



Established April 4, 1983

Mid-Atlantic Flat-Coated Retriever Club

President's Message

I hope everyone has been enjoying their summer. Hopefully your FCRs have been able to find some water to swim in and cool off. Congratulations to all our members and FCRs that participated in the Westminster dog show, the National Specialty and for all the amazing achievements you'll find in this newsletter. Our third Dock Diving event was a success, thank you Andy and all the people that helped make it happen. Coming in October is our WC/WCX test and our supported entry in Augusta, NJ. Don't miss out on our Fast Cat event in November.

Please note that the supported and club meeting will be held on Saturday October 15th. Neal Goodwin will be our breed judge and Tracey Fudge our sweepstakes judge. Since Bucks has been cancelled so many years in a row, the board decided to use the Bucks trophies for Ramapo.

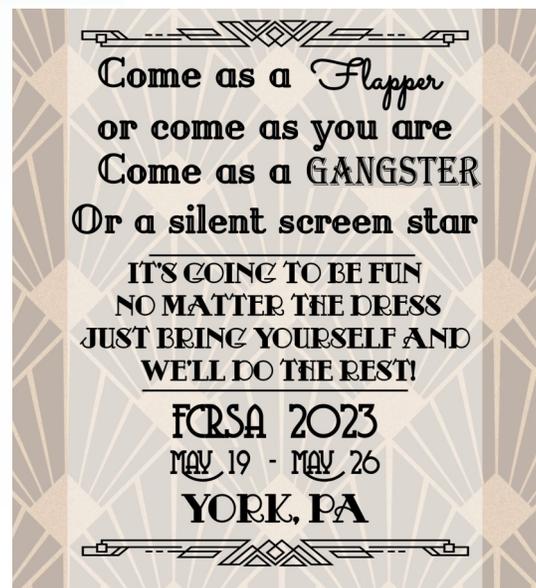
As you know the National Specialty which is a joint effort between NEFCRC and our club is next May in York, PA. (more information including a schedule will be coming out soon). We hope that many of you will participate in conformation, field, rally and obedience. Patty Johnstone is the volunteer coordinator and is currently looking for a few people to chair committees. I was amazed at how many volunteers were needed for the 2022 specialty. Please consider volunteering, it is a great way to get involved and meet FCR owners from all over the country.

Enjoy the newsletter and the rest of the summer. See you and your FCRs in October.

Janet Herrington, President

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Patella Luxation in Dogs

Being one of the most commonly diagnosed orthopedic conditions in dogs, patella luxation accounts for 75% to 80% of orthopedic conditions seen in small animal clinics, and affects 7% of puppies, as early as 8 weeks of age. Mild cases may never have a symptom in the affected limb, while more severe cases can result in pain and loss of function.

"The term luxating means out of place. "The patella, or 'kneecap,' is normally located in a groove on the end of the femur (thigh bone) just above the stifle (knee). The term **luxating** means 'out of place' or 'dislocated'. Therefore, a luxating patella is a kneecap that moves out of its normal location. Pet owners may notice a skip in their dog's step or see their dog run on three legs. Then suddenly they will be back on all four legs as if nothing happened. As the kneecap dislocates more often out of the femoral groove, it erodes cartilage and exposes the bone, leading to instability, pain and arthritis

Symptoms of Lateral Patella Luxation in Dogs

- Genu valgum stance, also called knock-knee, a seal-like stance
- Inability to stand
- Shaking of affected leg
- Extensions of affected leg
- Pulling up of affected limb for several steps
- Bow legged appearance in puppies
- Skipping gait, intermittent or continuous
- Lameness, occasional to continuous
- Arthritis
- Pain

**The FCRSA recommends the following health clearances for breeding animals:
Hip & elbow dysplasia, patellar luxation, and CERF clearances for hereditary eye disorders.
When clearances are completed a CHIC number is issued
These clearances are listed on the Orthopedic Foundation for Animals (OFA) website.
For more info: www.ofa.org**

When the patella luxates, the dog often has difficulty bearing weight on the leg, It may learn how to kick the leg to the side, which will hyperextend the knee and snap the patella back into its normal location. Medically, there are several degrees or grades of patellar luxation, ranging from a mild form in which the kneecap only luxates when force is applied directly to it, to moderate luxation in which the kneecap pops out frequently, all the way to a severe luxation, in which the kneecap may be dislocated the majority of the time. In affected dogs, one or both kneecaps may luxate, sometimes to a different degree. Approximately 50% of affected dogs have both knees involved while the other 50% have only one knee involved.

"Patellar luxation predisposes the knee to other injuries such as torn cruciate ligaments. "However, patellar luxation predisposes the knee to other injuries, such as torn cruciate ligaments (see prevention article in this newsletter: "Using Exercise to prevent Ligament Damage"). The weight bearing stress on the leg is also altered, leading to changes in the hips, thigh, and shin bones. As the pet ages, arthritis develops and results in not only decreased mobility but joint pain as well.

Does a luxating patella cause any long-term problems for my dog? This depends upon the grade of the luxation and whether both legs are affected to the same degree. Patellar luxations are graded from Grade I-IV. Some dogs can tolerate this condition for many years, even for their entire life.

Cont. PATELLA LUXATION IN DOGS

Types: Luxation can be medial, or when the kneecap is dislocated closer to the body, traumatic when caused by a trauma or injury, or lateral, when the kneecap is dislocated away from the body.

Lateral patella luxation is more common in large and giant breeds - This type is seen in large breeds, and has affected Akitas, Great Pyrenees, Chinese Shar Peis, Flat-coated Retrievers, Great Danes, St. Bernards, Irish Wolfhounds, Labradors, Malamutes, Boxers, and Huskies. Symptoms often occur in puppies near 5 to 6 months old.

Causes of Lateral Patella Luxation in Dogs

This condition is a direct result of abnormalities in the structure and components of the hind limb.

Causes of those abnormalities can include:

- Genetic predisposition
 - Trauma or injury
 - Shallow or absent femoral groove
 - Abnormality in the overall alignment of the knee and leg, such as hip dysplasia
 - Skeletal abnormalities
- Hormonal influences during growth

Diagnosis of Lateral Patella Luxation in Dogs

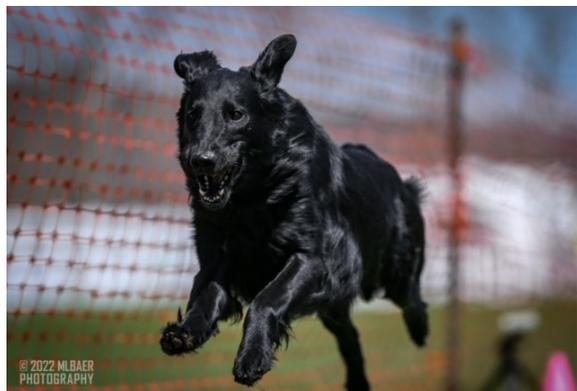
Lateral patella luxation is often found during a routine exam, and may present no symptoms. If symptoms are present, your veterinarian will start with a physical examination that includes palpation of the affected kneecap, sometimes under sedation. This can allow the veterinarian to grade the severity of the luxation, and can help to determine treatment. Additional tests can determine the severity of the luxation and any other associated conditions that may be present, and can include X-rays to evaluate the bones and look for signs of hip dysplasia, and a CT scan. Patella luxation can have symptoms that are similar to osteoarthritis and neurological conditions, and other tests may be administered to rule these out. Blood tests and a urinalysis may be taken before anesthesia is given.

Treatment of Lateral Patella Luxation in Dogs Depending on the severity of the luxation and any concurrent conditions, treatment will vary. If the luxation is mild and devoid of symptoms, it only needs to be monitored and generally does not need surgical correction. If the luxation is more severe, surgery may be considered. Surgery is often more difficult in larger breed dogs, especially when other concurrent conditions are present.

Surgery attempts to modify the bony structures or soft tissues, or both, and may involve a reconstruction of soft tissues that surround the kneecap, create a deeper femoral groove to allow the kneecap to stay in its normal position, or correction of other bones, such as the tibial crest or femurs. These procedures are performed in accordance to each individual dog's needs. Surgery is recommended for dogs with severe symptoms, or in puppies with growing bones.

Recovery of Lateral Patella Luxation in Dogs Over 90% of owners have reported satisfactory results after surgery. Recovery is less favorable in larger breeds, especially when combined with other conditions. Reoccurrence of the luxation is uncommon. In the rare case, the migration or breakage of implants used to keep corrected bones in position can occur. There is also a slight risk of infection. Monitor your dog's habits to be sure his recovery is progressing, and report any leg issues or infections to your veterinarian. Prevent this hereditary condition by not breeding affected dogs.

ACHIEVEMENTS



Cliff running FAST CAT above

“Cliff” received his FCAT title (reaching the 1,000 point mark) and is now CH Argon’s Montgomery Cliff FCAT, CGC, TKI.

Gail Young

Cliff with his title rosette (right)



GCHB CH Stormwatch Beaufort's Record Wynds CDX RE OA AXJ CGC TKI

“Beau” Earned his UD with a First Places at K9 OTC of Essex County Obedience on



Beau earns his UD (above) & Rally HIT & High combined (below)

Sunday June 19, at Golden Rule School for Dogs. On Saturday in 2 Rally trials Beau entered in Master, Excellent & Advanced Beau was on fire ... HIT and High combined. After losing 2 year

training with my knee injury and 18 month of rehab for Beau's surgery & Injury. This is so sweet. He was extremely happy to be working with me.

Carol Wyatt



Carol & Beau earned their Utility dog

Beachcliff Rocky Raccoon, “Rocky”,

Earned his championship on March 26th at New Brunswick KC.

Laurie and Brian Debiase

Cont. ACHIEVEMENTS



Milo's first Major at 9 months

“Milo” Bramcote’s Pierce Pond Black Ghost (Sabrina’s son) We were happy to introduce Milo to the show ring at just under 9 months. Here he is at Bryn Mawr winning his first points with a three point major under judge Michael Faulkner. We’re taking the summer off in Maine but hopefully we’ll see you all in the ring late fall.

Donna Sickles and Larry Zimic

“Alfie” Sharmead's Alien Life Form and “Gordon”, Char-Will's Searching for a Moon Shadow had the privilege of attending the Pennsylvania state working animal appreciation day held May 24th at the Pennsylvania state capital. They were both honored as working search and rescue dogs. They are both on Special Unit 66 search and rescue in Lebanon, PA. Alfie is certified as a search dog; he has been involved in quite a few searches with successful outcomes. Gordon is in training and is expected to have a long successful career on the team. As working dogs, they both put in a lot of time training to a very high standard, and it is wonderful to be recognized for their hard work. Alfie and Gordon love what they do and always have time to play and be typical flat coats. I am so very proud of these two and what they bring into our lives and the lives of others that they are able to help.

Lee & Jackie Lebbon



Gordon with Jackie & Alfie with Lee visit the Capital

Cont. ACHIEVEMENTS



Hardy” Light-foot's Man of Mystery turned 7 years old on June 29, 2022, and earned his Excellent Standard Agility Title on June 28, 2022. He earned his Open Jumper with Weaves Title on Friday, July 8th

Vicki Taylor

“Betsy”, Jubilee’s Stars and Stripes CGC, TKN won WB/BOS at the Missipilion KC show on April 28th for her first point! Then on June 22nd she earned her CGC and TKN titles at Talbot Kennel Club! She’s such a joy to train, I am looking forward to many adventures with her.

Patty Johnstone



“Ginny” Indulgent Savannah Cyclone & “Blue” Indulgent Bomb Cyclone are litttermates that earned their first majors on the same day at the Northeastern Maryland Kennel club show on July 9th under judge Joy S. Brewster. Ginny was also winners bitch/Best of Winners the day before for 2 points at her very first show. Ginny and Blu are co-owned and live with our sons.

Jeff & Viv Koontz



Cont. ACHIEVEMENTS



*Jetta pictured
with her awards*

FCRSA 2022 Specialty Fort Wayne IN

First, I need to thank Monica, Karen and Bill Stephens for making it possible for Jetta and I get to Indiana. And to Kathy Poole-Price and John Price for ferrying Jetta and I to the various venues. Without their kindness this brag would not have happened. Another thanks goes to the Committee and all the volunteers that put on a great specialty.

From the right: a Junior Hunter pass, 1st place Agility Standard Preferred 16" pass handled by Nicole Young-Seaton, 3rd place (out of 23) in the Veterans Sweeps 7-9 handled by Kelly Holland from England. The long ribbon is the Three Rivers Award for qualifying in 3 events. Next is Jetta's ribbon from the Ring of Honor. Below that is her Hall of Fame plaque. The green qualifying ribbons are from Rally Advanced and Rally Excellent. In the Veterans Obedience class she was in a run off for 4th place with a score of 192. She lost to an 11.5 year old. Only placements get ribbons in non regular classes. In Best of Breed, again handled by Kelly Holland, Jetta made the first cut. She Qualified in 8 of the 9 events in which she was entered. In Open B Obedience she missed the sit in the Command Discrimination exercise, her only non-qualifying mistake. Thanks also goes to Richard Street for bathing Jetta and Deb Brady for grooming her.

After the specialty we went to Kathy and John's where Jetta got to do some training in their wonderful ponds and fields. From Thursday to Sunday, I was able to sit in on an Advanced Seminar with Carol Cassity. There were Flat Coats, of course, and several Poodles, a Nova Scotia Duck Tolling dog, some Labradors and a Chesapeake Bay Retriever. What a great learning experience. Kathy dropped me off at home on her way to Westminster with Ice.

Peg Forte

Cont. ACHIEVEMENTS

GCHP CH Argons Purple Rain BN RI JH CGC TKI

A few brags for "Prince". He became one of seven FCR Platinum Grand Champions this year. Prince won an award of Merit at Westminster. He was #1 All Breed for three months this year. He met the requirements for the Flat-Coated Retriever Society of America's Hall of Fame (HOF) that honors the Flat Coats dual purpose and is awarded for outstanding accomplishments. We were excited to attend the National Specialty and participate in the Ring of Honor.

Janet and Bob Herrington



GCHG NicholCity Revere

Peeve earned his Gold Grand Champion title on Saturday August 20th at the shows in Whitney Point New York by taking Best of Breed.

He is now GCHG NicholCity Revere. Not too shabby for a pet!!

And a special thanks to everyone who helped us on reach this milestone

Andy Abramowitz



IN MEMORIUM

“Reba”, Valley Crest One Day At a Time CGC, TKN, BN, RI, RL1, ACT1, DN 1/31/2014-5/5/31/2022



Reba enjoying the sprinkler the day before we lost her.

making more. It is not fair. We love you brown dog and will see you again one day.

Joe, Patty & Jess Johnstone

Reba in her favorite place ♥

We are heartbroken over the loss of our liver girl, Reba. Reba was the perfect girl. Yes, she had her own agenda at times but that was “Reba”! She loved going to training class and knew what day that was, she let you know it was time to go. However, she didn’t like trials. “Reba” would “forget” how to sit. At our last Rally trial, our last sign had a sit. I told her that if she would just sit one more time that I would let her “retire and just be a beach dog”! She sat! She didn’t get much time on the beach before she passed. I’m happy that we did get her to the beach the day before we lost her and that she never seemed in pain but wish we could have held her at the end.

There are so many stories and memories that we have and will treasure, but we wish we were still



“Splash” Meadowquest Oak Lane with a Splash 4/26/2008-6/7/2022



Splash was raised and loved by Ed and Kathy McQuaid. He was Ed's hunting partner. The last few years he became Kathy's constant companion. Born in the first litter of Kayla's(CH Goodtime Norwegian Wood RN NAJ NF CGC bred to Ch Darktarn Neptune's Raven), the yellow ribbon puppy was the energizer puppy just like his mom Kayla. Ed wanted a boy that was interested in feathers and had energy to hunt. That was Splash. He was the puppy Kayla scolded as he left the whelping box to play outside because she knew he'd be into something in no time. He lived an incredible life of 14+ years. Kathy noted in her email upon Splash's passing- "He was a terrible puppy, but a terrific adult, best described as a gentleman."

Rest well Splash. You had a wonderful life. Condolences to Ed and Kathy. Thank you for being an incredible family for Splash.

Lori Baycar and the Meadowquest flattie bunch

VETERAN BIRTHDAYS



On July 13 “Beau” GCHB CH Stormwatch Beau-fort’s Record Wynds CDX RE OA AXJ CGC TKI and his littermates celebrated their 9 th birthday !!!

Beau is pictured right and his littermate sister Jetta is pictured left.

Carol Wyatt & Peg Forte



Our Bramcote family now has three veterans, Shadow (10), Rook (10), and Sabrina (7).

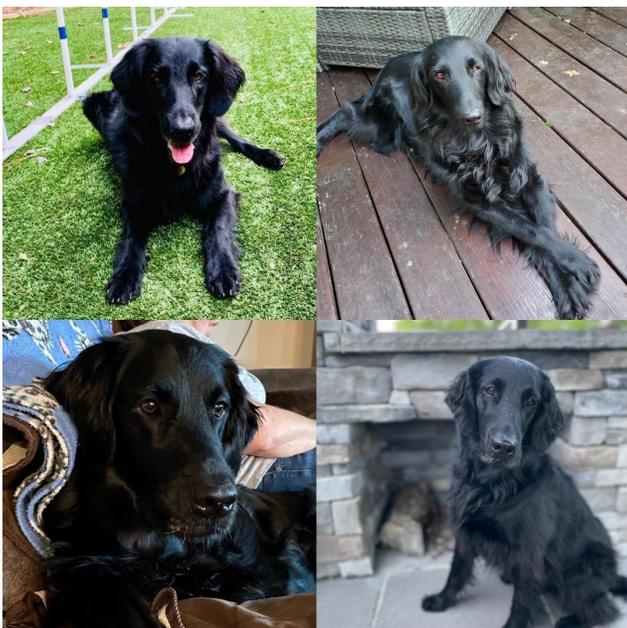
Here’s our three veterans lining up for dinner.

Left to right = Sabrina, GCH Light-Foot’s Bella Nocte, age 7

Rook, Quillquest Velocity Vector, age 10

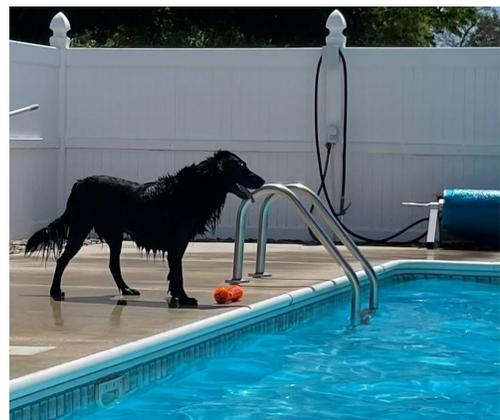
Shadow, GCHB Meadowrue Shadow of Quillquest, age 10

Donna Sickles & Larry Zimic



“**Spirit**” **Indulgent Spirit of the Dance** turned 7 on July 27th. Spirit still enjoys, agility, swimming and keeping her nephew “Blu’ in check. We would like to wish her litter sisters pictured left: Sadie, Willow, & Riagan a happy 7th birthday.

Jeff & Viv Koontz



Dogs Detecting Covid Revisited

by Peg Forte

Dogs may even be better at detecting Covid-19 than PCR tests. So say researchers at the Alfort School of Veterinary Medicine in suburban Paris.

Dogs, sniffing samples of humans sweat, identified positive Covid-19 cases among 335 people at 97 percent accuracy. Additionally, during the tests, the canines identified all 31 Covid-19 cases in the 192 patients showing no symptoms.

This suggests, that with the proper scent work training, canines could help obtain test results fast in mass screening and reduce the need for invasive nasal swab tests.

The researchers used dogs from French fire departments and the Ministry of the Interior of the United Arab Emirates. The dogs were rewarded with toys, like tennis balls, if they picked out the virus successfully in the sweat samples. The dogs used in the study had previous rigorous scent training, and many could sniff cancer, drugs or dangerous goods. The training took anywhere between three to six weeks, depending on the dog's previous experiences with odor detection.

The dogs were also able to detect Covid-19 from sweat swabbed from the subjects' neck and used face masks. When the dog detected a sample was positive for Covid-19, it would sit down in front of it. They averaged about 15 seconds for the dogs to sift through 10 sweat samples from 10 different individuals. The dogs and the human handlers had no interaction with the people that contributed the samples.

The researchers found that the dogs could detect infections earlier than PCR tests could, so they believe that a person who may test negative on a PCR test but positive according to a dog may likely test positive on a PCR test two days later.

"Even with what we call a rapid test, you're still going to have to wait tens of minutes or even hours, where the dog in a matter of seconds or even fractions of seconds can make a response," Kenneth Furton, a chemist at Florida International University not involved with the study told *Science News*.

Thanks to our Trophy Fund Contributors

Janet Mines Krings, Hope Meaker, Michael Raho, Linda Arble, Gayle Haak, Lori Baycar, Mary Jane Koren, Kath and Richard Mackintosh, Joseph and Patty Johnstone, Tina Mohr, Darlene Terroni, Brian Kayhart, Robert and Sonja Rickert, Peg Forte, Andy Abramowitz, Valerie Bernhardt, Pat Wolklin and Jim Pinkman, Kara and Bob Wilson, Vivian and Jeff Koontz, Charles Dykes, and Gail Young

Thank you for your donations and support!

FALL SUPPORTED ENTRY—TRACEY FUDGE



Our fall supported entry sweepstakes judge will be Tracey Fudge.

Tracey was kind enough to send us this bio.

We hope you will join us and support the sweepstakes, Oct. 15th.

Dogs have been a part of my life since my grandmother sent me a Samoyed puppy to grow up with when I was 3. I got my first flat-coated retriever in 2001 and have been active in the breed since then, competing in agility, obedience, and conformation. I am currently the treasurer of the Capital Region Flat-Coated Retriever Club, serving for the last 10 years, and have been the treasurer for 3 national specialties. I have finished 6 champions and have co-bred 5 litters under the kennel name Victory Retrievers and currently live in Maryland with flat-coated retrievers Rio and Derby.

TRACEY FUDGE

FCRSA 2023 NATIONAL SPECIALTY Tentative Calendar of Events

WC/WCX: : Friday, May 19 Rebel Ridge, MD

Steady Singles /Unsteady Singles: Saturday, May 20, Rebel Ridge, MD

Agility: Sunday, May 21, Bella Vista Training Center, Lewisberry, PA (20-25 north of York)

Rally / Obedience: Monday, May 22 and Tuesday, May 23, York Expo Center

Veterans Sweeps, Monday May 22, York Expo Center

Puppy Sweeps, Tuesday, May 23, York Expo Center

Dog Classes (including non-reg classes and stud dog), Wednesday, May 24, York Expo Center

Bitch Classes (including non-reg classes and brood bitch), Thursday, May 25,

Juniors during lunch, York Expo Center

Best of Breed , Friday, May 26, York Expo Center

Host Hotel: Wyndham Garden (reservations are now open)

Election results 2022-2024 term

Voting by google form & email ballot 23 members voted to approve the slate of officers , no votes against

President Janet Herrington

Vice President Peg Forte

Treasurer Bob Herrington

Recording Secretary Vivian Koontz

Membership Secretary Amanda Sypniewski

Board members Andy Abramowitz and Patty Johnstone

Using Exercise to Help Avoid Ligament Damage

Analysis by [Dr. Karen Shaw Becker](#)

STORY AT-A-GLANCE

A recent study of agility dogs and cranial cruciate ligament (CCL) ruptures suggests that a lack of core strength from routine physical exercise, along with participation in certain physical activities, increases injury risk

There are many activities agility dogs can engage in that will reduce their risk of injury (e.g., balance and core strengthening exercises, dock diving, and nose work)

An activity that seems to significantly increase risk of CCL rupture in agility dogs is flyball; early desexing and large body size are also risk factors

With proper preparation, agility can be a great bonding activity for you and your pet; agility courses are designed to awaken your dog's natural drive to run, jump, chase and hunt

It's important to take steps to prevent injuries in your agility dog both before and after competitive events

A recent study of cranial cruciate ligament (CCL) ruptures in agility dogs suggests that a lack of core strength from routine physical exercise, coupled with participation in activities like flyball, may put them at higher risk for this type of injury.¹

Damage to the cranial cruciate ligament is the second most common orthopedic condition in dogs (number one is [hip dysplasia](#)) and the condition most often treated with surgery.²

Location and Purpose of Cranial Cruciate Ligaments

The cruciate ligaments are bands of fibrous tissue, two per knee joint (called the "stifle") in the back legs of dogs. The ligaments connect the femur, which is the bone above the knee joint, and the tibia, the bone below it, and are the main stabilizers of the knee joint. They cross over each other, with one band running from the inside to the outside of the knee joint, and the other from the outside to the inside. In humans, the CCL is called the anterior cruciate ligament (ACL).

Inside the knee joint between the femur and tibia is cartilaginous material called the meniscus. The job of the meniscus is to absorb shock and assist with load bearing, and it can be damaged when there is injury to the cruciate ligaments. Cranial cruciate ligament mechanics in 20 seconds:

Factors That May Reduce the Risk of CCL Injury

The agility dog/CCL injury study, conducted by veterinary researchers at Washington State University and the University of California, Davis, involved a survey of over 1,200 dogs. The results revealed that

Cont. Using Exercise to Help Avoid Ligament Damage

almost any type of physical exercise appears to reduce the risk of ligament rupture. However, some exercises seem to increase the risk, along with the size and shape of the dog (i.e., the breed). According to lead study author and veterinarian Deb Sellon: *"Balance exercises, wobble boards, anything that improves the core strength of the dog seemed to lower the odds of a ligament tear. We found fitness matters for dogs just like it does for people, and we haven't shown that before."*³ Sellon founded WSU's Agility Dog Health Network, which was accessed in the study. Using a type of statistical risk assessment, she, and study co-author Denis Marcellin-Little, a veterinary orthopedic specialist with UC Davis, looked for trends in 260 agility dogs who tore the ligament and 1,002 agility dogs who did not. They found that in addition to balance and **core strengthening exercises**, activities like **dock diving**, barn hunt and **scent work** were also associated with a decreased rate of CCL rupture. Interestingly, while typical dog activities like swimming, playing fetch with a ball or Frisbee, walking, and running didn't increase the risk of injury, neither did they reduce the risk. Another interesting finding was that dogs who competed frequently in agility events and at a higher level on more technically rigorous courses were less likely to sustain a CCL rupture.

Risk Factors for CCL Rupture

Activities that increased the likelihood of injury were weekly short walks or runs over hilly or flat terrain. It's worth noting that many of those injuries occurred in "rookies" (dogs early in their agility careers) who lacked core strength from routine physical exercise and/or rest days.

The riskiest of all the activities the study authors evaluated was training or competing in **flyball**. Agility dogs who also engaged in flyball were almost twice as likely to sustain a CCL rupture as other dogs. Nearly 12% of dogs reported to play flyball ruptured the ligament.

The study results confirmed some well-known risk factors for CCL rupture, for example, female dogs spayed before one year are twice as likely to rupture the ligament as dogs spayed after the age of one, a fact that demonstrates the **importance of sex hormones** in the physical development of young animals.

The survey results also show that Australian Shepherds and Labrador Retrievers are more than twice as likely, and Rottweilers and Australian Cattle Dogs are more than four times as likely to tear the ligament.

"Larger dogs doing agility tend to be less balanced, so it is not surprising a Rottweiler or Australian Shepherd may be at a higher risk of a rupture compared to smaller breeds," Marcellin-Little theorized. *"The tail could also be a factor; the tail has been proven very important for cheetahs and you can imagine it has a role to play in the overall balance of the dog."*⁴

The study authors make the point that while there is still a great deal of research to be conducted, their survey results give veterinarians (and dog parents) a starting point.

"This research decreases uncertainty; it doesn't bring certainty, but this one study could provoke thoughts and help us look at potential research areas to target moving forward," Marcellin-Little said. *"That is the type of research that the Agility Dog Health Network is planning to support."*

Cont. Using Exercise to Help Avoid Ligament Damage

Considering Agility for Your Dog?

The sport of agility is a **dog-centric activity** that provides opportunities to spend more bonding time with your pet. It can be especially beneficial if your dog is a **high-energy model**.

Agility training, which involves teaching your dog to run through obstacle courses, weave around poles, dash through tunnels, jump through rings, walk on seesaws and more, can deliver invaluable mental and physical benefits to your dog (and to you!), and you can approach it as a "just for fun" adventure, or competitively.

Some great reasons to consider the sport with your dog, according to agility handler Jill Hedgecock in an article for the online magazine Bark:⁵ You get to bond with your canine companion while engaged in a fun activity, You learn new ways to communicate with your dog, You both get plenty of exercise& It's an opportunity to improve your dog's behavior and confidence outside the ring

In terms of keeping your dog safe and healthy while engaging in agility events, it's important to realize that it's impossible to prevent 100% of injuries, 100% of the time, but it is possible to reduce the chances your canine athlete will be hurt by taking preventive action.

Adequate training and conditioning for agility is obviously of paramount importance in preparing your dog to compete and prevent injuries. Daily sport-specific conditioning, targeted training and practicing some aspect of agility training several times a week will help condition your dog's musculoskeletal system to handle the demands of this high energy game or competition.

Hands down the bulk of injuries I see related to **agility training** aren't from accidents on the course itself (which can happen, on occasion) but from improper or inadequate body conditioning, muscle and tendon resiliency or running a dog that hasn't recovered (from a musculoskeletal standpoint) from previous sessions.

A warm-up before competing helps your dog's body prepare for action. A proper warm-up period is 5 to 15 minutes of light walking or trotting on a surface similar to the event surface. Among other benefits, this will allow your dog to mentally adjust to the new environment. This can be followed by short periods of running over low jumps to maintain the benefits of the warm-up until it's show time.

Part of the warm-up should include some active stretching to reduce the risk of strains and sprains. Active stretches involve movements that stretch your dog's legs and spine in ways that mimic the movements he will make during competition. Remember, these are active stretches (not passive or static stretches) performed immediately after the warm-up period, while your dog's muscles are still warm.

After each training session or competitive event, your dog should have a cool down period. Decrease the intensity of exercise slowly over 10 to 15 minutes, which can be accomplished by taking her from a jog to a fast walk, to a 5-minute slow walk.

Cont. Using Exercise to Help Avoid Ligament Damage

The time to do **passive range-of-motion exercises** and static stretching is immediately after your dog's cool-down, while her muscles are still warm — never when her muscles are cold. Statically stretch your dog's large muscle groups (quads, hamstrings, paraspinals, triceps) to maintain their length and flexibility.

In between agility events, you can help support your dog's frame with routine maintenance such as **chiropractic and acupuncture**, physical therapy, massage, strength training and stretching. You can find vets that will help you prevent or recover from CCL injuries and a listing of physiotherapists [here](#).

If athletes are consuming mostly ultraprocessed food (kibble), offering ligament-supporting nutrients and supplements is also a wise idea, as fast food does not contain adequate nutritive co-factors to maintain tendon and ligament resiliency or offer any bioactive polyphenols that facilitate microinjury recovery.

Whatever you can do to keep your dog's musculoskeletal system in good condition will not only help prevent injury during training and competitive events but will also go a long way toward maintaining her mobility and quality of life, throughout her life.

Research Patella Luxation in Dogs: A Molecular Approach results of study conducted in 2006

by Herman A.W. Hazewinkel, DVM, PhD; University of Utrecht, Netherlands

Breed(s): Flat-Coated Retriever

Research Program Area: Musculoskeletal Conditions and Disease

PROJECT SUMMARY: Patella luxation (PL) occurs in both small and large breed dogs. Among the large breed dogs, the Flat-Coated Retriever seems to be predisposed to the condition. A survey in 354 Flat-Coated Retrievers revealed that 40 percent were affected with some degree of PL. Males and females were equally affected. A positive correlation was found between the occurrence of PL in the parent(s) and that in the offspring. An autosomal recessive mode of inheritance was suggested. The Flat-Coated Retriever has an annual birth rate of 700 pups in the Netherlands; 75 percent of the owners are members of the Dutch Flat-Coated Retriever Club (FRC). Since 1985 more than 3100 Flat-Coated Retrievers have been clinically investigated by the same specialist and findings are available in a database. At least 20 of the recently included litters had several littermates positive for PL. The genetic research proposed in this project was to perform affected sibling pair analysis. This method compares pair-wise the DNA of littermates with PL and eventually highlights gene variants which are shared by most or all affected dogs. 150 Flat-coated Retriever DNA samples on known patella phenotype along with 95 Pomeranian DNA samples. Candidate gene investigation was performed on Pomeranian and Flat-coated Retrievers but did not reveal a likely linkage using the technology available at the time. There is hope that with improved technology with more dense SNP markers, the genetic association for PL will be identified.

PUBLICATION(S)

Lavrijsen, I. C. M., Heuven, H. C. M., Breur, G. J., Leegwater, P. A. J., Meutstege, F. J., & Hazewinkel, H. A. W. (2013). Phenotypic and genetic trends of patellar luxation in Dutch Flat-Coated Retrievers. *Animal Genetics*, 44(6), 736–741. <https://doi.org/10.1111/age.12077>

DOCK DIVING FUN

The Club held its Third Annual Dock Diving Event on Saturday August 6th at Splash Town In Warwick New York. Twelve Flat Coats and their owners enjoyed 3 hours swimming and dock diving on a beautiful sunny day.

A few highlights...Lauren Weidner's Tasia jumped well over 20 feet on several jumps (see Tasia fly in the photo to right)

Thanks to Janet, everyone was given an embroidered event carry bag. (See photo of the bag below)



A special thanks to Jim Pinkman who after the first hour of training by the dock diving facility owner graciously spent 2 hours in the diving pool helping all the dogs with their swimming and diving. (See photo of Jim below)



Look for next year's dock diving event the club's website when we have the date scheduled.

Andy Abramowitz



on

NEW MEMBER



Amy Bergstrom

My husband and I live in State College, PA. When we got married in 1995, we knew we wanted a big dog, Sporting or Working. After doing some research, we came upon the Flat-coat and also discovered that Linda Arble lived in our area. She was kind enough to invite us to see her two girls. We attended a National specialty, which I recall being in Maryland and we were giddy. What a sight! We were in...hook, line, sinker! We like the breed's enthusiastic, friendly and engaging nature. Their energy level was perfect for us and of



course, they are so attractive.

We got our first female from HiHill in 1996, followed by our next female our of Dowerky, a male out of Quillquest and now our current mail out of Bramcote. Through the years we also had two German shepherd Dogs amount the Flat-coats.

Although I have not competed a lot or titled the previous dogs (not for trying). I enjoy training Obedience, Agility and Tracking. Our Current mail, Archie, has his CGC title and my plan is to pursue Trick, Agility and Tracking Titles. I am looking forward to also trying Scent work and Rally. Hopefully retirement will afford me more time for all this fun :)

VOLUNTEERS ARE NEEDED

We are seeking the following Committee Chairs for the
2023 FCRSA National Specialty in York, PA .

Grounds, Judges Hospitality & Trophy Sponsorship

For more information contact: Patty Johnstone at pattyj416@gmail.com



Statement from the State Veterinarian on Dog Virus Outbreak

Take a few simple steps to protect your dogs:

- Keep up with routine vaccinations (especially for those living in or traveling with pets to the northern Lower Peninsula) by ensuring dogs/puppies are **vaccinated against canine parvovirus, rabies, canine distemper, adenovirus, parainfluenza, and leptospirosis.**
- Have dogs/puppies **fully vaccinated before interacting with other animals** to keep them healthy and safe.
- Keep dogs/puppies **at home and away from other dogs** if they are exhibiting any signs of illness and contact your veterinarian.
- Be sure to **clean up after your pet** when you're walking them out in public.



WC/WCX Tests
October 23, 2022
Garden State Golden Retriever Club
Mid Atlantic Flat-Coated Retriever Club
FCRSA Approved
Judges: Jim Drager and Kathy Poole-Price

**Our Flat coats are dual purpose dogs.
Join us to see the retrievers in action!**

The Working Certificate (WC) and Working Certificate Excellent (WCX) tests are designed to test the natural abilities of the Flat- Coat including its memory, intelligence, attention, nose, marking ability, courage, perseverance, and style.

This is the first WC/WCX that MAFCRC has held in over 20 years.

Location Collier's Mills Wildlife Management Area
Intersection of Hawkin Rd. and E. Colliers Mills Rd., New Egypt NJ 08533

Entries Enter online at www.entryexpress.net

Entire premium is available at www.entryexpress.net Under Specialty Events

Entry Fees:

WC – \$65.00

WCX – \$70.00

Entry is Limited to 40 dogs combined WC/WCX

Birds will be Pheasants on land and Ducks on water

To understand what happens at a WC/WCX test go to FCRSA.org and under the Field tab are the rules for these tests.

Volunteers will be needed.

The members of the GSGRC are experienced and will help MAFCRC members learn what needs to be done.

Contact Peg at wynfcr40@gmail.com to volunteer.

MAFCRC EVENTS CALENDER

October 15— Fall Supported & Membership Meeting
Ramapo KC in Augusta, NJ
Sweepstakes Judge Tracey Fudge
Supported Entry Judge Neal Goodwin
Details www.raudogshows.com

October 23—WC/WCX GSGRC & MAFCRC hosting
Collier's Mills Wildlife Management Area,
401 Hawkin Road, New Egypt, NJ 08533.

November 12 & 13 — MAFCRC FAST CAT
Orchard Hills Training Ceneter, Barto, PA
Two Days with Two Trials each day

2023 Events

May 6 — Spring Supported Show with Sweepstakes
Bucks Kennel Club Show

May 19–26 FCRSA National Specialty



Officers, Board Members & Committee Chairs

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Established April 4, 1983

MAFCRC Newsletter Deadlines

Spring Newsletter

Deadline—March 15th
Publication - April

Summer Newsletter

Deadline—June 15th
Publication— July

Fall Newsletter

Deadline—September 15th
Publication—October

Winter Newsletter

Deadline— December 15th
Publication—January

***Please submit your news to:
vivekoontz@yahoo.com with-
MAFCRC Newsletter in Subject***

MAFCRC—Mission Statement

To encourage and promote the responsible breeding of healthy purebred Flat-Coated Retrievers, and to do all possible to bring their natural qualities to perfection.

To urge members and breeders to accept the standard of the breed as approved by the American Kennel Club as the only standard of excellence by which Flat-Coated Retrievers shall be judged.

To do all in its power to protect and advance the interests of the breed by encouraging sportsmanlike competition at dogs shows, obedience trials and field trials; and, to have fun with our dogs.

To conduct sanctioned matches, specialty shows, obedience trials, and field trials under the rules of the American Kennel Club.

To educate MAFCRC members and other interested parties as to health, natural qualities and training of the breed; and to conduct training sessions for MAFCRC members.