

DOG TRACKS

Mosman Pet's Day Out

The Club has been out and about on the Lower North Shore with a stand at the always popular Pet's Day Out in Mosman.

We handed out flyers and homemade dog biscuits and answered a myriad of questions about the Club and all our activities.

Club member Molly Morgan and her gorgeous dog Buddy won the Trick Competition with some outstanding Frisbee tricks. Frisbee is such good fun, don't forget we train Frisbee at Deep Creek on Thursday evenings.



Fun in the Sun



YES that is Doggie Yoga !!!!!!!

We're On the Box !!

Better Homes & Gardens



DR HARRY VISITS DEEP CREEK



In September one of the producers of Better Homes and Gardens contacted the Club enquiring whether they could shoot one of our training sessions.

Dr Harry Cooper was working with a family who were having problems with their 8 month old Golden Retriever. The dog had attended puppy pre-school but had not had any further training. Dr Harry wanted to help the family understand the importance training plays in building a good relationship with their dog and establishing clear communication with the dog so that he understands how he is expected to behave.



They wanted to shoot the segment on a Wednesday afternoon, so we needed to put a special team together, comprising seven club members with their dogs. We ran a 15 minute class covering the basics, so the family could see what was involved in a class, and for them to see that even when a dog didn't do what was requested that the handlers didn't get upset or annoyed, but simply encouraged to the dog to correct the behaviour.



Unexpectedly Dr Harry then asked me to do some one on one training with their dog, showing how to get the dog's attention, sits, drops and a little loose lead walking. Fortunately, the dog responded well, which showed the family that by using positive training methods and a really good motivator (i.e. chicken) the dog would willingly offer the behaviours requested.



The team comprised – Di Hollett, Julian Williams, Sue Lewis, Gillian Cappelletto, Kelli Hitchings, Trish Durlacher and Helen Lovering. I would like to thank Julian for organising the people attending the class and Peter for providing the refreshments for everyone. The segment is scheduled to air in early November.

Alex Surplice



Are You Giving "PET" to Your PET

Plastic Can Cause Cancer

In a world where we are surrounded by plastic there is growing concern that plastic products can release toxic chemicals which if continually ingested can lead to cancer.

Understanding the types of plastics and product labelling can be difficult and confusing. Have you noticed the triangles with numbers on plastic products? This is what they mean.

Types of Plastic

- 1: PETE or PET (polyethylene terephthalate)
- 2: HDPE (high-density polyethylene)
- 3: PVC (polyvinyl chloride)
- 4: LDPE (low-density polyethylene)
- 5: PP (polypropylene)
- 6: PS (polystyrene)
- 7: Other (includes polycarbonate and polylactide)

So which plastics should we avoid?

1. These plastics are often used in single use drinks bottles and other single use plastic containers. It is a common source of Bisphenol A (BPA) which has been found to impact on hormone production which can lead to cancer. These BPA containing plastics can have very real health implications.

3. These are particularly nasty and should be avoided. PVC (polyvinyl chloride) has been classified as a major concern in relation to cancer risk with vinyl chloride being a known human carcinogen. Phthalate, which is used to make plastics more flexible and durable and is used to soften PVC, can also affect hormone production and use.

6. This is another one to avoid with polystyrene, those takeaway cups and food containers, being recognised as a possible human carcinogen.



Things you can do to protect your pet.

Choose ceramic food and water bowls.

Avoid single use plastic.

Never leave plastic containers or water bottles in the sun.

Never reheat food in plastic containers.

Look for dog toys that are marked as BPA, PVC and phthalate free.

Don't let your dog lick or chew toys.

Don't buy cheap toys. They are cheap for a reason.



Winner Winner Turkey Dinner

1kg	x	Minced Turkey
1	x	Carrot
1	x	Zucchini
2	x	Cups of Brown Rice
2	x	Tablespoon Olive Oil



Cook rice and set aside.

Grate carrot and zucchini.

Heat oil in a large frying pan, add turkey and part cook, then add in carrot and zucchini and finish cooking. Drain off excess liquid.

Mix in cooked brown rice.

When cool divide into portions and store in freezer.

Turkey is a great meat for dogs it's lean and tasty. For those watching their waistline add less rice.

DIY How Cute is This ?

Measure your dog's neck then raid the closet or visit Vinnies to find a shirt that has the right collar size.

Cut or unpick the collar then hand sew around edge.



Job done; fasten around dog's neck.
Quick, easy and really **CUTE**



Telling Tails



CALM & NEUTRAL



RELAXED



ANXIOUS or NERVOUS



ALERT



PLAYFUL



FRIGHTENED



DOMINANT



EXCITED



SUBMISSIVE



AGGRESSIVE

What a Dog's Body Language is Telling You

-  **Calm & Neutral** - relaxed body posture, tail is relaxed and may be wagging, ears up but not forward, weight is on flat feet.
-  **Alert** - ears forward, eyes wide and mouth closed. Body leaning forward, tail may move slightly from side to side.
-  **Relaxed** - completely at ease and ready to go to sleep.
-  **Playful** - the "play bow" eyes wide, tongue out, tail wagging, may bounce back and forth and bark.
-  **Excited** - ears are forward, tail wagging fast, ready to pounce or chase.
-  **Dominant** - stands tall, leans forward, the tail is held high.
-  **Anxious & Nervous** - ears are back, tail is low but may wag slightly. Body leans or turns back. .
-  **Frightened** - ears are flattened, body is crouched and tail tucked under.
-  **Submissive** - on back with stomach and throat exposed. Paws and tail tucked in.
-  **Aggressive** - posture is stiff and leaning forward, the tail is stiff and raised and may wave like a flag. Teeth may be showing.

Stress

It is important that you can recognise if your dog is stressed as the signs are often mistaken. These are some of the symptoms of stress.

Whining - Panting - Lip Licking - Air Licking - Drooling - Yawning

Raised Hackles

Raised hackles often confuse people as they are typically thought of as a sign of aggression. Raised hackles are an involuntary response most commonly caused by fear, arousal, surprise, insecurity, excitement, nervousness, or defensive behaviours.



Welcome to the New Committee

President: Peter Coulthart

Vice President: Jo Comber

Secretary: Wendy Jones

Treasurer: Jill Fausold
Louise Cody
Gunilla Doyle
Victoria Gore
Sherry Martin
Alex Surplice

General Meetings are held every two months and all members are welcome to attend. Please check the calendar on the website for dates.

Venue: Forestville Community Arts Centre
Darley Street
Forestville

Minutes of meetings are available to Club members on request.

The Committee is always interested in hearing from members so please if you have any suggestions or comments regarding the Club please email your committee.

committee@northernbeachesdogtraining.com.au

Paws Up for Summer School



To help with your training over the summer break the Club will be running evening classes in January and December for **Beginners Under and Over 9 Months & Class 1**

Dates: Tuesday December 10th & 17th
Tuesday January 14th & 21st

Time: 6:30 - 7:30pm
(please arrive by 6:15pm)

Please sign the form at the ground if you are interested in attending these classes.



Promotions

Obedience

Beginners to Class 1

Carolyn Wilson & **Indie**
Hayley Keesing & **Zeus**
Gemma Williams & **Pepper**
Vara Glover & **Charlie**
Alex Newman & **Kurt**
Carol Farnsworth & **Jack**
Andrew Lewis & **Kenzo**
Steve King & **Winston**

Class 1 to Class 2

Jordis Sinnott & **Milo**
Tracy Overton & **Maisy**
Cindy Ross & **Parker**
Jasmine Knight & **Louie**
Ed Park & **Olive**
Howard Womersley & **Bommie**
Brian Donges & **Tiger**
Nami Zemaner & **Sammy**
Warren Bingham & **Billie**
Edwina Roberts & **Billie**
Matt Gumley & **Peppa**
Ella Norwood & **Misha**
Sheenagh Tierney & **Frankie**
Jane Holme & **Lucy**
Rob Fitzgerald & **Coco**
Ruby Hardie & **Lilly**
Heather Perkins & **Arthur**
Margaret Stolp & **Joy**

Class 2 to Class 3

Tania Ebeling & **Lylah**
Sue Lewis & **Asha**
Warren Bingham & **Billie**

Class 3 to Class 4

Sue Lewis & **Asha**
Samantha Taylor & **Theo**
Shannon Mankin & **Harvey**

Welcome to Our New Members

Rob & Katherine Daly & **Mia**
Andrew, Lachlan & Cathy McLeod & **Maggie**
Yvonne & Keiron Conroy & **Miley**
Paul & Teresa Hancocks & **Billie & Rebel**
Elle Willmott & **Skyler**
Stephanie Femia & **Sunny**
Jessica Moore & **Chewie**
The Woodcock Family & **Ash**
Eva & Malin Andersson & **Loki**
Mandy Caple & **Lilly**
Sabine Bothma & **Talu & Nala**
The Carter Family & **Theo**
Maria & Adam Mcmanus & **Wagner**
The Crawford/Schneider Family & **Poppy**
Joshua Harvey & **Tank**
The Tanner/Armstrong Family & **Maple & Chilli**
Emma Herbert & **Murphy**
Sophie Gawel & Rod Milburn & **Bear**
Josephine Kelly & Adam prow & **Mosi**
Christine Sutherland & **Alfi**
Jonathan Carroll & Stephanie Sear & **Kip**
Frances Rigg & **Oakie**
The Fehon/Charlton Family & **Harley**
Alexandra & Paul Bailey & **Tasman**
Sam Bates & **Murphy**
Jessie Booth & **Bunji**
Charlotte Brasler & **Moo & Melvin**
June Brooks & **Isla**
Jennifer Brown & **Obi**
Paula Bushell & **Bonnie**
Elke Clarke & **Jack**
The Crawford/Grima Family & **Charlie**
Gail Denney & **Roxy**
Paulinka Dudek & **Monty**
Leanne Forster & **Lola**
John & Shireen Fraanje & **Gus**
Karen Francis & **George**
Kath Gilmore & **Milo**
Marianne Gould & Chris Mears & **Bill**
Katie Harrison & **Bowie**
Jill Hersee & **Bella**
Jane Hulme & **Lucy**

Allen & Wendy Janssens & **Snowy**
Andy & Jasmine Knight & **Louie**
Joel Lambert & Luna & Jed
The Lambkin Family & **Ellie & Mandy**
Ryan Loduwick & **Freddie**
Rachel Marr & **Winston King**
The Morrell/Louridas Family & **Maple**
Melissa Munn & **Mac**
Justine Norwood & **Nisha**
Ed & Pat Park & **Olive**
Nina Petrolo & **Rex**
David Press & **Marley**
Philip Reid & **Sonny**
Julie Roberts & **Sherlock**
Julie Roper & **Pizza**
Cindy Ross & **Parker**
Robyn Russell & **Aurora**
Raj Sarin & Hayley Keesing & **Zeus**
Shane & Lisa Schmidt & **Tash**
Cindy Smart & **Toby**
Jaki & Colin Wallbank & **Buffy, Zac & Willow**
The Watkins Family & **Oki**
Georgia Whyte & **Aggie**
Howard Womersley & **Bommie**
Sunnies Zhu & **Hugo**
Deborah Zietsman & **Coco**

My Dog Taught Me Everything I Need to Know.

It's OK sometime just to eat and sleep.
When you fall down get back up, shake it off
then forget about it and go on.
Be very brave, no matter your size.
Make your own fun.
Unleash your talents.
Learn new tricks no matter what your age.
Make new friends.
Sniff out opportunities.
Chase after your dreams.
When loved ones come home always rush to greet them.
At the end of the day it is best to snuggle no matter what has happened.
Every day is a brand, new day.
Just **BE HAPPY.**