



**July - August 2020**



THE MAGAZINE OF THE  
CANINE OBEDIENCE CLUB  
OF TOWNSVILLE INC

**COMPANION DOG MAGAZINE**

Front Cover Photo : Renate Linder with Dixie performing the Leg Weave during Trick Dog Training practice

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### COCT INC LIFE MEMBERS

Mrs D. Dobson (deceased) 1973	Mrs C. Woodward 1985	Mrs C O'Shea (active) 2006
Miss A Dobson (PH.D) 1973	Mrs E.K. Greenwood 1988	Ms D MacIntyre (active) 2007
Mrs. A. Tunstal 1976	Mr D.R. Greenwood 1989	Mr .M Holland (deceased) 2008
Mr E. Morris (deceased) 1982	Mrs H. Taylor 1994	Ms J Forbes-Faulkner (active) 2010
Dr R. Taylor (deceased) 1982	Mr R. Woodward 1996	Ms R Linder (active) 2011
Mr P. Litster 1983	Mrs A. Annesley 1999	Ms L Ashworth 2012
Mrs V. Litster 1985	Mrs S.M. Fielder 2004	Ms J Cussons (active) 2017

**The views expressed in this newsletter are not necessarily those of the Editor  
or Committee Members of the COCT Inc.**

All Office bearers, committee members and instructors of the Canine Obedience Club of Townsville Inc. are unpaid volunteers who give freely of their time in an effort to help you to train and trial your dogs.

General monthly meetings held first Monday of the month February to December at 7.30pm

Annual General Meeting held first Monday in August

Executive Committee meetings held as called by Secretary

Club Web Site: [www.coct.com.au](http://www.coct.com.au)



Canine Obedience Club of Townsville Inc



## Canine Obedience Club Townsville Inc

### President's Report

Hello fellow Club Members,

It's been an interesting time since my last report, with the majority of it being driven by COVID-19 of course.

Your Committee put a strong application to Dogs QLD, which was well driven by Judy Forbes-Faulkner, Debbie Schmidt and Janette Cousins, with input from the rest of the committee. This resulted in the club being given permission to hold small training classes. These classes have been used as a practice to iron out bugs before a return to Pet Dog Training.

Without forecasting a date for a return to full training, I can say that the Instructors meeting held on 8 July 2020 has put together what we hope will be a successful submission for Pet Dog Training including all classes. Stay tuned for Deb Fazel to update you with the information as we get it.

Speaking of small training classes, Julie Doig with some help from Gay Westmore in Brisbane has been getting up to speed with the requirements for Trick Dog training and has held several training and critique sessions for a few interested members. Seeing how much fun it is, I think it will become a very popular event and a good addition to Rally-O.

I hope that you all came out of your lockdown in good health and even more hopefully still employed. For those of us hoping to trial later in the year, there is hope and a chance according to the latest from Dogs QLD, we just need our ducks to line up. For those of you hoping to return to pet dog training, it is time to start practicing if you haven't been doing so.

Yours in the love of dogs,

Snow Standen  
**President**

# CLUB MEMBERSHIP

Your Club Membership allows you to not only attend weekly classes, but to also participate in activities and competitions. Non-members are always welcomed at our Monthly Meetings but you need to be a financial member in order to vote on decisions affecting the Club.

- 🐾 Receive emails on upcoming club activities eg Obedience, Rally Obedience and Tracking Workshops
- 🐾 Participate in Club demonstrations eg Townsville City Council Pet Expo
- 🐾 Attend our Monthly General Meetings held the first Monday of each month (except January), and are entitled to vote.
- 🐾 Receive notification via email of Annual General Meeting held in August
- 🐾 Nominate for a Position as either Office Bearer or as part of the Executive Committee (see inside page of magazine for Positions). You need to be a financial member of the Club for a minimum of three months before nominating for a position.
- 🐾 Eligible for annual Title and Perpetual Trophies if competing in trials.

Membership are due for renewal by 30 June each year to continue training and attend club events. Lapsed members will have their names removed from the Club's email list and until renewed can no longer attend classes.

All members are welcome to come along to Obedience, Agility and Tracking Trials to observe or offer assistance with setting up, Stewarding and help in the kitchen. It's a great introduction to the world of trialling and getting to know us better!

.....

*Don't make the mistake of treating your dogs like humans,  
or they'll treat you like dogs*

## *Just Briefly ....*

**Club T-Shirts are available from the Club Shoppe** on Tuesday night. They are made from a durable cotton material, great for wearing to training, at trials to fly the Club's colours, and will last forever!

Cost - \$46.

Also available at very reasonable prices are cloth webbing leads, martingale collars, long leads, and treat bags



**Keep up to date with the rules for**  
Obedience, Rally-O,  
Agility, Endurance and  
Tracking

as issued by the ANKC.

They are free to download from their website  
<http://www.ankc.org.au/Rules.aspx>

**Have you enjoyed your classes, love dogs, and would like to help others train theirs?**  
The club has openings for several Trainee Instructors.

The minimum requirement is that you have completed basic training and have had some trialling experience, or have been an Instructor in another club.

You will be paired with an experienced instructor who will take you through week by week theory and practical on how to teach handlers to train their dogs.

All instructors are volunteers who started off just like you – taking a dog through classes, graduating into Class 4, and then becoming interested in the training program.

To find out more ask to talk to Deb Fazel, our Training Co-ordinator.

**Back issues of the magazine**  
can be downloaded from  
our website [www.coct.com.au](http://www.coct.com.au)  
Catch up on articles  
you may have missed on trials,  
behaviour, training and  
feature stories.



## Calling all Graduates !!

Handlers who have graduated from the Advanced Class are welcome to continue their training in the Pre-Trialling Class from 8.00-9.00pm on Tuesday night.

This Class is less structured than the ones you have previously completed, but can be used to start learning new obedience exercises like heel off lead, change of position, broad jump, and retrieving the dumb bell or just keep skills up to date.

It is a great way to keep your dog active, socialised, and mentally stimulated.

Feel free to let your Instructor know what you would like to learn on the night as classes are quite flexible.

**Thursday night training is free** and open for all Advanced and Class 4 handlers who are interested in learning more about competing in both obedience trials and Rally O trials. All handlers wishing to come along and take advantage of this extra free practice time must be available to assist with the set up or pack up of the various courses and also must be willing to assist as stewards in the Obedience rings or assist with the set up, stewarding or pack up of the Rally O courses. We also request handlers bring crates or some other method of restraining their dogs while they assist.

Thursday night set up normally commences between 5:30 pm and 6 pm and the training is normally completed by about 8 pm depending on the numbers wishing to train. We would also like to advise handlers that this free session is also utilised by instructors to train their dogs.

## Frisbee Training !!

Second Monday of the month at 6:30pm with sign in at 6:15pm.

Financial COCT Members or Registered Handlers can have a trial night for just a \$5 training fee.

To continue you will need to become a TOADS member. Dog sport approved discs for sale on any training night at club house.



## HOW DO I GET INVOLVED WITH COMPETITIONS ??

All dogs regardless of breed can compete in obedience, agility, tracking and endurance, but first you need to join Dogs Queensland (CCCQ). There is a joining fee plus annual fee to pay for either single or joint membership.

### PEDIGREE DOGS WITH PAPERS

Download the Application Form for New Membership 2017 from the Dogs Queensland website <http://www.cccq.org.au/New-Member-Information.aspx>.

### CROSS BREED AND NON-PEDIGREE DOGS

Download and complete the above form for New Membership PLUS the Associate Register Form <http://www.cccq.org.au/Member-Forms.aspx> – scroll down to Registrations and select Associate Register (AR). Up to two (2) dogs may be registered to a membership with the initial registration, with any subsequent registrations to the membership, to be dogs eligible for registration on the General or Limited Registers. Members who subsequently wish to register extra dogs that have been acquired under special circumstances or from a registered welfare organisation may apply for dispensation to do so. All applications for registration are to be accompanied by a certificate of de-sexing from a veterinarian.



# WHAT'S HAPPENIN'?

## MONTHLY MEETINGS

**NEXT MEETING MONDAY 13 JULY 2020 AT 7.30pm.** Meetings are held the first Monday of each month at 7.30pm at the Clubhouse at Heatley Park. Everyone is welcome to attend if you would like to contribute, offer help or just find out more of what goes on in the running of your Club. We would love to see you there! If you would like to help in any way, no matter how small, it is all appreciated, and is a great way to learn more about your Club and meet new friends.

## ANNUAL GENERAL MEETING

The Club's Annual General Meeting has been postponed to **Monday 7<sup>th</sup> September 2020 starting 7.00pm.** All positions will be vacated and members are encouraged to become more involved with the Club, we would love to see some new faces join us! Nomination form is on the next page, and will be posted to all Members in due course by the Secretary along with Membership Renewals.



## TRICK DOG WORKSHOP

### ADVICE WILL BE FORTHCOMING ON THIS WORKSHOP

Trick Dog Competition is a new ANKC discipline which became an official event in the trialling calendar from January 2020. Developed by members of Dances With Dogs discipline, the intention of Trick Dogs is to encourage handlers to teach their dogs skills and to display behaviours in a positive environment, and have a heap of fun while doing so! The Club is in the process of organising an on-line workshop. Further details to follow so watch this space and our FB page.

## THURSDAY NIGHT OBEDIENCE TRAINING – LIMITED TO 20 PEOPLE

General Obedience and Rally-O practice will recommence on Thursday 9<sup>th</sup> January 2020 (weather permitting) from 6.30pm for Advanced and Class 4 Members at no additional charge. To make the night all the more enjoyable everyone is expected to help assist in the set up or packing up of equipment.

## 2020 OBEDIENCE, AGILITY and TRACKING TRIALS

Due to COVID-19 the entire 2020 trialling season didn't even get off the starting peg with the latest advice from Dogs Queensland that all trials cancelled until 31 October. This may or may not change, advice will be emailed and posted on our Facebook Page to confirm one way or the other.





## TRAINING CO-ORDINATOR REPORT

Hi Everyone,

We are very grateful for your continued patience and understanding. We are very keen to start up our lessons again with you and your fur buddies, and classes will recommence on 21 July 2020.

In order to do this we need everyone to comply with the proposed phase three corona virus requirements to ensure a safe learning and training environment for all of us.

This means we would all need to do the following:

- Be well and symptom free when we go onto the field;
- Keep up our social distancing from each other (at least two meters);
- You will be required to sign a register to advise you are well (this is a Dogs Qld requirement);
- Numbers will be limited on the field to one handler and dog only – unless there are extenuating circumstances (if you have paid for two handlers eg. \$120 then two handlers are permitted);
- No chairs will be permitted on the field – unless there are extenuating circumstances;
- We will provide hand sanitiser and antibacterial wipes for your use, and
- We are also all required by Dogs Qld, to download the covid safety app.

Your voluntary compliance with these measures will maximise safety and enjoyment for everyone.

Each lesson you attend, you will be required to sign a book to you confirm you are well and that you agree to your phone number or email address being sent to Dogs Queensland. Your signature will confirm all conditions for our proposed date for a return to training will be met. It will also ensure everyone on the field is covered for insurance purposes.

I know we are all looking forward to getting back on the field to complete our first intake and then begin our second and final intake for the year. So, this is how we will proceed with our return to training.

Resumption of Intake one will begin on Tuesday evening 21 July 2020 at 7pm and continue for another four weeks to 18 August 2020

The second intake will commence on 25 August 2020, with a two week break over the school holidays (21<sup>st</sup> September to the 5<sup>th</sup> October 2020), and conclude on the 27<sup>th</sup> October 2020.

We hope you understand if Dogs Queensland direct us to change any of the dates previously mentioned we will be required to abide by their direction.

Please email me if you have questions or require further clarification in relation to the information above. We look forward to seeing all of our four paw students and their parents again in the very near future 😊.

Happy training

Deb Fazel

**Training Coordinator**

**\*\*\*\* Teach, share, respect, learn and have fun doing it! \*\*\*\***

## FROM THE SECRETARY'S DESK

Hi fellow members,

I am happy to report the club has received a Grant for the removal and rebuilding of the shelter shed outside the clubhouse as per the letter received from MP Coralee O'Rourke, Minister for Communities, Minister for Disability Service and Seniors.

Using the money from this Grant from the FNQ and NQ Monsoon Trough Cat C grant we are able not only to remove and rebuild the old shelter area outside the clubhouse but also to extend it so it covers the area right up and slightly over the existing clubhouse roof.

This will also include removal and replacement of the concrete with an extended concreted area up to the clubhouse. The new shelter area will also have lighting installed for use at introductory talks and at trials.

After discussion with the successful contractors KJ Steel on Wednesday 8 July 2020, both Renate Linder and myself were advised that the plans for the club approval will be submitted shortly and the construction could begin within 6 weeks, so watch this space for further updates.

During the construction of the new shelter area certain areas outside the club house will be fenced off but members will still have access to the clubhouse and store at the majority of the time.

Watch for further updates in the next magazine.

Regards  
Judy Forbes-Faulkner  
**Secretary COCT Inc.**



Minister for Communities  
Minister for Disability Services and Seniors

1 William Street Brisbane 4000 GPO Box 806  
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[Email: communities@ministerial.qld.gov.au](mailto:communities@ministerial.qld.gov.au)

Our reference: COM 02907-2020

17 June 2020

Ms Judith Forbes-Faulkner  
Secretary  
Canine Obedience Club of Townsville Inc.  
[judyforf@bigpond.net.au](mailto:judyforf@bigpond.net.au)

Dear Ms Forbes-Faulkner

Thank you for your application for funding under the Category C Far North Queensland and North Queensland Monsoon Trough Flexible Funding Grant – Round Two: a grant jointly funded under the Commonwealth/State Disaster Recovery Funding to implement projects aimed at driving recovery and building resilience.

I am pleased to advise that your application FNQNMTR2L 51 has been successful and your organisation will receive non-recurrent funds of \$ 79,470 to assist in the delivery of your project Shelter Shed Extension and Replacement.

As part of building thriving communities, I am committed to ensuring that investment to help communities prepare for and recover from natural disasters is achieving desired outcomes for Queenslanders.

Together we can make a difference and I look forward to continuing to work with all our partners to deliver positive outcomes for Queensland communities.

In the near future, you will be contacted by an officer from my department who will provide you with further information on the contractual arrangement including payment.

If you require any further information or assistance in relation to this matter, please contact Mr Phil Carney, Operations Director, Community Recovery Branch, Department of Communities, Disability Services and Seniors on 3035 7475.

Yours sincerely

A handwritten signature in blue ink, appearing to read "Coralee O'Rourke".

**Coralee O'Rourke MP**  
**Minister for Communities and**  
**Minister for Disability Services and Seniors**

## SCENT WORK

There's a new kid in town a new dog sport for those for whom obedience, rally O or agility are not your / your dog's thing or as an additional sport to train in.

July 1 2020 saw the official introduction of Scent Work as an ANKC sport. The rules are available on the ANKC website. While it maybe a little while before we see trials conducted – judges to be trained, venues to be found, dogs and handlers to be trained and not least the restrictions on dog sports lifted.

From the official rules :-

*"Scent Work is a sport that is based on the tasking of working detection dogs to locate an odour and communicate to the handler that the odour has been found. Detection is done in a variety of environments and often during changing weather or environmental conditions."*

*"Scent Work is a positive, challenging activity that allows dogs the opportunity to use their strongest natural sense in a way that is fun, engaging and builds and strengthens a foundation of trust between the handler and the dog"*

*"Dogs are trained to recognise specific odours, and to alert their handlers when the odours are detected. Dogs may paw, bark, point with their nose or body, sit, lie down or use any other non-destructive behaviour to communicate the location of the odour. Handlers take their dogs through a search area which may be set up in a variety of environments."*

*"The dog and handler must work together as a team. The handler is part of the team, using body language and verbal encouragement to ensure all sections of the search area are covered, directing the dogs search only when necessary and indicating to the judge when the dog has found the odour. Communication with praise of the dog during the search are encouraged."*

While a dog may be taught to identify and target any known odour in an ANKC Scent Work Trial there are 4 target odours.

1. Birch (*Betula lenta*).
2. Anise (*Pimpinella anisum*).
3. Clove (*Eugenia caryophyllata*).
4. Cypress (*Cypressus sempevirens*).

During competition any one (or at higher levels) combination of odours maybe used during the various searches. Like all competitions there are levels which start with novice and progress though to advanced, then excellent and finally masters. As with all sports (tracking excluded) a number of qualifications are required at each level to progress to the next level. The number required depends on the level being competed.

So where are we or rather, the dog, searching. There are 4 elements in competition.

1. Containers.
2. Interiors.
3. Exteriors
4. Vehicles.

**CONTAINERS:** At novice level containers will be cardboard boxes (all identical). At higher levels containers can include "cardboard boxes, paper bags, inverted flower pots, briefcases, luggage, backpacks, storage bins".

**INTERIORS:** These searches will be inside a room such as “an office, classroom, bathroom, warehouse”.



**EXTERIORS:** “Tests the dogs ability to locate the target odour in an area with natural airflow and changing airflow patterns, weather conditions and natural distractions such as sounds and smells of nature” The search area maybe covered and should have no more than 2 walls present.”

**VEHICLES:** the list here is large “regular motor vehicles, truck, tractor, earth moving equipment, box trailer, caravan, dog trailer, horse float, boat/jet ski on a trailer, motorbike, golf cart, ride on mower



Your dog can title several ways in Scent Work. He may gain titles in the odour search division where qualifications are required in all elements – containers, interiors, exteriors and vehicles. Or title in individual elements where qualifications are required at all levels from novice through to masters in the particular element.

Stay tuned for more next magazine on more to do with scent work.

**Debbie Schmidt, Sports Dog Coordinator**



## TRICK DOG TRAINING

A small but dedicated group of handlers have been learning and teaching their dogs a range of different tricks, everything from the 5 second nose-hand touch, weave between legs, back up, and the step up, just to name a few. The Trick Dog Workshop planned for this year has been postponed to 28, 29 and 30 May 2021 and will be run by Gay Westmore from Brisbane. More info will be available early next year, and will be one not to miss!

In the meantime all Club Members are welcome to join the TDT Group, please email Julie Doig [julie\\_doig@hotmail.com](mailto:julie_doig@hotmail.com) to find out more. It is heaps of fun for both handler and dog! Below are some pics taken from a recent practice session.



Renate Linder with Dixie







Julie Doig with Gus (*above*) doing a 5 second nose-palm touch and step-up, and the hand-paw and step-up with Zoe (*below*)







Snow encouraging Midge (*above*) to do the jump and around the cone (*below*), and Bobby on the step-up (*below left*).







Judy Forbes-Faulkner and Pearl doing the step up and round the cone





Janette Cussons and 4 month-old Quinn learning the step up and being cute.







Midge anticipating a yummy treat (*above*)



Zoe giving me the look (*above*)

Lilly just hangin' out (*below*)



## YOUR DOG'S PHOTOS DURING COVID-19



Chilli's isolation included getting a baby brother. Here is Chilli and Totoro doing some socialization at an outdoor cafe where Totoro could watch the people walking past and kids playing. Totoro is an Australian Cobberdog, a breed in development who are being selectively bred to make good therapy dogs with a hypoallergenic coat and calm, human focused disposition. He will certainly be down at the dog club once we restart training. **Lucille Robinson**

Beau the Border Collie featured in his mum's home learning classroom during isolation. He had his own 'Art with Beau' segment each week. During ANZAC week he helped make this ANZAC Day craft, which he stood by on ANZAC morning.

**Tanisha and Matt**







Greg Tudehope and Border Collie Dougal flat out in isolation ... very chilled out aren't they!

Furi practicing impulse control amongst her stash of toys. **Debbie Schmidt**







Our almost 1yr old Border Collie girl Sky, had just started Dog Obedience in Townsville classes in Feb. Joy was our instructor with 7 Border Collie and 2 Golden Retriever pups. Sky loved going to classes. I think we managed to get 4-5 classes in despite rain cancellations and Covid 19. Since Covid 19 cancellations we have been going for walks at Strand, take away coffee and brekky, short drives in the car, trips to Bunnings (for home project supplies) and Petbarn. More recently Day trips to the beach and Macrossan, play dates with other pups and of course working from home. We have our name down for another Border Collie puppy also. We love our Sky and she loves other dogs and has been missing all the other pups in her classes. Can't wait for classes to resume though home training has continued.



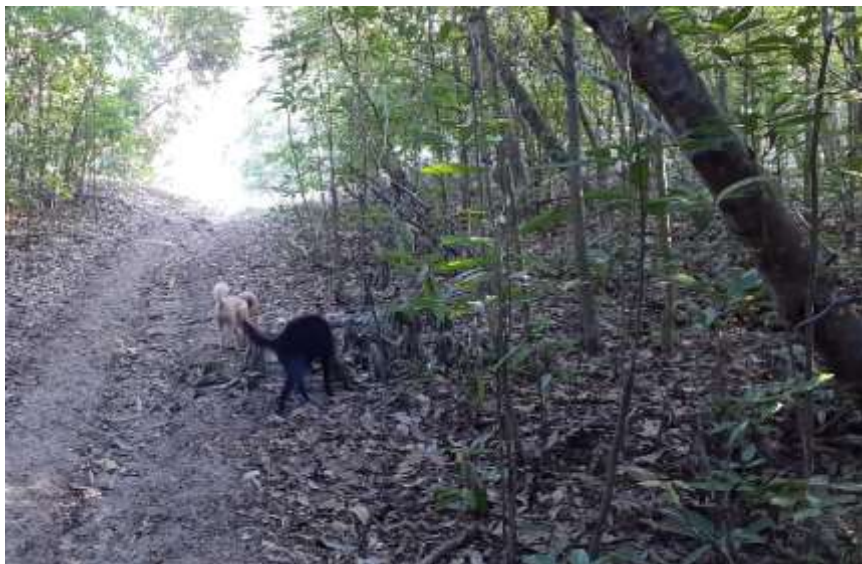


Oscar spent the first part of isolation time on relaxing (above), the second half adapting to his new role as big brother (below)....

And he is doing an awesome job, he's already the best guardian a baby girl can wish for!  
Lisbeth and Erik and our daughter Elma







D'Arcy and Red enjoying lockdown on Magnetic Island. **Linda King**



## CANINE ARTHRITIS AND JOINT MOBILITY ISSUES

<https://www.australiandoglover.com/2018/07/canine-arthritis-joint-mobility-issues.html?m=1>

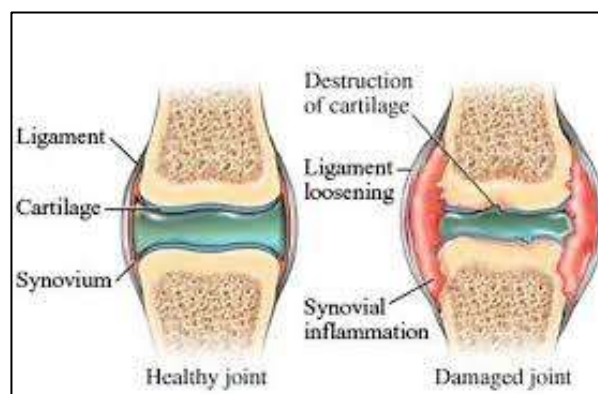
Arthritis comes on in many ways, but the most common cause is the wear and tear the joints undergo over the years: they simply wear out. Veterinarians sometimes refer to it as Arthritis, Osteoarthritis (OA) or Degenerative Joint Disease (DJD).

Arthritis is the most common health problem in senior dogs. So if you own a dog, chances are that you will have to deal with this issue at some stage. The key to detecting any issues early is to take advantage of the health and wellness checks offered by your vet, some even provide a dedicated Senior Pet program.

### WHAT IS CANINE ARTHRITIS?

Nature's solution to motion are biological hinges – two slick, smooth surfaces coating the bones that form each joint. The ends of the bones that form all movable joints are formed of a cushiony layer of cartilage that is coated by a slick slippery membrane called the synovium. To reduce friction, the space in between is filled with an oily fluid; and the whole structure is bound together with a series of fibrous tissue and ligaments.

The secret to the long-term success of this wonderful apparatus is that its components are all living and capable of repair. But as dogs age, this repair process becomes less and less successful and makes errors. With years of repeated movement, several things begin to happen.



The fibrous elastic sheets (fascia) and the ligaments begin to stretch, allowing the bones that form the joint to rattle slightly as they move. This in turn bruises and erodes the joints surfaces causing inflammation.

And as these surfaces continue to move, the inflammation causes new bone to be laid down where it does not belong, causing pain, and bone to be reabsorbed from where it is critically needed. This is called remodelling and it is a vicious painful cycle. Taken all together, this is what arthritis is.

The problems that lead to arthritis begin early in your pet's life. But because joints are tough and reparative, you probably will not notice pain or lameness in your pet during its younger years.

When a particular joint is damaged through accident, or born misaligned, it may not be able to repair itself. If your dog was born with abnormally shaped bones or abnormally lax joints (Dysplasia) arthritis may appear in its youth.

Large and giant breeds that are prone to Dysplasia include German Shepherds, Golden Retrievers, Great Danes, Labrador Retrievers, Rottweilers, Saint Bernards etc. and they tend to develop arthritis sooner. It also runs in families or lines of dogs so if the parents of your pet did not develop arthritis until a ripe old age, your pet probably won't either, therefore it is essential to buy your puppy from a reputable registered breeder.

Very active dogs - working dogs or those competing in sports like agility, flyball or canine disc - can easily wear out a joint by the time they're middle aged and an injured and untreated joint can quickly develop arthritis.

### WHAT ARE THE FIRST SIGNS OF ARTHRITIS?

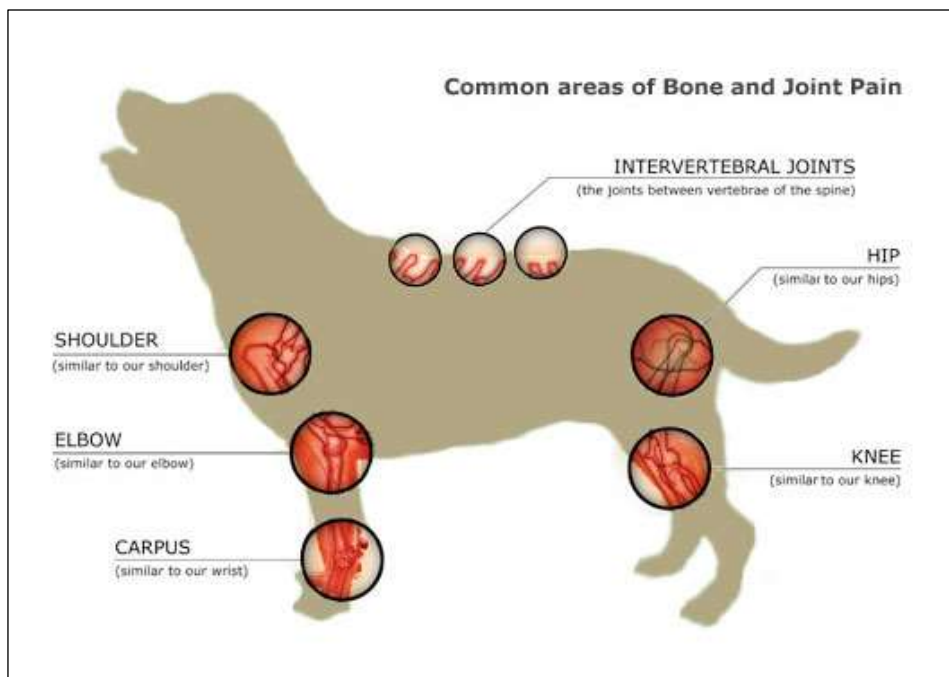
The telltale sign of arthritis in older dogs is a reluctance to move about. As your dog's joints age, he will become more reluctant to run or play for long periods.

He won't be bouncing up and down the stairs and you may notice he is stiff or even limping when he rises in the morning? These changes almost always come on very gradually so it is easy to ignore or not notice signs at first.



Larger dogs were bred to be very pain-resistant and stoic so they won't let you know that they are in pain until their arthritis problem is quite advanced. As dogs guard their sore joints, the muscles and ligaments contract, decreasing the joint's range of motion. You may notice that your pet no longer jumps up on sofas and chairs as it once did?

One common symptom of age-related arthritis is that joints tend to be stiffer and more painful after periods of rest and that pain tends to work itself out during the day. By evening, your pet may be its old self again.



Arthritis problems tend to be worse in overweight pets.

Some of their panting after a long walk could be due to arthritis pain and not just the overheating and out-of-shape problems that obesity produce. Cold days and dampness also tend to make the problem worse.

#### HOW DOES YOUR VET DIAGNOSE ARTHRITIS?

Your vet has learnt to be a very good judge of the subtle signs that dogs give to tell us that they are in pain. It may be just a worried look in their eyes when the veterinarian overly flexes their joints. Or your pet may withdraw its leg, or even growl or snap.

The major muscle masses of your pet's legs and spine may have shrunk (atrophied) due to disuse and your dog may wince when areas of its spine are palpated.

But the key tests your veterinarian will perform are x-rays. Depending on how subtle the changes are, it may take more than a single x-ray film. X-rays of advanced arthritic joints are very distinctive. Most veterinarians will set these x-rays up in the exam room and point out to you the important bone changes that they are seeing.

#### HOW CAN YOU HELP A DOG SUFFERING FROM ARTHRITIS?

##### #1. Pain Relief

Most of the modern pain-relieving arthritis medications are also anti-inflammatory: these are the so-called Non-Steroidal Anti-inflammatory Drugs "NSAIDs".

They reduce the inflammation in the joint and surrounding tissues and the dog is able to use the limb more freely. These can be given as an injection, followed by tablets.

There are also some newer tablets that are given once a month, which provide a continuous low level of anti-inflammatory relief, aimed at preventing the pain and inflammation before it starts, rather than requiring higher doses to "put out the fire". Tempting as it might be, do not give your pet any human painkillers. Many dogs and cats have wound up in emergency treatment for toxicity after swallowing human medications.

Some dogs may not be able to have NSAIDs, especially if there are concerns about their liver and kidney function, both of which can decline in older dogs. The liver and the kidneys can both be affected by NSAIDs, though most older

dogs can be treated safely, especially if regular blood tests are performed to assess the functioning of these organs. If NSAIDs cannot be used, other types of painkiller can be prescribed by your vet.

## **#2. Joint Support Medications**

It was commonly believed that once the cartilage failed, there was nothing that could be done to bring it back to health. However, a fantastic class of drugs is available that can stimulate the dog to repair its own articular cartilage. These are given by injection under the skin.

The medication programs the dog to produce more cartilage, filling in the divots that have been taken out over the years and plumping up the thickness and springiness of the cartilage. The surface of the cartilage is smoother and the joint makes a greater quantity of a more oily joint fluid. These injections are usually given a week apart for four weeks, with follow-up injections to keep the joints healthy.

## **#3. Prescription Diets / Nutraceuticals**

What your dog eats and how much throughout his life will affect arthritis in later years. If your pet is overweight, reducing its weight, slowly, to a healthy level is one of the most important things you can do to reduce discomfort.

Switching to a lower caloric diet or simply reducing meal portions is an easy thing to do. All major pet food manufacturers offer “Senior” brands of food. These tend to be lower in calories, higher in fibre, with added Glucosamine, Calcium, Omega-3 fatty acids and Antioxidants.

Nutraceuticals are dietary supplements that contain ingredients such as Glucosamine, Chondroitin Sulphate, Fish Oils, Green Lipped Mussel etc. These agents work together to aid the protection of joints and can be given on a long term basis to help reduce inflammation over time.

## **#4. Exercise**

Canine athletes - such as working dogs, dogs competing in sports like agility, flyball or canine disc - just like human athletes, tend to develop arthritis earlier in life.

A healthy joint is surrounded by healthy toned muscles and ligaments. A steady increase in the activity of your dog will strengthen the support tissues and encourage movement of all the joints, helping repair damaged joints and staving off arthritis in, as yet, unaffected joints.

## **#5. Good Nail & Foot Care**

It is essential that you keep your dog's toenails clipped properly so its normal walking and running gait is not distorted. Overgrown toenails place abnormal stress on the joints and ligaments of the feet. Trim them off in multiple sessions over a period of weeks until they just touch the floor when your pet is standing.

## **#6. Swimming & Hydrotherapy**

Swimming or walking underwater (canine hydrotherapy) is excellent for pets with arthritis or recovering from surgery as it is a low-impact aerobic exercise that works to strengthen the muscles around injured joints and helps maintain a more stable joint.

Short periods of increased warmth, interspersed with cold, are proven to decrease your pet's aches and pains.

Added heat from heating pads and soaks in heated water relax muscles, increase the



circulation in the affected areas which in turn lessens the pain. Those effects persist for many hours after the external heat source is removed.

### **#7. Other Physical Therapies**

Most dogs feel better and are more active after a good canine massage. Not only does Canine Massage Therapy increase circulation and help eliminate toxins and wastes from their bodies, it also improves their joint flexibility and muscle tone, which is particularly beneficial to older dogs.

Certified canine massage therapists are available in most areas of the country and many are offering workshops where they are willing to demonstrate techniques to dog owners.

The Petssager from Funked Up Pet Products was designed in Australia and can be used both as a massaging device and a grooming brush. Your dog loves your touch and attention and a massage will both relax him and strengthen your bond.

### **#8. Elevated Dish / Water Bowls**

Senior pets are often more comfortable eating and drinking from elevated containers. Thankfully, there are now practical and stylish options to choose from.

Older, large breeds are also more susceptible to canine bloat (GDV) so feeding your elderly pet multiple smaller meals each day, rather than one or two large ones can assist.

### **#9. A Warm Cosy Bed**

All elderly pets will appreciate a warm bed, away from cold and damp drafts. Orthopedic dog beds will help prevent the development of pressure-point calluses. Safe heating pads are available to ease the aches and pains that come with arthritis.

### **#10. Assisted Living Devices**

Wood ramps, covered with carpet are a real help for pets that can no longer climb stairs or jump onto your bed.

Just ensure they are stable and choose a slope as gentle as possible. Keep one (that hooks securely) also in your car to help your pet get in and out.

If your pet is no longer able to get about easily, there also are slings, carts etc. that you can purchase to return some of its mobility. Some online stores specialise in meeting the needs of disabled pets.

## **IN SUMMARY**

First, your veterinarian will want to be sure that your dog does not suffer from another health problem (slipped discs/IVDD, infection or even cancer) commonly affecting older dogs. Any serious health issue would make the debility of arthritis even worse. There is no cure for ageing, but there are effective treatments available for many of the health problems in senior dogs.

*The above is general information only. If you are concerned about your dog's health always consult your vet.*



## How to tell if your dog is overweight or obese

With almost 50% of dogs overweight or obese, Australia is in the grip of a pet obesity emergency, with vets and consumer groups calling for tougher regulation of the \$4 billion pet food industry. It can be difficult to tell if your dog is overweight by just looking at them. Giving them a quick check over at home is a good way to see if there could be a weight problem and the easiest way to do this is with a Body Condition Score (BCS).

### The Body Condition Score

This is a hands-on assessment of your dog's physical condition. It considers how easily you can feel your dog's ribs and shoulder bones, if you can feel your dog's spine and hip bones but not see them, if you can see your dog's last rib, if your dog has an hourglass figure, and if your dog has a defined waist when you view them from the side. From this, you can then assign a score of 1 through 9 to your dog as follows:



1 - 3: Underweight → Ribs, spine and hip bones easily visible, little fat, very obvious waist

4 - 5: Ideal Weight → Ribs, spine and hip bones not visible but can feel easily, well proportioned, can see a waist line

6 - 9: Overweight to Obese → Ribs, spine and hip bones not easily visible or felt, diminished waist or can't see waist at all, excess of fat deposits on waist, face and limbs

## Where does your dog fit? Use this Body Condition Scoring Chart to check for the health of your dog's weight.



### Body Condition Scores: 1-3

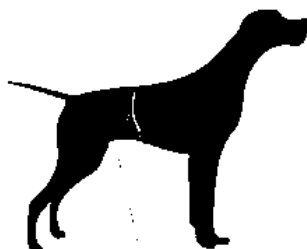


#### UNDERWEIGHT

Ribs and hip bones are highly visible, and appear to jut out when viewed from above.



### Body Condition Scores: 4-5



#### IDEAL

An outline of the ribs can be seen and felt, the belly tucks up when viewed from the side, and there is a visible waist when viewed from above.



TOP VIEW

### Body Condition Scores: 6-9



#### OVERWEIGHT

Dog has no waist when viewed from above, and stomach appears rounded when viewed from the side.



### Other ways to assess your dog's weight

Along with BCS, assessing everyday activities can help determine if your dog could be overweight and that it's time to talk to your vet. Some of the following could indicate a weight issue:

- Struggling to get up from a sitting or lying position
- Wheezing whilst breathing

- Constant panting
- Avoiding play or playing less than they used to
- Needing help getting in the car, on to sofas or beds, getting up stairs etc.
- Appearing winded after minimal movement, for example after greeting you when you come home

**Smaller, More Frequent Meals:** some studies have shown that feeding one large meal a day could contribute to increased risk of weight issues. Consider splitting your dog's meal into 2 to 4 smaller meals a day. This can help in the burning of calories and can help curb hunger.

### **Weekly Weigh Ins and Consistent Monitoring of Progress**

Once you put your dog on their diet, monitoring their progress is crucial. Do weekly weigh-ins and make changes to their plan as needed (for example, increasing calorie intake if losing weight too quickly, increasing exercise if losing weight too slowly, or changing their plan a little if they plateaued).

If your dog has more than a few pounds to lose, it can take some time but with a well formulated diet and exercise plan and consistency in implementing that plan, your dog will be living a better and healthier life in no time!

It's never too late to take steps to improve your dog's health, mobility, and quality of life. Here are 12 tips to help your dog reach his goal weight.

1. Measure food out in daily portions and use that food for treats as well as meals.
2. Never guess at amounts. Use a food scale
3. Become familiar with the caloric measurements of your dog's food.
4. Avoid processed treats; instead, seek out healthy single-ingredient treats (such as fresh vegetables carrot, pumpkin, sweet potato and fruit apples, banana, blueberries, watermelon (remove seeds and skin). Know how many calories they contain and use fruit in moderation.
5. Use play, praise, petting (only in forms the dog enjoys), or attention instead of treats to reward good behaviour.
6. Some dogs use food-seeking behaviour as a way to seek attention. Try substituting play, petting, and other forms of interaction instead of giving in to that request for a snack.
7. Walk with your dog. Slowly increase distance as your dog builds stamina.
8. Play with your dog! Look for toys that interest your dog and encourage movement.
9. If your dog gets bored with a toy, put it away to bring out at a later time and try a new one.
10. If your dog likes to play with other dogs, schedule play dates with appropriate play partners.
11. Place your dog's food bowl in a different place at every meal; turn "going to find the bowl" into a "search and find" game.
12. Use a food-dispensing toy so that your dog gets exercise and enrichment while eating.

*The above is general information only. If you are concerned about your dog's health always consult your vet.*

## INTERNATIONAL DOG DAY 26 AUGUST 2020

### HISTORY

National Dog Day is celebrated August 26th annually and was founded in 2004 by Pet & Family Lifestyle Expert and Animal Advocate, [Colleen Paige](#), also the founder of National Puppy Day, National Mutt Day and National Cat Day and many more philanthropic days to bring attention to the plight of animals and encourage adoption. The date of August 26th is significant, as it's the date that Colleen's family adopted her first dog "Sheltie" when Colleen was 10 years old.

National Dog Day celebrates all dogs, mixed breed and pure. Our mission is to help galvanize the public to recognize the number of dogs that need to be rescued each year and acknowledges family dogs and dogs that work selflessly each day to save lives, keep us safe and bring comfort. Dogs put their lives on the line every day...for personal protection, for law enforcement, for the disabled, for our freedom and safety by detecting bombs and drugs and pulling victims of tragedy from wreckage, now they're detecting cancer and seizures...things even humans cannot do. NDD was adopted into New York State Legislation in 2013.

National Dog Day is against any kind of breed ban. "Dogs should not have to lose their lives because of the atrocities they have been forced to endure at the hands of man", says [Colleen Paige](#), founder of National Dog Day.

While we feel that American's have the constitutional right to purchase a pure breed dog, we strongly discourage buying dogs from pet stores supplied by puppy mills, backyard breeders, the internet and newspaper ads. Rather, we encourage those seeking new canine

companions, to consider choosing adoption first. you'd like a pure breed dog, look into a pure breed rescue in your city, to see if they might have some little furry soul just waiting to make your life complete. Another great place to find a new best friend is at large chain pet stores that host adoption drives for local shelters and rescues. When considering buying from a breeder, verify that you're buying from a reputable breeder by checking out their licensing, internet reviews and ask for local references such as from a veterinarian. It's vital to educate yourself about the breed you're considering parenting.

"Millions of dogs are killed each year because they're simply unwanted, says Colleen Paige, founder of National Dog Day. They're unwanted because no one realized how to properly care for the demands of the breed. They're unwanted because they were bought as a Christmas gift for a child that didn't keep their promises about caring for the dog...unwanted because they shed too much...unwanted because they bark

too much. UNWANTED...simply because someone changed their mind. All a dog wants to do is love you and be loved by you. Dogs are amazing, courageous, sensitive and sentient beings that deserve compassion and respect. Please consider bringing what was once considered "unwanted love", into your heart and home on National Dog Day!"

### TODAY

Now known as International Dog Day world-wide, there are many ways to celebrate this day - by travelling with your dog to a nice place, or give him/her some treats or toys that he loves. Consider volunteering for dog welfare organisations or making a donation.



## CANINE OBEDIENCE CLUB OF TOWNSVILLE INC 2020 OBEDIENCE AND AGILITY TRIAL CALENDAR

### ENTERING TRIALS

Preferred method of entry for trials is through K9 Entries.

Click here to start <https://www.k9entries.com/using.php>

### COMPETITORS PLEASE NOTE

It is an expectation that competitors will assist with ring setups, changes  
and stewarding when requested  
Open Agility offered on all trials

DATE	TIME	TRIAL	JUDGES
<b>April Double Trial – CANCELLED DUE TO COVID-19</b>			
April 3 <sup>rd</sup>	7pm	Obedience all levels	Cathy O'Shea
April 3 <sup>rd</sup>	7pm	Rally O all levels	Roel Wittkamp
April 4 <sup>th</sup>	3pm	Jumpers all levels	Tim Fairchild
April 4 <sup>th</sup>	3pm	Agility all levels	Roel Wittkamp
April 4 <sup>th</sup>	7pm	Jumpers all levels	Tim Fairchild
April 4 <sup>th</sup>	after gamblers	Agility all levels	Roel Wittkamp
April 4 <sup>th</sup>	7pm	Obedience all levels	Cathy O'Shea
<b>May Double Trial – CANCELLED DUE TO COVID-19</b>			
May 15 <sup>th</sup>	7pm	UDX	Barbara Murfet
May 15 <sup>th</sup>	7pm	UD CDX CD CCD	Tricia Williams
May 15 <sup>th</sup>	after UDX	Rally O all levels	Barbara Murfet
May 16 <sup>th</sup>	2pm	Jumpers all levels	Tim Fairchild
May 16 <sup>th</sup>	after Agility	Snooker all levels	Annette Gniel
May 16 <sup>th</sup>	4pm	Rally O all levels	Barbara Murfet
May 16 <sup>th</sup>	7pm	Obedience all levels	Barbara Murfet
May 16 <sup>th</sup>	7pm	Jumpers all levels	Annette Gniel
May 16 <sup>th</sup>	after pairs	Agility all levels	Tim Fairchild
<b>July Double Trial – CANCELLED DUE TO COVID-19</b>			
July 17 <sup>th</sup>	7pm	Obedience UD CDX CD CCD	Lisa Sinclair
		UDX	Cathy O'Shea
July 17 <sup>th</sup>	7 pm	Rally O all levels	Maryanne Fazekas
July 18 <sup>th</sup>	2pm	Jumpers	Tim Fairchild
July 18 <sup>th</sup>	after Gamblers	Agility all levels	Roger Padfield
July 18 <sup>th</sup>	4 pm	Rally O all levels	Maryanne Fazekas
July 18 <sup>th</sup>	7pm	Obedience UD CDX CD CCD	Maryanne Fazekas
July 18 <sup>th</sup>		UDX	Cathy O'Shea
July 18 <sup>th</sup>	7pm	Jumpers all levels	Roger Padfield
July 18 <sup>th</sup>	after Pairs	Agility all levels	Tim Fairchild

DATE	TIME	TRIAL	JUDGES
<b>July/August Double Trial – CANCELLED DUE TO COVID-19</b>			
July 31 <sup>st</sup>	7pm	Obedience UD CDX CD CCD UDX	Lisa Sinclair Judy Forbes-Faulkner
July 31 <sup>st</sup>	7 pm	Rally O	Julie Doig
August 1 <sup>st</sup>	2pm	Jumpers all levels	Roel Wittkamp
August 1 <sup>st</sup>	agility after	Gamblers all levels	Heather Northover
August 1 <sup>st</sup>	4 pm	Rally O all levels	Julie Doig
August 1 <sup>st</sup>	7pm	Obedience all levels	Judy Forbes-Faulkner
August 1 <sup>st</sup>	7pm	Jumpers all levels	Heather Northover
August 1 <sup>st</sup>	pairs then	Agility all levels	Roel Wittkamp
<b>August Double Trial – CANCELLED DUE TO COVID-19</b>			
August 28 <sup>th</sup>	7pm	Obedience all levels	Terry Griffin
August 28 <sup>th</sup>	7pm	Rally O all levels	Roel Wittkamp
August 29 <sup>th</sup>	2 pm	Agility all levels	Terry Griffin
August 29 <sup>th</sup>	snooker after	Jumpers all levels	Roel Wittkamp
August 29 <sup>th</sup>	4pm	Rally O all levels	Julie Doig
August 29 <sup>th</sup>	7 pm	Obedience UD CDX CD CCD UDX	Lisa Sinclair Judy Forbes-Faulkner
August 29 <sup>th</sup>	7pm	Jumpers all levels	Terry Griffin
August 29 <sup>th</sup>	agility after	Gamblers all levels	Roel Wittkamp
<b>September Double Trial - TBA</b>			
Sept 25 <sup>th</sup>	7pm	UD CDX CD CCD UDX	Tricia Williams TBA
Sept 25 <sup>th</sup>	7pm	Rally O all levels	Andrea Wohlhuter
Sept 26 <sup>th</sup>	4pm	Gamblers all levels	Roel Wittkamp
Sept 26 <sup>th</sup>	agility after	no open class	Roel Wittkamp
Sept 26 <sup>th</sup>	7pm	UD CDX CD CCD UDX	Tricia Williams TBA
Sept 26 <sup>th</sup>	7pm	Rally O all levels	Andrea Wohlhuter
Sept 26 <sup>th</sup>	snooker after	Jumpers, no open	Roel Wittkamp

### Why Title A Dog?

Not just a brag, not just a stepping stone to a higher title, not just an adjunct to competitive scores, a title is a tribute to the dog that bears it, a way to honor the dog, an ultimate memorial. It will remain in the record and in memory for as long as anything in this world can remain. Few humans will do as well or better in that regard.

And though the dog itself doesn't know or care that its achievements have been noted, a title says many things in the world of humans, where such things count.

A title says your dog was intelligent and adaptable, and good-natured. It says that your dog loved you enough to do things that please you, however crazy they may have sometimes seemed.

And a title says that you loved your dog, that you loved to spend time with it because it was a good dog, that you believed in it enough to give it yet another chance when it failed, and that, in the end, your faith was justified.

-Sandra Mowery



## CANINE OBEDIENCE CLUB OF TOWNSVILLE INC 2020 TRACK and SEARCH AND TRACKING TRIAL CALENDAR

**COST : \$20 per entry (NO breakfast for Track & Search)**

**Entries close 14 days prior to the trial**

**NO LATE ENTRIES ACCEPTED**

Contact Tracking Co-Ordinator Janette Cussons for further information

Mobile 0417614261 | Email [jcussons2@bigpond.com](mailto:jcussons2@bigpond.com)

### NOTES FOR COMPETITORS

- 🐾 Fields restricted to 8 per trial
- 🐾 Handlers restricted to no more than 1 entry in a trial unless less than 8 entries
- 🐾 Ballot to be held if more than 8 entries per day
- 🐾 Entry fees refunded to balloted dogs

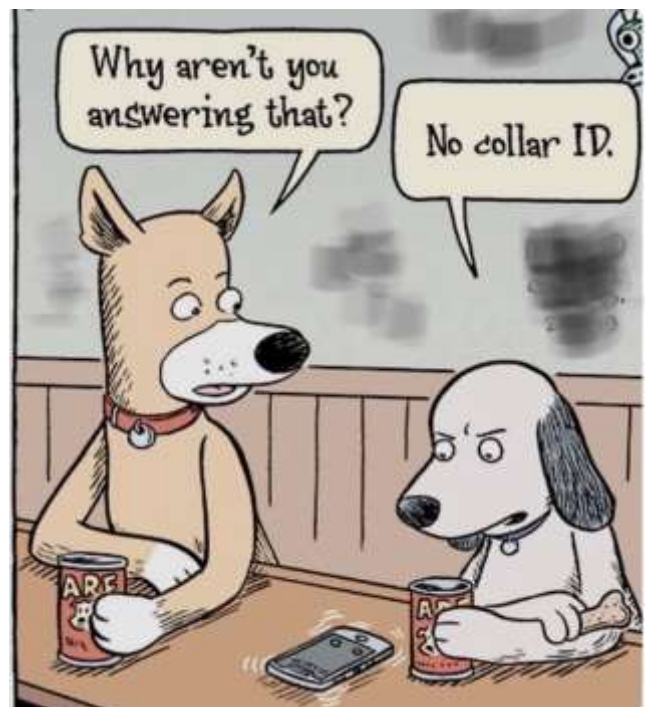
**All trials – vetting 5.30 am, start 6:00 am**

**ALL CANCELLED DUE TO COVID-19**

Date	Trial	Judge	Location
Sat March 21	Track & Search	Roel Wittkamp and Debbie Schmidt	Annandale and Aitkenvale
Sun March 22	Track & Search	Roel Wittkamp and Debbie Schmidt	Annandale and Aitkenvale
Sat April 11	Track & Search	Roel Wittkamp and Debbie Schmidt	Annandale and Aitkenvale
Sun April 12	Tracking	Roel Wittkamp and Debbie Schmidt	Alice River
Sat May 9	Track & Search	Heidi Christoffel / Debbie Schmidt	Annandale and Aitkenvale
Sun May 10	Tracking	Janette Cussons / Debbie Schmidt	Alice River
Sat June 13	Track & Search	Annette Dobson / Debbie Schmidt	Annandale and Aitkenvale
Sun June 14	Tracking	Annette Dobson / Janette Cussons	Alice River
Sat July 11	Track & Search	Coral Pethers and Deb Lamprecht	Annandale and Aitkenvale
Sun July 12	Tracking	Coral Pethers and Deb Lamprecht	Alice River



## BACK PAGE FUNNIES





# IT'S WINTER ... TIME FOR SNUGGLES!



## THE END