

DOG TRACKS



**Congratulations
Manly**

Getting creative during the Covid lock down was exactly what Updog did when they launched their International Updog Canine Disc Video competition.

Many of the Manly Club frisbee training crew entered an online where they set up, filmed and then submitted their runs for scoring.

There are over 50 clubs from around the world entered with over 700 teams playing.

Guess what..... Manly Club not only came 21st in the world but our super star Rachael and her amazing dog Zari came 2nd out of all the dogs playing.



This is what Zari did.....

There was a different game to play each week for the first 6 weeks, with the Finals played in week 7 being three of the top voted games from the previous 6 weeks and having to be played as a Facebook 'live' so you only got one chance to play and record your scores. The details of each week's game were released every Wednesday and the videos were due by midnight the following Tuesday, which gave just less than one week to learn the rules of the game, teach the dog the required skills, record it and submit it for judging by their qualified Canine Disc judges. All the games from Week 1 to Week 6 had a 75 second time limit. The Finals 'live' games had a 60 second time limit to complete the same games. All games were strategy games to try and work out how you could maximise your number of points with your dog in the time available and the games were played in a marked 10yd x 10yrd area that was split into 10ft x 10ft grids. If your dog dropped the disc, you couldn't score points for that throw. A short summary of the games is below:

Week 1 - Ladder Match: Get a maximum of 5 throws in each zone, the shorter throws at the beginning were worth less points and the longer the throws got as you progressed in the game, the more points they were worth so you had to balance your time with how many points you thought you could score as you weren't allowed to go back to the shorter throws once you moved on.

Week 2 - Grenade: You were only allowed to throw and work with one frisbee, all throws had to be beyond the farthest pink line to count and if the dog missed the catch at any point and your disc hit the ground, your frisbee 'exploded' and your game was over. In the last few seconds, you got bonus points if your dog was able to catch multiple discs in one go or in immediate succession.

Week 3 - Recycle: Each row on the field was worth a different number of points, the farther away the row was from the handler, the more points it was worth. 'Recycling' the disc in the bucket after each catch earned you significant bonus points.



Week 4 - Min Friz: An agility crossover of K9 Disc. The dog had to complete at least one jump before going for a frisbee catch, two jumps completed before a catch was worth more points. If they caught the Frisbee at the centre back, inside the marked field, they received 5 points per catch. A catch anywhere else was worth less points depending on where it was caught. They were not allowed to take a jump with the frisbee still in their mouth.

Week 5 - Disc Dog Dough (like Tic Tac Toe): You had to move around the field completing patterns as dictated by the rules (similar to tic tac toe). Complete a horizontal, then vertical, then diagonal line and then complete the four corners and then the centre cross through the middle. Once completed, you had to collect all your frisbees and run into the middle square to stop the timer and get any seconds left remaining on the clock as bonus points.

Week 6 - 45s: Was designed as an introduction to K9 Disc Freestyle. You had to complete up to 4 tricks and then follow it with the same number of catches. Each catch had to be in a different corner moving clockwise or anti-clockwise around the field.

Week 7 - Live finals: Consisted of Ladder Match, Grenade and Disc Dog Dough, except that the time limit was dropped to 60secs and you had to film it and submit it live with other people watching on in the designated Facebook group so that you only had one chance, like a real competition. Zari ended up winning her division in Weeks 2, 3, 4, 5 and 6 as well as winning her division in the live Finals in Week 7, winning her division overall and actually coming 2nd in the world overall out of any dog in any division throughout the world, including the elite teams.

There were two dogs in the world that scored a combined total of over 800 points out of a possible 900 points across the 7 weeks of competition and Zari was one of them. Considering she only started Canine Disc at the beginning March this year, she did a phenomenal job.



Watch what Zari Did



URL: <https://youtu.be/kSZ76IDgIwc>



Etiquette

Many people think that taking their dog to the dog park is the best fun their dog can have, playing and socialising with other dogs, being able to run free without restrictions, and many dogs this is very true, however for some the dog park can be the last place they want to go

to. Some may have had a bad experience at the park, maybe being mobbed by other over excited dogs, or being chased by dogs they don't know. A visit to the dog park is NOT an essential part of a dog's life, however keeping them out and about is still very important to both their physical and mental well-being.

It's important for us to give our dogs an outlet for their exuberance, but we also need to make sure we are not putting them in situations they may find difficult.

Things we can do to make a dog park visit safe and enjoyable for you, your dog, and others

Dog Identification

Ensure your dog is microchipped and registered with your local council and has identifying details (including your dog's name and your phone number) attached to their collar.

Off-leash parks vary in their design. Some are totally fenced off, but many are not, so dogs could become lost and encounter hazards such as traffic if they run away.

Before entering the park

Even if you are confident of your own dog's behaviour and ability to socialise with others, observe the off-leash park before entering and avoid parks that are over-crowded or where dogs are obviously out of control or behaving aggressively.

When entering the park

Avoid letting your dog mob dogs that enter the park and avoid letting them sprint up to other dogs they don't know. Watch how the other dogs respond to your dog's greeting and look for signs of fear or anxiety in them.

Pick up after your dog

It is crucial that you pick up your dog's waste and dispose of in bins. Off-leash parks generally provide litter-bag dispensers. Failure to clean up after your dog can result in being fined by a ranger. Dog stools left on the ground can contaminate the environment and spread infectious diseases to other dogs.

Fresh water

Ensure that any water your dog drinks is fresh, to avoid contamination by parasites spread through urine or faeces. Eg Leptospirosis

Up to date vaccinations

The risk of contracting infectious diseases caused by viruses, bacteria or parasites always increases when dogs congregate together. To reduce this risk, your dog should be fully vaccinated, wormed and treated for external parasites (such as fleas) before visiting an off-leash park. These preventative measures should ideally include a yearly booster to reduce the risk of kennel cough, or canine bronchitis, and a worming regime that includes heartworm, as many off-leash dog parks are in mosquito prone areas, particularly if there is a body of water nearby.

Always monitor your dog

When visiting an off-leash dog park, always have your leash and monitor your dog continually. This means keeping them within your sight, rather than socialising and being unaware of what your dog is doing. Observe their interactions with other dogs and be alert to cues from your dog's posture and body language that they are experiencing stress. Signs of stress include cowering from other dogs, a low or hunched posture, hiding, running away with a tucked under tail, reacting defensively when approached, snapping, or becoming involved in fights. If this occurs, end the outing by calmly retrieving your dog and walking them away from the park on-leash.

Toys

If your dog has a tendency to steal toys or even crowd other dogs who are playing with toys, you'll need to develop a fantastic come when called and fetch so that he can bring the toy to you and you can get it back to the rightful owner. You may need to leash your dog if he's a toy thief because it's not fair for him to disrupt other dogs' play.

Alternately, if your dog is possessive of their toys, do not take them to the dog park, unless you are in area without other dogs.

Overly rough play

Is a leading cause of deteriorating behaviour at the park. One dog's having fun, but the other is getting trampled, or both dogs are getting too excited and suddenly their play breaks into a fight. To prevent this from happening, you'll want to call your dog over to you and engage him in replacement behaviours before he gets overly rough with others.



Sick or “on heat” dogs

If your dog is unwell or is being treated by any medication that suppresses their immune system, avoid taking them to an off-leash park without first seeking advice from your veterinarian.

Do not take a dog that is “on heat” to the park, even de-sexed male dogs could be overtly interested in your female dog., The consequences can include females being pursued and terrified and potential dog fights between competing males.

Heat Stroke

It is vital to protect your dog from heatstroke, which can be life-threatening and occurs in situations where a dog’s body temperature becomes dangerously elevated. This can occur in off-leash dog parks where dogs are excited and engaging in high levels of activity in direct sunlight without sufficient shade. Avoid these outings in very hot or humid weather or restrict visits to mornings or evenings when temperatures are lower. If you see your dog panting or salivating excessively, take them to a shaded area, offer water and consult a veterinarian if you see any signs of developing heatstroke. These can include agitation, weakness, abnormally bright red, blue or purple gums, or collapse.

Children

Always make sure you are aware of any children in the park and ensure your dog is close to you. Infants and toddlers can easily be knocked over by overly rambunctious dogs. Strange dogs maybe unfamiliar with children, putting the children at risk for bad experiences or injuries.

In summary, having a good recall with your dog help both of you stay safe and keep out of trouble.

Always be aware of what is happening within the park and be prepared to act.





The Benefits of Pumpkin for Your Dog

Did you know pumpkin is actually a fruit? That's right! Because it has seeds inside, it's classified as a fruit. Pumpkin is super tasty and is packed FULL of beneficial vitamins and nutrients.

Beta-carotene, which the body converts into vitamin A, keeps your dog's skin and coat healthy, along with helping their muscles and nerves stay strong. And just like carrots, it's known for boosting eye health!

Vitamin C keeps your dog's immune system running well so they can fight off illnesses. Plus, pumpkin contains iron, potassium, magnesium, and zinc. These are all key to a well-rounded diet for your dog's health.

Pumpkin Is Great To Manage Your Dog's Weight

If your dog is looking a little thick & curvy, substituting 2 tablespoons of pumpkin for $\frac{1}{4}$ cup dog food helps your dog feel fuller for a longer period of time.

The fiber in pumpkin helps them lose excess weight without them feeling like they're starving all the time.

Use Pumpkin for Constipation in Dogs

Pumpkin is a perfect way to add fiber to your dog's diet, which improves the quality of their poop.

Plus, the water content of pumpkin resolves constipation by loosening up the stool and letting them get back to a normal, un-constipated poop cycle!

Use Pumpkin as a Dog Diarrhea Remedy

Amazingly enough, pumpkin helps with both diarrhea and constipation. The fiber helps add bulk to stop diarrhea. It also slows digestion, which gives their bodies a chance to settle and firm up the poop.

Dogs who eat a good amount of quality fiber also experience less blood sugar spikes, which is especially important in diabetic dogs.

Giving your dog pumpkin at the first sign of an upset stomach may help it settle before getting to the point of diarrhea or constipation.

How Much Pumpkin to Give a Dog Daily

When deciding on how much pumpkin for dogs, it's important to start small and increase gradually. In addition, keep your dog's size in mind. Small dogs may only need a tablespoon a day or even less. Larger dogs can benefit from 2 tablespoons each meal, while giant breeds might need even more.

Can a Dog Eat Pumpkin Seeds?

There are plenty of benefits to using pumpkin seeds for dogs. Pumpkin seeds have great amounts of an amino acid called cucurbitacins. Amino acids are the building blocks of all proteins. The cucurbitacins inside unsalted pumpkin seeds can kill intestinal worms inside your dog's digestive tract. Research is also showing an added benefit of cucurbitacins having anti-cancer properties.

To give your dog pumpkin seeds, first, remove the seeds from the shells. Place them on a baking sheet with a very light drizzle of olive oil to keep them from sticking. Stay away from salt, as dogs don't need extra sodium.

Roast the pumpkin seeds in the oven on 180 degrees for 7-8 minutes, until lightly browned. Keep a close eye on them, as ovens vary and they can go from roasted to burnt quite rapidly!

It can then served whole, crushed, or ground in a coffee grinder! It all depends on how your pup prefers it.

So, can dogs eat pumpkin seeds? Absolutely!



Pumpkin & Peanut Butter Biscuits

- | | | |
|-----|---|------------------------|
| 1 | x | Cup Pumpkin Puree |
| 2 | x | Eggs |
| 1/3 | x | Cup Peanut Butter |
| 2 | x | Cups Whole Wheat Flour |
| 1/2 | x | Teaspoon of cinnamon |



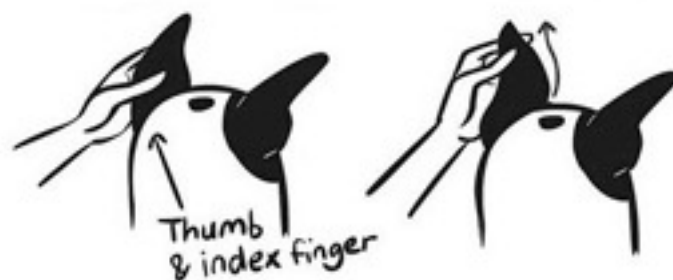
Instructions

Preheat oven to 180° In a large bowl, combine pumpkin, eggs, and peanut butter. Stir until completely combined.

Add in flour and cinnamon stirring just until combined.

Lightly flour a flat surface and roll out dough to 1cm, using flour as needed to keep dough from sticking. Cut out shapes with cookie cutter and place on lined baking tray. Bake for 20 - 30 minutes

Ear Massage



① STROKING

- START AT THE BASE, STROKE IN THE DIRECTION THE EAR GROWS
- DON'T DO STROKE OVER & OVER IN THE SAME SPOT
- STIMULATES ACUPOINTS
- CALMING (GOOD FOR CAR SICKNESS)



TWO HANDS

START AT MIDDLE OF TOP OF HEAD OR AT BASE OF EARS



(CATS LOVE THIS)

② MOVE THE SKIN ON TOP OF DOG'S HEAD... CIRCULAR MOVEMENT.



BASE OF EARS MOVE

③ HOLD BASE OF EAR: MOVE IN CIRCLES - CLOCKWISE, ANTI-CLOCKWISE

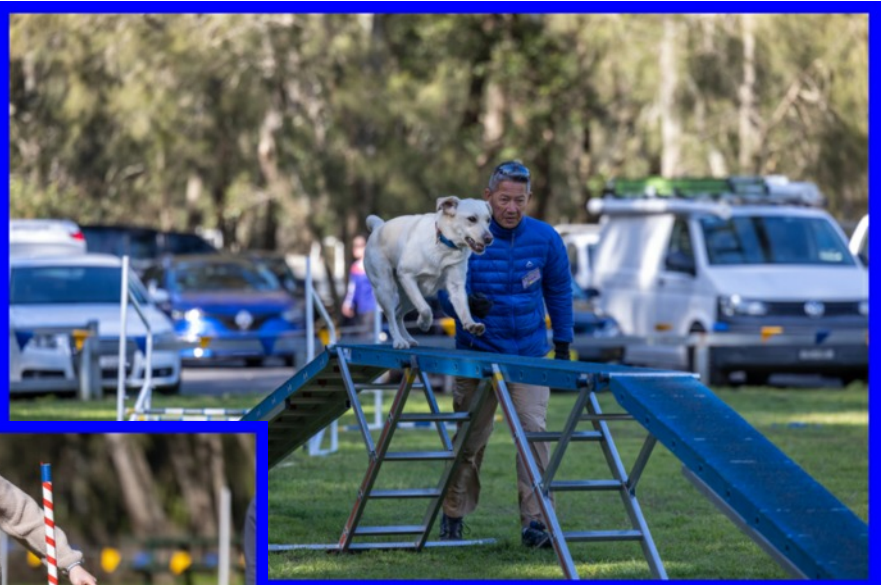


Relax Pamper

Dogs, Camera, Action

Ben Holmes from Pawtraits By Ben spent a morning at the club taking some great action shots of our members doing Agility and Flyball. Ben, a northern beaches photographer, specializes in pet portraits. www.pawtraitsbyben.myportfolio.com





All shapes and sizes of dogs (and owners) can do Agility. Your dog just needs to be over twelve months of age and able to work off lead.
Great fun and great exercise for you and your dog.

Flyball & Frisbee



Message from the President



WE ARE BACK BUT IT'S BEEN TOUGH

The Covid virus has caused much tragedy in the Australian community and for those of us that have had no direct contact with anyone suffering from the virus our lives still have been made very difficult. Our club, like the majority of the Australian 'dog world' closed down and with the advice of our industry affiliated body Royal New South Wales Canine Council (trading as Dogs NSW) we ceased face to face activities for many weeks.

After a huge effort of planning from our Vice President Jo Comber, who is also our membership registrar, we opened training at the end of June. Not just in one of our disciplines but all training sessions being obedience, agility, flyball and frisbee. This effort of Jo Comber to create our tailored Covid Plan extends to every week, for in excess of 30 hours of her time. She manages the registrations, so that classes do not exceed the lawful 20 participants. This means that we would be able to immediately help the NSW Health department contact trace should any of our people become ill with covid virus. **A big thank you to Jo Comber!**

Of course Jo's enormous efforts are supported by the club volunteers who stump up week after week instructing and support staffing the grounds. Many members attending training sessions have thanked the instructors so I know that the effort is well appreciated.

A surprise to many of us is the big influx of new members. In fact our membership numbers usually hover around 400 by the end of the financial year. Even though we closed training, and new members were stalled for many weeks, as of now our member numbers are comparable to a normal year. This has caused excessively large junior classes which we are trying hard to balance servicing our members and delivering valuable instruction.

This leads me to report to members that our club finances are in great shape, even though the committee agreed to support our members in this financially stressful period by halving 2020-21 fees and extending by 12 months for free all members joining in calendar year 2020 pre-lockdown. The interim figures indicate a financial year result to 30/6/20 - overall revenue in negative -\$6,000 rather than positive as per last year +\$6,000. This is a fantastic result after being closed for so many weeks. Our relationship with The Association Specialists managing our membership database continues to evolve using SecurePay, and we now have moved to take credit/debit card payments via Square Reader both on the grounds and over the phone. Cash especially in Covid times is now little used for club services. These new payment methods have been well received by members.

Unfortunately Dogs NSW has not allowed resumption of our trial and show schedule. The 2020 club sponsored Agility Trial had to be cancelled after much planning. Same fate for the 2020 Breed Show I am afraid. These will be back in 2021!

Our AGM this year cannot be in our usual hired room facility. Instead you will receive notification in coming weeks indicating a face to face AGM at Deep Creek and this will be complimented by Proxy voting. I look forward to hearing from members with any suggestions as we continue to work through this very different way of meeting and training together, of course observing social distancing and good hygiene!

All the best to members and their families,

Peter Coulthart

With editorial help from his
Irish Setter "Hunter"

