

DOG TRACKS

Summer's Here



So let's keep them safe





Keeping Safe in the Sun

Dogs with light coloured noses and ear tips should have sunscreen applied as they can easily burn.

Don't leave dogs in cars, even with windows down, cars can heat up.

Make sure your dog can always find shade with fresh water available.

Watch your dog for signs of heat stress - rapid breathing, glazed eyes, vomiting, bluish coloured gums and red or purple tongue etc.

If your dog doesn't want to run don't make it.

Remember black dogs get much hotter than light coloured dogs.

Place your hand on the pavement, if it feels very hot, think what your dog's paws will feel like standing on it.

Buy your dog a cool coat or cool mat.



Don't Forget -

Check daily for ticks.

Keep your dog away from BBQs, paws can get burnt if they jump up.

Make sure after BBQs that bones, tin foil, cling film etc is disposed of.

Check your lawn for bindi weed.

How to Calculate Dog Years to Human Years

Since the 1950s, the popular calculation of how old a dog was “in human years” has been that 1 dog year is the equivalent of 7 human ones. Even though this formula has been around for a surprisingly long time, the reality is not so cut-and-dried.

One explanation for how this formula got started is that the 7:1 ratio seems to have been based on the statistic that people lived to about 70, and dogs to about 10.



How to Calculate Dog Years to Human Years?

As a general guideline



- 15 human years equals the first year of a medium-sized dog's life.
- Year two for a dog equals about nine years for a human.
- And after that, each human year would be approximately five years for a dog.

How Did Researchers Come Up With Those Numbers?

There are many factors to consider. Cats and small dogs are generally considered 'senior' at seven years old, but we all know they've got plenty of life left in them at that age. Larger-breed dogs tend to have shorter lifespans compared to smaller breeds and are often considered senior when they are 5 to 6 years of age. The 'senior' classification is based on the fact that pets age faster than people, and veterinarians start seeing more age-related problems in these pets. Contrary to popular belief, dogs do not age at a rate of 7 human years for each year in dog years."

An example would be the Great Dane. The average life expectancy is about 7–10 years. Therefore, a 4-year-old Great Dane would already be 35 in human years. Again, keep in mind that these are rough estimates.

There are three main sources for data on their longevity: pet-insurance companies, breed-club surveys, and veterinary hospitals.

Why Do Smaller Dogs Live Longer than Larger Dogs?

This phenomenon has baffled scientists for years, and research has yet to explain the relationship between body mass and a dog's lifespan.

Generally speaking, large mammals, like elephants and whales, tend to live longer than small ones, like mice. So why do small dogs have a longer average life span than large breeds?

Large dogs age at an accelerated pace, and "their lives seem to unwind in fast motion," according to researcher Cornelia Kraus, an evolutionary biologist at the University of Göttingen in Germany. Scientists concluded that every 4.4 pounds of body mass reduced a dog's life expectancy by about a month. The reason why is still unknown, though Kraus puts forward several possibilities, including that larger dogs may succumb to age-related illnesses sooner and that the accelerated growth of large dogs may lead to a higher likelihood of abnormal cell growth and death from cancer. Scientists plan future studies to better explain the link between growth and mortality.

Whether measured in human years or dog years, as our dogs mature and age there is beauty and charm at every step along the way. With their grey muzzles and wise expressions, senior dogs are especially lovable and poignant.

HOW OLD IS MY DOG IN HUMAN YEARS?				
SIZE OF DOG	Small  9 kg or less	Medium  9 - 22kg	Large  22 - 45kg	Giant  over 45kg
AGE OF DOG	AGE IN HUMAN YEARS			
1 Year	15	15	15	12
2	24	24	24	22
3	28	28	28	31
4	32	32	32	38
5	36	36	36	45
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	79
11	60	65	72	86
12	64	69	77	93
13	68	74	82	100
14	72	78	88	107
15	76	83	93	114
16	80	87	99	121



Teaching Your Dog to Swim

Don't assume that your dog can swim, dogs will automatically doggie paddle however dogs with very short legs find swimming harder, thick coats can weigh them down and suddenly being in deep water can be very frightening for some dogs.



- The dog's nails should be kept trimmed. - An enthusiastic dog, or one that is using you as a floatation device, may rake you with sharp nails.
- Be careful about using dog toys in the pool - Many dogs have chipped teeth from grabbing at a toy that has bumped up against the concrete edge.
- Put your dog in a life jacket- Even a swimming breed, like Labrador Retrievers, can benefit from a life jacket. A tired or nervous dog will swim upright, head straight out and back legs down. Instead, a life jacket gets them swimming better. Dogs with smaller legs may have a harder time with swimming, than a larger breed of dog, but this is where a life jacket will come in handy.
- Dog owners should introduce swimming very slowly to a dog - Have your dog walk into shallow water with you, or get into the pool carrying the dog. If your pet is comfortable they will take off swimming, otherwise, watch for flying paws. Dogs are very adaptable, and most take to the water no problem, but life vests are a great alternative for dogs who don't like the water, or can't swim.
- Rinse them off after a swim - Always rinse your dog after swimming as the chlorine and salt water will make their coat dry and can also irritate the eyes.
- Don't let your dog drink pool water - Always keep an ample supply of fresh water around so your dog can drink without attempting to drink from the pool. Also make sure you give your dog many opportunities to relieve themselves after a swim as they're likely to ingest water and may need to urinate more often.
- Keep a big potted plant near the pool exit - Dogs are known to have poor depth perception. If your pool has steps, use a big potted plant to mark the exit of your pool. If you don't have steps, provide a non-slip ramp for getting out



How to Make a Tug Toy

Tugging is one of the best games you can play with your dog and most dogs, whether large or small, love to tug.

Fleece tugs are easy to make, gentle on the dog's mouth and are far better than rope tugs which can catch between the dog's teeth.

All you need to make a tug are four strips of fleece material about 5cms x 65cms for a small tug and about 9cms x 100cms for a large one. You can vary the sizes to suit your dog.

Instructions:

- Place the four strips together and tie a knot leaving a "tassel" at the end
- Spread the strips in a cross shape
- Fold the top strip towards the bottom
- Fold the bottom strip towards the top
- Fold the right strip towards the left, passing over then under
- Fold the left strip towards the right, passing over then under
- Pull each strip to secure and straighten
- Repeat until you have your desired length
- Leave enough material to tie a knot and leave a "tassel" to match the other end



Get creative with your tug making, add a ball, faux fur or sheepskin.



Tugging is fun for both you and your dog, it keeps the "game" and focus with you and is a great reward for good behaviour but remember, tug on your terms. Teach your dog to give up the tug when the game is over, to wait to play the game and to release the tug when you ask.



Very Berry Frozen Treats

- 1 x Cup of Blueberry Greek Yogurt
- ½ x Cup of Bananas
- ½ x Cup of Peanut Butter
- ½ x Cup of Berries
(blueberries, strawberries or raspberries)
- ½ x Cup of Milk
- 2 x Tbsp of Honey



Combine all ingredients together in a blender then spoon into a silicone mould and freeze.



Yummy Gummy Treats

- ¾ x Cup of Bone Broth
- 2 x Tbsp of Powdered Gelatin
- ⅛ x Tsp of Turmeric
- Dash of Black Pepper



Pour half a cup of bone broth into a small saucepan and stir in turmeric and pepper. Heat on moderate to bring to a boil.

Sprinkle gelatine over the remaining quarter cup of bone broth and allow to stand for five minutes for broth to absorb gelatin.

Remove broth from heat and allow to stand for one minute then slowly pour the hot broth into the cold broth/gelatine mix. Whisk until blended then pour into a silicone mould. Allow to cool then refrigerate until set.

Keep for up to a week in refrigerator or freeze for up to several months.

Message from the President

The club's Annual General Meeting was held at the Deep Creek training ground on October 11th 2020.

Here are key point excerpts of the event. Full transcript of the minutes are available to members upon request to info@northernbeachesdogtraining.com.au

(1) **President's Report:** Peter Coulthart

This last financial year ending June 30 has been particularly challenging not only for our club but for the community as a whole.

Our club had a number of weeks paused from face-to-face interaction at classes and it was only made possible to resume class interaction with government legislation allowing us to register and co-ordinate classes of up to 20 members and with each class keeping separate from each other.

One person has put in an enormous effort of 30 to 45 hours every week in order to make this possible. It may appear to members to be an automated process but it is far from that.

Jo Comber, our vice President and membership registrar, has to publish links and record forms and has liaised with registered members to make the system work on a Sunday with numbers sometimes exceeding 100 on the ground, Thursday up to 60 and Saturday (agility) over 50. Members and instructors have been particularly committed to ensuring that our training activities continue. Flyball and Frisbee also have continued to be popular activities which requires Jo's co-ordination skills.

It appears that the members have appreciated the committee's decision to reduce all fees by 50%. Those that joined this calendar year, and therefore received little value prior to us going into lock down, were offered renewal to the next financial year at zero dollars. In fact the numbers wanting to attend our club have surprised us, or perhaps there was little else to do, but also other clubs in the northern region had not opened and still some do not receive new members unlike our Manly club. Our numbers in fact are over 460 members which is more than comparable number to the usual year even though we were closed for many weeks. Of course the reduction in fees has impacted our financial situation, and it will continue to have greater impact in the next financial period, but our club is in a strong financial position and is at no risk. We will continue to offer dog training well into the future.

Our accounts continue to be well managed by *Bluewater Accounting*, Janine Jobson. I commend the efforts of JJ who has brought to us a degree of financial discipline which protects the members funds and ensures legal and best practice accounting compliance.

2021 gives us hope that a more normal set of activities can be undertaken at the club, but that is by no means certain. We will continue to take members and we will address issues of kennel cough and Covid with close proximity issues as and when those issues arise.

I want to particularly thank members and instructors for respecting the proximity rules and we must remain vigilant so that we do not become slack in this regard.

I want to also thank the outgoing committee, some of whom are not standing again, and welcome the incoming committee for the efforts that they are promising in the next 12 months.



(2) **Incoming Committee:**

Peter Coulthart	President & Public Officer
Jo Comber	Vice President & Membership Registrar
Jill Fausold	Treasurer
Gael Sinclair	Secretary
Gunilla Doyle	Committee
Jane Freeman	Committee
Wendy Jones	Committee
Natalie Morgan	Committee
Alex Surplice	Committee

(3) **Vice-President's report:** Jo Comber

I would just like to express my gratitude to a few people for all their help over the past year. Thank you to the Grounds Co-ordinators and Chief Instructors who have supported the new processes and helped out greatly with ensuring the club complied with COVID restrictions and still maintained training activities.

I would like to give a huge thank you to all our new members, especially the Obedience members, who patiently waited for ITOs to happen so they could start attending. You guys all rock.

To the Instructors, another huge thank you for dealing with the COVID restrictions and class sizes on the grounds. I also would like to welcome the new training Obedience Instructors. Thank you for putting your hands up to help out.

(4) **Financial report** - summary

Prepared by Janine Jobson of Blue Water Accounting and presented to meeting by Treasurer, Jill Fausold

The club has roughly held its financial position comparing 2019 financial year to 2020 - with the exception of the costs of an external party (The Association Specialists) to set up and complete all Club memberships. 2021 year (current) will show a marked reduction in net profit due to the effect of COVID necessity to reduce membership fees but with the ongoing maintenance costs of membership management and financial reporting costs.

Note: concerns were raised in meeting about the audited accounts as presented. These were to be queried with accountant prior to submission to Dogs New South Wales.

(5) **Life membership appointment:**

Wendy Jones was put forward as Life member to recognise her many years of dedicated service as instructor and her roles on the executive as Secretary and Vice President. She was confirmed as Life Member. Congratulations to Wendy!

(5) **Club Patron appointment:**

in the past the Mayors of the Council areas where we have trained were invited to be Patron, thereby in years gone by three patrons were appointed. The last few years have not had a positive response from the mayor of the local council. At meeting it was proposed that club member Lyn Shaddock accept the role. Lyn has been a long term member, participant in both agility and obedience competition trials and a past club president. Lyn continues to be involved in the business world after a long career in senior management. It is with pleasure that Lyn was accepted to be Patron which is a mentoring role. I am certain that his input will be very much welcomed. It was noted that the patron role can still be multiple and this will be reflected in the finally adopted Constitution document.

Lyn Shaddock and his beautiful prize winning Border Collie "Bon"



Other business:

(6) **Draft of a proposed Constitution:**

A template was provided by Dogs NSW which is encouraging affiliated clubs to adopt it in order to facilitate acceptance by the Department of Fair Trading. However, there appear to be a number of internal inconsistencies, as noted by Darien Northcote. These will be carefully examined prior to the document being put to our affiliate industry body Dogs New South Wales. Once it passes that examination it is ultimately registered with The New South Wales Office of Fair Trading.

Peter Coulthart

With editorial help from his Irish Setter *Hunter*

