



NEWS BUOY

Winter 2023

PRESIDENT'S MESSAGE

Welcome to the winter edition of the News Buoy which is dedicated to enriching the lives of our Portuguese Water Dogs. In this issue you will find articles on the importance of mental stimulation in the lives of our dogs. Many people believe that if our dogs are given an adequate amount of physical exercise, they should be well-behaved pets. What many people don't realize is that asking a dog to use its mind can be just as exhausting as a five-mile run. And many of our Portuguese Water Dogs need this mental stimulation or they use their minds to develop habits and behaviors that we, as owners, don't appreciate. The club is holding an Introduction to Agility seminar with more details contained in the News Buoy. As of this writing there were still a few spots available. We will also be holding an eye clinic in Doylestown in February. If there are any other activities that you would like to see us get involved in, please don't hesitate to let any of the Board members know.

Happy Healthy New Year to everyone!

—Judy Murray



Enrichment for the Portuguese Water Dog

The precise history of the Portuguese Water Dog breed is unknown but is thought to date back to Roman times. In 1297, the presence of a "lion dog" in the Algarve Region of Portugal was first documented. Long ago, the Portuguese Water Dog thrived along the coastal regions of Portugal where they were bred to be strong and loyal companions of fisherman, herding fish into nets, retrieving lost tackle or broken nets, and sending messages from ship to shore or between boats. In 1968, the first Portuguese Water Dog arrived in the United States. Today, this working breed is primarily a companion dog but is still admired for powerful swimming abilities, energy, stamina, and intelligence. Portuguese Water Dogs shine in a variety of activities and sports, including



continued on page 2

Enrichment for the Portuguese Water Dog

continued from page 1

Head to Class!

Consider taking your dog to an obedience class taught by a professional. Obedience is not only about sit, stay, or do a long down—it is a fantastic way for your dog to work, think, and problem solve while bonding with you and your family.

conformation, obedience, water work, rally, tracking, therapy, and service work. This athletic and eager-to-please breed thrives when stimulated both mentally and physically through enrichment.

What Is Enrichment?

Enrichment is the process of providing an animal with a creative outlet to challenge the mind, satisfy natural instincts, and promote physical exercise. Simply stated, when an animal engages in a fun and stimulating task, they are happier and healthier. The concept of enrichment was first introduced in the 1960s when zoo researchers and caretakers recognized that a captive environment inhibited natural behaviors and caused marked stress for the animals. Over the years, researchers have continually documented that quality of life in captive animals is greatly enhanced when provided enrichment activities to stimulate and satisfy their natural behaviors. This health benefit applies to all animals, whether in a zoo, lab, shelter, or at home.

Benefits of Enrichment

Enrichment provides animals some choices and control over their environment. Dogs who participate in enrichment experience less stress, frustration, and anxiety and show greater confidence. Daily enrichment improves interactions between people and other animals and promotes a stronger bond with the owner. Dogs who lack adequate stimulation become bored and can exhibit unwanted behaviors such as excessive barking, whining, attention seeking, destructive behaviors, circling or pacing, excessive licking or chewing, digging, escaping, hyperactivity, and depression.

Types of Enrichment: Crossover exists between the various types of enrichment.

- 1. COGNITIVE**—Anything that stimulates the mind to promote thinking and problem-solving skills while dogs navigate their world.
 - a. Benefit:** Exercises the brain and body, relaxes and calms, fosters socialization, and improves desired behaviors. Time spent training your dog not only teaches necessary obedience skills but provides an enjoyable and healthy way to challenge and exhaust their mind.
 - b. Examples:** Enroll in formal training classes, teach commands and tricks, play hide and seek or “find it,” offer stuffed toys, provide puzzle toys, allow adequate sniffing on walks, explore a new walking route, and learn the names of toys.
 - c. Tidbit:** Cognitive enrichment teaches dogs to think before acting, fosters resilience in unfamiliar encounters and environments, improves socialization and behaviors, and increases the lifespan of shelter dogs.
- 2. SENSORY**—Activities which arouse the five senses (sight, sound, smell, taste, and touch).
 - a. Benefit:** Enhances and improves the quality of life
 - b. Examples:** Scent work, snuffle mat foraging, scented dog-friendly bubbles, food puzzles, chew





toys, scent walks, playing classical music on low volume or using wind chimes, “people watching” from a window, hide and seek, rummaging through a cardboard adventure box containing toilet paper rolls and toys with different scents, sounds, and textures.

- c. **Tidbit:** Variety is key—a rotation of different scents, textures, taste, and sounds; at low volume (< 70 dB), studies have shown that classical music reduces stress and increases resting; research has indicated that scents, like lavender or vanilla, calm and promote rest.

3. PHYSICAL—Creates a positive outlet for aerobic exercise and helps to keep your dog active and fit.

- a. **Benefit:** Promotes exercise and exploration; moves the body, prevents obesity, and improves heart, lung, and joint health; reduces prevalence of unwanted behaviors
- b. **Examples:** Fetch, agility, scent walks (“Sniffaris”), flirt pole, obstacle course, snow maze, or kiddie pool filled with textured toys and plastic balls
- c. **Tidbit:** Physical exercise is more than just walking your dog—it includes chasing, tugging, retrieving, and chewing.

4. SOCIAL—Provides safe play and interactions with dogs and other species

- a. **Benefit:** Well-socialized dogs are less likely to become aggressive, overstimulated, and anxious.
- b. **Examples:** Short leash greetings, supervised play dates, daily walks to sniff and explore, visits to dog friendly stores or cafes, time at the park or beach, hide and seek, attending obedience classes.
- c. **Tidbit:** Social enrichment is not the same concept as socialization. Social enrichment fulfills the dog’s needs to interact with other dogs and humans through environment and experiences. Socialization is guided, safe exposure to the dog’s environment so he learns to be calm when exposed to new things.

5. NUTRITIONAL—Encourages the use of instinctual foraging skills to find food.

- a. **Benefit:** Foraging helps decrease unwanted behaviors like digging, chewing household objects, and barking excessively.
- b. **Examples:** Hide food in a hollow chew toy, treat dispenser, puzzle, maze bowl, or snuffle mat. Roll up small treats into a towel “burrito.” Apply foods like fruit and vegetable purees, soft meats or fish, yogurt and peanut butter onto a lick mat and freeze. Layer tasty foods into a Kong or Toppl cup and freeze. Place pieces of kibble in each cup of a muffin pan and cover with tennis balls.
- c. **Tidbit:** Food puzzles challenge dogs to think, work, and wait for food

6. OCCUPATIONAL—Giving a dog a job to keep them engaged and stimulated

- a. **Benefit:** Jobs provide the dog with physical and sensory enrichment

It Is About Engagement

Enrichment is not about the game, trick, Kong or scent walk—it is about the connection between your dog, the activity, and the outcome. The objects or activities are merely tools to engage your dog and encourage their natural, innate behaviors such as sniffing and chewing.

—Canine Enrichment for the Real World

continued on page 4

Enrichment for the Portuguese Water Dog

continued from page 3

Senior Dogs

“Too often older dogs get left out or left behind, but teaching your senior dog tricks is an opportunity to spend intentional time with your dog building new skills and deepening your relationship. Learning and practicing tricks also helps senior dogs to remain mentally sharp.”

—Sassafras Lowrey, author

- b. **Examples:** Professional training classes (obedience), water work, nose work, agility, fetch, and tricks
- c. **Tidbit:** A job promotes use of problem-solving skills to accomplish their task

Enrichment for the Portuguese Water Dog

Working breeds are born with a desire to perform a job and enjoy keeping their mind and bodies exercised. Without a job, a Portuguese Water Dog will become bored and default to finding their own job, like destructively chewing household objects. Researchers at Purdue University state that keeping working breeds mentally stimulated through enrichment counters boredom and releases excess energy. Occupational enrichment uses concentration and problem-solving skills to accomplish a job or task. Consider your dog's daily routine and create an enrichment plan, taking into consideration energy level, interests, and working drive. Work can be more formal, such as attending obedience or performance classes, or focused play activities, like food puzzles, chew toys, hide-and-seek, or trick training.

Obedience Is Key

All puppies benefit from early socialization and exposure to new environments, people, objects, and animals. As soon as your puppy is fully vaccinated, enroll him in an obedience class with a professional to begin training and socialization. Keep training sessions positive, short, and enjoyable. Be consistent with training expectations and familiarize yourself with the instincts driving your dog's behavior. Obedience classes are a fantastic way to tire a dog's mind, learn good manners, provide exercise, and

bond with the owner. Talk to your trainer about activities at home to help enrich and tire your energetic puppy.

Choices Matter

Providing your dog with some safe and appropriate choices promotes self-confidence. Research has shown that dogs “shut down” and lose pleasure in everyday activities when not given choices. Choices may include “you pick” activities such as offering a high value treat in one hand and a lower value in the other hand, letting your dog decide where to nap, offering several food stuffed toys and having your dog to choose one, placing multiple toys on the floor and having your dog pick one, or allowing your dog to “own the walk” by deciding whether to turn left or right at the end of the driveway, walking at their own pace, and sniffing as much as they please.

Science Speaks

In 2008, researchers from the University of Gießen and the University of London reported that rotating a dog's toys minimizes potential object habituation, promotes engagement, and encourages exploration.

Garvey et al, researchers at Purdue University College of Veterinary Medicine, published an article stating that adding enrichment to your dog's daily routine can stimulate the mind and reduce undesirable behaviors.

In 2019, veterinarian researchers at University of Pennsylvania concluded that enrichment activities provided to dogs living in shelters lowered their stress and improved quality of life.

A 2008 study published in the *Journal of Applied Animal Behaviour Science* concluded that providing food enrichment toys increases appetitive behaviors and level of exercise.

A 2005 comparative study published in *Neurobiology of Aging* noted that integrating enrichment can have a positive effect on the aging process for older canines and slow cognitive decline.

A 1995 research study published in the *Journal of Animal Science* concluded that early enrichment can improve the quality of life for puppies.

Considerations for the Aging Dog

Research concludes regular training slows cognitive decline in dogs. Work within your dog's comfort level, keep sessions brief, and avoid high impact activities. Stimulate your senior dog with enrichment activities by rotating toys, providing a cozy bed near a window to watch the world go by, enjoying shorter walks with lots of sniffing, offering puzzle feeders, snuffle or lick mats, doing a scavenger hunt, attending obedience class, and socializing with other older dogs

Plan Ahead

Think ahead about health, abilities, dietary needs and preferences

Anticipate: if your family is expecting dinner guests, take your dog for a long walk before everyone arrives. Allow for time to sniff and investigate during the walk. As dinner is served, offer your dog a lick mat or frozen Kong to keep her quiet and occupied.

Rotate toys on a weekly basis to better engage your dog and combat boredom.

Create a calendar of daily, rotating enrichment ideas. Identify who in the family will be in charge and how long the activity will last. Each day, check off completed jobs.

Prep ahead by making a supply of Kongs, Toppl cups, and licks mats. Stack in the freezer for enrichment use throughout the week. Thoroughly clean the toys and mats after each use.

Conclusion

While dogs are generally regarded for companionship, the working breed thrives when given jobs using their mind and body. A bored Portuguese Water Dog can lead to an unhappy and mischievous dog. Enrichment activities encourage thinking and problem solving while building confidence. Enrichment types, whether provided separately or together, improve the well-being of your dog. Experiment with various enrichment toys and activities.

Remember

Enrichment is only valuable if it matters to your dog. It is important to change up the types of enrichment and tailor to your dog's preferences.

—Purdue University
College of Veterinary Medicine

Helpful Resources

Books

The Other End of the Leash (2003), Patricia B. McConnell

Canine Enrichment for the Real World: Making it a Part of Your Dog's Daily Life (2019), Allie Bender, CDBC and Emily Strong, CDBC.

How Dogs Love Us (2022), Gregory Berns, MD, PhD.

101 Dog Tricks: Step by Step Activities to Engage, Challenge, and Bond with Your Dog (2007), Kyra Sundance.

Websites

Dogs Trust: www.dogstrust.org.uk

Purdue University, Canine Welfare Centers:
<https://caninewelfare.centers.purdue.edu/behavior/enrichment/types-of-enrichment/>

The right balance of mental and physical stimulation will make life happier and healthier for both of you!

—Shannon Antunes

References

S. McCullough, *Portuguese Water Dog History: The Fisherman's Loyal Working Dog*, akc.org, Nov. 21, 2021; C. Croney et al, *Enrichment in Kennels*, Purdue University School of Veterinarian Medicine; A. Gronwald, *Why Mental Enrichment Is So Important for Dogs*, AnimalWellnessMagazine.org, Oct. 26, 2021, N. Ellis, *A Mentally Stimulated Dog Is a Happy Dog*, akc.org, Jan. 1, 2009; R. Hunt, et al., *Effects of Environmental Enrichment on Dog Behaviour: Pilot Study*, Jan. 7, 2022; A. Florsheim, DVM, *Environmental Enrichment for Dogs*, texvetpets.org, Nov. 2017; Kogan, L.R., Schoenfeld-Tacher, R., Simon, A.A., 2012. "Behavioral Effects of Auditory Stimulation on Kenneled Dogs," *Journal of Veterinary Behavior*, Sept.–Oct. 2012, p. 268-275; Milwaukee Paws Petcare, *Cognitive Enrichment and Physical Activities for Dogs in Winter*, milwaukeekeepaws.com, Dec. 3, 2018; S. Zurlinden et al., *Enrichment for Senior Dogs*, veterinarypartner.vin.com, Oct. 6, 2021; Z. Todd, PhD, *Enrichment for Senior Dogs*, moderndogmagazine.com; R.C. Hubrecht, "Enrichment in Puppyhood and Its Effects on Later Behavior of Dogs," *Journal of Lab Animal Science*, Feb. 1995, p. 45(1) 70-5; N.W. Milgram et al., "Learning Ability in Aged Beagle Dog Is Preserved by Behavioral Enrichment and Dietary Fortification: A Two-Year Longitudinal Study"; *Neurobiology of Aging*, Jan. 2005, 26(1) 77-90; A. Lindig, et al., *Musical Dogs: A Review of Influence of Auditory Enrichment on Canine Health and Behavior*, Jan. 13, 2020, 10(1): 127; S. Heath et al., *Canine and Feline Enrichment in the Home and Kennel: A Guide for Practitioners*, May 2014, 44(3) 427-49, P. Miller, *Training a Dog to Make Choices: "Why Some Handlers Strive to Empower Their Dogs to Make More of Their Own Choices," Whole Dog Journal*, Oct. 28, 2016.

Canine Food Enrichment

This past summer while attending Camp Unleashed I took part in a workshop on Canine Enrichment. This workshop was full of information, so I'd like to share some of their ideas for those of you not familiar with the idea of food enrichment for dogs.

Just like people, dogs can be offered enrichment through diet. This can be a unique and healthy experience from them. Three examples were given: lick mats, frozen treats, and dog popsicles.

Lick mats are silicone mats with a suction backing. The mat has a texture that holds pureed food. As licking is soothing, they can be used for boredom, anxiety, and training.

Various foods can be used in a lick mat. Offer a variety to see what food is most appealing for your dog. Try pureed meats, fruits, vegetables, peanut butter, shredded cheeses, and plain yoghurt. If you want to feed your own fruit and vegetables, be sure they are MUSHED in a food processor or juicer. Dogs and cats do not produce the enzyme (cellulase) needed to digest the cell walls (cellulose) that make up fruits and vegetables. By "mushing" the vegetables, you are breaking down the cell walls so that your animals have access to the nutrients they contain (bravopetfood.com, "Beginnings"). Pureed foods are smeared in to the mat and the mat is then frozen and ready for use. As with all foods offered to dogs, make sure they do not contain toxic sweeteners.

Some dog owners save scraps from meal preparation, place it in a Ziploc bag in the freezer, then periodically take it out, puree it, and offer the puree in a lick mat. Canned fruits and vegetables can be pureed straight from the can, avoid sugars and salt. Canned baby food can be used as well.

Lick mats can be used as a distraction during mealtime for owners with pesky dogs that are very interested in what their humans are eating for dinner. You can get through an entire meal in peace and quiet! Lick mats can be used as a training tool: press your loaded lick mat on a surface while you trim nails, brush your dog, or do anything your dog finds uncomfortable. Is your dog bored and getting into trouble? A lick mat provides a distraction and fun treat.

*As PWDs are famous for their chewing be sure you **do not leave your dog unattended with a lick mat**. Simple licking can quickly turn into a chewed mat.*

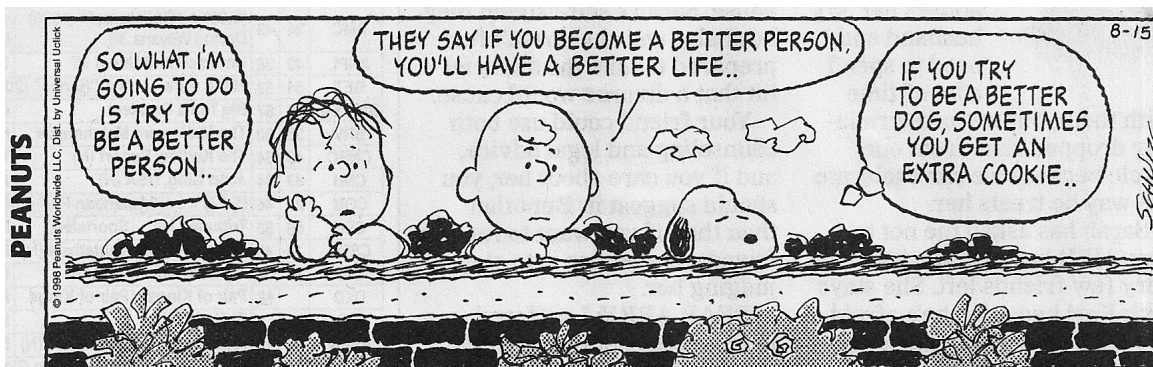
Frozen treats can be made by placing any of the above pureed food or cooked fruit and vegetables into an ice cube tray. Popsicles are made by placing pieces of food items in a paper cup, fill half way with water and freeze. Remove paper and offer. Sardine popsicles are a great summer treat.

As a side note, dogs can be offered entire hard-cooked eggs, shell and all. My Charli found these especially appealing. All three of my girls love their lick mats, no matter what delicacy has been smeared on them. I've been quite surprised to see what they enjoy—who knew they would love pineapple!

As with all dog activities, be creative, be patient, and above all, have fun.

—Lisa Mullikin

https://www.amazon.com/Licking-Anxiety-Suction-Grooming-Training/dp/B09T9K68BJ/ref=sr_1_5?crd=1960LH-41V391F&keywords=lick%2Bmats&qid=1674746859&sprefix=lick%2520mats%2Caps%2C841&sr=8-5&th=1



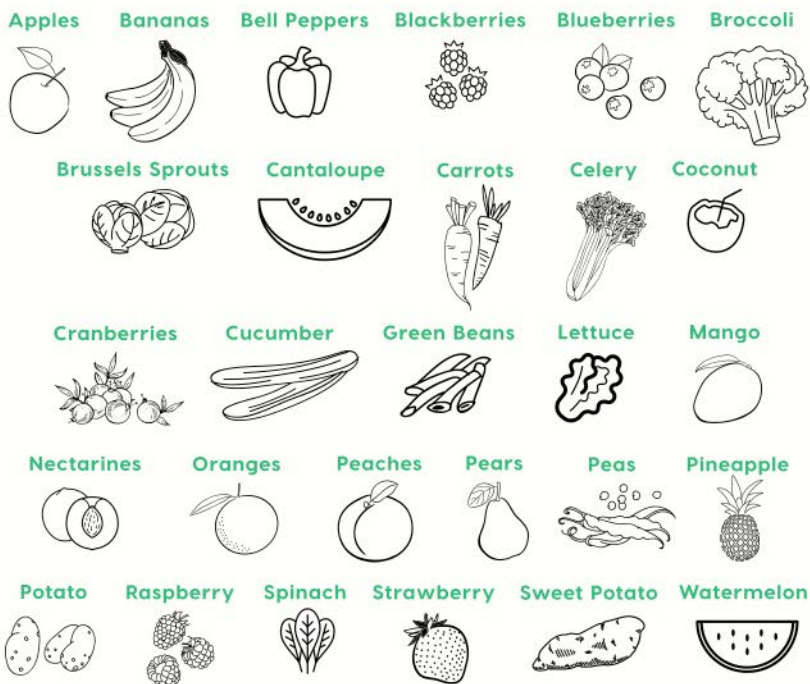


FRUITS AND VEGGIES

DOGS CAN AND CAN'T EAT

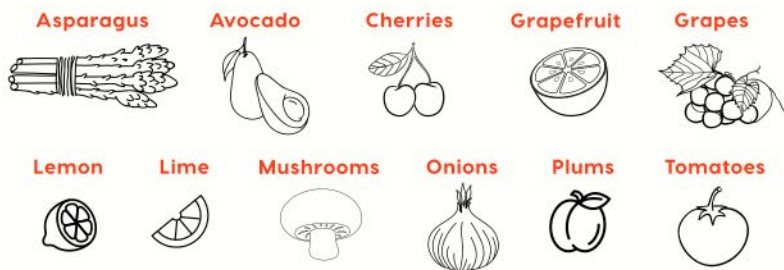
LET THEM EAT CAKE!

Just kidding, but they can eat this stuff.



DON'T EAT THAT!

It's best if your pup doesn't eat these foods.



How to Prevent Counter-Surfing

A couple of dogs in Central Pennsylvania started a fire in their home while attempting to nab a box of cupcakes the owner had left on the counter. Police determined that in their attempt to reach the snacks, the dogs turned the knobs on the stove.

Counter-surfing might not always cause such a dramatic effect, but it is a bothersome behavior that shouldn't be tolerated by dog owners. It's a self-rewarding behavior, meaning, as this article explains, that if the dog succeeds, he gets a reward (like a cupcake), which only reinforces the behavior. This makes it difficult to train against. But it's not impossible.

Kathy Santo, a dog trainer and columnist for AKC Family Dog, recommends the following when dealing with a counter-surfing dog:

Remove the Opportunity

Make sure nothing (not even crumbs) is on the counter. If you must keep food on the counter (a pie to cool, for example), keep the dog out of the kitchen using a baby gate, or put in him a crate or behind a shut door.

Reward Him for Resisting

Teach your dog to "go to his place." If you see him in the kitchen sniffing around, instead of yelling at him or punishing him, tell him to go to his place and reward him for obeying. Soon he'll realize that the likelihood of his getting a treat is higher when he listens to you than when he sneaks a snack behind your back.

Still, even if your dog is trained, remember to be vigilant about keeping those counters and coffee tables clear. "There are some dogs who, no matter how well trained they are, will have a momentary lapse in judgment if you leave the room with a temptation on the counter," Santo says.

—Excerpted from an article by Liz Donovan, AKC.org, Aug 13, 2015

© Pupford

Protect Your Dog's Paws from Snow, Ice, Salt

by Dr. Jerry Klein, Chief Veterinary Officer of the AKC



Sky Mullikin

During the wintertime, your dog's paws can take a beating with all the snow, ice, salt on the sidewalk, and overall cold weather. It's important to protect their paw pads as they don't have protection like we do when we wear shoes. Fortunately, there are several ways to protect your dog's paws this winter. Make sure to prepare for the cold weather with the following options:

Booties

Love them or hate them, dog booties are a good way to keep your pup's paws covered during the winter months. Not every breed is intended to withstand cold weather; therefore booties are an effective way to protect your canine's paws because they offer warmth, full coverage, and are durable. To find your dog's right size, measure from the heel to the tip of the toenail.

Paw Balm

Before walking on the snow or ice, rub some paw balm on your dog's paws. This will minimize the dry skin and damage salt can cause. Make sure to reapply the balm

after returning from walks. Having paw balm on hand is a good way to keep their paws soft and supple during the cold months. You can find it at the pet store or you can make your own paw balm following our DIY recipe.

Keep a Towel on Hand

When taking your dog out for a walk, make sure to wipe down their paws afterwards with a towel. This will minimize any damage salt, ice, or other residue they may have stepped on during their stroll. If you have concerns about salt, consider dipping each paw in a bucket of lukewarm water and then towel drying.

Keep Walks Short

During the extreme cold, it's best to keep walks short for your canine. Being out in the cold too long is dangerous and can lead to frostbite. Keep in mind that, if it's too cold for you, chances are it's too cold for your dog, too. If you do take your dog for a walk, you may want to consider putting them in a coat or jacket.

—Reprinted from AKC.org, December 28, 2022

Big Snowstorm? Plow a Snow Maze!

Using a shovel or plow, carve out turns and corners to make a few routes joining the start and finish. Leave some favorite snacks for your dog to find while navigating the maze.



Global News, February 2017

COLD WEATHER TIPS

- Ensure your pets ID tags are up to date.
- Limit time outdoors. Keep potty breaks brief and closely monitor your dog while outdoors.
- Bundle Up! Coats and sweaters can offer a layer of added protection to keep your dog warm while outdoors. Ears and toes are susceptible to frostbite.
- Animals are drawn to the smell and sweet taste of antifreeze, which can be fatal if ingested. Keep all antifreeze and ice melting products out of reach.
- Stock up on pet food, medication, and water in preparation of potential power outages. Keep a pet emergency bag in the car.
- Do not leave your dog unattended in a car. Cars act as insulators, trapping in the cold and increasing risk of hypothermia.
- Avoid thinly frozen ponds or lakes.
- Wipe your dog's feet, legs and belly as soon as they are back in the house. Remove snow from the paw pads. Routinely check the paws for cracks and redness.
- Use pet-friendly ice melts whenever possible. Rinse the paws after walking on sidewalks or roads treated with salt.
- Recognize signs of hypothermia: shivering, whining, anxious or moving unusually slow.
- Offer your dog a warm place to sleep indoors, off the floor and away from drafts.

Remember: if you are cold, then your dog is probably cold!



6 Stinking Cool Facts About Dog Noses

Dogs can sniff out disease and analyze new odors even as they exhale. But how?

Did you know that dogs can use their cold, wet (and cute!) noses to sense sources of heat and thermal radiation?

That discovery, via a 2020 study from Sweden that challenged dogs to choose between a warm and cool object across a room, makes them only the second mammal known to possess that superpower. (The other is a vampire bat.)

And that's not all dogs' noses can do. Read on for six reasons why dog noses are among nature's most amazingly engineered instruments—instruments whose power humans are now trying to recreate:

1. Dogs' sense of smell is between 10,000 and 100,000 times as potent as humans'! This power comes in part from the up to 300 million olfactory receptors dogs carry around in their noses, compared to our mere 6 million. And the part of the canine brain that is dedicated to smells is 40 times larger than ours, proportionally speaking.
2. Dogs can smell continuously, even while they're breathing in and out. In contrast, when a human smells a scent (sniffs a rose, for example) we inhale that odor and breathe in oxygen through the same passage. But if a dog smells the same flower, air "splits into two different flow paths, one for olfaction and one for respiration," Brent Craven, a Pennsylvania State University bioengineer who

has modeled canine olfaction anatomy using high-resolution MRIs, told NOVA.

Craven and his colleagues found that a portion of the air dogs inhale gets ushered into a specialized area at the back of the canine nose reserved for odor detection, while the rest of it continues rushing toward the lungs. And when dogs exhale, that air departs through nose slits in a unique aerodynamic pattern that also guides new air in, creating a cycle of breath that continuously supplies the in-house laboratory in the back of the canine nose with new material. In one study from the University of Oslo, a dog on a hunt sniffed continuously for a full 40 seconds, across 30 respiratory cycles!

3. Dogs can wiggle their nostrils independently, which helps them figure out which direction a scent is coming from. Humans can only wiggle their nostrils simultaneously. (Try it. We'll wait.)
4. Dogs are great at interpreting all the information coming in through their noses in fine detail. In her book "Inside of a Dog," canine cognition researcher Alexandra Horowitz writes that humans might taste a teaspoon of sugar added to a cup of coffee. But a dog could detect the same teaspoon of sugar in a million gallons of water—enough to fill two Olympic-sized pools.

And to take the sugar metaphor further, "if we humans walk into a bakery, we can say, 'someone's baking a pie in here,'" canine search specialist Lynne Engelbert told NOVA. "A dog would walk in and say, 'Oh, someone's baking a pie in here, and it has apples, and butter, and cinnamon, and nutmeg.'"

5. Dogs can connect a human with the scent they leave behind with exceptional precision—and even help diagnose sick humans with a variety of diseases. Forensic chemist Ken Furton, who has studied dog olfaction for more than 25 years, once blew up a car with colleagues and then asked detection dogs to pick out human scent from the resulting debris. The dogs were able to sniff the small amount of shrapnel

Wired to Sniff!

Dogs have *50 times* more scent receptors than humans. Your dog not only smells the banana bread baking in the oven but detects the bananas, vanilla, eggs, flour, baking soda, and walnuts!

and correctly identify the people who had been in contact with the bomb pre-explosion 82% of the time.

More recently, Furton and his colleagues looked at whether dogs might be trained to identify COVID-19 patients—and found they could do so with 97.5% accuracy. “I was shocked,” he told NOVA. And one 2019 study indicated humans’ best friends can sniff out cancer with a similarly high 97% accuracy rate.

6. Dogs can not only identify human remains—they can sniff out *already cremated* remains from among other ashes. Dogs in the American West are now being trained to look for the cremated remains of homeowners’ loved ones when those homes are lost to the region’s increasingly fierce wildfires.

The non-profit Alta Heritage Foundation brings specially trained search dogs and archaeologists to the site of a house destroyed by fire, using canine colleagues to narrow down where the lost ashes might be buried and then archeological techniques to excavate them.

The ashes are often the only thing his clients want to recover from their houses, Alta Heritage founder Alex DeGeorgey told NOVA. So being able to find their loved ones’ ashes within the ashes of a house is both powerful and continually surprising. “I’ve done this hundreds of times,” DeGeorgey says of cremation ash recovery, “and I still marvel that we’re able to do it.”

—Alyssa Greenburg, NOVA, PBS.org, Friday, June 10, 2022

Why Your Dog Needs a Snuffle Mat

Snuffle mats are some dogs’ favorite toys: perfect for brain games and giving treats.

What Is a Snuffle Mat?

A snuffle mat is a brain game made from a rubber sink mat with fleece strips knotted through the holes of the mat. You can make one yourself quite inexpensively as the only things needed are the sink mat and the fleece material. You can also purchase them already made.

Use some tasty treats with a good smell. The odor is especially important as your dog is learning the game. His sense of smell is great, but an appealing odor will provide motivation for him to search.

It’s All About the Nose

Your dog’s sense of smell is his most important sense. Dogs prefer to investigate their world using their sense of smell, so it’s easy to see why dogs love the snuffle mat. Since we often ask our dogs to cooperate with us, especially in regards to household and social rules, it’s great to have a game that’s about making him happy.

Find It Is Great Fun

When you encourage your dog to find the treats in the snuffle mat, use a word or phrase that will come to mean, “hunt for something.” Initially he’ll be hunting for those treats hidden in the snuffle mat. The concept of finding those hidden treats can be the foundation for many other things, from tricks to useful actions.



Sneak in Some Obedience

A common phrase used by dog trainers is, “Dogs repeat actions that are rewarding to them.” Since hunting for treats in the snuffle mat is such a wonderful game, use that to reward an obedience exercise or two. For example, once the snuffle mat is loaded with treats hidden among the fleece strips, ask your dog to

sit and stay. Place the snuffle mat on the floor. Then go back to your dog, praise him, and release him from the stay. Encourage him to go find the treats in the snuffle mat. You can do the same thing with the down stay. Or ask him to do a trick or two and use the snuffle mat as a reward for those as well.

Have Fun!

When I bring out the snuffle mat, I don’t just load it with treats, give it to my dog, and then walk away. No, I stay close and cheer him on. “Yeah! Good boy! Find some more!” I get to load the treats, give them the mat to search, and then I provide the colorful commentary. That way I’m a part of their fun. I find it great for our relationship—and hey, laughing with my dogs as they enjoy themselves is a wonderful part of dog ownership!

—Excerpted from an article by Liz Palika,
The Honest Kitchen

★ BRAGS ★

PARAGON

We have been advised by Amanda Ford, PWDCA, that Carol and I (Paragon) qualify for the 2021 Outstanding Breeder Achievement Award, OBBA. The OBBA Winner for 2021 was Mary-Kay Schroeder, Bayswater PWD.

These wonderful puppies are the reason for this achievement and we would like to acknowledge their "humans."

Judy and Steve Murraray - Mika - Paragon-Hytide Waitin' On A Sunny Day, 2021, CWD, Water

Bob and Sandra Caruso - Niko - Paragon-Hytide Wait 'Til The Midnight Hour, 2021, NAJ, Performance/2021, NA, Performance

Kelley and Rick Jones - Josie - 2021, GCH, Conformation

Carol and I - Kelsey - Paragon-Hytide Too Hot To Handle, 2021, CH, Conformation

—Dave Wichterman

RIO

Peter Paige and Rio (Searidge Be Young Be Foolish Be Happy) had a fairly successful 2022. They began the year by completing the third leg for a Rally Intermediate (RI) title. Over the ensuing months they earned a Rally Advanced (RA) title and a Beginner Novice (BN) in Obedience. They left dry land and participated in several water trials during the summer. In the Fall, at the DelMarVa PWDC water trial, Rio earned his Apprentice (AWD) and Working Water Dog (WWD) titles over the two days of the trial. While enduring the remains of Hurricane Ian, Rio was undeterred by the heavy rain, strong wind and large waves, showing his working dog mettle.



FLIP

GCH Freestyle Turn the Page BN RI TKA SCA SBN SIN ORT RATS CZ8B SSN IND WWDX MAC-2. Flip had a great day at the Dauphin Scent work trial in October. He finished his Interior Novice title and earned his first leg in Advanced Interiors. He also earned a leg in both Exterior Novice and Advanced Buried.

—Lisa Wilkinson



NIKO

CH Paragon-Hytide Wait 'Til The Midnight Hour, OA, AXJ, CGC, AWD, WWD, TKN (Niko) was bred by Carol and Dave Wichterman. On December 17, 2022 Niko earned a UKI Speedstakes Title with a first place run. Niko's continues to trial in AKC, USDAA and UKI agility events. Niko is owned and dearly loved by Sandra and Robert Caruso.



★ BRAGS ★

PERRY AND ZORA

Dad and Daughter Duo—Perry and Zora—had a great 2022. Water: Perry earned six Master legs (two of them during Hurricane Ian) for MWD2 and MWD3. Zora is intent on catching up with her dad. She went from being a Junior Water Dog to a Courier Water Dog in one season. She earned her AWD, WWD, WWDX, and CWD in 2022. So far as I have been able to determine, Zora is the second youngest Courier in PWD history, earning the title at 21 months of age.

We kept busy with lots of other dog sports too.

Agility: Perry earned his MX, MJB, MFB, and T2B titles.

Zora is in training. Rally: Perry earned his RA and RE titles. Zora earned her RN, RI, and RA titles.

Obedience: Perry earned his CD and Zora her BN and CGC. Scentwork: Perry earned his SCN, SIN, SBN, and SIA. Zora earned her SCN, SIN, and SBN. Parkour: Perry earned his PKD-N title.

—Diana Schaub and Lauren Weiner



R E M I N D E R

COME JOIN US!

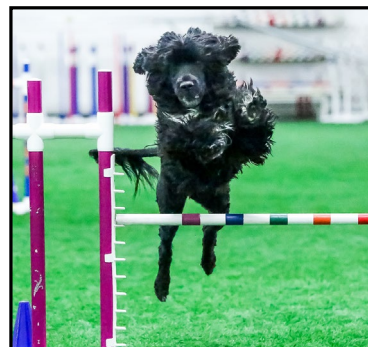
Agility FUNdamentals Workshop

Sunday, March 19, 2023

Y2K9s Dog Sports and Training Club in Willow Grove, PA

Register on kpwdc.org under the Events tab!

One spot is still available. If the Wait List gets six teams, we will host another workshop!



♥♥ IN MEMORIAM ♥♥

Flip

February 23, 2014 - November 5, 2022

Losing a dog is never easy. Losing a second a few weeks later is even harder. Flip came into my life suddenly and left in the same way. But he lived life to fullest always with a smile on his face. He was most happy at the water, but enjoyed whatever we did together. He taught me so many things and even though our time together was much too short we had a lot of good times, made new friends and created wonderful memories.

—Lisa Wilkinson



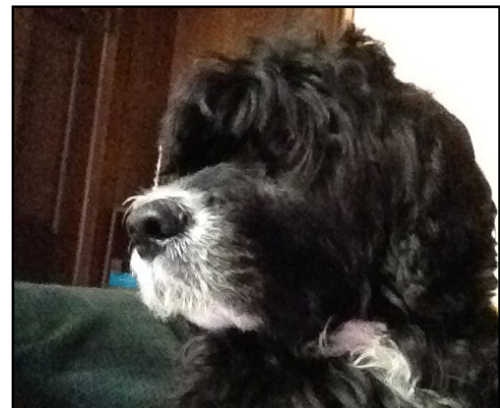
Charlie

October 25, 2010 - December 15, 2022

While Charlie wasn't my first dog, he was my first performance dog. Together we learned so much and met so many new friends in the world of dog sports. We started with conformation, I had no idea what to expect and it really didn't seem to be a fun thing for Charlie until his breeder, Benita Bottom started taking him in the ring and then he loved it, loved her, and finished quickly! We also started water work together taking him to his first water camp at six months. He loved water! He got his junior certificate at eight months at the National Specialty in Calloway and his apprentice title a couple of summers after that. While he loved water he did not like jumping from the boat so we just stuck with what he loved water

retrieving from shore. What he really loved most of all was agility. So together we learned to do agility earning multiple titles along the way. His versatility also earned him a Bronze Register of Merit from PWDCA. He was doing backyard jumps and weaves just days before he unexpectedly fell ill. The dreaded hemangioma claimed another. We had twelve wonderful years and I miss his happy greeting when I come home and his taking up more than half the bed. Thank you Charlie, you were the best boy.

—Cindy Miner





WORKING GROUP

Portuguese Water Dog

The Portuguese Water Dog Club of America will support the entry of Portuguese Water Dogs at this show, including Sweepstakes and Veterans Sweepstakes

Penn Treaty Kennel Club, Inc.
When: Sunday April 30, 2023
Location: Lum's Pond State Park, Bear DE
Class Judge: Dr. Albert P. Biachi
Sweepstakes Judge: Jo Ann Charnik

THIS SHOW IS DEDICATED TO THE MEMORY OF CAROLYN IRRAGI



Carolyn served as KPWDC's president, vice president, chairperson, and member of our committees and was the breeder of NorthStar Kennels. She was instrumental in helping get the Mentor Program off the ground. Carolyn was always there to help with any problem or issue, no matter how big or small. She lived her life with grace, and never complained about whatever challenge life threw at her. We will miss her smile and laugh, but we will be ever grateful for knowing her and having the honor to have called Carolyn our friend.



www.kpwdc.org

OFA Eye Certification Registry Clinic

Canine All Breeds

Sponsored as a service to all dog owners by the Keystone Portuguese Water Dog Club

Sunday, February 26, 2023 (snow date March 5)
9 am to 4 pm

Doylestown Animal Medical Clinic
802 N. Easton Road, Doylestown, PA 18902
215-345-7782

Eye exam by Dr. Gustavo Aguirre, DVM, PhD, PhD (hc) Diplomate, ACVO

Examination Fees and Registration

All breeds: \$55.00; KPWDC Members: \$45.00
Breeds needing double exams, additional \$5.00
Dogs with normal test results are eligible for an OFA-ECR registration certificate that is valid for 12 months.

All Dogs Need Eye Exams

Eye exams are not just for breeding dogs. All dogs need routine eye exams to detect changes in their eyes.

Often, eye problems can be identified early so that further illness or even blindness can be prevented.

What Does the Eye Examination Involve?

The OFA-ECR exam is a general eye exam that screens for genetic and nongenetic abnormalities in your dog's

eyes. The exam is not a medical examination for existing eye problems.

The eye screening exam is performed approximately 20 minutes after pupil-dilating drops are placed in your dog's eyes. The drops are not painful, but your dog's eyes may be light-sensitive for up to eight hours.

The ophthalmologist will examine your dog's eyes in a darkened room. The exam takes only a few minutes.

All dogs in show, performance, and pet homes should have their eyes examined regularly.

Register at KPWDC.org

Go to the Events tab, click on Winter Eye Clinic 2023—Registration Form. Fill in all the information and read the instructions regarding COVID.

Questions? Email Barbara Weisman at barbie@seaangels.net or call/text her at 609-273-9960.



www.kpwdc.org

OFA Eye Certification Registry Clinic

Canine All Breeds

Sponsored as a service to all dog owners by the Keystone Portuguese Water Dog Club

Sunday, April 16, 2023
9 am to 4 pm

Country Companion Animal Hospital
110 Morview Boulevard, Morgantown, PA 19543
610-286-9065

Eye exam by Dr. Gustavo Aguirre, DVM, PhD, PhD (hc) Diplomate, ACVO

Examination Fees and Registration

All breeds: \$55.00; KPWDC Members: \$45.00
Breeds needing double exams, additional \$5.00
Dogs with normal test results are eligible for an OFA-ECR registration certificate that is valid for 12 months.

All Dogs Need Eye Exams

Eye exams are not just for breeding dogs. All dogs need routine eye exams to detect changes in their eyes.

Often, eye problems can be identified early so that further illness or even blindness can be prevented.

What Does the Eye Examination Involve?

The OFA-ECR exam is a general eye exam that screens for genetic and nongenetic abnormalities in your dog's

eyes. The exam is not a medical examination for existing eye problems.

The eye screening exam is performed approximately 20 minutes after pupil-dilating drops are placed in your dog's eyes. The drops are not painful, but your dog's eyes may be light-sensitive for up to eight hours.

The ophthalmologist will examine your dog's eyes in a darkened room. The exam takes only a few minutes.

All dogs in show, performance, and pet homes should have their eyes examined regularly.

Register at KPWDC.org

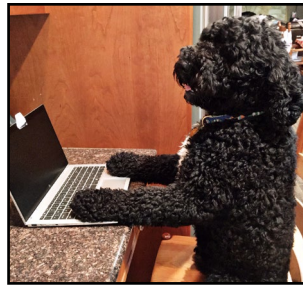
Go to the Events tab, click on Spring Eye Clinic 2023—Registration Form. Fill in all the information and read the instructions regarding COVID.

Questions? Email Barbara Weisman at barbie@seaangels.net or call/text her at 609-273-9960.

TECH CORNER

Can You Help Us?

We need a social media manager for our Facebook and Instagram accounts so we can share and publicize what we do at Keystone but also some great pictures and stories about our members, brags, health info, breed, upcoming events, or anything else related! If you or anyone you know



has any interest in getting involved with our social media please reach out to Lynn Kostas! Happy to guide anyone interested in learning the ropes.

—Lynn Kostas
Lynnkostas@gmail.com
302-593-4159

IN THE KITCHEN

Stuffed Kong Recipes

PEANUT BUTTER PARFAIT

INGREDIENTS

- 1/2 banana (mashed)
- 1 tsp of peanut butter (Xylitol-free)
- Blueberries
- 1 tbsp of natural yogurt

INSTRUCTIONS

Step 1: Blend the banana, yogurt, and peanut butter together to create a smoothie like consistency.

Step 2: Add the whole blueberries to the mix before filling up your Classic KONG. Freeze for an extra challenge.

—Kongcompany.com

For the ultimate challenge, store a stuffed KONG in the freezer for a minimum of 4–6 hours before giving it to your dog. Ideal for helping your dog keep cool on hot days, frozen KONGs last longer for tons of yummy, enriching play.

