

# Canine Courier

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## Do Dogs Dream?

Liz Donovan, AMERICAN KENNEL CLUB  
nov 09, 2015

Your dog is fast asleep, when suddenly he starts whimpering, moving his legs or tail, or engaging in some other odd behavior. Could your dog be dreaming?

Scientists think so—in fact, they believe that dogs not only dream as we do, but also that they dream *similarly* to us, meaning that they replay moments from their day while they're fast asleep.

## How Do We Know Dogs Dream?

Back in 2001, [Researchers at MIT](#) trained rats to run a maze and measured their brain activity. Later they measured the brain activity while they were in rapid-eye movement sleep, the sleep cycle in which humans experience dreams. They found that the brain activity was the same as when the rats

*continued on page 2*

## Training Your Dog to Be a Therapy Dog

Christie Canfield, AMERICAN KENNEL CLUB  
oct 05, 2015

### Training Your Dog to Be a Therapy Dog

**The AKC GoodDog! Helpline receives frequent inquiries about how to train dogs for therapy work. GDH Trainer Christie Canfield conducts therapy visits with her dog and also teaches therapy dog classes. She tells us the “who, what, when and how” of making a therapy dog.**

Because of the many benefits they bring, therapy dogs are in high demand. Although our dogs give us unconditional love, not all dogs are a good fit for therapy work. So what makes a good therapy dog and how does an owner and dog become a therapy team?

**What is a therapy dog?** A dog trained to provide comfort and affection to people in a facility setting. Therapy dogs are NOT Service Dogs, which are trained to provide a specific service for a person with special needs.

**Why a therapy dog? Science has shown us how beneficial therapy dogs can be. Visits from a therapy dog can lower blood pressure and heart rate, reduce patient anxiety, and increase levels of endorphins and oxytocin.**

**Where do they work? Therapy dogs can be seen in a variety of settings. Hospitals, nursing homes, assisted living facilities, schools, and libraries are just a few examples.**

Who is a good candidate for therapy work? *continued on page 3*

### INSIDE THIS ISSUE

- 1** Do Dogs Dream?
- 1** Training Your Dog to Be a Therapy Dog
- 3** Calendar/Presidents Message
- 4** Brags

were running, leading researchers to conclude that the rats were dreaming about the maze they ran earlier that day.

"No one knew for certain that animals dreamed the way we do, which can involve replaying events or at least components of events that occurred while we were awake," said Matthew Wilson of MIT's Center for Learning and Memory. "We looked at the firing patterns of a collection of individual cells to determine the content of rats' dreams. We know that they are in fact dreaming and their dreams are connected to actual experiences."

Because rats are intellectually less complex than dogs and cats, researchers make the assumption dogs and cats dream just as rats do.

## How Can We Tell a Dog is Dreaming?

Dogs often bark or twitch their legs during REM sleep, [the Sleep Foundation reports](#). But sometimes, watching a dog dream can be indicative of his breed. "Researchers found that a dreaming [Pointer](#) may immediately start searching for game and may even go on point, a sleeping [Springer Spaniel](#) may flush an imaginary bird in his dreams," [AKC Family Dog](#) columnist Stanley Coren explained in [Psychology Today](#). Coren also advises that owners who are curious to know if their dogs are dreaming to simply watch them beginning about 10 to 20 minutes after they fall asleep. If you can see their eyes moving behind their eyelids, they've begun to dream.

## How Often Do Dogs Dream?

When it comes to how often dogs dream, apparently size matters. According to Coren, [small dogs](#), like [Chihuahuas](#), tend to dream more often during one night, with a new dream about every ten minutes, than large dogs. [Vetstreet further reports](#) that [puppies](#) and [senior dogs](#) dream more often than middle-aged dogs.

## What To Do If Your Dog is Dreaming?

If you notice your dog having a dream, follow the old adage "let sleeping dogs lie." Disrupting his sleep during the REM cycle can be startling (think about how you feel waking up from a dream), which can result in an unintended bite or, at the very least, a sleepy dog in the morning.

Motel 6 Discount  
use the AKC account # CP542764 for a 10% discount  
No Pet Fee  
No weight restriction  
All are pet friendly unless prohibited by law

800-466-8356 or <http://www.akc.org/motel16>.

The only one I know of in the area that doesn't allow pets is  
Roseville MN unless the city ordinance has changed

## Calendar of Events

### DECEMBER

TBD BOARD MEETING 7PM

8 SEKC CHRISTMAS PARTY 6PM OLD CHICAGO

25CHRISTMAS

### JANUARY 2016

TBD BOARD MEETING 7PM TBD

12 SEKC ANNUAL MEETING 7PM CLUBHOUSE

### FEBRUARY

TBD BOARD MEETING 7PM TBD

9 GENERAL MEMBERSHIP MEETING 7PM CLUBHOUSE

13 WESTMINSTER AGILITY CHAMPIONSHIP 7PM FS1

15-16 WESTMINSTER KENNEL CLUB DOG SHOW 7PM 15<sup>TH</sup>

CNBC 16 USA NETWORK

### President Message December 2015

I cannot believe that this year is nearly over and that I am finishing two years as your President. I cannot thank you enough for the support and willingness to try new things. This is a great group of people and I am looking forward to the next two years if you still want me.

We have many exciting things to look forward to: next year at our Fall Show we will be hosting the regional NOI in obedience. Kristine and all her workers will have their work cut out for them. We will also be adding some short (some only 2 days) sessions of classes such as E-Collar to teach people the correct way to use. Dave, Cindy, Morgan and myself will be working on getting a Nose Work class started and I know that Tammie (cannot believe the amount of work she does) has the 2016 Class Schedule together and finally a great seminar with Connie Cleveland already planned and in the working stages of setting one up with one of the premier dog training schools on the east coast.

To everyone that has volunteered for events, teaching classes, serving on committees, working on meeting, a HUGE THANK YOU!!!!

Looking back, I really don't know where the year has gone because it seems like January was yesterday. I remember my mother telling me that as I got older the years would pass much too quickly and I really didn't know what she meant – now I know. I value the friendship, laughter and even the disagreements and look forward to another year which I have a feeling will go even faster.

I hope your Thanksgiving was wonderful and I wish all the best for your Christmas Holiday. Enjoy your family, friends and of course, those wonderful four-footed members that keep all of us going. If you are traveling, be safe as we want you back.

A very Merry Christmas and an exciting New Year!

Paula

Therapy dog candidates should be naturally calm, friendly and affectionate to strangers. They also need to be well trained in basic obedience, able to easily adapt to novel noises, places, smells, and equipment. Therapy dog organizations also require that therapy dogs be healthy and have regular wellness check-ups and be well-groomed, clean and brushed at the time of all visits.

### How do you train a therapy dog?

1. Socialize your puppy or dog to new people, places, objects, and surfaces.
2. Obtain the AKC Canine Good Citizen title on your dog and train necessary behaviors for therapy work including, look, leave it, loose leash walking and not jumping on people.
3. Obtaining the AKC Advanced Canine Good Citizen (AKC Community Canine) title and/or taking your dog through a Distraction Proofing class is highly recommended.
4. Enroll your dog in a therapy dog class that will prepare you and your dog for therapy dog visits (equipment, situations, handler preparation). Most classes include a therapy dog evaluation at the end of the class.
5. Registration with a national therapy dog organization. This is highly recommended as most therapy dog organizations provide support, advice, and insurance. You can find a list of organizations at:

<http://www.akc.org/dog-owners/training/akc-therapy-dog-program/>

**For more information, training tips and advice, enroll in the AKC GoodDog! Helpline at [www.akcgooddoghelpline.org](http://www.akcgooddoghelpline.org). The seven-day-a-week telephone service is staffed by experienced dog trainers.**

# Brags

Our Labrador Ret. Call name "Naughty" has 2- 1<sup>st</sup> place wins in 2 separate AKC Field Trials this year. This gave her a Field Champion title and qualified her for the 2015 National Open Field Trial in Corning CA.

She came in heat a we decided to breed her instead of sending her to the Nationals

FC Mossy Oaks's Fowl Language dob: 11-05-2009 black Female

Thanks,

Lauraine and Dave Grevlos- co-owners

CH Doreve's Ring of Fire aka Buddy got his grand championship in Winona. Mn. On Sat Nov 7th he won BOB and got a group 1 in owner handler and a group 4 in regular groups. Sunday he got BOB and a group 3 in owner handler. Buddy is owned and loved by Dee and Clayton Isakson.

This year Potter has earned his THDN CGCA and was named the ESSFTA Nov A Springer of the year Potter is owned and loved by Myron and Carole Scharkey

Piper got her CD and Rally Excellent title today. Making her CH Swag's Dance to the Music BN CD RA CGCA, THD. Tammie

Just two brags...Gem received her Rally Novice title at our show and Sadie has qualified for her Therapy Dog Advanced title from AKC.

Streak and I attended the Border Collie Nationals held at Purina Farms near St Louis, Mo the first part of Sep. We made our debut in herding and Streak earned her PT herding title. We participated in the obedience challenge at the Open level and took 2nd place, ran in 2 agility trials a day (exhausting) earned another agility title, and also got another RAE leg. We left before the obedience competitions began because we had tickets to the BYU-Nebraska football game. " gotta have priorities right? "  
Kristine Hurst

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ADDRESS CORRECTION REQUESTED

