

NEWSLETTER



NORTH SAANICH Dog Obedience Training Club

TRAINING DOGS IN SIDNEY AND NORTH SAANICH, B.C. FOR OVER 50 YEARS

February 2010

President's Message

The big news for NOSA is a change of location for our spring classes! We will be at the RCMP Barn, 1528 Stelly's Cross Rd, for April through June. This is part of our recently signed new contract with the Mary Winspear Centre and September to March for the next 5 years will be there, with spring sessions at the barn. It will be different, but good, for those who are trialling to practice working in the trial location.

Please come out and support our trials, if you're not entered come and watch and learn or volunteer to help.

Anne Morrison

Other dates to remember:

April 8 - 1st night of Spring Classes
(No dogs for Beginners)

May 27 - No Classes,
June 10 - Graduation,
June 17 - Mock Trial,

June 24 - General Meeting/ Barbecue/
Parade Practice

2010 Executive

President	<i>Anne Morrison</i>
Vice-President	<i>Heather Alexander</i>
Secretary	<i>Gloria MacLucas</i>
Treasurer	<i>Liz Hayes</i>
Training Chair	<i>John Costello</i>
CKC Trials Chair	<i>Alix Day</i>
AIOC Trials Chair	<i>Shay Lockhart</i>
AIOC Representative	<i>Bill Blair</i>
Publicity Chair	<i>Lee Pears</i>

Update on Cancer and the Immune System

by Marlene Smith-Schalkwijk, DVM

In May 2009 I was invited as a guest speaker at the Bernese nationals in Portland, Oregon. There were over 500 Bernese Mountain Dogs and 750 people present, most of them staying at the hotel! What a sight! And yes all the Bernese sat on your foot when you talked to them! (no, not all 500 at the same time!). The topic was cancer and the immune system and specifically Histiocytosis in the Bernese Mountain Dog. This topic is of special interest to Dr. Smith who has been doing research on this over the last years. Here is an abstract of the essence of the complete paper (from 18 pages to 2 pages, how did I do it!):

The diagnosis of cancer is in most people's mind a death sentence. It is one of those areas in Western Medicine where the cause of the disease is mostly speculative and poorly understood. The Western medicine approach to cancer is surgery (if applicable), prednisone, chemotherapy or a combination. This can buy some time and yet rarely "cures" cancer. "Spontaneous remissions" are being reported in human as well as in veterinary medicine and are as poorly understood as cancer itself. Over the last 10 years we have seen a dramatic increase in cancer in our pet population. Dr. Craig Ogilvie of Colorado State University states that it is now the leading cause of death in dogs over 10 years of age.

We all ask the same question: "what is the cause of my animal's cancer?"

At this point there is no answer to this question. Genetic predisposition, environmental pollution, diet, damage to the immune system due to repeated vaccinations or excessive antibiotic use, thinning of the ozone layer, herbicide and pesticide (like T4D in Weed and Feed) use are all components showing up in the various research articles as possible contributors to this new epidemic. Do we contribute to our animal's with the food we use or with the vaccines? I searched the internet and other data to find the answer and there is no information if animals fed a raw food diet have less cancer than dogs fed a kibble commercial diet, nor is there any data available for vaccinations. So we made a questionnaire up for the owners of animals which passed away from cancer. We asked other veterinary clinics to support us on this effort, unfortunately they declined.

This is what we found:

There were 75 responses. Most dogs were altered, but 15% were intact; this correlates with the general population of pet dogs. All except for one were on commercial kibble or a mixture of kibble and raw food. This suggests that it is justified to investigate the incidence of cancer from breeders who feed raw food, especially those with several generations raised on raw food.

Allergies, IBD and other immune issues popped up in most of the dogs with cancer especially those with histiocytosis and mast cell tumors. This also prompts us to investigate this issue further. Dogs with a known history of immune problems should be treated with special care and we have to identify these issues.

Almost all dogs had repeated vaccinations except for one, who only received puppy vaccines. This dog had a cancer history on both the father and mothers side.

Research done by Dr. Jean Dodds and others show that repeated vaccinations can create a chronic inflammatory state in an animal, which may contribute to cancer. More research is needed on safe vaccine protocols in animals.

And then there is the hereditary aspect.

Some lines of Golden Retrievers show a very high incident of Lymphosarcoma or hemangiosarcoma (almost 80%), with the majority of the members of these lines dying of this specific type of cancer. The interesting part of this was that almost all animals would show cancer at the same age!

The Rottweiler has a very high incidence of Osteosarcoma.

The Bernese Mountain Dog, Flatcoat and Golden Retriever have an above average of Histiocytosis (Malignant Histo/Disseminated) in their breed, the Bernese topping it with 80% of all cases of Histiocytosis.

Repeated irritation/inflammation/injuries can lead to over stimulation of the immune system, which can then fail to recognize and deal with cancer cells. These inflammations can be viral, bacterial or chemical induced. This can also damage the DNA at which point the cancer becomes genetic information for future offspring!

Types of tumors and the immune system

Some of the tumors seem organ or glandular related as osteosarcoma, liver, spleen, kidney or bladder cancer or adrenal, thyroid or anal gland cancers.

Others are more related to the immune system as mast cell tumors, Fibrosarcoma, lymphosarcoma, histiocytosis etc.

Being prompted by my own Bernese Mountain Dog Isla several years ago when she died of Systemic Histiocytosis and many other lovely Bernese dying of the same disease. I looked into what really happens in this fatal disease (most dogs die in 10-14 days after this disease has been diagnosed).

Interestingly enough, this research made me aware that this immune mediated form of cancer possibly holds the key and answer to most (if not all) forms of immune types of cancer!

Let me explain what happens.

Everywhere in the body are special immune cells which capture invaders, viruses, bacteria or abnormal (cancer) cells. These cells are all over the body and called histiocytes (connective tissue), macrophages (blood), osteoclasts (bone), Kupfer cells (liver) fibrocytes (fibrous tissue), dendritic cells (skin), microglia (brain), Langerhans cells (skin), Type A synovial cells (joint capsule) etc. They are everywhere in our body! They are often referred to as "antigen presenting cells" (APC).

Their function is to capture the invader or abnormal cell, ingest it and present their special feature on the outside of their cell and release a chemical substance called "cytokines" (in case of mast cells it is called histamine), which creates the inflammation we see and also to attract special lymphocytes. These lymphocytes will bind with the APC, using two or more links. This complex is called an immune complex. This complex will release special cytokines again, which will attract activated macrophages which will then absorb the complex and destroy the invader/abnormal cell.

How can this fail?

Tumor cells can resemble normal tissue cells and the immune system may not recognize that these cells are abnormal. Tumor cells are poorly immunogenic.

Tumors can also be immune evasive. This can happen through dysfunction of the immune system.

The binding process can be inhibited by immune suppression, tumor blocking antibodies, and some tumors produce a protein on the surface of their cells mimicking embryonic protein! Some tumors (prostate is an example) will produce arginase, an enzyme which deactivates arginine, necessary for the immune system to function properly. Interestingly enough the bacteria *Helicobacter*, involved in chronic gastritis and gastric ulcers and IBD also produces arginase; so does *Mycobacterium*! It is amazing how sophisticated some of these tumors are in avoiding recognition and destruction by the immune system!

There can be a defect in the Antigen Presenting Cells as the dendritic cells, macrophages or histiocytes. Tumors can produce hydrogen peroxide or nitric oxide, which kills the dendritic cells.

In the case of Histiocytosis, there is a genetic defect in the linking process; one of the two bindings is absent, leaving the APC cells (histiocytes) with a constant release of cytokine (inflammation). This will eventually result into the stimulation of the growth hormones on the histiocytes cell surface, resulting in massive reproduction of histiocytes in the spleen, liver, kidneys, lymph nodes, lung etc. The chronic inflammation will also stimulate the macrophages which in their turn will start attacking the bodies own red blood cells and platelets, resulting in anemia and bleeding. A similar process of the cells own growth hormone being turned on happens in most cell tumors and lymphosarcoma.

What can we do about this?

This question is now becoming the focus of my interest!

We know that Histiocytosis, bone cancer, hemangiosarcoma and other forms of cancer have a genetic predisposition. However something else has to trip the immune system and set off the cascade of events. Many holistic veterinarians and naturopathic doctors believe it is a chronic inflammation that trips the circuit! This can be caused by a gluten sensitivity caused by grains or sweet substances in the diet, repeated vaccinations, and chemicals in the environment, food or on the animal, stress and lack of exercise. Premature neutering or spaying may also play a role as hormonal changes in menopausal women increases their risk of cancer. We need to look at a more preventive strategy to avoid the creation of chronic inflammatory conditions and in treatment we need to focus on using integrative approaches to stop these inflammations and immune complexes and keep our animal's immune systems healthier. Further research needs to be done on home made or whole foods diets versus commercial kibble diet vaccine safety and protocols, and limiting or banning the use of pesticides and herbicides in our communities and homes. The roll of stress in kennels, showing, and owner's lifestyle needs to be addressed.

We all need to enjoy this beautiful planet more and take our dogs for more regular and longer walks (they are trying to tell us that!) and take better care of this planet.

Closing with a quote from Chief Seattle: "What happens to the Earth will happen to the children of the Earth!"

(Note: Dr. Smith is continuing her research in the causes of cancer and finding a solution on how to treat this horrible disease in a more integrated way).

AIOC

Dates to Remember

March 27th 2010 –

NOSA's Spring Trial

Saanichton Fairgrounds

Spring Trial !

NOSA's spring AIOC trial will be held Saturday, March 27th at the RCMP Barn at the Saanichton Fairgrounds. Held in conjunction with the Greater Victoria Dog Obedience Club the judges will be Bill Blair and Betty Ruff. Utility, Open and Novice will be offered at both trials and Greater Vic will also be offering Rally.

Entries are only \$7 so bring out your dog and have some fun.

Registration begins at 8:30 for GVDOTC and Rally begins at 9:00, NOSA registration begins at 9:00 and the trial starts at 9:30. A concession will be available.

We look forward to seeing you there !

Submitted by Shay Lockhart

From the Editor:

The NOSA Newsletter is published three times per year (October, February & April). I'm always looking for contributions (happenings since the last newsletter; triumphs [or tragedies] of our members and their dogs; interesting articles; future events; etc.) for the next issues. My thanks to those who have contributed to this edition and I hope this interest will continue for future publications. Please send comments, questions and **articles** to me by e-mail at john.maclucas@telus.net and I will do my best to fit everything in. *Thankyou John MacLucas, Editor*

From: Sophie Budin [<mailto:sophie.budin@gmail.com>]

Good News! Leaps N' Bounds will be hosting our next CARO trial on Sunday, April 25, 2010. It will be held in Abbotsford at the Agrifair arena where we had our last fun match. There will be an agility fun match happening in conjunction with our trial.

I am proud to let you all know that I am now a qualified judge for CARO and this will be my first official judging assignment.

Let's spread the word. For information contact me at the above e-mail address.

Our next trial will be on the May long weekend.

Submitted by Marilyn Clayton



Click to
Train

www.nosa.ca

NOSA has been online since June 2004

Most popular pages: classes, schedule, registration info, key dates, club contacts.

Easy to track traffic patterns: during registration period and just before the start of classes, those pages get the heaviest use.

Other times, people download club newsletters and surf the site looking at club history and our life memberships page, read about our successful Celebrating Dogs event from the Fall of 2008, and discover the role NOSA plays in the community, including the Sidney Days photo galleries.

Comments and suggestions welcome.

E-mail nosa.website@shaw.ca

Submitted by Rod Deacon

BRAGGING!

On Oct 10/09 the first AIOC Rally Obedience Trial was held by Greater Vic Dog Obed.Club at the RCMP Barn. All dogs were entered in either Novice A or B. as this was the first ever AIOC trial.

My two American Cockers were registered in Novice B---

Jesse was awarded HIGH IN CLASS with a score of 100/100 & a time of 1:04:88

Erin placed SECOND with a score of 100/100 in a time of 1:33:29



It was an extremely proud day for the dogs & myself.

Lee Pears & THE BLACK WAGTAILS



From RN to RE in 100 days!



After being out of the trial ring for over 33 years, beautiful Bella convinced me that it was time to reenter.

Off we went to Vic City's trial in August and entered two rally novice trials. We came in 1st and 2nd.

Then we travelled to Maple Ridge to enter the BC Lab Club's rally trials.

On the first day, we completed our RN with a 1st and 2nd place. On the second day, we moved up to Advanced and received two 1st place finishes.

At the end of October, we travelled to Abbotsford (Lower Mainland Dog Fanciers) where we completed our RA with a 1st place finish. Then we moved up and got our first RE leg with a 3rd place finish.

Late November, we travelled to Forbidden Plateau where we finished our RE with four 1st place finishes. Our team also won the rally relay, which was so much fun. Then we topped off the weekend with our CGN and headed for home.

Now if only we could do that in obedience!

Brenna & Bella Litwack
Quinleighblu's Meant to Be RE CGN

Bragging continued

FOUR GIRLS FROM NOSA

submitted by Brenna Litwack



Late November, four girls from NOSA travelled to Forbidden Plateau in search of ribbons. When the weekend was over, they had accumulated eight 1st place rosettes.

Heather Alexander and Colby completed their RA and two legs on their RE with four 1st place finishes.

Brenna Litwack and Bella completed their RE with four 1st place finishes.



Buttons are popping all over! We are just so proud here that we just had to send out a second brag.

When we last left off after our first two trials (August 7th and 22nd – 23rd 2009 with four 1st place finishes and two 2nd place finishes) we started training on the advanced levels of rally. With no trials until the end of October, we had time to breathe and train, as we were now registered for our second set of rally classes ~ along with our regular obedience and agility lessons.

At the end of October, we were over to the mainland for what is billed as the largest dog show in Canada. And large it was. But that didn't faze my sweet girl ~ in her first trial, she was awarded a 1st place rosette with a score of 99 ~ she stopped to scratch herself and lost a point. She now finished her RA level with three 1st place scores. (Pop pop!) We moved up the next day and won our first Excellent A leg with a third place finish. (We could have had 1st if Bella hadn't made an error on a Novice exercise and if I hadn't been so shocked at that and taken a "redo.") (Pop pop pop!)

Then three weeks later, with much practice of the Excellent exercises, we journeyed up to Courtenay for the trials at Forbidden Plateau. This was a fabulous weekend! Quite the difference from the previous trials ~ so quiet and one LARGE spacious ring. Rally was the only name of the game this weekend! And rosettes for 1st to 4th placements, not that we needed that as we came home with four 1st place rosettes. (Pop pop pop pop!) The members of Forbidden Plateau were very hospitable, opening the doors on Friday evening for a "rent a ring" practice time, and had other fun events planned throughout the weekend. Saturday, after the "official" part of the day, we had a "rally relay" and, well, our team won (pop pop) and received a wonderful winners' package. Oh yes, they had a raffle which I couldn't resist. (We won some cute toys for Bella.) At least it wasn't a silent auction ~ Cyril won't let me near another one since the National Specialty banquet. Then on to a very nice relaxing dinner at a local restaurant. (No comments on the dessert tray!) We topped off the weekend with passing our CGN. Because we had a long drive home, the judge nicely put us thru first. After each exercise, the judge pronounced us "excellent" which made us that much more proud!!!! (Pop pop pop pop pop!)(Are you sure I can't have cookies rolled up in my socks?) We enjoyed both of these trials very much that I hope we're ready to trial in obedience so that we can travel in that direction again.

And the best news is that Bella DID NOT SNIFF the floor at any of these trials!

Thank you to our many special people ~ first, the instructor for her two rally classes ~ Amalie Bush and her wonderful assistants (I know there were more, but I'm remembering Tora and Marilyn) other instructors or helpers Bill Blair, Monica Zanker, Diana Wilman, Angela James. Thanks also to our obedience and agility instructors and our class mates for your encouragement and thanks to Suzi for your miracle courage. And thanks to friends who always seemed to show up for support when we were in the ring. It does take a village

Our beautiful Bella Kismet is now Quinleighblu's Meant to Be RE CGN!!!!!!
Onward to obedience and agility!



Thanks everyone for all of your support and encouragement!

Bragging continued



Schutzhund Club of Canada. Our training field is located off the parking lot of the Marine Technology Centre. We held a GSSCC trial in November 2009, and my SchH 3 female was high in tracking.

I have a brag on my 5 year old Rottweiler female (Muti V2 Nightshadow Serenity Now, VPG/SchH 3, BH, BST (Ztp), High in Trial SchH 1, High in Trial SchH 2, High in Trial SchH 3, #1 2009 SchH 3 Rottweiler Canada, #1 SchH Tracking, #1 SchH Obedience, #1 SchH Protection). She was a student at NOSA at the CD level. I did not end up trialing her in CKC as I ended up concentrating on schutzhund. She is the #1 Schutzhund 3 Rottweiler in Canada for 2009 and made the #10 SchH 3 Rottweiler in USA in 2009.

She was High in Trial for SchH/VPG 1, High in Trial SchH/VPG 2 and High in Trial SchH/VPG 3. This is an international police dog title and the dog must pass tracking, obedience and protection in the same day. My club is also a member club of German Shepherd

Submitted by Jane Mitchelmore

"Dogs are our link to paradise. They don't know evil or jealousy or discontent. To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring — it was peace."

-- Milan Kundera

Submitted by Rod Deacon

Alert: 2009 H1N1 influenza-infected dog in New York

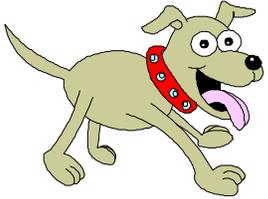
December 22, 2009 –

On December 21, IDEXX Laboratories confirmed 2009 H1N1 influenza virus in a dog in Bedford Hills, New York. A 13-year old dog became ill after its owner was ill with confirmed 2009 H1N1 influenza. The dog was lethargic, coughing, not eating, and had a fever. Radiographs (x-rays) showed evidence of pneumonia. The dog was treated with intravenous fluids, antibiotics, nebulization and other supportive care, and was discharged from the hospital after 48 hours of care. It is currently recovering. Tests submitted to IDEXX Laboratories were negative for canine influenza (H3N8) but positive for 2009 H1N1 influenza. The results were confirmed by the Iowa State Laboratory. Read the [press release and the case notes](#).

We are updating our 2009 H1N1 resources as we get information. These resources can be accessed at http://www.avma.org/public_health/influenza/new_virus/default.asp.

At this time, the messages to clients remain largely the same.

1. This is not cause for panic, but underscores the importance of taking pets to a veterinarian if they are showing signs of illness. This is especially important if someone in the household has recently been ill with flu-like symptoms.
2. Pet owners should remain vigilant.
3. To date, animals infected with the 2009 H1N1 influenza virus have shown the following clinical signs: lethargy, inappetence/anorexia, coughing and difficulty breathing. Some of the animals have developed pneumonia. Any animals showing these signs of disease should be examined by a veterinarian as soon as possible.
4. Proper hygiene and sanitation measures should be followed to limit the spread of the influenza virus.
5. There is no evidence to suggest that pets have or will spread the virus to humans or other animals. To date, all of the sick pets became ill after a person in the household was ill with flu-like symptoms.
6. Proper hygiene and sanitation measures should be followed to limit the spread of the influenza virus.
7. Turkey and pork are still safe to eat. Nonetheless, proper food hygiene and preparation are very important when it comes to protecting your family from any foodborne illness.



Trophy Presentations: *at the Annual General Meeting November 2009*

Heather Alexander presented the following CKC awards:

- Rod Deacon and Lindy CD
- Ingrid Hansen and Bandit CD
- Marilyn Clayton and Zephyr CDX
- John Costello and Hunter CDX



Heather then presented the following AIOC Awards:

- Ingrid Hansen and Bandit CD
- Rod Deacon and Lindy CD
- Charlene DeLong and Joey CD
- Brenna Litwick and Bella CD
- Heather Alexander and Colby CDX

Beaulieu Perpetual Trophy:.....George Emmond and Skye
Heather Lee CDX Trophy.....Marilyn Clayton and Zephyr
Sidney Recreation Committee Cup.....Bev Vaux and Polly Anna



BUY & SELL !

The next edition of the newsletter will have a "Buy & Sell" section for the use of our members. Personal items that you wish to sell or items that you are looking to buy are welcome. Please do not include "commercial" advertising. Send entries or any questions about this new section to the editor at:

john.maclucas@telus.net

