



TOPLINES

JULY/AUGUST 2018

TOPLINES

Miniature Schnauzer Club of Michigan

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5 Things to Pack When You Board Your Dog

By [Katie Finlay](#)

Boarding our [dogs](#) can be stressful—for us and for our four-legged companions. Since boarding often comes alongside the chaos (or upheaval) of human traveling, we often forget what we should pack for our pups. Whether you're boarding your dog at a daycare facility or a friend's house, you'll want to make sure you have some essential items ready to go. The idea is to make sure your dog is safe and comfortable while you're away. This way, you can rest assured that your pup is in good hands, while you enjoy your travels. So what should every owner pack for her dog's boarding stay?

Identification

Proper identification is one of the most important aspects of dog ownership, even if you're just living everyday life at home. But during a boarding stay, you'll want to make sure all your pet's information is up-to-date. [A collar with an ID tag](#), along with a microchip, is arguably the best form of identification for dogs. They should both hold information pertaining to your dog's name, your name and phone number, and perhaps even your address. Going one step further, you'll almost certainly want to include emergency contact information.

Emergency Contact Information

Just as you would for a human child, leaving emergency contact information for your dog is a great idea. If you're leaving town, you'll want to leave the name and phone number of someone in the area to help care for your dog in the event of an emergency at the boarding facility. A friend or family member is probably the best bet, as they are often good friends with your pup, too! Along with their information, it's best to include the information of your veterinarian. Your regular veterinarian will have all of your dog's health records on file and can use them as a reference should something happen while you're away. If your general practice veterinarian

[Officers 2018](#)

President: Sue Quinn

Vice Pres.: Beth Santure

Secretary: Donna Giles

Treasurer: John Schauer



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MINIATURE SCHNAUZER CLUB OF MICHIGAN

GENERAL MEETING

August 11, 2018

At the home of Joanne & Rod Forster

2186 S. Elkton Road

Elkton, MI

**Potluck lunch at 11:30 am &
Business Meeting will follow.**

Psychic readings for yourself and/or dogs

Crystal will be here from 10am-5pm

20 minutes--\$25

30 minutes--\$35

(open to anyone-not just limited to club members)

Let Joanne know a few days before the meeting if you are wanting a reading.



Please call Joanne (989)375-4106 or email : jofor@airadv.net and let me know what you will be bringing for the potluck. Bring lawn chairs & exercise pens

If you wish to discuss a matter, have your information ready. Committees, be ready with your reports. This will help keep time to a minimum.

Directions from the Southeast.— Take M-53 North to Sebewaing Road (flashing yellow light) Turn left on Sebewaing Rd. and follow to South Elkton Rd. Take this to the RIGHT. Go North 2 1/2 miles. We will be the house on the left hand side of the road, right after the Thumb Animal Shelter. Light grey house, black shutters, fenced back yard, paved driveway.

Directions from the South & Southwest— Take I-75 North to the M-81 Exit (Exit #151) Turn right off of the exit, heading East. Stay on M-81 through Reese, Caro, and into Cass City. At the only stoplight in Cass City you will turn left, heading north. The name of the Road starts out as Seeger, changes to Cemetery Rd, then changes to S. Elkton Rd. Stay on this road through 2 stop signs. The second stop sign crossing road does NOT stop. After the 2nd stop sign we are 2 1/2 miles on the left hand side of the road, right after the Thumb Animal Shelter.



Club News:

Thanks to club members, Beth & John Santure, for hosting the June meeting. Fun to see all the dogs running around!



2018 Calendar of Important Events

July 27-29th-

MSCM Agility Trial, All Dogs Can, N. Lapeer Road, Lapeer, MI 48446

August 11-

MSCM Meeting @Joanne Forster's House, Elkton, MI

September 28th-

MSCM Specialty, Monroe County Fairgrounds, Monroe, MI

October 1-4-

All Terrier Agility Trials, Pennsylvania

October 4-7-

Montgomery County Weekend, Pennsylvania

October 13-

MSCM Meeting/Fun Match @ Canine Workshop, Fraser, MI

December 8-

MSCM Meeting & Christmas Party , East Lansing, MI

The objective of the Miniature Schnauzer Club of Michigan is to advance the principals and scientific practices in the breeding of purebred Miniature Schnauzers: foster co-operation between breeder, owner, and veterinarian; encourage the exchange of information and experience among the club members and between show-giving clubs; to conduct sanctioned and licensed specialty shows and matches; and to encourage the adherence to the high standards of conduct and to the rules and regulations of the American Kennel Club.

MINIATURE SCHNAUZER CLUB OF MICHIGAN

TOPLINES

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January-February

March-April

May-June

July-August

September-October

November-December

Editor-Susan Quinn



We're on the Web!

www.miniatureschnauzerclubofmichigan.org



Mindfulness for Athletes: The Secret to Better Performance?

They say that in sports, 90 percent of performance is mental. Yet, we spend the majority of our time, effort and money on physical and technical training — including everything from gear and coaches to gym memberships and sports massages. All that leaves little time to focus on our mental game.

While sports psychologists have been around for years, we're talking about more than just game-like visualizations and positive affirmations. Increasingly, elite athletes and sports programs are incorporating mindfulness, meditation, yoga and other practices into their training regimen. By learning to stay focused on the present moment and strengthen the mind-body connection, these competitors aim to unlock a new edge on the competition — while feeling better in their own skin. But is mindfulness and mental training really the key to peak performance?

The Mental Link

In any competitive situation, it's only natural that your adrenaline starts to pump. Your heart beats faster. Your palms get sweaty. You feel butterflies in your stomach. But when you toe the line for a big event, are you able to stay connected with the present moment? Or, does your mind flood with thoughts of previous errors or jump ahead to future outcomes like a missed goal or a slow finish time?

"When our brains get caught up in thoughts from the past...or thoughts of the future...it creates a stress response, and we can't use the part of the brain that keeps us engaged in the moment," says Dr. Kristen Race, Ph.D., founder of Mindful Life, author of *Mindful Parenting*, and expert on brain-based mindfulness solutions. This mental chatter can make it difficult to maintain perspective and focus. "If we're too stressed about performance, we can't make good decisions and solve problems and stay composed," says Dr. Race.

Just Focus

While some degree of stress is normal in athletics, we need a way to moderate that stress. We also need to be able to resist internal and external distractions — anxiety, fear, a loud crowd, or even a distracting teammate — so that we can make good decisions in the moment. While this field of research is still young, there have been some promising signs that mental training can help us short-circuit the body's stress response and create a stronger mind-body connection.

One major study found that those who reported a greater sense of mindfulness were more likely to experience a higher state of flow (the feeling of being totally in the moment which has been linked to enhanced performance). These individuals also scored better in terms of control of attention and emotion, goal-setting and positive self-talk.

According to Dr. Race, "Mindfulness helps train the prefrontal cortex, the part of the brain that creates a calm and alert state of mind, which helps us stay focused, avoid distraction and perform at our best." She says, "It's one of the best ways to calm the stress response in the brain." This allows us to notice our thoughts and emotions without getting attached to them. A recent study found that mindful meditation led to lower resting cortisol levels — the so-called "stress hormone."

Through bringing our attention inward, we also activate the insular cortex of the brain. As a result, we experience a heightened sense of awareness of our body and improve the communication between the body and mind. According to Dr. Race, this helps us sense physiological changes, like a tense muscle or shallow breathing, and make split second adjustments even before we're consciously aware of what's going on (and before

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those factors have a chance to impact our performance).

Train Your Brain

There are a number of ways to train the mind to focus on the present moment and weed out distractions. “It’s like strengthening a muscle... The more we practice, the stronger we become,” says Dr. Race.

Whether you’re a big-time athlete, or just big on priming yourself for success, here are a few simple practices that can go a long way.

Mindful Breathing

Take a few minutes a day (in the morning or before you engage in an athletic event or exercise) to pay attention to your breath, which can bring on a calm and clear state of mind. Physiologically, this can help to regulate your breathing if it becomes shallow. Sit comfortably, close your eyes, and start to deepen your breath. Inhale fully and exhale completely. Focus on your breath entering and exiting your body. Start with five minutes and you can build up from there.

Body Scan

Practice a body scan to help release tension, quiet the mind, and bring awareness to your body in a systematic way. Lie down on your back with your palms facing up and legs relaxed. Close your eyes. Start with your toes and notice how they feel. Are they tense? Are they warm or cold? Focus your attention here for a few breaths before moving on to the sole of your foot. Repeat the process as you travel from your foot to your ankle, calf, knee and thigh. Bring your attention to your right foot and repeat the process. Continue to move up your hips, lower back, stomach, chest, shoulders, arms, hands, neck and head — maintaining your focus on each body part and any sensations there. Breathe into any areas that are holding stress and try to release it. As you engage in this practice regularly, you will become more highly attuned to what’s happening in your body. You can spend a 10 minutes or longer doing a body scan.

Internal and External Messages

Pay attention to your internal dialogue as well as the stories you tell your family and friends, which can reflect — or even shape — your mental state more than you might think. That means no more, “*I can’t run that far,*” or “*I hope I don’t miss the goal.*” Notice your thoughts and emotions, but don’t judge them or become attached to them. “It’s OK to notice that the feelings are there, but it’s not OK to take that emotion with you into the next shot or next play,” says Dr. Race. Instead, let them go like a hot potato and speak in terms of what you want to achieve.

The research on the connection between mindfulness and mental training on athletic performance is still an emerging field, and there is plenty we don’t know about how the brain works. However, these practices can help lower stress levels, connect with the present moment, and create a more resilient mind. If that may lead to better performance, we’re game!

MSCM Club logo decals and magnets FOR SALE

DECALS 7” are \$10

MAGNETS 7” are \$10

MAGNETS 9” are \$15

Contact Debbie H. at sercatep@yahoo.com if you are interested.



Mutt Matts & Cookbooks are also available to purchase.

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is unable to help, he or she can refer the boarding facility to a local emergency facility. If you're familiar with the emergency clinics in your area, it's probably a good idea to list them for the boarding kennel, as well. The more information you leave, the better the kennel staff can react in case of an emergency.

A Familiar Blanket or T-Shirt

It's no surprise that our dogs miss us when we're away. Staying in a boarding facility, or even at a friend's house, can be stressful on our pups, so leaving them with something familiar can help them feel more at home. A worn T-shirt or blanket is always a good idea. These items hold your scent, your dog's scent, and the scent of the rest of your household. The familiarity will help soothe your dog should he become stressed or homesick, and these items are very easy to pack in your pup's bag. Plus, they're soft and physically comforting.

Favorite Snacks and Toys

If your dog is staying somewhere other than home, there's a good chance he is going to need some distractions to stay busy during the day. Packing long-lasting chews is a great way to keep your dog occupied during his visit. Bringing his [favorite toys](#) will also help entice him to enjoy his stay and play with any new friends, human or canine, he may make. These items may also remind your pup of home and make him feel that the routine is staying somewhat normalized. For example, if your dog gets a certain treat at a certain time every day, you can ask the boarding facility to do the same thing.

Extra Food

Some boarding facilities offer their own food, but a [sudden change in diet](#) can be bad for our dogs, especially if it's happening during an already stressful time. Whether he is staying with a friend of yours or at an overnight daycare, we highly recommend bringing your dog's normal food. And you'll want to pack extra food, just in case something unexpected interferes with your travel schedule. Flights are delayed and missed, and stays are extended for a variety of reasons. If this happens, you'll want to make sure your pup has enough food to hold him over until you return. The last thing you want is an unexpected extension to turn into a bigger upset tummy for your pup.

SHOW CALENDAR

| | | | | |
|--|--|---|--|---|
| Breed/Obed/Rally 2018 | Sept. 23 Obed Tri Cities Dog Training Saginaw, MI Closes 9-5 | Oct. 20-21 Obed/Rally Golden Ret. Club Ann Arbor, MI Closes 10-3 | Sept. 14-16 GRAC Wyoming, MI Closes 8-31 | Oct. 5-7 Midland MI KC Midland, MI Closes 9-21 |
| Sept. 1-2 Breed Jaxon KC Jackson, MI Closes 8-15 | Sept. 24 Obed English Springer Spaniel Club Davisburg, MI Closes 9-6 | Oct. 26-28 Obed/Rally Sportsmen's DTC Warren, MI Closes 10-10 | Sept 14-16 Fort Det. Golden Lapeer, MI Closes 8-31 | Oct. 11-14 Oakland Cty KC Lapeer, MI Closes 9-26 |
| Sept. 8-9 Breed Genesee Cty KC Corunna, MI Closes 8-22 | Sept. 28-30 Breed/Obed/ Rally TCM & Monroe KC Monroe, MI Closes 9-12 | Agility 2018 Aug. 31-Sept. 3 Various agility clubs Midland, MI Closes 8-17 | Sept. 21-23 MI Boxer Club Midland, MI Closes 9-7 | Oct. 19-21 Fort Det. Golden Lapeer, MI Closes 10-5 |
| Sept. 15-16 Breed/Obed/ Rally St. Clair KC Goodells, MI Closes 8-29 | Oct. 5-7 Obed/Rally AADTC Whitmore Lake, MI Closes 9-19 | Sept. 7-9 AADTC Whitmore Lake, MI Closes 8-24 | Sept. 28-30 Grand Traverse KC Midland, MI Closes 9-14 | |
| Sept. 15-16 Breed/Obed/ Rally Marquette KC Marquette, MI Closes 8-29 | | | | |