



TOPLINES

MAY/JUNE 2021

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SHOW CALENDAR

Nice to see so many dates on the Michigan show schedule.

Good luck to everyone showing this year!



Officers 2021

President: Sue Quinn

Vice Pres.: Beth Santure

Secretary: Sue Procter

Treasurer: John Schauer



2021

July 9-11
Breed, Obed, Rally
Ann Arbor Kennel Club
Monroe, MI

July 17-18 Breed
Battle Creek Kennel Club
Marshall, MI

July 23-25 Obed & Rally
Shetland Sheepdog Club
Flint, MI

July 30-Aug 1 Obed &
Rally
Kalamazoo Kennel Club
Kalamazoo, MI

August 6-8 Breed
Various Kennel Clubs
Marshall, MI

Aug 13-15 Obed & Rally
Obed Club of Gtr Lansing
Lansing, MI

Aug. 21-22 Obed & Rally
St. Joe Valley Agility Club
Buchanan, MI

Agility

July 1-4
Various clubs
Midland, MI

July 8-11
Various clubs
Midland, MI

July 16-18
AADTC
Whitmore Lake, MI

July 22-25
Southern MI Weim Club
Lapeer, MI

July 30-Aug 1
MSCM
Lapeer, MI

Aug 6-8
Capital City Club
Lansing, MI

Aug. 12-15
Various clubs
Midland, MI

Aug. 20-22
Rhodesian Club
Whitmore Lake, MI

Aug. 27-29
CDTC
Lapeer, MI

Miniature Schnauzer Club of Michigan

Meeting/Picnic

Sunday June 13, 2021

At the home of Beth & John Santure

200 Begole Rd. Milan, MI 48160

—Potluck Lunch at Noon—

Business Meeting to follow

AGILITY TRIAL RAFFLE- Members should bring raffle donation items to the June meeting. These items will be used to prepare our annual raffle/auction at the July agility trial.

Already prepared baskets are desired, but not necessary. Individual items are also welcome. Items should be new or "like new" and in clean, good condition. Gift cards are great too! Contact JoAnne Scott with any questions, ja.scott@comcast.net

Thank you!



Bring x-pens, shade for sun/cover for rain and chairs

Members are asked to bring a dish to pass for the lunch. Please RSVP Beth by email at bsanture@gmail.com to let her know if you are planning to attend and what dish you are bringing.

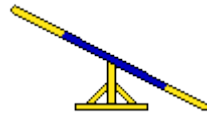
Guests are ALWAYS welcome!

DIRECTIONS:

US-23 to Exit 31 (Willis Rd.). West onto Willis Rd. to Platt Road (stoplight). Left (south) on Platt Rd. for 2 miles to Begole Rd. Right onto Begole Rd, over RR tracks, only house on the right.

Club News:

MSCM Agility Trial



Saturday, Sunday
July 30, 31 & Aug. 1
All Dogs Can LLC
2232 North Lapeer Road
Lapeer, MI 48446

2021 Calendar of Events

June 13-Beth Santure's, Milan, MI

July 30-August 1st-

MSCM Agility Trial, All Dogs Can, 2040 N. Lapeer Road,
Lapeer, MI 48446

August 14 -

MSCM Meeting at Joanne Forster's Elkton, MI

October 1 -

MSCM Specialty

October 23-

MSCM Meeting location TBD

December 11 -

MSCM Meeting/Christmas Party , East Lansing, MI

Our agility trial is scheduled to take place, July 30, 31 and August 1, 2021. Big thanks to Lynn Baitinger for handling all of the trial arrangements. The raffle will return on Saturday this year. There will still be no food offered by the club.

A FAST CAT trial will also be held on Saturday & Sunday.



LITTER ANNOUNCEMENT

CH Donnella's Dancing With Enchantment
"Thea" and CH Carmel Sky High What a Trip
"Trip" welcomed 7 salt and pepper puppies
on April 21, 2021.



How to Strengthen Your Knees

The knee is the largest joint in the body. People use it heavily every day as they walk, run, climb or jump. As a result, it is also very prone to injury and pain. While it may be tempting to avoid exercise when knee pain occurs, this is not always the appropriate solution. Certain types of exercise can help alleviate existing knee pain and prevent future pain or injury by providing the knee with extra support.

Knee strengthening exercises do not affect the knee joint directly, but they strengthen the muscles surrounding it. Strong muscles in the legs can help provide support for the knees. This support may alleviate pressure and strain on these joints, which can relieve pain and help a person be more active.

The following exercises can help strengthen the muscles surrounding the knee. If you experience pain during these exercises, stop doing them and speak to a doctor. Anyone with severe knee pain should consult a doctor before trying to exercise.

1. Leg Lifts

- Lie down on the floor with the back flat. Keep the left leg straight and bend the right leg slightly at the knee, bringing the foot closer to the body. Pull the abdominal muscles inward by imagining the belly button pulling down toward the floor. This should bring the lower back down against the floor and help provide extra support during the exercise.
- Slowly lift the left leg without bending the knee. Keep the toes pointed toward the ceiling and stop when the leg is about 12 inches off the floor. It should not be higher than the bent knee on the right leg.
- Hold the left leg up for five seconds. Slowly lower the leg back down to the floor. Do not put it down too quickly or let it drop.
- Switch sides and repeat.

2. Standing Hamstring Curls

- Stand straight with knees only 1-2 inches apart. Hold onto a stable chair, countertop or another object for balance.
- Slowly bend one knee behind the body, lifting the heel off the floor while keeping the thighs aligned. Continue to lift the heel in a smooth motion until the knee bend reaches a 90 degree angle. Keep the straight leg slightly bent to avoid locking it.
- Hold the bent leg up for 5 seconds and then slowly lower it to the floor.
- Switch sides and repeat.

3. Step Exercises

- Use a large, sturdy stool or exercise platform no taller than six inches. Step up onto the stool with the right foot and allow the left foot to follow behind. The left foot should not be on the stool but should hang behind it.
- Keep the body weight on the right foot and hold for up to five seconds. Slowly lower the left foot to the floor then follow it with the right foot.
- Switch legs, stepping up with the left foot first.

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4. Chair Dips

- Use two high-backed, stable chairs, placing one on either side of the body with the chair backs next to the arms. Place a hand on the back of each chair for balance.
- Bend both legs at the knee, being careful not to let the knees extend past the toes.
- Extend the right leg out in front of the body in a slow kicking motion. Focus on keeping the weight balanced on the left foot. Bring the right leg down slightly, holding it just a few inches off the floor for five seconds while continuing to balance on the left. Slowly lower the right leg completely to the floor.
- Switch sides and repeat.

5. Wall Presses

- Stand with the head, shoulders, back and hips flat against a wall.
- Step both feet out about 24 inches away from the wall, while keeping the back and shoulders against it. Keep the feet no more than hip width apart. Slide the back down the wall slowly until the body is just above a normal sitting position
- Hold for five seconds and then slide back up. Repeat.

It's always helpful to warm up prior to exercising and to gently stretch the muscles afterward.

Exercise is a noninvasive and healthful way to help with minor knee pain due to overuse, arthritis or other causes. It is also an effective way to help prevent injury and keep the legs strong. Stretching can help keep the muscles flexible, which can prevent or alleviate pain.

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.

TOPLINES

is a bi-monthly publication

January-February

March-April

May-June

July-August

September-October

November-December

Editor-Susan Quinn

CLUB MERCHANDISE FOR SALE:

MSCM LOGO DECALS and MAGNETS \$10-\$15

Contact Debbie H. at sercatep@yahoo.com

