



The Greater Gainesville Dog Fanciers' Association, Inc.

October 2022

Newsletter for Dog Lovers

G.G.D.F.A.

P.O. Box 358332

Gainesville, Florida

32635-8332

www.ggdffa.org

General Meeting Dates:

2nd Tuesday each month
PINE GROVE Baptist Church
4200 NW 39th Ave
7:30 pm Gainesville, FL

Board Meeting Dates:

2nd Tuesday each month

Club Officers

President — Denise Gaboury
1st VP — Pam Rice
2nd VP — Kathy Davis
Secretary — Liz Mignin
Treasurer — Doris Horton

Club Directors

Claire Hedrick
Marge Saucier
Sue Sutton
Jeremy White

Newsletter Editor

Claire Hedrick

Membership Chair

Kathy Davis

Happy October



Cutest Pup-Kin In The Patch!!



Is Dogs Sniffing Their Social Media? The Importance of Letting Your Dog Sniff

By Gemma Johnstone Sep 26, 2022

A recent TikTok trend shows owners joking that their dog stopping to sniff is their version of social media, which changes owners' perspective of allowing their dog to abruptly stop the stroll and actually allow them to "see what's up." While sniffing a tree isn't the same as reading a tweet, sensory walks do offer dogs many benefits without the online pressure of putting your best life on display.

Benefits of Sniff Time for Dogs

You might find it frustrating when your dog wants to stop and sniff every landmark while going for a walk. However, when dogs sniff, they are gathering vital intel about their territory and four-legged neighbors. Whether it's discerning the scent of a male rival, a notification that a bitch is in heat, or that a critter they'd like to chase took a pause in that spot, sniffing offers a wealth of enriching information.

Staci Lemke, CPDT-KA, RVT explains that sniffing is how dogs gather and process information to interpret the world. "Imagine someone taking you to an art gallery, then blindfolding you. You wouldn't get much out of it, would you? I imagine that's how it is for dogs that are rushed along on walks without the opportunity to stop and sniff," she says.

When you look at the science, it's no surprise dogs love to sniff everything. Dogs' noses have more than 200 million scent receptors—compared to a measly six million in humans. Plus, dogs sniff five to 10 times a second, which we only do once every 1.5 seconds.

Studies even suggest sniffing makes dogs feel more optimistic. Sniffing offers your pet the chance to make more of their own choices and engage in naturally enriching behaviors.

What Makes a Sniff Walk Different?

Penny Leigh, CPDT-KA, is a certified dog trainer and director of the AKC GoodDog! Helpline. She explains that "sniff walks are especially important for urban-dwelling dogs that do not have yards or opportunities to be loose in a safe, fenced environment where they can sniff and meander at their pleasure."

When Lemke takes her dogs on a sniff-centric walk, she lets them choose where they want to go and how long they'll linger at each smell, covering very little distance slowly. She reminds us that "humans are more about the destination, dogs more about the journey." Rather than planning to reach a particular place in a set time while on a sniff walk, pick a safe, peaceful spot and allow your dog to take the lead and explore at their own pace.

All you need is a well-fitting harness and a long line (rather than a retractable leash) measuring between 10 and 15 feet. "Putting your dog in a harness and on a long line will enable your dog to not feel pressure on their neck and also get ahead of you and set the pace—just take care to keep your dog out of harm's way and be ready to reel in the long line," says Leigh. "The best locations offer a lot of grass, trees, bushes, and natural terrain."

Why Sniffing Supports Anxious Dogs

"Dogs' lives are nearly completely dictated by their owners—when they eat, when they go out, whether or not they are crated. Then they are taken on a quick walk to eliminate and hustled back inside. This can lead to growing anxiety," says Leigh.

Fast-paced walks through hectic surroundings can pile on added pressure for fearful dogs. In contrast, meandering sniff sessions on a long leash can lower a dog's pulse rate and release the mood-boosting chemical dopamine. "If we can find a safe place where these dogs can let their guard down and explore using their noses, it can greatly reduce the amount of stress in their lives," says Lemke. generally has an open countenance and no stress line around their face, and their body won't be carrying any tension.

Is Dogs Sniffing Their Social Media? (cont)

How Long is Too Long For a Sniffy Walk?

Even though a sniffing session is slower than the average dog walk, it's about quality, not quantity. Dogs sniffing is a great form of canine mental stimulation, and it increases their respiration rate, so it's a tiring activity. "I don't think the length of time is as important as the quality of the walk. Dogs can get a whole lot of sniffing done in 20 to 30 minutes and be just as tired as an hour walk without sniffing," says Lemke.

So instead of always going out with the goal to walk for as long and as briskly as you can with your dog to heel, next time, remind yourself who the walk is for. Slow things down and let them stop and smell the roses—or that irresistible patch of fox poop-covered grass! You'll likely have a happier, more relaxed dog.



"Get yourself a handsome puppy. He will never ghost you."

"Witch way to the treats?"

"No tricks, just treats."

"Replacing barks with boos for tonight."

Who needs a holiday to ask strangers for treats when this pup does it every day?"

October —Pet Holidays

Published 2022 Pet Holidays | Pet Sitters International

- Adopt a Shelter Dog Month
- American Humane's Adopt-a-Dog Month®
- National Pet Wellness Month
- National Animal Safety and Protection Month
- National Pit Bull Awareness Month

October 1-7: National Walk Your Dog Week

October 1: National Black Dog Day

October 3-7: Customer Service Week

October 4: World Animal Day

October 12: National Pet Obesity Awareness Day

October 16-22: National Veterinary Technician Week; National Business Women's Week

October 21: National Pets for Veterans Day

October 29: National Pit Bull Awareness Day





CANINE BLOOD DONOR PROGRAM

Even canines can give the “gift of life” to others. Many dogs that are sick or injured require blood transfusions to survive. Donated canine blood helps save lives for our critically ill dogs.

We are currently recruiting canine blood donors for the UF Veterinary Hospitals. Owners need to be able to commit to bringing their dog to donate blood six times a year for at least two years.

Does your dog qualify for the blood donor program?

YES, if your dog....

- has an excellent temperament to allow blood donation without sedation
- weighs at least 40 pounds (18.2kg)
- is between 1-5 years of age
- is neutered/spayed
- is willing to have neck shaved for blood withdrawal

NO, if your dog....

- has received a blood transfusion
- has a serious health condition or underlying chronic illness
- is on any medications other than heartworm, flea, or tick preventative
- has a history of a blood borne parasite
- has been diagnosed with cancer
- has had a splenectomy
- has been pregnant

BENEFITS FOR BLOOD DONORS

- Annual examinations and bloodwork
- Free annual vaccinations
- Free bag of dog food for each donation
- Free heartworm and flea & tick preventative
- One free unit of blood product for every unit of blood donated, if ever needed

If you think your dog would be a great blood donor, complete our questionnaire and have your primary veterinarian send your dog's medical records to

VM-BloodBankSAH@vetmed.ufl.edu

Why Do Dogs Twitch in Their Sleep

[Published www.petmd.com](http://www.petmd.com)

You may have noticed sudden, brief twitching at some point while your dog was sleeping and wondered if they were dreaming or even expressing some type of discomfort.

These involuntary movements—where a dog is twitching in their sleep—only occur during dream states and usually don't last long. Twitching can happen anywhere in your dog's body but commonly occurs in the legs, tail, or head. It may be accompanied by small vocalizations.

So is twitching just a normal part of dreaming, or are there times when you should worry?

Why Do Dogs Twitch in Their Sleep?

[Dogs sleep an average of 12-14 hours each day.](#) While they sleep, a dog's brain processes information and experiences from the day through dreams. Twitching is often related to active dream cycles in the brain.

According to research by psychologist Stanley Coren, an average-size dog will dream about every 20 minutes, and these dreams will last about a minute. Larger breeds have fewer dreams that last longer—about every 45 minutes for 4 minutes. The opposite is true for smaller breed dogs; they will dream about every 10 minutes for up to 30 seconds.

Dogs experience the same dream stages as humans, including non-rapid eye movement (NREM), short-wave sleep (SWS), and rapid eye movement (REM). During the REM state, a dog's eyes move around behind their closed eyelids, and the large body muscles are turned off so the dream is not physically acted out.

The part of the brain that contains these off switches is called the pons, which is part of the brain stem. In younger dogs, the pons may still be developing, while in older dogs it may be weakening from age. This is why twitching while sleeping occurs most commonly in younger and older dogs and less often in adult dogs.

The amount of twitching depends on how much these off switches inhibit muscle movement. Puppies spend more time in dream sleep than adult dogs because they need to process more information.

Dogs that sleep in a curled position will keep their muscles tensed and are less relaxed, which may cause them to twitch less than a dog that sleeps in a stretched-out position. Any outside stimulation from loud noises such as thunder, fireworks, or strange voices may partially awaken a sleeping dog and result in twitching as well.

Should You Wake Your Dog Up If They Twitch in Their Sleep?

If your dog sleeps next to you, they may unintentionally disturb your sleep with their sudden body movements. However, it is often advised to not awaken a dog that is twitching in their sleep unless they are clearly in distress.

A nightmare or night terror could be the cause of these involuntary movements, and they may wake up frightened. Try to avoid touching them so they don't bite or scratch you as a result of being startled.

Instead, gently call your dog's name until they respond. Speak calmly and reassure them that they are safe and secure after they wake up. While they appear to be pretty active in their sleep, dreaming dogs may be slow to awaken.

When Should You Be Concerned About a Dog Twitching in Their Sleep?

You should be concerned when the twitching interferes with your dog's sleep. They may be unable to fall sleep or constantly awakened during sleep.

Another cause for concern is when the twitching becomes a full-body tremor, causing the body to go rigid or lasting longer than a brief spasm. In this case, there may be another explanation for the twitching, such as:

- Seizure or other neurologic condition
- Infection with parasites, bacteria, or viruses
- Malnutrition
- Diabetes
- Low blood sugar
- Low body temperature
- Kidney and liver issues
- Certain heart conditions
- Anxiety
- Arthritis
- Poison ingestion

Why Do Dogs Twitch in Their Sleep(cont)

Ingesting topical or environmental pesticides or toxic foods may also cause twitches or tremors in dogs. If you suspect that your dog has had exposure to a toxin or has any other underlying medical condition, then an immediate veterinary exam is necessary for diagnosis and appropriate treatment.

What's the Difference Between Twitching and a Seizure When a Dog is Sleeping?

During normal sleep, a dog's body will be flexible and relaxed, and they will be breathing normally, with their eyes partially or completely closed. They should awaken easily and respond to voices.

Normal twitching usually occurs when a dog is lying on their side, paddling their paws, and possibly making little noises. You may notice irregular breathing when your dog starts twitching.

Seizures usually occur while dogs are awake. To determine whether twitching during sleep is due to a seizure, look for the following signs:

- A stiffening of the body
- Labored breathing
- Eyes wide open but not reacting
- Loss of consciousness with no response to your voice
- Loss of control of urine and bowel movements
- Foaming at the mouth
- Vomiting

Dogs may temporarily act confused, disoriented, or dazed, and they may drool or pant after the seizure activity has ended.

Dogs are a sleepy species. Adult dogs require more sleep than humans, averaging about 11 hours a day. Puppies require even more sleep as they grow.

Sometimes there's nothing cuter than a sleeping puppy, but a fit of twitches and kicks while sleeping can concern owners. It may be tempting to wake or comfort your sleeping dog if they start whining or look as if they're trying to chase a squirrel in their sleep. Should you let a sleeping dog lie? Here's what you need to know about doggy dreams:

What do dogs dream about?

Dogs certainly dream, but it's still a bit of a mystery what they dream about. In 2001, Massachusetts Institute of Technology researchers found that animals experience dreams similarly to humans — their dreams are connected to real life experiences

"They probably dream about their owners and interacting with other dogs and with people that they enjoy," says José Arce, veterinarian and president of the American Veterinary Medical Association.

MIT conducted this survey by recording rats as they slept, observing that their unique brain activity while sleeping closely correlated with memories of running or standing still. This work, according to MIT researchers, proves that animals are able to recreate experiences in dream states.

Studies have also found dogs experience sleep differently depending on their daily activities. After a long, active day of play, dogs sleep more and spend less time in the drowsiness stage of sleep and more time in the NREM (Non-Rapid Eye Movement) and REM (Rapid Eye Movement) phases. Dreaming occurs most during the REM sleep phase, so this means your dog dreams more when it's active.

In years to come, further research might tell us why a Chihuahua dreams more than a German Shepherd. It might even tell us which dreams correlate with certain twitches and movements.

"As we get artificial intelligence, and we start measuring a lot of these vitals on our pets, I'm sure we'll find more answers," Arce says. "Because a lot of these technologies [are] just developing as we speak and it's getting more sophisticated."





GGDFA Newsletter
c/o Claire Hedrick
514 NW 127th Street
Newberry, FL 32669

ADDRESS CORRECTION REQUESTED



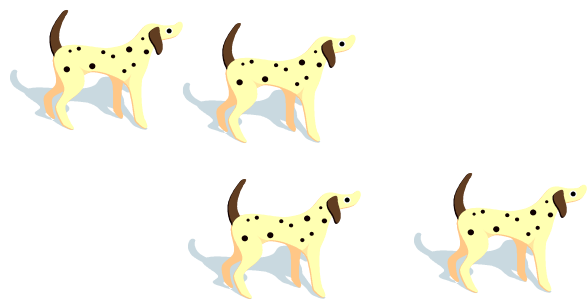
Secretary's Notice of GGDFA Meetings

The next General Meeting of the GGDFA club will be
Tuesday, 10/11 —7:30

Next Board Meeting is Tuesday 10/11 —6:45

There WILL **NOT** HAVE A ZOOM MEETING set up. Normal:
Church Location:

PINE GROVE Baptist Church
4200 NW 39th Ave, Gainesville, FL



Training Classes Contact:

Denise Gaboury 316-4543

LOCATION:

OAK HALL SCHOOL - Covered and lighted
Tower Road , Gainesville

Obedience/Rally classes— THURSDAYS 6:00 pm
Conformation classes—Call to make arrangements

Training Classes Contact:

Jeremy White 445-8873

LOCATION:

PINE GROVE Baptist Church
4200 NW 39th Ave
Gainesville, FL

Conformation Classes — SATURDAYS 9:30am
Goal is twice a month—call to make arrangements