



# NEWS BUOY

Summer 2023

## PRESIDENT'S MESSAGE

Welcome to the summer edition of the News Buoy. Thank you to our editors Shannon Antunes and Margaret Trejo for their hard work in preparing this for us.

Water season is upon us and the Keystone Water Trial opened June 25, 2023 and quickly filled with 28 teams and another 12 on the wait list. The Keystone Water Trial Committee is looking into the possibility of adding a second site to accommodate those on the wait list. Volunteers are always needed to run the water trial and no experience is necessary. There are simple (but very important) tasks that almost anyone could do, if you are so inclined, please come out and support the club. The dates are September 16 and September 17, 2023 at Codorus State Park. Details can be found in the premium list on our website.

Lisa Mullikin has graciously agreed to take over merchandise. Thanks to Lisa for agreeing to do this. Lisa is hard at work looking into some new merchandise for the club so stay tuned and check the website for new additions.

This newsletter theme is traveling with your PWDs and fun things to do with your dogs. Have a great summer and enjoy this issue.

—Judy Murray

## Away We Go!

With careful planning, taking your dog on a family trip can be a memorable adventure. Decide whether your dog will enjoy traveling and the activities you have planned. Be sure to keep your travel expectations realistic, and plan a trip that will be comfortable and fun for everyone.

Before departing, schedule a check-up with the vet and discuss whether medications or supplements may be helpful for motion sickness or travel anxiety. Make sure your dog is microchipped, up to date on all vaccinations and preventative meds, and has a secure collar with ID tag. Ask your veterinarian for a copy of the vaccination record, and obtain any necessary health certificates for air travel.

### Traveling by Car

#### Packing List

- Travel crate with adequate ventilation holes on all sides and leakproof bottom
- Wipeable crate pad and favorite blanket

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### DID YOU KNOW?

The phrase "dog days of summer" dates back to the ancient times when the Romans recorded the seasons by observing the sky. The star Sirius became known as the "dog star" because it made up the nose of a constellation shaped like a dog. When Sirius appeared towards the end of July, the hottest days of the year were recorded. The Romans referred to this period as "dies caniculares" or "days of the dog star," which over time became known as "dog days."



## Away We Go!

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- Rolling suitcase to hold your dog's belongings in one spot
- Approved seat harness
- Sturdy lead, collar, ID tag and microchip
- Current photos of your dog in case they get lost
- Plenty of food, treats, and bottled water
- Collapsible bowls
- Stainless steel water trough for crate
- Meds and supplements
- Phone numbers for emergency contacts
- Vaccination records
- First-aid kit
- Dog shampoo, comb, and brush
- Towels
- Poop bags
- Cleaning supplies for accidents
- Enrichment puzzles, chew toys

### Safety Considerations

- Avoid carsickness by having your dog travel on an empty stomach, but make sure they have plenty of fresh water at all times. If your dog is prone to motion sickness, ask your vet for advice.
- Keep the car well-ventilated.
- Wear seatbelt harness or travel in a secure crate.
- Never drive with your dog's head out of the window.
- Never let your dog ride in the back of an open truck.
- Schedule stops for exercise and potty breaks.
- NEVER leave your dog unattended in a closed vehicle. If you must leave the car, designate a member of the family to stay with the dog; run the AC in warmer months.

### Traveling by Plane—PLAN AHEAD!

- Your dog should be at least 8 weeks old and fully weaned.
- Schedule a vet exam before traveling. Obtain a certificate of health, vaccination records, and rabies certificate. Documentation is usually needed by the airline within 10 days of departure.
- Ask your vet whether your dog would benefit from calming meds while inflight.
- Contact the airline in advance to ask questions and learn every requirement and restriction for pet travel.
- For international flights, verify all requirements for dogs entering the destination country, which can change at any time.

### Traveling by Bus or Train

- Call the customer care center well in advance! Amtrak permits dogs under 20 pounds to travel (a pet fee will apply). Greyhound and many other bus companies do not allow dogs, with the exception being service dogs. Regional rail lines will have their own rules.

### Hotels and Resorts

- Plan your itinerary and book with hotel that allows dogs.
- Keep your dog as quiet as possible.
- Do not leave your dog unattended in the room.
- Provide plenty of outdoor exercise.
- Clean up after your dog.
- Puppy-proof the room(s) to make sure the area is safe for your dog to explore. Keep all electrical cords out of reach. Check that previous occupants did not leave anything on the floor or under furniture that may be hazardous.
- Pack enrichment puzzles and stuffed treats.

It is vacation time—don't forget to relax and enjoy time away with your family and dog!

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**Protect your Pup IN THE SUMMER HEAT**

**Dehydration & Sidewalk Temps**

**BEHAVIOR**  
Lethargy  
Reduced energy levels  
Disinterest

**EYES**  
Sunken & dry

**MOUTH & NOSE**  
Dry, sticky gums  
Dry nose

**BODY**  
Too much or too little urination  
Dark urine

**SKIN**  
Lack of elasticity

**Did You Know?**

Ensure your dog has **ample access to water** and take walks in early morning or at night to avoid dehydration.

Hot pavement can burn your dog's paw pads. Check sidewalk temps with your hand or foot. If it's **too hot for you, it's too hot for them!**

Air °F	77°	86°	87°	Skin destruction can occur in <b>60 seconds</b> at 125° F.
Asphalt °F	125°	131°	135°	An egg can fry in <b>5 seconds</b> at 131° F.

AKC PET INSURANCE [www.akcpetinsurance.com](http://www.akcpetinsurance.com)

# All Aboard!

Stand up paddle boarding (SUP) is a popular water activity during the summer months. Taking your PWD paddle boarding can be a rewarding experience. A dog who is healthy, active, able to swim well, and can climb onto the board can be trained to ride with you.

## Equipment Needed

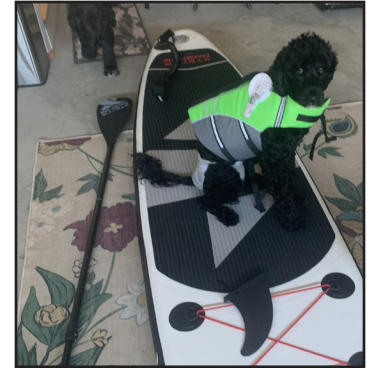
- Wide board with surface grip and paddle
- Life jacket with handle (for your dog)
- Life jacket and water shoes (for you)
- Plenty of bottled water and drinking trough for your dog
- Waterproof tote stuffed with treats

## Introducing the Board

- Train your dog **before** getting onto the water.
- Your dog should already know basic commands—sit, stay, down, and come.
- Place the board and paddle on the floor in your garage for at least a week. Praise and treat your dog for sniffing and exploring the board.
- Scatter a few treats on the middle of the board to lure your dog onto it. Praise and give a treat every time your dog gets on the board. Hold the board still to help build your dog's confidence.
- Work on praising and rewarding your dog for walking, sitting, laying, and standing on the board with you. When your dog is ready, repeat the above steps while your dog wears a life jacket.
- Train your dog to jump off the board with the command, "Off!" Praise and treat for desired behavior.
- Be patient and practice each day.

## Before Going on the Water

- Check that the life jacket fits securely, allowing two fingers between your dog and the jacket. Tuck away and secure the strap ends.
- Trim your dog's nails.
- Exercise your dog before getting on a board. An energetic dog makes it more difficult to balance on the board.
- Have your dog swim with the life jacket on before getting on the board. This will help your dog acclimate to swimming with a jacket.
- Steady the board in shallow water. Using a treat, lure your dog onto the board while saying the command, "Up!" Praise your dog. Next, have your dog lie down on



the board and praise. Slowly guide the board through shallow water to get your dog used to being on the water.

- Transition to deeper water and pull yourself onto the middle of the board with your dog. If new to SUP, begin by kneeling on the board to lower the center of gravity making it easier to balance. When you feel ready, stand with your dog in front of your feet, and start paddling!
- Small dogs can sit or lie down on the front of the board. For better weight distribution and improved balance, try having larger dogs sit towards the back of the board.
- Keep your first outing brief. Stay calm and patient. Give your dog lots of praise and treats!
- At the end of your excursion, kneel on the board while in shallow water. Give the command "Off!" Be prepared—the board will move a lot when your dog jumps off!
- While paddling, if your dog jumps or falls off the board, use the handle on the life jacket to pull your dog back onto the board. Do not panic.

## Health Considerations

- Do not allow your dog to drink ocean, bay, or lake water.
- On warmer days, monitor for fatigue and signs of heat exhaustion. Paddle board during early morning or evening hours when the heat index is lower. Stay hydrated!
- To help cool your dog before paddle boarding on a warm, sunny day, let your dog splash in the water to get wet.

Have fun paddle boarding with your PWD! Remember the "Four P's"—stay POSITIVE, be PATIENT, PRAISE often, and keep PRACTICING.

## References

Maharaj, N. (2023, June 21). *How to stand-up Paddle Board with your dog*. American Kennel Club. <https://www.akc.org/expert-advice/travel/paddle-board-with-dog/>  
*The Complete Guide to paddle boarding with dogs*. How To Paddle Board With Your Dog: The Complete SUP Guide—Cruiser SUP. (n.d.). <https://www.cruisersup.com/pages/paddle-boarding-with-dogs>

# Take a Hike! (With Your Dog)

Forethought and planning can help ensure that your hikes with your dog are all fun and no mishaps.

I love hiking with my dogs, and one of my favorite things about living in the Pacific Northwest is the abundance of dog friendly hiking trails available to us. Over the years, I have learned a great many things about how to take a safe and enjoyable hike with dogs—some things that you really should do, and some things that you really should not do. Here are 10 tips for ensuring a great time for all involved.

## Safety

Being out in nature is a great way to relax and connect with your dog, but it's important to think about safety. With three dogs of various ages, sizes, and abilities (from 2 to 17 years old, 10 pounds to 103 pounds, and one dog with two surgically reconstructed knees), I take a lot of precautions to ensure everyone's safety when we hit the trails.

### 1. All of the normal safety precautions for hiking in general apply to hiking with dogs—and then some.

Tell other people where you are going and when you will be back. Monitor weather conditions. Be realistic about your own skill and fitness level. Carry trail maps; don't just rely on your phone, as GPS signals might not work in the backcountry. Turn back early so you are back before dark. Don't approach wild animals. Carry a cell phone (though, again, be aware you may be out of signal range). Carry water.

When you're going with a dog, do all of the above, and carry extra water for your dog, and allow yourself extra time for the hike.

Also, monitor weather conditions to ensure temperatures aren't too hot for your dog to safely hike. Because (unfortunately) the general public can't always be trusted to make good decisions for their dogs, the city of Phoenix, Arizona, piloted a program that banned dogs from hiking on trails when the weather is 100 degrees or more. People caught with dogs on the trails in those temperatures can be fined or jailed. The program took effect after multiple dogs died while hiking in the Phoenix heat.

**2. Be realistic about your dog's abilities, and aware that they can change.** "The dog's general health and athleticism should be considered before planning a hike," says Stacey Rebello, DVM, medical director of emergency services at NorthStar Vets Veterinary Emergency Trauma & Speciality Center in New Jersey. "And the duration and length of the hike should be adjusted to ensure the pet can tolerate it."

On your hike, watch for symptoms of tiring. Turn back before injury or exhaustion occurs. Signs that your hiking plans need adjustment include an adolescent dog who has more energy than stamina or a senior dog who has a hard time keeping up. Any dog who seems to be over-tired the next day or has difficulty recovering from the hike needs more conditioning before attempting that hike again.

I've found that trails rated as a good match for hiking with children work well for most dogs.

## Leash Laws

Although many people like hiking in natural settings with their dogs off-leash, this is not allowed in many areas, including most state and national parks.

### 3. Be sure you know the regulations that govern trail use by dogs for any area you plan to hike with your dogs—and follow them!

Some dog owners believe that their dogs are so well trained that they should be allowed to hike off-leash; however, leash laws exist to keep everyone safe, including the leashed dogs, other trail users (canine and human), and wildlife.

Following leash laws also helps ensure that you and your dog will be able to hike again another day. If people can't be trusted to follow rules and keep their dogs leashed to protect wildlife and fragile vegetation, more wilderness areas will ban dogs all together.

Also, be sure to doublecheck that dogs are allowed *on the trails* at your planned hiking location before leaving your house. Dogs are allowed in many national parks—but are often restricted to campgrounds (not allowed on trails), and must be in the company of one of their owners at all times. When researching dog-friendly trails, I find local websites are better than hiking guide books; they are more frequently updated with information about current trail conditions or regulations.

**4. In areas where dogs are permitted to be off-leash, take your dog off-leash only if he isn't a danger to himself or others.** Just because you hike in an area

where dogs are allowed to be off leash doesn't mean you should remove the leash, says Cincinatti dog trainer Nick Hof, a Board member of the Association of Professional Dog Trainers. "If your dog is off-leash in a permitted area, your dog should have excellent recall skills and be good with any other people or dogs you come across," Hof says.

"Remember, when you take your dog off-leash in an unsecured area, you are betting his life that you can predict how he will handle any situation and feel confident that you all will succeed," says Hof.

Hof advises for leashed *and* unleashed dogs to practice the occasional recall, reinforcing prompt responses generously. This reinforces not only the dogs' recall but also that hiking near you is rewarding.

### Trail Etiquette

If you have found an enjoyable place to hike with your dog, the odds are that other trail users appreciate the area, too. Be sure you are the trail user that others enjoy seeing—or at least, don't notice!

**5. Always be courteous to others and to nature when you and your dogs are out on the trail.** Be sure to bring plenty of poop bags with you and pick up after your dog.

It can be tempting to let your dog go crashing through the underbrush, but this is disruptive to the plants and animals. Teach your dog that part of hiking is staying on the trail.

Keep in mind that not everyone likes dogs or wants to greet them on the trail. It's not acceptable to let your dog



*Just like us, in order to keep from getting injured or exhausted, dogs need to be gradually conditioned for hiking at elevation, on uneven ground, or for extraordinary distances. Similarly, the fitter and more accustomed to hikes they are, the more enjoyment you will have together on the trail!*

approach another dog or person without the person's permission or invitation.

**6. Share the trail! Keep your dog close to you when hiking.** Whenever possible, I put myself between my dog and other hikers to protect everyone (I've actually had a hiker reach out and grab my dog's tail while doing an unsolicited "drive by pet").

If you are on a trail that also allows horses, be sure to bring your dog close to you, giving extra space to the horses. Be aware that a dog who jumps up or barks at a horse might spook the horse—and that some dogs may be spooked by horses! A dog who bolts away from the horses in fear may cause the horses to spook in turn, so unless you know that your dog will be calm and unafraid, put even more space between him and any equestrians.

Similarly, mountain bikes are common on many hiking trails. Ideally mountain bikers will slow or even possibly dismount before biking past you and your dog, especially if a trail is narrow. But if not, be aware that bikes may startle some dogs, so keep your dog close and put yourself between your dog and the bike.

**7. Don't impose your dog's "issues" on others.** If your dog displays aggression or reactivity toward other dogs or people, "you should either be working on those issues or have a plan in mind for how to mitigate any issues that may come from those," Hof recommends.

One of my dogs is a former street dog and she's very reactive to other dogs, so we seek out trails in areas where all dogs are required to be on on-leash, *and* that have reviews indicating they are only lightly used. If we arrive somewhere and find that the trails are crowded, or that people are breaking the leash laws, we simply leave and find somewhere else to go. It's just not reasonable to expect other people to anticipate that your dog poses a greater than average potential for aggression to them!

### Gear

Good quality, comfortable gear can make or break a hike for us, and it's no different for our dogs.

**8. When getting ready to go hiking,** it's important to make sure that your dog's gear fits and is in good condition. No half-chewed leashes or harnesses with frayed stitching! And the trailhead is not the place to fit gear for the first time! Check the gear and adjust it for his comfort at home.

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## Take a Hike! (With Your Dog)

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"I almost always prefer harnesses to collars for leash attachment," Hof says. Note that harnesses have more contact with the dog and so pose a greater risk of rubbing and causing a raw, sore spot. Check your dog frequently when he's wearing new gear, especially in sensitive places that are hard to see as you walk along—under his elbows, for example.

If you want your dog to carry a pack on your hikes, be sure to start slowly. It's a good idea to visit to your veterinarian to ensure your dog is structurally sound enough to carry a pack. Also talk to your vet about what amount of weight would be appropriate.

### Conditioning

In addition to choosing the right trails to hike with your dog, you need to condition him slowly to keep him from getting sore or injured.

#### 9. Don't force your dog to be a weekend warrior.

Dr. Mandi Blackwelder, DVM, CCRP, owner of Healing Arts Animal Care in Beaverton, Oregon, cautions against taking our dogs along on infrequent and/or overambitious types of hikes. "They (and we!) are much more likely to be injured either during the hike or when we are sore afterward," says Dr. Blackwelder. Instead, she advises that dog owners who want to start hiking begin a regular, structured exercise routine locally, long before making long drives to destinations for long hikes. "The first thing to do to prepare your dog for hiking is daily walks of increasing length, changing up terrain, and adding hills," she says.

If you plan for your dog to wear a pack on the trails, you need to start conditioning her for that on your local walks, too. Start with an empty pack and slowly increase the weight (going no higher than what your vet advises) and length of time your dog wears the pack.

And when you do get to the trails, monitor your dog carefully. "Know your dog," warns Dr. Blackwelder. "If she is a kamikaze hiker, be prepared to corral her before she is exhausted. If your dog is cautious, then work on some uneven terrain (rocks, gravel, bark) beforehand so you're not forcing a march she is not ready for."

Dr. Blackwelder offered the additional caution that it's important to think about your dog's specific structural or health needs. If your dog has preexisting health

conditions, is overweight, or is a short-nosed breed, take additional precautions to prevent her from becoming overheated.

### First Aid

Trying to prevent injuries should be foremost, but being prepared with a few essentials can be invaluable in case of an emergency on the trail.

**10. Stuff happens, so prevent what you can and be prepared to deal with what you can't.** "Traumatic injuries, including abrasions, lacerations, and stick impalement are not uncommon when dogs are allowed to run through wooded areas. The risk of these types of injuries can be mitigated by keeping your dog on a leash and following an existing/established trail," Dr. Rebello advises.

She advises that the most important thing to carry when hiking is water—to make sure dogs remain well-hydrated and to prevent overheating.

She also suggests carrying gauze and bandages. "If your pet is injured, the goal should be to get medical attention as quickly as possible. Spending exorbitant amounts of time on field first aid is less important than getting them to a veterinarian as quickly as possible," Dr. Rebello says. "Rinse any wounds with clean water, apply firm pressure to stop bleeding, and place a temporary bandage until they can be assessed by a veterinarian."

Dr. Rebello says "the biggest concern for owners who take their pets hiking is the risk of exposure to infectious diseases and parasites." She advises dog guardians to ensure that their dogs' tick preventatives are up to date before hiking, and to check their dog for ticks when they take breaks during a hike and when they get off the trail.

In addition, she warns dog owners to prevent their dogs from drinking from ponds, puddles, or streams on the trail that could be contaminated with leptospirosis; instead, bring enough clean water for you and your dog. And finally, "Owners should consider ancillary vaccinations for Lyme and leptospirosis for dogs who regularly go hiking, hunting, or live in highly wooded areas," she says.

—Reprinted with permission from Nancy Kerns, editor, *Whole Dog Journal*. Lowery, S. (Updated 2023, April 24). Take a Hike (With Your Dog!). *Whole Dog Journal*. <https://www.whole-dog-journal.com/lifestyle/take-a-hike-with-your-dog/> (<https://www.whole-dog-journal.com/lifestyle/take-a-hike-with-your-dog/>)

# Let's Hit the Trails!

Below are some suggestions for exploring trails in our regional area. Be on the lookout for wildlife, and always be aware of your surroundings, location, and terrain. Do not forget to pack a strong lead, collar with ID tag, plenty of water, nutritious treats, poop bags, and a well-stocked first aid kit. Have fun!

## Pennsylvania

- **Doylestown**—<https://www.alltrails.com/us/pennsylvania/doylestown/dogs-leash>
- **Langhorne**—Core Creek Park <https://www.alltrails.com/trail/us/pennsylvania/core-creek-park-trail>
- **Cheltenham**—Pennypack Trail <https://www.alltrails.com/trail/us/pennsylvania/pennypack-trail>
- **Valley Forge**—<https://www.alltrails.com/parks/us/pennsylvania/valley-forge-national-historical-park/dogs-leash>
- **Villanova**—Radnor Trail <https://www.bringfido.com/attraction/8696>
- **Media**—Ridley Creek State Park <https://www.alltrails.com/parks/us/pennsylvania/ridley-creek-state-park/dogs-leash>  
Natural Lands' Wawa Preserve <https://www.bringfido.com/attraction/13547>
- **Downingtown**—Struble Trail <https://www.bringfido.com/attraction/5315>
- **Exton**—Chester Valley Trail <https://www.bringfido.com/attraction/5511>
- **West Chester**—Stroud Preserve <https://www.bringfido.com/attraction/13536>
- **Glen Mills**—Newlin Grist Mill <https://www.bringfido.com/attraction/1685>
- **Landenberg**—White Clay Creek Preserve <https://www.bringfido.com/attraction/16830>
- **Lancaster**—Northwest Lancaster County River Trail <https://www.bringfido.com/attraction/6750>
- **Elizabethtown**—Conewago Recreational Trail <https://www.bringfido.com/attraction/5446>
- **Harrisburg**—Boyd Big Tree Preserve Conservation Area <https://www.bringfido.com/attraction/23735>

## New Jersey

- **Long Valley**—Hacklebarney State Park <https://www.nj.gov/dep/parksandforests/parks/hacklebarneystatepark.html>
- **Old Bridge**—Cheesequake State Park <https://nj.gov/dep/parksandforests/parks/cheesequakestatepark.html>
- **Cherry Hill**—<https://www.alltrails.com/us/new-jersey/cherry-hill/dogs-leash>
- **Howell Township**—Manasquan Reservoir [https://www.monmouthcountyparks.com/page.aspx?ID=2531&fbclid=IwAR-3WVYzQeGkQr-anp8C\\_tbERFmNNT9hE6KkcCN7D81cNFtKw1aM2ZqEK5Eo&utm\\_source=BestofNJ&utm\\_medium=Outbound&utm\\_campaign=Feature\\_Pet\\_Friendly\\_Hiking\\_Spots](https://www.monmouthcountyparks.com/page.aspx?ID=2531&fbclid=IwAR-3WVYzQeGkQr-anp8C_tbERFmNNT9hE6KkcCN7D81cNFtKw1aM2ZqEK5Eo&utm_source=BestofNJ&utm_medium=Outbound&utm_campaign=Feature_Pet_Friendly_Hiking_Spots)
- **Princeton**—<https://www.alltrails.com/us/new-jersey/princeton/dogs-leash>

## Delaware

- **Newark**—White Clay Creek State Park <https://www.alltrails.com/parks/us/delaware/white-clay-creek-state-park>
- **North Wilmington**—Brandywine Creek State Park <https://www.trailink.com/trail/brandywine-trail/>
- **Wilmington**—Rockford Park <https://www.bringfido.com/attraction/3389>
- **Bear**—Lums Pond State Park <https://www.bringfido.com/attraction/17654>
- **Laurel**—Trap Pond State Park (Sussex) Bob Trail <https://www.trailink.com/trail/bob-trail/>
- **Rehoboth Beach**—Prickly Pear Trail (Delaware Seashore State Park) <https://www.trailink.com/trail/prickly-pear-trail/>

## Maryland

- **Baltimore**—Cylburn Arboretum Trail. <https://www.alltrails.com/trail/us/maryland/cylburn-arboretum-trail>
- **Chesapeake City**—C+D Canal <https://www.bringfido.com/attraction/3201>
- **Inner Harbor**—<https://www.alltrails.com/trail/us/maryland/baltimores-inner-harbor-walking-tour>
- **Eastern Shore**—Cross Island Trails <https://www.bringfido.com/attraction/8423> and Kent Island South Trail <https://www.bringfido.com/attraction/8424>
- **Havre de Grace**—Susquehanna State Park <https://www.alltrails.com/us/maryland/havre-de-grace/dogs-leash>
- **Fair Hill**—<https://www.alltrails.com/parks/us/maryland/fair-hill-natural-resource-management-area/dogs-leash>

## Washington, DC

- **Rock Creek**—<https://www.nps.gov/rocr/planyourvisit/hiking.htm>; <https://www.trailink.com/trail/rock-creek-park-trails/>

## Northern Virginia

- **Centreville**—Bull Run-Occoquan Trail <https://www.alltrails.com/parks/us/virginia/bull-run-regional-park>
- **Loudoun**—Potomac Heritage Trail <https://www.bringfido.com/attraction/4118>
- **Alexandria**—Jones Point Park <https://www.bringfido.com/attraction/15759>

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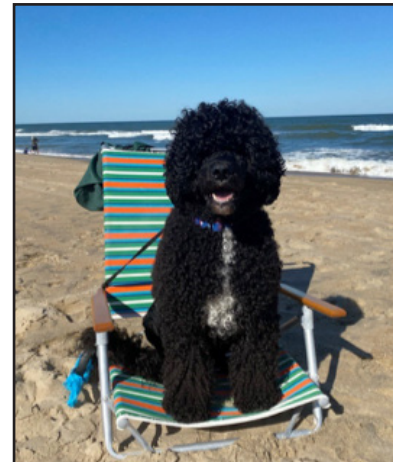
# On the Road Again, with Walter!

"Have Dog, Will Travel" is the motto at our house. It's not because my husband, Tom, and I retired and decided to go on amazing road trips to exciting cities, National Parks, and top tourist attractions. It's because we wanted a Portuguese Water Dog to bring home as our pet, but something unexpected happened and an incredible journey began!

Four years ago, we traveled to New Hampshire from our home in Chicago to meet a litter of puppies. I fell hard for the curly boy who would not take his eyes off me. My heart melted as it felt like he was picking me as much as I wanted him! I was told that he was the show puppy and needed a show home. In order to be matched with this curly boy, I promised the breeder I would show him until he earned the 15 show points and 2 major wins required to earn his Champion Title. However, there was a fairly sizable issue with this plan; I knew absolutely nothing about showing a dog! My breeder assured me she would connect me with PWD show people in the Midwest and all would be well. I mean, really, how hard could this be?

I've been known to be an overachiever at times, and this story is no different. Four years later, Walter not only got those 15 points and his Championship, but now he has over 450 show points under his belt and his Grand Champion Gold title! That little "curly boy" is now GCHG Saltydawg The Court Jester, DCAT, CGC, TKN, JWD, AOM AOE, called WALTER and is currently ranked as the #2 PWD in the country. Who would have expected that? Certainly not me!

That brings me back to being on the road again. Walter is shown by a professional handler, Nick Waters, who calls me his "Pet Show Dog Mom". Tom and I travel with Walter to many of his dog shows, because first and foremost, he's our K-9 kid. While we have yet to make it to some of those exotic vacation destinations we'd hoped to see in our retirement, we've seen America in a totally different way. Walter and his parents have traveled to cities we may have never visited otherwise, like Moultonborough, NH, Manitowoc, WI, Hamilton, OH, Brooksville, FL, Oaks, PA, Somerset, NJ, Tarrytown, NY, Frankenmuth, MI, Des Moines, IA, St. Louis, MO, Concord, NC, Virginia Beach, VA, and the list goes on and on! In each small or mid-sized town, or even in the big cities, we have always found wonderful dog-friendly hotels, outdoor restaurant



*Walter at work winning a working Group 1st place in Ohio*

*Much needed rest at Virginia Beach after a dog show*





*Resting on the patio of a restaurant in Frankenmuth, MI*

seating that welcomed dogs, amazing carryout restaurants, and beautiful parks to play in with Walter.

Traveling with a dog took some trial and error. I realized early that safety needed to be a number one priority. I purchased a crash-tested "Sleepypod" harness and assumed the problem was solved. But no, I have a show dog and the harness was matting his coat. I moved to traveling with him in his wire crate in the back of our SUV, which seemed to work better, but it always haunted me that a wire crate would not really protect him from a bad accident because the crate was not crash tested. I decided to purchase a crash-tested Ruffland crate which has given me much more peace of mind.



*Walter's job as hood ornament on our boat in Michigan*



*Playing in a park after a dog show in Pennsylvania*

While on long trips, we stop every 2 to 3 hours to give Walter a quick walk and a drink of water. Walter has learned that hotel beds provide exceptional comfort and he thinks he gets outstanding room service when I bring him a small nibble from the free breakfast bar. Walter always greets the hotel staff with an exuberant sniff and wag (which was amazing socialization especially when he was a younger dog), and he greets other hotel guests with enthusiasm. These encounters have given me many opportunities to explain to people that he is not a poodle or a doodle, and that NO, his hair doesn't naturally grow in the lion clip shape. I then explain his haircut has a very logical purpose since he was bred to work on fishing boats in Portugal. His velveteen skinny jeans are part of his working dog power in the water!

Walter now knows when his travel bag comes out, the water jug is filled, and the car is loaded that it's time to get "On the Road Again." His life is filled with new places, new smells, and new people which he clearly enjoys. Walter loves seeing the world because being on the road again and seeing our great country keeps Walter and his parents together and very engaged in life.

—Michele Wolford

# Tips for Camping with Your Dog

Your dog will encounter many different environments and situations during your outing, including car rides, other animals, large groups of people and nature. It is crucial that you take time to prepare for every possible circumstance so your dog can have a safe and comfortable trip.

Before you head out on your camping excursion, browse these suggestions for camping with dogs.

## PLAN AHEAD

- Familiarize yourself with the campground pet policy and rules
- Schedule regular vet check-ups and stay up-to-date on vaccines and preventative meds
- Pack vaccine records
- Bring photos of your dog in case he gets lost
- Book a campsite early, especially during peak months
- Plan a travel itinerary which allows opportunities for bathroom breaks, water, and exercise
- Make sure your dog understands and obeys basic obedience commands
- Invest in a rugged, reflective and comfortable harness, collar, and lead

**NEVER LEAVE YOUR DOG UNATTENDED** while camping or traveling. Constantly monitor your dog in the car, at the campsite, at dog parks and during activities.

**WATCH OUT FOR ALLERGIES:** If your dog suffers from seasonal or environmental allergies, discuss with your vet about treatment options and limit your dog's exposure during high-pollen times.

**DO A TEST RUN:** Set up the tent in your back yard, keep your dog close to you on a leash, play in the yard, spend time around a fire, and invite friends or family for dinner.

**BE CAUTIOUS OF WILDLIFE:** Be aware of your surroundings at all times. Keep your dog on a lead when walking around the campground or exploring trails. Never let your dog drink from standing water or from lakes, ponds or rivers that could be infected by blue-green algae. Research how to identify potentially poisonous plant before going for hikes or walks.

## PLAN DOG-FRIENDLY ACTIVITIES

- Hiking on the trails
- Swimming
- Boating, paddle boarding, or kayaking
- Enjoying an outdoor meal
- Going on a scent walk
- Playing games—fetch, chase bubbles, frisbee toss, water play, enrichment puzzles

## SUGGESTED PACKING LIST

- A current photo
- Vet records and medical information
- ID tag, microchip
- Sturdy collar, harness, leads
- Dog food and nutritious treats
- Plenty of fresh, bottled water
- Collapsible bowls for on the go and stainless steels bowls for campsite
- Medication, if applicable
- Towels
- Fully stocked first-aid kit
- Enrichment puzzles and outdoor-safe toys
- Poop bags
- Shampoo, comb, and brush
- Life jacket
- A doggy daypack
- Crate and easy-to-clean mat with favorite blanket
- Rain jacket and fleece coat
- Booties or paw balm
- Dog-friendly sunscreen

## FIRST-AID KIT CHECKLIST

- 1- gallon Ziploc bag to store everything
- First-aid guide booklet
- Documentation: license, ID, vax records, vet contact info, owner information, poison control number
- 1 roll of gauze
- Gauze squares
- Non-stick gauze squares
- Surgical tape
- Bandage scissors
- Tweezers
- Curved tip syringe

*continued on page 11*

## Tips for Camping with Your Dog

continued from page 10

- Styptic powder
- Triple antibiotic ointment
- Hydrogen peroxide
- Sterile saline (contact lens solution)
- Instant cold packs
- Thermometer
- KY Jelly
- Benadryl
- Travel size bottle of baby shampoo (to help cleanse wounds)
- Bottled water

### TENT CONSIDERATIONS

- **Tent size:** When rooming with a dog, the bigger the tent, the better. Spacious tents will help both of you feel more comfortable and less suffocated, especially on rainy days. This is especially important for medium and large-breed dogs.
- **Security:** Always zip and secure your tent at night; consider placing your luggage and gear in front of the tent flap.
- **Noise:** to help keep your dog calm at night, consider using white noise—either on a phone app or with a battery-operated fan.
- **Sleeping arrangements:** keep sleeping arrangements as close to a home routine as possible. If your dog sleeps in a crate at night, choose a tent that can accommodate the crate. If your dog sleeps with you, select a large enough air mattress to accommodate your dog.
- **Extreme temperatures:** either reschedule the trip or opt for a campground with air-conditioned or heated cabins.



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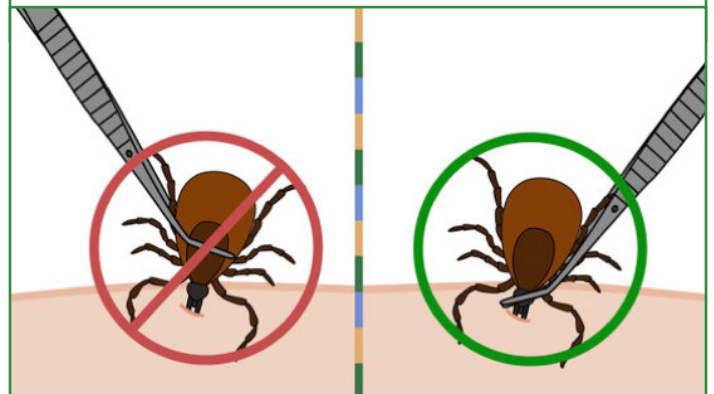
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## Removing Ticks

Prompt removal of ticks is very important because it lessens the chance of disease transmission from the tick to your pet. Remove ticks by carefully using tweezers to firmly grip the tick as close to the pet's skin as possible and gently and steadily pulling the tick free without twisting it or crushing the tick during removal. Crushing, twisting or jerking the tick out of the skin while its head is still buried could result in leaving the tick's mouth parts in your pet's skin; this can cause a reaction and may become infected. After removing the tick, crush it while avoiding contact with tick fluids that can carry disease. Do not attempt to smother the tick with alcohol or petroleum jelly, or apply a hot match to it, as this may cause the tick to regurgitate saliva into the wound and increase the risk of disease if the tick is infected.

Pets at risk for ticks should be treated during the tick season with an appropriate preventive. Your veterinarian can recommend a product best suited to your pet's needs. Owners who take their pets to tick-prone areas during camping, sporting, or hiking trips should examine their pets for ticks immediately upon returning home and remove them from their pets. If your pet picks up ticks in your backyard, trimming bushes and removing brush may reduce your pet's exposure and risk of infestation. And, if you find ticks on your pet, don't forget to check yourself for ticks, too!

--American Veterinary Medical Association



# Safety Tips on the High Seas

- Avoid going out if there are powerful winds and rough water
- Slowly and safely introduce your dog to the boat
- Allow your dog to explore the boat and get used to rocking motion while docked
- Make sure your dog is wearing a collar with proper ID
- Have a properly fitting life jacket with handle
- Make sure your dog knows basic commands (sit, down, stay, and come)
- Consider installing a safety net around the railing
- Bring plenty of cool, bottled water—no drinking from the lake or ocean
- Pack a dog bed, favorite blanket and designate a sleep spot
- Pack plenty of toys, food, and treats
- Don't forget to take potty breaks—plan for stops on the mainland every 3 to 4 hours (dock or dinghy to shore) or create a potty area with pads or artificial grass
- Protect your dog from heat—provide plenty of shade and access to cool, fresh water
- Know the signs of heat stroke
- Apply pet-safe sunscreen, especially if your dog has a white coat or little hair. The nose and ears are especially at risk for burns.
- Rinse thoroughly after swimming. Salt water is drying to hair and lake water can be contaminated with algae.
- Ask your vet about meds to help treat motion sickness, such as Bonine, ginger chews, or calming supplements.
- Keep an eye on your dog at all times
- Keep swimming sessions brief (one minute of swimming is approximately four minutes of running)
- Know the regulations in the countries you will be boating; always have vaccination records, health certificates, and vet contact information on hand
- Be sure your dog is microchipped and up to date on all vaccines

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**Watch Out for Blue Green Algae!**

It's summer and warm weather conditions promote the growth of **cyanobacteria** that can make your pet seriously sick! Here's what to watch out for if your pet will be around bodies of water this season.

Dogs can become poisoned when they drink from or swim in contaminated water sources.

Cyanobacteria is most likely to thrive in bodies of water when the weather is warm (over 75 degrees) and sunny.

It is typically found in ponds and lakes, but can also be present in oceans, fresh water, damp soil, backyard fountains and even on rocks.

The bacteria itself is invisible to the eye, but water may appear pea-green in color or have a slime on surface.

If your pet is exposed to blue green algae signs may develop in as little as a few minutes or may take up to 12 hours to arise. Your pet may present with signs such as drooling, disorientation, weakness, vomiting, panting, collapse, seizures, respiratory failure and even death.

ASPCA  
Animal Poison Control Center  
(888) 426-4435

For more information, please visit [aspc.org/apcc](https://aspc.org/apcc)

# Ahoy, Matey!

Our dogs are a part of our family. We have an 11-year-old German Wirehaired Pointer named Dutch and a 3-year-old Portuguese Water Dog named Pepper. We love to boat, and so we bring them along with us. We have a motor vessel which we keep in Rock Hall, Maryland. We sail on the Chesapeake Bay in the summer. We take our boat south on the Intra Coastal Waterway (ICW) to South Carolina in November and return to Maryland mid-April. We stay over at marinas or anchor out in a cove each night. We usually leave a port early in the morning and arrive at our new destination early afternoon. We have a ramp to

get the dogs off the boat and onto the dock. If we anchor out, we have a dinghy to take the dogs to shore.

Our dogs adapted quickly to life on a boat. In the fall and winter when the boat is docked for a long period, I bring Pepper and Dutch back to Pennsylvania every 2 to 3 weeks to run free in their back yard. There are challenges having dogs on a boat; rough seas, a small cabin on rainy days, other dogs, very little grass at some marinas, boredom on the boat. But there is also a rich life aboard with our dogs; long walks in new and beautiful places, dinghy rides to explore our new destinations, beach walks, their happy faces, and wagging tails every morning.

—Sarah Hackman



# Teaching Dogs to Jump off a Boat— and Ignore the Ducks

Bell can't wait to leap into the water. Perched on a boat, she paces in anticipation as two bumpers are thrown in on either side of her. The boat rocks slightly, and her coach finally tells her which one to dive for first. On command, she leaps into the water, gets confused, but quickly corrects. Her reward? High verbal praise, followed by chunks of frozen meatballs.

A Portuguese water dog, Bell belongs to Kari Lavalli (GRS'92), a College of General Studies master lecturer in natural sciences and mathematics and department chair, and an award-winning dog trainer and breeder. When she's not in the classroom, Lavalli is likely working with dogs of all levels on agility (both in the water and on land), as well as obedience.

A teacher first, Lavalli is quick to note the similarities between working with pups and with college kids, and the enjoyable challenge of showing both kinds of students that a problem isn't as complicated as it may seem at first. "How can I break the problem down? Does the dog understand what I want?" Lavalli asks. "It's kind of like teaching students, because the student is trying to understand something like a biochemical reaction, and your job is to break it down into little pieces and then build it back up for them."

Fishermen used to train Portuguese water dogs to retrieve tackle that fell overboard, herd fish into nets, swim between boats and shore with messages, and guard catch. Their wide, webbed paws and thick, curly, water-resistant coat make them especially strong swimmers. While the majority of Portuguese water dogs today are kept as pets—President Obama and the late Massachusetts Senator Ted Kennedy (Hon.'70) were both owners—the breed excels at agility work and is described by the American Kennel Club as eager-to-please, super-smart, and athletic.

Water training is a short, intense season, Lavalli says, running roughly from late May to September, and concludes with two water trials. In competition, dogs must perform exercises like retrieving gear bags, bumpers, float lines, and buoy balls, swimming to and boarding a boat from the shore, and setting nets from one boat to

another. The exercises mimic the tasks fishermen would require of their dogs.

There are five levels of water work: junior, apprentice, working, courier, and master. Dogs don't compete against one another for these titles; instead, if they pass every exercise at their level, they are awarded a certificate or title. Only about 35 percent of dogs pass their test the first time, according to the Portuguese Water Dog Club of America. Those that don't can test again.

Lavalli coaches a group of trainers and their dogs on a pond in Bolton, Mass., for several hours at least once a week to prepare for the test. On a recent hot summer day, a friend rows while Lavalli sits at the back of the boat, her feet dangling in the water. Seated next to her is Bell, wearing a life vest and a lobster-themed dog collar (Lavalli has spent her career studying different species of lobsters all over the world). She has brought eight-year-old Bell to the courier titling level, the second highest awarded by the Portuguese Water Dog Club, traveling with her to competitions all across New England. "She's a superior, tough dog, and pushy about training," Lavalli proudly says.

When she gives Bell the command to swim to shore, the dog leaps off the boat and starts moving. But she gets distracted. Wind, rain, sun glare, and currents can complicate every task, not to mention (fun) distractions like lily pads, ducks, and beavers.

Bell climbs back on board and they wait a minute before trying again. This time, she jumps and swims swiftly to shore, grabs a fishing line from the beach, and makes her way back to the boat. "Excellent job, what a good girl," Lavalli says in a firm, encouraging tone. "Very nice work." After 15 years of training, very little fazes her.

Patrice Lattrell drives her dog three and a half hours to train with Lavalli. Portuguese water dogs, "are thinking dogs, they like being right," Lattrell says. "And when Kari corrects them, she's very positive, very upbeat. Dogs respond to that."

"She's built a community of dogs and trainers," adds friend Phyllis Zusman. "She's supportive and patient."

While Lavalli has owned 10 dogs over the years, she didn't begin dog training work until 2007, when a former colleague offered her a female Portuguese water dog puppy, Asta. The colleague asked that Lavalli train and compete with the dog, and she agreed. "Asta was more like a Portuguese wading dog, because she would go in the water, but not really swim," Lavalli says with a laugh. "So we did obedience instead—rally, scentwork, barn hunt." Lavalli then worked with Asta's son Darwin. "He was a great dog, but he was a difficult dog. He taught me a lot about training," she says.

A lot of training involves working on fundamental skills that casual pet owners also teach—like retrieving and coming on command, she says, but at a higher intensity level, with more distractions thrown in. "And all dog trainers will say that you're training the person how to train their dog. Most dog trainers can train the dog faster than the person that they're trying to teach."

Whereas it might take the average person a few days to teach their puppy how to shake a paw, Lavalli can do it in about six minutes. "I am looking for certain behaviors,"

she says, "the slivers that get you the final behavior." As an example, she talks about retrieving, a skill that has many components. First, the dog has to put its mouth on what it's retrieving, then hold it (one of the hardest skills to teach), keep holding it while in motion, and then bring it to the trainer's hand. Timing is key, and trainers must mark exactly when the dogs have done the thing they want them to do.

"Fortunately, dogs are extremely forgiving, and they can sort of bridge," she says. "If your timing is bad, they can figure out, oh, she didn't really mean 'Yes' when I sat, she meant 'Yes' when I stood."

Even casual pet owners can heed this advice. Training a dog in scent work or agility or tricks "makes your dog want to work with you more, and makes your dog pay more attention to you," Lavalli says, "as opposed to a dog who just goes outside, comes in, and gets fed and petted. A trained dog can pretty much go anywhere. It helps your dog have a lot more freedom."

Bottom line: "The more you train your dog, the better relationship you'll have."



Photos courtesy of Lavalli

Lavalli with two of her dogs after this summer's competition: Streak (left, black and white dog) passed the Junior Water Dog trial on his first try. Scully (right) earned her Working Water Dog leg 2, but she needs 3 legs for Working Water Dog excellent.

<https://www.bu.edu/articles/2022/kari-lavalli-award-winning-dog-trainer/>

Reprinted with permission from Kari Lavalli. (2022, Sept 16). Teaching Dogs to Jump Off a Boat—and Ignore the Ducks. *BU Today*.  
Text by Amy Laskowski • Video by Koeun Neak • Photo by Cydney Scott

## What to Do If Your Dog Is Stung by a Bee, Wasp, or Hornet

A sting can be a painful and frightening encounter for dogs. A single bee sting produces pain, swelling, redness, inflammation. Venom from a sting can cause symptoms ranging from mild irritation to life-threatening shock.

Signs of bee, wasp, or hornet sting:

- Common signs—drooling, swelling, excessive licking, and pawing at affected area. The most common spots for bee stings on dogs include the pads of feet, mouth, and face.
- Signs of anaphylaxis (severe symptoms)—severe swelling, hives, agitation, dizziness, disorientation, seizures, difficulty breathing, vomiting or diarrhea. **GO TO THE EMERGENCY HOSPITAL IMMEDIATELY**

If your dog is stung, follow these steps:

- Carefully remove the stinger with tweezers.
- Apply a paste of baking soda and water to the site.
- Apply an ice pack to relieve swelling and pain.
- Reduce the trauma of scratching. Use a cone if your dog licks or scratches the bite.
- Update your vet by phone and about ask whether to give a dose of oral antihistamine.
- Keep your dog hydrated.
- Closely monitor— take your dog to the vet or nearest emergency hospital with any worsening symptoms.

If your dog disturbs a hornets' nest and is stung by a swarm, **GO TO THE EMERGENCY HOSPITAL IMMEDIATELY**. Prompt treatment for multiple stings can prevent shock and minimize damage to organ systems.

**Allergic reactions usually occur within minutes but can be delayed by hours. Monitor your dog closely!**

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## Otitis Externa— “Swimmer’s Ear”

Humidity, swimming, and frequent bathing can lead to moisture becoming trapped in your dog’s ear canal. Retained fluid can cause bacteria and fungi to grow, leading to an infection. Otitis externa (also known as “swimmer’s ear”) is a common canine ear infection which produces swelling, pain, itchiness, and discharge. If left untreated, otitis externa can lead to more serious infection and damage to the middle and inner ear.

### Causes

There are multiple causes of otitis externa in dogs: allergies, hematomas, polyps, ear mites, excessive moisture from bathing or swimming, and other problems. The canine ear canal is a long, “L-shaped” tube, and this anatomy can lead to improper drainage, predisposing dogs to infection. Pathogens commonly identified in the ear canals are bacteria, yeast, or a combination. Dogs with long, floppy ears are more prone to infection.

### Signs and Symptoms

- Head shaking
- Scratching at the affected ear
- Discharge
- Odor
- Redness and swelling of the ear canal
- Pain
- Itchiness
- Crusting or scabs in the ears
- Diagnosis

Call your vet with any signs of ear infection. Diagnosis may include palpation, inspection, otoscopy, microscopic exam and culture. Most uncomplicated ear infections resolve with ear cleaning and a course of topical and/or oral medication. With chronic otitis externa, cultures can help determine the precise microorganism and treatment plan. Ear cleaning and washes may be recommended as part of routine grooming at home. Some dogs need to be referred to a vet specialist to manage the underlying cause.

*continued on page 17*



# Wildfire Smoke Endangers Animal Health

Veterinarians are reminding animal owners that poor air quality can be as hard on animals as humans, if not more so.

## Veterinarians Urge Taking Precautions

“The risks of poor air quality to pets are similar to those of people, which mainly impact the heart and lungs,” said Dr. Aly Cohen, extension veterinarian at the Cornell University College of Veterinary Medicine’s Richard P. Riney Canine Health Center.

“While people can wear masks outdoors, which may minimize inhalation of small particulate matter, unfortunately, our pets cannot,” Dr. Cohen said. “For this reason, decreasing exposure is the best step for protecting our pets.”

Staff members at the University of Pennsylvania School of Veterinary Medicine’s (Penn Vet) Ryan Veterinary Hospital in Philadelphia have seen an uptick in cases of breathing difficulties in cats and dogs. These cases have been seen among those not only with preexisting

respiratory and heart conditions but also in otherwise healthy animals, according to Dr. Katie Krebs, assistant professor of clinical primary care at Penn Vet.

Brachycephalic dog breeds such as Bulldogs, Boston Terriers, and Pugs, as well as geriatric and pediatric animals are also more susceptible to poor air quality, added Dr. Cohen.

“Exposure may cause irritation to the throat, nose, and eyes, making them red or watery,” she said. “It can also cause coughing, gagging, a fast respiratory rate even when they are at rest, or difficulty breathing.”

Pet owners may also observe changes in their animal companion’s behavior. The acrid smell of smoke, Dr. Krebs said, will likely curb many a pet’s enthusiasm for the outdoors.

“Dogs and cats are way more sensitive to smells than people are, so when the air smells bad to us, I can’t even imagine what my dog is smelling,” she said.

## Protecting Animals

Both Drs. Cohen and Krebs advised limiting a pet’s time outdoors while the air quality remains poor. Indoors, keep windows closed and use a fan or air conditioner to keep the inside air moving. If air filters are an option, use them.

—Excerpted from <https://www.avma.org/news/wildfire-smoke-endangers-animal-health>

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## Otitis Externa—“Swimmer’s Ear”

*continued from page 16*

### Preventative Measures

- After a swimming, promptly dry the insides of your dog’s ears using an absorbent towel or disposable cotton pads.
- Learn how to safely clean your dog’s ears. Keeping the ears clean should be part of a grooming routine at home. Inspect the ears every few days and report any signs of infection to your vet.
- Consult your vet to discuss whether preventative ear wash would be beneficial after swimming. Ear wash can be prescribed, purchased over the counter, or made at home by blending a 1:1 solution of organic apple cider vinegar with sterile water. Vinegar helps lower the pH of the ear canals and serves as an anti-fungal agent.

- Schedule routine grooming with a professional to help minimize matting around the ears.

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# SPF for PWDs?

Humans often take precautions to protect themselves from the sun, but should we be doing the same for our dogs? Can dogs get sunburned?

The answer is yes. Just like people, dogs are prone to sunburn and other complications and diseases associated with sun exposure. Taking certain safety measures can lower your dog's risk of developing serious sun-related medical issues. This includes choosing a dog sunscreen that's formulated for your pet.

## Sun Risks

Sunburn isn't just painful for dogs. Sunburn can lead to more serious problems, including certain types of skin cancer, such as squamous cell carcinoma, malignant melanomas, and hemangiomas. Sunburn also exacerbates certain conditions, such as autoimmune disorders and dermatitis, and can cause discomfort at surgery sites. Luckily, a little careful planning can prevent your dog from catching too many ultraviolet (UV) rays.

Does your dog just love to lie out on your patio and feel the sun's warmth? According to Dr. Jerry Klein, Chief Veterinarian for the AKC, dogs that lie outside on concrete or on light surfaces, especially those that lie on their backs, can suffer sunburn.

## Sunscreen for Dogs

Sunscreen protects dogs from sunburn. But using the wrong type of sunscreen can also cause problems. It's highly important that you only use formulas that are specifically intended as sunscreen for dogs. They should not contain zinc oxide or para-aminobenzoic acid (PABA), as these ingredients are toxic to dogs if ingested, and dogs will often lick their skin and accidentally ingest the sunscreen. It's also a good idea to look for a waterproof, unscented dog sunscreen with a sun protection factor (SPF) of 30.

## How to Apply Sunscreen to Dogs

So how do you get your dog-safe sunscreen on your wiggly pup? Carefully.

First, test a small amount on one spot to be sure it doesn't cause an allergic reaction. Next, be sure to put it on the spots most exposed to sunshine, such as the bridge of the nose, ear tips, skin around the lips, groin, and inner thighs—and anywhere else where pigmentation is light. When applying it to your dog's head, be sure not to get any in their eyes. And once you apply the

sunscreen, watch that your dog doesn't lick it off for about 10 or 15 minutes—until it's been fully absorbed.

You should apply sunscreen about 20 minutes before your dog goes out. And while they are out in the sun, reapply the sunscreen every 4 to 6 hours or after your dog goes swimming.

## Dog Sunscreen Alternatives

Rather than lathering sunscreen over your dog's entire body, consider investing in protective clothing. Several companies make sun shirts or suits for dogs that cover large areas of their bodies, saving you the worry that your pup will lick any sunscreen off. Dog sun shirts and dog beach rash guards can offer protection against harmful UVA and UVB rays.

Dog sun hats and even goggles are also available to protect your pup when they're out in the sun. Alternatively, try to keep your dog out of direct sun during the hottest parts of the day, and provide plenty of shade while you are enjoying outdoor activities like swimming. All dogs, especially puppies and older dogs, are at risk for heat stroke, so it is very important to make sure they have access to lots of fresh, cool drinking water at all times.

Remember, you can always ask your veterinarian for advice on how best to protect your dog from harmful UV exposure. Finally, consider keeping your dogs in the shade. It sounds simple, but it usually works!

## Treating Sunburn in Dogs

Dr. Klein advises that any time sunburn is visible as reddened, warm, or flaking skin, you should move your dog inside (or at least into the shade) as quickly as possible. Cool compresses and ointments may soothe the skin to help relieve initial symptoms. Aloe may also help with a minor burn.

However, if the burn is severe, you should call your veterinarian because treatment with a cortisone product may be needed to prevent inflammation. There may also be a secondary infection that requires antibiotics. If these complications do occur, the dog will need to be well-protected from the sun in the future to prevent permanent damage.

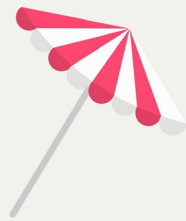
Although sunscreen is important, it can't be counted on to be 100 percent effective. "The best way to protect your dog from the sun is to keep him indoors or in the shade, except for quick elimination periods, from 10 a.m. to 4 p.m.," says Dr. Klein.

—Excerpted from <https://www.akc.org/expert-advice/health/do-dogs-need-sunscreen/>

# Protect Your Dog This Summer



- 1** Never leave your dog in the car, even when windows are lowered
- 2** Stay indoors when it is too hot
- 3** Give plenty of fresh, cool water
- 4** Provide lots of shade
- 5** Cool off in the water
- 6** Take walks during cooler hours
- 7** Keep paws off hot surfaces
- 8** Use preventatives to help keep your dog free of fleas, ticks, and heartworm
- 9** Keep your dog routinely groomed
- 10** Apply vet approved sunscreen



## KNOW THE SIGNS OF HEAT STROKE



Rectal temperature of 105 F or greater = potential heat stroke

Frantic panting, difficulty breathing  
Dry, sticky, red or bruised gums, and drooling



Skin hot to touch  
Rapid Heart Rate  
Vomiting and Bloody Diarrhea

Drowsiness, weakness, fatigue  
Clumsy movement, collapse, seizures

**URGENT!**

### Treat Heatstroke

1. walk or carry your dog to a cool area
2. spray or sponge with cool water
3. use a fan to blow cool air on your dog
4. go to the vet immediately when the rectal temperature reaches 103 or if unsuccessful lowering the temperature



# Those Nagging Hot Spots!

“Hot spots” are skin lesions which quickly result from a dog scratching, licking and biting areas that are itchy and inflamed. An itch-lick cycle leads to self-trauma resulting in hot spots. Hot spots occur more frequently during hot and humid weather. Although they can develop anywhere on the body, hot spots commonly occur along the back, tail, thigh, neck, or face. Dogs who are frequently wet from swimming or rain are more prone to hot spots due to excess moisture trapped beneath the coat. The affected area worsens and develops into a large, painful lesion within hours. Although painful, hot spots are not life-threatening and will typically heal with proper care.

## Hot spot triggers:

- External parasites, such as fleas or ticks
- Allergies
- Atopic dermatitis (eczema)
- Infection (such as an ear infection)
- Anal gland irritation or impaction
- Skin Irritants
- Stress or boredom causing excessive licking
- Matting
- Moisture trapped beneath the coat from swimming or summer rain

## Treatment measures:

- Consult with your vet.
  - topical or oral antibiotics may be prescribed to treat any secondary infections.
  - oral steroids may be prescribed to relieve itching.
- Cleanse the affected area with medicated wipes or a gentle antiseptic solution recommended by vet
- Clip hair short to prevent matting.
- Apply a cone to prevent continued scratching.

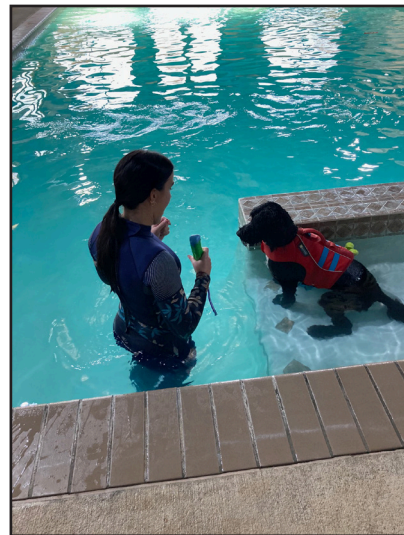
## Prevention—identify and treat the underlying cause of itching!

- Flea and tick management is the most important first step.
- Regularly check your dog for signs of skin irritation
- Check all areas your dog is rubbing, licking or chewing
- Treat underlying skin infections.
- Manage allergy triggers.

- Rinse and thoroughly dry your dog after swimming. Brush and blow dry longer coats. Remove all mats.
- Schedule routine grooming appointments.
- If licking is due to stress or boredom, increase daily exercise and implement enrichment activities to keep your dog mentally stimulated.

## References

*Hot spots.* Cornell University College of Veterinary Medicine. (2023, May 5). <https://www.vet.cornell.edu/departments-centers-and-institutes/riney-canine-health-center/health-info/hot-spots>  
Elizabeth Racine, D. (2023, June 5). *How to treat and prevent hot spots on dogs.* American Kennel Club. <https://www.akc.org/expert-advice/health/treating-and-preventing-hot-spots-on-dogs/>



# Protecting Your Dog's Coat While Swimming

Portuguese Water Dogs are born to be in the water. Whether swimming in your backyard pool, a big lake, in the Brandywine, in the brackish Chesapeake Bay, or riding the ocean surf, a little grooming after a day in the water can help keep the coat healthy. Don't forget a dog-friendly sunscreen, (minimum SPF of 30 and free of PABA and zinc oxide) especially on areas with white hair, because dogs can burn and get skin cancer, too!

**Pool Time:** Dogs who enjoy taking regular dips in the pool may develop an itchy, dry, dull coat due to chemicals that strip the coat of natural oils. Chlorine can turn the hair lighter or even greenish.

- Spray the coat with a pet-friendly conditioner before going into the water, preferably one containing sunscreen.
- After a day in and out of the pool, thoroughly rinse the coat with cool water and towel dry. Follow up with some additional spritzes of conditioner and gently comb through and remove any tangles or mats.
- Once a week, wash the coat thoroughly with shampoo and apply conditioner to remove chlorine residue and restore moisture. Comb out tangles and mats.
- Limit the amount of water your dog drinks from the pool, and instead provide a bowl of fresh tap water with ice cubes.



- Giving your dog a daily dose of a vet-approved omega-3 supplement can do wonders by moisturizing the coat from the inside out.

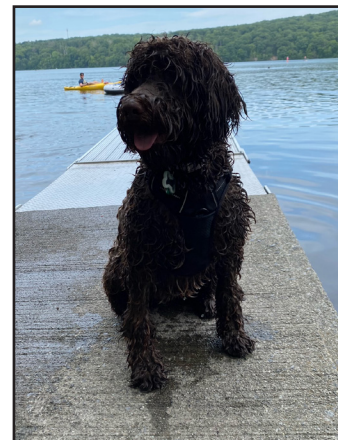
**Beach Day:** What a lucky dog to enjoy time on a dog-friendly beach! Sun, salt, and sand can irritate your dog and cause itchiness.

- Before heading to the beach, apply sunscreen to your dog to help moisturize and protect your dog's hair and skin.
- Provide shade.
- After your time at the beach, brush your dog to dislodge the sand and thoroughly rinse with cool water to rinse away the salt.
- Your dog may need a complete bath after being in the ocean—try a gentle, soothing shampoo, such as oatmeal.
- Apply balm to the paw pads before and after a day at the beach (such as Musher's Secret).
- Don't forget to offer plenty of fresh, cool water with ice cubes since ingesting saltwater can be toxic.

**Lakes and Rivers:** If your dog enjoys spending time in stagnate, brackish or muddy water, a full bath after swimming is recommended. Scrub all the way down to the skin with a gentle shampoo and finish with a moisture-rich conditioner.

**Ear Care:** A dogs can develop ear infections from a wet environment, causing yeast and bacterial growth. Use weekly ear wash as directed to help keep ears free of infection. Call the vet if your dog starts scratching at his ears or shaking his head.

—Adapted from the AKC *Family Dog E-Magazine* by Eve Adamson, July/August 2011, pp 28–29.



# Beware of Wild Mushrooms

Wild mushrooms flourish in warm, wet conditions from spring through late fall. Although not all wild mushrooms are lethal, some varieties are extremely toxic and pose a threat to our dogs. Most veterinarians recommend treating all wild mushroom ingestion as potentially toxic and an emergency. Dogs enjoy exploring through taste and scent, and the texture and fishy odor of some wild mushrooms can be inviting. The most toxic mushrooms include: *Amanita phalloides* (“death caps”), *Galerina marginata*, *Amanita gemmata* (“jeweled death cap”), *Amanita muscaria*, False Morel, and *Clitocybe dealbata*.

Perhaps the most infamous of poisonous mushrooms is *amanita phalloides*, also known as “Death Caps.” Death Caps are extremely toxic and responsible for the majority of mushroom poisoning deaths in humans and animals worldwide. The two most distinct regions in the United States where Death Caps grow are along the west coast (from Los Angeles to Vancouver, Canada) and the East Coast (from the Atlantic coastal areas of Maryland, north to New Hampshire, and east towards coastal islands of Maine). In the eastern United States, Death Caps typically grow near pine trees. Death Caps have a broad white to light greenish-yellow top and a tough, membranous coating. As the Death Cap matures and begins to decompose, a metallic shimmer appears along with a distinct fishy odor.

## Signs and symptoms of mushroom poisoning in dogs:

Vomiting	Tremors
Diarrhea	Seizures
Nausea	Liver failure
Excessive salivation	Abdominal pain
Weakness	Coma
Lethargy	Ataxic (staggering) gait
Death	

The overall effect of poisonous mushrooms on dogs also depends on the general health, any underlying medical conditions, and the substance ingested.

## What to do if your dog consumes a wild mushroom:

If you suspect that your dog has consumed wild mushrooms, **go to your veterinarian or the closest veterinarian hospital emergency room**. If you observe your dog eating a wild mushroom, attempt to remove it from



their mouth and seek medical attention immediately! If possible, for later identification, wrap a sample of the ingested mushroom in a moist paper towel and store in a plastic bag. ***Although only some mushrooms are poisonous, treating each ingestion as potentially lethal can save your dog's life.***

Medical management may include forced vomiting, intravenous hydration to flush toxins from the body, measures to preserve kidney and liver function, and supportive treatment for vomiting, pain, and diarrhea. Dogs who become extremely ill require hospitalization. Unfortunately, some dogs die despite prompt medical intervention.

## How to prevent mushroom poisoning:

1. Avoid mushroom toxicity by avoiding mushrooms.
2. Assume that all wild mushrooms growing on your property are potentially toxic.
3. If your dog goes outdoors unsupervised, remove all mushrooms from the yard. If your yard is overwhelmed with mushroom growth, keep your dog on a lead when going outdoors and contact a professional lawn expert.
4. Survey the yard regularly—mushrooms appear quickly!
5. Keep a close eye on your dog when walking in parks, wooded, or rocky areas.
6. It is imperative to catch mushroom ingestion and seek prompt medical attention before symptoms worsen.
7. Keep a well-stocked first aid kit which includes hydrogen peroxide (to induce vomiting if advised by your vet or poison control).

Since our dogs are not able to identify toxic plants in their environment, it is up to us to help keep them safe!

## References

A warning about death cap mushrooms. AKC Canine Health Foundation | A Warning about Death Cap Mushrooms. (n.d.). <https://www.akcchf.org/canine-health/your-dogs-health/death-cap-mushrooms.html> ; Burke, A. (2022, August 19). Can dogs eat mushrooms?. American Kennel Club. <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-mushrooms-3/>; U.S. National Library of Medicine. (n.d.). PubMed. National Center for Biotechnology Information. [https://pubmed.ncbi.nlm.nih.gov/?db=pubmed; Mushroom toxicity: VCA Animal Hospital: VCA Animal Hospitals. Vca. \(n.d.-b\). <https://vcahospitals.com/know-your-pet/mushroom-toxicity>; Young, A. \(2022, May 27\). Mushroom toxicity in dogs. Animal Health Topics / School of Veterinary Medicine. <https://healthtopics.vetmed.ucdavis.edu/health-topics/mushroom-toxicity-dogs>](https://pubmed.ncbi.nlm.nih.gov/?db=pubmed; Mushroom%20toxicity: VCA Animal Hospital: VCA Animal Hospitals. Vca. (n.d.-b). https://vcahospitals.com/know-your-pet/mushroom-toxicity; Young, A. (2022, May 27). Mushroom toxicity in dogs. Animal Health Topics / School of Veterinary Medicine. https://healthtopics.vetmed.ucdavis.edu/health-topics/mushroom-toxicity-dogs)



## Be a Good Citizen!

The AKC Canine Good Citizen (CGC) program teaches dogs and owners to learn and master 10 skills which are helpful at home and while interacting with the world. The program emphasizes responsible ownership and basic manners for dogs.

**CGC testing is open to ALL dogs and will be offered at the Keystone Annual Picnic in October.** During testing, the owner must handle their dog in a variety of situations while the dog shows good manners. Dogs who pass the CGC test are eligible to receive a certificate from AKC. Dogs with an AKC registration number can add CGC as a title.

CGC certification can be a stepping stone for dogs to participate in obedience and performance events. Some dogs may go onto become therapy dogs.

Be on the lookout for picnic registration information! See you at the picnic!



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## Supported Entry Committee Update

The Supported Entry Committee made a motion to approve holding a Supported Entry at the Wilmington Kennel Club Show in Lum's Pond State Park, Bear, DE on Saturday, June 27, 2024. The motion was seconded and approved by the Board. The SE Committee notified the Wilmington Kennel Club of the Board's decision via email and are awaiting final acceptance of our SE request.

The Judges Selection Committee, chaired by Jo Ann Charnik, will begin its search for a Sweepstakes Judge and submit its recommendation to the SE Committee prior to October 2023.

The SE Committee will begin work on the required applications (PWDCA and AKC) along with the Premium List, Catalog Ad and Trophy List beginning in October 2023.

—Dave and Louanne

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Coming  
Soon



## New Merchandise

The Merchandise Committee will be stocking the store with fresh inventory by September. Be on the lookout for new clothing items, along with pet and household items.

Check for website postings and emails blasts announcing new arrivals.

<https://www.kpwdc.org/Merchandise>

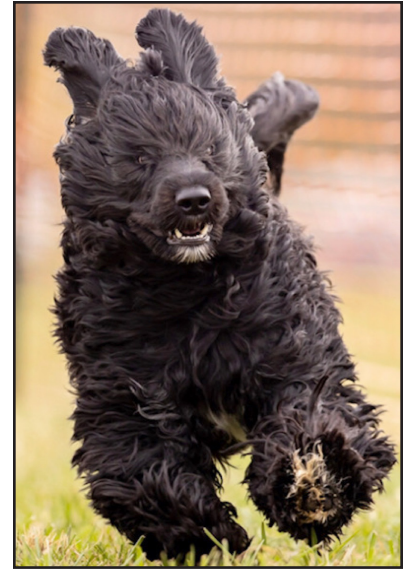


# ★ BRAGS ★



## CAYO

"Cayo," SeaAngel N NorthStar's IC The Higher Power earned his FCAT title in fast cat. For those who do not know that is 1000 points in fast cat. Cayo is bred by Carolyn Iraggi and Barbara Weisman. Owned and loved by Susan and John Soviero.



## IN THE KITCHEN

### Peanut Butter Blackberry Dog Popsicle

Prep: 15 mins ▪ Freeze: 4 hrs ▪ Total: 4 hrs 15 mins ▪ Yield: 8 to 10 popsicles

#### Ingredients

- ½ cup blackberries
- 2 sliced bananas, frozen
- ½ cup natural creamy peanut butter\*
- ½ cup plain unsweetened yogurt\*
- Dog bone-shaped treats



#### Directions

##### Step One

Using a food processor, puree blackberries until smooth. Remove from food processor bowl and set aside; rinse bowl. Add the three remaining ingredients. Cover and process, adding water as needed, until a soft-serve ice cream texture is reached.

##### Step Two

Layer the blackberry mixture and peanut butter mixture in popsicle molds or small disposable paper cups, swirling as desired. Insert popsicle sticks or bone-shaped treats and freeze at least 4 hours or until frozen solid.

##### Step Three

Popsicles can be stored, tightly covered, in freezer for up to 1 month.

##### Tips

- Do not select items that contain the ingredient xylitol. Xylitol is a sweetener that is sometimes found in peanut butter and yogurt products. It can be very toxic to pets, even in small amounts.
- Treats should make up no more than 10 percent of a dog's daily calorie intake.

—<https://www.dailypaws.com/dogs-puppies/dog-nutrition/homemade-dog-food/peanut-butter-blackberry-dog-popsicles>

