



NEFHRC

January 01, 2020

Volume 7, Issue 1

The Hunter's Blind

Inside this issue:

How to Help Arthritis in Dogs	2
NEFHRC Membership Application	4
HRC Membership Application	5
Club Officers	6

Coming Events

- 01/01/20 NEW YEAR'S DAY
- 01/11/20 NEFHRC Training Day
- 02/08/20 NEFHRC Training Day
- 02/08-02/09/20 Central Florida HRC
- 02/22-02/23/20 Bay Area HRC
- 03/07-03/08/20 Etowah Retriever Club
- 03/14-03/15/20 SOWEGA
- 03/14-03/15/20 Midlands HRC
- 03/21-03/22/20 Eastern Carolina HRC
- 03/28-03/29/20 NEFHRC Hunt Test

About NEFHRC Newsletter

This monthly newsletter is to help members keep updated on our club events, achievements, or other announcements that may be of interest. If you have something you would like to submit, please call or e-mail Karen VanDonsel at (828-877-3254 or webmaster@nefhrc.net).

Please feel free to submit pic-



Osborne's Maggie May enjoying NC snow. Photo by Karen VanDonsel.

tures, brags, sale of dog or training equipment, litters or any other items of interest for club members. The deadline for submission is the 15th of each month.

This newsletter is for you, our members. We want to include what you want. So, please help make this a great newsletter and submit your articles, pictures, stories and ideas. We want to hear from you!

Membership Renewals Due

As a reminder, all membership renew on January 1st of each year. Please renew your membership, if you have not already done so.

You can download a hard copy of the membership application from the web site at <https://www.nefhrc.net/documents/fillable-member-app.pdf>. Simply fill out the application and mail it, along with payment, to the address shown in

the body of the application. Alternatively, you can access the Online Membership Application on the web site at <https://nefhrc.net/club-information/online-membership-application/>. Renewing has never been so easy.

The club uses PayPal to collect payment for the dues. You do not need a PayPal account in order to

check out. You can enter credit card information directly.

Don't forget—renew today if you have not already done so. Don't miss out on club news and activities!

HAPPY NEW YEAR!



How to Help Arthritis in Dogs

“Arthritis is a relatively common condition in dogs, as the joints gradually wear out over the course of a lifetime.”

(<https://www.pawdiet.com/library/how-to-help-arthritis-in-dogs/>)

Arthritis is a relatively common condition in dogs, as the joints gradually wear out over the course of a lifetime. It can be painful and debilitating, but the good news is that there are ways to ensure your pet maintains good quality of life in spite of the disease, especially if it's diagnosed at an early stage. Here are the key facts you need to know about identifying and treating arthritis in your dog.

Which dogs get arthritis?

Any dog can develop arthritis, especially in older age (after many years of play and adventure!). However, certain breeds appear to be more likely to suffer from this condition. In particular, large dogs like Great Danes and mastiffs are more commonly diagnosed than smaller breeds. Weight can also play a role, so if you work to keep your young and healthy dog in good shape then you'll help to preserve his joints and reduce the chances of a diagnosis in later life. It's also important to be aware that arthritis can develop after trauma or joint infection, though aging is by far the most frequently identified cause.

“Any dog can develop arthritis, especially in older age (after many years of play and adventure!).”

Diagnosing arthritis

Most owners first notice the warning signs of arthritis when their dog starts to struggling with activities that used to be easy or enjoyable. For example, you might find your dog slowly and carefully walking up the stairs instead of running, or he might no longer be keen to fetch a ball or seem able hop up into the back seat of your car. You may even find that tenderness or pain causes him to flinch or pull back if you touch him in a particular place. Meanwhile, behavioral changes (such as tiredness or irritability) can also be seen as a result of pain and stiffness, though these signs alone are hardly conclusive of arthritis and may be caused by a huge range of different canine health problems. In some cases, the first sign of arthritis might be outright lameness—your dog might hold one front leg up, or seem to wobble on one of his back legs.

If you notice these changes, see your vet as soon as possible, and cut back on physical activity while you wait. However, once you receive a diagnosis, keeping your dog active (without causing pain) is actu-

ally a key part of managing the condition.

Lifestyle changes

If your dog is overweight, your vet will likely suggest that the main symptoms of arthritis could be improved by shedding that excess weight and therefore placing less stress on the damaged joints. It's also worth noting that carrying extra fat may be associated with higher levels of inflammation in joints. A calorie-controlled diet and gentle exercise can slowly but steadily ensure your dog is in good shape to fight the disease.

Meanwhile, it's great if you can work with your dog to build his physical strength, improving his body condition. When the muscles become stronger and start functioning more effectively, these changes afford some joint protection. Low-impact activities like walking and swimming can also help to maintain mobility and reduce joint stiffness. Swimming is particularly good because it provides an excellent workout while preventing the joints from bearing the dog's full body weight.



How to Help Arthritis in Dogs

"If your dog has arthritis in the neck or spine, you can reduce strain by putting the food and water bowls on a low table."

Medication

Your dog might be prescribed painkillers. If these painkillers are steroidal anti-inflammatories, it's important to note that protracted use is associated with tissue degeneration, liver problems and gastric upset. Non-steroidal anti-inflammatories are also to be used with caution and only after a thorough blood workup, as they frequently cause serious side effects like organ failure and seizures. However, dogs who don't develop side effects may experience significant pain relief and enjoy dramatically increased mobility.

One alternative to anti-inflammatory drugs is the opioid painkiller tramadol, which generally causes only very mild side effects (such as slight sedation and an increased need for water to compensate for potential constipation).

Some vets will also recommend shots of PSGAG (polysulfated glycosaminoglycan), which provides your dog with materials that the body can use to repair damaged tissues. This treatment (often marketed under the brand name of Adequan) may be effective and has received many positive reviews, but not all owners will be able to afford the cost associated with continued shots.

Diet

If your dog has arthritis in the neck or spine, you can reduce strain by putting the food and water bowls on a low table. In addition, there are special diets that are designed to promote joint health and may help to improve an arthritic dog's condition. For example, some contain anti-inflammatory fish oils, and others are a source of glucosamine, which may work to slow the progression of arthritis. Glucosamine is also available in supplement form, but always check with your vet before adding any supplement to your pet's diet. The appropriateness of supplements and doses can depend on your dog's breed, weight and other medications.

Physical therapy

Just like arthritic humans, arthritic dogs can benefit from physical therapy programs. If your vet doesn't have a physical therapist in the practice, they may nonetheless be able to provide you with a recommendation. A fascinating range of physical therapy treatments, ranging from ultrasound therapy to underwater treadmill use. Some dogs also seem to benefit from massages, which help to boost circulation to

muscles that may be atrophying, and your dog's physical therapist may be able to teach you techniques to use at home.

Surgical options

Finally, surgical options are also available and may be suggested in extreme cases of arthritis. Some vets will perform an arthroscopy—this is a minimally invasive procedure that allows joint damage assessment and facilitates joint repair measures.

In addition, joint replacement is a possibility, with elbow and hip replacements being the most common surgical procedures performed on dogs with arthritis. These require open surgery, and are expensive procedures that require several months of recovery. However, after the recovery period, there is more than a 90% chance that your pet will no longer display the previously familiar symptoms of joint damage and pain.

Full article and video can be found at
<https://www.pawdiet.com/library/how-to-help-arthritis-in-dogs/>

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(<https://pawdiet.com>)

"Just like arthritic humans, arthritic dogs can benefit from physical therapy programs."



NORTHEAST FLORIDA HUNTING RETRIEVER CLUB

www.nefhrc.net

MEMBERSHIP APPLICATION

____ **New Member** ____ **Renewal**

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

TELEPHONE Home: _____

Other: _____

E-MAIL ADDRESS: _____

DOG BREED: _____

CALL NAME: _____

Club dues are \$50.00 for both individual and family membership. The dues include the cost of the NEFHRC decal.

ANNUAL CLUB DUES ARE DUE JANUARY 1ST OF EACH YEAR.

Please make checks payable to NORTHEAST FLORIDA HUNTING RETRIEVER CLUB.

Mail the check and both pages to:

John Spivey, NEFHRC Treasurer
346 SW Charles Terrace
Lake City, FL 32024
(386) 288-1350

Areas where I'd like to help with the Club: _____

RELEASE

WHEREAS the undersigned desires to release certain parties from any damages that may arise, directly or indirectly, as the result of his/her participation in club activities offered by the Northeast Florida Hunting Retriever Club, fully realizing the inherent danger in any type of sporting event of this nature.

NOW, THEREFORE, in consideration of being allowed to participate in said activities, the undersigned does hereby release and forever discharge Northeast Florida Hunting Retriever Club, its officers, directors, members, participants, spectators, and all landowners whose land they may be using, from and all manner of actions, causes of such actions, claims and demands whatsoever, in law or in equity, which may arise now or in the future because of, or pertaining to, the undersigned's participation in any of its activities.

IN WITNESS WHEREOF, I have hereto affixed my hand the date and year written below.

DATED AND SIGNED THIS _____ day of _____.

(Name Printed)

(Name Signed)

All club members are urged to also become members of the national HRC. To do so, complete the form found on our website and send to: UNITED KENNEL CLUB – HRC, 100 East Kilgore Road, Kalamazoo, MI 49001. Annual National HRC dues are \$25.00 (individual) and \$30.00 (family). This membership includes the *HUNTING RETRIEVER* magazine.

If currently a member of the National HRC, enter Membership # _____ and Expiration Date _____.



Hunting Retriever Club, Inc.

MEMBERSHIP APPLICATION

In North America today, there is an organization that was established to test the hunting retriever in a true-to-life hunting environment. This organization, the Hunting Retriever Club, Inc., was created to develop the type of testing that you, and thousands like you, have wanted for years. The Hunting Retriever Club, Inc. (HRC) has established a no-nonsense, true to life, training and testing program where gun dog owners meet, train, learn and test their dogs afield.

The HRC was formed under the auspices of the United Kennel Club, Inc. (UKC). UKC was founded in 1898 as a purebred dog registry devoted to maintaining the inherent working abilities of hunting dogs. UKC sponsors more hunting dog events than any other such organization in the world.

You can renew your HRC membership or join HRC on line on UKC's website by ordering the Hunting Retriever magazine. Each membership includes a subscription to the HRC magazine, which includes training and information articles as well as local Club event results and a list of upcoming events of the HRC local Clubs. You can choose a one or two year membership that will begin as soon as your application is processed.

If you prefer, you may use the paper application below. Please include a check or money order payable in United States funds, made out to *HRC, Inc.* or *UKC* Send the application & fees to:

**Hunting Retriever Club, Inc.
c/o United Kennel Club, Inc.
100 E. Kilgore Road
Kalamazoo, Michigan 49002**

Membership type:

USA: 1 year Individual \$25.00_____ Family \$30.00_____
2 year Individual \$50.00_____ Family \$60.00_____

Foreign/Canadian: 1 year Individual \$30.00_____ Family \$35.00_____
2 year Individual \$60.00_____ Family \$70.00_____

Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Email _____

What HRC Local Club are you a member of? _____

Family members name(s):



We're on the web!

<http://nefhrc.net>

NEFHRC is sanctioned by the United Kennel Club, Inc. We are a club devoted to the training of bird hunting dogs for the purposes of hunting and hunt tests. As the UKC says, we are a club "*Conceived by hunters for hunters.*"

Club Officers and Contacts

- ⇒ **President—Jenny Richardson**
President@nefhrc.net (904) 669-6156
- ⇒ **Vice-President— Christian Hazouri**
Vicepresident@nefhrc.net (904) 524-2201
- ⇒ **Secretary—Nancy Refsnider**
Secretary@nefhrc.net (805) 757-1029
- ⇒ **Treasurer—John Spivey**
Treasurer@nefhrc.net (386) 288-1350
- ⇒ **Past President—Tom Gaddis**
hooked-up@comcast.net (904) 699-3084
- ⇒ **Webmaster/Newsletter Editor—Karen VanDonsel**
Webmaster@nefhrc.net (828) 877-3254

Congrats to Betsy, Barry, Megan for getting ribbons for the Central Florida HRC Hunt Test held on November 23-24, 2019.

Also our Club President, Jenny, had her first two judging assignments!!!



Barry



Megan and Jenny



Megan and Nugget

Photos courtesy of Tom Gaddis.