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## Newsletter of the AMERICAN MINIATURE SCHNAUZER CLUB

March 2019 Volume 38 Issue 3

## 7 Reasons Why You Should Sleep With Your Dog

Dr. Karen Shaw Becker
If you curl up every night next to your favorite pooch, count yourself in good company. Surveys suggest that 56 percent of dog owners sleep with their dog next to them, with about 50 percent of the dogs sleeping in their owner's bed. Size matters when it comes to sleeping arrangements, as among dogs that sleep with their owners, 62 percent are small dogs, 41 percent are medium and 32 percent are large.

Despite its popularity, it's been suggested that sleeping with your dog may interfere with your sleep or even transmit diseases, but there are likely many more benefits than risks when it comes to sharing your sleeping space with your dog. Doing so may even result in significant benefits to your health!

## Seven Reasons Why Sleeping With Your Dog Is Good for You

1. It Increases Feelings of Security and Contentment - The physical presence of your dog next to you provides a source of companionship and comfort. Your dog's rhythmic breathing, soft fur and warm body all contribute to this soothing effect. In fact, in a study published in Mayo Clinic Proceedings, 2 many of those surveyed said they felt secure,

## The deadline <br> for the April issue is March 10

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content and relaxed when their pet slept nearby.

From a safety standpoint, your dog's sensitive sense of smell and hearing can also alert you if anything unusual happens during the night, likely well before you'd otherwise notice. Having your dog nearby adds a source of protection.
2. It's Conducive to Getting a Good Night's Rest - If you're wondering whether sharing your bed with your dog affects your sleep quality, you can rest easy. One study used fitness trackers to accurately gauge sleeping time for dogs and humans sharing a bedroom. 3 During the seven-day study, sleep efficiency, which is a measure of how much time is actually spent sleeping while in bed, was high - 81 percent for owners and 85 percent for dogs.

A sleep efficiency score of 80 percent or higher is considered to be indicative of a good night's rest. Further, 41 percent of pet owners perceived their pets as unobtrusive or even beneficial to sleep. 4
3. Dogs May Help With Sleep Disorders - Many people with service animals sleep with their dogs, who may alert them to a medical problem during the night. However, sleep professionals suggest that service animals, and perhaps even pets, could be beneficial in the support of sleep disorders including obstructive sleep apnea, nightmares and narcolepsy. According to a review published in Sleep Review:5
"One of the greatest benefits of SAs, particularly for medically complicated patients, is that they offer a nonpharmacological solution to treating a sleep disorder in a way that may augment or even replace other (currently standard care) treatments."
4. It May Help Combat Depression People with depression often have trouble
sleeping, but inviting your dog into your bed may help, as your dog can help to relieve associated feelings of stress, loneliness and anxiety.
5. Warmth and Comfort - The warmth from your pet can act like a hot water bottle on a cold night, helping you to stay cozy and lulling you off to sleep. In fact, your pet may keep you so warm that it's possible to overheat, so you may want to turn your thermostat down a couple of notches if your dog is in your bed.

As noted by Stanley Coren, Ph.D., professor of psychology at the University of British Columbia, "The term 'three dog night' comes from the Canadian maritime provinces, where it was standard practice to take your dog (or dogs) to bed with you on a cold night to help keep you warm." 6
6. Increased Relaxation and Bonding - Not only do dogs help their owners relieve stress, but being close to your dog increases production of the hormone oxytocin, which is linked to bonding and feelings of affection and happiness, 7 while lowering your heart rate. 8
7. Improved Sleep in People With Chronic Pain — Among people with chronic pain, having a dog in the bed helped many fall asleep and stay asleep, with researchers noting that participants' dogs enhanced their sleep in many ways. 9 Researcher Cary Brown, Ph.D., of the University of Alberta told Folio:10
"Typically, people who have pain also have a lot of sleep problems, so usually if they ask their health-care pro-

## LOOK

Please let me know if you make a change

* DECALS \& PINS. You can get AMSC decals (\$1.00) and replacement pins (\$7.50) from


## Jacquelyn Ebersbach <br> 3721 Eastview Avenue

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*LOCAL CLUBS...please be sure to include all information when sending Specialty tear sheets for inclusion in AMSCope e.g. Judges, dates, entry, obedience.
*LOCAL CLUBS...PLEASE send a copy of your newsletter to the following members of the Local Club Bulleting Committee.

Chair: Laurie Moore
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## Report all changes to the Roster

 to
## treasurer@AMSC.us Bonnie Keyes

511 River Terrace Endicott, NY 13760
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SLEEP...from p. 1
vider about a pet, they're told to get the pet out of the bedroom. But that standard advice can actually be damaging

They [study participants] liked the physical contact with their dogs - cuddling before bed, and how it distracted them from feeling anxious about being alone at night. They felt more relaxed and safer so they weren't anxious as they were trying to sleep ... A sense of relaxation and caring are emotions that release positive hormones in our bodies that will help us sleep better."

For those of you wondering, sleeping with a cat may confer many of these same benefits.

Who Shouldn't Sleep With Their Pet?
While most people can safely enjoy sleeping next to their pets, there are some minor risks. The biggest one is likely that your pet could crowd your sleeping space or paw at your face for a midnight snack. It could also lead to arguments with your human sleeping partner if you're not on the same page about co-sleeping with your pets.

For people with allergies, pets may also not be the best bed buddies, as pet dander will become infiltrated not only into your bedroom but also into your bedsheets. Very young children, including infants, should also avoid sleeping with any snuggly animal, as they often like to cuddle up close and could inadvertently suffocate a baby.

Most pets also have the potential to transmit certain diseases to their owners, so if you have a compromised immune system, you may want to give your pet a separate sleeping space. For most pet owners, however, the happiness and health benefits that come from sharing their bedroom with their pet far outweigh any downsides.

## NEW APPLICANTS

ALEJANDRA GARCIA MERINO
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Foreign Membership Application
Alejandra has been involved with Mini Schnauzers for more than 20 years. She is a breeder and has bred 6 litters.
She has been active in Conformation, Breeding and Judging. She attends at least 20 events per year including Montgomery weekend, when possible. She belongs to the Spanish Kennel Club. She works at a bank. She is interested in ethics and health She is interested to learn more about showing dogs and about the breed.
Alejandra's Sponsors are: Carole Weinberger and Jacquelyn Ebersbach

## The log in information for the Members section is as follows:

Password is: Schnauzer2015
Here's the link to the Members Section:
http://amsc.us/members-log-in
Please write down or save the User Name and Password as there is quite a bit of pertinent information in our Members Section.

## Tick Repellent Recipe

20 Drops Lemongrass Essential Oil 20 Drops Eucalyptus Essential Oil 4 oz . of Water
Add all ingredients in a spray bottle... Shake Well!
Spray on shoes, socks, and pant cuffs
SAFE FOR HUMANS AND DOGS

## American Miniature Schnauzer Club, Inc. Income Statement <br> For the Twelve Months Ending December 31, 2018

Revenues
Membership Dues
AMSCARE Income
Ways \& Means - Merchandise
Trophy Income
Publications \& Literature
Purina Parent Club Program
Health Income
Roving Spring Show
Roving Summer show
Montgomery Show
Schnauzapaloosa 2019
Interest Income
Miscellaneous Income
Total Revenues

## Expenses

Advertising
AKC Annual Dues $\quad 25.00$
AKC Delegate 273.89
AKC Fliers 238.08
$\begin{array}{lr}\text { Annual Accounting Audit } & 100.00 \\ \text { Insurance } & 1,502.00\end{array}$
$\begin{array}{lr}\text { Meet the Breeds - NYC \& Orlando } & 127.25 \\ \text { Membership Committee Expense } & 45.50\end{array}$
$\begin{array}{ll}\text { Health Seminars @ Specialties } & 598.23 \\ \text { Health Committee - General } & 350.00\end{array}$
MAC Expenses -20.00
PayPal Fees
Secretary Expenses 11.95
Treasurer Expenses 145.77
$\begin{array}{lr}\text { Website Maintenance } & 300.00 \\ 2,979.05\end{array}$
AMSCOPE
Trophies
$\begin{array}{lr}\text { Awards - Breeder } & 80.00 \\ \text { Awards - Membership Pins } & 101.50\end{array}$
Publications \& Literature 245.37
SP Roving - Chairman Exp 165.00
SP Roving - Judge's Fee \& Exp 636.37
SP Roving - Board Meeting $\quad 34.00$
SP Roving - Meet \& Greet $\quad 1,237.25$
$\begin{array}{ll}\text { SM Roving - Chairman Exp } & 18.85 \\ \text { SM Roving - AKC Fee } & 15.00\end{array}$
SM Roving - Judge's Fee \& Exp 397.54
SM Roving - Steward Gift 79.00
SM Roving - Hospitality 208.67
Montgomery - Show Fee AKC
Montgomery - Judge's Expense
Montgomery - Steward Gift
Montgomery - Ribbon Charge
Montgomery - Advertising 55.00
Montgomery - Meet \& Greet 1,037.22
Montgomery - Hospitality
Mont - Agility Site \& Equip Exp
Schnauzapaloosa 2019
Miscellaneous Expenses

Total Expenses
\$24,015.42
Net Income / (Loss)

## Banquets \& Biscuits

*SUMERWYND SHAMROCK finished the requirements for her AKC Title on November 16, 2018 at the Greater Philadelphia Dog Fanciers Association Show. Mimi is the 67th Miniature Schnauzer caring the Sumerwynd banner to cross the conformation finish line for breeder/owner Wade Bogart. She is the 12th champion for her sire, GCHS Earthsong Remedy for the Blues and first for her dam Sumerwynd The Shaggy Dog.

## Specialty Wins

Portland Miniature Club Specialty 1/16/19
(Judge Betsy Dale)
Best of Breed - CH Regency's Play to Win Montilla
Best of Winners - Princess Shellby JP Mikado

- Tsuchida

Best of Opposite - GCH CH Carmel Sky High Wish Upon a Star - Ewer
Sel Dog - CH Legacy's Here Comes The Son

- Ledgerwood

Sel Bitch - CH Rockyhill Judge Judy' It's All Over Now - Fry
AOM - GCH CH Lewis' Blue Suede Shoes O'Brien
AOM - CH Mystic Light's A Dog Formerly Known As Prints - Moore
Winners Bitch Forestal Warm Amber - Haigh, Ledgerwood

Sweepstakes
(Judge Manuel Itriago)
Best in Sweepstakes - Laroh's Wada Snake Eyes - Hartshorn, Wadas, Hallock
Best Opposite to Best in Sweeps - Minuteman Colder Weather - McMillan

"Marjorie Sue Phillips" wrote:
MACH8 Rudi is now AGCH MACH8 Rudi!!!
Love my little black dog! That's spectacular! And it was mentioned on the Performance Schnauzer FB page that Rudi is the first schnauzer to achieve this accomplishment.

## Could Mean Euthanasia for Your Pet, Ignoring It Is Perilous

By Dr. Karen Shaw Becker

Here's a heart-wrenching statistic: An estimated half million dogs and cats are euthanized each year after their owners pass away with no provisions made for their pet. For most of us who share our lives with animals we adore, this is a difficult question to ask ourselves: What would happen to my dog, cat, bird or other companion if something happened to me?
Fortunately, though the question is a hard one to contemplate, it's actually not complicated to make arrangements for your pet in the event you're no longer able to care for her. And the peace of mind you'll receive from setting everything up ahead of time will be well worth the effort.

Who Will Care for Your Pet When You No Longer Can?
The first and most important step in planning for your pet's future care is to decide who will become his next guardian. You may already have a person in mind someone with whom you have a mutual agreement to step in to care for family pets should it become necessary.

For many of us this is a subject that requires careful consideration. Sometimes the people closest to us - typically family members or dear friends - aren't the best choice when it comes to taking on the responsibility of pet ownership.

Give some thought to the specifics of how you want your pet to be cared for after you're gone, and then think about who would be most willing and able to provide that level of care. Some people may not have the time to properly care for a pet. Some may be busy with careers, child rearing, etc.

And what if you want your dog or cat to continue eating a raw diet or receiving acupuncture treatments. Does the caretaker you have in mind share your general pet care philosophy?

Be clear with prospective guardians about your expectations and the amount of time, effort and money that will be required to care for your pet - especially if the person you have in mind has never been a pet owner. The goal is to avoid surprising a family member or friend with pet guardianship, either because you haven't spoken with them about it, or haven't outlined what it will entail.

If your pet goes to someone who isn't prepared or becomes overwhelmed by the responsibility of it all, he or she could end up relinquishing your beloved companion to an animal shelter. When you decide on your pet's next guardian, it's also a very good idea to arrange for a backup caretaker in case your
first choice is unable to take your pet when the time comes.

You and your caretaker(s) should discuss your plans in detail, and it's best to have the future owner's name, contact information and your pet's care plan in writing. Make sure copies of this information are with the caretaker, close family members, regular visitors to your home and any neighbors you're friendly with. It's also a good idea to leave a copy of the document in a conspicuous spot in your home.

What if I Don't Know Anyone Who Can Care for My Pet?

If there is no one you feel would be appropriate to care for your pet, there are fostering options that may be available to provide a temporary home until a new owner can be found. These include:

- The breeder or shelter you bought or adopted your pet from
- A breed or other rescue organization
- Your local animal shelter
- Your veterinarian
- Your dog walker, pet sitter or groomer

You'll need to make arrangements ahead of time with one or more of these individuals or organizations to take charge of your pet when the time comes, and a method for notifying them immediately.

Another option, depending on your financial situation, might be a sanctuary or "retirement home" for pets whose owners can no longer care for them. One such sanctuary, Tabby's Place in Ringoes, New Jersey, is home to about 120 kitties, some of which arrived through the organization's Guardian Angel Program. The program provides cat parents a way to ensure their pets will be cared for when they no longer can.

There's also the Blue Bell Foundation for Cats in Laguna Beach, California. There are 50 kitties living at Blue Bell, all of which are at least 12 years old and came to the facility because their owners could no longer care for them. Some of the cats' guardians had entered assisted living facilities or nursing homes, some had developed serious health conditions, and others had passed away.

At the Stevenson Companion Animal LifeCare Center at Texas A\&M University in College Station, Texas, cats, dogs and other animals are permanent residents. They aren't caged, and most of the pets have the run of the entire facility, which has both fulltime staff and veterinary students who live in the center to provide the animals with care and company.

There are well over 600 pets (about half of which are kitties) enrolled to move into the center when their owners can no longer take care of them.

The Legalities of Providing for Your Pet
If you neglect to assign ownership of your pet in your will or a trust, your four-legged family member will automatically go to your residuary beneficiary (the person or persons who'll receive everything not assigned in your final legal documents). If you have no will or trust when you die, your pet will go to your next of kin.

When you adopted or purchased your pet, did you sign a contract agreeing to return the animal to the breeder, shelter or some other entity in the event you can no longer keep your pet? If so, it's a good idea to attach those documents to your will or trust and give a copy to your assigned pet caretaker as well so everyone who may need the information has it.

Your will or testament is one tool you can use to legally arrange for the care of your companion animal in the event of your death. One or more people who agree to take responsibility for your pet are named in the document, along with any assets you want to leave to that person to help with expenses.

Another option is to leave your pet with one person and the money with another person, with instructions for reimbursing the new owner for petrelated expenses. Unfortunately, wills are not handled immediately upon a person's death, and settlements can sometimes drag on for years. In addition, specific instructions for a pet's care contained in a will are not enforceable, nor does a will allow for disbursement of monies over the remaining lifetime of the animal.

## The Importance of a Pet Trust

Including pet care in your will is just the first step. You'll also need a legal document called a pet trust. There are different types of pet trusts. A traditional pet trust, which is legal in all 50 states in the U.S., gives you a great deal of control of your pet's care after your death. You can stipulate, for example:
The trustee, which is the person who will
handle the finances for your pet
The new owner (caretaker/beneficiary) What will happen in the event the caretaker you specify can no longer keep the animal

Another type of trust is called a statutory or honorary pet trust, which is in effect while you're alive as well as upon your death. This type of trust controls how monies are disbursed, including prior to your death if you choose.
A statutory trust, which is also recognized in all 50 states, provides more flexibility than a traditional trust and is the simplest to do, especially if you
PET TRUST...con't on p. 5

## PET TRUST....from p. 4

already know who your pet's caretaker will be after your death, and that person is aware of and agrees with your wishes.

A third type of trust is a revocable living trust, which avoids probate after your death. The benefit of this type of trust is it can eliminate the majority of disputes and challenges to a standard will.

## Ways to Fund Future Pet Care

You can use cash, life insurance, stocks, bonds, annuities, and assets like your home or car to provide funding for your pet, and there are various ways to make the funds accessible to your pet's caretaker after your death. For example, if you have a living trust you can transfer cash or other assets into it yourself. You can also name your trust as beneficiary of your life insurance policy.

I recommend you talk with an attorney or other qualified professional about how to fund your pet's financial future and the proper way to go about it based on your individual financial situation. For more information and tools to help you plan for lifetime care for your pet, visit 2nd Chance for Pets.

Despite the sad nature of this undertaking, it's actually not difficult to provide for your pet should you precede her in death or become unable to care for her. And pet guardians who set things up ahead of time rest easy knowing their beloved animal companion will be well cared for after they're gone.


## From Defiant Woman to Mother of Dog Obedience Training By Brynn White

If you are a pet owner who has taught your dog to sit, stay, heel, or perform any manner of tricks, you owe it all to Blanche Saunders.

Poodle breeder Helen Whitehouse Walker became taken with the Obedience trials she saw conducted in England in the 1930s. She soon committed to establishing the practice in America, hosting her own informal events on her estate Bedford Hills in Mount Kisco, New York. Walker fatefully met Blanche Saunders in 1934 on a farm, where she and her apricot standard Poodle Tango of Piperscroft came to visit the promising applicant of their Rural New Yorker job posting for a kennel maid. Saunders, who had graduated from Massachusetts Agricultural College with majors in animal husbandry and poultry raising, reasoned that she "must have been getting a little bored with heavy animals," and had enjoyed teaching one employer's Boston Terriers to balance tennis balls on their noses.


With her Poodles in Saunders's very capable hands, Walker concentrated on convincing the American Kennel Club to acknowledge Obedience as a competitive field. Following this 1936 accomplishment, she and Saunders set their sights on the American public. Most famously, in 1937, they remodeled a Buick to fit three dogs in the backseat and hauled a 21-foot trailer across 10,000 miles in 10 weeks to perform demos.

This was at a time when two women traveling alone with a bunch of equipment, much less canine companions, was a most unconventional sight. Recalled Saunders, "The ringside was crowded as everyone was anxious to see the 'two crazy women from New York with the trick Poodles,'... People were enthusiastic and their applause lavish. Part of this may have been due
to the Poodles' fancy hairdo, but in much greater part it was due to the thrill of seeing [dog] Carillon Epreuve work in Obedience."

Saunders became the face of dog obedience as it swiftly grew in popularity. She conducted demonstrations in Rockefeller Plaza and at Yankee Stadium, before a crowd of 70,000. Her book Training You to Train Your Dog, first published in 1946, was a stalwart bestseller well through the 1970s; it was followed up by nine more books, in addition to six widely dispersed black-and-white educational film reels by the same name. For many years she ran The Carillon Poodle Shop in Manhattan's East 50s, taking lunch with a sandwich in one hand while still clipping a dog with the other, teaching night courses in dogtraining over a portable microphone throughout the region. She was known for her low and husky voice - seldom raised in anger, only in a subtly annoyed "My goodness sakes!" - and instinctive sense of how any dog would behave in any given situation. Quietly imposing, she was said to fear a dog bite like that of a mosquito.

She was the subject of an extensive profile in The New Yorker in 1951, and it is likely that any dog owner from the era would recognize the iconic instructional photos gracing Saunders' books and magazine features. How poignant to try to imagine a world in which dog-training was an unfamiliar concept.

Originally published in AKC Family Dog.
(All images courtesy AKC Archives)


Ed.'s Note: AS A 10-yr old, I participated in Blanche Sauders' obedience classes with my first show dog.

## FINAL DUES NOTICE

## YOUR DUES ARE IN ARREARS

## You will be dropped as a member if not paid in 13 Days <br> 2019 DUES \& TROPHY DONATION

## By renewing your dues you acknowledge you have read and will abide by the AMSC Code of Ethics.

2019 Membership dues were due by January 1, 2019. Dues will be in arrears after that date and will lapse if not paid before March 1, 2019.

Members receiving AMSCope by Email (soft copy) - \$30 individual, $\$ 52.50$ joint

Members receiving AMSCope by regular mail (hard copy) - \$55 individual, \$75 joint

Pay Online by secure credit card (VISA, MasterCard, Discover, or American Express) or PayPal. Foreign payments must be payed in US dollars.

Go to the AMSC website: www.AMSC.us
Click on Members box at top of page, login to the Members Only section.
The Password is: Schnauzer2015
Click on the "AMSC DUES" choose button for the type of Dues you are paying.

Payment by check payable to the AMSC to the address below. Foreign checks must be a bank draft or certified check in US dollars.

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Review the AMSC roster to confirm the accuracy of your address/phone/email. The roster is available in the Members section of our Website. Send any changes to your contact information to Treasurer@amsc.us or send a note with your check.

AMSCOPE
Carla M. Borrelli,Editor 1799 South Creek Road Derby, NY 14047-9729

| UPCOMING SPECIALTIES |
| :---: |
| Cactus State MSC March 1, 2019 |
| AM Judge: Ms. Janet A Smith |
| AM Sweepstakes: Alice Gough |
| PM Judge: Mr. Sidney L Marx |
| PM: Sweepstakes: Kathy Thom |
| Gateway MSC April 5th, 2019 |
| Judge:Lydia Coleman Hutchinson |
| Sweepstakes: Janet L. Taylor |
| Obedience: Mrs. Virginia Kinion |
| Rally: Mr. James Comunale |
| AMSC SPECIALTIES |
| April 6,2019 |
| Schnauza Palooza |
| Regular Classes - David Kirkland |
| Sweepstakes Classes - Patricia O'Brien |
| Montgomery County |
| Regular Classes - Brian Bogart |
| Sweepstakes Classes - Carla Nickerson |
| April 11,2020 |
| Roving Specialty |
| Sacramento, CA |
| Regular Classes - Mrs Marcia Feld |
| Sweepstakes - Gail Wilford |
| Montgomery County |
| Regular classes - Mrs Bergit Kabel |
| Sweepstakes - Cheryl Coffman |

## MEET THE BREEDS

We had another very successful Meet the Breeds show yesterday in conjunction with the Westminster Kennel Club show in NYC. The show was one of the busiest ever starting at10am, all the way through to 5pm. Our booth was quite popular with people anxious to pet and learn about Miniature Schnauzers. Many of them had grown up with schnauzers, currently owned schnauzers or were looking to add a schnauzer to their family.
Many, many thanks to Barbara Donahue and Prowler for helping set up the booth and being there the entire day. Big thanks also to Ellen, a local volunteer with her Wards Creek schnauzer, Ollie, who were at the booth for most of the day as well as Marjorie Sue Philips and Rudi who helped at the booth after their agility runs. They all did a great job in showcasing our wonderful breed.
Madelyn Carlin
NYC


FOR YOUR CONVENIENCE: The following information is given to help conduct AMSC business more efficiently. Please remember that the Secretary and the AMSCOPE editor should BOTH be notified of address changes, club officers and specialty results.

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