



Dog Chat

Bought to you by
Illawarra Dog Training Club



February/March 2019

Winter Edition



Executive Committee Members

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

Committee Members

George Bartolo	Kyle Charnock
Dave Cooper	Phil Rath
Fiona Moulton	Lorraine Lipman
Geoff Taylor	

Life Members

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

Instructors

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

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
- Covered shoes must be worn at all times, no thongs or sandals

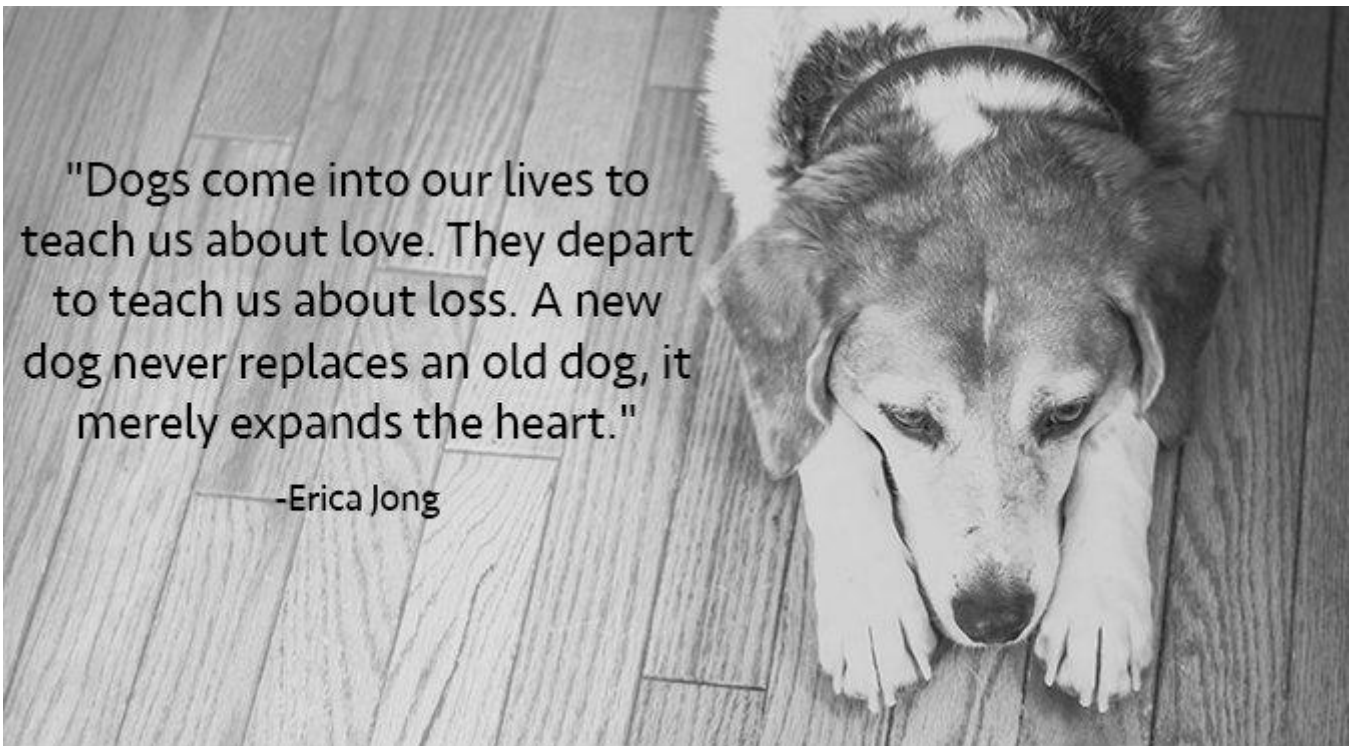


Contents

- Chief Instructors Report
- Welcome to our New Members
- Promotions – How to promote up a class
- I am your dog
- Thank You Arthur
- Doggie Treat of the Month – Peanut Butter & Banana Biscuits
- What Do Dogs Dream About?
- Off Leash Area Update
- Breed of the month – Australian Shepherd
- Upcoming Events

"Dogs come into our lives to teach us about love. They depart to teach us about loss. A new dog never replaces an old dog, it merely expands the heart."

—Erica Jong



Chief Instructors Report

Chief Instructors Report February 2019 – March 2019

Over the last 2 months we have had large numbers of dogs at training averaging 81 each week and a peak training day with 96 dogs on the ground. We have been working hard on getting promotion testing done and well done to instructors on preparing members for promotion.

Diggers - In February Larissa and Myself made the visit to Diggers, in March Sammy Jaye and Larissa visited, my apologies again to Larissa and Sam for messing up the scheduled days.

We held a Mock Trial at the club on 29/3, We had quite a good turnout for the trial and it was great to see some people from class who are not active trailers coming along to give it a go, I'm sure much was learned, Thank You to everyone who helped organise, steward and judge on the night

And a Few Reminders,

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 dog's 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.

Bags – it's a long run from class 1,2,4 back to the clubhouse to get a bag to clean up after your dog, bags are supplied and can be collected from outside the large clubhouse door.

As always A BIG Thank You to all 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 myself.

Thanks Mark

Welcome To Our New Members

First Name	Dog;s Name	Breed
COLIN	ARI	BORDER COLLIE
MICHELE	ANJEA	GERMAN SHEPHERD
PATRICK		
SHERRY	ROXY	???
ALYSA		
LUKA		
ASHLEY	MYLA	GOLDEN RETRIEVER
DAVID	MARVEL	GOLDEN RETRIEVER
JUSTIN	MISTER	STAFFY
EBONY	HARLEY	SPANIEL
KIRSTEN	ASTRO	AUSTRALIAN SHEPHERD
RYAN		
DAVID	INDIE	LABRADOR
JULES	EROS	GREAT DANE
CATHLEEN	BEAR	POODLE X MALTESE
JEN	HEUR	CAVOODLE
EMILY	DOBBY	FOXY TERRIER
NATHAN	MOET	TOY POODLE
NATALIE		
ROCHELLE	BENTLEY	BOXER
YVES	FRANK	DASHHOUND
FAYE		
SHANNON	BRANDI	BULL ARAB X
CAROL	ABBEY	GOLDEN RETRIEVER
MISSESCHEL	MAXXI	SHOODLE
FAYE	HARVEY	LABRADOODLE
MICHAEL	ODIE	ENGLISH STAFFORDSHIRE BULL TERRIER
ELIAS	BRUNO	DOBERMAN
JEFF	MARLEY	GROODLE
TAMMY		
NICOLE	LUNA	STAFFY X GERMAN SHEPHERD
MANDY	INDIE	LABRADOODLE
BURIM		
BETTY	JASPER	LABRADOR
LILLIAN	BELLA	STAFFY X
NERRINA	DEXTER	MALTESE X
KERRI-ANN	COOPER	STAFFY X
PETER		
JACKIE	GEORGE	LABRADOODLE TAMARUKA
PATRICIA	MOET	BEAGLIER
PERRY		
MARY-ANN	DUKE	DE BORDEAUX
JOHN		
FAIRLIE	LADY	AMERICAN STAFFY X
TRACEY	MASSE	LABRADOR

ANDREW	DIESEL	LABRADOR
EBONY		
KIRA		
KTE	JIMMY	GOLDEN RETRIEVER
VIRGINIA	BUDDY	GOLDEN RETRIEVER
JESSIE	ELSA	LABRADOODLE
RYAN		
RHIANNON	INDIE	KELPIE X
KATE	ROMEO	MALTESE X
GEORGIE	MABEY	STAFFY X
BILLY		
ARTHUR	OTTO	CAVALIER X SHITZU
GRAHAME	OLIVE	SCHNAUZER
JAMES	LUNA	LABRADOR
RACHEL	REGGIE	CAVOODLE
MONIKA	ATHENA	GERMAN SHEPHERD
DANIELLE	LOLA	LABRADOODLE
BENJAMIN		



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



Promotions

Class 1 Basic to Class 2 Stabilising:

Rachel and Ollie
Nicole and Luna
Lillian and Bella
Brenda and Chilli
Lindsay and Billie
Kathy and Luna
Mark and Harley
Mark and Titan
Ryan and Elsa
Alex and Fuzz
Michelle and George

Tracey and Mousse
Ashley and Marvel
Patrick and NJay
Grahame and Olive
Ryan and Astro
Jennifer and Skoda
Kez and Cooper
Kirsten and Astro
Andrew and Deisel
Rhiannon and Indie
Karen and Yaae

David and Myla
Sam and Tia
Maxine and Fynn
Justin and Mister
Kim and Moet
Jackie and George
Mandy and Indi

Class 2 Stabilising to Class 3 Challenge:

Ashley and Myla
Kathryn and Juno
Shannon and Brandi
Julia and Eros
Cathy and Marley
Ron and Ivy
Nicole and Winnie

Martina and George
Silvia and Chisel
Callum and Kleo
Jason and Obi
Lexi and Louie
Eliaz and Bruno
Debbie and Willow

Sally and Sparky
Jackie and Lola
Rachel and Ollie
Alex and Fuzz
Em and Maxxie

Class 3 Challenge to Class 4 Finishing:

Tony and Robbie
Vanessa and Rumble
Ellie and Arlo
Brenda and Boof
Michelle and Shelby
Jim and Ruby



Yellowdog
OZ



GIVE ME SPACE

DON'T SAY HELLO TO A DOG WEARING YELLOW

A yellow ribbon on the leash or on the dog could mean...



**PLEASE GIVE US TIME TO
MOVE OUT OF YOUR WAY**

YELLOWDOG AUSTRALIA



www.yellowdog-australia.k5events.com
www.facebook.com/yellowdogaustralia

This campaign is not suitable for dogs with a bite history!

I am Your Dog

I am your dog, and I have a little something I'd like to whisper in your ear.
I know that you humans lead busy lives. Some have to work, some have children to raise.
It always seems like you are running here and there, often much too fast, often never noticing the truly grand things in life.

Look down at me now, while you sit there at your computer. See the way my dark brown eyes look at yours? They are slightly cloudy now. That comes with age. The gray hairs are beginning to ring my soft muzzle. You smile at me; I see love in your eyes. What do you see in mine? Do you see a spirit? A soul inside, who loves you as no other could in the world? A spirit that would forgive all trespasses of prior wrong doing for just a simple moment of your time? That is all I ask. To slow down, if even for a few minutes to be with me.

So many times you have been saddened by the words you read on that screen, of another of my kind, passing.
Sometimes we die young and oh so quickly, sometimes so suddenly it wrenches your heart out of your throat.
Sometimes, we age so slowly before your eyes that you may not even seem to know until the very end, when we look at you with grizzled muzzles and cataract clouded eyes.
Still the love is always there, even when we must take that long sleep, to run free in a distant land.

I may not be here tomorrow; I may not be here next week. Someday you will shed the water from your eyes that humans have when deep grief fills their souls and you will be angry at yourself that you did not have just "One more day" with me. Because I love you so, your sorrow touches my spirit and grieves me. We have NOW, together. So come, sit down here next to me on the floor, and look deep into my eyes. What do you see? If you look hard and deep enough we will talk, you and I, heart to heart. Come to me not as "alpha" or as "trainer" or even "Mom or Dad," come to me as a living soul and stroke my fur and let us look deep into one another's eyes, and talk. I may tell you something about the fun of chasing a tennis ball, or I may tell you something profound about myself or even life in general. You decided to have me in your life because you wanted a soul to share such things with. Someone very different from you, and here I am.

I am a dog, but I am alive. I feel emotion, I feel physical senses, and I can revel in the differences of our spirits and souls.
I do not think of you as a "Dog on two feet" — I know what you are. You are human, in all your quirkiness, and I love you still.
Now, come sit with me, on the floor. Enter my world, and let time slow down if only for 15 minutes.
Look deep into my eyes, and whisper to my ears.
Speak with your heart, with your joy and I will know your true self.
We may not have tomorrow, and life is oh so very short. *author unknown*



On behalf of the executive committee and instructors we'd like to say THANK YOU to Arthur Booth from Booth Signs Wollongong for the amazing job you done upgrading our class signs



Doggie Treat of The Month

Peanut Butter & Banana Dog Biscuits

Ingredients

- 1 egg
- 1/3 cup Peanut Butter
- 1/2 cup mashed banana
- 1 tablespoon honey
- 1 cup whole wheat flour
- 1/2 cup wheat germ
- 1 egg white, lightly beaten, for brushing



Directions

1. Preheat oven to 150c
2. Stir together the egg, peanut butter, banana and honey in a medium bowl; blend thoroughly. Stir in the flour and wheat germ; mix well. Turn dough out onto a floured board and roll to 1/4 inch thick. Cut into desired shapes with cookie cutter, place on prepared baking sheet, and brush tops with egg white.
3. Bake biscuits in preheated oven until dried and golden brown, about 30 minutes, depending on size. Remove from oven and cool on a wire rack

Tips for keeping your dog safe



Tag & Chip

Microchips are permanent ID's that can't be lost or removed. Remember to keep all your information up to date.

Dogs get lost or stolen everyday. There are many ways to keep your dog safe. These are just a few of the basics to keep in mind.

Keep recent photos

This can help others recognise your dog.



Never leave your dog tied outside a shop.



Keep a close eye

Make sure you train a good recall before letting your dog off leash in public places.



Secure your garden

Make sure fences and gates are secure to prevent your dog escaping.



Stay safe!

What Do Dogs Dream About?

What do dogs dream about? Have you ever wondered? Is she really hunting rabbits, or is she just twitching in her sleep? Do dogs dream as we do?

While we don't have all of the answers, scientists are taking steps to figure out dog dreams, bringing us one step closer to understanding our canine companions.

Do Dogs Dream?

Humans don't have a monopoly on dreams. In fact, scientists believe that most vertebrates, and maybe even the humble fruit fly, can – and do – dream on a regular basis.

Like us, dogs and other animals [go through several sleep cycles](#). There are periods of wakefulness, followed by Rapid Eye Movement (REM) sleep, and non-rapid-eye-movement sleep. REM sleep is the period responsible for the most memorable and vivid dreams and is believed to be a part of how the body processes memory, among other things. Scientists can track these cycles and associated brain activity using specialized equipment.

One of the most [famous of these dream experiments involved lab rats](#). These rats spent all day running in a maze. Scientists monitored the brain activity of the rats in the maze and compared it to the brain activity of the rats during REM sleep. What they found was that the same areas lit up in the rats' brains, which meant that the rats were likely to be dreaming of the maze, and by comparing the data the researchers could figure out where exactly in the maze the rats had dreamed themselves.

This suggested to the researchers that animals tend to dream as we do. The rats dreamed about their day, just like you might find yourself back in the office in your dreams, even if you would rather have dreamed yourself someplace more exciting. Researchers at MIT concluded that animals have complex dreams, and they can remember and replay long sequences of events when they are asleep.

The [National Sleep Foundation](#) reports that dogs spend about half their day sleeping. For puppies, senior dogs, and larger breeds, time spent sleeping can be even longer.

What do dogs dream about?

Most dogs lead more interesting lives than rats. To figure out what dogs might dream of, researchers performed a test that temporarily disabled the pons.

If, like me, you'd never heard of the pons before this, let me explain. The pons is the part of the brain stem that is involved in the control of sleep cycles and the regulation of deep sleep and is responsible for inhibiting your large muscles from moving during sleep. In other words, you can thank the pons for preventing your partner from flailing around during dreams and waking you up. Without the pons, we might act out everything we were dreaming about — probably with disastrous results.

You may have noticed that [puppies and older dogs twitch and move a lot in their sleep](#). This is because the pons is underdeveloped in puppies and less efficient in older dogs, according to Stanley Coren, a professor emeritus of psychology at the University of British Columbia. The same is true for human infants and older adults.

[Researchers figured out](#) that one of the ways to discover what dogs might dream about is to temporarily disable the pons during REM sleep. This allowed them, under carefully controlled conditions, to let the dogs act out their dreams.

The results were pretty much what we've all suspected for years.

"What we've basically found is that dogs dream doggy things . . . The dream pattern in dogs seems to be very similar to the dream pattern in humans," according to the researchers.

Does the Dog's Breed Affect Dreams?

People vary as to how often they dream and what they dream about, and researchers believe that is true of dogs, as well. Coren reports that [small dogs](#) have more frequent dreams than [large dogs](#), but those small dog dreams are shorter in duration. Large dogs, on the other hand, have fewer, but longer dreams.

We can also hazard a guess that what your dog does all day determines his dreams. While we can't yet be sure, the fact that Pointers point and Dobermans display guard behaviour implies that breed-specific activities may take place during dreams, too. Your [Labrador Retriever](#), for instance, is more likely to dream about chasing tennis balls than is a [Pug](#).

Do Dogs Have Nightmares?

Not all human dreams are good. We infer that dogs can have nightmares, too. These nightmares are hard to watch. It can be tempting to wake your dog to comfort her, as you would a child, but there are some risks associated with doggy nightmares that you should share with your family.

If you've ever been woken from a scary dream, you know that it can take a minute to remember where you are and whom you are with. Like some people, dogs can react aggressively toward the person waking them. This can be dangerous, especially for children. The best thing that you can do for a dog you think is having a bad dream is to wait for your dog to wake up and be there to comfort him, following the old saying "let sleeping dogs lie."

What Is My Dog Dreaming About?

There is no way for us to know exactly what makes up the stuff of our dogs' dreams, but we might be able to guess.

Observe your dog during sleep to see what he does. REM sleep typically begins 20 minutes into a nap and lasts for two-to-three minutes. This is when you might notice your dog twitching or making sounds. Are there any similarities between your dog's actions during REM sleep and his daily activities?

My dog, for instance, does a lot of running in her sleep. Her paws are always twitching, and her lips move. Is she chasing something? Playing with a doggy friend? Chasing an intruder? Or simply running down her tennis ball in a big, open field? I don't know the details, but since these are her favourite things to do while awake, I am pretty sure she dreams about them.

Sometimes, our dogs give us even more clues. In an interview with a [Harvard psychologist](#), one owner reported that he suspected his dog had recently had a nightmare about bath time. This dog did not like baths, and when the bath was over, he always ran to the owner and hid between his legs. He did not perform this behaviour any other time. One day, the owner observed his dog having a dream. When the dog woke up, it bolted and hid between his legs, leading the owner to conclude that the dog had just had a scary dream about his bath.

No matter what our dogs dream about, there is some comfort in believing that they, like us, have dreams and fears that play out in their sleep, making us more alike than different.

Source: The American Kennel Club



Off Leash Area Update

The proposal about the off leash area on our ground will go before council in May. They will be considering our grounds and other alternative areas at this time.

We will keep you informed as more details come through



Breed of The Month

Australian Shepherd

Despite its name, the modern Australian Shepherd was actually developed in the western United States by ranchers and shepherders. It has been known by many names, including the Spanish Shepherd, Pastor Dog, Bob-Tail, Blue Heeler, New Mexican Shepherd and California Shepherd. Today, it is typically called by its nickname, the "Aussie." This is an extremely sound-minded dog, so versatile that it can adapt to almost any situation or living condition. Aussies are loyal, friendly, affectionate, protective, active, brave, playful, sturdy and tireless. However, these qualities and traits, while endearing to their fanciers, make Australian Shepherds unsuitable for some households. They need a fenced yard and regular walks, always on leash. Their temptation to herd extends beyond livestock to other dogs, children and cars. If not exercised regularly, they can turn their intense energy to destructive tasks, such as chewing, digging and barking. According to the parent club, Aussies are quite capable of out-thinking their owners. They are naturally wary of strangers, and some Australian Shepherds never learn to accept new people. Naturally protective, they can become aggressive if not raised and socialized properly.

Australian Shepherds were entered into the American Kennel Club stud book in 1991, and they were fully recognized as members of the Herding Group in January of 1993. This breed is not registered in Australia as a native breed.

Aussies are naturally bobtailed, wavy-coated sheepdogs. The mature male should be 20 to 23 inches at the withers, with females being 18 to 21 inches at the withers. They typically weigh between 35 and 65 pounds. Their double coat can be straight to wavy and is medium in length. Aussies can be blue merle, black, red merle or red – all with or without white markings and/or tan/copper points. Their coat patterns are unique and can be quite variable.

Personality

Personality traits of the Australian Shepherd vary from dog to dog. Some can be outgoing and friendly, while others are shy and reserved. Regardless of the individual dog's personality, a few things remain constant. Aussies are highly intelligent, loyal, and thrive on human companionship. Aussies are at their best when they are engaged in interaction with a person, whether it be walking, running, or fetching; and are the perfect companion for an active family.

Activity Requirements

Australian Shepherds need a lot of physical activity. They are a working breed, so they thrive on learning new tasks and engaging in those tasks as often as possible. Families who are active outdoors will benefit from the company of an Aussie. They are incredibly agile and enjoy games like fetch and catching a frisbee. Apartment dwellers should be cautioned against adopting an Australian Shepherd. Though they are medium in size, they require a lot of exercise and stimulation, and if they don't get it, can become destructive or develop separation anxiety.

Trainability

One of the most intelligent breeds, Australian Shepherds can be trained to do just about any task put before them. A firm hand is not needed to train this breed; positive reinforcement works just fine. They are a people-pleasing breed and quickly learn behaviours that are consistently rewarded with praise, or a small treat. Aussies excel in simple obedience training, and once they have mastered the basics should be enrolled in an advanced course, or more appropriately, agility training.

Training should begin early with Aussies, as their herding instinct can take over and cause havoc. Without setting proper boundaries with this breed, they can try to herd other pets or even children. They should also be socialized as early as possible, as they have a tendency to be standoffish or even aggressive to strangers.

Behavioural Traits

Australian Shepherds crave human companionship and love being included in all family activity. The flip side to this is that they can easily develop separation anxiety or barking behaviours. Early training, plenty of exercise and mental activity can keep these problems from developing.

Their herding nature can cause Aussies to be chasers or nippers. They will chase birds, rabbits, cats, bikes, and even cars. Australian Shepherds should be closely supervised if not on a leash, or in a fenced yard, to avoid potentially dangerous situations.



Upcoming Events

Puppy Prep Classes

May 4th – 25th

June 1st – 29th

Illawarra Diggers Visits

25th May

29th June

If you are interested in attending Illawarra Diggers with your dog please talk to our Chief Instructor Mark so he can assess your dog's suitability.

Illawarra Dog Training Club Double Obedience Trial

Sunday 7 July 2019

Volunteers needed for stewarding, helping out on the day see anyone on the Committee if you can help us out!

Save the date Christmas in July 2019 – more details to come Friday 26 July 2019 - TBC





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.