

# FVDTC

February, 2024



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# WAGGIN' TALES

David Lewis, Editor, [waggintales@fvdtc.org](mailto:waggintales@fvdtc.org)

## ***Donna Needs You!***

Help Wanted: We need an assistant for Donna Nuger's 7:00 pm Advanced Beginner class. Teaching is the best way to learn, and you earn work credits in the process. Please contact William Short ([dot@fvdtc.org](mailto:dot@fvdtc.org)) for details, or if you can help on an ongoing basis, or even week-by-week.

## ***And the AKC Wants You, Too!***

The AKC is seeking interested individuals to grow their Canine Ambassador program in your local areas. The program is a network of volunteers made up of local AKC-affiliated club members and experienced dog handlers who make presentations to children and the community. This program is a right fit for individuals who have experience with dogs, have a CGC-certified dog, and are already involved in educating others about dogs or would like to get involved. If you have any questions, please reach out directly to the AKC Public Education Department ([publiced@akc.org](mailto:publiced@akc.org))

To learn more about the Canine Ambassador program visit:  
<https://www.akc.org/public-education/canine-ambassador-program/>

## ***More Exclamation Points!!***

Starting in April, you'll start to see a bunch of younger-than-average dog trainers on training night. FVDTC is sponsoring the K-9 Buddies Club from 4-H. These folks will spend April learning obedience basics before moving on to Rally in May, and dog care and more later in the year. There is a year-long schedule of events, including training, classroom learning, videos and crafts.

If you, or someone you know, ages 9 - 18, would be interested, contact Donna Nuger ([youth@fvdtc.org](mailto:youth@fvdtc.org)) for more information.

## ***2024 Tracking Test***

The 2024 FVDTC Tracking test is on September 7 - 8. We are at a new site this year: Fitchie Creek F.P. on Russell road in Elgin. Come on out to watch or work. Email Kent Hildebrand ([tracking@fvdtc.org](mailto:tracking@fvdtc.org)) if you would like to work or just want some more information.

## Calendar

### March 2024

07	Thu	Regular Training Advanced Rally Workshop Puppy Ends (8:00pm) Adv. Puppy Ends (8:00pm) Beginner Ends (6:00, 7:00, 8:00pm)
13	Wed	Membership Meeting (via Zoom)
14	Thu	Regular Training Puppy Begins (8:00pm) Adv. Puppy Begins (8:00pm) Beginner Begins (6:00, 7:00, 8:00pm)
21	Thu	Fun Match
28	Thu	Regular Training
29	Fri	Agility Trial
30	Sat	Agility Trial
31	Sun	Agility Trial

### April 2024

04	Thu	Regular Training 4H Classes
07	Sun	Board Meeting (Zoom)
11	Thu	Regular Training 4H Classes Health Clinic Puppy Ends (6:00pm)
18	Thu	Fun Match 4H Meeting
21	Sun	Annual Dinner
25	Thu	Regular Training 4H Classes Puppy Begins (6:00pm)

## Fun Matches

We can always use stewards and judges for the monthly Fun Matches at FVDTC. Volunteer on the FVDTC web site at [fvdtc.org/volunteer](http://fvdtc.org/volunteer) or see Barb Misch ([matchsteward@fvdtc.org](mailto:matchsteward@fvdtc.org)) for more details.

## ***From the AKC:***

### ***How Much Exercise do Puppies Need?***

*Excerpted from the AKC Web: <https://www.akc.org/expert-advice/health/puppies-mental-physical-exercise/>*

Exercise is essential for physical and mental health, but only the right kind in the right amount for the right breed at the right time. Puppies and dogs need different levels of exercise, and a good guide is reassuring your puppy that new experiences are fun. At the same time, it's important to tailor your puppy's mental and physical exercise to their age, breed, and daily schedule.

But before taking your pup on any outings, you'll need to gradually introduce them to a leash or a harness. Walking politely without pulling you down the street is a life skill best learned at a young age. If you have a strong-willed, or large breed dog, this makes outings so much easier.

When your puppy can walk more than a few steps without going off in another direction, it's time to begin walking. Veterinary researchers recommend that puppies walk for five minutes multiplied by every month of their age, twice a day. The best time to take your puppy or adult dog for a walk is at least an hour after a meal. The time to digest food is crucial to absorbing the vitamins and nutrients in the meal.

Hold off on jogging or running with your puppy on a leash until it's mature. For small breeds, this is about 6 to 8 months; medium breeds 12 months; large breeds 12 to 18 months; and giant breeds 18 to 24 months old.

"The amount and type of physical exercise a puppy needs will vary depending on the individual dog as well as its size and breed," says Laurie C. Williams, BA CCUI CDTI, Owner and Director of Training and Behavior at Pup 'N Iron Canine Enrichment Center in Fredericksburg, Virginia.

For some puppies, fast walking tires them out too quickly. As long as your puppy doesn't want to stop and sniff every blade of grass along the route, let your puppy set the pace. Choose routes that expose your puppy to different surfaces, such as grass, sand, or soft gravel. Until your puppy's are accustomed to concrete surfaces, resist walking on sidewalks, as these can injure their feet.

Restrict repeated jumping exercises like tossing a ball straight up into the air or dock diving, which can injure a puppy's back. Once your puppy is fully mature, you can introduce these activities.

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