

# DOG TRACKS



## MESSAGE FROM THE PRESIDENT



In September the club conducted its Annual General Meeting; one of its primary functions to elect office holders for the next twelve months.

I especially want to thank outgoing President and now committee member Jo Comber, and Jane Freeman who stood down from committee this year.

I am pleased to introduce you to the following members and their new positions: President Peter Coulthart, Vice President Natalie Morgan, Secretary Gael Sinclair, Treasurer Jill Fausold

Committee Members: Gunilla Doyle, Wendy Jones, Jo Comber, Meisha Stevens, Jayne Powell

Members can always seek out committee members on the grounds should you wish to give us any feedback about the club or to make suggestions

Chief Instructor Obedience (Sunday): Jill Fausold  
Chief Instructor Obedience (Thursday): Wendy Jones  
Chief Instructor Agility: Siobhan Christie  
Chief Instructor Flyball: Paul Jumikis

As we approach the summer months we are reminded to be more cautious to keep our dogs well hydrated, not over-heated in cars and carefully checked for ticks. The training grounds at Deep Creek are well known for ticks and mosquitoes so regular inspection of you and your dogs is advisable. Vets tells us that medications can partly protect against the symptoms of paralysis tick but should your pet show any signs of illness eg: lethargy, off their food, coughing, any paralysis or any behaviour out of the ordinary after a tick has latched onto your dog you are urged to immediately seek vet help. In fact, you might not see the tick so watch for symptoms and get to a vet as a matter of urgency.

Enjoy your training as we head into our final month before the December – January break.

All the best  
Peter Coulthart  
With editorial help from his English Setter Venice







## NSW State Titles 2023

The weekend of September 8-10th saw competitors from many states battle it out for Champion Status at the NSW State Titles. The DogsNSW complex provided a fantastic venue, with the added bonus of hosting Petr Pupik (from the Czech Republic) as a judge. Manly ran a ring again this year, thank you to the many volunteers who pitched in help it run smoothly.



State Titles  
The Manly Dogs

The Manly handlers and dogs performed and placed well at this year's competition, taking home some lovely ribbons and rosettes. Congratulations to all for their hard work, it paid off.

A special mention to Kim (and Zara), one of our new trialling dogs. She earned a place in the Novice Jumping Dog 500 final – and won. She is now the Novice JD 500 State Champion!



**Congratulations** to Molly Morgan for winning Junior Dog of the Year (Jumping) & Junior Dog of the Year (Agility) with Mr. Pickles!



Bindi



## 1st Jumping Qualification

When you start trialling, sometimes those first Q's (Quallies we like to call them) are tough to get. Taking all the things you learned at training and putting them into practice on the field at a competition doesn't always go the way you planned.

As someone who has spent many hours at the scribe table all across NSW, ACT, VIC & QLD, I can tell you it happens to handlers of all levels.

Keep persevering, refining what needs more work and soon the Q's will start flowing.

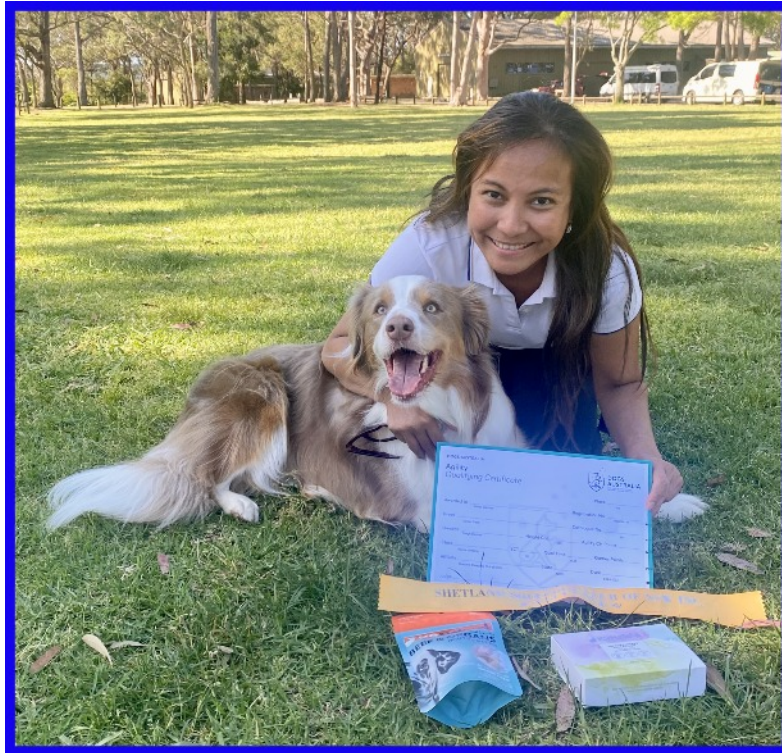
If you are close to trialling, one of the best things you can do is attend a few trials and offer to help scribe or steward. Chat to our friendly Manly trialling group with any questions you have. We can pair you up with a mentor so it's a little less overwhelming.





Congratulations to Maria & Bailey (and proud Dad Wentzel) for a well-earned Quallie and a 3rd place finish at the Sheepdog Trial held at St. Ives.

Maria didn't give up and kept on trying! I'm sure there will be many more to come.



## Save the Date(s)

As its nearing the end of the year, we look forward to wrapping things up with our Agility Christmas Party and of course our Working Bee! The Christmas Party will be held on December 2nd, with some fun activities, a breakfast BBQ and a doggy Kris Kringle. More info to come at training & on our FB page.

Our Working Bee (Sunday Dec 10 from 8:30am) is where is unload the equipment, give it a wash and pack it all back in for the next year. We have a bit of fun along the way too! It's really important as club members to lend a hand with this, so even if you can only come for an hour or two please come. Many hands make light work!

***As a bonus to those who attend, we have some prizes for a 'helper's raffle'. Prizes include: tug toys, nerf toys, K9 Natural and more.***

***Every person who attends will receive a ticket.***

Natalie Morgan





## Winners are gridders at the Flyball Nationals in Canberra!

This year we sent 2 teams to Canberra to compete against teams from all over Australia. Our Regular team "Mad Dash," competing in Division 10, was made up of Revan, Pickles, Zara, Pippi, Blaze and Luka. This team shows just how great Flyball is for all dogs. We had a Border Collie, a Kelpie, a Husky, 2 cocker spaniels and Zara the Super Mutt (some amazing combination of breeds)!

Over 2 days they won some and lost some but in the end the results were so close that the timekeepers had to do a count-back to determine the winner.

Mad Dash got the job done and came home with the win – and a giant trophy as well!



Division 10 Team

Our Open team "Mad Flyers", which can have dogs from any clubs' race together, had a bit of a rocky start. We lost a dog to illness and another wasn't able to make it, so very quickly we managed to pull 2 dogs in – having not practiced or raced together as a team before. We had no expectations and set out to have fun racing our dogs.

Well, not only did they not lose a single race, but they won their Open division as well! Another giant trophy for Manly. Congratulations to Pippa, Georgie, Hazel, Buddy, Pippa & Aurora for clean, consistent racing (and for winning too)!





A big thanks to Rosemary, Vanessa & Sam for joining us with your dogs. Thanks to Fraser and Molly who captained their teams to victory and our box loaders Lisa and Siobhan. A very big thank you goes to Emma for coming to Canberra with us, without a dog, just to help wherever needed – and boy did she!

### Flyball Titles

Dogs progress at varying rates towards their points for titles. Zara was especially lucky, and gained her Flyball Dog and Flyball Dog Excellent just from the Nationals. Superb racing! Here's how some of our Manly Dogs are performing:

Dog	Title	Points
Toby	Flyball Dog Grand Champion - Jeddah Award	3693
Now happily retired		
Revan	Flyball Dog Grand Champion - Jeddah Award	3599
Daisy	Flyball Master Excellent	934
Hazel	Flyball Master Excellent	781
Buddy	Flyball Master Excellent	729
Blaze	Flyball Master	547
Pippi	Flyball Master	504
Georgie	Flyball Master	431
Pickles	Australian Flyball Champion	84
Zara	Flyball Dog Excellent	21



# 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 ¼ cup dog food helps your dog feel fuller for a longer period of time. The fibre 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 fibre 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 fibre 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 fibre 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!**





## Manly Juniors Shine at the Sydney Dog Lovers Festival

The Dog Lovers Festival was held at Olympic Park on August 26/27th and two of our Manly juniors showed off their skills for the crowds.

Molly started her days off with a few dives in the Antinol Dockdiving pool, eventually taking home a 2nd place finish in the Big Air final.



On both days, Emma (with Bindi) and Molly (with Buddy & Pickles) performed two thrilling Flyball/Frisbee demos a day with the team from the High Flyers and joined the Agility Dog Club of NSW to show off their agility skills.

Both girls are excellent handlers and have hopefully inspired some other juniors to get involved in the sport. They are ones to watch!







Molly & Buddy



Emma & Bindi





# A Day at the Beach

## Staying Safe

### Heatstroke

Hot sun, hot sand, little shade, a fur coat, and an excited dog is a recipe for heat stroke. Dogs don't sweat so they can overheat very quickly and they also can't tell us when they're hot. Heat stroke can be serious and if not treated quickly can lead to organ failure and may be life threatening.

To avoid your dog getting heat stroke don't visit the beach during the hottest part of the day. Make sure you provide them with enough shade, plenty of cool drinking water and limit excessive exercise.

If your dog is showing any of the following symptoms, they may be suffering from heat stroke.

- Excessive panting
- Red (rather than pink) gums
- Diarrhoea
- Vomiting
- Lethargy (after or during a day at the beach)



### Sunburn

Just like us, dogs can get sunburnt, and the most likely places for them to get burnt is their nose, ears, and belly. Dogs with thin coats or short white fur are also more likely to be at risk from the sun's UV rays.

To prevent your dog from getting sunburnt apply a good quality sunscreen that is safe for animals (not all sunscreens are suitable for pets, especially those with zinc oxide) to any exposed pink skin and provide them with a shaded area to cool off under. You can also consider UV- and UPF-protective clothing.

The first and most obvious sign of sunburn on a dog is redness directly on a dog's skin. Other signs of dog sunburn include:

- Dry, cracked, or curled edges on ears
- Hair loss
- Sores/scabbing
- Skin ulcers
- Skin infections





## Salt Water

When dogs are hot and thirsty, they are inclined to drink almost anything, and this includes sea water.

Drinking a large amount of salt water can cause your dog to become more dehydrated and this can lead to salt toxicity. This occurs when there is too much sodium in the blood and is also known as *hyponatremia*.

The common symptoms of hyponatremia include:

- Excessive urination
- Extreme thirst
- Confusion
- Lethargy
- Diarrhoea
- Vomiting
- Nausea
- Odd behaviour
- Muscle spasms
- Seizures
- Death (in extreme cases)



To avoid your dog from ingesting too much salt water ensure you take a break away from the ocean after every 15 minutes of play and offer fresh water throughout this time.

## Sand Ingestion

Believe it or not, eating, and swallowing sand can become easy for dogs to do after a day of digging, rolling around and chewing on sandy, wet toys. This unfortunately can cause stomach problems for your dog if too much sand has been ingested, as the sand can compact in their stomach and cause a blockage.

Take toys that are suitable for the beach and discouraging your pet from eating or chewing the sand whilst they play.

Common symptoms of sand impaction can include:

- Vomiting
- Seeming constipated
- Abdominal pain
- Loss of appetite
- Lethargy



Signs can develop anywhere from just a few hours after exposure to a few days later.

## Hot sand

If the sand is too hot for your feet, then it is too hot for dogs' paws. Hot sand can cause your pets paws to burn and become very painful.

Play with them on the wet sand and avoid the hot sand especially during the hottest time of the day.

## Fishhooks

Unfortunately, due to the strong smell of fish and fish bait attracting dogs, fishhook injuries are a common beach danger.

Dogs can get fishhooks stuck in their mouth, oesophagus, stomach or embedded in their skin.

If you find that a hook or barb is embedded in the skin cover it to prevent further damage or your pet chewing, licking or swallowing it and go to the vet.



## Jellyfish

Not all jellyfish are dangerous and the fur on most dogs offers a layer of protection however they can be exposed to stings on lightly furred areas such as the nose, face, paw pads and abdomen.

The stingers on the jellyfish can continue reacting for weeks after the jellyfish itself dies.

Look for the following symptoms if your dog has had contact with a jellyfish.

- Difficulty breathing
- Loss of coordination
- Muscle spasms
- Several stings
- Swollen oral area
- Swollen tongue
- Vomiting





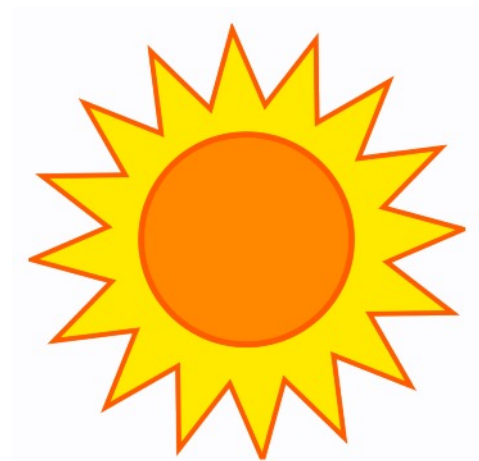
## Pufferfish

Pufferfish contain a potent neurotoxin called *tetrodotoxin* and when eaten affects the nerves in animals which can lead to paralysis.

Dogs will often appear unwell after eating a pufferfish and begin constantly licking their lips and panting. Other symptoms may then start to appear.

- Nausea (drooling)
- Vomiting
- Weakness (usually starting in the legs and continuing towards the head)
- Inability to control
- Breathing issues

**Have a great safe, fun day at the beach but please take your dog to the vet if it shows symptoms.**





# Blueberry Time



Did you know that Blueberries are really good for dogs? Blueberries contain antioxidants, fiber and vitamins C and K, nutrients which support the immune system and contribute to overall health.

## Blueberry Biscuits

- 2 x Tbsp Coconut Oil
- 1 ¼ x Cups Wholemeal Flour
- 2 x Eggs
- ½ x Cup Blueberries, Halved



Preheat oven to 180°.

Melt coconut oil, add flour and mix until fully combined. Add eggs, one at a time, then fold in blueberries. Using your hands form the dough into a ball.

Roll out dough on a floured surface, sprinkling dough with flour if it is sticking to the rolling pin.

Cut into shapes using cookie cutters and place on an oiled baking sheet.

Bake for 15 minutes.

Cool, then store in an air-tight container for up to 5 days or freeze for extended freshness.







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**Editor Wendy Jones**

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