

# Paws Express

Newsletter of  
Alexandra & District  
Dog Obedience Club



September 2019

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

## Welcome!

Dear members,

Well, here we are dear members, nearing the end of our training year. Of course before our final day arrives in November we still have another seven week block to help mould ourselves and our much loved dogs into an awesome working pair.

On the 9th of November, we also have the Alexandra Show. I would like to see as many members as possible coming along to this to show support for the members and their dogs who will be taking part.

The club AGM will be held on the 17th of November, every member is welcome. The day will start with a walk around town with our dogs, club awards will be presented, election of next year's committee, hopefully a guest speaker, speeches and a thank you to all our hard workers. Last but not least a yummy morning tea will be served.

The 24th of November will be our break up day which will include lots of fun with our dogs, loads of laughter and maybe some tears, our raffle - everyone donates a small gift and everyone wins a prize. Ideal yes? All of this is then followed by a delicious lunch - everyone brings a plate either salad or sweet. My mouth is watering already.

Next year will also see the start of a new journey for me. I will be joining classes with my new German Shepherd puppy, Aries. OMG watch out world, here comes a mini tornado.

Happy training.

*Barb Tanner, ADDOC President*



Barb can't wait to have Aries nipping at her feet!

## Committee Members 2019

Barbara Tanner (President)  
Bronwyn McFadyen (Vice Pres.)  
Deb Callaway (Secretary)  
Deb Loveday (Treasurer)  
Andy Cowan  
Ann Laherty-Hunt  
Jamie Laherty-Hunt  
Pam Poole  
Jeanne Roberts  
Julee Hosking

## Life Members

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

## Honorary Members

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

*Newsletter: Ann Jelinek*

## Welcome to new members

Michael & 'Piper' (Border Collie)  
Paul & 'Matilda' (American Bulldog)  
Trudie & 'Lola' (Toy Poodle)  
Emma & 'Sasha' (Schnoodle)  
Noanie & 'Ollie' (Maltese/SchitzuX)  
Arianne & 'Elwood' (Doberman)  
Ros/John & 'Luca' (Poodle)  
Marg & 'Coopa' (Boston Terrier)  
Maryann & 'Ollie' (Springer SpanielX)  
Merrilyn & 'Pixie' (Border Collie)

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



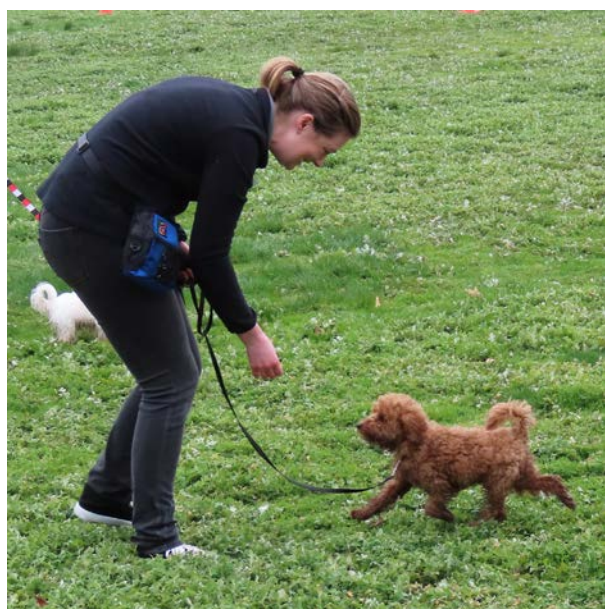
## Club Training fun - August 2019 workshop



Michael & Ebony with Piper exploring the ball pit



Ros with Luca



Trudie  
with Lola



Karyn with Harper

Arianne with  
Elwood



Marj with Coopa





## Training Tips



### The Adolescent Dog

So.....your family decides to get a puppy!

You are going to be a “responsible” dog owner. You very carefully do all the research about how to choose the most suitable dog for your family, you learn as much as you can about “puppy” behaviour and what to expect. You prepare so you have all the puppy paraphernalia you need and have “puppy proofed” your home.

The big day arrives at last and you bring your new puppy home, excited and looking forward to all the good times you’ll have together.

But.... what about when that puppy becomes a teenager? Are you ready for the changes that will take place as your puppy goes through his teenage phase before becoming an adult?  
When does adolescence occur?

Between 6 – 18mths of age (with some breeds up to 2yrs), puppies go through an adolescent or “teenage” period. Your cute, cuddly, well behaved bundle of fluffy joy turns into “Dogzilla”! During this period of time your puppy’s immature brain is changing and developing while physically he is probably his adult size and he has all his adult teeth.

While your young dog no longer looks like a puppy, he can still behave like one. It can be one of the most challenging as well as one of the toughest time in your relationship. An adolescent dog can be more obnoxious than at any other time in his life. Our shelters and rescue homes are full of adolescent dogs.

Some changes of behaviour that might occur: Resource guarding or being possessive of food or toys; tugging, pulling and generally bad lead behaviour; jumping up on visitors and overly excited greeting; jumping up on furniture; “bench surfing” for food; going to the toilet inside. Does any of this sound familiar?

How do you cope?

Firstly: Recognise and understand what is happening. Then: Have a plan!!!



Here are 6 tips to help you survive your dog’s adolescence.

- **Patience + a little more patience.** It’s going to take time. You need to continue to strengthen the bond you already have with your puppy. Try to be pro-active and prevent problems. “Teenage” proof your home. Things your puppy couldn’t reach your teenager can.
- **Training.** Mental exercise is really important. Continue to work on all your basic training cues – come; sit; heel; drop etc. However, don’t be surprised if your dog looks at you as if to say, “Sit? What’s that? Never heard of it!” This is normal. The adolescent dog sometimes suffers from “memory loss”. Don’t worry about it, just go back and start from scratch.
- **Play.** Have fun with your dog. Find a game that he loves, e.g. tug or fetch. Have some rules but enjoy his company.
- **Exercise.** The adolescent dog needs more exercise than a puppy. He loves to explore his environment and you need to have a safe way for him to do so. Be careful though and use a long lead if necessary, particularly if you find your recall cue is being ignored. Bad habits can be very hard to change.
- **Appropriate diet.** Although he may look like an adult your teenager is still maturing physically. He will be gangly and all unco-ordinated particularly when running. The best dog food you can afford is important.
- **Stay positive and upbeat.** Focus on all the positive aspects of what your dog has already learnt and keep working so his progress continues. Have fun and enjoy interacting with your young dog.

Be prepared for ups and downs and remember my 4 P’s: PARTNERSHIP; PATIENCE; PRACTICE & PERSISTENCE. Couple these with a sense of humour and your family will survive your young dog’s adolescent months intact and will have a wonderful doggy companion for the rest of his life.

Good luck and happy training! Jeanne

(Ref: *Dog’s Naturally Magazine*; *Whole Dog Journal*)

*“Everyone thinks they have the best dog. And none of them are wrong.” ~ W.R. Purche*

## “Shaping” workshop August 2019

On 4th August, Jess Torrance ran a “Shaping” Workshop which proved very popular with a large number of Members and their dogs attending and enthusiastically participating in the activities Jess had available.

### What is Shaping?

Shaping is a very powerful process because it allows your dog to work through and learn a new skill, or refine an old skill, without confusion; to attempt mentally difficult tasks and to think creatively.

Shaping simply means breaking down a behaviour into tiny increments and reinforcing by “marking” the dog at each tiny step until you’ve achieved the full behaviour.

### Techniques used for shaping dog behaviour

There are 3 Techniques we would be most likely to use when we train our dogs:

\* **Luring** – one of the most popular techniques used to train our dog. It involves using a reward (e.g. food, treat or toy) to coax our dog into the desired position/action. Some skills that can be taught by luring include; Obedience exercises; Focus; Crawling; Leg Weaving.

\* **Targeting** – shaping a behaviour of touching or following a target object. Dogs can be trained to target on a wide variety of objects:

- Basic – touch object or hand, etc.
- Complex – dog needs to move, search or reach further.
- Follow – the target moves.
- Extended – stay at or touching target for extended period.
- Varied types – hand, ball, stick, mat.
- Examples of some skills that can be taught by the process of Targeting include: Button press; Close door/drawer; Go to a mat/place.

\* **Capturing** – this technique involves the trainer waiting for the desired behaviour to occur and then positively reinforcing it. Capturing uses the principle of Positive Reinforcement and is a good option for behaviour that the dog offers naturally, on a frequent basis e.g. Rolling on back; Growling/barking; Handler attention/focus.

### Introducing the Cue/Command

At some point in the training process, you will need to introduce a cue or command for the target behaviour. When Capturing/Luring a new behaviour, it is not normally recommended that you introduce the cue/command until the behaviour is being offered fairly reliably. It is important when Luring/Capturing that the dog really understands what is being asked otherwise the cue will be ignored in favour of the reward or the trainers body language.



Jess with Maisie



Katrina with Matilda

**Note:** This is a shortened version of Jess' original notes for the Workshop.

*If you would like a copy of the complete set of notes, which are definitely worth reading, please leave your name at the sign in table or see me personally.*

Jeanne



## **“Shaping” workshop August 2019**



Arianne with Elwood



Deb with Maya



Michael & Sophia with Andy

## **Congratulations to Graduates**

Transition to  
Family Companion Certificate



Michelle with Angus



Michael with Andy



Dennis with Mochi

A BIG THANK YOU to Jess for running this great Workshop and to all the Club Members who came along. It was particularly rewarding for the Instructors to see all the class groups represented and eager to learn more about how useful Shaping can be when we are working with our dogs.



## “Impulse Control” workshop - September 2019

Solutions to many of the struggles we have with our dogs relate to Impulse or Self Control and also Calmness.

It is important that we set up our dogs for success with easy wins and most importantly, that we provide opportunities for our dogs to make good choices.

Remember, be patient, wait them out, don't cue, nag or create pressure with the lead and reward generously (voice, treats and/or clicker) when they respond, even a little initially.

### What is Impulse or Self Control?

Impulse control is how able your dog is to show a level of self-control to their biggest urges, whether this involves waiting patiently for food or a toy in your hand, in a bowl, on a bench top or in the grass; jumping up on people or chasing rabbits, birds etc.

These urges may be positive ones such as being excited, or negative ones such as being motivated by fear, or both.

Impulse control can be challenging for some dogs as they are naturally impulsive but some behaviours are not appropriate.

### Achieving Impulse Control and Calmness

Many fun activities that teach impulse control also help the dog to stay calm and make good choices, even in an exciting environment.

Start with simple activities and gradually build up to adding duration (e.g. dog sitting a bit longer before you give the “release” cue), adding distance (you from the dog) and distractions. Then you can add the “pulse” into Impulse Control, where the dog has to think in high arousal (see the Prey Drive Whip game).

Also, in the case of a dog wanting to chase e.g. a car, rabbit or even a snake, you can teach a default behaviour like a sit or drop, initially cued by you from a distance and once learnt, in the absence of instructions from you, again testing the dog to think in high arousal.

Training the dog to think in high arousal prepares the dog for real life excitement!

Here are a few games to play and help your dog with impulse control and calmness. Enjoy!

I am happy to help with getting you started with these and any other impulse control/calmness activities,

*Ann Jelinek & Zip*



Ann with Zip



Steph with Georgie



Dave with Angus

# “Impulse Control” workshop - September 2019

## Love for the Mat - feed the mat, not the dog!

**Important:** This activity is great for calmness at a competition, when visitors arrive at your home and you don't want your dog(s) jumping and barking, you want a quiet time while preparing a meal and lots more. However, this is not an activity for dog bedtime as the dog must be released to maintain value for the mat.

- \* Stand or sit quietly (no verbal instructions) near the mat.
- \* As soon as the dog sniffs or touches the mat, **feed with high value treats the mat, not the dog.**
- \* Move about and as soon the dog interacts with the mat again, deliver treats **to the mat.**
- \* Gradually increase your distance away from the mat and see if the **dog makes a choice** to go onto the mat, if so **treat generously to the mat**, if not, come closer to the mat and let the dog make a choice to go onto the mat again and reward to the mat.
- \* Once the dog is happily going onto the mat, throw a piece of kibble out with a release cue ('free', 'break', 'go' etc) and wait for the dog to return to the mat, reward to the mat.
- \* Gradually increase duration on the mat, your distance and distractions, include a mat cue and reinforce the release cue with practice.

Baxter in a moment of calmness!



## Impulse Control around food

Loose or off lead, no verbal cues:

- \* Have your dog sitting on the mat
- \* Open your hand with food near your dog
- \* If the dog moves towards the food, close your fist and wait until your dog backs off and in most cases, sits.
- \* Treat slowly, say “Yes” enthusiastically and/or use a clicker.

Loose or off lead, no verbal cues:

- \* Have your dog sitting on the mat
- \* Place food on the floor or in a bowl
- \* If the dog moves towards the food, cover it with your hand
- \* Wait for the dog to back off and hopefully sit
- \* Say “Get it” enthusiastically and/or use a clicker, releasing the dog to the food OR give treat, say “Yes” enthusiastically and/or use a clicker. Mix these 2 reward actions up, be unpredictable.



Fiona with Mack



Julee with Cloud & Jude with Teddy



# “Impulse Control” workshop - September 2019

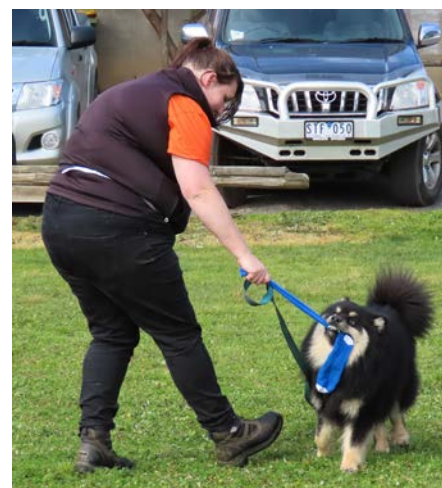
## Prey Drive whip (also known as a Flirt Pole)

**Important:** make sure your dog has a tug release cue if needed.

- \* Initially build desire and get high arousal for chasing the tug on the end of the whip.
- \* As soon as the dog releases its grip, start the chase again.
- \* While the dog is chasing, flip the whip away so that it falls to the ground and stops moving. It may take several goes initially but see if your dog can stop without a cue.
- \* Get the chase happening again, flip the whip and now introduce “sit” or “drop” on cue.



Jenny with Maggie



Alana with Kobe doing tug switch

## Tug Switch

- \* Initially use 2 similar tugs
- \* Play with tug1, stop moving that tug and start moving tug2. The dog should drop tug1 and start playing with tug2.
- \* Can play this activity on the move so the dog is leaping from one tug to another.
- \* Introduce cue “switch” to change tugs.
- \* Can introduce different tugs.
- \* Can throw tug1 out (or a frisbee), when the dog retrieves and returns, throw tug2/frisbee2 out. Have fun!



Keith with Baxter

## 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.