



Yaps & Yelps

Journal of Northern Suburbs Dog Training Club Inc
www.nsdogtraining.org.au

Aug Sept 2014 No 4

Congratulations



Maggie Young

to our
new

Life

Members



Jennifer Hamilton



Vickie Dean



Sharon Househam



Penny Dalzell

Welcome to our new members

14/06/14

Carol Bailey & Philip Brown with **Tashi**
Fiona Beckley with **Rosie**
Lee-Anne Carson with **Zuko**
Simon, Maddy & Nicole Courtenay with **Bailey**
Diana Denny with **Henry**
Lynne Laurie with **Sophie**
Anthony, Lillian & Jason Liu with **Coco**
John and Liz Nisbett with **Jorja & Joey**
Philip, Anne & Nicolas Parton with **Lennie**
Sophie Scamps & Adam Magro with **Milo & Ruby**

Diana, Olivia & Isabella Scott with **Lola**
Prad Somaiya with **Elsa**
Christine & Roy Young with **Cammy**
Mary Werick & Frances Dodd with **Lorenzo & Kingston**

28/06/14

Carolyn, Maria, Danilo & Danny Adriano with **Lola**
Karen Briggs with **Hugo**
Laurel Brown & Lincoln Glendining with **Finn**
Tom, Max & Alex Buckley with **Rollo**
Nicole Burton with **Marley**
Magda & Philip De Paepe with **Mookie**

Naomi Greer with **Max**
Robyn Hennessy with **Axel**
Luise Hollmann with **Daisy**
Andrea, Lara & Nadia Kupper with **Mischief**
Alex & Lauren Maclean with **Monty**
Kathy Metzroth with **Bailey**
Vanessa & Ivan Middleton with **Bob**
Kathy Pacella & Elizabeth Carletti with **Shadow**
Mark & Skaiste Rodriguez with **Gigi**
Ean Van Vuuren with **Taylor**

12/07/14

Sally & Jill Alldis with **Eddy**
Shannon, Sherrie & Peter Ashton with **Jack**
Elizabeth Bowden & Mark Taylor with **Kenzie**
Divya & Nunzio Cristaudo with **Lila & Roni**
Gordon & Elana Harris with **Axl**
Liz Hatcher with **Babe & Maggie**
Berry Hill with **Hannah**
Rob Mills, Bryony Ranford & Carla & Calvin
Ranford-Mills with **Tinkerbell**
Joanne & Greg Shaw with **Mozi**
Brian Shean with **Kayla**
Julia Wright & Francesca, Elliot & Terence
Copas with **Lila**

Sit from 'I could chew on this & other poems by dogs' by Francesco Marculiano

You want me to sit?
You'd like me to sit?
You need me to sit?
You're asking me to sit?
You say the word "sit"

You're pleading for me to sit?
You're saying louder for me to sit?
Like I have any clue what it means
But I love your enthusiasm
And so I jump up and down with joy
for the both of us

Our Club Equipment Shop

Need a different or more effective collar,
harness or lead?

Our instructors will advise what is most suitable
for your dog, will fit it & show you how to use it

We also have treat bags & club shirts for sale

The shop is open on Saturdays:

2.30 - 2.50pm & 4.00 - 4.30pm

on side veranda of clubhouse

**A notice will be
posted on our
website**

www.nsdogtraining.org.au

by 11am

if training

has to be cancelled

**due to extreme heat
or extreme wet weather**

Annual Club Awards & Trophies

A number of new awards & trophies will be presented this year.

To be considered for any of the Club Awards, copies of titles gained, together with your top qualifying score certificates should be placed as soon as possible in the appropriate Results File (obedience file for Obedience, Rally O & DWD Titles or agility file for Agility Titles). Both files are located in the office .

The qualifying period is from 1 November to 31 October each year. This allows time for Club officials to review all information supplied, work out the winners & have award plaques engraved before the end of each club year.

The Awards & Trophies will be presented at the Club's Christmas Party.

★ **Congratulations on your promotion** ★

Cheryl Ellison & Mulligan to 4th Class
Sharlene Chadwick & Carter to 4th Class
Rosemary King & Tugga to 3rd Class
Graham Jones & Herbie to 2nd Class
Kirstie Mowhannell & Captain to 2nd Class
Natalie Vogel & Pepper to 2nd Class
Brigit Degee & Indie to 2nd Class
Daniel Strenger & Quincy to 3rd Class
Megan Forsdick & Shadow to 3rd Class
Melissa Hunt & Franklin to 3rd Class
Phil Eccles & Bella to 2nd Class

Kirsty Gardner & Rusty to 3rd Class
Jennifer Edyejones & Susie to 3rd Class
Kathryn Byron & Paisley to 2nd Class
Camilla Jensen & Nalah to 2nd Class
Jennifer Paul & Tui to 2nd Class
Trish Hodkins & Kobe to 2nd Class
Christiane Austen & Badger to 3rd Class
Divya Christaado & Lila to 3rd Class
Don Darkin & Gus to 2nd Class
Stuart Wild & Lucy to 2nd Class

What Class am I in?

On the day you become a member of Northern Suburbs DTC
you will join one the following groups

Puppy Class for New Members with puppies under 9 months old
or

First Class for New Members with dogs 9 months old & over

After the first lesson for New Members, your classes are called

Puppy Class - Weeks 2, 3, 4, 5 & 6

and

First Class - Weeks 2, 3 & 4

Puppies are promoted to **Advanced Puppy Class** after **Week 6**
First Class dogs are promoted to **Advanced First Class** after **Week 4**

What's happening at NDSTC?

All members are welcome & encouraged to come & learn

Saturday 6 September 4pm at the Clubhouse

Obedience

Presented by **Judy Perrin**

Find out what it is, what is involved, why & how to train your dog

Saturday 27 September 4pm at the Clubhouse

Ticks & the Lyme Disease Controversy

Presented by **Dr Jim Thompson**
Turramurra Vet Clinic

Saturday 11 October 4pm at the Clubhouse

Earthdogs

Presented by **Louise Everitt**

Saturday 18 October 4pm at the Clubhouse

Herding

Presented by **Margaret Rocky**

Saturday 1 November 4pm at the Clubhouse

Rally O

Presented by **Di Hollett**

Please remember that it is a Dogs NSW requirement that all handlers should wear sensible footwear on the grounds and in class.

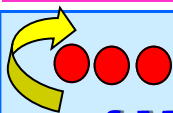
For safety reasons, high-heeled shoes, thongs, scuffs, sandals or bare feet are not acceptable.



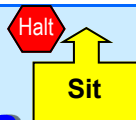
Dances with Dogs Classes

First Wednesday of each month at 6.30 - 7.30pm

Contact Instructor Penny Dalzell 9997 4518



Cancellation



of Monday night Rally O sessions

There will be no Monday night sessions **28 July - 25 August inclusive**

Sessions will resume from Monday 1 September 2014

Rally O training for all levels is available on Saturdays at 1.30 -2.30pm

Contact Instructor Ginny Legh 9489 1554



Farewell to a lovely lady

Mo Kramer

Mo was an instructor & friend at NSDTC for many years & those who knew her will be saddened to hear of her passing.

We remember her in class with her big Rhodesian Ridgeback, Shaka. He could see no logical reasons to do these silly exercises - he already knew all about it!

Mo tried every motivator ever thought of to entice him - her best was a frozen container of liverwurst which Shaka licked as he walked!

Then came Amy, her elegant & playful Rhodesian Ridgeback pup. Mo trained Amy at NSDTC & together they gained her CCD Title in 2009.

She taught pre puppy school classes at Fox Valley Vet Hospital for many years & was one of NSDTC's great puppy class instructors.

Mo moved to the Central Coast some years ago & enjoyed her retirement with Amy & Jambo. Unfortunately on 30 June 2014 she lost her battle with cancer.

Rest in peace Mo

A Healthy Dog is a Happy Dog

Improving the Quality of Life of Arthritic & Geriatric Pets

Our thanks to
**Dr. Jamie Geddes, BVSc CMAVA Veterinary Director
at Greencross Vets Ku-Ring-Gai & Patron of NSDTC**
for allowing us to publish this article

The age at which a pet falls within the geriatric category has increased over the last ten to twenty years. In the 1970's a dog or cat over the age of five to six was classified as a geriatric and any animal over the age of 10 was considered extremely old. Gradual improvements in animal health prevention, diet and general health management has seen pets fall into the geriatric category well past 8- 10 years. We would now consider an old cat to be above 16 years and an old dog to be above 14 years.

As everyone gets older, things begin to change. Joints get a little more painful, eyesight and hearing deteriorates, dietary and exercise needs alter and diseases that were never considered as a youngster start to arise. The key to maintaining the best possible quality of life for older pets is to be aware of the changes that take place and be able to diagnose, treat and control the issues as they arise.

Geriatric Changes

Dietary Requirements

As pets become older, their metabolism will generally decrease. They require less in energy density within their diets and a higher fibre content to ensure good working order of the intestinal tract. Geriatric patients require an altered intake of protein. Excessive waste protein is often detrimental as older kidneys are less able to excrete protein wastes. Thus a controlled level of good quality protein, that is utilised rather than turned to waste is often required. Fat levels in diets should be controlled but are not necessarily to be kept to excessively low levels.

Organ Function Changes

As age increases, organs that have been working steadily for many years start to wear out.

Eyes and Ears

Sight and hearing often deteriorate through normal physiological ageing as well as pathological processes. In the eyes, lenses become cloudier and more opaque and can develop full cataract formation. Retinas begin to wear out and corneas can become cloudy due to water accumulation in the corneal layers.

External, middle and inner ear changes can render reductions in hearing, although older patients can also increase their selective deafness. Dogs that have had chronic external ear canal disease and ear drum damage will often become partially or fully deaf.

Kidney Disease

Kidney disease is one of the most common organ dysfunction in older cats. Long term usage and exposure to bacteria and toxins can lead to the normal degeneration of kidneys. Unfortunately primary kidney diseases such as cancer, cysts and infection are also common.

The kidneys have 3 main functions; to conserve water, remove body waste and control blood cell production. The most common signs of kidney disease are an increase in thirst and urination and as problems progress, weight loss, bad breath and vomiting are often seen due to the elevation of body protein waste levels. Blood testing, ultrasonography and urine testing are all effective in evaluating the kidneys.

In some cases a mild alteration in diet may be sufficient to assist the kidneys. A low salt, low

protein and mild carbohydrate/fat diet is useful. In more advanced cases, further medical or surgical intervention may be necessary. Unfortunately, old kidney cells do not regenerate, the kidney just has to do more with what it has available.

Liver Disease

Liver disease is common in older dogs and can often be of little significance if managed properly. Low-grade cirrhosis and immune changes within the liver is considered by some to be normal and once more serious types of liver disease are ruled out, a simple dietary alteration may assist. Symptoms of liver disease can include, diarrhoea, jaundice, vomiting, weight loss and lethargy. As with kidneys, blood testing and ultrasound is very useful in evaluating the liver and further medical or procedural work can be undertaken to diagnose or control problems if required.

Thyroid Disease

Cats commonly get overactive thyroid glands and dogs will occasionally get under active thyroid glands. In cats, an overactive thyroid will occur most commonly due to a benign tumour of one or both thyroid glands, although malignant cancer is possible. Symptoms usually include weight loss, poor coat, increased appetite (but it will decrease in 10% of cases) and diarrhoea. Long term, overactive thyroids will affect the heart, as the metabolism increases the heart rate. The heart muscle will become thick in some areas (hypertrophic cardiomyopathy) resulting in reduced cardiac function and thin in other parts leading to clot formation.

Blood testing will confirm thyroid disease and problems can be treated by medical, radioactive or surgical intervention depending on the cause and other factors. Heart changes are harder to treat and whilst prognosis of hyperthyroidism is normally good, hyperthyroid induced cardiac disease has a poor prognosis.

Under active thyroid glands in dogs typically presents as a dog that is overweight, has poor exercise tolerance and seeks warmth. Occasionally skin and neurological diseases can accompany hypothyroidism. Blood testing will detect this problem and oral thyroid supplementation will easily fix the problem.

Neurological Changes

Senility, altered behavioural patterns and neurological episodes occur in older pets. As age increases, blood flow to the brain tends to decrease. Neurological pathways tend to slow down as nerves get older and less effective. Whilst most neurological changes are usually a normal part of getting old, some pathological changes can occur. Blood vessel ruptures, infection, cancers and other systemic diseases can affect the brain. Appropriate evaluation of neurological problems is necessary to differentiate between what is more likely old age and what may be something more worrying. It is now possible to assist dogs with senility type disorders with medication, such as Vivotonin, that increase blood flow to the brain.

Neurological changes outside of the cranium are also common. Chronic spinal disc degeneration and degeneration of peripheral nerves will lead to changes in posture, gait, comfort levels and walking. Neurological changes can often be mistaken for arthritis. Chronic cases will often respond to medication, more acute and painful cases may be surgical candidates.

Oral Hygiene

The mouth is a significant source of problems to older pets. Tartar build up from years of use, bacterial infections, gingivitis and inflammation of tooth roots and ligaments can cause significant oral discomfort, poor appetite and frightful breath. Furthermore, the gums and tooth roots are a direct access points to the blood stream and bacteria from the mouth can easily seed to the kidneys and heart valves. A recent US study has found that good oral hygiene directly correlates to an increase life expectancy.

Improvement of oral hygiene via dietary modification, ancillary aids (bones, chewies, mouth washes) and veterinary dental treatment will not only improve the smell and function of their mouth but also the overall health of the pet. Good oral hygiene is one of the most important challenges for older pets.

Cancer

Unfortunately with an increase in life expectancy comes the increase risk of cancer formation. Cancer comes in all types and forms. Benign skin cancers (warts, moles, dermal lumps) and fat cell cancers (lipomas) are very common and are just a consequence of getting old. These cancers should be assessed by physical evaluation and in required cases fine needle biopsy or full tissue biopsy to assess the possibility of malignancy.

Malignant cancers will occur in any part of the body and the most common symptoms, depending on the site, are the presence of a lump or mass, weight loss, lethargy, poor appetite, vomiting and diarrhoea. Full evaluation of abnormal masses and any abnormal clinical symptoms is essential to ensure that all necessary information is available before deciding on a course of action. Malignant cancer treatment can involve medical, surgical, dietary, chemo- and radio-therapeutic methods. The essential element in dealing with malignant cancer is to ensure best possible quality of life.

Arthritic Changes

Degenerative joint disease (DJD) is one of the most common diseases that face geriatric pets, both cats and dogs. DJD is a progressive, self-perpetuating, destructive process affecting weight-bearing joints. It is caused by abnormal forces acting on a normal joint or normal forces acting on an abnormal joint.

Joints are made up of soft lining surfaces (hyaline cartilage) and hard anatomical supports (bone). A joint is surrounded by a membrane, the synovium, which is rich in nerve supply but poor in blood supply (the synovium is thus very sensitive and slow to heal). The joint is bathed in a fluid, the synovium.

The process of degeneration of the joint occurs when the joint structures become inflamed. The synovium becomes thickened and inflamed, the bones become reactive and produce more bone (although very inefficiently and in a poorly controlled manner). Furthermore, the cartilage becomes eroded and the underlying bone changes further.

The signs of DJD include pain, swelling, lameness, muscle wastage and decreased range of motion. It most commonly affects the hips, elbows and knees. Diagnosis of DJD is usually through observation, palpation and imaging (x-rays, CT, MRI).

The aim of treating DJD is relieve pain and delay onset of progression of the disease. Weight loss, home nursing and care as well as environmental considerations are necessary. Medical therapy in the form of steroidal (cortisone) and non-steroidal preparation provides pain relief and a reduction in the inflammation. Cartilage protecting and stimulating agents such as poly-sulphated glycosaminoglycans can actually assist in repairing the damaged and eroded cartilage. Surgical considerations in the control of DJD are common in regards to hip dysplasia and knee abnormalities.

Aims & Methods of Managing Older & Arthritic Pets

Early Detection and Home Care

It is important to be aware of the changes that may occur in older pets. Early detection of problems is critical because small problems detected early are more easily controlled. In most

cases, a change in the normal behaviour and characteristics of pets may indicate that a problem has occurred. Regular monitoring of any pet will provide a great deal of information about their wellbeing.

Changes in appetite, drinking, urination and defecation are key areas that will often tell if something is not right. Furthermore, changes in ability to exercise, sleep patterns, daily routines and overall demeanour are important aspects to observe in the older pet. More obvious signs such as coughing, vomiting, and diarrhoea should always be noted with some suspicion.

Adjustments in home care for ageing and arthritic animals ensure that their environment is adjusted to their needs. Provision of appropriate shelter and warm bedding, preferably soft, level and elevated off the ground, as well as altering the availability of water, food and places to toilet will assist.

Controlled exercise is important to keep blood flow, lungs and joints moving. Elderly and arthritic pets are less likely to desire high intensity exercise and will often be happy with low level but frequent walks on flat, soft surfaces. Excessive bursts of activity may only worsen problems as joints and organs are asked to perform tasks they are no longer capable of.

Appropriate Diagnosis

Most changes in older pets, whilst being to some degree pathological, are par for the course and can be accepted as normal for the category. Unfortunately, some problems that may seem innocuous can really be life threatening. It is important to ensure that any signs or symptoms are evaluated before being considered normal for the geriatric category.

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*Please note: Exclusive Northern Suburbs
Dog Training Club Inc. Members only

Photo courtesy of Zoo Studio



Our June 2014 Dances with Dogs Competition



**Pauline Camp
& Sherman**



**Gila Levy
& Tessa**



Entry numbers were down but the performances were a pleasure to watch & some of the costumes outstanding.

It was great to see a young Rottweiler taking part - he & his partner won a place in both the Starters Heelwork & Free Style competitions.

Three club members took part & their performances were up there with the best.



**Judy Turley
& Georgie**

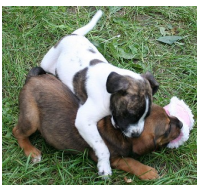
Puppy Pages

Please play with me!

Puppies learn by playing all sorts of games with their litter mates & interacting with more senior dogs.

Through play they learn what is socially acceptable, what hurts, how to stop rough play, what fun chasing can be, how to twist & turn to avoid attack, how to avoid solid objects, to climb & go under obstacles, how to ask another pup to play, how to approach a senior dog & to recognise when it's better to give in & walk away.

When a puppy leaves their mother & litter mates they are lonely & lost. Their human family has to fill the gap.



Puppies enjoy exploring everything & anything so make sure they can't get to anything which could be harmful, such as electrical cords, cleaning agents, poisons, fertilizers, snail or rat baits, toxic plants, soap or human medications.

You need to make sure you set aside time every day to play with your puppy. Two or three short sessions are better than one long one.

Get down on the floor & let your puppy clamber all over you, nibble (not bite) your ears, snuffle your hair & lick your hands. Show you enjoy this & praise the pup for being gentle.

Get your pup to sit between your legs then encourage them to roll over & get a tummy rub. This is a great way of getting them to settle down & relax. Teach cue words like 'roll over' & 'settle' for these exercises.



Find games -

- Have a few treats in your pockets & encourage the pup to 'find' them, reward with the treat & lots of enthusiastic praise.
 - Hide a toy or ball under your legs & encourage your pup to 'find' it. Again reward & praise every success.
 - When the pup has learned to stay or wait, you can play hide & seek. Tell the pup to wait in one room & hide round the door then call them to find you.
 - You can extend this by going to the far end of the house once you know the puppy will wait until called (or have someone else hold them whilst you go to hide).
 - Sit on the floor, with your back against a lounge chair & hide the toy behind you. Tell your pup to 'find'. When they succeed, give lots of praise & start a game with the toy.
 - Hide a few treats around the room (don't let the pup see you doing it). Show & give them one treat then encourage them to find the rest.
- Start with the treats close together. Once the pup understands the game you can hide the treats all over the room.
- Hide a toy, ball or treats under a bucket. Tell your pup to 'find' & get them to sniff round the bucket, then turn it over to get the reward.
- Once your pup knows the game, put out a few extra buckets with nothing under them & make the pup really search for the jackpot.



Tug games

- You can buy all sorts of fancy tug toys, but a cheap & easy way is to tear old sheets into strips about 7cms wide & plait them, tying a knot at each end.
- Remember tug toys belong to **you** - once the game is over put the toy away until **you** are ready to play again.
- When playing tug games, the puppy must do all the pulling - you are just the anchor. Never run around with the pup & a tug toy, you can injure their legs, neck & back very easily.
- If the game becomes too rough or the puppy becomes too excited & growly, produce a treat, say 'give' & do a swap. Once the pup settles down start the game again.

Ball or soft toy games

- **Don't throw** balls or toys up in the air or so they bounce. Roll them along the ground.
- For puppies a distance of a couple of metres is quite enough.
- It is essential they learn to bring the ball or toy back & give it to you.
- The easiest way to teach this is to play 'swap'. Have two identical balls or toys & entice the pup back by showing them the second one. As soon as the pup comes back with the first ball, say 'give', reward with a treat & roll the second one.
- Another idea is to teach the pup to put the toy or ball into your hand, this ensures the pup will return to you & wait with great excitement & anticipation for you to roll it again.
- It's also fun to have your pup sit or stand about half a metre in front of you & 'catch' the toy, treat or ball. This is good for their coordination & teaches them to focus their attention on you.

Tricks for fun

- Teach your puppy to **shake hands**. Get them to sit, gently touch the back of their foreleg & say 'shake'. Reward as soon as they lift their leg. Eventually all you'll need to do is give the cue word & they'll lift their paw. This is a great way of stopping them from jumping up on family & friends. Visitors will be really impressed at your polite, obedient dog!.
- Pups can easily be taught to **roll over** on cue. Get them to lie down. Have a treat in your hand, put the treat right in front of their nose, then slowly move your hand over their flank towards their back. Eventually the pup will roll onto their back & over to their other side. Choose a cue word for this & use it each time you do the trick. Give the treat & lots of praise as soon as they start to roll over, so they learn to associate your cue word with the rolling action.
- **Putting 'rubbish' into a bin**. Use things like a scrunched-up piece of paper, an empty plastic drink bottle & a piece of dowel. For the bin, use a shoe box or large ice cream can. Make this real fun. Get the pup to fetch a piece of 'rubbish', call them to you, then show them 'the bin', put your hand into the 'bin' & ask them to 'give'. As they drop the rubbish in to it, immediately praise & give a reward treat.
- **Touch**. This is a game that gets your puppy to focus their attention on you & your hands. Put a small treat in both hands & close them into a tight fist. Hold one hand towards your dog's face. As they touch your hand say 'touch', open your hand & let them take the treat. Repeat until the pup understands 'touch'. Now put your hand in a different position & again ask the pup to 'touch'. Each time the dog's mouth touches your hand they get the reward. Start with your hands level with the pup's head. Once they understand the game, you can move your hands into many positions, high, low, behind your back, etc. This is a great training aid as well. If your pup is not paying attention, ask them to touch your hand as you are walking along & wacko! you have their attention back on you. Don't forget, you must have a treat in your hand before asking them to 'touch'.



Chew toys

Puppies need to chew to alleviate the discomfort & pain they feel when they are teething. Chew toys are also useful in preventing loneliness & boredom when the pup is left alone for long periods. Toys like rubber kongs, smeared inside with peanut butter or stuffed with mince will keep them busy for hours. In summer you can freeze the kong - it lasts even longer & soothes sore gums. Big pig's ears or rawhide chews are great for massaging sore gums & help to keep teeth clean. Raw brisket bones or lamb flaps are suitable, but remember to reduce the pup's daily food allowance if they've eaten all the bone. **Never** feed **cooked** bones of any type.

A warning!

Stop all play if the puppy begins to bite, becomes at all aggressive or becomes overly excited. Give them 'time out' in a room by themselves for a few minutes. A puppy's favourite thing to do is play & if you stop when they bite or growl they'll quickly learn to stop the inappropriate behaviour so they can continue the game.

The Basics of Obedience

'Sit', 'Down', 'Heel', 'Stay' & 'Come'

To be a good canine citizen & to be readily accepted by today's society, all dogs need to understand these five basic cue words.

The first three are comparatively easy to teach. 'Stay' & 'come' often cause owners a bit more of a challenge.

Each dog learns at a different rate. Your dog's ability to learn may be faster or slower depending on their age, breed, temperament & the amount of practice you do.

Patience, practice, praise & rewards are your best teaching aids.

Once your dog fully understands 'sit', 'down' & 'stand' you can start to teach the 'stay'.

The 'stay' is actually two exercises combined - the position of either 'sit', 'down' or 'stand' combined with a 'stay'.

You need to:

- say the position cue word, for example 'sit'
- say the 'stay' cue word & at the same time give the 'stay' hand signal
- watch your dog closely & reinforce with another 'stay' cue at the slightest sign of the dog moving from the position. **Praise warmly & reward success** however slight.
- finally give the 'release' cue.

The 'stay' hand signal is made by bringing your open right hand across your body, with the palm facing your thighs until it is in front of your dog's nose at their eye level. A slight movement of your palm towards the dog's nose will reinforce the need to stay.

Be careful not to hit your dog's nose.

Do not swing your hand & arm outwards before bringing it towards your dog's nose. This movement may cause your dog to move forwards towards your hand & therefore move out of the position that you want them to stay in. Conversely it may cause your dog to move backwards to avoid contact with your fast approaching hand.

The 'release' is a cue word you give your dog to end the exercise. The 'release' word can be any word you like. Trainers commonly use 'OK', 'that's all' & 'you're free'.

Teaching your dog the 'sit/stay'

Step 1

- with your dog on lead, get them to sit beside you in the heel position. Praise & treat
- their front paws should be in line with your ankles
- give the 'stay' cue word as you give the 'stay' hand signal
- at this stage of learning, do not move from your dog's side
- watch your dog closely & repeat the 'stay' cue at the slightest hint that your dog is about to move
- hold the 'stay' position for no more than 10 seconds to begin with
- give your 'release' word followed by lots of praise & treats
- practise this exercise about 10 times every day & remember to praise!

Step 2

- Give the 'sit' voice cue & 'stay' hand signal & voice cue as before
- Take one step so you're facing the dog & directly in front of him, human toes to dog toes!

After 10 seconds step back beside your dog, making sure he remains in a sit. Praise & reward liberally.

Give your release word & again praise.

Your dog should be doing a reliable 'sit/stay' for at least one whole minute with you standing directly in front of them before you begin increasing the distance that you move away from them.

Increase the distance by one step at a time until you are at the end of a long lead.

Be patient but firm. If your dog moves out of position at any time calmly go back to them, reposition them if necessary & repeat the whole exercise but this time stay closer to the dog until you re-establish their stability.

Be sure that your dog is staying reliably for at least one whole minute with each step you take away from them. In other words increase the time & distance very slowly.

The 'stay' exercise is exactly the same for the 'down' & 'stand' positions.

The most important thing is to progress slowly - don't end up teaching your dog they can move out of the 'stay' position once you are one, three or ten steps away!!!

Use the same 'release' word after all stay exercises & remember to always wait a few seconds after you return to your dog before you give the 'release' cue.

The 'Come'

The first thing to remember is **you have to be more interesting & offer better rewards than anything else that's happening around the dog** - like other dogs to play with, fabulous smells, that pile of horse poo, the sandwich bag someone dropped, the birds that need chasing, the puddle of dirty water, the neighbour's cat sitting on the fence, etc.

Secondly, in the early stages of training, 'come' must always be associated with pleasant experiences. **A word of warning** - never use the word to call your dog to you if they've been naughty or you're about to do something the dog doesn't like - for instance, they've dug a huge hole or pulled the washing off the line or need a bath or are about to be shut in the laundry whilst you're out!

Training the 'come' begins with the dog on lead. Whist walking along, stop, take a few steps backwards & **at the same time** say 'Rover, come'. 'Come' should be said in a happy, exciting & welcoming voice - remember you've got something special for Rover when he reaches you!! Give a good pat & a number of treats when the dog reaches you. Then continue your walk & repeat the 'come' every four to five metres. Turn it into a game. Make it fun!!

When at home, inside & outside, always have treats in your pocket & randomly call your dog. It's an especially good idea to practice this at times when your dog is busy doing something they find very interesting. When your dog reaches you, take a gentle hold of the collar before giving the treats, so they don't learn to just touch base & run off again. Count to ten, then release them to go back to doing whatever they wish.

A very simple, enjoyable training exercise is a To & Fro recall. Two people stand about ten metres apart. One person calls the dog to come & instructs them to sit & rewards. Then the other person calls the dog to come & rewards. Practise this exercise in the house & garden. Most dogs love this game & in exuberant anticipation may madly rush back & forth, like a deranged yo-yo. To control this, the person who asked the dog to sit may gently restrain them by holding the collar until they are called again. Only the person who calls the dog is allowed to give a treat. We don't want the dog to think that all they have to do is charge up to someone & they will automatically dispense food.

It takes many weeks to establish a reliable 'come' response when your dog is running free in an off-leash park - excitement levels are too high. You will need to go to them & offer treats or a tug toy game. Remember take hold of the collar before giving the treats or playing tug.

Patience & practice are the key words - it will happen - it just takes time!

Trial Results

Your dog's Title achievement will be recorded in Yaps & Yelps on completion of a NSDTC Application for a Title Trophy form

Obedience

CDD = Community Companion Dog CD = Companion Dog CDX = Companion Dog Excellent
UD = Utility Dog UDX = Utility Dog Excellent O.CH = Obedience Champion

Jennifer Fahey & Lara
Jan Evans & Hero

29.6.14 CCD
22.5.14 CD

Rally O

RN = Rally Novice RA = Rally Advanced RE = Rally Excellent RAE = Rally Advanced Excellent

Russell Hunter & Zara
Karin Bridge & Gracie

April 2014 RA
Jan 2014 RN

Barb Rogleff & Jillaroo 29.4.14 RN

Agility

AD = Agility Dog JD = Jumping Dog SD = Snooker Dog GD = Gamblers Dog SPD = Strategic Pairs
O=Open X= Excellent M=Masters are added to the above as more advanced titles are gained

Janene Branc & Zirnon
Maggie Young & Jester
Michael Feigin & Toby

1.5.14 SPD
28.3.14 SD
16.7.14 JDM
1.5.14 ADX
1.5.14 SD
6.6.14 SPD

Barb Rogleff & Lyla
Noelle Deshan & Ned
Barb Rogleff & Jillaroo
Joyce Clark & Danny

5.7.14 ADX
27.3.14 SPD
6.5.14 SD
17.3.14 ADM
19.6.14 JDM
1.6.14 SDM

Geoff Woodman & Hamish 13.4.14 GD
28.4.14 JD
Marcelle Fitzgerald & Gabby 1.3.14 ADX



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**Dr James Thompson BVSc MANZCVS
Dr Philippa Wines BVSc
Dr Angus Donald BVSc (Hons 1st Class)**

**Australian Veterinary Association Practice of
Excellence in Customer Service Award 2009
North Shore Business Award - Outstanding Pet Care 2008**

All you'll need to know

- New Members - enrolment between 2.15 - 2.45pm every second Saturday. Please check the website for enrolment day dates.
- All dogs must be **FULLY IMMUNISED** (Veterinary Certificate required plus 2 weeks from date of last vaccination). Please read NSDTC Vaccination Policy overleaf.
- Junior Members are 12 to 15 years of age.
- Training equipment (leads, training collars, etc) can be purchased at the Clubhouse.

MEMBERSHIP FEES:

- Full year \$115.00 (for those joining between June & December)
- Half year \$60.00 (for those joining between January & May)
- If training more than one dog
\$20.00 extra per annum for second dog, third or more free
- Pensioners, Juniors, Instructors & Management Committee members
\$30.00 (no half yearly concessions)

ANNUAL RENEWAL of MEMBERSHIP is due by 30 June each year.

YAPS & YELPS: The Club journal is available at the enrolment table or can be viewed on our website www.nsdogtraining
Articles for Yaps & Yelps are welcomed & may be left at the table or emailed to The Editor, Ginny Legh at ginny.l@tpg.com.au

TRAINING is held in the Dog Rings at St Ives Showground every Saturday, February - November inclusive. NB. **No** training on Public Holidays

OBEDIENCE:

Saturdays 3.00 - 4.00pm Puppies, Adv Puppies, First, Adv First, Second & Third Classes

New member intakes for First & Puppy Classes - every second Saturday.
Please arrive by 2.15pm so paper work can be completed prior to start of 3.00pm classes

Saturdays 12.30 - 1.30pm Sixth (UD) Class

Saturdays 1.30 - 2.30pm Fourth (CCD & CD) & Fifth (CDX) Classes

Mondays 7.00 - 9.30pm Rally O training - Dogs to be **in 2nd class or above**

Wednesday 7.30 - 8.30pm Training for Instructors only

AGILITY: Beginners First Saturday of the month
All levels Saturdays 9.00 - 12 noon
Night Agility Mondays, **Adv level** only, 7.00 - 9.30pm

FLYBALL: All levels Alternate Saturdays 2.15 - 2.45pm

Dogs must be at least **1 year old & in Third Class or above** to start Agility

NB. Agility
New memberships
**can only be
accepted on
Saturday
afternoons**

NSDTC Inc VACCINATION POLICY

Up-dated September 2010

- NSDTC requires a minimum C3 (distemper, hepatitis, parvovirus) vaccination administered after the age of 12 weeks for all puppies less than 12 months old.
Please Note. A delay of two weeks after the final puppy vaccinations is required before puppies are permitted to join classes.
- All adult dogs (over 12 months old) joining or renewing, must have had at least a C3 vaccination administered after 12 months of age. Triennial (3-yearly) C3 vaccination is considered acceptable thereafter.
- Dogs joining or renewing over the age of 4 years that have not had a C3 vaccination in the preceding 3 years must be referred to the Club Vet officer or official nominee.
- Veterinary certificates showing adequate antibody titres* to distemper, hepatitis & parvovirus will be accepted by NSDTC for all adult dogs as long as they are dated within the preceding 12 months.
*Adequate antibody titres for distemper, hepatitis & parvovirus are considered to be > 1: 20
- As Bordetella & Parainfluenza (both agents causing canine cough) are not generally life threatening to healthy dogs, these vaccinations would be optional, but recommended & owners are reminded these may be required by boarding kennels.
- All vaccination & antibody titre certificates must be signed by a registered vet-

PARKING

- **Please park on the LEFT of the road as you enter the showground or near the picnic area beside the Douglas Pickering Pavilion.**
- The parking area on the right, nearer the Clubhouse, is for 'on duty' Club Members

CLUB & USE of GROUND GUIDELINES

These guidelines are for the benefit of all members & the general public who use St Ives Showground.

- All dogs must be on lead during club training times (except when off lead work is directed by an instructor during class).
- Dog droppings must be cleaned up & placed in a bin.
- Always wear your name tag.
- The dog rings are a leash free area EXCEPT on Saturdays.
- The main oval may be used for leash free exercise, so long as no other organised event is taking place.

PATRONS

Mayor of Ku-ring-gai, Cr Jennifer Anderson
Dr Jamie Geddes Dr Jim Thompson Dr Le Hammer

COMMITTEE OF MANAGEMENT

OFFICE BEARERS

President:	Vickie Dean	0411 751 186
Club Secretary:	Gael Goldsack	94873656
	(Postal Address - PO Box 426 Turrumurra 2074)	
Treasurer:	Ngaire Chant	0414 555 884
Vice Presidents:	Kim Dowding	9653 2045
	Maggie Young	9451 7986
Chief Instructors:	Judy Perrin	9449 7388 (Obedience)
	Jennifer Hamilton	9982 9029 (Agility)

COMMITTEE MEMBERS

Assistant Treasurer:	Kay Luke
Clubhouse Coordinator & Agility Liaison:	Pat Walsh
Council & Showground Liaison Officer:	Sandra Fry
Ku-ring-gai K9 Co-ordinator:	Sharon Househam
Membership Secretary:	Pam Rutledge
Asst Membership Secretary:	Vacant
Newsletter Editor & Archives:	Ginny Legh
Obedience Demonstration Team Coordinator	Nicholas Gray
Publicity & Website Officer:	Melinda Duker
Rally O Coordinator:	Ginny Legh
Training Equipment Officer:	Kay Luke
Training & Trial Equipment Officer:	John Jonker

Obedience Trial Sub Committee

Trial Manager:	Vickie Dean
Trial Secretary:	Nicholas Gray
Chief Steward:	Kim Dowding
Trophy Officer:	Denise Wigney

Agility Trial Sub Committee

Trial Manager:	Jane Hampel
Trial Secretary:	Tsuey Hui
Chief Steward:	Allison Harvey
Trophy Officer:	Maggie Young

Equipment Officers: Andy Seitz & John Jonker
Catering Officers: Kay Hogan & Sharon Househam

Education Sub Committee

Karin Bridge, Jennifer Hamilton
Di Hollett, Judy Perrin, Jacky Walker
Sharon Househam

Rally O Trial Sub Committee

Trial Manager: Tracy Geary
Trial Secretary: Karen Ortado
Chief Steward: Ginny Legh

Dances with Dogs Sub Committee

Manager/Secretary: Penny Dalzell Equipment: Ginny Legh Catering: Gael Goldsack

Inter-club Challenge Coordinator

Penny Dalzell

Enquiries re joining the Club:

Ginny Legh 9489 1554

Clubhouse telephone number **9440 2047 (Saturdays only)**

Please note this telephone has no message recording facility.

It will only be answered during training times

if the ring tone is heard by someone in the Clubhouse.

NSDTC DOGGY DIARY DATES



August - October 2014

Sat 2 Aug Normal training

Nominations for AGM close

Sun 3 Aug **NSDTC Agility Trial**

Sat 9 Aug New members intake

Sat 16 Aug Normal training

Sat 23 Aug New members intake

Annual General Meeting 4.00pm

Sat 30 Aug Normal training

Sat 6 Sept New members intake **Talk 4.00pm - Obedience - Judy Perrin**

Sat 13 Sept Normal Training

Instructors meeting 4.00pm

Sat 20 Sept **NO TRAINING - Mediaeval Festival**

Wed 24 Sept

Committee Meeting 7.30pm

Sat 27 Sept Normal Training

Talk 4.00pm - Ticks & Lyme Disease Dr Jim Thompson

Sat 4 Oct **NO TRAINING - October long weekend**

Sat 11 Oct New members intake **Talk 4.00pm - Earthdogs Louise Everett**

Sat 18 Oct Normal Training **Talk 4.00pm - Herding Margaret Rocky**

Sat 25 Oct New members intake

General Meeting 4.00pm



The minutes of General Meetings can be viewed on the noticeboard in the Club House