

Paws Express



Newsletter of
Alexandra & District
Dog Obedience Club Inc

Patrons: Betty Tulloch, Doug Norman B.Sc.(Hons), B.Vet.Sc.(Hons)

June 2022

Welcome!



Barb &
Jeanne

A very belated welcome to all new and present members. I was hoping for a fairly smooth start to this new training year but when do things ever go quite as we would like, never mind. First and fore-most I would like to acknowledge, applaud and thank our dedicated volunteers without whom we would not have a club. Each Sunday, rain, hail or shine they climb out of a warm bed to set up, organise and instruct; they are our committee and instructors. Jeanne Roberts is one of these. Since 2007 she has dedicated herself to organising classes, staying in touch with new ideas and training techniques, tracking member's achievements and encouraging new instructors. With good humour and the air and authority (and kindness) of an ex-school teacher she has cajoled those amongst us who are a bit naughty, wayward or complain "I JUST CAN'T DO IT". Our club have awarded Jeanne our highest honour, life membership. Congratulations Jeanne. Congratulations also to everyone who has been involved in managing our club and classes for the last THIRTY YEARS, what an achievement

**** Join the Alexandra & District Dog Obedience Club on Facebook**

Committee Members 2022

Barbara Tanner (President)
Julee Hosking (Vice Pres.)
Debbie Callawa (Secretary)
Geoff Hyland (Treasurer)
Jeanne Roberts
Ann Laherty-Hunt
Jamie Laherty-Hunt
Bronwyn McFadyen
Fiona Mackey
Jenny Hyland

Life Members

Betty Tulloch
Greg Tulloch (Dec)
Lynne Walter
Maggie Hamill
Julee Hosking
Bronwyn McFadyen
Jeanne Roberts

Honorary Members

Doug Norman B.Sc(Hons) B.Vet.Sc(Hons)
Mike Hosking
Chris Chester
David Roberts

Instructors

Jeanne Roberts
Barb Tanner
Julee Hosking
Ann Jelinek
Pam Poole
Jenny Hyland
Sally Freeman
Kat Howard

Newsletter: David Roberts

Congratulations to Graduates

Foundation Puppy to Family Companion Certificate L1



Georgina & Bash



Sue & Baz



Peter & Abbie



Sally, Tennile & Pickett



John, Susan & Sergie

	
<p>LET ME BE "NOSEY"</p>	
<p>GIVE YOUR DOG PLENTY OF TIME TO SNIFF WHEN OUT WALKING</p>	
<p>WALKS PROVIDE PHYSICAL EXERCISE BUT THEY SHOULD ALSO BE PROVIDING MENTAL EXERCISE & STIMULATION</p>	
<p>SNIFFING IS CALMING SNIFFING LOWERS THE PULSE RATE & PROMOTES A FEELING OF CALMNESS</p>	<p>STIMULATION SNIFFING A NEW AREA IS AN EXCITING & EASY WAY TO PROVIDE MENTAL STIMULATION</p>
<p>LOWERS STRESS LEVELS SNIFFING HELPS LOWER CORTISOL LEVELS (THE STRESS HORMONE)</p>	<p>REDUCES COGNITIVE DECLINE SNIFFING DIFFERENT THINGS & INTERPRETING THAT INFORMATION USES LOTS OF MENTAL ENERGY & REDUCES THE RISK OF COGNITIVE DECLINE</p>
<p>PROMOTES WELLBEING SNIFFING IS ESSENTIAL FOR MENTAL & EMOTIONAL WELLBEING & PROVIDES AN OUTLET FOR NATURAL BEHAVIOUR</p>	<p>FREEDOM & CHOICE DOGS DEPEND ON US FOR ALL THEIR NEEDS ALLOWING THEM THE CHOICE & FREEDOM TO SPEND TIME SNIFFING HELPS DOGS TO FEEL MORE IN CONTROL OF THEIR ENVIRONMENT & BUILDS SELF CONFIDENCE</p>
<p>SLOW DOWN, LET YOUR DOG STOP & SNIFF & YOU WILL HAVE A HAPPIER, CONTENTED, RELAXED & MENTALLY STIMULATED DOG IN RETURN</p>	
<p style="text-align: right;"><i>Dogs Disclosed</i></p>	

Congratulations to Graduates

Family Companion Certificate To Level 4



Grace & Lucy



Frog & Chance



Damien & Baxter



Di, Leo & Poppy



Steve & Tank

Find Your MOMENT of YES!

- YES!** STANDS IN THE KITCHEN rather than countersurfing
- YES!** LOOKS AT SQUIRREL rather than lunging
- YES!** QUIET BY THE WINDOW rather than barking
- YES!** STANDS or SITS TO GREET rather than jumping

By DOG LARIN DOG TRAINING & BEHAVIOR CONSULTING™

1. Reward WANTED BEHAVIORS
2. Train ALTERNATE BEHAVIORS
3. Give your dog FEEDBACK
4. Build BEHAVIOR PATTERNS

dogtraining.com Illustration by Lili Chen

FUN AT OUR 30th BIRTHDAY BREAKUP NOVEMBER 2022



Happy Birthday!!



Red Light – Green Light



Weave-O-Rama Sally & Zoe Faith & Candy



Pearl – "This One's Mine"



Kabana Diving



More Kabana Diving



TRAINING TIPS WITH JEANNE

DOES PUNISHMENT WORK AS TRAINING TOOL? YES OR NO



Welcome all ADDOC Members, human and canine, current and new, to our training year for 2022. I'm sure you are all looking forward to a great year of learning with your four-legged friend!

Recently a friend sent me a FB article which really resonated with me. The article, by a UK dog trainer, was on punishment as a dog training tool and why she doesn't use it when teaching her dogs. On a personal level, it reinforced my training approach with my own dogs, and it reinforced my belief that ADDOC's Positive Reinforcement Method of using rewards and playing games is one of the best methods for teaching our dogs and achieving a close working relationship with them, based on trust and understanding.

So, let's look at Punishment and some of the reasons it isn't truly effective. Yes, it appears to work because it reduces the unwanted behaviour. But the writer of the article chooses not to use it for following reasons.

1. PUNISHMENT LEAVES A VACUUM.

Punishment can lessen or stop a particular behaviour, but it is usually replaced by something else. Behaviour happens for a reason. However, a punishment-based approach doesn't address that underlying reason which means your dog will probably try to fill that need in another equally unwanted way. So, your puppy needed to go to the toilet, and did. The fact that it was in the house didn't matter to the puppy! But it did matter to you, so you shouted and punished the puppy. However, the puppy who is punished for toileting in the house just learns to wait until you are not in sight to toilet. Naturally, you want a "house-trained" puppy and it's your role as a responsible dog owner to "show" your new puppy that toileting outside is what you want and by praising and rewarding him for going outside will soon achieve a happy result for both of you.

2. WHEN PUNISHMENT STOPS, BEHAVIOUR RESURGES.

Unfortunately, once the punishment stops, the unwanted behaviour can reoccur, because the underlying reason for it hasn't been addressed. Punishment based training can have quick results but to remain effective the punishment must continue or at least be a possibility. Think about the times the appearance of a police car in your review mirror causes you to slow down, only to speed up again once it's gone!!!

3. PUNISHMENT HAS FALLOUT.

Punishment can have permanent, unwanted results. If you are using it to change behaviour it is important to realise and consider the possible consequences.

- If you use punishment as a tool, you run the risk of ruining your relationship with your dog – would you trust or want to be friends with a bully?
- Punishment causes fear and uncertainty. Your dog can become timid and fearful and reluctant to be close to you.
- Punishment is the easy way out, it's a "quick fix" and can become very empowering for the "punisher". It's also the lazy way out. Much easier to punish than look for the reason behind the behaviour, understand it and find a different, kinder, solution.

4. A QUESTION OF ETHICS.

Just because we can do something doesn't mean we should.

Just because punishment seems to be effective doesn't mean it's okay.

Just because punishment can achieve an immediate result doesn't mean it's the best method to use.

There are other, much kinder, and equally effective methods you can use.

5. FINALLY.

When I take a dog into my home, I accept responsibility for him. I want him to be a companion and a friend.

So, for me the answer to the original question: Does Punishment Work as a Training Tool? Yes, or No? The answer is most definitely NO.

Punishment is negative, cruel, and counter-productive and is therefore not an effective training method and my method of choice is Positive Reinforcement with rewards and games.

It is up to me to be pro-active and find ways that are positive and rewarding for my dog so that I'm rewarded by a wonderful companion who is confident, trusting, and happy and who's greatest joy in life is for us to be doing fun stuff together. For me the results speak for themselves.

TRAIN POSITIVELY – BE HAPPY!



"Kindness and positivity will create a lifelong bond between you and your dog."

Dog's Trust

Ref: Aileen Stevenson: 17th December 2021 "The Perfect Puppy Company".

WELCOME NEW MEMBERS

6th February	Bob Heard & <i>Benny</i>
Fiona McLeod & <i>Lucy</i>	Annice Walsh & <i>Nellie</i>
Tamika Poustie & <i>Diesal</i>	Max Church & <i>Bailey</i>
Peter Graham & <i>Rocco</i>	Celia Blackwood & <i>Ginny</i>
3rd April	
Christine and Paul Kellet & <i>Ebbie</i>	Andrew Pavlof & <i>Jess</i>
Gloria Edwards & <i>Bonnie</i>	Jill Davison, Greg Smith & <i>Josie</i>
Kate and Paul Horner & <i>Edie</i>	Josh Palmer, Chloe Gaunt & <i>Zara</i>
Sam and Angelina Bell & <i>Monty</i>	Julia Grey, Nathan Glue & <i>Louis</i>
Brittany Hunter & <i>Atlas</i>	Lloyd Flaherty & <i>Maggie</i>
Ruby and Colin Crowe & <i>Bear</i>	Jason Shaw & <i>Stryda</i>
Diane Stevenson & <i>Tammy</i>	Christine Biegger & <i>Knox</i>
5th June	
Libby Nicholls & <i>Joy</i>	Debra Webber & <i>Delilah</i>
Holly Wall & <i>Pepper</i>	Leanne Dwight & <i>Billy</i>
Jo and Daniel Noble & <i>Buddy</i>	Maddie Lund & <i>Mia</i>
Dermott and Kat Heneghan & <i>Kai</i>	Kathryn Boyle & <i>Jess</i>
Jessica Robinson & <i>Odin</i>	Maria Deveney & <i>Lola</i>



Weave-O-Rama John & Sergie

Alexandra & District Dog Obedience Club Inc.

Training on Sunday mornings in Alexandra (except for public holidays, days of Total Fire Ban and a break over December & January).

Memberships - Due February (C5 vaccination certificate to be sighted)

Annual membership

1 or 2 dogs/1 handler (single) \$15.
 1 dog/2 handlers (dual) \$20.
 2 dogs/2 handlers (same family) \$15 each.

Cost per class \$3 -
 \$21 per block of 7 classes paid in advance and is non-refundable.