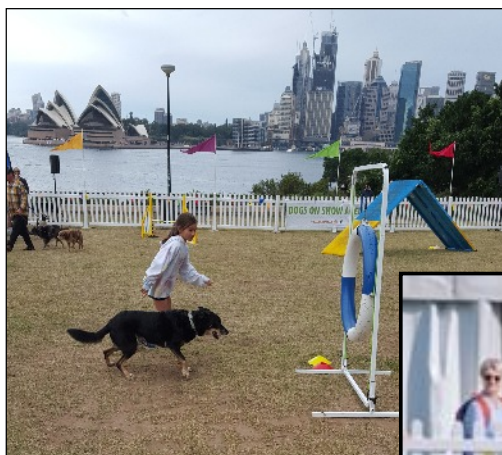


# DOG TRACKS

## Woof Woof Woof..... It's the Bradfield Bark



Where else in the world could you run an agility course with such a magnificent backdrop as Sydney harbour and the Opera House?

Setting up the agility ring under cloudy skies it looked as though rain may well ruin the day but miraculously the clouds passed over

and the sun shone on what turned out to be a brilliant day by the harbour. After our always popular agility demonstration the Club put on our first ever frisbee demonstration which met with great applause.



A ring had been set up next to the Club marquee and for the rest of the day we ran a "Have a Go" agility ring. There was a continual queue of dogs of all shapes and sizes wanting a go over the jumps, through the tunnels and over the A-Frame. A huge thank you to Jo and the agility members who manned the ring all day where patience was a virtue and a sense of humour a must.



Victoria and I manned the stand handing out flyers and homemade dog biscuits and telling people about the Club. The BB is such a well-run and popular event and one that Manly Clubs loves to be asked to participate in. There were dozens of stalls selling a myriad of dog merchandise, talks, demonstrations, music, competitions and great food. If you missed it this year make a note to join us there in 2020.



# The Number One Dog Ownership Myth That Might Be Harming Your Dog

by absolute Dogs May 13, 2019

## *The Rule*

There are few rules of dog ownership so enduring as the myth that you **MUST** walk your dog **EVERY DAY**! It is such a basic principle that it is practically set in stone. Everyone knows that this is the rule and that is why you see legions of dog owners and their dogs pounding the pavements on a daily basis.

Daily walks form part of the vision when you get a dog. It is something you accept as a standard part of dog ownership and embrace. We see it as good for both of us, getting us out into the fresh air with our dog and enjoying the great outdoors together. For some, it can be the most treasured part of dog ownership, getting them out and about, meeting new people and enjoying some time outside with their beloved pet.

But what if a daily walk is the very last thing your dog needs? What if a walk will do them more harm than good?

What if their daily walk could actually be so detrimental to them that it puts their health at risk?

## *The Stress Bucket*

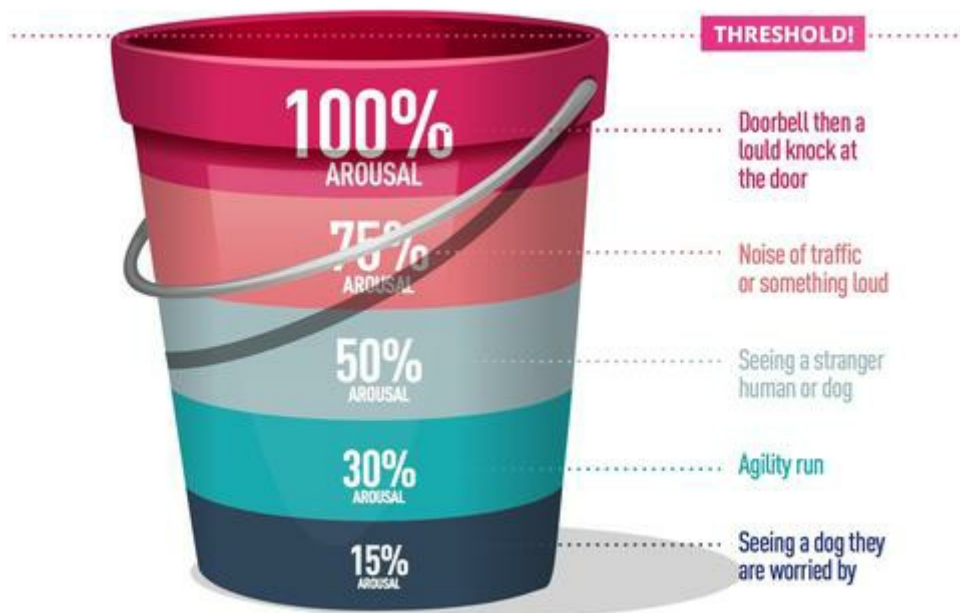
*“Nonsense!”* we hear you cry, *“My dog loves his walk. How can it possibly be bad for him?”*

Well, it all comes down to the Stress Bucket.

Our dogs have stress buckets and each interaction with the world, whether positive or negative, will pay into the bucket. Some interactions will pay larger amounts into the bucket, some smaller. Some interactions that pay into the bucket are obvious, like a trip to the vet or playing retrieve with a ball, but some things that might not even register with you, such as environmental matters like strange smells or noises, might be contributing to your dog's stress bucket without you even realising it.

It is important to note that whether an experience is positive or negative to your dog is entirely subjective to your dog. For example, a ride in the car can be a very positive experience for some dogs; others may find it hugely stressful. It is how they perceive and experience it, not what we think it should be. And both positives and negatives pay into the bucket, so we must always be aware that the bucket is filling constantly.

When your dog's bucket is close to full, any interaction, again whether positive or negative, can prove to be the one that makes the bucket overflow, and that is when our daily walk becomes a problem.



# ***How to spot a full bucket***

So how can we spot when our dog's bucket is full?

Dogs will show you that their bucket is full by presenting what are typically labelled as “problem behaviours” such as:

- Pulling on lead
- Barking
- Lunging
- Lacking focus
- Constant sniffing
- Disengaging from owner
- Jumping up
- Failing to recall

Presentation of a “problem” type behaviour is a classic sign that you are working with a dog with an over full bucket.

## ***Behaviours that come out of nowhere***

The problem can be though that we do not know that the dog's bucket is close to overflowing. We take them out for a walk, thinking that they are nice and calm, then out of nowhere - BOOM - they are barking and lunging and whirling about at the end of the lead. It seemingly comes out of nowhere.

But does it really?

When you look back over the last couple of days, you note the following:

- Your dog had a trip to the groomers which she finds stressful
- She had a long run in the park with her best dog friend
- Your grandchildren visited this morning - your dog loves a visit from the kids

What you don't realise is:

- You've been baking and your oven makes a sound that your dog finds unsettling
- There was a strange new smell on your walk yesterday
- The heavy rain falling today is amplifying all sounds to a level your dog finds uncomfortable

All of these things have filled your dog's bucket, then when that lead comes out for the daily constitutional, overload is quickly reached and unwanted behaviours occur. These are not behavioural or training issues, they are Stress Bucket issues.

## ***Be your dog's protector and guide***

So even if walking is your dog's favourite thing to do in the whole world, sometimes it is just not what they need at that time. Living with a constantly full stress bucket is not just detrimental to your dog's quality of life - it puts stress on your dog's bodily systems that can negatively impact on their health which ultimately impacts on their life span. That is why managing their stress bucket is so important.

Sometimes your dog just needs a chance to relax and empty their stress bucket. It can take up to 72 hours for your dog's bucket to empty. Bear that in mind if a particularly exciting event occurs, or if your dog has had a particularly high volume of smaller level excitements over the previous couple of days.



Don't mindlessly reach for the lead. Think:

- how does my dog react to walks in general? Do they find them generally positive or negative?
- how is my dog presenting at the minute? Calm, excited, nervous?
- what experiences has my dog had over the past couple of days that might have paid into their bucket?
- what we have done over the past couple of days that might have emptied the bucket?
- what hidden factors might be at play that I haven't accounted for?

And the big one:

- Is going for this walk in my dog's best interests?

If the answer is yes, awesome, head on out. But if the answer is a resounding no, or you are not sure, sit it out.

## ***At a loose end***

But what can we do if we don't walk? Surely being bored at home at the absence of a walk cannot be good for your dog either?

To live a happy and fulfilled life dogs need to be stimulated and enriched and exercise typically meets that need, but it is not the sole way of providing enrichment. Playing games can be an effective way to provide stimulation and enrichment when a walk isn't the right thing that day for your dog.

Choose games and activities that will help with emptying your dog's stress bucket and with building concepts that will help them on their future walks. Here are our top concepts for promoting great walks:

**Calmness** - calmness is key to emptying your dog's bucket. Let your dog kick back and relax in a quiet space with a filled Kong or a chew.

Sniffing is also massively calming to dogs. Scatter feeding your dog's dinner on the grass in your garden is great fun at any time, but can also provide gentle fun on days when walking is not an option.

**Focus** - a dog who is focused on you is not bothering about the picnic party across the park or the strange dog that has appeared in the distance. You can help your dog avoid situations that might pay into their Stress Bucket by transferring their focus on to you. And as always, there's a game for that!

Magic Hand is your friend here. With small pieces of food in your hand, hold your hand above your dog's head. When your dog looks at your hand, drop a piece of food from your hand for your dog to catch. Your dog will soon be so focused on that Magic Hand that they will not want to be bothering with anything else!

**Proximity** - you want your dog to know that where you are is where the party is at! Being close to you should always be the most rewarding place to be. With value in proximity to you, you can support your dog through anything that is challenging or worrying them, play with them and have the best fun with them, and just generally be working together as a team, rather than two separate entities walking in the same general direction attached by a lead.

Why not try out FUNDER - one of our top games for building value in proximity. Throw out a piece of food and as your dog finishes eating it, call them to you. As they approach, throw another piece of food through your legs. Let your dog run through your legs to get it, then turn to face your dog. As your dog finishes eating, call them and the process begins again.

FUNDER is amazing fun - your dog will love it and will be haring back to you joyously in no time!



## ***No walk, no problem***

For many dog owners, walking your dog is one of life's great pleasures. It is a chance to explore the world together, to get out and see things, to enjoy time in each other's company. Meeting other humans and their dogs can be very rewarding. It is a very social thing. It is something most people look forward to when getting a dog.

But if your walk dream has turned into a nightmare or if your dog's Stress Bucket is a little full that day and a walk just isn't what they need, don't be frightened to ditch that routine and sit your daily walk out. Be your dog's guardian and guide, make the call, stick to base and pull out some awesome games instead. Both you and your dog will feel the benefit.



# A Model Dog

Club member Anne Percent's beautiful champion white Poodle "Wren" obviously loving the limelight.



"Wren" and Anne's other Poodle "Jette" took centre stage in a fabulous six page fashion spread in the Financial Review magazine in April.

If you think your dog has what it takes to be a model there are a number of animal agencies you can contact.

Your dog doesn't have to be as glamorous as these two girls. From cute and cuddly to the the weird and wonderful, from tiny to giant talented dogs are always in demand for photo shoots, film and television.



# Looking After Long Ears

There are a number of different dog breeds with long ears and if yours is one it is very important that you practise good ear care.

You need to prevent the ears from dangling in the food bowl and accidentally getting chewed. It is important to keep the ears out of the food as stale food on the ends of the ears will not only smell but will also attract flies. The flies annoy the dog and fly bites can also lead to infections.

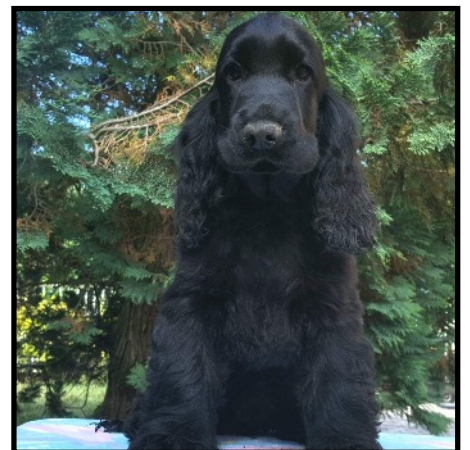
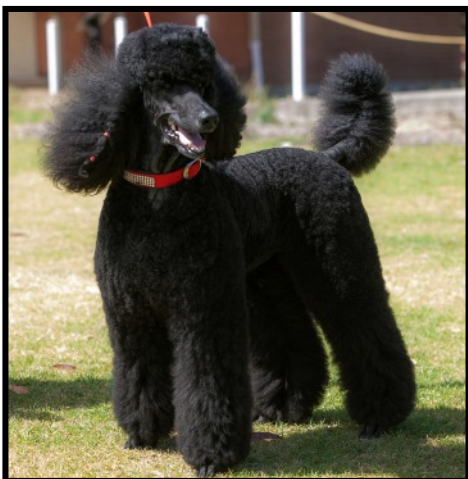


There are bowls with sloped sides which are ideal for water but for eating a snood is by far the best option. Snoods slide over the head and gently hold back the ears. Easy to make if you sew or you can always find them on line on Ebay or Etsy.

For smaller dogs you could cut the arm off an old T shirt and use a section if you don't want to buy or make one.

Your dog will quickly get used to wearing a snood and you can say goodbye to smelly chewed ears.

The other thing to consider with long ears is that as they don't get the air circulation like their pointy eared friends they are more susceptible to ear infections. Always make sure ears are clean and excess ear hair removed, a groomer will do this if you can't. If your dog is shaking it's head and scratching at it's ears, if they are smelly or have a discharge, go to the vet sooner rather than later.



# Sweet Potato Chews

**1 X Large Sweet Potato**, washed & dried

Preheat oven to 120° C

Line a tin with baking paper.

Cut the potato into slices about 1cm thick

Place on baking tray and bake for 3 hours, turning half way through.

Cool completely on a wire rack.



Although these treats are dried, keep them in the refrigerator for up to 3 weeks. You can freeze them for up to 4 months.

**Degree of Chewiness** – Baking for 3 hours results in a soft, but chewy dog treat. If your dog prefers more of a *crunch*, then bake for an additional 20-30 minutes. When you take the sweet potatoes out of the oven, they may at first appear to be too soft. Let them cool completely on a wire rack before you decide whether or not to bake them longer. This is because they will continue to dry or harden while cooling.



## Consider Your Kibble

The choice of which kibble to feed your dog can be very confusing, there are dozens of brands out there all spruiking themselves as the best. Some puppies come with a complimentary bag of kibble, a great marketing ploy, and vets, funny how they all stock the same brand, but is it the one you should choose?

When considering which kibble is the right one for your dog do your own research. Many are stuffed full of fillers which offer little nutritional value, check the origin, check the number of recalls the brand has had, compare ingredients and read reviews. You may be surprised at what you find and pleased that you have taken the time to discover which brand is best for your dog.



# Promotions

## Obedience

### Beginners to Class 1

Tim Blackie & **Billie**  
Lauren Jones & **Zoey**  
Karen Carey & **Eddie**  
Johnny Mrljak & **Franklin**  
Brian Donges & **Tiger**  
Patrick Moran & **Blue**  
Mieko Takami & **Bool**  
Shann McKnight & **Jazzy**  
Jill Connell & **Zephyr**  
Julie Freeth & **Ben**  
Jasmine Hargy & **Charlie**  
Gunnar Haid & **Tillie**  
Melissa Luthy & **Pippi**  
Lisa Harris & **Molly**  
Nicholas Pilarski & **Elmo**  
Jenny Slavec & **Tori**  
Sarah Ransom & **Penny**  
Charlotte Ross & **Bella**  
Debbie Cooke & **Murphy**  
Sylvelin Post & **Sunny**

### Class 1 to Class 2

Samantha Taylor & **Theo**  
Ashleigh Fulton & **Benji**  
Penny Soogood & **Bronte**  
Debbie Coole & **Murphy**  
Daria Hashemizadel & **George**  
Jane Leonard & **Felix**  
Robert Moran & **Coby**  
Helen Evens & **Marley**  
Shae Doherty & **Rio**  
Lauren Campling & **Scout**  
Satomi Nakayama & **Ken**  
Norma Jarman & **Manu**  
Henry Hughes & **Kodak**  
Andrew Pietor & **Mars**  
Gillian Cappaletso & **Tahli**

### **Class 2 to Class 3**

Jenny Jackson & **Arlo**  
Tania Walton & **Bella**  
Robyn Russell & **Aurora**  
Chris Nettle & **Elsa**  
Leif & Mari Kivela & **Arnie**  
Charlotte Welch & **Nutmeg**  
Liz Jones & **Oki**  
S Frost & **Sadie**  
Bill Brown & **Missy**  
Alister Berry & **Thor**  
Colleen Uren & **Riley**

### **Class 3 to Class 4**

Christine Nettle & **Elsa**  
Rebecca Lumley & **Hughy**  
Steve & Wendy Doherty & **Jessie**  
Elizabeth Lees & **Paddington**

## **Braggs**

Victoria Gore & Bella at Metro Midweek - Rally Masters

Victoria Gore & Orla at Metro Midweek - Rally Advanced

Victoria Gore & Bella at N Sub DC - Rally Masters

Victoria Gore & Bella at Hills DTC - Rally Masters

Victoria Gore & Orla at Hills DTC - Rally Advanced & **Title**

Nick Heygate & Jimmy - **Agility Champion**



# Welcome to Our New Members

Ren Astono & **Poncho**  
Corrina & Billy Bouman & **Bear**  
Cate Burton & **Maggie**  
Kristen & Ryan Butcher & **Buffy**  
Eimear Clancy & **Lila**  
Jill Connell & **Zephyr**  
Debbie Cooke & Martin Capstick & **Murphy**  
Emma Cronin & **Rocco**  
Max & Belinda Davies-Seale & **Marley**  
Andrew Dawson & **Kobie**  
Mia, Mieke & Tim Doherty & **Cos**  
Susan Dovell & **Frankie**  
Michelle Elphick & **Zalie**  
Grace Fox & **Romeo**  
Pamela Gibson & **Poppy**  
Gunnar Haid & **Tilie**  
Lesley Hall & **Elsie**  
Kerry Hamann & **Jessie**  
Mechelle Hare & **Whiskey**  
Tracey Hare-Boyd & **Chewee**  
Mariam & Daria Hashemizadeh & **George**  
Rachael Hayes & **Billie**  
Richard & Trina Hodgett & **Capo**  
Bruce Johnson & **Jac**  
Richard Johnson & **Ellie**  
Lauren & Justin Jones & **Zoe**  
Lisa Kardash & **Lexi**  
Peter Landers & **Tiger**  
Nola Livingston & **Frida**  
Noni Long & **Danzig**  
Russell Low & **Tinkerbelle**  
Niall Magee & **Ben**  
Jodi & Jacopo Martellosi & **Cobbler**  
Cathy McCallum & **Moet**  
Patrick & Cathy Moran & **Blue**  
Shayne Morgan & **Ellie**  
Johnny & Tammy Mrljak & **Franklin**  
Hanna Pasternak & **Louie**  
Bronte Perrin & **Sasha**  
Jenique Pilgrim & **Daisy**  
Karen Poon & **Tali**  
Tania Roach & **Portia & Nutmeg**  
Jordis Sinnott & **Milo**  
David & Katrina Warner & **Webber**  
Emma Wilson & **Billy**  
Antoinette Woods & **Willow**

