

# Arizona Mountain Mushers



[www.azmm.org](http://www.azmm.org)

March 2012

## ***From the Newsletter Staff***

Finally I'm back... miss me? Well I'm sitting here at work, yes work, obviously not working, but I'm thinking and thinking is good. Maybe...

I'm watching the temperature rise to a whopping 78 degrees. Gosh, I'm so depressed. The lows are in the 40's and it won't be long that I will walk from the truck to the house and melt from the Southern AZ heat. However, I am not one to wander in self pity and despair so let's recap and celebrate our blessings and the winter months.

Well sorry it's taken so long to get back on line and recap a wonderful month of January. Really it couldn't have gotten any better. Two races to celebrate. The Mormon Lake and the Winter Games 10<sup>th</sup> Anniversary

Where do I start? First, Charlie Overgaard, my hat or harness goes off to you. I'm sure the majority of us aren't even marginally aware of the time, effort, energy, coordination and prayers that go into organizing an event such as the Mormon Lake Races. As we drove along the roadway I was thinking...no way... the lake is melting and so is the snow. Finally, I took the last turn and the snow started filling in the bare spots, woohooo! There was plenty of snow. Remember I got stuck in it. Thanks to all and Lori's little truck! Anyway 19 teams competed.

How great it was to have the young mushers involved and all girls!!! What I love the most is that it seemed like a "family event". Just good clean honest fun!

Our accommodations were wonderful and the food was hot. I'm not even sure who handled the concession stand, but I was thankful they were there.

On to the 10th Anniversary of the Winter Games. What great weather and the turnout was tremendous. A lot happened. Ron thought the trails would be plenty wide enough. He didn't anticipate that my leaders could hug the right side (gee side) of the trail and my sled could hug the left side (haw side). All of a sudden I looked

and there was Ms. Denise... What a great musher she is. She flew by me on the gee side like I was standing still. I know my dogs looked at each other, like what the heck just went by? Was it a train, a bullet no it was Denise \*\*^%^%. Are we suppose to be racing?... duh dogs. Compared to her speed, I was standing still!

Thank you to all the volunteers that helped the mushers and put on the event. God Bless those Young Marines! And a big thanks to Ann Goerbner, Ron, and friends. And finally, thanks to all the "behind the scene people" who worked tirelessly to handle all of this for us.

Of course Bruce Lee and this wife were there, too. Priceless!



## **AZMM OFFICERS**

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I got it from a very reliable source that Gery was down in the "Hendricks" neighborhood entertaining AND educating 90 plus third graders about sled dogs (demo, slides, talk, and time to pet the 8 dogs he brought harnessed up and circled the playground.) Gery also needs to update us about his distance racing with those malamutes. It would be a great "camp fire" story. So what about a spring campout?

Also I just received an email from Barbara Yost. Remember she was our own personal "reporter and writer" I wanted to let you know that Arizona Highways will be publishing our story on Arizona dog sledding. Photographer Suzanne Starr and I were both so pleased - we thought this would be perfect for the magazine. Right now, plans are to run the story in the January 2013 issue, which will be available in December. I think that will be so great for next year's Winterfest. Towards the end of the year I'll contact you to update the story, since it's a year off. I'll want to be sure everyone is still racing and maybe get an update on everyone's dog count. I hope no one stops racing before now and then! If you hear of any news throughout the year, you can always contact me at this email or by phone, 602-224-0158. Thanks again for all your help.

Now as I finally finish this letter Flagstaff is getting a whopping 24 inches on snow. We may even get some here south of Tucson. If we do, I'm taking a snow day!



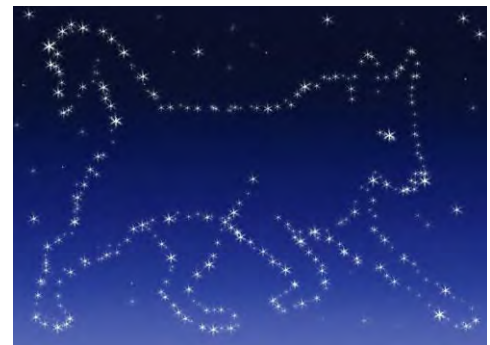
<h3>A. Airway</h3> <p>The first step in animal CPR (like human CPR), after determining that the animal is non-responsive, is to obtain an open airway, until this step has been achieved!</p> <ol style="list-style-type: none"> <li>Carefully pull the tongue straight out of the animal's mouth to open the airway <b>WARNING: even an unresponsive dog may bite by instinct!</b></li> <li>Make sure that the neck is reasonably straight; try to bring the head in-line with the neck. <b>WARNING: Do not over-straighten the neck in cases where neck/head trauma exists.</b></li> <li>Attempt 2 rescue breaths, by closing the mouth, and performing mouth-to-nose ventilations. If they go in with no problems continue to B-Breathing.</li> </ol> <ol style="list-style-type: none"> <li>If not, reposition the neck and try step 3 again.</li> <li>Visibly inspect the airway by looking into the mouth, and down the throat for foreign objects occluding the airway. Unlike human-CPR, rescuers may reach into the airway and remove foreign objects that are visible.</li> <li>If you still can't breath into the animal, proceed to the Heimlich maneuver.</li> </ol>	<h3>A. Heimlich</h3> <p>If you were unable to clear an object from the airway in A-Airway, you will need to do the Heimlich Maneuver:</p> <ol style="list-style-type: none"> <li>Turn the animal upside down, with its back against your chest.</li> <li>Hug the animal with your fist in your hand, just below the rib-cage (for cats, just squeeze 1 hand in the same place).</li> </ol> <ol style="list-style-type: none"> <li>With both arms, give 5 sharp thrusts (bear hugs) to the abdomen. Perform each thrust as if it is the one that will expel the object.</li> <li>Stop, check to see if the object is visible in the airway. If so, remove it and give 2 mouth-nose rescue breaths. If the breaths do not go in, go back to step 1.</li> </ol> <p><b>IMPORTANT: Do not proceed with CPR, even if the animal goes into cardiac arrest. You must clear the airway first.</b></p>	<h3>B. Breathing</h3> <p>After achieving a patent airway, one must determine whether the animal is breathing, and whether this breathing is effective:</p> <ol style="list-style-type: none"> <li>Carefully pull the tongue straight out of the animal's mouth to open the airway <b>WARNING: even an unresponsive dog may bite by instinct!</b></li> <li>Make sure that the neck is reasonably straight; try to bring the head in-line with the neck. <b>WARNING: Do not over-straighten the neck in cases where neck/head trauma exists.</b></li> </ol> <ol style="list-style-type: none"> <li>Breathe at 12 breaths per minute (1 every 5 seconds)</li> </ol> <p>With each breath just make the chest rise (do not overinflate, especially on a small animal)</p> <p><b>IMPORTANT: If the breaths do not go in, stop and return to A-Airway!</b></p> <ol style="list-style-type: none"> <li>Proceed to C-Circulation, while continuing breathing support as necessary.</li> </ol> <p><b>If you are an EMT, Paramedic or other advanced provider, check out our ALS and BLS for animals on our website</b></p>
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## So, did you hear about the Mushing Mortician on the Iditarod?

You can hear the story at:

<http://www.npr.org/blogs/waitwait/2012/03/18/148754952/mushing-mortician-breathes-life-into-fallen-iditarod-sled-dog>

Who says mushers don't love their dogs?



Another interesting podcast with Dallas Seavey is at:

<http://www.npr.org/2012/03/20/149002199/Iditarod-winner-dallas-seavey-raced-against-family>

Download your own CPR brochure at:

<http://www.berner.org/pages/dogcpr.pdf>

<h3>C. Circulation</h3> <p>This is the final step of CPR and should only be started after the A-airway and B-breathing steps have been completed:</p> <ol style="list-style-type: none"> <li>Make sure that there are no major (pooling/spurting blood) points of bleeding. Control as necessary by applying pressure with your hand.</li> <li>Check for a pulse in the groin (check carefully on a conscious dog or cat!)</li> </ol> <ol style="list-style-type: none"> <li>Lay the animal on its right side</li> <li>Locate your hands where its left elbow touches the chest, approximately the middle of the rib-cage (for cats use 1 hand in a squeezing motion).</li> </ol> <ol style="list-style-type: none"> <li>Compress the chest 15 times followed by 2 rescue breaths (3 compressions every 2 seconds)</li> </ol>	<p>During an emergency it is very important that you remain calm. Animals can sense your unease, but cannot understand what is happening and you can't tell them.</p> <p>Your body language is very important. Be calm, yet deliberate in your actions.</p> <p>When you determine that you either have corrected the life-threatening problem, or are unable to stabilize the animal, you should transport to the nearest emergency veterinary hospital.</p> <p>Notify your emergency clinic that you are coming in with a dog with respiratory arrest with a foreign object airway obstruction and/or cardiac arrest.</p> <p>Give them the following information via phone if possible:</p> <ul style="list-style-type: none"> <li>Your name</li> <li>Your Estimated Time of Arrival</li> <li>Steps taken (CPR, removal of object...)</li> <li>Breed/size (dog or cat)</li> <li>If a foreign object is in the airway, what the suspected object is</li> <li>If a poison or medication has been eaten</li> <li>Mechanism of injury (if known)</li> </ul>	<h3>Save a Life: Learn Animal CPR</h3> <p>For the Pet Owner</p> <p><b>Lori H. Feldman, DVM</b> <b>Henry J. Feldman, M.D.</b> © 2004</p> <p><small>Dr. Lori Feldman is a Connecticut, New York and Massachusetts Licensed Veterinarian and a member of the Veterinary Emergency and Critical Care Society. He practices in Greenwich, Connecticut at Greenwich Veterinary Hospital.</small></p> <p><small>Dr. Henry Feldman is a New York Licensed Physician at the NYU School of Medicine in the section of Medical Informatics.</small></p>
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