



# Dog Chat

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Illawarra Dog Training Club



## April/May 2020

# On the Way to A New Normal



**DOGSNSW**  
Promoting Responsible Dog Ownership

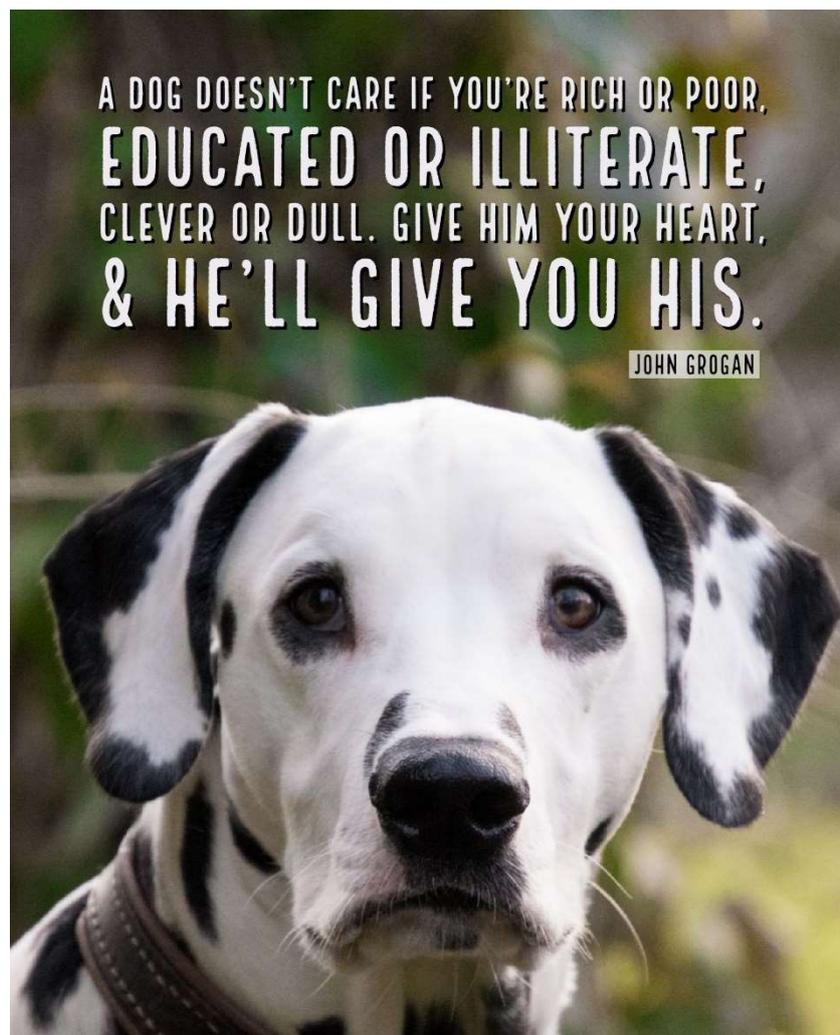


THE WORLD  
WOULD BE A  
NICER PLACE  
IF EVERYONE HAD  
THE ABILITY TO LOVE  
AS UNCONDITIONALLY  
AS A DOG.

M.K. CLINTON

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# Letter from The Editor

Wow what a crazy ride has 2020 been so far! We've experienced drought, bushfires, floods and now COVID-19 has raised its ugly head and we are now experiencing not only an incredibly stressful time for some but also a new kind of normal for everyone. Most of us have been working from home during the pandemic and our dogs have become accustomed to having us around, but now as we start to return to a new normal for us we need to take the time to think about what this means for our dogs. Before we all return to work it's a good idea to start to prepare our dogs (especially our nervy or anxious dogs) for us to be out of the home for 8 hours or more a day, to help you with this we have an article about preparing your pets.

In this issue you'll find some helpful tips to get your dog ready for your return to work, also for a return to socialisation, we say farewell to a much loved family member Breaker and learn how to make apple and carrot dog treats.

We are all anxious to return to training and this has been a hot topic for us, as restrictions continue to ease we are preparing to come back to club training but be aware it won't look like it did before, with your safety in mind we will be initiating COVID safe rules, with club members checking in before training, limiting class numbers and maintaining social distancing, we understand this can be frustrating but please be patient.

Remember keeping up your training at home is really important! Don't forget 1 word 1 action is what we are aiming for, remember if we tell our dog to "Sit. Sit. Sit. Sit." And they sit on the 5<sup>th</sup> sit and we praise them we just taught them we didn't mean it the first 4 times, consistency is key in training our dogs, they're smart cookies and learn to recognise patterns very quickly.

As we return to training our dogs are going to be a little excited (they've been isolated too!) so please remember to give them some time to get used to being around strange dogs again and try to understand they will be super distracted for a while and it also may seem like they've forgotten everything they've learned!

We are all looking forward to seeing your smiling faces return to training stay tuned and we'll keep you updated!

Check the website and Facebook pages for any updates.

# **Life After COVID-19 Preparing Your Dog for Your Return to Work**

Our four-legged friends have been reaping the benefits of our extra time at home: more walks, more play time, more chin scratches. And in turn, they've been an enormous source of comfort during this scary time.

But part of being a responsible pet owner is preparing your dog for what comes next. When we inevitably go back to work, school and study, our pets must once again adjust to being home by themselves for many hours of the day. This is true of pets who have been part of the family for many years, as well as those who have only recently come into our lives.

To prevent your dog from feeling confused after you head back to a regular routine, here are some tips you can implement now to ensure your dog is prepared for life after COVID-19.

## **Stick To A Routine**

Just like us, dogs are creatures of habit. Create a routine that includes enrichment, rest, exercise and alone time during the day, putting aside time to head out of the house without them if you can.

## **Let Them Sleep**

Dogs' sleep pattern varies according to their age, activity levels, health and individual characteristics. Most dogs sleep for an average of 10-14 hours a day (which basically puts them on par with their human's self-isolation patterns), while puppies sleep more. If you spot them catching some shut eye, leave them to rest and only ask them to play with you once they've woken up on their own.

## **There Is Such A Thing As Too Many Walks**

Most dogs need 30 to 45 minutes of aerobic exercise per day, dependant on health status; some may need more and some less. Even though we're all tempted to take our dogs out for extra walks at the moment, please exercise your dog within their own capabilities and keep to an exercise routine that you are able to keep up once you return to work or study.

## **Encourage Your Dog To Play With Their Toys**

Make your dog toys more interesting by smearing dog-safe foods on them, such as peanut butter or canned dog food (if your dog has any health problems, check with your vet first). Start rotating the toys frequently too, rather than leaving them lying around. If you collect and clean a toy once your dog is finished with it, and then place it away in a toy box, it will greatly increase the novelty value next time it comes out.

If you're still not having much success, try different types of toys like rope toys, Kongs, balls, squeaky toys, soft toys, etc.

## Invest Time In to Training

Now is a great time to invest in some reward-based training and education. This can be done at home, as many professional dog trainers have online resources and classes you can take advantage of.

Re-visit the basics such as sit, come, drop, stay or move to more advanced training such as nose works.

and mental energy spent foraging and eating. These feeding solutions will also keep your pup entertained while you're away from home.

## What Is Separation Anxiety?

A more serious behavioural issue is 'separation anxiety', a general term that is used to describe a dog's distress and destructive behaviours when they're left alone, or even when their owner starts to prepare to leave the home.

Separation anxiety can include urinating and defecating in new places, escaping, digging, chewing, howling, barking and pacing.

It's important to note that separation anxiety must be diagnosed by a veterinary behaviourist. If you think your dog is displaying signs of this behaviour, please get in touch with your veterinarian.

To help your dog, you can:

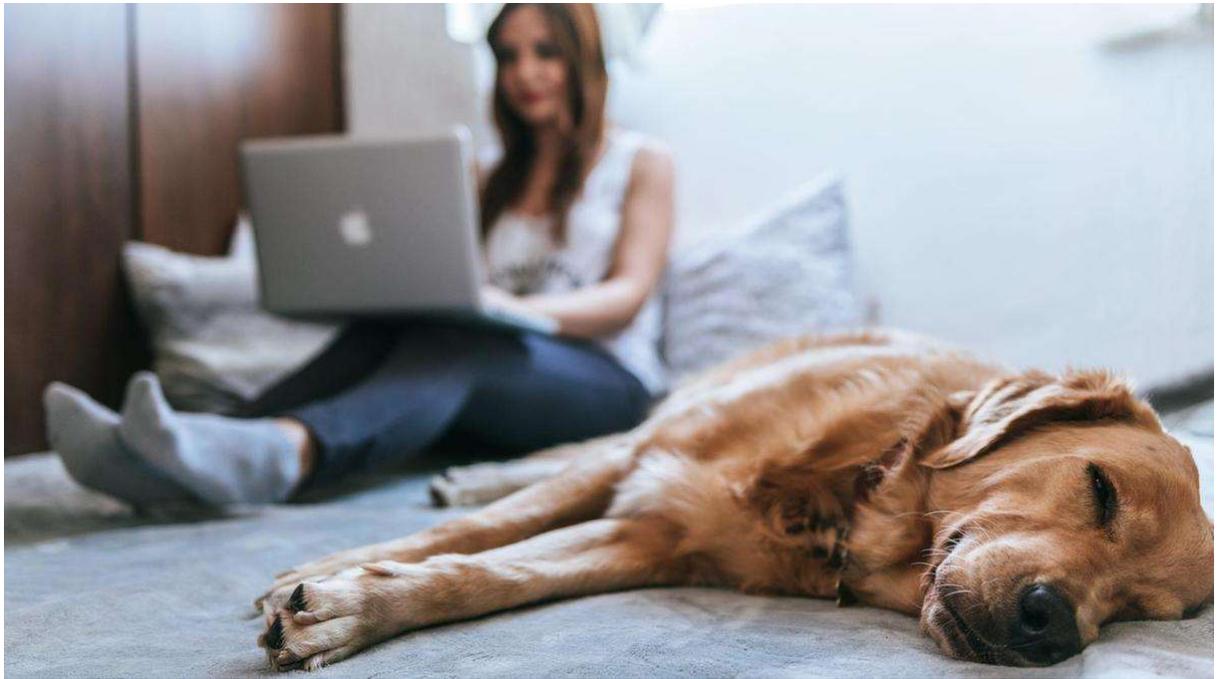
- Condition your dog into thinking that time alone is positive. Use the above enrichment methods, like smearing tasty food on their toys, to demonstrate how good it is to be left to their own devices.
- **Create** a comfortable and safe space in which your dog wouldn't mind spending time alone. The area should include clean food and water bowls, toys, bed and a toileting area.
- Make your backyard more complex and adventure filled. Think a digging pit, kennel, and extra toys.
- Start off by giving your dog time alone in smaller increments. Leave them alone for a few minutes, five minutes, ten minutes, then 20, then 30 and so on.

Remember, never punish unwanted behaviour. This will only make the situation worse.

## Planning Ahead

When life does eventually get back to normal, you could always look at other ways to involve your dog in your day-to-day life.

Bring your dog along to outings where possible, like picking the kids up from school or extended family gatherings. You could also hire a dog walker to take your dog out for regular exercise during the day or invest in a doggy day care.



# **Doggie Treat of The Month**

## **Apple Carrot Dog Treats**

### **Ingredients**

- 2 ½ cups whole wheat flour
- ½ cup oats
- 1/3 cup coconut oil
- ½ cup apple, peeled and grated
- ½ cup carrots, peeled and grated
- 1 egg
- 1 tsp unsulphured blackstrap molasses
- ¼ to ½ cup water



### **Directions**

1. Preheat oven to 180°C.
2. Line cookie sheet with parchment paper
3. Peel and grate apples & carrots
4. Put flour and oats in large bowl
5. Put melted coconut oil, water and molasses into mid-sized bowl.
6. Beat egg and add to oil and water, mix well.
7. Add carrots and apples to mixture.
8. Slowly add dry ingredients to wet and stir well until dough forms.
9. If the dough is too crumbly/dry gradually add extra water until it becomes workable.
10. Flour work surface and roll dough out to 1 cm thickness
11. Use cookie cutter to create desired shape
12. For small treats bake for 30 minutes. For larger treats bake 40-45 minutes.
13. Remove from oven and allow to cool

# How to Help A Dog That's Missed Early Socialisation

Considering or just adopted a timid older puppy or adult dog that clearly didn't have the best early life socialization? Or recently got a new puppy but were told to keep them locked away and not introduce them to any other dogs or bring them out and about until *all* of their puppy shots were done and you've now missed their early (3–4month old) socialization window? Sadly, these are scenarios that are (still) far too common. **But all hope is *not* lost!**

Yes, there's no doubt or debate about it ... proper early life socialization (i.e., before 16 weeks old) is *very* important for a dog's wellbeing and development and, if you've missed their critical early "socialization window," you're definitely starting behind the proverbial "8-ball." But people have made some pretty impressive shots from behind 8-balls actually, and you can too!

Here's some information, tips, and resources to help you help your previously under- or unsocialized dog get more comfortable with the world.

## Keys to Help an Unsocialized Dog

All hope is not lost - most dogs with early socialization deficiencies are able to make noticeable and important progress

Prepare that it will take more time and patience – work at your dog's pace, whatever that may be ... don't force it

Keep the end goals in mind ... (1) to help your dog become more comfortable, less stressed and anxious, and safer in their everyday life, and, (2) to make your life with your dog as easy and low-stress as possible

Figure out and use the reinforcement that matters most to your dog, but that isn't so distracting to take their mind off their environment

## Set Realistic Expectations

Prepare yourself for the fact that you almost certainly will not have a dog that will be *as* comfortable around and accepting of all the people, animals, sights, sounds, and other things that they're likely to encounter in their everyday life and environment as they would have been with proper early socialization. But that's OK, that doesn't *have* to be the goal. *Every dog doesn't have to love everything or everybody* ... they just have to be comfortable enough with enough "things" to feel safe, secure, and happy in their new world. You may not wind up with a "social butterfly," but so long as you wind up with a happy and functional dog, that's a win!

## It Can Be A Small World After All

This isn't a nod to the Disney tune and ride, but rather a statement that your dog's world ... the world that you're hoping for them to get comfortable with, can be as small as it needs to be to allow them to slowly, gradually, and safely get comfortable with a progressively larger world. Is your dog comfortable in your backyard, but freezes and gets tense anytime you take them in the front yard? Work with that! Stick with the backyard at first to do your introductory and socialization work there, let your dog start building their confidence in an area they're already comfortable with before trying to expand and grow

those areas. Don't make the mistake of trying to get your dog comfortable with the whole wide world or "all the things" at once. Think baby steps and build upon successive "wins."

### **Slow And Steady Wins The Race.**

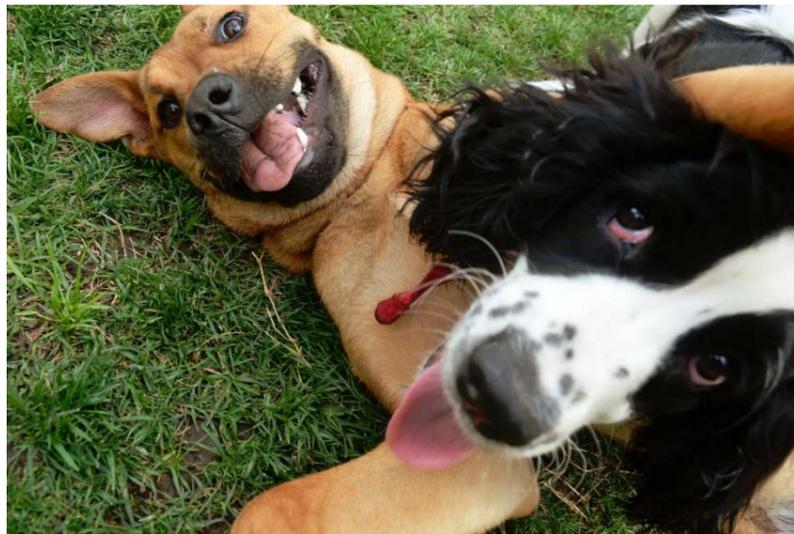
They say that patience is a virtue and, when it comes to trying to help a previously under- or unsocialized dog, they couldn't be more right! Pay attention to your dog's comfort level and proceed at a pace that works for them. Don't put an artificial timeline on your progress and don't put too much pressure on your dog (or yourself). With the right guidance and plenty of patience and understanding, your dog will get there ... wherever "there" happens to be for your dog (see above re: setting realistic expectations).

### **Make It Super Rewarding**

Find out what your dog really loves and use that to your (and their) advantage. Is your dog food motivated? And, if so, what are some of their most favourite treats? Those would be their "highest value" food rewards. (Just be careful of anything too fatty or rich, you don't want to give your dog a case of pancreatitis!) Perhaps your dog is more motivated by play? In which case perhaps rewarding progress with a nice game of fetch or tug will help them find joy and associate something awesome with "expanding their horizons." It's not about bribing your dog, but rather rewarding them for making progress and conquering their fears. Just be sure that, whatever rewards and reinforcers you use, that they're not so distracting as to take their mind completely off their surroundings - as they do need to be aware of their surroundings, to some degree, to become more comfortable with them.

### **Keep Your Eye On The Prize**

There will be setbacks and plateaus in your dog's progress. That's fine. Rome wasn't built in a day. Don't get frustrated or give up. Take a breath and a pause. Maybe re-evaluate your approach. Maybe increase the "value" of the rewards you're providing. Maybe get professional help (which is always a good idea ... see more about that below). Don't forget ... you're doing this work for the *long-term* benefit of both you and your dog. Some short-term setbacks shouldn't derail your long-term goals



# **Fly High Breaker – A Tribute**

## **Eraky Tie Breaker UD “BREAKER”**

**26/7/2007 to 30/5/2020**

Owned by Carol Zietsch

Breaker was my third dog that I've trained at the Club and the first dog that taught me how to have fun in training; he was such a happy, prancey, stunning boy with a strong will to please; anyone that met him fell in love with him; he was my heart dog.

I have fond memories of doing the rounds on a Saturday afternoon with Breaker by my side, taking Member numbers, promotions etc; I would leave him in a sit stay while I walked the lines, as soon as I said thank you to the instructor Breaker would break his stay and come running up to me and we'd move onto the next class; the process was repeated again and again.

As a Team we competed in Competition Obedience and Breaker lived up to his name on many occasions 'breaking' an exercise just because he could! I would just laugh, thank the judge, leave the ring and give him a big cuddle knowing at the end of the day I was taking the best dog home!

Our trialling career spanned seven years obtaining four titles: -

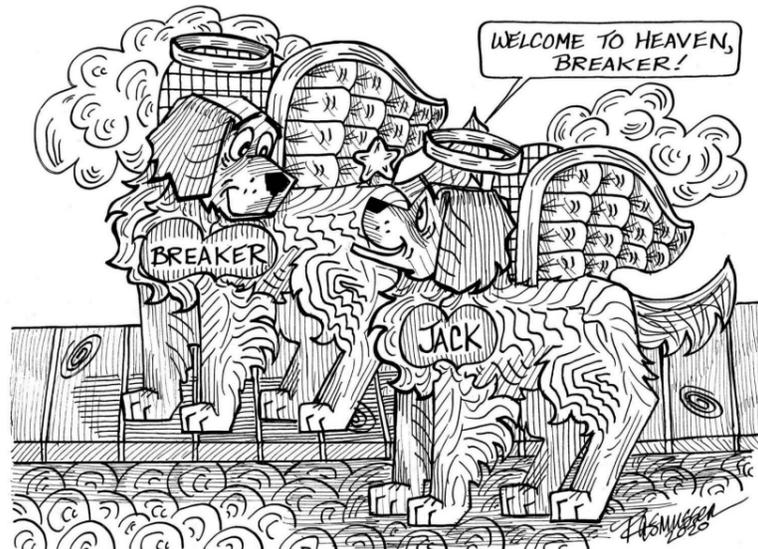
- Community Companion Dog 2010
- Companion Dog 2011
- Companion Dog Excellent 2012
- Utility Dog 2016

Breaker's photo now hangs proudly on the wall in the Clubhouse.

Breaker had been by my side at IDTC from 8 weeks of age. In December at just 12 1/2yrs he was diagnosed with Hemangiosarcoma in the Spleen; I made the decisions that there would be no evasive treatment. What a fighter he was up until his last day he was still my shadow, going for small walks, playing tug of war with Cruze and still eating like a horse; he was like an alligator when there was a treat involved!

Breaker's parting has left a huge hole in our lives ..... Cruze is now an only dog, grieving his mate.

RIP Breaker now running free at Rainbow Bridge.



## **Just this side of heaven is a place called Rainbow Bridge.**

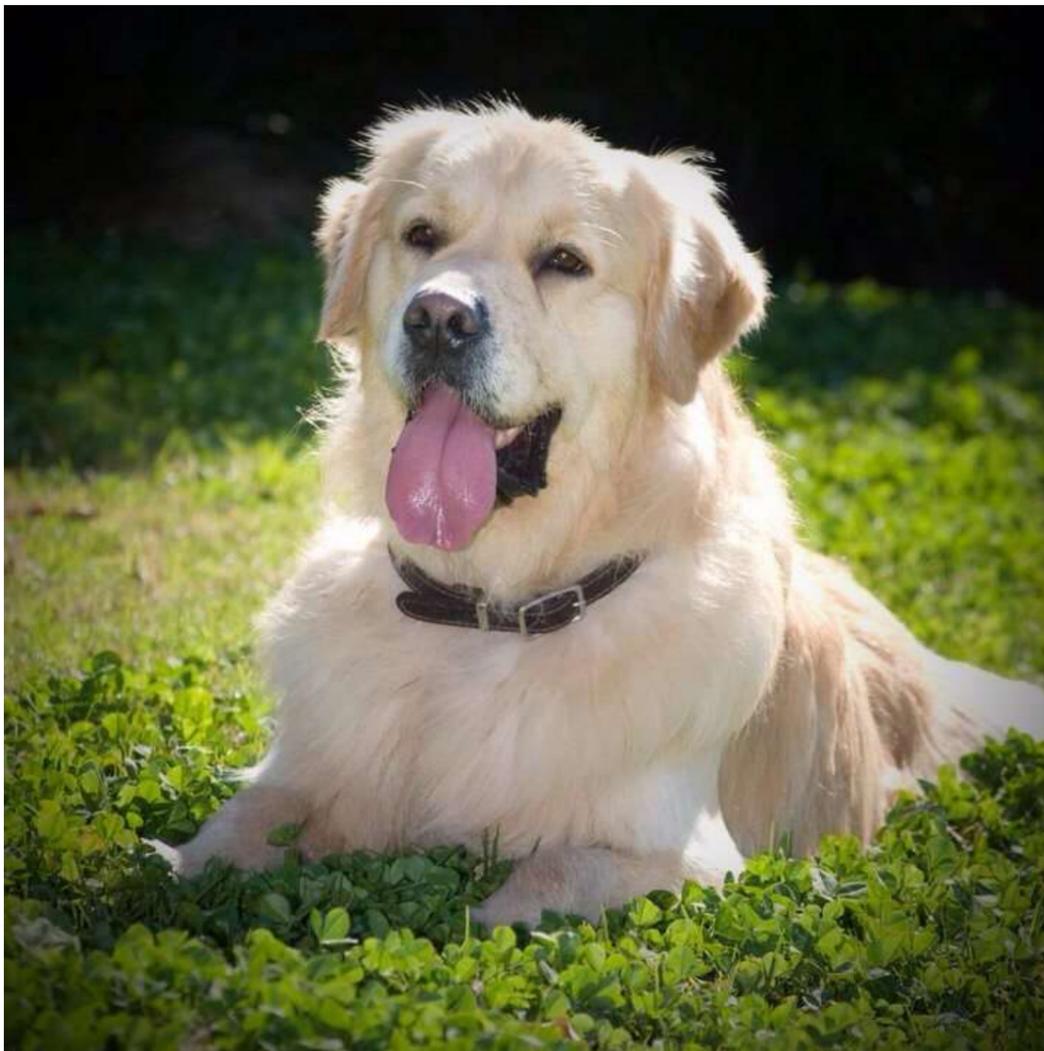
When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all of our special friends, so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigour. Those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent. His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then you cross Rainbow Bridge together....



# **Breed of The Month**

## **Basenji**

The Basenji is a hound dog and belongs to the smaller dog group. They are short-haired dogs with long, pointy ears. An interesting fact about the Basenji is that they find it hard to bark, so they can turn to yodelling instead! Basenji's come in rich chestnut red, black, tricolour, or brindle. No matter which colour they come in, their feet, chest, and tail tips are always white.

Because the Basenji has such short hair, their shedding is not very noticeable unless you really pay attention and look for fur. Very catlike in nature, Basenji's tend to groom their own bodies.

Female Basenji's can grow up to 40 cm in height and can weigh up to 10 kg. Male Basenji's can grow up to 45 cm in height and can weigh up to 12 kg.

### **Personality and Temperament**

The Basenji is a highly intelligent and independent dog. They may not respond to you when you first call their name. This may be why they are often mistaken for not being very intelligent – but the Basenji will listen only when it wants to listen due to its independent nature.

Basenji's can be difficult to train, so patience is a must with this breed. They are natural hunters with an independent nature, so that means they will tend to wander. A secured yard is a must. While they don't mind living inside they also enjoy time outside when their owners are away.

Basenjjs love to play with those who know how to handle them. They get on well with children, other animals and cats if they are socialised when they are young.

### **History**

Basenjjs are known to come from the Congo region in Africa. They are believed to be one of the oldest domesticated animals in history. It is believed that Basenjjs originally evolved from a breed of wolf deriving from eastern Asia.

There are some minor theories that Basenji's could have lived with Pharaohs in Ancient Egypt because they look similar to the Tesem breed drawn on ancient hieroglyphs.

It is said that some tribes in Africa worshipped their Basenjjs more than their wives!

After many failed attempts of trying to bring Basenji's to England in the early 19th century, the first fleet of them were taken to England from the USA in the 1930s.





# **General Club Information**

## **Executive Committee Members**

### **2019/2020**

<b>President</b>	Linda Thomas
<b>Vice President</b>	Tony Gardiner
<b>Chief Instructor</b>	Mark Johnston
<b>Treasurer</b>	Carol Zietsch
<b>Secretary</b>	Danielle Zietsch

## **New 2019/2020 Committee Members**

George Bartolo OAM	Kyle Charnock	
Loreena Tate	Phil Rath	
Fiona Moulton	Lorraine Lipman	Kim P

## **Life Members**

<b>Ron Wilson</b>	<b>Kay Jefferys</b>	<b>Peter Franks</b>	<b>Carol Zietsch</b>
<b>June Franks</b>	<b>Phil Rath</b>	<b>Tony Gardiner</b>	<b>Bev Charnock (dec)</b>
<b>Kyle Charnock</b>	<b>George Bartolo OAM</b>		

## **Instructors**

<b>Mark Johnston</b>	<b>Linda Thomas</b>	<b>Tony Gardiner</b>	Dave Cooper
Phil Rath	Lorraine Lipman	Geoff Taylor	John Hallett
Larissa Woods	Pam Townsend	Fiona Moulton	David Chester
Heather Kennedy	Kat McGuiggan	George Bartolo OAM	

# Ground Rules

- Dogs are to be kept on leads at all times, unless in training class and under direct supervision of an instructor
- Dogs are not to be tied to the club house or trees
- Bitches in oestrus (season) shall not be permitted on the grounds while training is in progress
- Classes using club equipment will be responsible for returning this equipment to the correct storage place under the supervision of the class instructor
- Parking on ground is for instructors and workers on that day only. Cars are to be parked no closer to the club house than the southern boundary fence of the electrical sub station
- Pick up your dogs droppings if they foul the ground. Plastic bags are available to ensure responsible disposal
- Be on the alert for other instructors requiring assistance in training their own dogs
- Do not automatically use equipment set up on the ground. It may have just been set up by an instructor who is in the process of preparing to use it. They may also be in the process of using it, but not necessarily in the immediate vicinity
- Equipment such as jumps and obstacles, are not for general use without supervision
- Children are to be kept away from dogs pegged near volunteers cars for both children and dogs safety
- Children are not permitted in class with parents
- Fully enclosed shoes must be worn at all times

## Promotions

### Class 1 Basic to Class 2 Stabilising:

To be able to be promoted from class 1 to class 2 you and your dog must be able to complete the following exercises

1. Your dog is comfortably walking next to your left leg.
2. Your dog is able to sit next to your left leg on command.
3. Your dog is able to stand next to your left leg on command
4. You are able to call your dog back to you on lead and continue walking.
5. You are able to complete left and right turns successfully
6. You are able to complete left and right about turns successfully.
7. Your dog can sit and stay with you standing beside it, in position for 30 seconds.

Handling the lead with 2 hands on most of the time, and using the lead to position the dog. At this stage it is much more important that the handlers mechanics are good – giving clear commands, guiding the dog as necessary, and praising the dog. If the dog makes a mistake and is effectively guided by the handler this is a positive.

### Class 2 Stabilising to Class 3 Challenge:

To be able to be promoted from class 2 to class 3 you and your dog must be able to complete the following exercises

1. Your dog is comfortably walking next to your left leg.
2. Your dog is able to sit next to your left leg on command.

3. Your dog is able to stand next to your left leg on command
4. You are able to complete left and right turns successfully.
5. You are able to complete left and right about turns successfully.
6. You are able to call your dog back to you and get them to place finish as one exercise.
7. Your dog can calmly work at fast pace with you.
8. Your dog can sit and stay with you standing in front, in position for 30 seconds.
9. Your dog can stand and stay with you standing beside it, in position for 30 seconds.

At this stage it is expected that to sit and stand, very little guiding is necessary (< 3 out of 5 times)

Still walking using the lead to position the dog, giving feedback to the dog when it is in position

#### **Class 3 Challenge to Class 4 Finishing:**

To be able to be promoted from class 3 to class 4 you and your dog must be able to complete the following exercises

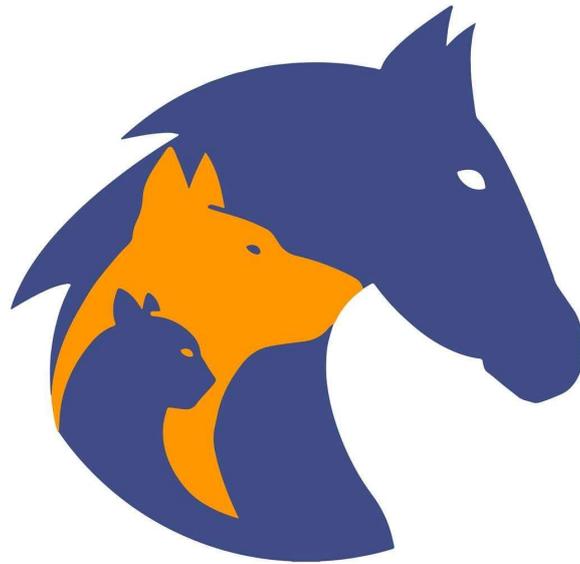
1. Your dog must be able to walk comfortably next to your left leg using a loose leash.
2. Your dog must be able to drop next to your left leg on command.
3. You are able to complete left and right turns successfully
4. You are able to complete left and right about turns successfully
5. You are able to call your dog back to you on lead and have them sit directly in front of you.
6. You are able to get your dog to do a place finish as a separate exercise
7. You are able to get your dog to successfully complete an off lead recall to front on command.
8. Your dog can calmly work with you at slow pace.
9. Your dog can sit and stay with you standing in front, in position for 30 seconds, returning around your dog
10. Your dog can stand and stay with you standing in front, in position for 30 seconds
11. Your dog can stay in the down with you standing beside it in position for 30 seconds.

At this stage it is expected that to sit and stand and drop come and place, very little guiding is necessary (< 3 out of 5 times )

Still walking on lead but with a loose leash the majority of the time



**On behalf of the  
executive committee  
and instructors we  
wish you and your  
loved ones well  
during these  
uncertain times and  
look forward to  
seeing your smiling  
face when we return  
to training.  
Stay safe everyone!**



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