

HORNSBY DOG TRAINING CLUB INC

(Affiliated with Dogs NSW)



The Post

July Issue 2013

TRAINING INFORMATION

Contact Us
Email hornsbydogtrainingclub@hotmail.com
Website www.hornsbydogtrainingclub.org.au
Post P O Box 3257, Asquith NSW 2077

WHERE: Rofe Park, Galston Rd, Hornsby Heights

WHEN: Sundays *(rain, hail or shine except long weekends)*

CHECK-IN: All dogs must be checked-in prior to training. Please do not allow your dog to approach others until check-in is complete.

COST—A **\$2.00 ground fee** is payable at check-in—Put your money in the tin on the table

Please keep your dog on lead and under control at all times both before and during class.

Please ensure your dog or puppy has been

FULLY VACCINATED before coming to training.

We also recommend vaccination against kennel cough. Talk to your vet for further information.

The Hornsby Dog Training Club teaches

obedience exercises for dogs of all ages, shapes and sizes on Sunday afternoons.

The club is run entirely by friendly volunteers who enjoy seeing new dogs progress through the classes to become good canine citizens.

The Club welcomes new members looking for an

obedient and friendly family pet, and those wishing to proceed further to the field of competitive obedience trialing.

CLASS TIMES:
Puppy Class: 1:00 - 2:00pm
Introduction Class –New Members 2:00 - 3:00pm
Class 1: 3:00 - 4:00pm
Class 2: 3:00 - 4:00pm
Class 3: 3:00 - 4:00pm
Class 4: 3:00 - 4:00pm
Advanced & Trialing: 2:00 - 3:00pm
TESTING: All Classes 2:00 - 3:00pm

Inside this issue:

HDTC Training info	1
Dog health Issues	2
Joint Issues	
Editors Report & AGM	3
Owners Health Issues	4
Hydration	
Advertising	5
Resources	6

Free Barbecue the 2nd Sunday of every month from 1.30pm

Remember dogs on lead always until 4 pm.

Hornsby Dog Training Club aims to train dogs using positive re-enforcement methods and with this in mind the Committee has voted to send a reminder to all members that we discourage the use of check chains. They are not included in this method of training and are not necessary when it is employed. If used incorrectly they can cause injury and undue stress to the dog.

Kathy Sharpe President

The Post

Dog Health Issues — Joint Issues



http://www.thedogtrainingsecret.com/blog/wp-content/uploads/2011/06/old_dog_with_zimmer_frame_516435.jpg

Some joint issues are inherited, others occur due to injury or accident, however most joint issues occur in the older dog by wearing out of the joints or loss of muscle tone.

Exercise

Exercising your dog is important but lets be smart about it to avoid injury and associated pain.

Very young dogs should avoid agility type exercises until they are 12 months old as their bones are still forming. Reduce jumping and climbing activities.

If you are participating in agility—it is essential that you help your dog learn the correct way of leaving the A frame and ramp and see-saw so as to avoid injury. Stretch the dog and warm up his joints before exercise

Older dogs with joint problems need to moderate their exercise and perhaps with the assistance of medication to make exercise enjoyable and manage pain.

Don't wake the dog out of a long sleep and have him tear around the backyard or park at great speed.

Warming up is essential —Exercise is great for dogs but just like us, dogs need to warm up their muscles and get their joints operating. Experts say to warm up by slow walking, a bit of a trot some fast paced short sprints— then and back to a normal pace. Stretching is important, gently stretch the dogs legs and a good massage around the muscles to warm them up will help. Have you ever noticed that dogs and cats do stretch when waking up—it is inherent in their ways and us humans can learn a lot from that

A massage on retiring from exercise will help to reduce muscle tension and reduce the recovery period. You can progress with tougher training if you integrate massage and stretching because this will enable the muscles to increase absorption of nutrients and aid in the removal of lactic acid. Massage also extends the tissues and muscles we are unable to reach through stretching. Massage and stretching will give you a relaxed and better

performing dog.

Weight—overweight dogs will more likely suffer pain in their joints so a reduction in weight and gentle exercise will help.

Supplements—If your dog is prone to joint issues Vets swear by **Glucosamine for joints**. (yes the same for humans)

To ensure good bone mass in the aging dog it is important to provide nutritious food with the benefit of vitamin D, calcium, and omega additives.

Sleeping—make sure your dog has a soft surface to lay on, away from draughts with plenty of room to stretch out if he wants. Check out the winter sleeping arrangements—could you sleep there?

Talk to your vet if your dog is showing signs of arthritis or other pain—there are medications that can dramatically help and keep your dog comfortable.

And for humans getting older who may be experiencing pain while doing simple movements.

Glucosamine has been shown to help in many painful arthritic conditions and is an easy to take supplement that you can add to your daily diet.

How does Glucosamine work?

Glucosamine is produced naturally in the body, however, over time this production can slow down considerably. Research shows that the supplement Glucosamine can reduce joint inflammation and pain, as well as assist in the rehabilitation of damaged and deteriorated joint cartilage. By adding the supplement to your daily diet, you will not be adding anything foreign or chemically produced to your body.

The most inviting aspect of managing your arthritis with Glucosamine is that there are no adverse side effects.

It is very important to not only take good care of your body but to listen to your body as well. When it comes to being active, know your body's limits. Heavy workouts can take major tolls on your joints. Crash diets are not exactly good for your body and most importantly your heart.

Provided by Northern Districts Physiotherapy

July 2013

Editor's Report

Hi Everyone

Last weekend I pulled out all the winter jumpers and coats, scarves and gloves from last year. What a God send it was so cold. Our dogs can feel the cold too - I made a few dog coats to get us through the rainy times when walks are essential. It will save getting out the hairdryer and save on towels when we get inside. If you have a sewing machine, material and Velcro and a pattern from an existing coat they are so easy to make. I even made some out of see through vinyl with jelly beans printed on it—they are their official raincoats and only cost me a few dollars. Believe me I am not a sewer and while they are not perfect they will serve the purpose. Make sure your pets are warm this winter, out of draughts and have warm bedding. The older dog or a dog without a thick coat can end up with aching joints and it is just no fun when its too cold to move. But please do not go overboard, no leaving the heater on all night or when you go out it is just too dangerous and the energy bill will be no laughing matter come the end of winter. If you want some energy saving tips go to the

[Energy & Water Ombudsman NSW](#) site for more information.

Finally the club is revving up for the AGM to be held on 23 August 2013 7.30pm at the Clubhouse. I would love to see some new faces at the club take an interest in the work done behind the scenes . Like all clubs the more hands and skills on deck the better.

I hope that someone can takeover the Editor's Position and continue to produce these newsletters—I have produced the newsletter for a year now and hopefully you have found it helpful and interesting. I know there are other members out there that could make the newsletter better and more informative for members. I am happy to help and assist in contributions to get you started.

The club is also looking at redeveloping its website—anyone skilled at this? We also need committee members!

There will be other opportunities through the year to step up and be a contributing member—you don't have to know a lot about dogs, you don't have to be an instructor, your time and input will be appreciated.

Of course we are always looking for instructors !!!!

As this is my "last Post" thanks for the opportunity —I have learned a great deal !

Big thanks to Jo Tucker, Anne Eddins, Rose Day, and Sue and for many others that have helped me a long the way and provided feedback! *Regards Narelle Brown*



AGM—Hornsby Dog Training Club

The AGM will be held on 23 August 2013—All positions become vacant.

PRESIDENT VICE PRESIDENT SECRETARY ASSISTANT SECRETARY

TREASURER POST EDITOR PUBLICITY OFFICER COMMITTEE MEMBER

Please consider taking up a position at the club

Put your interest in by emailing /phoning or speaking to any of the current position holders.

It would be great to have your input, help, assistance and your opinion at our club. This is one of the best ways to make a difference. Get Involved ! There are 5-6 meetings a year—held after training on Sunday. See last page for contact details.

The Post

Healthy owners – [The Importance Of Hydration](#)

Many of the patients that visit the Northern District physiotherapy practice are involved in sport; ranging from professional level through to weekend warriors! (including dog enthusiasts). This article reminds us the importance of keeping your body hydrated during sporting activity.

So, why is it so important to stay hydrated as an athlete?

Whether you're a serious athlete or a recreational exerciser, it's important to make sure you get the right amount of water before, during and after exercising. Water regulates your body temperature, lubricates joints and helps transport nutrients for energy and health.

It is amazing to see how far athletes can push their bodies but without proper hydration, the body strains itself and is not able to perform to its highest capabilities. Many athletes and active individuals are not aware of hydration outside of knowing that you need to drink water while you exercise. There is much more to hydration than simply drinking water during workouts.



If you're not properly hydrated, your body will be unable to perform at its highest level, and you may experience fatigue, muscle cramps or dizziness due to dehydration.

Dehydration happens when you lose more fluid than you drink. When your body doesn't have enough water, it can't work properly.

Dehydration can range from mild to severe. The signs of dehydration can include:

Dizziness or light-headedness / Nausea or vomiting / Muscle cramps / Dry mouth, swollen tongue

Sweating stops, Palpitations, Decreased urine output

Urine color may indicate dehydration. If urine is concentrated and deeply yellow or amber, you may be dehydrated. All of these symptoms can decrease athletic performance as well as lead to more serious health issues. In order to combat the dangers of heat illness, athletes must be dedicated to a rigorous hydration schedule so that their bodies are well prepared for the strain of practice, workouts and match day. Key factors to think about when developing a hydration plan include: pre-workout hydration, workout hydration, post-workout hydration and resting hydration.

If you are unsure if you are staying hydrated during sporting activities our experienced physiotherapists will be able to provide you with a hydration schedule best suited to your body.

Article provided by Northern Districts Physiotherapy Northern Districts Physiotherapy Eastwood Village Square Shop 20A, 1 Lakeside Road Eastwood NSW 2122 Phone: 02 9874 8410 Fax: 02 9874 6192 Email: ndpe@optusnet.com.au Website: www.ndpe.com.au (Suite also at Epping on Midson Road call for appointment)

5 Easy Rules of Training [Attention, Lure, Mark, Reward, Release](#)

- ◆ **ATTENTION** get your dogs attention i.e. use their name
- ◆ **LURE** the dog into desired position using food with the appropriate hand signal (introduce word once dog is displaying action i.e. SIT)
- ◆ **MARK** the action using voice i.e. "good"
- ◆ **REWARD** with the lure (food) and a pat and praise
- ◆ **RELEASE** the dog with a word i.e. "OK"

July 2013

Help at Your Club

There are many activities to get involved in at the Hornsby Dog Training Club.

The club is all about its members and their furry friends.

All roles are voluntary.

From President , to Chief Instructor and to those wonderful people in the club house ensuring registrations and your details are processed and to Don who mans the barbecue the 2nd Sunday of each month.

With additional help the club could do more for its members.

We need help with :

Vet checking dogs prior to commencement of training (15 minutes if you have the skills)

Collecting money (15 minutes - prior to training)

Setting up agility (there just aren't enough of us with the strength to put things out and pack away)



And more :

Get involved on the committee this year and learn more about the club.

Train to be an instructor



Of course suggestions are always welcome but participation is even better!

Please let the club know by email /phone if there is something you would like to be involved in. See Contact Numbers on the last page.

For Sale or Wanted?

Would you like to advertise in this Newsletter?

If you have doggie items that you would like to give away or sell or need.

Send your email to

gurang@optusnet.com.au

Subject line : Hornsby Dog Training Club.

For Sale section

Can you recommend any pet friendly accommodation?

I am sure our members would be interested in somewhere that is secure and safe for pets and equally relaxing for owners.

Beachside?????? Chalet????? Resort?????

Email to: gurang@optusnet.com.au

do?LOGIC
DOG TRAINING

www.doglogic.com.au

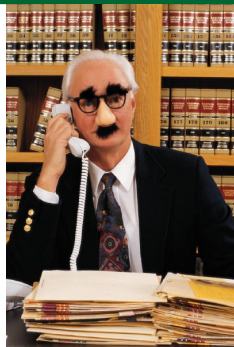
For all ages from puppies through to adult dogs
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The Post



Now I have your
attention—take a look
at the resources!
Clipart

Resources

Websites—Food and Accessories

Compare—may be cheaper than retail stores on some products : Consider shipping and delivery costs in your comparison

www.vetshopaustralia.com.au/ Offering \$5 cash back on subscription to newsletter and \$10 cash back on certain flea and tick treatment

www.pawsforlife.com.au/ Offers auto delivery on regular needs and has lots to offer.

www.budgetpetproducts.com.au

<http://petcare2000.com.au/>

Getaways!!!!

Camp K9 website www.campk9.com.au Book now for the September 2013 camp. Camp K 9 is a dog friendly weekend retreat for owners and pets in the Barrington Tops. Where owners and dogs can try their hands and paws at agility and other activities that go beyond basic training. Suitable for all breeds. Accommodation is from resort style rooms to cabins and you can even pitch your tent or bring your caravan and set up at the beautiful Riverwood Downs. Dates for 2013 Thursday 12— Sunday 15th September 2013.

Sydney Pooch Trails— http://us.sydney.com/Sydney_pooch_trails_p3123.aspx

Download walks, find places for off and on leash places to take your dog from Sirius Cove Mosman to Olympic Park Homebush.

This site also has information on hotels / accommodation for dogs.

Such as Sebel Pier One and Lilianfels in the Blue Mountains.

Contact Us

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We like to hear from our members — Contact the committee if you have questions, if you would like to make suggestions, or to offer help and support.

For the Post email:
gurang@optusnet.com.au