



PRESIDENT'S MESSAGE

Welcome to the fall edition of the News Buoy. I hope all members are safe, well, and making the best of life in the pandemic. The current Keystone Board of Directors was elected at our conference call Annual Meeting held Sunday, October 18, 2020. Several of our members are working hard to try and keep us all connected during this time. Unfortunately, several events had to be cancelled for safety reasons and the Board regrets not having been able to host those gatherings but feels that the decisions were in the best interest of our members and their safety. We do hope at our next Board meeting to try and work on next year's calendar of events while staying optimistic that life might return to normal soon.

We were able to host our water camp in June at Corderus State Park in Hanover, PA, and also our water trial in August at the same location. These were outdoor events and as such were considered low risk in terms of everyone being able to attend and stay safe.

It appears that in planning for the future there will be some changes in our calendar. Currently, the Supported Entry is slated for next fall at the Hatboro Dog Show in October which means the Board will be considering having our picnic in the spring. There are also plans underway for two eye clinics, water camp, and the August water trial. The Board of Directors welcomes all input and suggestions from its members and encourages any member to reach out to any Board member whenever they would like to see something discussed or have a suggestion to make.

Stay safe and be well.

—Judy Murray

2021 Board of Directors

Judy Murray, *President*; Jane McEwen, *Vice President*;
Shannon Antunes, *Secretary*; Harry Saltzer, *Treasurer*;
Sandra Caruso, Frann Dyer, Sandy Costello,
Barbara Weisman, David Wichterman

Mindfulness and Your Dog

Mindfulness has garnered tremendous interest over the past decade. Research suggests that mindfulness—the ability to live each moment as it unfolds and accept it without judgment—can help reduce stress and enhance health.

Perhaps one of the greatest psychological benefits of interacting with a dog is the opportunity it provides to be more mindful—to purposely focus your attention on the present moment.

Mindfulness is a component of many relaxation techniques, including yoga, deep breathing, tai chi, massage, reflexology, journaling, and prayer. You can also easily use the technique while walking with a dog. In fact, let your dog show you how. Notice how joyously present she is when out in the world: her head is up, her tail is wagging, and she's alert and taking it all in. She is open to new sights, smells, sounds, people, and animals. Each walk is an adventure.

continued on page 5



The Annual Water Trials

The Keystone Portuguese Water Dog Club held its annual water trials on Saturday, August 22 and Sunday, August 23 on Lake Marburg at Codorus State Park in Hanover, PA. Cynthia McCullough, from Houston, TX, was our judge.

Both days of the trials were nearly full with 25 entries on Saturday and 24 entries on Sunday. Every level from Junior to Masters was represented with teams from Georgia (Movers and Shakers PWDC) to Connecticut (Nutmeg PWDC) and everywhere in between.

The temperature for both days was near 90 degrees and the winds were light, which kept the lake calm. Saturday proved to be challenging for the Junior, Apprentice, and Courier levels—however, there were several near qualifiers. When the day was over, there were 5 teams that qualified: 2 Working and 3 Masters.

Sunday began with an early celebration as the one and only Junior entry for the day qualified! Unfortunately, the Apprentice and Courier levels didn't fare as well and only 1 Courier team qualified. Later that afternoon, 4 more teams qualified: 3 Working and 1 Masters.

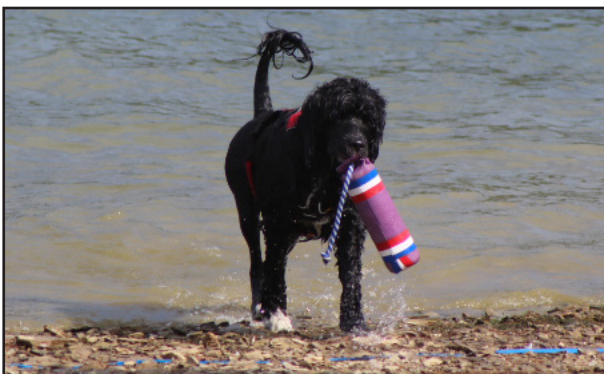
The Water Trial wouldn't be complete without our annual Sunday Raffle. As always, there were numerous unique and beautiful items. Ticket sales were brisk and generated \$435. Also, on Saturday, Frann and Chris sold \$656 of KPWDC merchandise.

The 2020 Water Trials will certainly be remembered for more than which teams earned a title. Earlier this year we debated if the Water Trials should be canceled due to the pandemic. Several PWDC regional clubs were forced to make that difficult decision.

Saturday night, the host hotel evacuated all guests due to several fire alarms. Then, when we arrived at Codorus State Park on Sunday morning, we were told the restroom facilities would be closed for the entire day. Thank goodness for the Cindy's personal porta potty which we quickly set up to create temporary bathroom!

Congratulations to all the participants and thank you to all of the volunteers who helped make the 2020 KPWDC Water Trials a success. We look forward to seeing everyone next year.

—The Water Committee



★ BRAGS ★

FLIP GCH Freestyle Turn the Page BN RN TKI RATS CZ8B SSN WWDX MAC2 Earned A Rally Intermediate leg via the AKC Virtual Rally program. He also completed jumping and games requirements toward his UKI Novice agility title also via their virtual program. Flip is loved and handled by Lisa Wilkinson. He is owned by Lisa Wilkinson and Jane Freeman.

MEARA, Skipjack's Royal Wave @ Oakhill earned her DCAT title in FastCat with a new time of 9.47 seconds (21.6 mph) on 9/28/2020. Meara is owned by Louann Tracy.



TJ and Joan Klingler earned their Container Excellent title in AKC Scentwork. TJ was the only one on the nine Exterior Excellent who qualified. He is 13 1/2 and loves Scentwork!

GCHB Ch NorthStar's **SET FIRE TO THE RAIN** CGC TKN DCAT earned his DCAT in Fast Cat on Oct 7, 2020 pending AKC approval and broke into the fast cat breed rankings at number 21. Lovingly called "Cyrus", he is owned and loved by John and Susan Soviero Bred by Carolyn K. Iraggi.

DREAMER, Windruff Dreamweaver CGC TKN ORT JWD, AWD Dreamer and Linda earned ORT, odor recognition title on August 16. We made a gallant try at our NW1 in September, missed 1 element, in October earned our AWD title. Not bad for a dog that had her first litter in January, lost both of her doggie roommates over the winter and spring. Owned and loved by Linda Strauch.

KERMIT McGunigle, "Bantry's Dapper di Nozzo, CGC, CD, CWD" earned his Courier Water Dog title at the Del-MarVa PWD Club water trial on Saturday October 3. He earned a second courier leg at the same trial on Sunday, October 4. It was a family affair. Handler was Mary Ann McGunigle and able Substitute Steward was Brian McGunigle. Kermit is owned by Mary Ann and Brian and

Linda J. Motta. Thanks to Judge Judy Murray and all the DelMarVa members who made this trial possible in a trying year. It was an outstanding job.

KIKI, Seaworthy's Love that Notorious RBG, CA, BCAT, ACT1, CGC, TKN, JWC earned her coursing ability CA title at the CHAMPS CAT trial in September and followed that up with her ACT1 agility course test title in October. Owned and loved by Cindy Miner

TALLY passed WWD for her second WWDX leg at the Delmarva water trial and she qualified for her Barn Hunt RATN title. Tally

is owned and loved by Sue Augat.

GH CH Freestyle Sunshine Daydream, **SOPHIE** who is owned and dearly loved by Sandra and Robert Caruso earned her USDAA SSA Title in agility (Starters Standard Agility) on August 8, 2020. Sophie didn't let the lockdown put a damper on her spirit and continues to sharpen her agility skills with Bob as her handler.

NIKO, CH Paragon-Hytide Wait 'Til The Midnight Hour earned his Champion Title on January 10, 2020 in Virginia with a 5-point major, being expertly shown by Michelle Scott. Niko continued to earn Grand Champion points; however, that was cut short by the COVID-19 shutdown. He plans to get back in the confirmation ring soon. Niko's owners, Sandra and Bob Caruso, could not be prouder of their handsome boy.

And finally a chuckle:

SKY, CndSand Up Up and Away mastered egg thievery. After opening a carton of eggs and eating six, Sky carefully carried an uncooked egg across the house, up the stairs and carefully jumped up to place it on my pillow without even a crack. Gotta love this breed! Sky is owned and loved by Lisa Mullikin and Kris Cofiell.

EVENTS

The past six months have been a challenge for everyone. Many events have been cancelled as we all work to control the spread of Covid. Looking forward to the next six months, KPWDC is hopeful that some Spring "in person" events will occur. In the meantime we are thinking "outside of the box" and exploring the idea of virtual events.

Our first virtual event will begin in January 2021. Meeting via Zoom, we will discuss the book *101 Dog Tricks, Step by Step Activities to Engage, Challenge and Bond with Your Dog*.

For those of you unfamiliar with tricks, AKC trick dog titles can be achieved.

<https://www.akc.org/sports/trick-dog/>

Get ready to discuss the book as we each set trick goals or merely share our plans for fun. Details to follow via email.



Word Play at Home: AKC Theme Word Search

Stuck inside? No worries! Race to finish this word search with your family or work alone! Let's see how fast you can find all of the words. Maybe even time yourself!

This word search is intermediate-hard level, with words reading up and down, forwards and backwards, and diagonal.

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E	N	A	T	P	O	O	Z	T	E	E	Y	R	Z	D	Q	J	E	K	U
V	I	C	O	T	I	K	I	D	F	D	I	O	T	I	V	Q	S	J	S
C	T	I	Y	Y	O	L	N	G	G	E	K	U	G	N	I	V	I	D	E
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N	O	O	B	E	D	I	E	N	C	E	X	E	H	C	Q	N	R	P	C
O	D	W	X	A	G	I	G	U	O	L	H	L	W	K	R	A	R	I	C

American
Kennel
Club
Leash
Bowl
Breeder
Canine

Fetch
Agility
Obedience
Dock
Diving
Breed
Conformation

Judge
Champion
Ribbon
Trophy
Terrier
Sporting
Nonsporting

Working
Herding
Toy
Hound
Group
Puppy
Pack

Socializing Dogs During COVID-19

Social distancing efforts create special challenges for dog owners striving to ensure their pets enjoy new experiences and are comfortable with social interactions. Family pets grow accustomed to their unique environments, and social distancing can mean fewer opportunities to expose dogs to different places, people, and activities.

During this time, families are still training pets in their household, including dogs that are newly adopted or in new foster homes. Whether a dog is young or old, new to the household or a seasoned family pet, socialization—preparing it to enjoy interactions and be comfortable with other animals, people, places, and activities—is an important part of responsible pet ownership.

While social distancing and other limitations are in place, modifications might be needed to normal socialization plans. A creative approach can still provide the benefits of socialization while also following recommendations for social distancing during the COVID-19 pandemic.

As always, if owners notice concerning changes in their pet's behavior, they should reach out to their veterinarian for a consultation. It could be a behavioral issue related to changes in the family's lifestyle or an underlying medical condition.

Tips for Socializing Dogs in a Socially Distant World

The following activities will help guide pet owners through dog socialization during COVID-19, helping to prepare their animals for life when physical distancing

is not the norm. During this process, it's important that pet owners reward engagement with praise, play, and treats to create a positive experience, which encourages pets to enjoy new experiences without becoming fearful or aggressive.

Go for a walk: This provides opportunities for exposure to a variety of new stimuli and experiences. Just like with other members of your family, be sure to maintain at least 6 feet of separation from other people and other dogs.

Go for a car ride: Short, consistent rides get pets used to traveling in a car.

Let dogs explore indoors: Allow them to inspect a variety of toys or common home objects. Be sure to supervise them so no injuries, chewing, or ingestion occurs.

Work with the crate: Acclimate dogs to their carrier or crate. The first step of crate training is helping pets recognize it as their safe space.

Prepare for veterinary visits: Get dogs used to different types of handling, such as playing with their paws, tail, or ears. This will help get them ready for nail trims, thermometers, medication, and other exam activities.

Maintain routine: Keeping a schedule similar to the usual routine will help now and when the family transitions back to normal life.

—American Veterinary Medical Association

Mindfulness and Your Dog

continued from page 1

Try this:

- As you start your walk, take a moment to bring your attention to the sensations in your body.
- Breathe in through your nose. Let your abdomen expand fully. Then breathe out through your mouth. Notice the sensations of each inhalation and exhalation.
- As you continue to walk, engage your senses fully. Notice each sight, touch, and sound. Savor every sensation.

- When your mind wanders—and it undoubtedly will—gently bring your attention back to the moment, including your dog's delight at being with you and outdoors.

Mindfulness is a lifelong practice that can help you to better appreciate simple everyday experiences like being physically active with your dog. By learning to focus on the here and now, you may find yourself less likely to get caught up in worries or regrets.

—Harvard Health Publishing

Helping Your Dog Survive During a Quarantine

Quarantine means no one goes out—and that includes your pup, unless you have a private outdoor space for them. Here's how to help your dog thrive while you're both stuck indoors.

The only good thing about Covid-19 is that the Centers for Disease Control and Prevention (C.D.C.), World Health Organization (W.H.O.) and other experts are in agreement that there are no meaningful signs that our pets can get this virus or spread it. That said, although our pets aren't getting sick, Covid-19 is changing the lives of pets across the country, especially for dogs and in particular those living in apartments.

Prepare Properly

If you are not yet quarantined and have time to prepare, think beyond toilet paper and instead, about supplies for your pets that you need to have on hand.

Heather Loenser, D.V.M. and senior veterinary officer at the American Animal Hospital Association, expressed concern that many pet owners weren't going to be prepared with the supplies that they might need if they weren't able to leave their homes for a couple of weeks. Pet food and cleaning supplies should be at the top of your list for things to stock up on. Dr. Loenser also advises pet guardians to plan to have extra monthly preventive medication for conditions like flea, tick and heartworm, as well as any prescription medication and specialty diets that your pet may need. If you are not yet needing to quarantine and your pet hasn't been to the vet in a while, now is a good time to go and make sure that your pet is up-to-date on all vaccines.

The Potty Problem

A primary issue for urban dogs who are quarantined with their owners is the inability to go outside to relieve themselves. This is particularly concerning for dogs who live in apartments and who, under normal circumstances, must be walked multiple times a day, as opposed to dogs in other parts of the country who are able to use their private yards. Under quarantine dogs in apartments are going to need to do their business inside.

Ettel Edshteyn, a certified trainer at Karen Pryor Academy and owner of New York City's Poodles to Pit

Bulls Clicker Training, says the easiest way to teach your dog to potty in your apartment (something you probably spent a long time teaching it not to do) is to act as if you are going outside.

To do this, you should prep for how "you would normally for a walk," she said, which can include grabbing a leash, bags and treats. Cue to your dog that this is business as usual, even if it's in a corner of your living room instead of down the block.

"Walk your dog to the area where you want them to go during a time when you think they need to potty," Ms. Edshteyn said. For most dogs, this happens in the morning, after exercising, after eating or after a nap. If at first your dog doesn't go, give yourselves a break and return to another area of your apartment to hang out. Then watch for signs that your dog needs to potty and try again.

For cleanliness and to protect the area of the floor of your apartment that you are designating as the potty area, you can use newspapers, commercially available "pee pads" or even fake grass or sod patches, which can be delivered. Dr. Loenser says that while having to potty your dog inside, it's important to "practice good hygiene yourself when handling any excrement or urine, not because of Covid per se, but because you don't want to become ill from other transmissible diseases, like giardia or leptospirosis, and tax an otherwise overwhelmed health care system."

Keep Them Enriched, Indoors

Although you might not be able to keep your dog as physically active while under quarantine, you can still keep your dog mentally exercised. Dr. Loenser advised owners to "consider getting puzzle toys or treat dispensers to use in the house."

Ms. Edshteyn suggested that you could "feed all meals from food toys," which would make mealtime more enriching for your dog.

Looking to distract yourself and your dog? Ms. Edshteyn said that training goes a long way toward stimulating and exercising dogs who were stuck inside during a quarantine. She suggested saving one of your dog's daily meals to use as rewards for training sessions. Dogs who are used to a lot of physical activity can handle more

physically demanding training such as physical tricks like spins, rollovers, sitting pretty or weaving between an owner's legs. If you and your pets are struggling, it's always a good idea to reach out by phone to your vet or dog trainer. You can even make puzzles for your dog with items you already have around your home. Two simple puzzles that will entertain your dog:

Box Puzzle: If you have been getting a lot of deliveries, you probably have boxes. With your dog in another part of the apartment, arrange empty boxes on the floor and hide treats in some of the boxes. Show your dog the boxes and let your pup use its nose to find the hidden treats. Rearrange the boxes with more treats.

Cupcake Puzzle: Take an empty cupcake baking tray and 12 (or as many as you have) tennis balls. Place treats or pieces of your dog's kibble into some but not all of the baking tray's cups, and cover all of the cups with the tennis balls. Show your dog the tray and see how long it takes for your dog to move the right balls to find the hidden food. Each time you play, change where you place the treats in the baking tray.

The Challenges of Isolation

Like people across the country and around the world whose lives have suddenly been turned upside down by Covid-19, dogs who are stuck in quarantine with their owners may experience stress and even depression.

Ms. Edshteyn said that "we might see an uptick in depressive behavior like trouble sleeping, losing their appetite, not wanting to play or seeming listless," but that some dogs might also "become more destructive and anxious, exhibiting behavior like increased reactivity, increased barking or difficulty settling." She added that increasing enrichment and structured playing inside the home could help. "Most of the time, dogs want something to do, and when that's taken away, they can struggle," she said. The same goes for their human companions.

—*Sassafras Lowrey is a Certified Trick Dog Instructor and author*

<https://kpwdc.org>

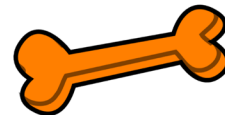
The News Buoy is produced by the Newsletter Committee: Shannon Antunes, Lisa Millikin, and Margaret Trejo.

DOG TREATS

TURKEY BALLS

3 cups Bisquick
16 oz uncooked ground turkey
4 cups shredded swiss cheese (other cheeses can be substituted)
1/2 cup grated Parmesan cheese
1 tsp chili powder
1 tsp garlic powder
about 1/3 cup water

Mix all ingredients together until a sticky ball forms. Shape into 1-1/2-inch balls (or use a melon baller). Bake on an ungreased baking sheet for approximately 20 to 25 minutes at 350 degrees. Just brown. Makes 6 dozen or so. Freeze after cooling. Take out ahead of time or nuke a few when needed.



PUMPKIN SNACKS

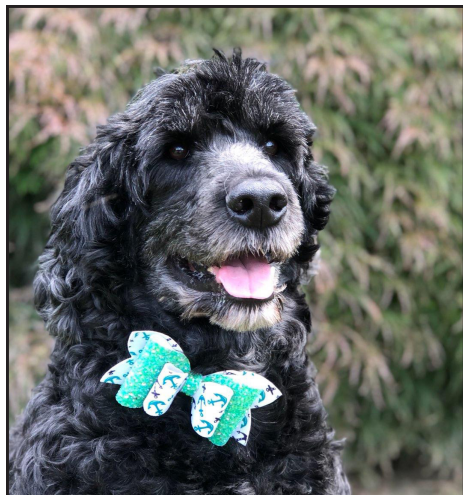
Blend well:
4 eggs
1 15 oz can of pumpkin
3 tbsp garlic

Add:
1-1/2 cups flour
1-1/2 cups cornmeal

Mix well. Put into a greased 9x13 pan. Bake at 350 degrees for 45 minutes. Store in refrigerator or freeze until needed.



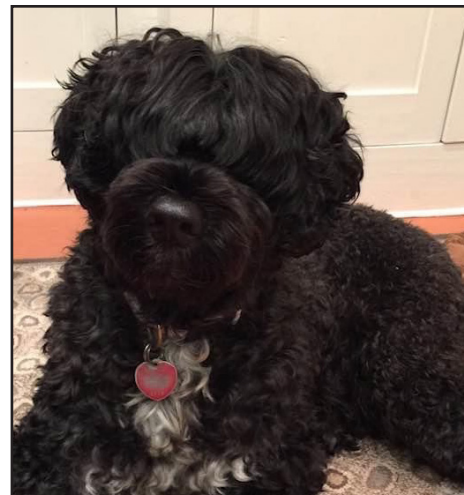
IN MEMORIAM



KORBY, CH Windruff Bud On Ice RN, was my gentle, sweet peacemaker. He was diagnosed with T-cell lymphoma in November 2019. With my wonderful vet's good care he was happy and comfortable for five months. Hopefully Stella was there to meet him when he reached the Rainbow Bridge on April 4. He was the consummate therapy dog. Loved by Linda Strauch.



"Neptide **STELLA** Maris at Lindor SROM, BN, CD, AX,AXJ, WDX, CWDX, RL3." Stella was my first PWD. I probably will never have another dog like her. She was wicked smart and very funny. I swear she could read my mind. Still miss her. Here we are last fall in Corning, NY and Lake Seneca. She crossed the Rainbow Bridge at the age of 12 and was loved by Linda Strauch.



Sweetwater **LILY**, CGC, age 14, crossed the Rainbow Bridge this Fall. Lily was a little lady, sweet and delicate. She was the firstborn of Morgan's 22 puppies. Always caring for her sister Charli, "Lickin' Lil" will be greatly missed. She was loved by Lisa and Bud Mullikin.

TECH CORNER

What Is Wild Apricot? About two years ago we began to notice some areas within the club that needed improvement. Although we had a website, many of the communication, event registration, and recordkeeping tasks were cumbersome and ineffective. Members began to have more interest in online payment and event registration. We wanted to provide a forum that would allow members to better engage with one another and benefit from the wealth of knowledge and experience among our membership. We knew we could do all of this and much more within one site. "Wild Apricot" was picked as the software we would use to create a brand new website that had the capability to meet the needs of the club and was also sophisticated enough to grow with us as our needs expanded.

When you hear the words Wild Apricot or WA we are referring to the website www.KPWDC.org that has always existed. Only the appearance and interactive ability of the site have changed.

Our website now allows online registration for events, membership renewal, payments, donations, viewing of meeting minutes. and much more. Although most areas

(such as events and the newsletter) can be viewed by the public, our membership directory and minutes cannot.

Being a member of KPWDC and seeing "member only" material requires that you log in and create a password. The login icon is in the top right corner of the webpage.

When you became a member you completed a membership application that is now your member profile. This information is viewable by members only. This information can be used by other members as a way to connect. For instance, you're thinking of trying agility. You can search for other members who have an interest in agility and reach out to get more information. The more complete your profile the more opportunity to engage with other members. I urge you to complete the profile in as much detail as possible.

This site is all about the growth of the club and improving our connectedness. Patience is the word of the day as we all get more comfortable with using this platform. Please reach out to me with any questions concerning the website and its use—I'm happy to help.

—Lisa, lmulliki@gmail.com

