

# Paws Express



Newsletter of  
Alexandra & District  
Dog Obedience Club Inc

March 2023

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



Pre-AGM Walk

Welcome everyone, especially the newer members, thank you for taking the time to attend our club AGM. As always it is an important event on our club calendar. This is the 32nd year of our club; of being an important part of a community that cares for their dogs and all animals. I believe our committee and instructors would agree with me that we always strive and take pride in being a warm, caring and welcoming environment. Since the very first day as a member and I was invited to join them for a coffee after training and I have felt myself surrounded by friends and people always willing to help. If any of you feel that isn't so for you I earnestly implore you to speak with myself or one of our committee or instructors. Trust me we don't growl or bite (well not normally). The purpose of our club is to show you ways to interact, bond and teach your dog. No two people or dogs learn at the same pace and so we want handlers to feel comfortable with no pressure at all times.

As I do each year I would like to give a huge thank you to our dedicated, loyal volunteer committee and instructors. These people give their time freely and generously, no matter that there are other matters in their personal lives. I ask each member to remember this always. Lastly HAVE FUN!

Barb Tanner  
President

Join the Alexandra & District Obedience Club on Facebook

## Committee Members 2023

Barbara Tanner (President)  
Julee Hosking (Vice Pres.)  
Debbie Callaway (Secretary)  
Geoff Hyland (Treasurer)  
Jeanne Roberts  
Ann Laherty-Hunt  
Jamie Laherty-Hunt  
Shane (Frog) Freat  
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  
Debbie Callaway

Newsletter: David Roberts

## CLUB AWARDS FOR 2022

Fiona Mackey



Tracking Champion Titles:  
*TCH Deelee Clause (Mack)* & *TCH Heavensent Maddy (Maddy)*

Joyce Turner and *Nessie*



Highest Scoring Aggregate Dog: Rally Advanced & Community Companion Dog Obedience (CCD)

Paul Watkins and *Matilda*



Highest Scoring Aggregate Dog Rally Novice

Paul Leitinger and *Daisy*



Most Improved Handler



John Curtis and Susan Ackroyd and *Sergie*



Di Welsh and *Poppy*



Joint Winners "Stick With It" Award



*Knox* sharing his chair with Chris



Jennie's *Maggie* Showing Off At Bedrock





## TRAINING TIPS

### **TALKING TO YOUR DOG. WHAT DOG-TRAINING “MESSAGES” ARE YOU SENDING YOUR DOG?**

***“The best dog-training method isn’t a method at all!! For effective dog training that helps your dog learn faster, make your voice, body language, and mental state, clear, confident, and inviting”. Kathy Callahan, CPDT-KA.***

A very warm welcome to all our members as we start our new year of training. If you are just beginning your journey with your new four-legged friend, or resuming it after a well-earned break, I hope 2023 is a satisfying and rewarding year for you both.

Our Club is called “The Alexandra and District Dog Obedience Club” (ADDOC) and our aim is to show YOU how to WORK with your dog. However, I’m not really happy with calling it an Obedience club or referring to what we do as “Dog Training”. I like to think of it as teaching or guiding our dogs to develop the skills and habits that enable them to share a happy, fulfilled life within our family and society.

The training method we use at ADDOC is called the “Force Free” Training method. This method includes positive reinforcement, rewards, and games We also believe it should be fun and so we include tricks as well. This all helps to develop ENGAGEMENT between you and your dog.

In class your instructor will give you exercises, games and tips so you can work with your dog and have fun. However, there is more involved than simply practising what you have worked on in class. To achieve the best results using this Force Free Training method and to be able to see you dog’s improvement you need to be aware of the messages you are sending your dog with your voice, your body language as well as how you are feeling, or your mental state.

Let’s look at each of these factors and consider how they can have an impact, either positive or negative, on our teaching.

#### **INVITING TONE OF VOICE.**

Keep your voice light and happy, e.g. if teaching a puppy to come don’t bellow “Come!” in a loud, commanding voice. If you do, chances are your puppy will creep hesitantly towards you very uncertainly. Instead get down on your knees, call “Come!” in a high, happy voice, make a fool of yourself, and watch your puppy come racing towards you with a big grin on his face and his tail wagging madly. Even though dog

training has come a long way I still hear people instinctively bellowing “Come!” “Leave It” “Down” in big, stern, intimidating voices. That may appear effective but over time your sensitive-to-tone canine begins to link his human with the feeling of “uh oh.” Consequently, he becomes less eager to engage and less likely to offer the behaviours you’re hoping to see. Frustration all round as training starts to slip backwards because all the fun has gone out of it. Keep your voice positive, happy, and inviting.

#### **CLEAR BODY LANGUAGE.**

Dogs communicate through body language and your dog will instinctively react to your body language when trying to work what you are asking it to do. Get your body working for you – rather than against you. Here’s how. First take a deep breath and think through what you’re about to ask of your dog.

•Have a plan:

- What’s the verbal cue?
- What’s the hand signal?
- When will you mark and reward?
- If your puppy is unsuccessful on the first try, what can you change to make it easier?
- Maybe the distance, duration or remove the distractions?

No matter what you’re attempting to teach your dog e.g. Recall, Loose Lead Walking or Stay, your body will be sending loud and clear signals for your dog. How you hold yourself and how you move will send strong messages to your dog.

#### **STRESS FREE ATTITUDE.**

Before you begin working with your dog do a quick check of how you are feeling. A bad day at work? Kids being extremely difficult? The car had a flat tyre? If you’re feeling overwhelmed don’t train, all your stress will be communicated to your dog, and you will both be frustrated. On the other hand, you can be feeling fine, but for some unknown reason your dog has forgotten how to do that 15m recall from your last session and is looking at you as if to say, “What do you mean “Come!” never heard the word”. Don’t get angry, instead, take a break, do a few spins, middles and thru! Play the recall game. Have a laugh with your dog and then try just a 5m recall – hurrah! Success and finish the session.

#### **FINALLY.**

Keep your sessions fun, light and stress free and you and your dog will learn to really work as a team and you will have a wonderful relationship with your dog for many years to come.

**Ref:** Kathy Callahan. CPDT-KA. “Whole Dog Journal” Oct 2022

*“Training often fails because people expect too much of their dog and not enough of themselves”.*

## HELPFUL HINTS FROM YOUR INSTRUCTORS

### **BOOKS/BLOGS/PODCASTS/WEBSITES THAT YOU MIGHT LIKE:**

*A Couple of our Instructors (and a close friend) have shared some of their favourite training books and sites. You might like to read/listen to or look at some of these ideas.*

**JULEE HOSKING:** I have recently purchased 5 training books. Easy Peasy Puppy Squeezy, Easy Peasy Doggy Squeezy, How to Train your dog, The Puppy Primer and Total Recall. I also have The Other End of the Leash, but had it for many years. All fascinating and with good points in all of them. Two of my favourite online trainers are Victoria Stillwell and Patricia McConnell. One on my black list would be Cesar Milan!

**JEANNE ROBERTS:** I'm also a fan of Julee's books, however I get most of my ideas and updates from You Tube. My favourites, while I don't agree with absolutely everything they say and do, are Nate Schoemer, Patricia McConnell, Victoria Stillwell and Pat Garrett. Cesar Milan is also on my black list!!

**ANN JELLINEK:** Getting in TTouch with your dog - a gentle approach to influencing behaviour, health and performance - by Linda Wellington-Jones

This includes many good simple activities. I use TTouch with dogs, horses and alpacas.

If there is demand for any of the books Julee suggests, maybe the library would get them in.....

I would steer clear of YouTube/internet as references unless very specific as it is a minefield, but excellent info if used with a with a strong filter.

**DEBBIE CALLAWAY:** Fred Helfer's book The Nose Work Handler is amazing. And "Absolute Dogs". I like their games. (website in Stephanie Brew's notes below)

And of course, the "Easy Peasy" books.

### **STEPHANIE BREW:**

#### **BOOKS:**

Denise Fenzi - 'Beyond the Back Yard - Train your dog to listen anytime, anywhere!'

Hannah Branigan - 'Awesome Obedience - A positive training plan for competition Success.

Kamal Fernandex - 'Pathway to Positivity - Sports Dog Training'

I also really like 'Easy Peasy Puppy Squeezy'

#### **PODCASTS:**

1) FDSA - Fenzi Dog Sports Podcast

2) Drinking from the toilet - podcast by Hanah Branigan

3) Cog-Dog Radio

#### **WEBSITES:**

1) [fenzidogsportsacademy.com](http://fenzidogsportsacademy.com) - even though there are classes to buy, they always have sample lectures for EVERY course listed. So heaps to learn without paying. If you do become interested in taking your training a little further, I cannot recommend them highly enough!

2) <https://dogmantics.com> - another incredible positive trainer. Emily posts heaps of free stuff on her website and her UTube channel. She has a lesson for everything.

3) <https://absolute-dogs.com/> - have great games, but you do have to sign up and it is relatively expensive. They have all the boundary games which are great.

**SALLY FREEMAN:** Bones would rain from the Sky – Susanne Clothier – it's a wonderful listen for all dog lovers, full of anecdotes and learnings for the experienced dog handler.



# SCENT WORKSHOP

MARCH 2023

