



Summit

The Cascade Greater Swiss Mountain Dog Club Newsletter

March 2010

Volume 2



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Upcoming Events

March 13-14: Breed Booth & Meeting, Seattle Kennel Club

April: Dog show and meeting in Centralia

May 22nd: Dog hike, Wildwood Trail Forest Park, Portland

May 24-28th: National Specialty

Help Wanted!

The club is in need of VOLUNTEERS!

Help running the Ways and Means department is needed. Please contact our Club President, Helen Kramlich, if you are interested.

Introducing New Champion "ROCK"

CH Land's End Gotta Get It x
CH Trout Creek She's So Fine

Bred, Owned, Handled and
Loved By Bonnie Huett -
Trout Creek Swiss Mountain
Dogs

troutcreekswissmountaindogs.com



Happy 12th Birthday to Lexie

BISS CH Snowy Mountain Flurry,
TT, CGC, HCT, ROM

It is hard to believe that our sweet and beautiful Lexie is twelve already. She has slowed down a bit these days but she still enjoys her daily walks and keeping her kids, grandkids and great grandkids in line around here! Thank you Norm, DaLena and Tabitha Christensen for this very special girl.



12 Weeks



12 Years

President's Message

Hello Swissy Friends,

Here we are at the beginning of another spring. At least that is what my trees are telling me. They are all in full bloom and looking very pretty. This is my favorite time of year. I look forward to playing in the warm weather with our dogs. I am also looking forward to all of the fun filled planned events that your Cascade Club has been working on so far this year. We hope to see you all at some or all of these events.

Starting in March we will again be hosting another meet the breed booth at the Seattle kennel club show on March 13th & 14th. Jim & Julie Franklin have again offered to help by being the go to guys for the event so please contact them at oreolu@aol.com if you want to assist in any way with our booth. This is one of those fun events that you can just hang out with your swissy friends and talk about dogs. The dogs love it because they get so much attention from all the people passing by. We will have a general meeting there with the dates & times to be determined later.

April 10th & 11th there will be a dog show at Centralia WA. Along with the dog show it is a good time for us all to get together and plan to have another general club meeting. Where and time will be determined by the show's ring times and we will let everyone know at a later date. This year is an election year so if you are interested in the management of the club or would like to volunteer in another way please contact one of the club officers. We will be appointing a nominating committee that will be tasked to find candidates to hold the different offices for this club. This will be accomplished by the end of April and you will be notified of the committee's results.

In June don't forget the annual club BBQ. We will give more details as we get closer to the date. With any luck we will get some really nice weather we had last year. That indeed helped to make the picnic a nice success. How could we miss with so much good food, good friends and a large number of swissy tails.

I am very pleased to announce that our 6th Annual Specialty will be held at the Skyhawk Park in Lacey WA. It will be held in July this year. If you would like to help contact our Specialty chair person Regina Reese.

Enjoy the coming season and some good weather. I look forward to seeing you at all of the club events.

Until then, have a great day!

Helen



Swissy Stork



Summit Farms is proud to present...

“A” Litter

Sire: BISS Ch Snowy Mountain's
Tog Gun TT

Dam: Ch Painted Mountain Shanti
Paramit CGC TT

Whelped Sept.21, 2009,

3 boys & 4 girls



Summit Farms Anika “Anika”
Stuart & Helen Kramlich Ta-



Summit Farms Alaska Kenai “Kenia”
The Johnson Family

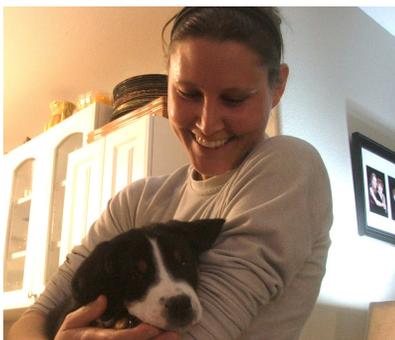
Tacoma, WA



Summit Farms Axel “Axel”
Leah Van Asseldonk & Dean Schurian
Kelowna BC Canada



Summit Farms St Flourinus A Remus “Remus”
Jim & Nancy Barrus Riverton, WY



Summit Farms Akfalpa Nandi “Nandi”
Zoe Malley & Tom Krusic Gig Har-
bor, WA



Summit Farms Alfonso
“Fonzy”
Tony Bove
Seattle, WA



Summit Farms Adira Shawnee “Adira”
Aaron & Devon Aldrich
Columbia Falls, Montana

Uma's Story

Uma was born at Painted Mountain Ranch on July 26, 2007. I told Lisa I wanted a dog to do outdoor activities, so she picked the one "with the soundest structure" for me. We started doing regular walks at 3 months and soon were able to walk a mile without tiring. Gradually we built up to where she could keep up with her two big brothers, both Berners.

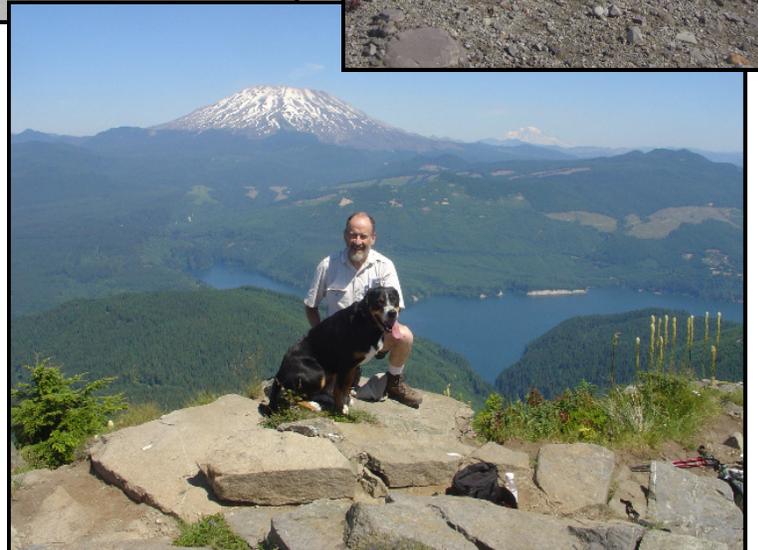
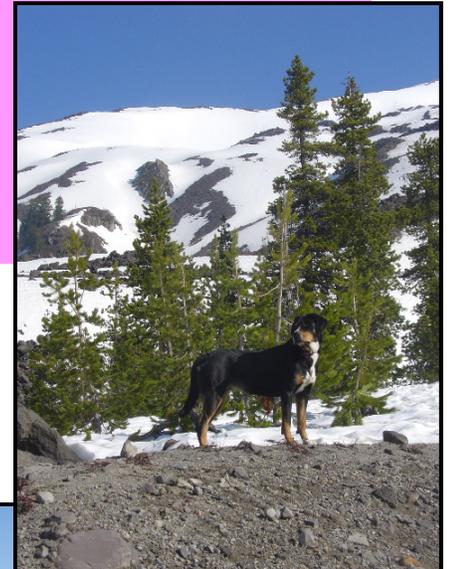
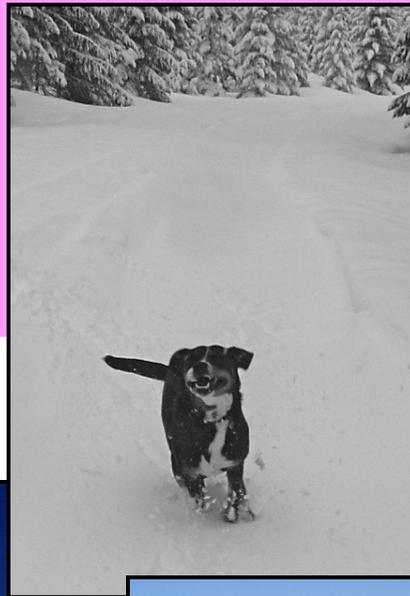
When she was 7-months old, we took her for a ski on Mt Hood. It was an 8-mile round trip gaining 1,800' and took us 7 hours. I was exhausted! We took Riley & Uma. They both did well. Uma never tired and even at the end of the day was trotting ahead or exploring interesting things off to trail. She's incredible.

She loves to run! I've clocked her on my mt bike at 20 mph!

She is now 2 1/2 years old and noone can keep up with her, whether it's hiking or x-c skiing. Twice each week we spend 4 to 6 hours in the mountains hiking or skiing. She's an amazing athlete! We've climbed Mt St Helens and will climb Paulina Peak [8000 ft] at the end of February. Isn't that why they are called mountain dogs?

Larry Miller

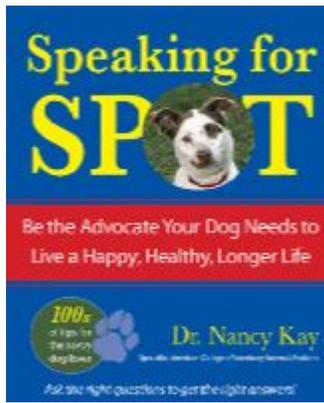
Portland, OR



Barney and Baby Riley

From Dawn Rosenblum





Spot Speaks

Read on for an article submitted by Michelle Slate (RamsGate Swissys) who recommends this books “as an excellent book for the layman who is interested in being the best possible advocate for their dog. It's written in clear, understandable terms and gives useful, comprehensive information regarding everything from your first visit to the vet's office, to vaccinations, to pet insurance, to all the various diagnoses that you might hear, the questions to ask and when to ask them, when the time is right to make that last difficult decision and everything in between. It's a book that you'll find yourself going to over and over again.

As a small animal internist, the majority of my patients are referred by their family veterinarians. By the time I first examine them, they are usually receiving a laundry list of conventional medications (antibiotics, nonsteroidal antiinflammatories, etc.) and/or complementary medications (herbs, homeopathic remedies). I've always scrutinized the conventional medications on the list because their potential side effects and the ways they might impact my diagnostic and therapeutic planning. I've tended to pay far less attention to the complementary medications because of my impression that these medicinals are unlikely to cause significant harm or interact unfavorably with other things I might prescribe. Well, there will be no more of this “ignorant bliss” for me! Not after reading, “A Review of the Potential Forensic Significance of Traditional Herbal Medicines” from the *Journal of Forensic Science* (January, 2010). The author, Roger Byard, M.D. undertook a review of herbal medicines based on their increasing popularity (within the United States there has been a steady 10% increase in spending on botanical remedies) and the fact that access to such products is largely unrestricted- they can be purchased without prescription. Keep in mind that herbs are manufactured and sold without any FDA approval process.

Here are some of Dr. Byard's comments and findings:

- An analysis of 251 Asian herbal products from stores in California identified arsenic in 36, mercury in 35, and lead in 24. There have been reports of mercury poisoning and lead toxicity in people caused by such contamination.
- Less expensive herbs are sometimes intentionally used to replace those that are more costly. A case is referenced in which an herb designed to promote weight loss was replaced with another. The unfortunate result for the patient was kidney failure.
- Accidental substitution can occur if plants are incorrectly identified or if the name is misinterpreted. Apparently, some traditional herbal preparations have multiple names. To make matters even more confusing, some herbal preparations that are different from one another go by the same name.
- Failure to process fresh herbs correctly can have serious consequences. Processing is designed to clean and preserve the desired material while removing or reducing any unwanted toxic components. The example provided was aconite root, a plant that must be soaked in water and boiled to reduce toxicity. Failure to do this can result in heart rhythm abnormalities and/or heart failure.
- Some herb manufacturers purposefully adulterate their products with drugs presumably to increase their efficacy. Yet no mention of this is made on the packaging. Examples of hidden products found in herbal preparations have included conventional medications to treat pain, inflammation, seizures, heart failure, and asthma.
- Herbal medicines can interact with conventional drugs and other herbs to cause undesirable side effects. For example, St. John's Wort can decrease the blood level of some medications by impacting how they are metabolized within the liver.
- The American Society of Anesthesiologists has recommended discontinuation of herbal medicines at least two weeks prior to surgery because of their potential for causing complications. Although only eight herbs were identified as being potentially dangerous, they accounted for 50% of all single herb preparations of those sold within the United States. For example, Ginkgo has the potential to increase the risk of hemorrhage and Valerian can exacerbate the sedative effects of anesthetic agents.

Although Dr. Byard's review is based on findings in human medicine, I have to believe that the general points he makes likely apply to veterinary medicine as well. His review has certainly served as a wake up call for me. If you use herbs, for your pets or yourself, perhaps this information will prompt you to think about things a bit differently as well. What is a practical approach for avoiding the potential pitfalls associated with herbal medications? I encourage you to consider doing the following:

1. If you are giving herbs to your pet based on your own initiative, schedule an appointment with your vet to discuss and verify that what you are doing is reasonable and safe.
2. Have a look at the blog I posted in July, 2009 (<http://speakingforspot.com/blog/?p=407>) called, "The Lowdown on Nutritional Supplements." It will teach you how to use the ACCLAIM system to evaluate the quality of herbal products.
3. Pick up a copy of the *Physician's Desk Reference (PDR) for Nonprescription Drugs, Dietary Supplements, and Herbs*. It provides information about the indications, contraindications, and warnings for all commonly used herbs. This PDR is readily available via major online book vendors. I will certainly be using my own copy a whole lot more than ever before!

I hope I have not created fear or anxiety by presenting this information. Rather, my goal is to help you become the very best medical advocate possible. Now, like me, you know that herbal medications should not be taken (or given) lightly. If you provide herbs to your pet(s), I would love to hear from you. Please let me know which one(s) you are giving and whether you or your veterinarian initiated this treatment.

If you would like to comment publicly, please visit <http://speakingforspot.com/blog/?p=791>.

Best wishes to you and your four-legged family members for abundant good health,

Dr. Nancy Kay

Diplomate, American College of Veterinary Internal Medicine

Recipient, American Animal Hospital Association 2009 Animal Welfare and Humane Ethics Award

Recipient, 2009 Dog Writers Association of America Award for Best Blog

Recipient, 2009 Eukanuba Canine Health Award

Author of *Speaking for Spot: Be the Advocate Your Dog Needs to Live a Happy, Healthy, Longer Life*

Please Submit Articles and Pictures
to Julie Gray at
Julie.gray19@gmail.com

For Pictures and Announcements:
\$7 for a full page ad
\$5 for a half page ad

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