbite in winter.

Studies have shown that each breed reacts differently to temperature changes. Research on sled dogs at Denali National Park revealed that a Siberian Husky can comfortably withstand subzero temperatures, while a study from Purdue University found that some smaller, short-haired breeds begin to feel uncomfortable when temperatures drop below 60°F. Additionally, many smaller breeds actually prefer warmer climates and can tolerate heat better than larger breeds.

As the first day of spring rolls in, it's a good reminder that one-size-fits-all temperature guidelines often miss the mark when it comes to canine care. Regulations that apply to all dogs without considering their unique needs can lead to unintended consequences. Factors like breed, age, health, nutrition, and coat type all play a role in determining the best temperature for your dog.

No dog should ever be subjected to conditions that put their health or safety at risk. However, it's important to recognize that many breeds are naturally equipped to thrive in weather outside the comfort zones that humans might consider ideal. As we embrace the change of seasons, policymakers should consider a more nuanced approach to regulations that protects all dogs, ensuring they can continue to enjoy the weather they love – no matter the temperature.

When considering legislative or regulatory



policy options, the American Kennel Club urges policymakers to consider a broader approach that expressly prohibits dogs from being left in conditions where their health and safety are at risk. In this way, all dogs can be protected -- and still allowed to play, run, and enjoy the weather they love best.

Check out our video explaining how [Arbitrary Temperature Requirements Can Harm Dogs](#).

-*"The Science of Sled Dogs: Denali National Park and Preserve Teacher Guide"*, National Park Service.

- *"Temperature Requirements for Dogs"*, Purdue University Extension, October 2016.

-*"Body size and the daily rhythm of body temperature in dogs"*, *Journal of Thermal Biology*, Vol. 34, Issue 4, May 2009.

From AKC "Taking Command" March 2025 Newsletter



Results Prove Mixed-Breed Dogs Not Healthier Than Purebreds

The results of recent peer-reviewed scientific studies cast serious doubts on the common myth that, “Mixed-breeds are healthier than purebreds.”

No statistically discernable differences were found between mixed-breed vs. purebred dogs in age-adjusted lifetime prevalence of malignant or benign tumors (2022 study).¹

When more than 100,000 mixed-breed and purebred dogs were studied, both were found to potentially suffer from many of the same inherited disorders with about 40 percent of all dogs carrying at least one of the conditions screened for.²

A mixed-breed dog population carried more than triple the number of exclusive disease-associated variants than the purebred dog population did in a cohort of over one million dogs screened to determine the prevalence and breed distribution of 250 genetic variants. Most of the observed disease-associated variants were encountered in both mixed-breed and purebred dogs. Disease-associated variants were collectively common in dogs and many health issues are shared by both mixed-breed and purebred dogs.³

Of three designer-crossbreeds studied, all exhibited overall health patterns largely equivalent to their purebred progenitor breeds. So called cockapoos, labradoodles, and cavapoos did not benefit from improved health due to crossbreeding. Communicating this to prospective owners can set realistic expectations for health and veterinary costs and ensure that purchases

are based on evidence rather than marketing hype.⁴

¹<https://onlinelibrary.wiley.com/doi/10.1111/vco.12839msocid=3c6ae71742c86d2723ddf36e43e86ce0>

²Frequency and distribution of 152 genetic disease variants in over 100,000 mixed breed and purebred dogs. *PLoS Genet.* 2018 Apr 30;14(4):e1007361. <https://journals.plos.org/plosgenetics/article?id=10.1371/journal.pgen.1007361>

³Genetic prevalence and clinical relevance of canine Mendelian disease variants in over one million dogs. *PLoS Genet.* 2023 Feb 27;19(2):e1010651. <https://journals.plos.org/plosgenetics/article?id=10.1371/journal.pgen.1010651>

⁴The doodle dilemma: How the physical health of ‘Designer-crossbreed’ Cockapoo, Labradoodle and Cavapoo dogs’ compares to their purebred progenitor breeds. *PLoS One.* 2024 Aug 28;19(8):e0306350. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0306350>

Owners reported their mixed-breed dogs were (1) less calm, (2) less sociable toward other dogs, and (3) showed more problematic behavior than purebreds. Mixed-breeds and purebreds were similar in trainability.⁵

No differences in the expression of 13 genetic disorders were detected between purebred dogs and mixed-breed dogs. Purebreds have higher homozygosity (inheriting the same versions of a genomic marker from each biological parent), which is the expected result of selective breeding. Few data exist demonstrating that purebred dogs express more overall disease compared with mixed-breed dogs.⁶

The assumption that mixed-breed dogs do

not suffer from single-gene genetic disorders was demonstrated to be false. Thus, the diseases examined should remain on any practitioner’s rule-out list, when clinically appropriate, for all mixed-breed dogs, and judicious genetic testing should be performed for diagnosis or screening.⁷

An examination of the statistical research results of papers summarized in “Breeding of Short-Muzzled-Brachycephalic – Dogs” found the cited papers have many serious statistical shortcomings leading to conclusions completely opposite to those drawn. Unfortunately, the Netherlands Ministry of Agriculture, Nature, and Food Quality used this research to justify legislation restricting breeding of animals with extreme brachycephaly as measured by a low cranial-facial ratio (CFR).⁸

⁵Owner perceived differences between mixed-breed and purebred dogs. Borbála Turcsán, Ádám Miklósi and Enikő Kubinyi, February 21, 2017. <https://doi.org/10.1371/journal.pone.0172720>

⁶Prevalence of inherited disorders among mixed breed and purebred dogs: 27,254 cases (1995-2010). *J Am Vet Med Assoc.* 2013 Jun 1;242(11):1549-55. <https://avmajournals.avma.org/view/journals/javma/242/11/javma.242.11.1549.xml>

⁷Frequency of five disease-causing genetic mutations in a large mixed-breed dog population (2011-2012). *PLoS One.* 2017 Nov 22;12(11):e0188543. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0188543>

⁸Relationship between incidence of breathing obstruction and degree of muzzle shortness in pedigree dogs. Richard D. Gill, Zonodo. Version v1, November 19, 2022 <https://zenodo.org/records/7543813>

The American Kennel Club® supports health research and initiatives that benefit all dogs, and actively advocates for fair, reasonable, and enforceable laws that protect the welfare and health of dogs while not restricting the rights of breeders and owners who meet their responsibilities.

To learn more, please visit: www.akcgr.org



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Pam published an article in the January 2025 Wagging Tails edition that I wrote for my breed club's magazine that was reprinted by the AKC Gazette's Service Dog Edition in 2001, so I don't want to bore you all again with the details of how I got into the dog world. Pam also gave me a couple of question suggestions as to what to write about. Hence....

Who got you interested in Obedience/rally and joining the club?

When I brought home my 11-week-old Mastiff in February, 1998, my husband and I immediately looked for a private dog trainer as Fluffy was my first dog ever and we were referred to the venerable Peggy Falcone. Peggy had recently suffered a stroke and only agreed to take me on if she didn't have to handle Fluffy. Mastiffs gain 5lbs a week until the age of six months and Peggy was sure it was a different dog each week. After finishing the course, Peggy told me to continue with classes at the VVDOC. I waited until Fluffy was six months old and signed up for classes. Fluffy entered the Advanced Beginner class taught by Sandy Brannum and Ginger Austin. Fluffy graduated first in her class at the end of the training session. At the age of 10-months-old Fluffy earned her Canine Good Citizen (CGC) certificate and later went on to be a certified therapy dog. After participating in many training sessions and lots of fun matches, Sandy suggested I join VVDOC for the first time. Sandy never gave up asking and in 2008 I joined VVDOC.

Fluffy's CD



What dog did you earn your first title with?

Fluffy earned her CD in October 2000 at the VVDOC Trial. We NQ'd quite a few times getting there and I'm sure it was always due to handler error. Her RECALLS were at the speed of snail but Fluffy never, ever broke a STAY. Fluffy weighed 223 lbs and was 33" at the withers so I chose not to go further in Obedience with her as I didn't want her jumping at competition height.

Muffy's RN



Zoey Therapy Dog



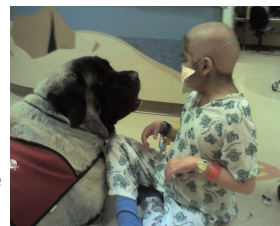
alone for hours in our set-up. Both Muffy and Zoey earned their CGC's and were both certified therapy dogs. All three girls visited both Sunrise Hospital and Nathan Adelson Hospice weekly. Fluffy and Muffy also took part in the "Reading With Rover" programs in the Flamingo and Green Valley libraries. Mastiff Sophie was our last girl but we couldn't train properly as I suffered with spine issues. She was mindful and got to be as lazy as she wanted to be!

Had it not been for the great obedience classes and more so the great instructors who taught me all the basics throughout the years, I don't believe my experience of dog ownership would have been as rewarding. And... the good, lifelong friendships I have made along the way in the club.

Fluffy Reading -With-Rover



Muffy Therapy Dog



Fluffy's graduation 1st place & CD ribbons



My next Mastiff was named Muffy. She earned her CD in 2008 and later went on to earn her RN. Muffy weighed 225 lbs and I didn't go any further in either sport for the same jump height reason. Mastiff

Zoey came next, she never earned any titles as I always volunteered to steward at our shows and didn't want to leave her

Sophie



How old your dog REALLY is: ...Your pet's 'true age' - as experts say multiplying 'human years' by seven is a myth.

By WILLIAM HUNTER
Published: 02:50 EDT, 6 April 2025

If you're a dog owner, you have probably heard the popular myth that a single human year is equal to seven 'dog years'.

That would make Britain's oldest dog, a 22-year-old Staffy from Devon named Sasha, a staggering 154 years old.

However, experts now say that the reality of dog ageing isn't quite as simple.

Pet food company, Purina, explained: 'While it's true that one year for human development is quite different to one year for a dog's development, the actual number of dog years to human years depends on several factors.

'The dog's size and breed play an important part in their life expectancy, with small breeds usually living longer than larger breeds.'

That means working out how old your dog is in human terms takes some more complicated calculations than just multiplying by seven. ...



Bobi, a Rafeiro do Alentejo from Portugal, was once thought to be the world's oldest dog at 31-years old. According to the myth that one human year is worth seven dog years, that would make Bobi 217 years old. However, vets say that the calculations are not so simple dog's 'true age'.

So, is your pet still a playful puppy or have they hit their midlife crisis earlier than expected?...

How old is your dog in human years?

According to Purina, the myth that one human year is worth seven dog years probably comes from the idea that humans live about seven times as long as dogs on average.

However, this isn't always the case since size and breed have a big impact on how fast dogs mature and age.

Purina says: 'Larger breeds live shorter lives, so they mature more quickly.

'Large and giant breeds are usually considered to be 'seniors' by the time they're five, while medium-sized dogs won't reach old age until they're seven.

'Small and toy breeds reach seniority around the age of 10.'

This is further complicated by the fact that dogs age at different speeds at different points in their life.

According to the UK Kennel Club, the first two years of a small dog's life are equal to 12.5 human years, although this reduces to 10.5 years for a medium dog, and nine years for a large dog.

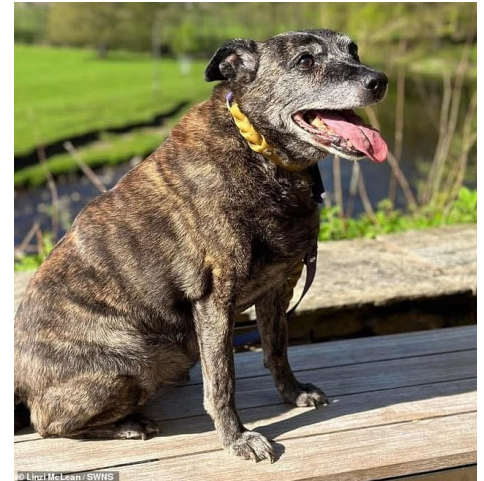
After that, each additional year of a dog's life is worth between 4.3 and 13.4 years depending on the breed.

The reason for the different stages is that dogs' stages of development aren't the same as in humans.

Purina says: 'We all wish our canine friends could live as long as we humans do, or even longer if possible.

'But the reality is their life span is not the

same as ours and many dogs are already full-blown adults by the time they are two years old.'...



Sasha the Staffy from Devon (pictured), believed to be the UK's oldest dog, is 22 years old and still going strong. Although your dog might not break any records, there are some simple things you can do to help them stay healthy for longer .

How to help your dog live longer

On average a medium-sized dog has a life expectancy of between 10 and 13 years old.

However, in some cases, dogs can live significantly longer than this.

Although his claim is now disputed due to a lack of documentary evidence, Bobi the dog was previously thought to have lived 31 years and 165 days.

Likewise, Sasha the Staffy from Devon, believed to be the UK's oldest dog, is 22 years old and still going strong.

Although not every dog will break a record for longevity, there are still some simple things you can do to help.

Healthy diet

Just like humans ensuring your dog has the right food and nutrition is key to maintaining their health.

(See **TRUE AGE** Page 9)

(TRUE AGE From Page 8)

Purina says: 'A healthy diet comprised of all the nutrients a dog needs will help keep them happy well into their old age.'

There are lots of different choices for how to feed your dog, but some vets now suggest avoiding ultra-processed options.

As an alternative, many owners opt for a raw food diet consisting of fresh meat, a few vegetables, and dietary supplements.

**Regular vet visits**

In order to ensure your dog stays healthy for as long as possible it's important to visit the vet to keep an eye out for any issues.

'Regular visits to your vet allow for early detection of any health issues, and in many cases, can prevent problems from developing in the first place, says Purina.

Rather than waiting for your dog to become ill, it is better to be proactive with checkups.

To make things easier, you can time these to coincide with your dog's vaccination schedule.

Purina says: 'Protecting your dog from potentially deadly diseases is crucial. Make sure your furry friend is up to date on all their vaccinations, as recommended by your vet.'

Spending lots of time together

Purina says: 'Make sure you show your dog lots of love and affection. Strengthening your special bond will do your dog a world of good and keep them healthy and happy.'

This includes giving your pet plenty of physical and mental exercise such as practicing tricks.

Daily walks and time spent playing helps your dog maintain a healthy weight, builds up their energy, and supports a strong

heart and immune system.



Providing your dog with the right diet can help keep them healthy. That means ensuring they get all the nutrients and vitamins they need each day

It is important to remember that each breed will have different exercise needs which will change throughout their lives.

So, if you have a young, energetic border collie, that means you'll need to walk them much more than if you have an ageing sausage dog or other small breed.

<https://www.dailymail.co.uk/sciencetech/article-14571707/Dog-age-calculator-true-age.html>

NOTE: [See Dog Age Calculator here.](#)



From the Editor

Do you have a brag? Did you get a new puppy?

Do you have other dog-related news, photos, articles, humor, or upcoming events to share?

Do you have a canine product or service you'd like to promote?

Send your information to

Pam Chadwick at

Goldenz1@centurylink.net

Submission deadline is the 10th of each month



Brags and Member Photos



Marti Siska and Daffy completed their CDX title at Apple Valley in Victorville, CA in April.



Nancy Swords' two girls with their Scentwork ribbon haul in April.



Nancy Swords with Mystique winning her Championship in Brighton CO in April.

Tips from Hallie

A special thanks to AKC Obedience and Rally Judge Hallie Ray, who has generously allowed us to reprint sections from her online blog. These are Hallie's opinions as a judge, not official AKC information. Hallie shared that she was her Club's newsletter editor (Richmond DOC) and they exchanged newsletters with VVDOC in the 1990s. Her blog may be found at <https://dracoshelties.wordpress.com/category/general/>

AKC RALLY REGS POP QUIZ: COURSE DESIGN

References are to the orangey-yellow regs amended to January 8, 2024.

1. T/F The AKC Rally Regs booklet does not address course design.
2. Which is a correctly designed course? Choose all that apply.
 - A. A Novice course with 5 Stationary signs and 16 total signs.
 - B. An Intermediate course with 11 total signs.
 - C. An Advanced course with 17 signs and 7 Stationary signs.
 - D. An Excellent course with 8 Stationary signs and 14 total signs, including 298 Sit Stay.
 - E. A Master course with 14 total signs, including 4 Stationary signs.
 - F. A Choice course with 20 signs including 8 Stationary signs and two jumps.
3. Fill in the numbers:

Intermediate and Advanced courses must have at least ____ Advanced (100 level) signs.

Excellent courses must have at least ____ Advanced signs and ____ Excellent (200 level) signs.

Master and Choice courses must have at least ____ Advanced signs, ____ Excellent signs, and ____ Master (300 level) signs.

(See **TIPS** Page 11)

(TIPS From Page 10)

4. T/F If the Intermediate and Advanced courses are judged by the same person, the courses should be the same except for the Advanced jump being replaced by another sign. If that replacement sign is Stationary, then it is OK to have 8 Stationary signs on the Intermediate course.
5. T/F If the Master and Choice courses are judged by the same person, the courses should be the same except that the jump is replaced by another sign. If that replacement sign is Stationary, then it is OK to have 8 Stationary signs on the Choice course.
6. T/F AKC guidelines are that signs must be placed at least 10' apart, and there must be at least 12' before and after any jump.
7. T/F A jump may be the first sign on a course.
8. T/F A jump may be the last sign on a course.
9. T/F Two jumps may be used consecutively on an Excellent course.
10. T/F If a jump is used twice on an Excellent course, a simple About Turn is sufficient between the two jump signs.
11. Which signs are NOT numbered on a course?
12. Is the Excellent 298 Sit Stay sign considered one of the Stationary signs on the course?
13. Is the Master jump (301, 302, or 303) considered one of the Stationary signs on the course?
14. T/F It's OK to use a 270° turn sign to take the team off the ring side onto a diagonal across the middle.
15. T/F Neither the Slow nor Fast signs may be used first or last on a course.
16. T/F It's nice, but not necessary, to put a duplicate on the back of signs 206-209, 311, 317, and 318.

ANSWERS

1. **False.** Course Design is specifically addressed in the Rally Judges' Guidelines, Chapter 2, and in several other areas of the regulations booklet.
2. The only one that is correct is **C**. Course requirements for total signs, stationary signs, and jumps are described in Chapter 3, Sections 1, 5, 7, 11, 16 and 18. On the AKC Blog, this table is included but was last updated in 2017 so it lacks Choice. The Choice course has the same requirements as Master except that the jump will be replaced by any other sign.

AKC Rally Course Requirement Table

	# of Signs	Required Stationary	Advanced Signs	Excellent Signs	Master Signs	Jumps	Retries
Novice	10-15	3-5	0	0	0	0	1
Intermediate	12-17	3-7	3+	0	0	0	1
Advanced	12-17	3-7	3+	0	0	1	1 Except Jump
Excellent	15-20	3-7	2+	3+	0	2	1 Except Jump & Sit/Stay
Master	15-20	3-7 Jump is one of the required stationary	3+	3+	4+	1 Master Jump Only (301-303)	None

To address the answers,

- Novice: 5 Stationaries is OK, but 16 total signs is too many.
- Intermediate: Must have at least 12 signs.
- Advanced: The maximum total signs is 17, and the maximum Stationary signs is 7. However, this judge would likely consider both excessive.
- Excellent: The maximum for Stationary signs is 7. The minimum for total signs is 15, including the Sit Stay.
- Master: Four stationary signs is fine (though hard to do!), but the total must be at least 15.
- Choice: Twenty signs is legal but unless the ring is closer to 3000 than 2000 sq ft, too much for this judge! Eight stationary signs is too many (3-7 required), Choice has no jumps.

(See **TIPS** Page 12)

(TIPS From Page 11)

3. See chart above.

Intermediate: 3 Advanced signs

Advanced: 3 Advanced signs, plus sign 103 Send over Jump – Handler Passes By

Excellent: 2 Advanced signs, 3 Excellent signs, plus two jumps and the 298 Sit Stay

Master: 3 Advanced signs, 3 Excellent signs, 4 Master signs, plus one Master jump

Choice: 3 Advanced signs, 3 Excellent signs, 4 Master signs, no jump

4 and 5: **The first sentence in each is true, but the second is false.** Eight stationaries (or more!) are never allowed in a Rally class. This is a common pitfall in course design: the Advanced or Master course is legal with 7 Stationary signs, but if the jump is replaced by another stationary, the Intermediate or Choice course doesn't meet requirements.

References: Intermediate vs. Advanced is addressed in the July 20, 2017 AKC Blog, and Master vs. Choice in Chapter 3, Section 18. Both are mentioned again in the Rally Judges' Guidelines, Chapter 2.

6. **False.** AKC has never said any such things. The AKC Blog for Sept 1, 2010, specifically says that there are no required distances before/after jumps and that 8' should be fine. The regs do not address distances between signs. Designer note: There are many "space saving" signs, that allow the next sign to be closer. Examples: 205 Backup 3 Steps, 211 Double Left About Turn, 212 About Turn Right – About U Turn, 213 About U Turn – About Turn Right, 26 Call Front – 1, 2, and 3 Steps Backward – Forward.

7, 8 and 9: **True, False, False.** Chapter 2, section 24: "Jumps may not be used consecutively on the course or as the last sign on the course." Using a jump first is not addressed.

10: **Generally false.** See the AKC Rally Course design webinar, and the blog post from May 1, 2011. The handler should not drift toward the dog after a jump—the next sign should allow the handler to continue straight and require the dog to return to heel. Then, if the next sign is a simple about turn, that should be completed as the described 180° turn, and if the second jump is the next sign, there must be sufficient room for the handler and dog to drift for the next sign. AKC recommends having more than one sign between 2 jump signs, or using a pylon sign such as 42 Offset Serpentine Left.

11. Start, Finish, Call, Directional Arrows, and Duplicate signs used for 206-209, 311, 317 and 318. Guidelines, Chapter 2.

12. **No**, 298 Sit Stay is not one of the Stationary signs counted on an Excellent course. Guidelines, Chapter 2.

13. **Yes**, the Master jump (301, 302 or 303) is one of the counted stationary signs on a Master course. Sign descriptions, and Course Requirement table.

14. **False.** Guidelines, Chapter 2, "Signs requiring specific angles of performance must be used to allow those angles to be executed correctly." AKC added the Diagonal Right and Left, and the Loop Right and Left signs which do not have specific angles of performance. They also recommend (anecdotally) using pylon signs creatively to allow nonspecific angles.

15. **False.** In the Course Design section, it specifies that Slow may be used as the last sign on a course. Nothing is said about using either of these as a first sign.

16. **False.** The Regs Chapter 2, Section 22, states: "The duplicate signs...will be paired ...on the backside of the original sign." This was a stealth update to the regs, from "may" to "will", a few years ago.

ABOUT US



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Vegas Valley Dog Obedience Club was founded in 1962. We are licensed by the American Kennel Club. Our purpose is to promote responsible dog ownership, humane training methods, and to further the sport of canine Obedience through AKC Obedience & Rally Trials. We offer Training Classes to the public and our members three times each year.

Please contact info@vvdoc.org for more information about our organization.