



AMSCOPE

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September 2021 Volume 41 Issue 9

Running with Your Dog: 6 Tips for the Active Pet Parent

With the sun out and the warm weather officially here to stay, you might be thinking it's time to lace up those running shoes and take to the streets. You don't have to leave your pup at home though! Not only is exercise great for your physical and mental health, it's also incredibly beneficial for furry friends too.

They may look adorable napping on the couch all day, but your dog needs regular exercise just like humans do. Not only will jogging with your dog help maintain healthy body weight, muscle retention, and heart health, but it will also reduce the chances of destructive behavior such as barking and chewing on those new expensive running shoes.

Whether you are curious about how to start running with your dog or are a seasoned pro looking to perfect your skills, these tips will help you make sure your miles this summer don't go to the dogs.

Consider Your Dog's Needs

The first thing any pet parent needs to think about when teaching their dog to run is what types of physical activity is best suited for their breed. Running isn't the best exercise for all canines. Dogs such as Golden Retrievers and Collies are great long-distance running companions because of their large bodies, ability to follow commands, and friendly demeanor. In contrast, breeds with slender builds such as Greyhounds and Whippets are better equipped for short distances and big bursts of energy as opposed to a slow and steady 10-miler.

If you are the proud parent of a brachycephalic, or short-nosed dog, it is best to avoid strenuous exercise altogether. Along with short-legged breeds, pups like Pugs and Bulldogs tend to

lack endurance and the physical requirements necessary for extensive exercise. We recommend leaving these little guys at home when you head out the door for a run. Instead, try a nice walk around the block or a game of fetch – your dog will thank you!

By researching your dog's breed tendencies before hitting the pavement, you can assure yourself your dog is enjoying it as much as you are. Still not sure? Your veterinarian can also be a great resource to determine if your dog is built for running.

Get the Right Tools

Running with the wrong kind of leash is a lot like running with your shoes untied – it is less a question of if you will trip, but when. Making sure you have the right type of gear for you and your dog will keep everyone safe and sound all summer long.

A hands-free dog walking belt along with a collar or harness that doesn't restrict your dog's movement is a great place to start. These types of leashes are especially practical for pet parents who are new to running with their dogs, since it frees up your hands in case of an emergency.

A collapsible water bowl, clean-up bags, and a handful of treats to reward good behavior, help round out this practical running kit. By thinking ahead and planning for you and your dog's needs, you will be off and running in no time!

Be Patient

We all know the saying, "you have to walk before you can run," and nothing is more true when it comes to exercising with your canine companion. If your pup has not quite mastered properly walking on their leash, it is best to hold off on taking them out for a run. Be patient and take your time teaching them how to stay to one side, maintain speed, and avoid distractions before taking it to the next level.

Properly teaching your dog how to run next to you and listen to commands significantly decreases the chance of any issues or injury. Remember, it is a marathon, not a sprint, so take your time.

Check the Weather

That sunshine may be calling your name, but it isn't always ideal weather conditions for your dog. On those hot summer days, try running in the early mornings or late evenings to protect your dog from overheating or heat stroke. If midday runs are your thing though, opt for somewhere in the shade, like a forest trail, to protect your pup's sensitive paws from hot surfaces.

Don't forget to also check for signs of fatigue or overheating. Sluggish movement and excessive panting are key indicators that your pooch may need a second to catch their breath.

Start Slow

Now that you have spent the time to leash train your dog, what's next? Similar to humans, it is important to ease into any new exercise. You want to be sure you don't have your pooch do too much too fast. It's important to put together a training plan that makes a conscious effort to start slow.

You can make this transition by saving the long run for another day and instead plan a few short jogs throughout the week. This approach will allow your dog to become acclimated to the activity and help prepare for those more demanding runs. It will also give you a chance to see if your dog is comfortable running with you and if any further training is needed.

Over time, you will be able to increase your speed and mileage so that you both can progress at a safe, healthy pace.

Stay Healthy

This may seem like a no-brainer, but exercise needs to be fueled by proper nutrition. If you're regularly going on runs with your pup, make sure to feed a high-quality food.

Being proactive about your dog's health and wellness is just one of the many ways to ensure you and your running partner enjoy those miles together for years to come.

**The deadline
for the October issue is
September 8**

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LOOK

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Debbie Herrell
13445 Phal Road
Grass Lake, MI 49240
Phone: 517-522-4173
sercatep@yahoo.com

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

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

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Here's the link to the Members Section:

<http://amsc.us/members-log-in>

Please write down or save the User Name and Password as there is quite a bit of pertinent information in our Members Section.

UPCOMING SPECIALTIES

Roving – Grayslake, IL
June 19, 2021

Regular Classes: Peggy Beisel-McIlwaine
Sweeps: Mary Paisley

Montgomery County
October 10, 2021

Regular Classes: Bruce Schwartz
Sweeps: Tatiana Meyers

Roving – Northern Calif Terrier Assn
July 8, 9 in conjunction Sacramento
July 10, 11 in Lodi CA

Regular Classes: Marcia Feld
Sweeps: Amy Gordon

Montgomery County
October 9, 2022

Regular Classes: Bergit Coady-Kabel
Sweeps: Cheryl Coffman

375-Puppy Study Proves Dogs Really Are Mind Readers

Analysis by Dr. Karen Shaw Becker

Recent research led by scientists at the Arizona Canine Cognition Center at the University of Arizona, Tucson involving hundreds of puppies suggests that dogs are born with the ability to interpret a variety of human gestures, including pointing.¹ Most animals don't understand human pointing, which is considered a key to social intelligence. Even our closest relative, the chimpanzee, doesn't get it, but in canine companions, the ability appears to be inherited.

When we point at something, we're asking our audience to look at the object. This is considered a complex gesture, and scientists have known for over 20 years that dogs understand the logic behind it. What had yet to be determined was how dogs know to look in the direction we're pointing. Do they learn it from being around humans, or is it innate?

Study Evaluated 375 8-Week-Old Retriever Pups

The reason the researchers studied puppies is obvious — if social intelligence is genetic in canines, then it should be apparent at a very early age and without training of any kind. To round up such a large number of puppies, the scientists partnered with an organization called Canine Companions for Independence (CCI), which provides service dogs to people with post-traumatic stress disorder (PTSD) and physical disabilities.

For the study, from February 2017 through June 2020, CCI provided the researchers with 375 8-week-old Labrador and Golden Retriever pups (203 females and 172 males) who were just old enough to participate but were still eating, sleeping, and spending most of their time with their littermates and had not yet had much interaction or experience with people. Puppies being puppies, the experiments were hardly smooth sailing!

"Working with puppies is a lot like having young kids," study co-author Evan MacLean, director of the Arizona Canine Cognition Center at the University of Arizona told Science magazine.

"It's a balance between extraordinarily cute and rewarding moments, and frustration that leaves you at the brink of insanity. There is nothing that will not be chewed or peed on, including all of your research equipment, your clothes, and your body."²

Pups Naturally Follow Pointing Gestures, Make Eye Contact

The baby Labs and Goldens were put through three tests. The first was a classic pointing test in which the pups were placed between two overturned cups, one of which contained a treat, while a researcher pointed to the cup with the treat.

The puppies understood the human gesture over 66% of the time, which is on a par with the ability of adult dogs. Since the pups' performance didn't improve over a dozen repetitions of the test, the researchers concluded they weren't learning the behavior.

In the second test, the pups were placed in a large playpen while a researcher stood outside it and engaged in 30 seconds of upbeat chatter, using phrases such as "Hey puppy, look at you!" and "You're such a good puppy!" In response, the dogs spent an average of 6 seconds staring at the speaker. This type of eye contact is rare among animals, including gray wolves, and is considered foundational for social interactions with humans.

In the last test, the pups were taught to locate food in a plastic container, then the container was sealed with a lid. This is where the little guys and gals showed a lack of experience. Unlike adult dogs, who typically look to humans for help after a few seconds, the pups didn't seek assistance from the researcher. This suggests that while the ability to receive information from humans is innate, young dogs don't realize that they can ask us for help, as well.

'Human Mind Readers'

To validate their findings, the researchers first analyzed the dogs' pedigrees to determine how related each pup was to the others, then compared the results with their performance on the tests. They determined that approximately 43% of the variation in performance was the result of genetics, which is about equal to inherited cognitive traits in humans, such as IQ.

"It's about as hardwired as things in psychology come," said MacLean.

"It's a really high number for a complex trait like behavior — it's a pretty big deal," says Noah Snyder-Mackler, an evolutionary biologist at Arizona State University, Tempe, who wasn't involved with the study but has collaborated with

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MacLean in the past.³ He believes the findings suggest that people strongly selected for these abilities in the past, "paving the way for dogs to become the human mind readers they are today."

Heidi Parker, a geneticist at the U.S. National Institutes of Health's Dog Genome Project, who was not involved in the study, told Science magazine that Lab and Golden Retriever dogs are "pretty amiable," which is why it's important to use a wider variety of breeds in similar future studies.

I agree. Labs and Golden Retrievers have evolved to work side by side with humans at a level not seen in many other dogs, so it would be fascinating to explore how other breeds perform in the tests described above.

Earlier Study of Stray Dogs Showed Comparable Results

An earlier study supports the University of Arizona results. The study, conducted in India and published in *Frontiers in Psychology* in January 2020,⁴ found that 80% of untrained **stray dogs** "successfully followed pointing gestures to a specific location despite having never received prior training," according to a news release posted in *Frontiers Science News*.⁵

The researchers believe their discovery may have implications in reducing negative encounters between stray dogs and humans.

Dogs are probably the oldest domesticated species on the planet and have been intentionally bred over thousands of years for traits that are both desirable and useful to humans. As a result, today's domesticated dogs are highly attuned to human physical and **verbal cues**.

What the authors of the study wanted to learn was whether dogs understand humans through training alone, or whether some part of this ability is innate. Can a stray dog interpret certain human gestures having never been trained to do so, and having never laid eyes before on the person making the gestures?

Stray dogs running the streets isn't a common sight in the U.S., but it is in other cities around the globe, especially in developing countries. These free-ranging dogs watch and occasionally interact with people, but for the most part they behave as the wild, untrained animals they are. The result, sadly, is regular clashes with humans.

80% of Dogs Who Approached the Bowls Seemed to Understand Human Pointing Gestures

For the study, a team of researchers led by Dr. Anindita Bhadra of the Indian Institute of Science Education and Research in Kolkata, studied a total of 160 stray dogs living in several cities.

The researchers located solitary dogs and placed two covered bowls on the ground close to them. A researcher would point to one of the bowls, either just once or several times, and then record both the dog's response and his perceived **emotional state**.

About half the dogs didn't approach either bowl "even after successful familiarization with the experimental setup." According to the researchers, these dogs seemed **anxious** and may have had negative experiences with people in the past. In contrast, the dogs who approached the bowls appeared friendlier and less anxious.

About 80% of that group correctly interpreted the researchers' pointing signals, whether they pointed once or repeatedly, indicating the dogs were able to read complex gestures.

"We thought it was quite amazing that the dogs could follow a gesture as abstract as momentary pointing," Bhadra told *ScienceDaily*. *"This means that they closely observe the human, whom they are meeting for the first time, and they use their understanding of humans to make a decision. This shows their intelligence and adaptability."*⁶

Bhadra and her colleagues believe their study results indicate that dogs may have an inborn ability to understand certain human gestures. However, since anxious dogs wouldn't participate, the researchers feel more research is needed to determine how dogs' personalities (and/or perhaps past experiences) affect their ability (or perhaps willingness) to understand and respond to human cues.

"We need to understand that dogs are intelligent animals that can co-exist with us," said Bhadra *"They are quite capable of understanding our body language and we need to give them their space. A little empathy and respect for another species can reduce a lot of conflict."*

Montgomery/MCKC Show Week

Hotel Reservation Information Morris & Essex Hotel Edison Red Roof

860 New Durham Road
Edison, NJ 08817

732-248-9300 (hotel direct)

1. Block Name: B194AMSC.

2. To make your reservation: Call 1-800-733-7663 to book your room; open 7 days a week, 8AM-1 AM EST

3. Block room rate available until Friday, 9/3/2021; unclaimed rooms will then be released and group discount unavailable

4. Group rate is available for 10/3/2021 - 10/5/2021, combination of Deluxe 2 Bed and Superior King rooms, non-smoking, \$67.99 - \$80.74 per night, 14.6% tax not included

5. You must change or cancel by 9/3/2021 to avoid first night billings
MCKC/Hatboro/Devon Hotel
Homewood Suites Philadelphia/Valley Forge

681 Shannondell Blvd
Audubon, PA 19403

610-539-7300 (hotel direct)

1. Block Name: AMS

2. To make your reservation:

a. Click or copy this booking link:
<https://tinyurl.com/rbetrp96>

b. Call 1-610-539-7300, option "0"
3. Block room rate available until Sunday 8/29/2021; unclaimed rooms will then be released and group discount unavailable

4. Group rate is available for 10/5/2021 - 10/11/2021, combination of 1 Bedroom Suite Kings (\$149), 2 Bedroom Suites (\$199) and Studio Kings (\$129), non-smoking, 10% tax not included

5. \$75 non-refundable pet fee
Member Meeting and Social 10/9/2021
At this time, we are planning to have the member meeting and social at the Jeffersonville Golf Club, a short drive from the hotel. Additional information will be

available closer to the event.

Any questions, contact me at
barbaramd_2000@yahoo.com or 1-215-896-9666.

Barbara Donahue
MCKC Hospitality

NEW APPLICANTS

Grigore Beldean

8995 Camp Creek Rd.
Lucasville, Ohio 45648
Kennel name: V.Brukenthal

Greg would like to join to be in contact with other breed enthusiasts, to learn, and to help others. Also, to be a part of the most reputable breed club. He has been involved with Min. Schnauzers in conformation for more than 30 years and breeding for over 26 years. He attends more than 30 shows per year. His first purebred was a Giant Schnauzer in 1983. A few years later he purchased the first Mini. and started V. Brukenthal Kennel back in Romania. His goal is to breed to improve the breed by combining the European with American lines and increase the gene pool. He will help the club with good breed knowledge and history, good organization skills, good teamwork, and eager to learn as well as teach. Greg owns and operates a Transportation Company.

Sponsors: Gail Schnetzer, Andrew Deer

Kimberly Lamb

P.O. Box 476
Hampden, MA 01036

Kim would like to join AMSC in order gain more knowledge. She uses the AMSC website often but would like to have member access. She has been a breeder for 29 years and has had three litters in the past five years. Kim shows in Conformation (18 yrs.), Rally (5yrs.) and Barn Hunt (4 yrs.).

She has belonged to the Holyoke KC for over 20 years and is presently on the Board and several committees. She is also the current President of the Paul Revere MS Club and has been a member for 11 years. Her first show dog was co-owned with Geri Kelly. Geri taught her a lot about breeding and showing. She says the dogs are her family and the dog show people are her other family.

She is willing to help where ever needed.

Sponsors: Vicki Kubic, Pam Schott

Melissa Delatorre

Luis Delatorre
806 Centre Avenue
Lindenhurst, NY 11757

Melissa and Luis would like to join the AMSC so they can support the breed that they love and to support and be a part of the Schnauzer community. They have read and agree to abide by the Code of Ethics and Breed Standard. They are breeders of one litter in the past five years. Their Miniature Schnauzer breeder is Geri Kelly and their Giant Schnauzer breeder is Frances Faberge. They have been involved in Conformation for seven years and for one year in Agility. They attend 6-10 events per year.

They belong to the All-Breed Club: Suffolk County Kennel Club (Board member & Chairperson))

Group Club: Big Apple Working Group Club (Board members)

Parent Club: Giant Schnauzer Club of America (members)

Melissa and Luis are social and outgoing and are willing to help in any way to preserve our breed.

Sponsors: Geraldine C. Kelly, Vicki Kubic

Tammy Stannert

Scott A Dures
406 E. 5th Ave.
South Williamsport, PA 17702

Their interest in the AMSC is to absorb as much education it has to offer and also to support the preservation of the breed. They own Black Miniature Schnauzers bred by Geraldine Kelly. They are involved in conformation, agility and obedience and attend 12-18 shows per year. They are not members of any other clubs. Tammy is self employed business owner and Scott is a retired civil/engineer. They will use their skills to encourage others.

Sponsors: Geraldine C Kelly, Joanne Reidley

Going Back to Work: How to Prepare Your Dog for Being Home Alone

A pandemic dog waiting at the door after his pet parent went back to work and left him home alone.

With more and more people returning to work, and less staying at home all day, the question on many dog owners minds is "how do I prepare my dog for my absence?" Dogs are creatures of habit, and this past year many of our fur babies have grown accustomed to their pet parents working from home. Not to mention the surge in adoptions during 2020 where new dogs immediately grew accustomed to the work from home lifestyle with their new pet parents.

Any dog can get anxious with a drastic schedule change, especially when their favorite person suddenly is gone for long periods of time. Let's break down how you can prepare your dogs for "Post-Pandemic" life when you're away for work.

What Does My Dog Do When Left Alone at Home?

While your dog may get nervous when you're gone, it's hard to know exactly how anxious your dog is when you can't see them. According to Professional Animal Trainer and TV Show Host Joel Silverman, one of the the best ways to know how your dog reacts is to record them after you leave.

There are a couple of ways you can record your furry friend. Pet cameras and dog monitoring apps will give you a live feed to keep track of your canine companion. You can also set up an iPad or smartphone in the corner to covertly FaceTime your dog. Whether or not you record your dog, Silverman says that dogs will typically follow a similar pattern.

"When you leave, your dog usually goes to the door because that's the last place he saw you," Silverman explains. "After that, your dog will jump on the couch to look out the window before going back

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to the door. Pretty soon, the dog will start moving faster and barking because it gets more frantic.”

Of course, some dogs get more nervous than others. While some dogs will pace for a bit and settle down, others might start digging or chewing at the couch and engaging in destructive behaviors out of frustration or boredom. Puppies adopted during pandemic potentially can be even more prone to separation anxiety because they aren't prepared for a post-pandemic schedule and seeing less of you.

“Some dogs are like glue – they get very needy and attached,” Silverman says. “The dogs that are needy and codependent will struggle. There are also dogs that came from a bad situation with a person they didn't trust and now they have a new person who loves them and means everything to them. All of a sudden, you're gone, and that's difficult.”

How to Prepare for Leaving Your Dog Home Alone

Whether you adopted your dog during the pandemic or have been a pet parent for some time, it's important to help your best friend adjust to your new work schedule. This process involves taking steps to not only prevent bad behaviors, but also teach your best friend that it's okay if you're away. According to Silverman, there are a few different measures that are extremely important for when you return to work.

Crate train your dog to prevent bad behaviors

The best way to prevent dogs from acting out in your absence is to eliminate the opportunity for them to play out those actions. Dogs have a natural predisposition for enclosed spaces, so a crate gives them a place to feel comfortable. Meanwhile, your dog won't have the ability to play out nervous behaviors and let them escalate into bigger concerns.

“Preventative training is the ticket,” Silverman says. “By crate training your dog, you beat your dog to the punch before he develops those bad habits.”

You'll want to slowly train your furry friend that the crate, or any other space you have

set aside, is a safe area where he can relax. First, you'll want to find a dog crate that's big enough to let your best friend stand up, lay down, and turn around in a circle. You'll then need to take some time to teach your dog that the crate is a good place instead of simply closing them in there. The crate training process can take a few steps.

Put a dog treat in the crate or room and let your dog walk in and out of the space freely. Once he walks back out of the space, reward him with another treat to create a positive association with the experience.

After a day or two, allow your dog to walk into the space and gently shut the door after he walks into the room or crate. Keep your dog closed in for about 15 to 20 seconds and give him a treat as soon as he walks back out.

Over time, you can extend how long you keep your dog in the room or crate. This process can go from minutes to hours until your dog is completely comfortable being alone. Make sure to keep a treat or two in the space to continually reinforce positive feelings.

In addition to treats, you'll also want to have other items available for your furry friend. Silverman suggests putting toys and other items in the crate that your dog never gets to see or play with at other times. Allow your dog to focus on positive feelings instead of thinking about how you're away at work.

Help your dog adjust to your new schedule

If you know that you're heading back to work, even if it's just for a few days a week, you'll want to prepare your dog for that transition. A big part of that process is not being too predictable with your absences.

“Change is reinforcement to an animal,” Silverman explains. “You want to mix up your absences and become unpredictable so that your dog will get used to not knowing how long you'll be gone. The last thing you want is for your dog to anticipate your arrival and start barking and getting nervous.”

A good way to stay unpredictable is to change up how long you're gone from the house. As you prepare your dog,

leave the house for different lengths of time – 20 minutes here, a couple of hours there. As long as your dog is comfortable in a crate, that uncertainty will help him resist urges to act out because he's not eagerly anticipating your return after a certain amount of time.

Don't make leaving or returning a big deal. The times when you leave and come back home are notable events for your furry friend. However, it's important to not make a big deal when you're preparing to leave, or after you've returned.

A major part of getting your dog accustomed to being alone is normalizing your absence. If your dog gets overly worked up when you leave or come back, it will only reinforce that type of behavior. Instead, you want to show your best friend that coming and going are natural parts of the day.

The best way to encourage calm, collected behavior is to practice what you preach. Always stay calm when you prepare to leave or when you return. Keeping a relaxed demeanor will prevent your dog from feeding off your energy and encouraging anxious behaviors.

Interaction while you're gone

Just because you're leaving your dog home alone doesn't mean that someone can't interact with your dog. If you aren't able to head back home during the workday, there are still ways that you can spice up your dog's day.

Have a family member or friend check in on your dog while you're away.

Set up a remote pet camera where you can watch and listen to your dog from your phone. You can also enable two-way audio to talk to your favorite furball when he's anxious.

Give your dog a treat that will take a while to eat. For example, you can stuff a toy with treats so that your furry friend has to work for that extra reward.

Hire a dog walker to help your dog release some energy and enjoy some company when you're not available.

As with your schedule, it's important to mix up the times that these interactions occur. Impromptu visits will help break up the monotony without having your dog get used to certain expectations.



AMSCOPE

Carla M. Borrelli, Editor
1799 South Creek Road
Derby, NY 14047-9729

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PRESIDENT John Constantine-Amodei 2479 Sonoma Dr W Nokomis, FL 34275 Phone: 215-527-5437 john@adamis.org	SECRETARY Carol Hafner 576 East Quincy Ave Fresno, CA 93720-2125 Phone: 559-435-6207 cnhafnish@sbcglobal.net secretary@amsc.us	TREASURER Bonnie Keyes 511 River Terrace Endicott, NY 13760 (607)742-3828 treasurer@amsc.us
VICE PRESIDENT Vicki Kubic 513 River Terrace Endicott, NY 13760 Phone 607-725-3662 vickikubic@aol.com	MEMBERSHIP Debbie Herrell 13445 Phal Road Grass Lake, MI 49240 Phone: 517-522-4173 sercatep@yahoo.com	AMSCOpe Carla Borrelli 1799 South Creek Road Derby, NY 14047 Phone: 716-572-7010 cborr@aol.com
AMSC Web page: http://amsc.us AKC home page: http://www.akc.org/akc/		

