Midwest Wolfhound



Secretary's Report

- o Track progress of the club and view the official record of each board meeting
- November Meeting Minutes
- o GLIWA Board 2023 Nominations Slate & Proxy Ballot

Calendar of Events

o Find locations, dates, & details of events GLIWA is participating in. Please join us!

2022 GLIWA Fun Match Results & Critique

Spotlight on Health

- o The health & wellbeing of our hounds is our highest priority. Here you will find articles on health care, behavior, training and nutrition
 - Can Dogs Get Seasonal Affective Disorder?

Quarterly Photos & Brags

- o Fun Run
- o Fun Match Candid Photos- Courtesy of Debbie Greene
- o Graue- Mill Winter Hike



Secretary's Report



GREAT LAKES IRISH WOLFHOUND ASSOCIATION Board Meeting Agenda of November 6, 2022

The meeting was called to order at 1:34 PM.

Board	members	Present:
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 $Risha_X_Chris__Maria_X_Michelle_X_Debbie_X_Scott_X_Mark_X_Helen_X_Pam_X_.$

Board members Absent:

Risha__ Chris_X_ Maria__ Michelle__ Debbie__ Scott__ Mark__ Helen__ Pam__ .

Guests in attendance: None

Reading of the Minutes: Maria moved to approve the minutes as printed in the Midwest Wolfhound Newsletter. Helen seconded the motion. Motion passed.

Officers' Reports

President - N/A

Vice President - N/A

Secretary / Membership – We recently had 4 new member applications.

Treasurer – Mark Bettin discussed the end of Oct statement - \$25,202 vs Sept \$25,318, Aug \$24,004. \$26,157 balance as of today.

Committee Reports

Activities - N/A

Fun Match- Risha is mailing out the sponsorship catalogs, secured the CKC building for next year 10/21-22/2023. Ring photos from the Fun Match are now ready.

Hospitality - N/A

Publications – January 1st will send out – editors still need the photos from Mel to add in to the Midwest Wolfhound for the newsletter.

Rescue – Per Debbie Greene, Boone (Kat Hansen's boy in MN) has a new temp home but if that falls through Pat Powers will take him to foster.

Policy - N/A

Ways and Means - N/A

Old Business:

- Bylaws committee update Maria, Chris, Debbie read the bylaws and get that moving for approval
 We have an attorney that is assisting with doing these updates gratis Risha moved that we grant an honorary
 GLIWA membership as a thank you. Michelle seconded. Motion passed.
- Nominating Committee Report from Pat Powers was read. Updates for Director as follows Courtney Smith and Jen Van Order added.

Maria motioned to accept the nominating committee report. Scott seconded the motion. Motion approved.

Annual Dinner Program. – Maria discussed restaurant options. There is a \$300 deposit to Weber Grill.
 Scott motioned to reserve Weber Grill and make the payment with Treasurer signing the contract.
 Michelle seconded. Motion approved.

New Business

Board Meeting adjourned at: 2:03 PM.

Next Board Meeting will be February 25, 2023.



Report of the Nominating Committee Official Slate for Election 2023

According to GLIWA By-Laws, the Nominating Committee respectfully offers the following Official Slate of Candidates for Election at the February, 2023 Annual Meeting of the Members, as ratified by the Board of Directors at the November meeting:

For:

President (1year term) Risha Cupit-Berzins

Vice President (1 year term) Chris Krowzack-Bernstein

Secretary (1 year term) Michelle Whittenhall

Treasurer (1 year term) Mark Bettin

The following are completing their original 2 year terms, and are not up for re-election

Director (2 year term)

Director (2 year term)

Director (2 year term)

Director (2 year term)

Helen Philpott

The following are beginning their 2 year term on the board.

Director (2 year term) Courtney Smith
Director (2 Year term) Jen Van Order

This shall serve as the sole Official Notice to the Members, per By-laws, of the Official Slate of Candidates for Election.

Nomination by Petition, Proxies, Write-in Ballots:

According to GLIWA Bylaws any 10% of the members eligible to vote may nominate by petition a candidate or candidates for any office or directorship. A copy of the Nominating Petition Form is included. For the 2021 election, 10 signatures of members eligible to vote shall be required for EACH person nominated by petition for any office of directorship. The Secretary must receive nomination petitions no later than 10 days prior to the date of the Annual Meeting.

Proxy Statements will be accepted in lieu of attendance from any member eligible to vote at the Annual Meeting. While no official form is required, we have included a Proxy Ballot with this letter. Per By-laws, "Write-in" votes and "Floor Nominations" shall NOT be accepted.

*Respectfully submitted by the nominating committee; Pat Powers, Courtney Smith, Kim Roberson



Proxy Ballot Annual Members Meeting, February 2023

Article IV Section 8: Proxies. Any Member entitled to vote at any meeting at which a vote of the Members shall be taken shall be entitled to submit at any time prior to the beginning of such meeting, a written and signed Proxy Statement which shall serve as said Member's vote on every matter specifically addressed by said Proxy Statement; provided that any Member may withdraw his or her proxy by personally attending the meeting for which the proxy was submitted. All Proxy Statements must be in writing, signed by the Member, and must express the Member's specific vote on each issue addressed by said Proxy Statement. It shall be the duty of the Board of Directors to ensure, insofar as it is reasonably possible, that the Member's intentions are accurately included in the official tally of votes.

l,	, a member in good standing of the Great Lakes Irish Wolfhound
Association do hereby cast my vote(s) by	y proxy as follows:
For the official slate of candidates for	election.
For the official slate of candidates for	election. Except as listed below.
For the candidates for election listed l	pelow.
Name	Office or Directorship
<u>Name</u>	Office or Directorship
Name	Office or Directorship
Signed	



Nominating Petition Annual Members Meeting, February 2023

Article 7 Section 3: Nomination by Petition. Any ten percent (10%) of the Individual Members eligible to vote at any Annual or Special Meeting of the Members may nominate in writing a Candidate for any Office or Directorship. The Secretary shall provide each Member, along with the official Notice of the Official Slate of Candidates, and at the Association's expense, one (1) copy of a standardized Nominating Petition Form for the Member's use. The Secretary shall provide any Member with one (1) copy of a standardized Nominating Petition Form at any time upon such member's written request. No other format shall be used for nomination. Completed Petition Forms shall be filed with the Association not more than sixty (60) days and not less than ten (10) days prior to the first day of the Annual Meeting at which the Nominees by Petition shall stand for election.

We, the undersigned members in good standing of the **Great Lakes Irish Wolfhound Association**, do hereby nominate:

For election to the position of;		
		

GLIWA Calendar



GLIWA Calendar 2023

Come join us and enjoy the day with your wolfhounds!



WHEN: SATURDAY FEBRUARY 25, 2023

WHERE: Weber Grill Restaurant 2331 Fountain Square Drive Lombard, IL 60148

Cocktails (Cash Bar) 6:30 PM Annual Meeting & Dinner 7:00 PM

RSVP: BY FEBRUARY 11TH, 2023

\$41.95 per plate by *Check or \$43.00 by <u>PayPal</u> (gliwa.org) please indicate entrée selection in notes.

*Please send your reservations with a check made out to GLIWA specifying your entrée and how many will attend to our Treasurer: Mark Bettin, 19908 Center, Mokena, IL 60448

DETAILS:

Guest speaker: Mariellen Dentino, DVM

"How much does size alone contribute to Irish Wolfhounds' health problems? An overview of giant breed health." She will be comparing health concerns in Irish Wolfhounds/Great Danes/Scottish Deerhounds/Mastiffs and more. "Do we have to become mid-sized to be healthy?"

MENU:

Choose from one of the following three (3) entree options:

(1) Plank Grilled Bourbon Salmon (2) 7 oz. Filet Mignon (additional \$10) or (3) Weber's Signature BBQ Baby Back Ribs Half Slab (additional \$10 for Full Slab)

(Vegetarian option upon request)
All Entrees served with Roasted Garlic Mashed Potatoes and Seasonal Vegetables.
Selections include Pretzel Rolls, Mixed Green Salad

Dessert: Seasonal Cheesecake & Warm Cobbler

Coffee, Tea and soft Drinks are included

MEMORIES:

Once again, our precious memories will be continuously projected in PowerPoint throughout the evening thanks to Debbie Greene and Mark Bettin. We have many photos of our events over the last couple years, the wonderful photos you sent in last year and we would like to add some new photos of our wonderful GLIWA friends, both human and furry (We will do our best to add captions if you include them). Please send up to five digital photos to: Debbie Greene at playinnature@gmail.com by February 15th, 2023

HOTEL NEAR BY:

They are plentiful. We recommend Google search or TripAdvisor, Trivago, Priceline, Kayak or Hotels.com depending on your budget and length of stay. Room rates range from \$65-170.00

Please check back at https://www.gliwa.org/events for more events coming soon.

2022 GLIWA Fun Match Results & Critique



Judge: Anne Spalding

I really enjoyed my whole Wisconsin experience and had a lovely time with lovely people. I've never visited Wisconsin and found the Irish dogs and their people to be friendly and welcoming and willing to hear my side of things regarding the breed as well as training and caring for this magnificent breed. I was treated like royalty. The match was very well organized, and everyone jumped in to help. It was a wonderful gathering with so much hospitality and smiling faces. The dogs reflected the care that has gone into showing and breeding this sometimes-high maintenance breed, that we pour our whole hearts into. This area has gorgeous wolfhounds to be proud of!! I bow to you all.

Thank you for inviting me. I loved every minute and hope to keep in contact with your area and exhibitors. I will miss seeing you.

-Anne Spalding



Best in Match and Best Adult

Dry Creek O'Trillium. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Angela Hunter Knight.



Best Puppy

Rosach Ridge at Last of Maloma. 03/02/2022. Breeder: Peggy L. Proffitt & Amy Pederson. By Fleetwind Paladin Julius Caesar Of Bonniebrae CGC x CH Maloma's Supercalifragilisticexpialidocious. Owner: Kathleen Rose & John Rose.



Reserve Best Adult

Tresmorn Bristol. 12/22/2017. Breeder: Beth Renstrom. By Tresmorn The Abbott of Windmill x Rockhart Yesterday's Ravensara of Tresmorn. Owner: Beth Renstrom.



Reserve Best Puppy

Slaine Soloist. 07/19/2022. Breeder: Chris Bernstein & Helen Philpott. By BISS CH Shellane Braniff x CH Callaid Slaine Merremia Emo'di. Owner: Chris Bernstein & Maria Lubera.



Best Veteran

CH Shellane Bacchus. 09/26/2016. Breeder: Maria Lubera. By Cugein Baron of Cheniff x CH Shellane Gairbraid's Vronyka. Owner: Maria Lubera.

A substantial, male dog. He is 6 years old in the Veteran Class. Beautiful head. A magnificent body with nice curves and strong rear even though angulated. Lots of bone. Good tight feet. Medium eye. Good ears. He is a little soft in temperament. Good pigment, good coat. A really nice dog.

Veteran Dog

1. CH Shellane Bacchus. 09/26/2016. Breeder: Maria Lubera. By Cugein Baron of Cheniff x CH Shellane Gairbraid's Vronyka. Owner: Maria Lubera.



Veteran Bitch

- **1. Rockhart Yesterday's Ravensara of Tresmorn**. 07/17/2015. Breeder: Lynn M. Simon MD. By Rockhart Nikolai JC x Rockhart Raphaela Requiem. Owner: Beth Renstrom.
- All of them had nice type. First place was very typey and she had the best movement, shape and structure. She is 7 years old. Good coat, nice pretty head.
- **2. Shellane's Clandestine Verdigris of Callaid**. 09/26/2016. Breeder: Carole Jeninga & Maria Lubera. By Cugein Baron of Cheniff x CH Shellane Gairbraid's Vronyka. Owner: Helen Philpott & Maria Lubera. She had more substance but not quite the reach and drive. She has a very nice beautiful head, shapely, good coat, good bone. Very nice
- **3.** MacCaura Riversong Fenna. 11/06/2014. Breeder: Deirdre McCarthy & Christine Davis. By Riversong Love to Burn x CH MacCaura Lulu. Owner: Courtney & Ryan Smith & Deirdre McCarthy. Very typey. I thought she would be my winner at first, I really liked her head. Good shape, coat. I liked her a lot, but she just didn't quite have the movement of number 1.
- **4. Starkeeper's Norma Bo**. 11/05/2014. Breeder: Jocelyne Gagne. By US CH CA CH Ard Rhi's Aegg Of Aran x CH Glenamadda Starkeeper Clodagh. Owner: Mark J. Bettin & Jocelyne Gagne.

A little more coarse. Doesn't quite have the shape of the others. Good substance. Pretty type, beautiful ears. Just did not quite have the rear end and movement of the other three.



3-6 Month Puppy Dog

1. Slaine Soloist. 07/19/2022. Breeder: Chris Bernstein & Helen Philpott. By BISS CH Shellane Braniff x CH Callaid Slaine Merremia Emo'di. Owner: Chris Bernstein & Maria Lubera.

A little puppy just coming up on 3 months old. Good bone, nice shape, good bite. Lovely attitude. He is a really nice puppy.



15-18 Month Yearling Dog

1. Howlin's Shrimp Po Boy Dressed. 04/25/2021. Breeder: David Berzins & Risha Cupit-Berzins. By CH Eirian Rosslare's Remembrance x CH Howlin's MB Tipitina Rose CD BN RM2 RAE2 NJP BCAT JSR CGC TKN. Owner: Michelle & Tony Whittenhall.

Pretty nice for a boy of 15-18 months. His topline is a little high in the rear, but he is at a hard age. Good bone, nice long muzzle. Typey head. Pretty good ears, good bite. Nice length, nice shape and he moved well. Shoulder layback is adequate.

2. Howlin's Satchmo The Nearness of You. 04/25/2021. Breeder: David Berzins & Risha Cupit-Berzins. By CH Eirian Rosslare's Remembrance x CH Howlin's MB Tipitina Rose CD BN RM2 RAE2 NJP BCAT JSR CGC TKN. Owner: David Berzins & Risha Cupit-Berzins.

He is really curvy, beautiful head. He will develop if he gets over his issues. He has good bone and he is a nice typey dog.



Bred By Exhibitor Dog

1. Dry Creek O'Trillium. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Angela Hunter Knight.

Very nice, very shapely dog that is not even two. I would have guessed him at 3 years old or older. He is very mature for his age. Maybe his rear is a little younger. Beautiful bite, nice head. I'd like a little more shape in the topline but he moved beautifully.



Open Dog

1. O'Malley. 09/27/2020. Breeder: T. Von Krause. By Seamus Shamrock O'Carrol x Chloe Noelle Von Krause. Owner: Lauren Avila.

A young wheaten male. I don't think he's used to being shown and examined. He was a bit worried about the whole procedure. I would have liked more of him and more curves.

He needs a bit more training and exposure to gain confidence. He has a pleasing head, will do better with more experience.



6-9 Month Puppy Bitch

1. Rosach Ridge at Last of Maloma. 03/02/2022. Breeder: Peggy L. Proffitt & Amy Pederson. By Fleetwind Paladin Julius Caesar Of Bonniebrae CGC x CH Maloma's Supercalifragilisticexpialidocious. Owner: Kathleen Rose & John Rose.

A nice youngster, seven months old. I really, really like her. She has a good attitude. She has all of the pieces. She is straight in the shoulder and her chest has not quite dropped. Otherwise quite promising.



15-18 Month Yearling Bitch

1. Howlin's Evangeline Pick Up The Line. 04/25/2021. Breeder: David Berzins & Risha Cupit-Berzins. By CH Eirian Rosslare's Remembrance x CH Howlin's MB Tipitina Rose CD BN RM2 RAE2 NJP BCAT JSR CGC TKN. Owner: David Berzins & Risha Cupit-Berzins.

Just under 18 month old black bitch. Very long-bodied. I would like a little more layback in the shoulder. Lovely head, lovely type. Good bone. She was a little hard moving around and into her dad. She is very typey but at a hard age. She has nice angulation, good feet, good bite, dark eyes. She is just an antsy youngster at this point.



Novice Bitch

- **1. Dry Creek Last Hurrah of Callaid.** 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Helen Philpott.
- Hard class to decide. I found out the first two are littermates and that is what made it so difficult. They both have good bone, good type. Nice shapes, they were very comparable. In the very end, I went with the houndier of the two. I wasn't real impressed with the movement, it was partially the handling I believe. And actually the wheaten that got third, if she were groomed up and be shown properly, she probably would not be too bad. Her coat is a little bit softer, but she has everything else nicely to make her a contender. So first and second was very tricky by being similar bitches and actually I really liked the third place and I think that if I had her, I would consider her worth a try.
- **2. Dry Creek's Ataraxis in Barrington.** 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Birgitta Stolpe & Angela Hunter Knight.
- **3. Stormborn's Daylight Robbery**. 06/07/2018. Breeder: Lauren & Brett Swick. By Jadis Fahey on the Green x GCH CH Jadis Stormborn Rory Lochlan. Owner: Father John T. Allen.

The surprise of the day. Ungroomed and handled by inexperienced gentleman, but when I put my hands on this bitch, I was so happy. Underneath the natural look was a show specimen. Lovely temperament and willing to learn owner, and a really nice girl. Her shoulders were wonderful and better than the majority. Shape was lovely, and such a sweetheart. Solid temperament and tried to do what was asked of her. If she hadn't been in such a quality class, she would have won something. I really liked her. I just wanted to hug them both for showing up and trying so hard to learn. I hope that someone will reach out and help them if they really do want to pursue the show ring. Definitely a diamond in the rough.



Bred By Exhibitor Bitch

1. Dry Creek Pastiche. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Angela Hunter Knight & Helen Philpott.

A really nice bitch. Good shoulders, matching hindquarters. Nice length of body for a bitch. She is not showing us the best ears, but she has a really pretty head. Moved nicely. I really liked this bitch.

2. Rivendell's Susquehanna. 07/02/2018. Breeder: Judi Roller. By MBISS GCH CH Shellane Pavarotti Sings for Slaine x GCH CH Rivendell's Mele Kalikimaka. Owner: Judi Roller.

A little flatter in topline. Good bone, good curve. They all have nice typey shapes but there were differences in movement. Shoulders on the second and third place were not quite as nice as on the first place.

3. Tresmorn Bracken. 12/22/2017. Breeder: Beth Renstrom. By Tresmorn The Abbott of Windmill x Rockhart Yesterday's Ravensara of Tresmorn. Owner: Beth Renstrom.

I really like her type and she moved well. She was really nice but not as structurally sound as the other two. She was narrow. She has really nice curves with a good coat. She is pretty but just had a weaker feel to me. She had a better topline than number two, but other points were here and there.



American Bred Bitch

1. Cualainn Wild Ambition. 09/20/2019. Breeder: Jonathan & Nina Harvey. By CH Caredig Renegade x MacCaura Aisling. Owner: Courtney Smith.

Similar bitches. A little more length in number one. Very nice bitch. She moves nicely. She had a better shoulder, more length of body, a little more curve in the rear, better moving, and overall just more shapely.

2. Rysheron's We'll Always Have Paris. 03/17/2021. Breeder: Cheryl Riggs & Angela Constable. By CH Clanlily Dream Maker x GCH CH Rysheron's Lady Ivanka. Owner: A.I. Gottsch & Cheryl Riggs. A little less graceful looking and did not move quite as well.



Open Bitch

1. Tresmorn Bristol. 12/22/2017. Breeder: Beth Renstrom. By Tresmorn The Abbott of Windmill x Rockhart Yesterday's Ravensara of Tresmorn. Owner: Beth Renstrom.

I really, really like this bitch. She is really shapely, has a lot of scope, moves nicely. She is a tad bit wide in the front but has a really nice shoulder. She is not a champion because she was not shown very much, the owner said she did not have the time, but this is a very nice bitch. I would breed this bitch. I really like her a lot.

Best Hindquarters, Best Head, Best Type, Best Gait

CH Dia Duit Slaine Tenor. 05/13/2019.
Breeder: Pam McNeil & Rockne Elgin. By
MBISS GCH CH Shellane Pavarotti Sings for
Slaine x CH Dia Duit Anna Aine CGC. Owner:
Chris Bernstein & Pam McNeil.





Altered Bitch

1. Starkeeper's Norma Bo. 11/05/2014. Breeder: Jocelyne Gagne. By US CH CA CH Ard Rhi's Aegg Of Aran x CH Glenamadda Starkeeper Clodagh. Owner: Mark J. Bettin & Jocelyne Gagne.

A bigger, more substantial bitch. She better exemplifies what an Irish Wolfhound is, commanding and big.

2. La Vie en Rose. 10/31/2016. Breeder: Unknown. Sire & Dam Unknown. Owner: Scott Mortenson & Diane Palumbo.

Typier and smaller in bone. Not quite as much of her. Shoulders could be better but I am not going to be picky on an altered class. Nice specimens.



Brace

1. Howlin's Satchmo The Nearness of You. 04/25/2021. Breeder: David Berzins & Risha Cupit-Berzins. By CH Eirian Rosslare's Remembrance x CH Howlin's MB Tipitina Rose CD BN RM2 RAE2 NJP BCAT JSR CGC TKN. Owner: David Berzins & Risha Cupit-Berzins.

Howlin's Evangeline Pick Up The Line. 04/25/2021. Breeder: David Berzins & Risha Cupit-Berzins. By CH Eirian Rosslare's Remembrance x CH Howlin's MB Tipitina Rose CD BN RM2 RAE2 NJP BCAT JSR CGC TKN. Owner: David Berzins & Risha Cupit-Berzins.

Two very, very similar specimens. A black female and a gray red brindle boy. The heads are very close. Practically if they were the same color, they would be very well matched.



Brood Bitch

1. CH Caraglen Berwyck Libaan at Dry Creek. 06/19/2019. Breeder: Sue & Bev Stobart & Robert & Gretchen Bernardi. By CH Caredig Renegade x Caraglen Berwyck La De Dah. Owner: Angela Hunter Knight.

Dry Creek O'Trillium. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Angela Hunter Knight.

Dry Creek Last Hurrah of Callaid. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Helen Philpott.

Dry Creek's Ataraxis in Barrington. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Birgitta Stolpe & Angela Hunter Knight.

Dry Creek Pastiche. 02/01/2021. Breeder: Angela Hunter Knight. By GCH CH Niobrara Eoghan Roe x CH Caraglen Berwyck Libaan at Dry Creek. Owner: Angela Hunter Knight & Helen Philpott. The littermates are all high quality and look alike. They have momma's head and bone. Momma outmoves them at this point. She is a very nice bitch and produced some very nice puppies. I would say they are equal to her quality.

Thank you to all who came out and participated! We all had a ton of fun and truly appreciate all the efforts of the Fun Match Coordinators- Dave & Risha Berzins.

Spotlight on Health





Can Dogs Get Seasonal Affective Disorder?



By Stephanie Gibeault, MSc, CPDT

For dogs and humans, winter brings the fun of snowball fights and sports like skijoring, but it also means fewer hours of daylight. And in people, that can lead to the winter blues or seasonal affective disorder (SAD), which is a type of depression with a seasonal pattern. Have you noticed your dog's behavior change during the winter months? As dogs share similar moods and brain chemistry with humans, it's reasonable to think they might suffer from seasonal affective disorder, too. Read on to learn if the winter is



getting your dog down and what you can do to prevent it.

Do Dogs Experience Seasonal Affective Disorder?

In humans, it's thought that SAD results from the decreased amount of sunlight in the fall and winter. This can disrupt a person's internal clock, lower our levels of serotonin (a brain chemical that regulates mood), and increase melatonin (a brain chemical released by the pineal gland that affects sleep). A study of sled dogs showed that the dogs' melatonin levels were higher in the winter than in the summer, so perhaps dogs are susceptible to SAD, too.

However, there has yet to be a single study looking specifically at seasonal affective disorder in dogs. Dr. Jerry Klein, Chief Veterinary Officer for the AKC, explains, "At this time, there is no scientific evidence that dogs get seasonal affective disorder (SAD) as described in humans, though dogs also have pineal glands in their brain. The pineal gland produces <u>melatonin</u>, a serotonin-derived hormone that modulates <u>sleep patterns</u>. In humans, some people produce higher amounts of melatonin than usual in <u>winter months</u>, so it may be conceivable that dogs

have some <u>changes in mood</u>. But there is no way to objectively measure or diagnose this condition in dogs."

Dr. Klein also expects that if dogs do suffer from SAD, it would be more common in northern climates with shorter days. "In humans, SAD is described more for people living in northern parts of the world rather than sunnier, warmer climates," he says. "One would therefore think that dogs living in the far northern climates, such as the <u>sled working dogs</u> would be the most affected, but no known reports or study confirms this. Perhaps because they are physically active and mentally involved."

What Could Cause a Dog to Get the Winter Blues?

Although there has been a lack of extensive research in this area, a survey carried out in the United Kingdom by the People's Dispensary for Sick Animals found that many owners felt their pets become more depressed during the darker winter months. The dogs seemed to sleep more and were less active. Dr. Klein points out, "Like all surveys, it was subjective and relied on the owner's perceptions of their pets.



So, it was anecdotal rather than scientific."

Of course, there are many explanations for the survey results. People could be projecting their own winter blues onto their pets. A <u>recent study</u> showed that dogs can recognize their owner's moods and distinguish between positive and negative emotions. So, if their owner is feeling down or experiencing SAD, it's not a stretch to imagine that could impact the dog's own emotional state. Or perhaps owners provide their pets with less <u>mental stimulation</u> and <u>physical exercise</u> in the winter.

It's hard to know if your dog is <u>responding to your mood</u>, reacting to your actions, or suffering from their own <u>emotional problems</u>. There could even be an underlying issue with their physical health. Therefore, Dr. Klein suggests you don't diagnose your dog with SAD on your own. "There is no scientific evidence that dogs suffer from seasonal affective disorder. If a dog seems lethargic or <u>off their feed</u>, it is best to have them <u>checked by a veterinarian</u> to make sure there is not an underlying medical issue."

Ways to Keep Your Dog Happy and Healthy in the Winter

It's important to provide for all your dog's physical and emotional needs all year long. For example, <u>take daily walks</u>, <u>play games together</u>, or <u>provide puzzle toys</u> that will challenge your

dog's brain. Consider activities you can do inside on freezing cold days, such as <u>scent work</u> or a <u>homemade agility course</u>. Dr. Klein suggests, "Get outside with your dog and get some sunlight when possible. Find ways to stimulate your dog mentally as well as physically. And open the shades and get sunlight inside."

Although there are treatments for humans such as light therapy and vitamin D or omega-3 supplements, don't try these on your dog without your vet's say-so. In fact, vitamin D can be harmful. According to Dr. Klein, "A dog being fed a well-balanced diet already receives the proper minerals and vitamins needed and should not need any supplements or additives. In fact, giving excessive vitamin D can be toxic to dogs, potentially causing fatal kidney damage as well as other medical problems. Omega-3 fatty acids have been reported to increase cognitive function but should be given on the advice of a veterinarian."

The easiest way to keep your dog happy through the winter is to be the best owner you can be. And that goes for the summer too. As Dr. Klein says, "There is no scientific evidence that dogs suffer from seasonal affective disorder at this time. It is better to enrich our dogs' lives through good husbandry, proper, well-balanced nutrition, adequate exercise, and mental stimulation: not just during the winter months but all year long."

Original source: akc.org

Quarterly Photos & Brags



GLIWA Fun Run

Fun Run at Odd Duck Farm A giant THANK YOU to The Cherry's for once again hosting!









Fun Match Candid Photos

People say it is all about the dogs.........

But sometimes it is all about the people, the camaraderie, the learning and the fun!





Solo



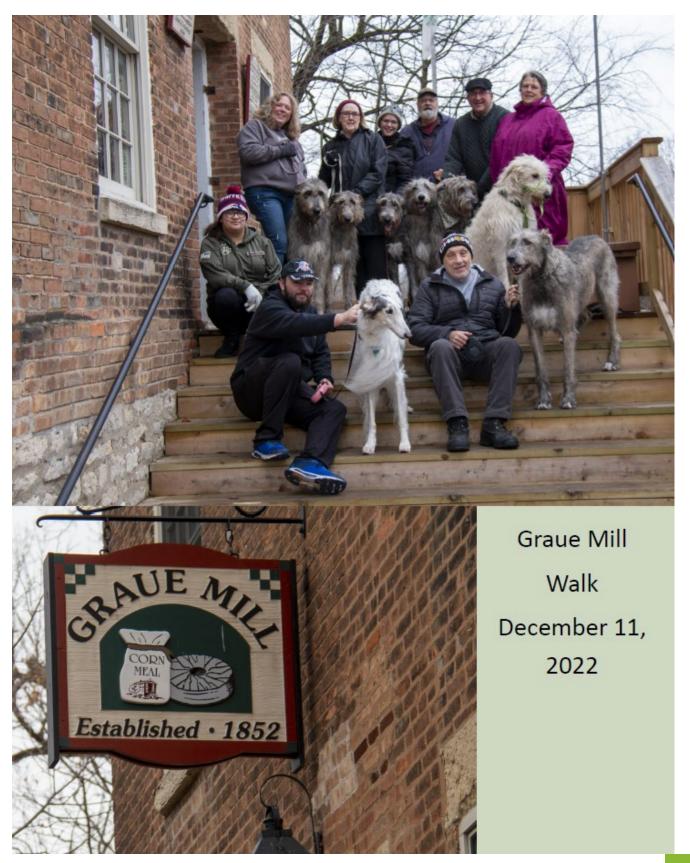








Graue-Mill Winter Hike













A Blessing for the New Year...

"Walls for the wind

And a roof for the rain,

And drinks bedside the fire,

Laughter to cheer you,

And those you love near you,

And all that your heart may desire."

- Irish Blessing

GL9WA sends you the warmest wishes for the holiday season & a happy, healthy New Year!