



AMSCOPE

Newsletter of the American Miniature Schnauzer Club

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How Much Exercise Does a Dog Need Every Day?

If you own a dog, you have probably found yourself wondering “How much exercise does a dog need every day?” Depending on your schedule, that question might sometimes sound more like “How much exercise does a dog really need every day?”

As with people, the answer varies from dog to dog and is dependent on age, health, and breed. There are a few standard guidelines you can follow, however, to make sure that your dog is getting all the exercise they need.

How Much Daily Exercise Does a Puppy Need? Keep in mind a breed’s exercise requirements when choosing a puppy. It is not a good idea to buy an active dog breed unless you already lead an active lifestyle, and it is unrealistic to expect your Toy Poodle to join you for marathon training – unless you are pushing them in a stroller.

You might have noticed that your puppy gets a case of the “zoomies” several times a day. The zoomies are easily identified, and symptoms include madly racing around the house, sometimes at night, followed by collapsing into a puppy pile, preferably in your lap.

Puppies generally have more energy than adult dogs and so require more exercise in short bursts — like the zoomies. Since puppies are constantly growing, including several short walks or play sessions throughout the day is a safer choice than going for one really long walk, as this can be too hard on your puppy’s developing body. Ultimately, every puppy is different, and the more time you spend with your pup, the more you will learn about how much exercise and mental stimulation they need to keep them happy — and you sane!

Talk to your vet or breeder about how much daily activity is appropriate for your puppy, and don’t forget that exercise is a great way to train and socialize your new dog.

How Much Exercise Does an Adult Dog Need? Your dog’s breed heavily influences the level of physical activity they need. 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.

**The deadline
for the June issue is
May 8**

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By Anna Burke

Your dog’s health is also important. If your adult dog has a medical condition, such as hip dysplasia or heart or respiratory issues, talk with your vet about an appropriate exercise routine that will help them stay healthy without causing discomfort.

How Much Exercise Does a Senior Dog Need? Your senior dog might not be able to run as fast as they once did, and you might have to eventually restrict their run to a walk, but proper exercise is just as important for your senior dog as it is for your puppy. Talk with your vet about exercising your senior dog, and also observe their behavior. As the owner, you know your dog best and are the best judge of how much exercise your dog can comfortably handle.

Exercise provides all dogs with mental stimulation and keeps them active, which can help prolong their lives and reduce the risk of obesity.

Tips on Dog Exercise

“How much exercise does a dog need every day?” is often the first question owners ask. The second (and one frequently asked by owners of high-energy breeds) is “How do you exercise a dog?”

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

Hiking. Dogs love the great outdoors just as much as you do. Take your dog along on your next hiking adventure or explore some new parks and trails in your area.

Going With You When You Cycle. While biking with dogs isn’t appropriate for all canines, many dogs go with their owners when they ride. Cycling on the road is often dangerous, but many towns have bike paths where your dog can safely accompany you.

Joining Skaters. Whether you inline skate, Rollerblade, or skateboard, your dog can accompany you. Just be sure to skate in an enclosed area at first while training your dog for this new activity, and always wear appropriate safety gear.

Swimming. Most dogs love the water, and swimming is great for dogs with joint problems, as it provides low-impact exercise. A life jacket can help your dog stay in the water longer for an optimum cardio workout.

Fetch. Fetch doesn’t have to be boring. 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, Frisbees, or other prized toys to keep your dog on their toes.

Draft Work. Dogsledding isn’t just for sled dog breeds. Larger breeds often enjoy draft work, whether it involves a sled, a cart, or skijoring, and these activities are also fun for people.

Obedience. Obedience work might not seem like exercise at first glance, but practicing recall, retrieving, and reinforcing basic commands offers mental stimulation, as well as exercise. You can also teach your dog fun new tricks like weaving and spinning.

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 Lure Coursing, AKC Scent Work, AKC Agility, AKC Obedience, AKC Flyball, AKC Diving Dogs, AKC Schutzhund, and AKC 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.

Stairs. Running up and down the stairs a few times when you can’t get outside is great for building muscle. Just be sure not to push your dog too hard, as this exercise is just as strenuous for dogs as it is for people. Take special care with Dachshunds, Pembroke Welsh Corgis, and other dogs with longer backs and shorter legs; stairs may prove more challenging for these dogs.

Hide-and-Seek. Indoor games like hide-and-seek get your dog moving and provides mental stimulation. You can also work in a game of chase.

Treadmill. If you’re looking for a great dog exercise for high-energy breeds, look no further than 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 don’t rely on decent weather.

Tug. Games of tug, when played properly, build muscle and the human-animal bond. Most dogs enjoy tug, and there are a wide variety of tug toys available.

Agility. When we think of agility, we usually think of outdoor courses or large indoor spaces. However, you can practice at home. You even make your own course, using equipment made for the sport or using household supplies, such as broom handles, boxes, Hula-Hoops, and ottomans. Alternatively, consider joining a local club with an indoor agility space.

LOOK

Please let me know if you make a change

* **DECALS & PINS.** You can get **AMSC decals (\$1.00)** and **replacement pins (\$7.50)** from

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Report all changes to the Roster to
treasurer@AMSC.us

Bonnie Keyes
511 River Terrace
Endicott, NY 13760
(607)742-3828

Have you set up your Member
login
on our new, revamped website?

If not, go to <https://amsc.us/my-account/>
click on "Lost Your Password?"
to set up your account
using the email AMSC has on
record.

Please also update your contact
information for the
Member Roster in your Dash-
board
at [https://amsc.us/my-account/
my-profile/](https://amsc.us/my-account/my-profile/)

3 Reasons Peanut Butter Isn't Safe For Dogs (Or People)

If you know this, you know more than most
pet owners ...

Because most people don't know that one
of the top selling dog treats of all time is
really bad for dogs.

Like really bad.

Yet pet store shelves are stacked with
peanut butter flavored products. Peanut
butter cookies, peanut butter stuffing ...
and even those of us who choose to
bypass commercial foods, have been
fooled into thinking that the occasional
Kong stuffed with organic, sugar-free
peanut butter is an awesome treat for
dogs.

So if you've been feeding your dog peanut
butter as a treat, you might not like to hear
what I'm about to say. But I think when I'm
done, you might want to move peanut
butter to the naughty – and downright
dangerous – snack food list.

Here's why peanut butter is toxic to your
dog ...

#1. Most Peanut Butter Contains Aflatoxins (Which Cause Cancer)

Don't know what [aflatoxins](#) are? These are
naturally occurring mycotoxins that are
produced by a fungus called *Aspergillus*.

And peanuts have them in spades.

Mycotoxins are one of the most
carcinogenic (cancer-causing)
substances on the planet ... and they've
also been shown to be toxic to the liver.
Aflatoxin is known to cause liver cancer in
laboratory animals ... and it would probably
do the same in your dog.

And don't think you can avoid aflatoxins by
buying that fancy, fresh store-made peanut
butter ...

[According to Dr. Andrew Weil,](#)

A few years ago, Consumers
Union looked into the question of
aflatoxins in peanut butter and
found that the amounts
detectable varied from brand to
brand. The lowest amounts were
found in the big supermarket
brands such as Peter Pan, Jif and
Skippy. The highest levels were
found in peanut butter ground
fresh in health food stores.

But before you break out the Jif, you might
first want to read more ...

#2. Most Peanut Butter Often Contains

Harmful Fats

Trans-fatty acids are one of the most
toxic food substances today. Trans fats
are the result of a highly toxic process
that makes foods more stable,
allowing them to sit on shelves for an
extremely long time. Hydrogenation is
the process of taking a plant oil,
adding a nickel catalyst, heating it, and
then removing the nickel catalyst.

The result is a highly toxic fat that
causes diabetes, heart disease and
chronic inflammation.

You'll know if your dog's peanut butter
contains trans fats if it has
hydrogenated or partially
hydrogenated oils in the ingredients.
If it does, then don't buy it!

And as if trans fats weren't bad
enough, roasting nuts can also cause
the fats in peanuts to go rancid. So if
you must feed peanut butter, then at
the very least, make sure it's raw and
doesn't contain hydrogenated fats.

But of course, you'll still have to deal
with the aflatoxins ...

#3. Most Peanut Butter Contains Sugar

Think of white sugar as food for all of
the nasty things we take our dogs to
the vet for ...

... like [yeast](#) (candida), bacteria,
parasites – and cancer! The more we
eat, the more they feast!

Sugar can also cause diabetes, food
allergies, premature aging and low
level inflammation. And it feeds cancer
cells.

Speaking of inflammation, that's one
more reason why peanut butter isn't a
great snack choice for your dog ...

While peanuts are high in good
monounsaturated fats, their omega 6
to 3 ratio is terrible! One cup of peanuts
contains 35578 mg of omega-6 fatty
acids and only 196 mg of omega-3
fats. Omega-6 polyunsaturated fatty
acids (PUFAs) can trigger
inflammation, so too much is not
good. And the most common
inflammatory conditions in dogs
include allergies and [joint disease](#).

Sound familiar?

So why not skip the Skippy and give
your dog a bone – or dehydrated liver
and other more nutritious and
delicious snacks?

4 Words That Can Mean the Difference Between Life and Death

Written by Dr. Karen Shaw Becker

There are many great reasons to obedience train your dog using **positive reinforcement**, not the least of which is to keep him safe. A dog's ability to respond appropriately and reliably to certain verbal commands can mean the difference between life and death. These commands include:

- Come
- Sit
- Down, stay
- Drop it

Your dog should be trained to consistently and quickly respond to these commands every time you give them — no matter where the two of you are, or what's happening around you. Before we get to the tips and tricks for preparing your pooch to react correctly to these critical verbal cues, it's important to keep something in mind.

When you're about to teach a new behavior or reinforce a recently learned behavior with your canine companion, repeat this phrase to yourself: **"Make it fun!"** Training should be an enjoyable experience for both you and your dog. The key is to make your dog want to do the behavior rather than forcing him to do it, so use whatever will draw him into the game, including your voice, playful body language, treats, a toy, etc.

'Come'

Dog parents typically give the come command, also known as the recall command, when their pet is engaged in some activity she's enjoying. This is what often makes a simple command challenging to teach. Dogtime.com offers three easy-to-follow rules for training your dog to come when you call:¹

1. Only use the command when something good is about to happen to your dog — never when you have something planned for her that she won't enjoy. If it's too late for that, in other words, if your dog has already learned that come can mean a scolding or some other distasteful thing is about to happen, then you'll need to choose another recall command. Many people choose "here" or "now."
2. Always use an upbeat tone of voice when you call your dog to come. In worst-case scenarios, using your happy voice can be really hard to do.

But even if he's escaping out the front door and into the street, it's very important not to convey panic or anger, as it may discourage him from returning to you.

3. Know when not to use the recall command. The goal is to give your dog lots of opportunities to succeed at coming when called. While she's still learning, don't give a recall command when she's doing something fun and probably won't respond as you'd like.

In situations where your dog isn't likely to come when called, don't give her a chance to fail. Instead, go to her, and snap her **leash** to her collar or harness. Also, keep in mind that some breeds and breed mixes tend to block out the rest of the world when they're sniffing around outdoors. Until your dog is reliably responding to recalls, don't assume she'll come when she's off-leash.

'Sit'

If you're a dog parent, you already know how valuable the sit command is. It can prevent an excited dog from reacting inappropriately around other dogs or people, it can keep him safe on walks, hikes and other outings, and it can help you keep your sanity in certain situations as well! A very simple and natural way to begin training the behavior is to catch your dog in the act of sitting (since he does it throughout the day anyway, without prompting). When you see him going from a stand to a sit, say "sit," and reward him with a tiny treat.

"It'll take about 10 to 20 repetitions before your dog makes the association between what he's doing and the word you're saying," writes dog trainer Victoria Schade, *"but you'll soon be able to say 'sit' and have your dog respond."*²

Schade says you can also train your dog to sit using very small (bite-sized), **high-value treats**.

"Take a treat and hold it directly in front of your dog's nose so that he keeps all four paws are on the ground," Schade instructs. *"Slowly move the treat back over your dog's forehead, between his eyes, so that his nose follows the movement of the treat. As your dog's nose goes up, his rump will go down, and the moment his rear hits the ground, give him his treat."*

Repeat this move a few times, then stand still and wait for your dog to sit on his own in anticipation of another treat. If/when he does,

immediately give him the treat and heap lavish praise on him. Next, wait for him to begin his sit and say, "sit" as he goes down. Much like the catch-him-in-the-act sit, it will probably take several repetitions before your dog makes the connection between the word and the behavior, says Shade.

Make sure to never force your dog into a sit, as this can be threatening to some dogs, and confusing to others who may begin waiting for a physical cue (your hand on their back) instead of a verbal cue to sit.

'Down, Stay'

Imagine your dog is a bit of an escape artist who has **dashed out your front door** and across the street. Telling her to "come" in this situation is potentially disastrous because there could be traffic passing by. This is why "down, stay" is also a critically important verbal cue every dog should learn.

Your dog needs to respond right away to your "down, stay" command so that you can go to her, snap her leash on and bring her safely back across the street. This command is also a must-have for friendly dogs who have a habit of greeting everyone — large and small, young and old — by **jumping** on them. The AKC offers the following tips for teaching your dog to lie down:³

- The down command can be taught very similarly to the sit command by simply waiting for your dog to lie down on his own, catching him in the act and rewarding him with a treat. Follow this with a release cue to stand back up (many people use "okay"), offering a treat if needed and then wait for him to lie down again.

Once he's quickly lying down after standing up, begin giving him the verbal cue "down" right before he does so, and offer another treat once he's down.

- Another approach is to lure your dog down from a sitting or standing position by holding the treat to his nose and slowly moving your hand toward the floor. To start, give him the treat when his elbows touch the floor. Once he's following your hand consistently, bring your empty hand to the floor and offer a treat only after he lies down. Once he's reliably following your hand signal, begin saying "down" as you move your hand toward the floor.

- When your dog is consistently lying down on command, once he's there, say, "stay" and immediately offer a quick series of treats to keep him in the position. Start with a five-second stay fol

**NOMINATIONS OF JUDGES
FOR SPECIALTIES AND SWEEPSTAKES
SPRING 2025 / FALL 2025**

Please nominate two (2) judges for Regular Classes and two (2) different judges for the Sweepstakes classes. The full name of each nominee must be shown. Do not use nicknames or professional names. Addresses are not required. It is requested that, where possible, addresses for the Sweepstakes' nominees be provided on the back of this ballot to aid the committee in contacting them.

**BALLOTS MUST BE FULLY COMPLETED, SIGNED BY THE AMSC MEMBER, AND RETURNED TO THE CHAIRPERSON BY MAY 10, 2023. FAILURE TO COMPLY WITH ALL INSTRUCTIONS AS PROVIDED HEREIN WILL CAUSE YOUR BALLOT TO BE DISCARDED.
DO NOT NOMINATE ANY OF THE FOLLOWING PEOPLE FOR THE REGULAR CLASSES OR THE SWEEPSTAKES CLASSES FOR WHICH THEY JUDGED. THEY HOWEVER WOULD BE ELIGIBLE TO JUDGE THE CLASS THEY DID NOT JUDGE.**



Do Not Nominate these People

Sweepstakes Classes

- Marie Pletsch
- Cheryl Dugan
- Vicki Kubic
- Shawne Imler
- Dustin Wyatt
- Amy Gordon

Regular Classes

- Lee Whittier
- Chris Levy
- Mary Paisley
- Richard Powell
- Bergit Coady-Kabel
- Marcia Feld

1. _____

2. _____

MEMBER SIGNATURE _____
(REQUIRED)

PRINTED NAME OF MEMBER: _____
(REQUIRED)

Return Ballots to: Bonnie Keyes
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Endicott, NY 13760-5054
Or by email: maplewynd@gmail.com or Text: 607-742-3828
Ballot deadline: MAY 10, 2023
For questions please email me at: maplewynd@gmail.com

NEW APPLICANTS

Lisa Lavender

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240-454-4045

Lavender.lisa@yahoo.com

Facebook business: Dog Training with Lisa

Lisa would like to become a member because she is very much into the Miniature Schnauzer breed and is supportive of reputable show breeders. All her minis have come from a reputable show breeder and she wants to do her part to support the breed and breeders. She states that she has read and agrees to comply with the Breed Standard and Code of Ethics. Lisa is not a breeder. Her dogs come from Linda Drost of Attaway. She belongs to MVMSC and is a professional dog trainer with her own business and is a Veterinary Technician. Her Ch. Attaway Dots and Dashes hikes with her. Lisa has been a dog show handler finishing dogs to Championship, CD, CDX, UD titles. Her skills are knowledge of dog training and Veterinary medicine. **Sponsors:** Linda Drost, Amy Gordon

Connie Krohn

P.O. Box 117
Vonda, Saskatoon S0K 4N0
306-514-2349

canineartistry@gmail.com

Connie would like to become a member to connect with a community of Min. Schnauzer breeders/lovers and keep abreast of issues in the breed. She is a Breeder and has bred one litter in the past five years. Connie is a member of Canadian Kennel Club and Canadian Professional Handlers Association. She attends approximately thirty weekends of shows per year. Connie is also an outstanding artist. Her first Min. Schnauzer was purchased from Kate McMillan approximately thirty years ago and have always had at least two in her house since. **Sponsors:** Carol Henning, Jackie Harris

Elizabeth Rank

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Crystal Lake, IL 60012
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Beth0810@comcast.net

Such Fun

Elizabeth would like to join the AMSC to learn and be more involved with the breed. To be more aware and up to date on issues affecting health and breeding issues affecting the breed. She states that she has read The Breed Standard and the Code of Ethics and agrees to comply and support both. She owns a Min. Schnauzer bred by Dale Miller, herself and Kurt Garmaker. She has produced two litters in the past five years. Elizabeth is involved in Conformation, Obedience and Breeding. She will start to show again this year. She checked almost every box under the activities that she is willing to volunteer for. Her special skill is that she is an educator and a writer. Dale Miller is a dear friend and mentor. She states that her dogs are family pets first, but she is honored to continue learning about the breed. **Sponsors:** Dale Miller, Vivian White

Patricia Pierre

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PatriciaFPierre@aol.com

Patricia would like to join AMSC to help support the club and to learn more about the Miniature Schnauzer so she can knowledgably promote and advocate for the correct breed standard. She has read and agrees to abide by the Breed Standard and Code of Ethics. She would like to connect with other breed enthusiasts. She is not a breeder and has received all of her dogs from respective breeders. Patricia is involved in Conformation, Agility, Obedience, Dock Diving and Barn Hunt.

She attends approximately 60 events per year. She is a member of Oriole Dog Training Club (Chair) and Black Russian Terrier Club of America (Health committee, National Specialty 2022). She checked all the boxes for activities she is willing to volunteer for. Patricia is a Mathematician and Senior level Healthcare data analyst and researcher. **Sponsors:** Barbara Donahue, Shawne Imler

Shantel Julius Rischette

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Hastings, MN 55033
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Shantel.julius@gmail.com

Shantel would like to join AMSC to better represent the breed. She has read and agrees to abide by both the Breed Standard and the Code of Ethics. She owns three Standard Schnauzer, two are AKC and one is PAL registered. She also owns two AKC registered Miniature Schnauzers. She does not consider herself a breeder, but is involved in Conformation, Agility, Scent work, Rally and Barn Hunt. Shantel attends roughly twenty-four dog events per year. She is a member of Twin Cities Mini Schnauzer Club, Heartland Standard Schnauzer Club of Greater Twin Cities and Standard Schnauzer Club of America. As a veterinarian specializing in rehab, chiropractor, acupuncture she is very interested in the overall health of the dog and extending the quality of their lives as long as possible. She can offer assistance in education especially in sports medicine. **Sponsors:** Naomi Houle, Donna Bonnicksen

Vickie Boechler

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Spruce Grove AB T7X 1H4
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Vickieboechler06@gmail.com

Vickie has taken an active role in the development of Miniature Schnauzers since 2014 when she attended her first dog show to watch Kate McMillan show a dog they co-own. She has since then learned to strip, groom and show her dogs. She states that AMSC is part of the MS world and she should have applied sooner. She agrees to abide by the Code of Ethics and Breed Standard. Vickie co-owns dogs with Kate that are AKC & CKC registered. In the past five years her stud dogs have produced six litters and she has whelped two litters. She is Vice-President of the Miniature Schnauzer Club of Canada.

Skills are Program Planning, Evaluation, Computer Skills + + +, Chairing Meetings, Project Management, Research, excellent writing skills and Educator.

Sponsors: Kate McMillan, Krystal Mason

Kevin E Holmes

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Kevin.e.holmes@me.com

Kevin feels it is time to join AMSC because of his involvement in Miniature Schnauzers. He imported his first Mini from Spain in 2018. 2019 he imported a bitch from France and she was shown to her AKC Championship. Last year he had his first litter of Minis that produced his first bred by champion. He has read the Code of Ethics and Breed Standard and agrees to abide by them. He is a breeder and has produced 12 litters over the past five years. Kevin is involved in Conformation, Agility, Obedience, Stewarding and breeding. He attends approximately 50 dog events per year. Clubs he belongs to: Standard Schnauzer Club of America (current treasurer), Arizona White Mountain KC (past President), Affenpinscher Club of America (current Recording Secretary), German Wirehaired Pointer Club of America), Pincher-Schnauzer Club of Germany, Mid-Atlantic Stewards Association, Eastern Stewards Club, Inc and New Mexico Stewards Association. He states that Minis, even though a lot of grooming, are the breed for him. Kevin states that he is "over educated" with two Master's Degrees, three Bachelor's Degrees, among many other accomplishments.

Sponsors: Andrew Deer, Shawne Imler



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FOR YOUR CONVENIENCE: The following information is given to help conduct AMSC business, Please remember that the Secretary and AMSCope editor should BOTH be notified of address chnges.

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