



May 2023

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**If you would like to contribute to the newsletter, please contact Kathy Lewis.**

**From our secretary**

**Upcoming events** on the calendar.

**Saturday, May 6, Annapolis Irish Festival.**  
<http://www.visitannapolis.org/event/annapolis-irish-festival/>

This festival is held at the Anne Arundel County Fairgrounds, 1450 General's Highway, Crownsville, MD

**Saturday, May 6 and Sunday, May 7 is the Faerie Festival**

This festival is being held at 2200 Rocky Point Road, Essex, MD 21221 (new location) See email for details.

**Sunday May 21 Meeting, 1pm.** We will have an in- person meeting at Susan and Bill Montgomery's home, 800 River Rd, Sykesville. *Female hounds and puppies are welcome (no intact adult males).*

Link for ZOOM meeting:  
<https://us06web.zoom.us/j/84599002085?pwd=a2dCVkZhaW0vWnA4b1lqSCtqRmR2Zz09>

Susan Wine, PVIWC Secretary

## How Much Exercise Does Your Dog Need Every Day?



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Have you ever wondered, “How much exercise does my dog need every day?” Based on your schedule, that question might sound more like, “How much exercise does my dog *actually* need every day?”

Like people, the answer differs from dog to dog and is reliant on your dog’s age, health, and breed. There are a few basic guidelines you can follow to make sure that your dog is getting all the exercise they require.

### How Much Daily Exercise Does a Puppy Need?

When choosing a puppy, keep in mind the breed’s exercise requirements. Unless you already lead an active lifestyle, it is not a good idea to buy an active dog breed and it is naïve to expect your small breed pup to join you for race training.

We’ve all seen “puppy zoomies.” The zoomies are easily identified, and include dashing madly around the house or yard, morning or night, followed by collapsing into a “puddle”, usually on your feet or in your lap.

Puppies normally have more energy than adult dogs and so need more exercise in short sessions — like their zoomies. Because puppies are constantly growing, incorporating a few short walks or play sessions during

their day is a safer choice for them than going for one or two really long walks, since this can be difficult on your puppy's growing body. Every puppy is different, but the more time you spend with your pup, the more you will learn about how much mental stimulation and exercise they need to keep them healthy — and you sane!

Talk to your breeder and vet about how much daily activity is appropriate for your puppy. Remember, exercise is a great way to socialize and train your new pup.

### How Much Exercise Does an Adult Dog Need?

The level of physical activity adult dogs need is heavily influenced by their breed. High-energy breeds, such as Border Collies and Belgian Malinois, require a lot more exercise than lower-energy breeds like the Bulldog or Basset Hound.

Again, talk to your breeder or vet if your dog has any health issues like heart or respiratory issues, arthritis or hip dysplasia. Get expert advice on an exercise routine that won't cause them any discomfort and will help them stay healthy.

### How Much Exercise Does a Senior Dog Need?

Proper exercise is just as important for your senior dog as it is for your puppy. While your senior dog may not be able to run or walk as far as they once did, it is still important to their health to stay active. Talk with your vet about exercising your senior dog. Be observant, as the owner, you know your dog better than anyone and are the best judge of how much exercise your dog can comfortably handle.

Exercise can help prolong their lives, reduce the risk of obesity and provide them with mental stimulation.

### Tips on Dog Exercise

Taking your dog for a walk around the neighborhood is a great start, and it might be enough for breeds with lower exercise requirements. Even couch potatoes appreciate some variety every once in a while, and there are limitless opportunities to exercise your dog in your daily life.

- **Hiking.** Dogs love the outdoors just as much as you do. Take your dog along on your next hiking adventure through a new city or explore some new trails and parks in your area.
- **Swimming.** Most dogs love the water, and swimming is great for dogs with joint problems, providing a low-impact exercise. A life jacket can help your dog stay in the water longer for an optimum cardio workout. A long training leash is helpful if your dog is still learning recall.
- **Fetch.** Fetch doesn't have to be monotonous. Shake up your dog's fetch routine by making them run uphill to retrieve a ball, or by tossing a ball into the water. Alternate between balls of different sizes/textures, Frisbees, or other toys to keep your dog on their toes.
- **Draft Work.** Dogsledding isn't just for sled dogs. Larger breeds often like draft work, whether it involves a sled or a small cart, and these activities are also fun for you.
- **Obedience.** Obedience training might not seem like exercise, but reinforcing basic commands, practicing recall and retrieving, offers mental stimulation as well as exercise. You can also teach your dog fun new tricks like spinning and weaving.
- **AKC Dog Sports.** With so many dog sports to choose from, you and your dog can try a variety of activities or stick with your favorites. AKC: Obedience, Lure Coursing, Agility, Flyball, Scent Work, and Rally are just a few of the options available.

### Indoor Dog Exercises

Inclement weather can throw a wrench in your dog's exercise routine. Hot days, cold days, and rainy days make it difficult to get outside for long periods of time, and may even pose health risks. Here are some indoor dog exercises you and your pup can do to burn off steam and stay in shape.

- **Hide-and-Seek #1.** Indoor games like hide-and-peek get your dog moving and provides mental stimulation. For our dog Jager, we had him "stay" in kitchen while we hid training treats around the house, before giving him one to smell and eat before telling him "find."

Remember where you placed the treats so you can make sure your pup “finds” them all. At 9 ½ years, it is still his favorite rainy-day activity. Orlaith loves it as well.

- **Hide and Seek #2** A more traditional version is where I have the dogs search for other family members in the house! When found, the person may have a treat or toy for them to keep them interested in the game.
- **Treadmill.** If you are looking for a great dog exercise for high-energy breeds, think about a treadmill. With careful training, your dog may grow to love treadmill workouts. While they are not a replacement for a walk or a run outside, treadmills build endurance and do not rely on decent weather.
- **Tug.** Tug-of-war, when played properly, builds muscle and the human-animal bond. Most dogs enjoy tug, and there are a wide variety of tug toys available. Make sure you play on a carpeted, grass or concrete surface so neither of you go flying!
- **Agility.** Although, agility is usually done on outdoor courses or in large indoor spaces, you can practice at home. You can make your own course, using household supplies, such as broom handles, boxes, Hula-Hoops, and ottomans. Alternatively, consider joining a local club with an indoor agility space.

**And with all that exercise.....**



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# How Often Should You Bathe Your Dog?

By Kristina Lotz AKC

Published: Feb 23, 2023



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For a lot of new dog owners, it can be difficult to determine how often you should bathe your puppy or adult dog. The truth is, the answer depends on a lot of factors.

“How frequently a pet needs a bath greatly varies based upon their breed, lifestyle, length of coat, and how much homework a pet owner is willing to do,” says Beth Cristiano, owner of Pretty Paws LLC, headquartered in Harrison, N.Y.

## What’s Your Dog’s Coat Type?

The type of coat your dog has is a big factor in how often they require baths. However, it’s not as simple as the shorter the hair, the less bathing required. Hairless breeds, such as the Chinese Crested and the Xoloitzcuintli, are actually quite care-intensive, according to Cristiano, who says these breeds require weekly baths.

At the other end of the spectrum are the long-coated breeds, such as the Maltese and the Collie. “Obviously, the more hair a dog has, the more work is involved, including the frequency of the bath,” says Jorge Bendersky, a celebrity dog groomer, pet expert, and best-selling

author of "DIY Dog Grooming, From Puppy Cuts to Best in Show: Everything You Need to Know." He adds, "For dogs with medium-to-large coats, a bath could be needed from weekly to every four to six weeks, as long as the coat is properly maintained in-between baths."

But a breed such as the Puli, which is technically long-haired, is not bathed as often when corded. According to the Puli Club of America, "the Puli doesn't develop that typical doggie odor, and really, a Puli probably doesn't require as many baths as most other breeds."

So, what about dogs that fall somewhere in the middle? "Thick or double coats on breeds such as Labrador Retrievers, Golden Retrievers, Siberian Huskies, etc., naturally insulate the dogs seasonally," explains Monica Handy of Woofie's Mobile Pet Spa. "Overbathing could strip too much oil from the skin and disrupt this process. Using a product specifically for shedding will help avoid this."



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### Does Your Dog Have Specific Health Conditions?

If your dog suffers from certain health conditions, your groomer and/or veterinarian may suggest that you use medicated shampoo while bathing your dog. Even if your canine companion is healthy, a grooming regimen using products like de-shedding tools and brushes helps keep them that way. "All pets benefit from monthly ear cleaning and nail trimming," Cristiano comments. "Thorough coat-brushing and combing and conditioning are more integral to the pet's health than bath time."

Then, there's the health of the owner. "Sometimes the bath is for the human's comfort, not the pet's," Cristiano continues. "For owners who suffer from allergies, they'll typically react to their pet's dander, which can be managed with a weekly bathing routine." A dander-removing shampoo may also help manage human allergies.

### What's Your Dog's Lifestyle?

Bendersky notes that an active lifestyle may be easier with a short-coated breed, given that keeping the dog clean in-between baths typically requires less effort. "You can get away with giving short-haired dogs a good rubdown with a damp washcloth to remove the dirt that was picked up during a busy visit to the dog park," he says.

Of course, dogs that are playing in oceans, hunting in muddy waters, or herding sheep all day may end up needing more baths than pups that spend most of their time indoors — regardless of the breed.

At the end of the day, Bendersky offers this advice: "We should wash our dogs when they are no longer huggable."

## How to Clean a Dog's Ears

*By Anna Burke, AKC*

*Published: Jul 09, 2019 / Updated: Jun 25, 2021*



*Willee Cole / stock.adobe.com*



As pet owners, we know that keeping our dogs' ears clean is an important part of their care. But cleaning those ears can be challenging if our dogs aren't conditioned to accept ear cleaning, or we don't feel comfortable doing it.

Some dogs naturally have healthy, clean ears and may almost never need to have their ears cleaned, while other dogs require regular ear cleaning to prevent the buildup of dirt that can lead to ear infections. Dog breeds with long hanging ears, such as Basset Hounds and Cocker Spaniels, are among those with the highest risk of getting ear infections, but all breeds can develop them.

Checking the health of your dog's ears is something you should be doing on a regular basis. Your dog might enjoy having his ears rubbed when they are healthy, but if he pulls away from you, they may be sore. So, you can begin to assess their condition by gently massaging your dog's ears.

### How to Tell When a Dog's Ears Need Cleaning

Before you break out the dog ear cleaner, check to make sure your dog actually needs ear cleaning. Over-cleaning your dog's ears can lead to infection and irritation, so familiarize yourself with what a healthy, clean ear looks like (pink, odorless, and not dirty or inflamed) and smells like (not yeasty or stinky), and clean it only when you notice a change.

Some dogs require infrequent ear cleanings, while others, such as those predisposed to ear infections or dogs who spend a lot of time in the water, may need them often. The Merck Veterinary Manual recommends that the ear canals be kept dry and well-ventilated by using topical astringents in dogs that swim frequently and by preventing water from entering the ear canals during bathing.

If you notice a mild odor or see that your dog is shaking his head more than usual, it is probably time for a cleaning. And if your dog's ear looks red and inflamed, smells yeasty, or he appears to be in pain, contact your veterinarian. These symptoms could indicate

an ear infection, fleas, or ear mites, or allergies, and require medical attention. Cleaning an infected ear often causes more harm than good.



## Ear-Cleaning Supplies

You only need a few supplies to successfully clean your dog's ears: a cotton ball or gauze, dog ear-cleaning solution, and a towel. Avoid using cotton-tipped swabs (Q-tips) or anything with a pointed tip. These tools can shove dirt and debris deeper into your dog's ears, causing infections, and can even lead to trauma to the inner structures of the ear itself.

A note to the wise: Ear cleaning, while simple, can get messy. You may want to clean your dog's ears in a bathroom or a room that is easy to clean in case your dog shakes his head vigorously during the process.

## Dog Ear-Cleaning Solutions

The internet is full of homemade ear-cleaning solutions for dogs. However, veterinarian-approved ear-cleaning solutions are the safest choice. Some homemade ear-cleaning solutions contain harmful or irritating ingredients. Others simply do not do a good job.

Most veterinary offices carry ear cleaner for dogs. You can also ask your veterinarian what product they recommend for your dog, as

some solutions may be more beneficial for your pup's specific needs than others.



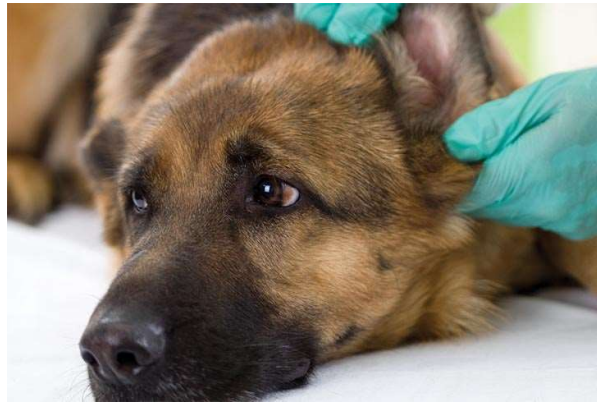
### ***How to Clean Dog Ears in 3 Easy Steps***

1. Assemble your supplies and your dog. Try to clean your dog's ears when he is calm, as this will help make the process easier. Do not be afraid to use treats to sweeten the deal.
2. Squeeze a veterinarian-approved ear-cleaning solution to fill your dog's ear canal and massage gently at the base of the ear for about 30 seconds. You will hear a squishing sound as the product dislodges debris and buildup. Do not let the tip of the applicator touch your dog's ear, as this can introduce bacteria.
3. Let your dog shake his head. This is where the towel comes in — you can use it to protect yourself from spray and wipe down his face. Once your dog has finished shaking, take the cotton ball or gauze and gently wipe out the ear canal, going no deeper than the depth of one knuckle. If your dog appears to be in pain during the cleaning process, stop and consult your veterinarian.

### ***Should You Use Hydrogen Peroxide to Clean Dog Ears?***

No. Do not use hydrogen peroxide on your pup. This common household product can cause irritation to healthy skin cells. Ears contain very sensitive tissue, and extended use of hydrogen

peroxide could eventually lead to damage of the ear itself. Stick to veterinarian-approved cleaners.



### **How to Clean Dog Ears: A Summary**

Now that you know how to clean dog ears, here are the basics one more time:

- Know what a healthy, clean ear looks and smells like.
- Check your dog's ears regularly after bath time.
- Cleaning ears too often can cause excessive irritation
- Use a veterinarian-approved ear-cleaning solution for dogs.
- Contact your veterinarian if you suspect your dog has an ear infection.

Taking care of your dog's ears helps prevent infections. Regular ear examinations will also catch any other problems, such as ear mites, before they get worse, and will desensitize your dog to ear handling.

### **How to Trim Your Dog's Nails Safely**

*By Harriet Meyers AKC*

*Published: Sep 29, 2022; Updated: Sep 30, 2022*

Nail trimming is an essential part of dog grooming, and trim nails are one clear sign of your dog's good health and hygiene. Professional groomers

will perform the task for squeamish owners, but dog nail trimming is a simple procedure if done correctly.

Since nail trimming can be an anxiety-laden experience for many dogs, start handling your puppy's feet and trimming their nails when they're young, so they become accustomed to the process. Some dogs will sit in your lap or on a table while you clip their nails, while others may need some form of restraint.

Luckily, you can make the process more fun for your dog by letting them lick peanut butter off a silicone wall mat while you handle the nails.



### Getting Your Dog Comfortable

In as little as one week, you can have one of those rare dogs who doesn't mind nail trimming one bit. But, if it takes your pup a little longer to get used to it, don't despair. Be patient, keep a gentle and positive attitude, and continue to offer praise and treats. Make sure to use safe, dog-friendly clippers or grinders.

It helps if you frequently touch and hold your puppy's paws (gently and cheerfully) right from the first day, so they won't become sensitive to having their feet handled.

- **Day 1:** Let your puppy sniff the nail clipper or grinder. Give a treat and praise.
- **Day 2:** Touch the nail clipper or grinder lightly on each paw. Give a treat and praise.

- **Day 3:** Touch the nail clipper to each paw and squeeze the clipper so the puppy hears the sound, or turn the grinder on and let the puppy feel the vibration. Don't actually trim a nail. Give a treat and praise.
- **Day 4:** Touch the nail clipper or grinder to your puppy's feet again. Give a treat and praise.
- **Day 5:** Try trimming off just the very tiniest tip from one front paw nail. Only do one nail. Offer lots of happy praise and a treat if your puppy lets you. Even if he lets you, just do one. Repeat every day until he lets you do this and doesn't seem to mind.
- **Day 6:** Try trimming just the tip off just two nails.
- **Day 7:** Keep working your way up, trimming additional nails each day, until you've got them all and your puppy doesn't mind. Practice even when you do not need to clip a nail. Even pretending you are clipping and going through the motions helps your dog get used to the whole process.



### Trimming Your Dog's Nails

There are several types of dog nail trimmers, including scissors, grinder tools specifically designed for dogs, and guillotine types. You can use whatever type you are most comfortable with, or whatever works best for your dog. It's a good idea to have some styptic powder or other clotting powder on hand to stop bleeding in case you cut a nail too short.

"If you've never clipped a dog's nails before, you may want to have your veterinarian or vet tech give you a lesson on how to do it," suggests Dr.

Jerry Klein, AKC's chief veterinary officer.



**1** Pick up one paw, and firmly but gently place your thumb on the pad of a toe and your forefinger on top of the toe on the skin above the nail. Push your thumb slightly up and backward on the pad while pushing your forefinger forward. This extends the nail. (Don't squeeze the paw!)



**2** Using your other hand, clip the tip only, straight across. Avoid clipping past the curve of the nail, or you risk hitting what is called the quick. A nick there is painful and will cause bleeding. It's harder to see the quick on darker nails, so clip only the hooklike part of the nail that turns down.

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**3** Examine the paw pads for foreign objects or injuries. In winter, clean your dog's feet after he has gone outdoors; this removes de-icing chemicals, salt, snow, and ice, which can injure the feet or make your dog sick if he licks his paws.

Here are the steps to follow to properly trim your dog's nails:

1. Pick up a paw and firmly, but gently, place your thumb on the pad of a toe and your forefinger on the top of the toe on the skin above the nail. Make sure none of your dog's fur is in the way.
2. Push your thumb slightly up and backward on the pad, while pushing your forefinger forward. This extends the nail.
3. Clip only the tip of the nail, straight across. Include the dewclaws, located on the inner side of the paw.
4. Avoid clipping past the curve of the nail or you risk hitting what is called the quick (the pink area of the nail that contains the blood vessels). A nick there is painful and will bleed. For dogs with dark nails, watch for a chalky white ring.

How to Grind Your Dog's Nails

- Grind your dog's nails using a safe tool.

- Only grind a small part of your dog's nail at a time. Support the dog's toe firmly but gently.
- Grind across the bottom of the nail and then carefully in from the tip of the nail, smoothing rough edges.
- For better control, hold the grinder higher up, towards the top.
- Keep your dog comfortable and take note of any sensitivities
- If your dog has long hair, make sure to keep it back from the grinding tool so it does not get caught.

### Failing to Cut Your Dogs Nails

Regular nail maintenance is more than cosmetic. Unhealthy nails can cause pain, and in rare instances, trigger irreversible damage to the dog.

A dog's nail consists of the living pink quick and the hard outer material called the shell. The quick supplies blood to the nail and runs through the core of it. Nerves in the quick cause bleeding and discomfort when cut. Regular nail trimming will cause the quick to recede from the end. Short quicks are the preferred length for the dog's well-being and easy maintenance.

Long nails can turn a sound paw into a splayed foot and reduce traction, and they can cause deformed feet and injure the tendons over an extended period. As the long nail hits the ground, the pressure puts force on the foot and leg structure. Some dogs wear their nails down and won't need to have them clipped as often.

**HOW ABOUT SOME PICS AFTER ALL THAT READING?**

**WELL, LET'S GO.....**



Some Pictures from our Saturday at the Specialty Shows



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## PVIWC List of Meeting & Events 2023

<b>January 8</b>	<b>Regular Meeting</b>
<b>January 12-15</b>	<b>Winter Celtic Festival Havre de Grace, MD</b>
<b>February 12</b>	<b>Regular Meeting</b>
<b>March 2019</b>	<b><u>St. Patrick's Day Parades and Festivals</u></b>
• March 4	Alexandria, VA
• March 5	Annapolis, MD
• March 11	Manassas, VA
• March 11	Gaithersburg, MD
• March 12	Baltimore, MD
• March 18 & 19	ShamrockFest
• March 18	Harrisburg, PA
<b>April 1, 2 &amp; 3</b>	<b>Specialty Harford County Equestrian Center, Bel Air, MD</b>
<b>April 2</b>	<b>Regular Meeting</b> - Following judging at Specialty
<b>April 17-20</b>	<b>Irish Wolfhound National Specialty Myers Park, McKinney, TX</b>
<b>April 21&amp;22</b>	Dills Celtic Festival, Dills Tavern, 237 Baltimore St, Dillsburg, PA
<b>April</b>	Faerie Festival,
<b>May 6</b>	Annapolis Irish Festival, Anne Arundel County Fairgrounds, 1450 General's Highway, Crownsville, MD
<b>May 6 &amp; 7</b>	Faerie Festival, 2200 Rocky Point Rd, Essex, MD
<b>May 21 1pm</b>	<b>Show Meeting@ The Montgomerys'</b> 800 River Rd, Sykesville. Female hounds and puppies are welcome (no intact adult males).
<b>June 10</b>	Carroll County Celtic Festival, Agriculture Center
<b>June 11</b>	<b>Regular Meeting</b>
<b>June 17</b>	Penn Mar Irish Festival, Shrewsbury, PA
<b>June 24 &amp; 25</b>	Celtic Fling <i>(with a concert on Friday night)</i> PA Renn Faire grounds
<b>August 13</b>	<b>Regular Meeting</b>
<b>September 2 &amp; 3</b>	Virginia Scottish Games
<b>September 17</b>	Fun Day
<b>October 15</b>	<b>Regular Meeting</b>
<b>November</b>	Maryland Irish Festival, Timonium, MD
<b>November 19</b>	<b>Regular Meeting</b>
<b>December 10</b>	<b>Holiday Party</b>
<b>December</b>	Druid Hill Winter Solstice 5Miler , Baltimore, MD