

DOG TRACKS

Pack the Treats



It's Training Time

January / February 2026

President's Message

Welcome back members to dog training 2026!

I want to particularly celebrate our new members many of whom have got their first dog and embarking on dog training with an open mind as to how far they can up-skill. The extent to which you will have success in your dog training is much to do with the amount of effort and practice that you put into your training while on the ground and at home.

As you progress through the obedience classes you can consider joining our advanced dog training sports such as agility, flyball and frisbee where you need to have good control off-lead and a dog that's not reactive to others. We don't allow dogs to participate in those sports until they're at least 12 months of age as to do it earlier can risk over stressing the joints of younger dogs.

If you think that your dog is ready to participate in agility sports please reach out by email to agility@manlydogclub.com.au and the chief instructor will respond to give you some guidance.

Just a reminder for those participating in obedience classes you can attend either or both Sunday from 10 am or Thursday from 10.30 am. Sunday classes are understandably larger so feel free to try out both venues if you have that time availability.

I wish you all fun and success in your training.

Peter Coulthart
with editorial help from his English Setter, Venice.



Choosing the Right Training Treat

Using the right training treat can really make a difference to your dog's behaviour in class. Firstly, never give your dog breakfast before coming to class, you want them to be hungry as their desire to work for a food reward is far greater on an empty stomach. We see a variety of weird and wonderful things brought along as treats, from Fruit Loops to flavoured rice crackers and dried banana. Not only are these not good motivators they are also not a healthy option.

So what is the ideal training treat?

This very much depends on the dog and how much it is motivated by food. Most dogs respond to food, the higher value of the treat the more the dog will want to work for it. Some dogs, however, are far more motivated by play so a tug toy may well be their best motivator. Dogs have far fewer taste buds than humans but their sense of smell is forty times greater so it's not only taste that is important but the smell of the treat that will keep the dog focused on the handler.

Treats are also of different value; kibble, whilst being a dog food, is still a low value treat, kangaroo sausage and roast chicken are a be a high value treat. Look for a treat that combines taste and smell and is moist. Dried liver is a great training treat at home but in class moist treats are preferable. It is also important to take into consideration, especially with breeds that are prone to weight gain, that treats are counted as part of the daily food intake. Treats should be cut into small pieces and mixed; for example, cubes of cheese, sausages, trimmings of yesterdays roast, that way your dog gets a variety during the course of the class.

Everyone is time poor these days so organise your treats in advance, cut up a whole block of cheese or a pack of sausages (cooked), pop into small snack bags and freeze, that way you can quickly grab your treats and get to class with out a frantic rush round looking for what to bring. If you are buying store bought treats please turn over the packet and look to see the country of origin. If it's anywhere other than Australia do your dog a favour and leave it on the shelf.

The Best Ever Training Treat

(9 out of 10 Dogs Agree)

1 x Large Can of Pink Salmon (450g) undrained
5-6 x Eggs
2 x Cups of Rolled Oats

Mix all ingredients together; if necessary add enough flour so mixture is dough like and not too runny. Press into a lined baking tray so mixture is about 1.5cms deep.

Bake in 180° oven for 15 – 20 minutes.

When cool cut into tiny squares, divide into individual portions and freeze. (As oven temperatures and moisture content may vary add flour and adjust baking time to suit.

Cutting with a pizza wheel is easier than a knife)



Other recipes can be found on the Club web site. [Yum Yum !](#)

Stop Before You Spray



Fly sprays and insecticides pose a significant danger to dogs in Australia. Exposure can lead to serious health issues or even death. This risk stems from ingestion, licking treated surfaces and paws, eating poisoned insects, inhaling the fumes or skin contact.

Many common household and human insect repellent products contain chemicals that are toxic to dogs.

DEET (N,N-Diethyl-meta-toluamide): Commonly found in human insect repellents like Aerogard, DEET can cause skin irritation and, if ingested in significant amounts, neurological issues such as tremors and seizures.

Pyrethrins and Pyrethroids: These are common active ingredients in household fly sprays such as Raid and Mortein and some flea medications. While low concentrations in household sprays may be less problematic once dry, concentrated exposure can be highly toxic, especially to cats, but also to dogs.

Various other chemicals in commercial pest control products can be harmful, with toxicity depending on the specific ingredients, concentration, and level of exposure.

Exposure to fly sprays and insecticides can cause excessive drooling, difficulty breathing, vomiting and diarrhoea. Lethargy, weakness, uncoordinated movements, muscle spasms or seizures and skin and eye irritation.

It is important to keep your dog away from sprayed surfaces until fully dry and well ventilated, at least 1 - 2 hours. For outdoor pesticide treatments it is advisable to keep your dog away from 24 - 48 hours.



Summer Yummies

Pumpkin & Blueberry Ice Cream

- 1 x Cup Pumpkin Purée
- ½ x Cup Fresh or Frozen Blueberries
- 1 x Cup Plain Yogurt (unsweetened, low-fat is best)

Place pumpkin, yogurt, and blueberries into a blender. You can pulse it a few times if you want some whole blueberry bits for texture, or blend it until smooth for a more ice cream-like consistency.

Spoon the blended mixture into silicone muffin cups or pour into a shallow dish and scoop it out later. Place in the freezer for about 3–4 hours or until solid.



Watermelon & Yogurt Frozen Treats

- 2 x Cups Seedless Watermelon Chunks (chilled)
- ½ x Cup Plain Greek Yogurt (unsweetened, full-fat or low-fat)
- 1 x Tablespoon of Peanut Butter (xylitol-free)

Cut the watermelon into small chunks and chill them in the fridge for 30 minutes. This helps the yogurt blend in smoothly.

Place chilled watermelon chunks, yogurt and peanut butter into a blender and blend until you get a smooth, creamy texture that resembles a thick smoothie.

Pour the mixture into silicone molds and freeze for 4 – 6 hours.





Don't Forget Your Fur Friend on Valentines Day

Ingredients

Beet Hearts

- 1 x Small Beet (peeled and boiled)
- 1 x Tbsp Water
- 1 ½ x Cups Oat Flour (more as needed)

Banana Hearts

- 1 x Ripe Banana
- 1 x Tbsp Water
- 1 ½ x Cups Oat Flour (more as needed)

Apple Hearts

- 1 x Small Apple (peeled and boiled)
- 1 x Tbsp Water
- 1 ½ x Cups Oat Flour (more as needed)



Directions

For each combination:

Combine the fruit/beet and water in a food processor until smooth.

Add 1 ½ cups oat flour, and pulse until combined. Add more flour as needed, until a dough forms. The mixture should resemble pie dough.

Transfer the dough to a floured surface and knead until smooth. Use a rolling pin to roll to approximately 5mm thickness. Use a cookie cutter to cut out hearts.

Place hearts onto a lined baking tray and bake at 180° for 30-40 minutes until firm.

Cool and store in air tight container



*Please remember to keep those
Valentine Day chockies well out
of reach. There's many a dog
that has ended up at the vet on
February 14th*



Back to Training 2026

Training schedules are listed on the calendar on the Club's website. The Christmas break is a busy time for everyone and it is often hard to keep on top of your training; don't worry, it's like riding a bike for both you and your dog, you'll be back in training mode in no time. It is really important with your training that you are methodical and that all the family is on the same page with cues and hand signals.

Keep your voice up-tempo, your hand signals accurate and don't "nag" your dog, give a voice cue only once.



Back to Training Reminders

- Don't forget to bring your Club training lead
- You MUST wear your badge
- Bring yummy treats and your treat pouch
- No breakfast on training day (your dog that is, not you!)
- You must wear closed shoes, no thongs or sandals
- Keep both yourself and your dog well hydrated
- Remember sunscreen for yourself and your dog if it has pink skin
- Always check for ticks when you get home
- Please arrive 15 minutes before class

Editor Wendy Jones

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