

DOG TRACKS



MERRY CHRISTMAS

HO HO HO ! ! !

President's message



We resumed training in November, with NSW Health Covid rules excluding wearing face masks out doors, but requiring double vaccination checking.

In 2022 club policy is to continue to require of club members attending the grounds to be double vaccinated, unless of course they hold a medical exemption.

The intention is to provide a duty of care to our members and not unduly exposing them to unvaccinated people in our close class situation.

There will also will be training session booking changes.

Obedience sessions on a Sunday and Thursday will no longer be pre-registered via Google forms.

Class times are posted on the club website www.northernbeachesdogtraing.com.au

Reminder emails sent to members on a Wednesday will also cease.

If classes are to be cancelled due to poor weather it will continue to be posted on the front page of the website by 8am on the day of training. A rule of thumb is that if it is raining there is no training. Heavy rain on the night prior may also make training on the grounds not possible so if in doubt members should check the website.

Attendance at all training sessions will be recorded on the ground using a new Club-QR code. This will replace the NSW Health Department QR code tracking.

Hopefully the Covid situation does not deteriorate in 2022 and we all can regularly attend and enjoy our dog training.

I wish members and their families a safe and happy Christmas and New Year period and I look forward to seeing you in the New Year with training commencing in February.

All the best,

Peter Coulthart

with editorial help from his Irish Setter 'Hunter'





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

Puppies Under 9 Months
Beginners Over 9 Months

Dates: Tuesday December 7th & 14th
Tuesday January 11th & 18th

Time: 6:30 - 7:30pm

You will need to register on line each week





Stuff for HOT Days

Cool Mats



These are great at trials and on days out. The mat is filled with a special gel which absorbs the dog's body heat.

Cooling Coats

There are a number of different types of cool coats on the market some work using evaporation by wetting the coat and some by reflecting the heat away from the body. You can also buy cooling collars. Shop around for coats as you need to get one that fits your dog.



Play Pool



The easiest way is to buy a kiddie pool. Easy to use and can be stored away when not in use. Your dog will love you for this on a hot day.

Inflatable ones not such a good idea unless you have a puncture kit as dogs just love to "dig".



Frozen Treats for Tail Waggers

Watermelon Freezy

- 2 x Cups of Watermelon
- 1 x Cup of Coconut Milk or Coconut Water
- ¼ x Cup of Honey (optional)

Remove seeds for the watermelon and put all ingredients into a blender and blend to a juice. Pour into an ice cube trays or mould and freeze.



Ice Cubes and Ice Cakes



On a hot day your dog will just love licking on an ice cube and finding a treat inside. You can use just about anything, fruit, cubes of meat, biscuits just pop into an ice cube tray, top up with water and freeze.

For a really special treat make an ice cake. Fill a deep dish or bowl with water add treats, fruit and toys and freeze.

Great for doggie parties.



New Year Resolution

"I'm Going to Enter a Trial"

Entering your first trial can be quite daunting for some people....."I don't know what to do"..... "Is my dog good enough"..... "Will I make a fool of myself"..... Don't worry everyone at a trial has had to take that first step, they understand what you are feeling. So decision made, 2022, the year you enter your first trial; so here we go.

First and foremost:

You must join and register your dog with Dogs NSW to compete in any trial held under ANKC rules.

Any dog, whether pure or cross breed, can compete in a trial but only pure breed dogs on main register can be entered in a breed show.

Dogs NSW members receive a monthly journal detailing all the upcoming trials and shows organised by affiliates of Dogs NSW. Most trials can be entered on line.

You can also download the trial rules from Dogs NSW as it is a good idea to familiarise yourself with what is expected of you.



Trials are held throughout the year, generally April to October trials are during the day and November to March in the evening. For your first trial it is usually better to enter a local trial in Sydney rather than a long drive out of town.

What You Need to Take to the Trial

- A fold up chair as you need to be able to sit down somewhere.
- A gazebo, if you happen to have one, is great as you can set up a comfortable area for yourself with shade.
- A crate, if your dog is crate trained, or a stake to tether your dog. For Agility and Rally O trials you will need to leave you dog whilst you walk the ring.
- Water and water bowl and treats for your dog and food and drink for yourself, unless you want to buy your refreshments.
- The correct collar and lead for your dog.
- An armband holder for your entry number that you must wear. If you don't have one a safety pin or some way of attaching the number to your top.



Important Things to Remember

- Dress appropriately, no flappy clothes and wear comfortable shoes.
- Plan your journey in advance, it's better to arrive early than panic because you are running late.
- Head halters and harnesses are not allowed in the ring.
- Dogs in agility trials cannot have tags on their collars and must wear a flat collar.
- You are not allowed to walk the ring wearing a treat pouch or carry toys or treats on you when competing.



What to Do When you Get to the Trial

- Locate your ring and decide where you are going to set up.
- Check in at the registration table.
- Take your dog to some open space for toileting and some relaxed on lead exercise away from any working dogs.
- Sit down, relax, have a coffee and wait for the trial to begin.
- An announcement will be made when you can walk the ring so always ensure that you are ready and always listen to what the judge has to say. Don't get distracted with advice from others who you don't know.
- Keep a close eye on the proceedings, you need to be able to enter the ring when your number is called so make sure that you have time to warm up your dog just prior to that point. Some judges move through very quickly and if there are absentees or alterations you can find your number called sooner than you think.
- When your number is called take a big deep breath, smile at the judge and go for it.
- Whatever the outcome tell your dog how wonderful they are and keep smiling you've survived your first trial.

If you are interested in trialling talk to the Chief Instructor and take their advice as to your readiness to trial. Also talk to other Club members who may be entering and arrange to group together at the trial as there is always a great sense of camaraderie between triallers.

Get ready to be bitten by the trialling bug!

Go..Go...Go.....Towards that first ribbon



It's a Dog's Dinner



Turkey Meat Loaf

- | | | |
|---------|---|------------------------------|
| 1/2kg | x | Turkey mince |
| 1 | x | Egg |
| 1/3 cup | x | Rolled oats |
| 1/3 cup | x | Diced tomatoes (with liquid) |
| 1/2 cup | x | Carrots finely diced |
| 1/2 cup | x | Green beans diced |
| 1/2 cup | x | Brown rice or quinoa cooked |



Preheat oven to 180°

In a large bowl thoroughly combine all ingredients then place mixture into a loaf pan and bake for 45 minutes.

Slice and chop into bite sized pieces. Store covered in the refrigerator, or freeze.

Christmas Pudding

- | | | |
|---------|---|--|
| 2 | x | Eggs |
| 1 cup | x | Cooked and mashed pumpkin/sweet potato |
| 1 tsp | x | Coconut oil. |
| 1/2 cup | x | Grain free flour |
| 1 tsp | x | Honey |

To decorate

- | | | |
|---------|---|------------------|
| 1/2 cup | x | Natural yogurt |
| | | Carob dog treats |



Whisk eggs in a bowl and then blend mashed pumpkin/sweet potato into the mix.

Add grain free flour, coconut oil and honey, mix well.

Place mixture in pudding bowl lined with baking paper.

Fill saucepan halfway with boiling water

Place pudding bowl in saucepan cover and cook for 40 minutes.

Once cooked remove from pan and allow cool.

Fill zip bag with natural yogurt.

Cut corner of bag and pipe top of pudding.

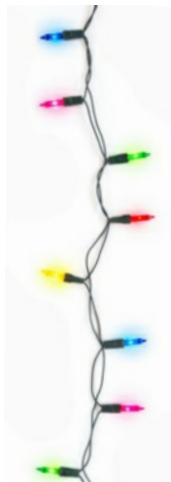
Decorate with bites



Christmas Can be a Dangerous Time for Dogs

Things to Remember to Keep Them Safe

With so much fun and activity happening over the Christmas period it is easy for dogs, especially puppies, to get into strife.



Tinsel can be very dangerous as dogs can get tangled up and even strangled. If swallowed can cause major digestive issues.



Fairy lights can cause the same issues as tinsel and the glass bulbs can cut the mouth and stomach if swallowed.



Christmas tree ornaments, especially appealing to the ball mad dog can cut mouths and do damage if ingested.

Snow Globes can contain anti-freeze which can be lethal if swallowed.



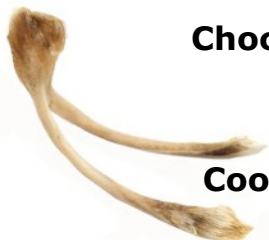
Raisins and grapes which are found in abundance in Christmas fare, such as mince pies, are toxic to dogs.



Alcohol is extremely dangerous to dogs.



Chocolate, especially dark chocolate, can be toxic and can cause damage to the heart and nervous system.



Cooked bones, can splinter and cause severe internal damage.

Lollies often contains Xylitol, an artificial *sweetener*, which can lead to the over release of insulin, kidney failure, and worse.



Macadamia Nuts can damage to your dog's digestive, nervous, and muscle systems.

Onions and Chives no matter what form they're in, are poisonous for dogs. They can cause anaemia and damage red blood cells.

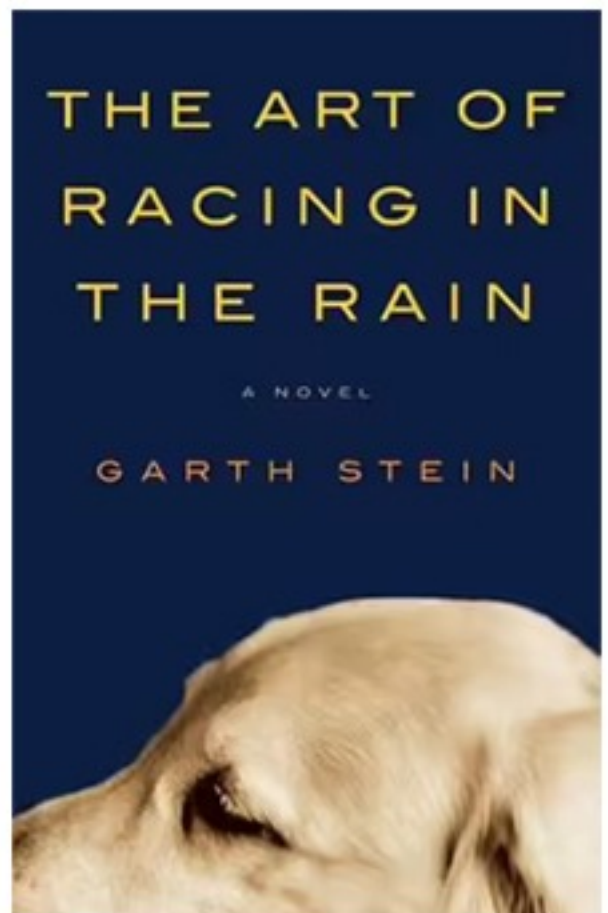
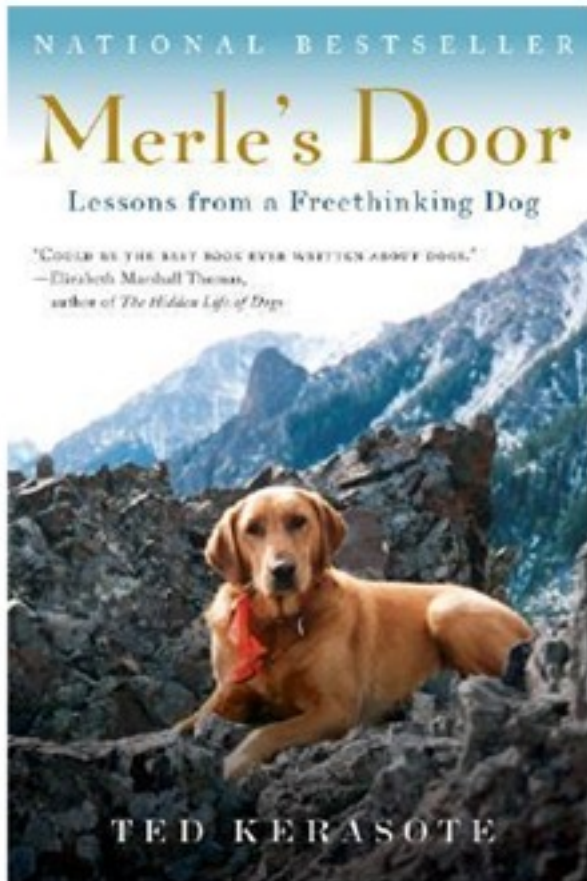


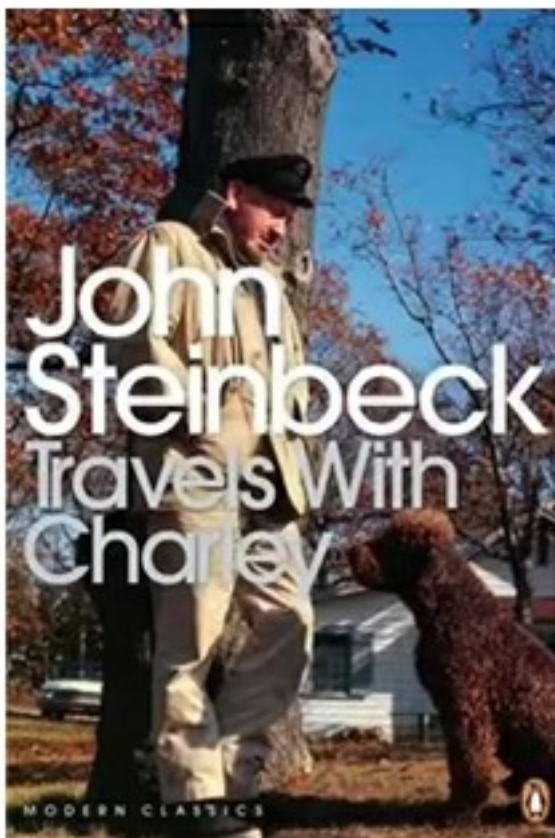
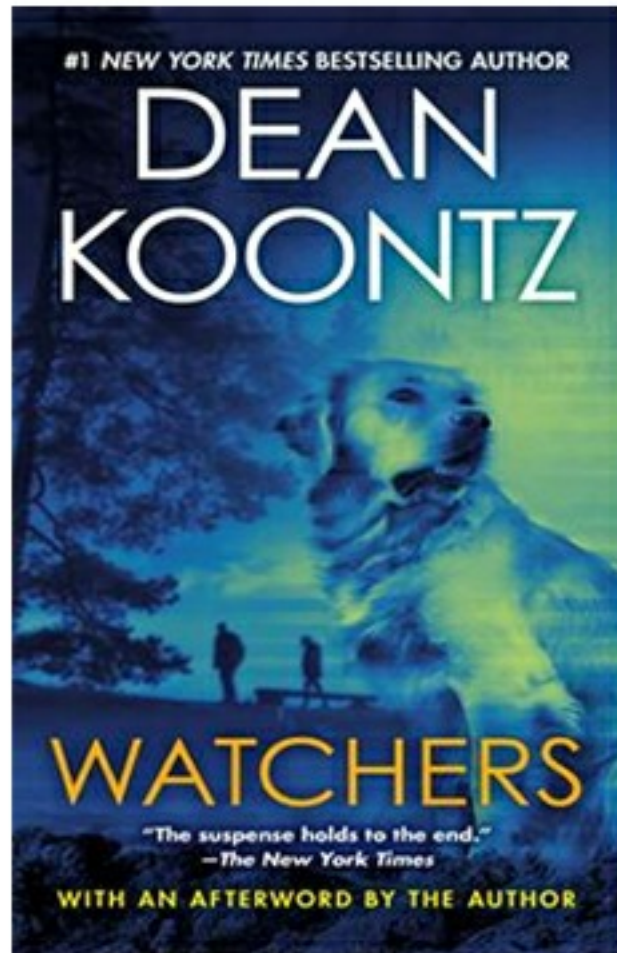
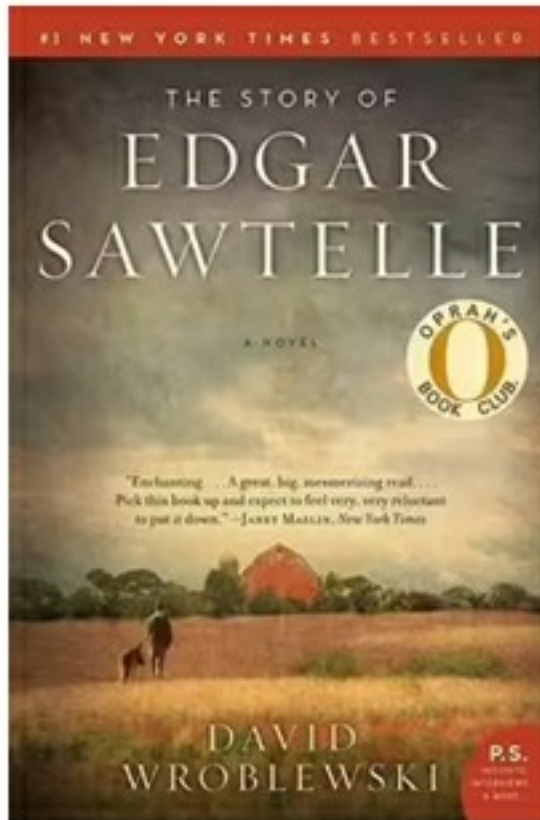
Open Gates. In the excitement of friends and family arriving gates can easily be left open and visiting children can often be completely unaware of the dangers of letting a dog out.

Pointsettia Plants can irritate the mouth and stomach and cause vomiting.

Garbage bins especially if full of turkey bones and prawn heads can be particularly appealing to the determined dog.

GOOD READS







Happy Christmas

The Committee and instructors would like to wish all the members and their wonderful dogs a safe and happy Christmas and a prosperous and exciting New Year.

Have fun in the sun and we will look forward to seeing you back at Deep Creek in 2022.

Obedience starts the first Sunday and Thursday in February, Agility and Flyball the last Saturday in January.

