



Dog Chat

Bought to you by
Illawarra Dog Training Club



December 2019/January 2020

Welcome Back to Training



DOGSNSW
Promoting Responsible Dog Ownership



Executive Committee Members 2019/2020

President	Linda Thomas
Vice President	Tony Gardiner
Chief Instructor	Mark Johnston
Treasurer	Carol Zietsch
Secretary	Danielle Zietsch

New 2019/2020 Committee Members

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

Life Members

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

Instructors

Mark Johnston	Linda Thomas	Tony Gardiner	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 dog's 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

Contents

- Chief Instructors Report
- Doggie Treat of the Month – Quinoa Dog Treats
- Identifying Bella
- Breed of the Month – Brussels Griffon
- Did Your Dog Just Yawn Because You Did?
- How Much Do Dogs Really Remember?
- Identifying Bella
- Upcoming Events

Happiness
starts with a
wet nose and
ends with a tail.



Chief Instructors Report

Welcome Back to Training in 2020, We again hope to have a fun and productive year.

We had 2 training days in December averaging about 70 dogs on the ground at training, including our Christmas Training Day on 14 December where we only had a short first session followed by games for a bit of fun to wrap up the year.

First Day Back at training was 1/2 and numbers were low due to the heat on the day, we had 18 dogs on the ground with a 7 in the Introduction class.

To start off the New Year I have some reminders for members, Yellow Bandannas we want ALL our members to enjoy the time spent on the grounds with their dog, so just a general reminder to look out for dogs that are wearing yellow bandannas, these bandannas indicate the dog is uncomfortable near dogs OR PEOPLE and the owner of the dog should be consulted before approaching.

We are our dogs advocate and we can certainly opt out of interactions if we feel it is not in our dogs' interest.

Covered Shoes - JJ Kelly is a public park through the week, so even though we inspect the grounds before training, we can't be completely sure of what surprises we might find on the grounds, it is a club requirement that all people training are wearing covered shoes.

As always, A BIG Thank You to Instructors and Helpers who volunteer their time to help members improve their communication with their dogs, your assistance is much appreciated by both members and I.

Thanks Mark

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 handler's 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



Doggie Treat of The Month

Quinoa Dog Treats

Ingredients

- 2 eggs
- 3 tablespoons natural peanut butter
- 2 tablespoons olive oil
- 1 tablespoon agave syrup
- 1 carrot
- 2 cups cooked quinoa
- 1 cup rolled oats
- 1 cup whole wheat flour
- $\frac{3}{4}$ cup chicken broth, or as needed



Directions.

1. Whisk eggs, peanut butter, olive oil and agave syrup together in a small bowl.
2. Mince carrot using a food processor, add quinoa, oats and flour to the food processor and blend, pour in egg mixture while processor is still running. Slowly add just enough broth for the dough to form a ball.
3. Wrap dough in plastic wrap and refrigerate for 2 hours, to overnight.
4. Preheat oven to 165 °c
5. Roll dough out and cut into desired shapes. Place on ungreased baking sheets.
6. Bake in preheated oven until tops begin to brown, about 25 minutes.

Please Note:

You can use honey instead of agave, if desired.

Final dough should not be too wet. Adding too much liquid will make the dough too sticky. If you prepare your quinoa with chicken broth, you can add water to the dough rather than additional broth

Our Member's Story - Identifying Bella

In August last year we rescued an RSPCA dog. Our beloved Milly, aged 14, died in July and we felt the void.

Bella, our adoptee was classified as a 'cattle/staffy', 3 months old, with a sibling sister already rescued. As we are both in our mid-seventies we did not want a large dog.

Bella was a delight, easy to house train, affectionate, and totally non-aggressive. The problem was, she kept growing... and growing.

Finally, I contacted Embark, a dog DNA specialist in Boston. They sent me the necessary DNA swabs and so began a 6 week wait. It was Xmas and we knew things would close down over that period.

When the results finally arrived, they were staggering, and I have nothing but praise for the professionalism and service of Embark.

Our cattle/staffy turned out to be:

21.3% Bull Terrier

16.5% Great Dane

16.1% Bullmastiff

12.5% Boxer

9.6% American Bulldog

9.5%. Australian Cattle dog

8.1% Rottweiler

6.4% Ancient unidentifiable breeds

and we can see almost each of these breeds in her.

I also had a health check. She carries no infectious diseases and her only potential problem will be with her long back, much like ageing Dachshunds.

Estimated weight by Embark, 34 kilos. My fingers are crossed as at 8 months she already weighs in at 32!

But surrender her? Never!

I'm in love with her!

Kerry Limon



Breed of The Month

Brussels Griffon (Griffon Bruxellois)

The Brussels Griffon, also known as Griffon Bruxellois in Europe, is a toy dog breed. There are two varieties of Brussels Griffon, the rough-coated with a wiry coat and the smooth-coated with a glossy coat. Brussels Griffons tend to have a lot more hair around the cheeks than anywhere else, making it look like they have a little beard.

Both the rough-coated and smooth-coated Brussels Griffons tend to shed very little hair which means they are well suited as inside dogs. This breed enjoys a brush with a mitt on regular occasions. It is also recommended that the rough-coated breed receives specialised grooming twice a year. Brussels Griffons come in a variety of colours including red-brown, black-red-brown, black-tan, and black.

The Griffon can grow up to around 17 cm – 21 cm. The average weight of this breed is roughly 3 kg – 5 kg, however, you can find an occasional Griffon that can weigh up to 9 kg.

Brussels Griffons have high levels of exercise needs, so be sure to provide them with plenty of stimulation. They are easy to train if you start when they are young, but, if you leave training for later in their lives they can develop 'small-dog syndrome' and won't respond to commands. These dogs are well suited to apartment living but do enjoy a run outside.

Personality and Temperament

This breed certainly loves to cuddle up with their human family, however, it's on their terms when it's cuddle time. Griffons don't like to be hugged all the time, which means that they can get aggressive with children if not trained well.

Griffons are fast learners when training but, like other toy breeds, they are sometimes a challenge to house train.

Griffons get along well with all members of the family including other pets, but they can have a tendency to be wary of strangers. This breed can suffer from 'small-dog syndrome', resulting in a tendency to bark at bigger dogs.

History

The Brussels Griffon originate from Brussels, Belgium. It is believed that its ancestor is the Smousje dog breed. The Brussels Griffon is thought to be a mixture of the Affenpinscher, Pug, and the English Toy Spaniel. Griffons were originally bred to hunt small rodents like rats.

In 1883, Belgian breeders started entering Griffons into dog shows. Belgium's Queen Marie Henriette of the 18th century fell in love with this breed and began breeding them in Europe and across seas.

The early 1890s saw the Brussels Griffon exported to England and the US. In 1900, Brussels Griffons became registered and recognised with the American Kennel Club.



✗ DOGGY DO'S & DON'TS ✓



Direct eye contact is an intimidating gesture in the canine world - show appeasement, not confrontation.



Invading the dog's space is rude and can evoke predictable aggression - turning away is a neutral gesture showing friendship.



Make your presence a positive experience that lasts by appreciating that dogs don't have to like you so don't force them to. The more liver treats the better!



Pushing dogs past their threshold often results in predictable aggressive behaviour. For non urgent treatments, use the 6 Top Tips for Desensitisation handout and reschedule the appointment.

6 TOP TIPS for DESENSITISATION
(see poster!)



Encourage owners to build positive association with your practice by bringing the dog in for liver treats regularly.



Capitalise on interactions with your dog clients to help build positive association: keep liver treats in every room.



Did Your Dog Just Yawn Because You Did?

Owners who say their dogs can feel what they're feeling aren't imagining it. The proof may be in a yawn. A body of research shows that dogs are more likely to yawn when their owners do. It's a phenomenon called contagious yawning, and you've probably even done it yourself. You see someone yawn, so you yawn. [Studies](#) that humans who catch a yawn from another person have better social skills than others. So, contagious yawns are believed to help show empathy with your fellow yawner.

"It's reasonable to assume that dogs who yawn when their owners do are more emotionally connected to them," says Dr. Brian Hare, author of the book *The Genius of Dogs* and founder of the [Duke Canine Cognition Centre](#) at Duke University. "They understand us in ways that other animals don't, including great apes."

Why Do Dogs Yawn with Us?

A [University of Tokyo study](#) found that just over half the dogs monitored yawned after watching their owners yawn. The researchers also had the dogs watch a stranger yawn, resulting in dogs yawning about half as frequently. What's more, a [University of Portugal study](#) found that 12 of 29 dogs yawned when they heard a recording of their owners yawning.

"Our results show the emotional bond between people and their dogs may be reciprocal," says Teresa Romero, an animal behaviour researcher who conducted the University of Tokyo study.

Romero says contagious yawning may be a way for animals who live together to coordinate activities. Since dogs and humans have been living together for between 14,000 and 30,000 years, contagious yawning may be deeply rooted in canine evolutionary history. Dogs' longstanding relationships with us may have enabled them to reach across species lines to feel what we're feeling.

Hare, who has studied dog yawns at the Duke Canine Cognition Centre, has found that just 5 percent of dog's yawn contagiously. However, his data comes from the results of an online, at-home canine intelligence test called a "Dognition" assessment. Dognition's data comes from "citizen scientists" who test their dogs at home, so it's akin to crowd-sourced research and lacks the control that lab research has. The Dognition test has owners watch dogs for just two minutes to see if they do the contagious yawn. Other canine yawn studies have watched the dog for as long as five minutes.

"I'm not against the idea that dogs yawn contagiously," Hare says. "We're just having a hard time demonstrating it. It's possible we're doing (the yawn test) wrong. We're going to analyse the data and find out more."

Reading Your Dog's Signals

Your dog isn't just capable of feeling your emotions, they can also tell you how they're feeling. Here are some of the ways your dog communicates with you.

Tail Wag Angles

You might already suspect that your dog is talking with their tail when they wag it. But the direction of the tail wag speaks volumes. [Italian researchers](#) have found that a wag to the left indicates negative emotions and a wag to the right indicates positive ones.

The researchers put 30 family pets in a camera-equipped cage that tracked the angle of their tail wags. Then they showed the dogs four things: their owner, a stranger, a cat, and an aggressive dog they didn't know. When the dogs saw their owner, they wagged hard to the right. When they saw the aggressive dog, they wagged to the left. The cat and the stranger got cautious tail wags that were right-ish.

Researchers also measured the dogs' heart rates while they wagged to determine whether they were stressed or calm. The dogs' heart rates went up for left wags and stayed down for right wags. So, next time your dog wags their tail, check the angle to see what they're feeling. As for what exactly is going on in the minds of dogs as they wag left or right, science hasn't quite found the answer yet.

Puppy Dog Eyes

When your dog gazes at you with [puppy dog eyes](#), they're reinforcing their bond with you through the power of biochemistry. Researchers have discovered that when your dog looks at you, both of your brains get a jolt of a chemical called oxytocin. That's the same chemical mothers' and babies' brains make when they look at one another and is the biological factor that makes them bond.

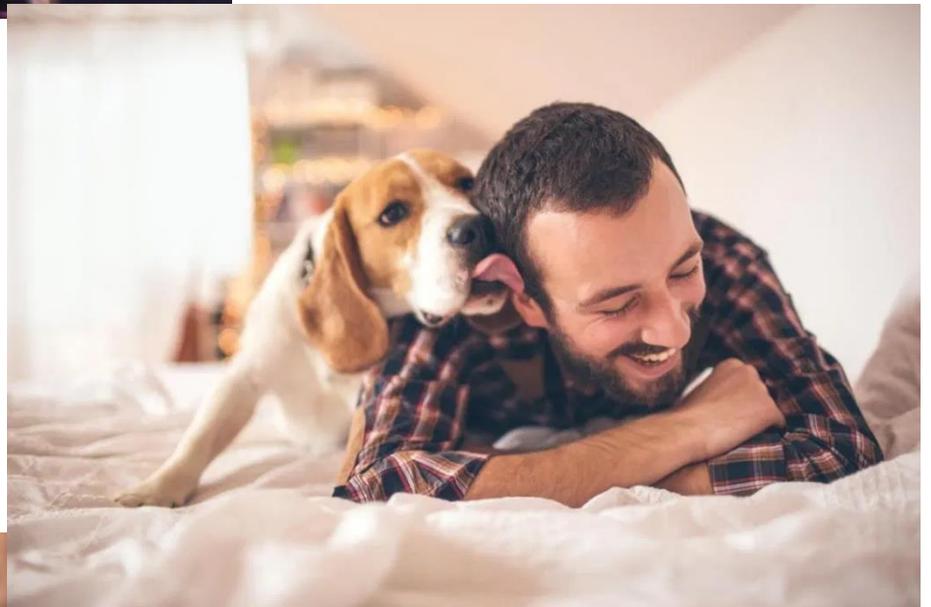
"A dog and their owner can make one another feel good just by gazing into each other's eyes, just like a human baby and parent can," Hare says. "Somehow dogs have [hijacked the process](#)." So your dog isn't just asking for a treat when they look at you with those sad eyes — they're manipulating your brain chemistry.

Raised Eyebrows

You may have noticed your dog raises their eyebrows when they look at you, making those puppy dog eyes even more powerful and heart-tugging. [One study](#) found that dogs moved their eyebrows more often when a human paid attention to them. There's even a scientific name for the eyebrow movement: the AU101 inner eyebrow raise.

The research suggested dogs can move their eyebrows voluntarily (which helps them give those longing glances that hit us with a shot of oxytocin). Wolves, domesticated dog's closest ancestors, don't have the facial muscles needed to lift their eyebrows like dogs can. The research suggests that in the 30,000 years or so since humans and dogs began hanging out, evolution caused that eyebrow muscle to develop in dogs so they could communicate with their human companions.

"It isn't a big surprise to dog lovers that dog use gestures to communicate with us," Hare says. "Dogs have a special genius to understand humans. They can cooperate and communicate with us in ways no other species can."





A dog's heart beats 50 times faster than the average humans.



The longer a dog's nose is, the more effective their internal cooling system is.



Humans have kept dogs as pets for over 12,000 years.

15 Surprising facts about dogs

brought to you by sheknows



Not all dogs can swim — a basset hound can't!



There are more than a dozen separate muscles that control a dog's ear movements.



Dogs only sweat through the pads of their feet.



The twitching and paw movements that occur during their sleep are signs that your pet is dreaming. They have the same type of rapid eye movement (REM) as us!



A dog's nose print is as unique as a human fingerprint.



Dogs' noses have a thin layer of mucus that helps them absorb scent.



There are around 75 million dogs in the United States, and over 62 percent of households own a pet.



Dogs have three eyelids! An upper lid, a lower lid and a third lid that keeps the eye moist and protected.



It has been said that dogs actually can predict stormy weather and can detect if their owner has an illness.



Dogs have the same level of intelligence as a two-year-old, can understand up to 250 words and phrases and can count up to five.



A dog's brain releases oxytocin, the love hormone, when dogs play with humans or other dogs.



Dogs' eyes contain a special membrane called the tapetum lucidum, which allows them to see in the dark.

Sources

How Much Do Dogs Really Remember?

Living with a dog, you may think they have a pretty good memories. After all, a dog who's been through obedience training remembers commands and hand signals. And I know from years of dog walks that my pups seem to have a good memory for place (i.e., they always know which fences are the most fun to bark at and which shops will give them treats).

But do dog memories work the same way as humans? The answer is no, not really, but sometimes. Read on to learn how your dog's memory works and find links to research and more info.

Associative memory helps dogs remember their favourite things

When you think about going for a walk, you probably remember specific walks you've taken in the past. You may reflect in your mind's eye on a particular path, or recall the time it rained while you were out for a stroll. Dogs don't really think that way—research shows in fact, that they have very little direct recall.

Instead, dogs have associative memory. Dogs remember people, places, and experiences based on associations they have with them.

For example, my dogs “remember” walks because of their association with my walking shoes. Every time I pull out those shoes, even if I'm just going outside without the dogs, they get excited as if they're about to take a walk.

You can change your dog's associative memories over time. In fact, that's a big part of training!

Think about how you introduce your dog to new people. If you invite someone over and have them give your dog positive attention and treats, your dog will *associate* that person with positive attention and treats. They may not “remember” your guests the same way you remember them, but they will form associations.

Do dogs remember bad experiences?

Although dogs don't have the same kind of memory as we do, they can form negative associations that we may interpret as “bad memories.”

For example, does your dog act fearful in the waiting room at the vet's office? If she's had a negative experience at the vet, she may not remember exactly what scared her so much, but she associates the waiting room with that fear.

You can help dogs overcome negative associations by replacing them with positive experiences. For example, take a few “fun” fields trips to the vet's office where no exam takes place. Unfortunately, the stronger the association, the harder it is to change the memory.

Does my dog remember meeting me?

You probably remember the first day your dog came home to live with you. But does your dog remember when they met you for the first time? The short answer is, they probably don't. But that doesn't mean they don't remember *you*.

Dogs may have some type of **episodic memory**, or the ability to remember specific events in the past. A recent study suggests this is possible. However, the same study shows that there are real limits to that type of memory for dogs. So, your dog isn't probably able to reflect on your first moments together in the same way you do.

However, their associative memories mean that they know who you are, and they know they like you! They are also strongly affected by smell; indeed, a dog's sense of smell helps them recognise and "remember" you.

Come on. I *Know* my dog remembers specific events!

Just because dogs lack episodic memory doesn't mean they can't remember *anything* that ever happened to them. It's just that the vocabulary around animal memory is necessarily different than that around human memory.

Episodic memory has to do with the "sense of self." Our memories contribute to how we understand ourselves and our experiences in the world. But because dogs aren't verbal, it's very hard for humans to understand whether they have a similar sense of self.

However, recent studies show that dogs may have *episodic-like* memories. In a 2016 study conducted at the Family Dog Project at Eötvös Loránd University in Budapest, researchers found that dogs can remember events they witness (in this case, an action performed by a trainer). However, as far as researchers can tell, they don't *retain* those memories for very long.

So, dogs may have short-term, episodic memory, but their associative memories stick with them longer.

Don't worry, your dog won't forget you

Your dog might not remember everything you do together. She probably doesn't have fond memories of puppyhood. But she might remember watching you leave the house this morning, and her strong positive association with you mean she'll celebrate when you get home tonight.

Your dog's positive associations with you, your home, and her favourite doggy friends mean that she's constantly "remembering" your life together and celebrating the good stuff in it. Even if dogs don't have fond memories of the past, their recognition of the present is a good reminder to live in the moment and enjoy every experience you have together.



Upcoming Events

Puppy Prep

March Puppies

March 7th – March 28th

April Puppies

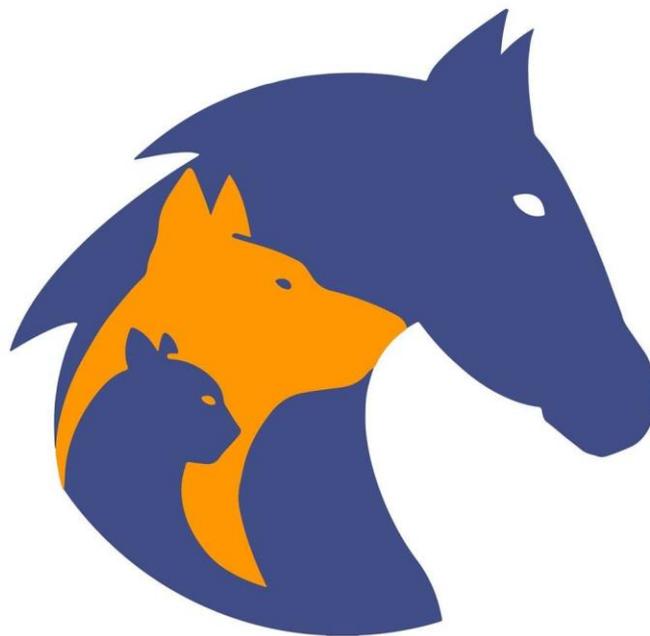
March 28th – May 5th

We are currently requesting donations for the Easter Raffle





DOGSNSW
Promoting Responsible Dog Ownership



WOONONA

PETFOOD & PRODUCE

Visit us at www.idtc.org.au

Call Us on 0419 485 476

Postal Address: PO Box 1712 Wollongong DC NSW 2500

News, views and opinions expressed in this newsletter are those of the correspondents and not necessarily those of the Club, the Committee and the Publicity Officer. The IDTC Inc. reserves the right of rejection of the material. The material in this Newsletter is provided for general information only, and on the understanding that the IDTC Inc. is not providing professional advice in any of its content.