



Dog Bytes

W VESSA Newsletter

January 2012

How to Exercise Your Dog in Winter

by Bess Maher

My chow chow, Nani, is covered in long, orange fur. I'm not. Children often stop Nani and me on the street to remark on how fluffy she is. No one has ever commented on my fur.

Now, abundant body hair on a human is normally a bad thing, but on below-zero days, I find myself staring enviously at Nani. A quick glance at her thick coat is also a reminder that my canine companion is ready and willing to brave the elements, even if I'm not.

So, on cold winter days, how do I give Nani the exercise she needs without making myself miserable?

The first step is knowing how much exercise your dog requires. Veterinarians agree that every dog has unique needs, but a general rule of thumb is two or three play sessions a day, totaling at least 30 minutes. Some dogs will require more, and some dogs might need less.

Veterinary behaviorist Gary M. Landsberg, DVM, DACVB, dip ECVBM-CA, says, "You have to know your dog—both the individual dog and the breed. Is it a herding dog, or a retriever? Speak to your veterinarian if you don't know what exercise requirements your dog might have."

A dog's age will also play a role in how much physical activity it requires.

Knowing the breed can do more than tell you how much exercise to give a dog. It can also tell you what kind. If you have a retriever, your pup will likely enjoy a game of fetch. If you have a sled-dog breed, you will want to exercise the muscles used for this activity. And if you have a herding breed, your pet will need to run and chase.

Dogs should also have a chance to play with humans and other dogs, along with opportunities for enrichment and mental stimulation. At one

point in time, all dogs had to scavenge or hunt for their food, so toys and games that encourage dogs to work for their food can be both mentally and physically satisfying.

Some of these games include using food toys to deliver meals or treats, or having your dog search for food and treats around the house at your command. Here, again, you can look to your pup's breed—and personal preferences—for clues to favorite activities.

Setting up an exercise and enrichment schedule for your pet can seem complicated, but just remember to include enough exercise, social time and opportunities to go to the bathroom. Once you understand your dog, create a loose schedule to meet those requirements. Pets thrive on

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consistency and predictability, according to Landsberg, so try and maintain a daily routine that meets both the needs of you and your dog.

When it comes to winter exercise, first figure out what conditions your dog can tolerate (see sidebar).

Now you're ready to figure out a winter-exercise routine for your dog. If you've determined that you have a low-energy dog, then your schedule probably doesn't require any big adjustments. But for a high-energy dog that isn't cold-tolerant, or if you're not, you'll want to make some changes.

You can spend more time indoors by playing games with your dog and providing more opportunities for brain boosting, again looking to your dog's breed.

For example, veterinary behaviorist Lisa Radosta, DVM, DACVB, suggests, "You can set up low-cost carpet runners and throw a ball up and down the hallway. The runners will reduce slips. You can also set up an agility course in your garage or basement." Inexpensive runners can be found at any home goods store, like Target, Sears or Walmart. Additionally, most pet stores have basic agility kits, which you can take down and store when not in use.

If you provide more brain-stimulating activities, you may be able to get away with less physical exercise. Doggie day care centers or dog walkers are other options.

But if it is you who wants to stay indoors and not your dog, you might want to wage a war against the voice in your head that tells you to stick with the familiar. Then, follow the old guidelines about starting a new habit: Post your resolution somewhere you can see it, do it every day, tell people you're doing it and think about joining a group to stay motivated. You and your dog might end up with a new favorite hobby.

How Cold Is Too Cold?

How do you know if it's safe to take your dog out in winter weather conditions? Radosta says this: "The first thing I would say is your dog has a fur coat on. Most dogs want to go out there. So unless you're caught in a blizzard, you need to get out there." Landsberg agrees.

Breeds with thick coats and long hair can generally tolerate cooler temperatures better than short-haired ones. If the conditions are extreme, there are things you can do to make sure your dog is safe and comfortable.

For example, on very icy days, boots can help. Radosta also says, "Sometimes dogs will get ice balls on their feet, so bring a plastic spoon to scoop out the ice balls. Protect the ears and toes for dogs that aren't as furry, or if you'll be out for a very long time. When you go inside, wipe your dog's feet off and make sure there's no cracking in the pads."

But whenever dogs are shivering or lifting their paws, then it's time to go inside.

If you and your dog are both hardy and have lots of energy, then there are a ton of fun things you can do outside to meet the dog's needs. Most dogs love winter hikes, and letting your well-trained dog off leash as you cross-country ski can be a blast. Work with a reputable trainer to determine if your dog will come on command.

Sled-pulling is another great option in the winter if you have a sled dog or a stocky dog. You can search on the term "weight pulling" and the name of your city or state in a search engine to find clubs in your area that offer this activity.

Giving your dog the right amount of exercise in the winter is really not that different than in the warmer months. You will have to make some adjustments, but if you do it right, you and your canine friend will end up loving your new routine.

This article originally appeared in *PetsMatter* January / February 2012, published by the American Animal Hospital Association. Copyright © 2011 AAHA

Future Meetings

January Meeting

The meeting will be held at 11:30 a.m. on Saturday, January 28th at the Best Little Road house in Salem, OR. The address is 1145 Commercial St. SE.

It is VERY IMPORTANT that the meeting begin ON TIME.

Directions

From I-5 South take Exit 260A, merge onto Salem Expressway. Turn right on Commercial. From I-5 North take Exit 249. Keep left at the fork, merge onto Commercial. A slight right Commercial becomes Liberty. Turn left at Owens St. and left onto Commercial.

February Meeting

The meeting is scheduled for February 18th at Baja Fresh in Tigard.

Directions

From I-5 north or south, take the Hwy. 217 exit and head towards Tigard. Stay on Hwy. 217 until the Scholls Ferry/Progress exit. Head west on Scholl Ferry Road, stay on Scholls Ferry until right after the 5th stop light. After the 5th stop light there will be a mall called Greenway Town Center on the left side of Scholls Ferry, go to the 2nd entrance into Greenway Town Center. The Baja Express is the 2nd business (right next to Baskin & Robbins Ice Cream) after coming in the entrance.

If you go past McDonald's you've have gone too far.

March Meeting

The March meeting will be the awards banquet on March 10th at Saylor's Country Kitchen. See page 4 for details and directions.

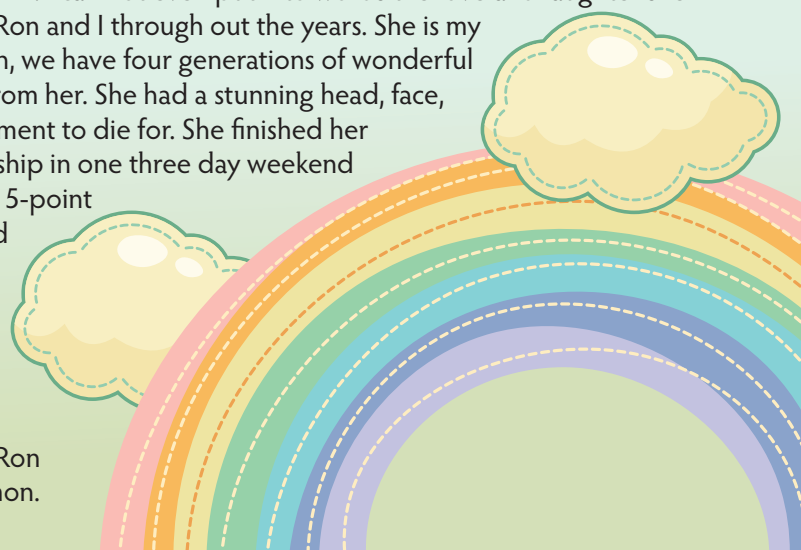
Braggs and Wags

- Hijinks Esprit de Corps MX, MXJ qualified for the AKC National Agility Championship in March of 2012. Coral is owned by Elaine Resner.
- Serge's Black English Suede earned her Novice Agility Jumpers title. Sadie is owned by Deborah & Cathy English
- English's Mighty Bruce earned two legs toward his Open Agility Jumpers title with First Place. Bruce is owned by Deborah & Cathy English.
- M-Classic English Bennington took Winners Dog for 2 points at Vancouver KC., Winners Dog for a 4 point major at Olympic KC. Benny is owned by Deborah & Cathy English.
- CH Mar-Ric Sir Jackson Stonewall received Select Dog at PSESSA. He also finished his Grand Championship in California with a Best of Opposite Sex. Jackson is owned by Gary & Barbara Stonewall
- CH Donahan's Definitely in Style UD WD JH JW RA finished his Rally Excellent and has retired. Duffy is owned by Don and Carol Callahan.
- Creekside Treasure Hunter finished his Championship at Greater Clark Co. He also finished his Beginner Novice Title and received first leg toward his Companion Dog Title. Trey is owned by Don and Carol Callahan.
- Marcur's Dear Prudence, was WB at the Eugene KC show, WB/BOW at the Gig Harbor KC show, WB/BOS 2 of the 3 days at the Boise shows, WB/BOW at the Whidbey Island KC show. Nigella's is owned by Curt and Marsha Caldwell
- Stardom's Pocketful of Diamonds RAE, NA, NAJ, OA, OAJ received her AXJ title. She is also the #3 Novice Springer in the country for 2011. Roxanne is owned by Gigi Maris
- Springwest Dream Catcher's Spittin' Image received a Group 2 in the Puppy Group at the Roseberg show. He was 7 months old. Bentley is owned by Barbara & Gary Stonewall; and Art & Sharon Stewart.

The Rainbow Bridge

This morning (January 2nd) I had to say goodbye for now to my sweet Fancy. A/C Ch. Ramblewood Fancy Lady of Choice CGC. Her little heart gave out at the age of 14. I can not even put into words the love and laughter she has given Ron and I through out the years. She is my foundation, we have four generations of wonderful puppies from her. She had a stunning head, face, and movement to die for. She finished her championship in one three day weekend with three 5-point majors and a BOS.

Fancy was loved by Kaye and Ron McManamon.



Annual Awards

All club members are responsible for applying to receive an annual title certificate, including CGCs. Applications must be received no later than February 11, 2011 and should be mailed to the awards chairman: Carol Callahan at 5310 S. Bates Rd., Spokane Valley, WA 99206. Certificates for titles earned will only be given to those who apply for the them.

Due to AKC's change in publication of show results, **owners are now responsible for tracking and providing information on their dog's wins** for WVESSA's Annual Awards. For the 2011 year, owners are only responsible for tracking November and December wins.

Due to Carol's computer issues, please do not email your information. Please send a hardcopy only.

2011 Awards Application

Dog's Registered Name: _____

Title Earned: _____

Date Completed: _____

Title Earned: _____

Date Completed: _____

Title Earned: _____

Date Completed: _____

Title Earned: _____

Date Completed: _____

Owner's Name: _____

Mail to the WVESSA Awards Chairman:

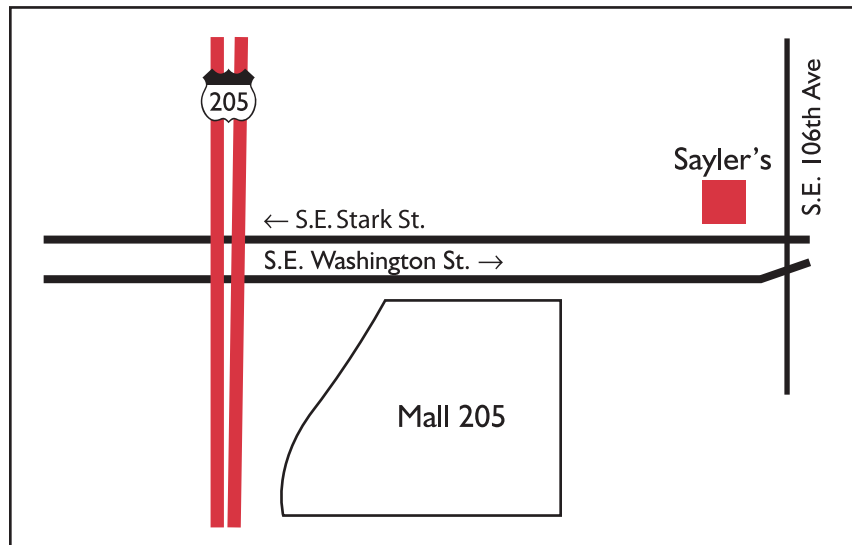
Carol Callahan
5310 S. Bates Rd.
Spokane Valley, WA 99206

The Annual Awards Dinner

The Annual Awards Dinner will be Saturday, March 10th at Saylor's Old Country Kitchen. Cocktails at 6:00 and dinner at 6:30. RSVP Cathy English at (360) 887-8139 or Englishkc@aol.com by February 25, 2012.

Saylor's address is 10519 SE Stark Street, Portland. The instructions might seem confusing, but Stark and Washington are one way only streets.

From the North take I-205 South, take the Glisan/Stark Street exit, turn left on Washington Street, left on 106th and left on Stark Street. From the South I-205 take the Washington Street exit, turn right on Washington, left on 106th and left on Stark Street.



Show Results

Lizard Butte KC, 10/13/11

GP1/BOB GCH CH Wynmoor
Champagne Supernova
SD GCH CH Polesitter's M3
WD Cedarwood's Legendary Vision

Lizard Butte KC, 10/14/11

GP1/BOB GCH CH Wynmoor
Champagne Supernova
BOS/WB Telltale Bristol
SD GCH CH Polesitter's M3
BOW/WD Cedarwood's Legendary
Vision
RWB Marcur's Dear Prudence

Idaho Capital City KC, 10/15/11

GP2/BOB GCH CH Wynmoor
Champagne Supernova
BOS/WB Marcur's Dear Prudence
SD GCH CH Darkover Don'T Dream
It's Over
BOW/WD Cedarwood's Legendary
Vision
RWB Telltale Bristol

Idaho Capital City KC, 10/16/11

GP2/BOB GCH CH Wynmoor
Champagne Supernova
BOS/WB Marcur's Dear Prudence
SD GCH CH Polesitter's M3
BOW/WD Cedarwood's Legendary
RWB Telltale Bristol

Vancouver KC, 10/29/11

BOB GCH CH Darkover Don'T Dream
It's Over
BOS CH Pawmarc's By Candlelight
SD GCH CH Oxbow's Gold Medal
SB CH Ramblewood Luck Be A Lady II
BOW/WB Topsail Catch A Tradewind
To Emerald
WD M-Classic English Bennington
RWD Journey's Let The Games Begin
RWB Telltale Bristol

Vancouver KC, 10/30/11

BOB GCH CH Mar-Ric Sir Jackson
Stonewall
BOS CH Pawmarc's By Candlelight
SD CH Bryden Fairhaven Hidalgo CD
RE OA OAJ NF
BOW/WB Topsail Catch A Tradewind
To Emerald
WD Fairhaven Wildrose Out Of This
World
RWD Topsail Jack Black & Wright
RWB Marcur's Dear Prudence

Umpqua KC, 11/11/11

BOB GCH CH Mar-Ric Sir Jackson
Stonewall
SD GCH CH Oxbow's Gold Medal
WD Springwest Dream Catcher's
Spittin' Image

Umpqua KC, 11/12/11

BOB GCH CH Mar-Ric Sir Jackson
Stonewall
SD GCH CH Oxbow's Gold Medal
WD Springwest Dream Catcher's
Spittin' Image

Rogue Valley KC, 11/19/11

BOB GCH CH Mar-Ric Sir Jackson
Stonewall
SD GCH CH Oxbow's Gold Medal
WD Springwest Dream Catcher's
Spittin' Image

Rogue Valley KC, 11/20/11

BOB GCH CH Mar-Ric Sir Jackson
Stonewall
WD Springwest Dream Catcher's
Spittin' Image

Whidbey Island KC, 11/19/11

GP4/BOB CH Pawmarc's By
Candlelight
BOS/WD Tradewinds' N Topsail's
Bootstrap Bill
SB CH Ramblewood Luck Be A Lady II
BOW/WB Marcur's Dear Prudence
RWD Topsail Jack Black & Wright
RWB Goldmtn 'N Pawmarc's Pillow Talk

Greater Clark Co. KC, 12/10/11

BOB/BOW/WB Fairhaven Wildrose
Out of Grace
BOS Mar-Ric Gentleman's Game
SD GCH CH Mar-Ric Sir Jackson
Stonewall
SB CH Pawmarc's By Candlelight
WD Mar-Ric Gentleman's Game
RWD Laurelwyn Springerglane
Continuum
RWB Pawmarc's Dazzle Me Bright

Greater Clark Co. KC, 12/11/11

GP1/BOB GCH CH Darkover Don'T
Dream It's Over
BOS/WB Fairhaven Wildrose Out
Of Grace
SD GCH CH Mar-Ric Sir Jackson
Stonewall
SB CH Oxbow's Mum's The Word
BOW/WD Fairhaven Wildrose Out
Of This World
RWD M-Classic English Bennington
RWB Oxbow's Silver Star

Coming Events

Conformation & Obedience

February 24-27, 2012

Linn County Cluster

Albany, OR

Friday: Jane Roppolo

Saturday: Jeannette McGinnis

Sunday: James G. Reynolds

Monday: Arley D. Hussin

March 10-11, 2012

Seattle Kennel Club

Seattle, WA

Saturday: Ekarat Sangukunakup

Sunday: Richard G. Beauchamp

March 24-25, 2012

Peninsula Dog Fanciers

Bremerton, WA

Saturday: Debbie Campbell

Sunday: Frank T. Sabella

March 31 - April 1, 2012

Chintimini Kennel Club

Albany, OR

Saturday: Wendy Galbreath

Sunday: Laurence J. Libeu

April 14-15, 2012

Ephrata-Moses Lake Kennel Club

Moses Lake, WA

Saturday: Dr. Dale D. Simmons

Sunday: Sharon V. Derrick

April 20-23, 2012

Nez Perce Cluster

Lewiston, ID

Friday: Patricia V. Trotter

Saturday: Charles E. Trotter

Sunday: Robert Stein

Monday: Paula Hartinger

April 28-29, 2012

Walla Walla Kennel Club

Walla Walla, WA

Saturday: Arlene Davis

Sunday: Lowell Davis

AKC Agility

February 3-5, 2012

Ridgefield, WA

February 10-12, 2012

Auburn, WA

February 17-19, 2012

Caldwell, ID

Auburn, WA

February 24-26-, 2012

Albany, OR

Lynden, WA

March 2-4, 2012

Auburn, WA

March 10-11, 2012

Seattle, WA

March 16-18, 2012

Caldwell, ID

Ridgefield, WA

March 23-25, 2012

Rigby, ID

Auburn, WA

Moses Lake, WA

March 30 - April 1, 2012

Albany, OR

April 7-8, 2012

Auburn, WA

April 13-15, 2012

Auburn, WA

April 27-29, 2012

McMinnville, OR

Auburn, WA

Tracking

March 4, 2012

Bow, WA

TD

March 11, 2012

Palisades, WA

TD, TDX

March 25, 2012

Portland, OR

VST

April 1, 2012

White City, OR

TD, TDX, VST

April 8, 2012

Salem, OR

VST

April 15, 2012

Eugene, OR

TD

April 22, 2012

Yelm, WA

TDX

April 29, 2012

Sprague, WA

TD

Field Trials

February 25, 2012

Rickreall, OR

WVSSA 2011 Halloween Party

Bailey won the dunking for cookie contest. He can retrieve from the bottom of the bowl of water.



Colleen was the prettiest girl



Daisy liked being a dog instead of a horse

Teyha was dressed for her favorite sport, hiking.



Buzz is ready to save the day. He won best costume.





Dog Bytes is bimonthly newsletter published by the Willamette Valley English Springer Spaniel Association.

Any questions, comments, or article submissions can be forwarded to the editor. The editor reserves the right to edit or to refuse any copy.

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