

On Four Paws



Spring 2020



A NOTE TO ALL TRIALLING MEMBERS

Please remember that all Obedience, Rally or Agility competitors who want to be included in the end of year trophies must have NCODC on their trial entries so it appears in the catalogues.

For Obedience & Rally results, fill in the results slip in the Clubroom or email Brigitte Kepler (brig1@internode.on.net) for an online results slip.

Agility Qualification Records should be submitted via email to Chloe Threadgold (chloe.threadgold@gmail.com) on the Master Record Sheet.

Don't forget to submit your results as soon as you have passed, not only when you gain a title, so they can be added to the newsletter and counted for end of year trophies.

NOTE FROM COMMITTEE:

DUE TO LACK OF TRIALS IN 2020, ALL RESULTS WILL BE CARRIED OVER TO NEXT YEAR AND THERE WILL BE NO END OF YEAR TROPHIES THIS YEAR.

All correspondence should be addressed to:

**The Secretary
NCODC Inc
PO Box 377
MORPHETT VALE SA 5162**



0481 845 050



noarlungadogclub@gmail.com

COVER MODEL

Holly

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NCODC GROUND RULES

VACCINATIONS

- ♦ All dogs must have regular vaccinations for distemper and parvovirus. Certificates of vaccination or Titre testing must be shown when joining.

OH! SH*T!

- ♦ If your dog fouls the school grounds or precinct, it is your responsibility to clean it up in the bags and buckets provided for this purpose.
- ♦ If your dog poops—you scoop!

LEADS & COLLARS

- ♦ During Club training times, dogs must be kept on a lead at all times, except when instructed by a trainer to remove it during training sessions. This rule applies to the whole of the school grounds.
- ♦ Only approved leads and collars are to be used on dogs whilst on Club grounds.
- ♦ Dogs are not to be tied to the Club shed or allowed on the verandah whilst being left unattended by the handler. Dogs must be tethered to the hitching rails provided.

NOT PERMITTED

- ♦ Bitches in season are not permitted on Club grounds.
- ♦ Dogs are not permitted in Clubrooms
- ♦ There is absolutely no smoking whilst training in class.
- ♦ No training equipment to be used unless under the supervision of an instructor.
- ♦ Members shall not treat their dog in a manner which is unacceptable to the Club, ie no hitting or kicking your dog.

CHILD HANDLERS

- ♦ Must be a minimum age of 12 years and train at the discretion of the Head Instructor.
- ♦ Junior handlers aged 12-16 years must have a parent/guardian present during training sessions.
- ♦ Children under 12 years are not permitted to handle dogs whilst on grounds.
- ♦ Children are the responsibility of parents/guardians whilst on grounds and are not to approach unattended dogs.

INSTRUCTOR'S DISCRETION

- ♦ The class instructor reserves the right to send the dog back to another class if it is to the dog's advantage.
- ♦ Any dog which is considered by an instructor to be a potential threat to either another dog or Club member, shall be required to wear a muzzle whilst on the Club grounds during training.

APPROPRIATE ATTIRE

- ♦ Appropriate clothing and footwear (closed in, flat) should be worn at all training sessions.

MEMBERSHIP BADGES

- ♦ Current membership badges must be worn in class at all times.

TRAINING TIMES

Sunday Mornings

8.30am—9.30am	All Obedience Trialling Classes (Instructors and Office Staff first)
9.15am—9.45am	Beginners New Members
10.00am—10.30am	Puppy Social Class Pre-Trialling
10.45am—11.15am	Basic Training
10.30am-11.15am	Agility Starters

Monday Nights

6.30 pm—7.45 pm	Agility Trialling—All Classes
7.45 pm—8.45/9.00 pm	Novice Agility Pre-Trialling

Wednesday Nights

7.00 pm—7.30 pm	Puppies Beginners Basic Training
7.45 pm—8.15 pm	New Members
7.45 pm—8.30 pm	Social Class Pre-Trialling & Rally Obedience Skills

TRAINING CANCELLED

Sunday Mornings

Training will be cancelled if the forecast maximum temperature for Noarlunga is 34C or more as per the Bureau of Meteorology website (www.bom.gov.au)

Mon / Wed Nights

Training will be cancelled if the Noarlunga temperature is 34C or more at 5pm as per the Bureau of Meteorology website (www.bom.gov.au)

Public Holidays

Sunday & Monday if a public holiday is a Monday
Any other public holidays

Please refer to our website (noarlungadogclub.net) or Facebook page for updates

NCODC INSTRUCTORS

HEAD INSTRUCTOR

Kate Lloyd

ASSISTANT HEAD INSTRUCTOR

(vacant)

INSTRUCTORS—OBEDIENCE

Sheila O'Neill

Pam Davis

Karen McFarlane

Robyn van der Linden

Maureen Bishop

Heather O'Brien

Kym McFarlane

Cathy Miller

Aspiring

Karen Mort

Megan Behrendt

INSTRUCTORS—AGILITY

Martyn Bartlett

Linda Saunders

Michelle Chapman

Mel Maiolo

Unetta Shugg

Sophie Wright

Melissa Jolley

Aspiring

Chloe Threadgold

INSTRUCTORS—RALLY OBEDIENCE

Kate Lloyd

CLUBROOMS

CANTEEN – Yvonne Hardwick

*Our Club consists of Volunteer Instructors, Committee & Helpers!
Any help you can give is always appreciated*

2020 COMMITTEE & MEMBERSHIP FEES

PRESIDENT	Brian Fielder	8326 5951
VICE PRESIDENT	John Fickling	8325 2330
SECRETARY	Denise Quemard	0414 650 349
TREASURER	Hayley Quemard	0401 194 947

Martyn Bartlett
Jan Kalnins
Charmaine Kenner
Sheila O'Neill

Megan Behrendt
Danny Harvey
Taylor Parsons
Necia McFarlane

TRIAL MANAGER	Brian Fielder (Agility & Obedience)
TRIAL SECRETARY	Bronwyn Gascoigne (Agility) Denise Quemard (Obedience/Rally)
TRIAL RECORDS	Chloe Threadgold (Agility) Brigitte Kepler (Obedience/Rally)
EDITOR	Cathy Miller

2020 MEMBERSHIP FEES

Joining Fee \$15.00

Annual Membership Fee

Single \$20.00

Double/Family \$25.00

Pensioner—Single \$13.00

Pensioner—Family \$15.00

Junior/Student \$15.00

Class Fees Per Training Session

Obedience \$2.00 per dog

Agility \$2.00 per dog

Rally \$2.00 per dog

The Committee of NCODC and/or the Editor of the NCODC magazine 'On Four Paws
(i) reserves the right to decide in its absolute discretion what materials of any nature including but not limited to articles and advertisements ('material') will be published in the magazine; (ii) reserves the right to refuse to publish any material, to edit and/or change the format of any material and to place conditions on the publication of any material and
(iii) accepts no responsibility for error in the publication of any material. The opinions expressed in any material in the NCODC magazine are not necessarily those of the Noarlunga City Obedience Dog Club.

PRESIDENT'S REPORT

Hello everyone, it's been a while.

What a crazy year it's been. We just got going again nicely after the summer break and then had nearly 4 months off due to the dreaded virus. Since the resumption of training in early July things have been a bit crazy. It seems that a lot of people were really hanging out to bring their dogs out to training and we've had record numbers of new members.

Unfortunately, the rapid increase in members caused a few problems with regard to the size of some of our classes, particularly Puppies and Beginners. This has resulted in us having to change the training times of some classes so that we can provide more Instructors in the bigger classes in order to keep the ratio of members per Instructor to a reasonable level to ensure that everyone receives the assistance they need. From what I have seen the new arrangements are working quite well. We thank you all for your tolerance and patience during those very busy times.

Normally at this time of year some of our more experienced members are getting ready to trial and show their dogs at the Royal Adelaide Show. Unfortunately, along with many other events, it has been cancelled. There have been very few Obedience and Agility trials this year due to COVID restrictions and I'm sure our trialling members and their dogs are struggling in their absence.

There is some light at the end of the tunnel, however. There have been a few Agility trials in the past month or so and we have decided to hold our annual October trial on Saturday 10th. For our newer members who haven't seen agility dogs in action it is a great opportunity to come out and have a look. There will be two trials each in Agility and Jumping, commencing at 9:00 and finishing later in the afternoon. If you have a free hour or two come along and check it out. It might even inspire you to take up the challenge.

More generally, we have been trying to keep things as normal as possible given the need to take the necessary precautions as required by the Government in addressing the COVID-19 virus. We thank you for your cooperation. Hopefully we can slowly get back to something close to what used to be business as usual.

Well, that's enough from me for now.

Cheers, Brian



HEAD INSTRUCTOR'S REPORT

Hello Readers

Firstly, a big welcome to all our new Members, and thank you for supporting the Club. We aim to do our best to guide you through your dog training journey. Remember to use your dog's new obedience skills in everyday life, not just when you come to class. Ask your dog to sit while you clip the lead on, ask your dog to look at you before going through the door, ask your dog to stand while you brush them or check ears, ask your dog to lie down before you throw a ball, ask your dog to come and sit before giving your dog the OK to go off and sniff. This will help your dog develop the habit of being cooperative.

We aim to keep our class sizes small so that our Instructors can give you as much help and attention as possible. Due to the growing size of the Puppy, Beginner and Basic Training Classes, on Sundays we now run these classes in three separate time slots - check the whiteboard outside the Clubroom or see our website for times. This change also helps to spread out the number of people attending at any one time, in compliance with COVID-19 safety measures.

For those of you who trial in Rally, or plan to give this fun sport a go, the new Rally Rules (effective January 2021) are available from the ANKC website. I plan to run a few sessions to go over the Rule changes and new stations (signs) a bit later in the year (when it's warmer!). Until then, I have made a couple of training videos of some of the more interesting new signs, so check these out on the Club's YouTube channel.

Happy Training!

Kate—Head Instructor



AGILITY REPORT

Agility training and Trialling is just about back to normal. While we are mindful of the COVID Rules, it has been nice to get back to the Club.

It has been encouraging to see new trainers coming out on Sunday to Agility Starters to try something different with their dogs. If you wish to come out and give it a try, please speak to Martyn or myself.

Two weekends ago most of our Agility Instructors went to Barmera to Trial for the weekend. We had the worst weather but we all had some passes and, as always, our spirits were high. It's always a good weekend away.

Our Club will be holding our Agility trial on the 10th of October starting at 9.00 a.m. and running all day. Come along and have a look —there will be a BBQ lunch.

Thanks to our instructors and helpers who set up and pack up each Monday, we could not do it without you.

Cheers

Unetta



NEW MEMBERS: JULY TO AUGUST 2020

We extend a warm welcome to all our new Members:

Emily & James Markham & Shelby
Rachel Roden & Duke
Yvonne Sears & Anya
Brian & Marianne Hills & Bear
Diana Anderson, Simon Barnes & Gaia
Shona Burgess & Jethro
Sarah & Jake Cefai & Mowgli
Jill Hoggard & Bella
Laura & Emily Abols & Maisey & Millie
Katie Laakmann & Luna
Angela Newton & Coco
Belinda Tucker & Sonny
Jude Bolton & Bodie
Sharon Prior & Monty
Aaron Iveson & Allana Ractledg & Benny
Stacey Larcombe & Damon Ross & Mango
Wayne & Ryan Olsen & Arlo
Louise Jones & Hooper
Craig & Karen Chessman & Patch
Vicki Carroll & Mali
Laurilily & Bec Kouma & Elliott
Patricia & Andrew Smith & Missy
Bev & Mark Amos & Molly
Michael & Alison Wilson & Gertie
Natasha Hillier & Angas
Lissa Mastrantoni & Mya
Maria & Janette McDonald & Roxie
Brooke Rollings & Archie
Claire, Peter, Ruby & Kathleen Gregory & Summer & Junior

Lynette Wayne & Audrey
Matt & Chloe Runting & Jax & Sage
Mitchell Brown & Ace
Sue Quick & Maggie
Elanda Murphy & Daisy
John & Kate Haeusler & Ruby
Bailey Krawczuk & Milo
Laura Spittal & Winnie
Doug & Erica Bradley & Leo
Kylie Upitis & Hattie
Stuart & Vicky Brett & Monty
Tessa Maddern & Gizmo
Paul Birch & Reed
Kim Dickeson & John Platten & Baxter & Pepper
Andrew Squire & Maggie
Reece Ganley & Lilli
Renee Smith & Dylan Vidler & Aloy
Christiane Turner & Lilah
Olivia Chessman & Noodle
Rebekah Ashby & Frankie
Brina & Melissa Thompson & Beau
Glen, Janet & Llewelyn Ash & Bertie & Betty
Jayne & Tom Denny & Lilly
Micah Warner & Loki
Paul Woodman & Maddy
Cathy & Greg Keane & Odin
Gary Marsden & Molly
Susan Allport & Possum



1. Wear your badge in class.
2. Bring plenty of soft treats cut up into small pieces (e.g. fritz, chicken, cheese, hot dog). If you leave your treat bag at home, treat bags are available in the Clubroom for \$1.00 each
3. Clean up after your own dog. You should always carry your own poo bags but if you forget, there are poo bags available in the shed, together with a bucket to dispose of bags.
4. Do not approach another dog without asking the owner first as not all dogs want to say "hi". Do not feel embarrassed to say no if you do not want someone else to approach your dog.
5. Most of all, have FUN and ENJOY your dog training

GRADUATIONS

Congratulations to all our Graduates!

PUPPIES

15/03/2020	Tamara Young & Cooper	05/08/2020	Laura Spittal & Winnie
15/03/2020	Aaron Hodson & Cooper	19/08/2020	Katie Laakmann & Luna
28/06/2020	Joanna McGreevy & Ciara	19/8/2020	Serena Turner & Maya
08/07/2020	David Anderson & Sammy	26/08/2020	Erica Bradley & Leo
29/07/2020	Karon Draggett & Dash	30/08/2020	Julie Naylor & Cruiser
02/08/2020	Debbie Grzeczowski & Ruby	30/08/2020	Jill Hoggard & Bella

BEGINNERS

21/06/2020	Jennie Sullivan & Zola	29/07/2020	Brendan Macey & Miles
21/06/2020	Natalie Thomas & Remi	02/08/2020	Ryan Berryman & Frankie
21/06/2020	Nick Stone & Lunar	05/08/2020	Matt Runting & Sage
05/07/2020	Betty Ann O'Brien & Blueberry	05/08/2020	Emily Abols & Millie
05/07/2020	Lisa Stead & Savvy	19/08/2020	Wayne Olsen & Arlo
08/07/2020	Bethan Channing & Collin	23/08/2020	Elanda Murphy & Daisy
08/07/2020	Ruth Bell & Bassi	26/08/2020	Lynette Waye & Audrey
22/07/2020	Roger Zadow & Dudley	26/08/2020	John Platten & Pepper
26/07/2020	Rachael Roden & Duke	26/08/2020	Andrew Squire & Maggie
26/07/2020	John Bruce & Lauchie	30/08/2020	Ryan Olsen & Arlo

BASIC

15/07/2020	Meegan Leeuw & Anakin	02/08/2020	Ruth Bell & Bassi
19/07/2020	Jennie Sullivan & Zola	16/08/2020	Julie Millbank & LG
26/07/2020	Darren Hale & Piper	23/08/2020	Lisa Stead & Savvy
26/07/2020	Natalie Thomas & Remi	23/08/2020	Carly Constable & Maxi
			Jan Kalnins & Jack

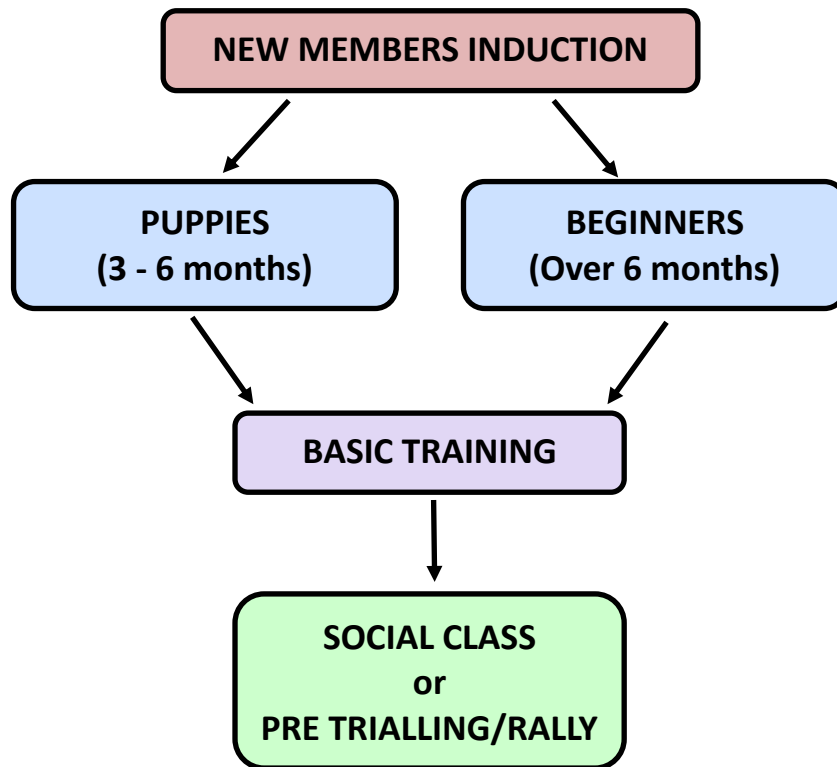
SOCIAL (TRAINED DOG)

Sherree Domle & Arlo
Natalie Thomas & Remi
Alan Grundy & Rory
Megan Leeuw & Anakin
Jan Kalnins & Jack
Julie Millbank & LG
Darren Hale & Piper

DOG OF THE MONTH

Lisa Stead & Savvy
Laura Spittal & Winnie

CLASS STRUCTURE



New Members Induction Class is for all new Members and covers Club Rules, suitable training equipment (collars, leads etc) for class, why we use food, toys and praise in training, plus the basic exercises of sit, lie down, pay attention (Watch), come when called and walking on lead.

After attending the New Members Class, you will start in either Puppy or Beginners Class, depending on your dog's age.

Puppy Class (for dogs 3-6 months) and **Beginners Class** (for dogs over 6 months) will include basic training (sit, lie down, come, pay attention, come when called, stay, walk on a lead), how to teach your puppy to be comfortable with being handled for grooming etc., to go to a bed and stay there, confidence building activities such as walking over different surfaces, and good manners such as waiting at doors, not jumping up to grab food etc.

On graduating from Puppy or Beginner Class, you will go into the **Basic Training Class** which further develops these skills to a more advanced level, and introduces some new exercises.

On graduating from Basic Training, you can then choose either the **Social Class** (for fun, manners and real-world obedience training) or the **Pre-Trialling Class** (for those interested in Trialling in Obedience and/or Rally). You are welcome to try out both Social and Pre-Trialling Class options to see which one suits you best.

GRADUATION CRITERIA

PUPPY/BEGINNER CLASS

Dog and handler demonstrate the skills on two separate occasions. The “1” on their Membership Card is marked off for the first successful assessment and the “2” is marked off for the second successful assessment. A **red** graduation ribbon will be awarded.

Puppy/Beginner Class Graduation Criteria

- Sit/Stay—Dog sits close to handler for 10 seconds
- Down/Stay—Dog lies down close to handler for 10 seconds. Can be on a mat.
- Recall—Call dog to a reward while dog is walking freely on a loose lead 1-2 metres from handler.
- Walking on Lead—Handler can get and keep dog’s attention while walking 5-10 metres with at least 2 changes of direction. Exercise can be conducted by Instructor giving verbal instructions, or by the handler walking a designated route between plastic cones or similar.

BASIC TRAINING CLASS

Dog and handler demonstrate the skills on two separate occasions. The “3” on their Membership Card is marked off for the first successful assessment and the “4” is marked off for the second successful assessment. A **blue** graduation ribbon will be awarded.

Basic Training Class Graduation Criteria

- Sit/Stay close to handler while another dog walks past (no closer than 2 metres)
- Down/Stay while handler steps away to the end of the lead, then comes back to reward the dog and steps away again at least 3 times, then returning and releasing the dog (dog can be on a mat).
- Recall—Call dog while dog is walking freely on a 1.5-2 metre lead—dog must come on first call (handler can use name and/or call word) - repeated 3 times in succession. Dog can be rewarded for coming, but not lured.
- Walk on Lead—Handler can get and keep dog’s attention, while walking on a loose lead, with other dogs nearby but not so close by as to be an interference, for 10-20 metres including 2 changes of direction and 2 sits. Exercise can be conducted by Instructor giving verbal instructions, or by the handler walking a designated route between plastic cones or similar.

TRAINED DOG CERTIFICATE

Dog and handler demonstrate the skills once. The “5” on their Membership Card is marked off for a successful assessment. A **maroon** graduation ribbon will be awarded, together with a Trained Dog Certificate.

Trained Dog Certificate Graduation Criteria

- Sit/Stay close to handler while another dog walks past (no closer than 2 metres) and while a person walks by (no closer than 1 metre).
- Off Lead Down/Stay for 1 minute while handler steps away to a distance of 5 metres—dog may be on a mat (test on long lead if unsure).
- Recall—Call dog while dog is approximately 5 metres from handler. The dog should not be put in a stay/wait i.e. should be free ranging as if at the park/beach. Dog must return promptly and allow handler to clip lead on. Dog can be familiarised with the test area prior to the assessment. (Test can be conducted in the holding pen, with the handler calling dog to the gate, or elsewhere on the Club grounds on long lead if unsure of dog’s response).
- Walk on Lead—Handler can get and keep dog’s attention, while walking on a loose lead, with other dogs in the vicinity but not so close by as to be an interference, for at least 20 metres including 4 changes of direction, 2 sits and 2 downs. Exercise can be conducted by Instructor giving verbal instructions, or by the handler walking a designated route between plastic cones or similar.
- Rewards may be given after each exercise, but the dog may not be lured/baited/distracted with food.

DOG OF THE MONTH

A silver ribbon will be awarded to the Dog of the Month in each Class.

NCODC YOUTUBE CHANNEL

Videos will continue to be added to our YouTube Channel to help you with your training journey. If you would like us to cover a particular topic, please let one of our Instructors know and we will do our best to make a video for uploading to our YouTube Channel.

Trick: Put a toy in a basket

For this trick you will need a toy that your dog is comfortable picking up, a shallow box or bowl, treats and, of course, your dog! If your dog likes to run off with toys, put them on a long lead until they get the hang of it.

- Step 1: Drop some treats in your box to ensure that your dog is happy to approach the box and eat treats from the box.
- Step 2: Standing behind and close to the box, throw a toy a small distance away and encourage your dog to get the toy and bring it back to the box. As they are coming back towards you, throw a treat in the box for them to get. Do not be concerned if your dog drops the toy outside the box at this stage.
- Step 3: Keep practising and your dog will eventually start dropping the toy in the box. Once they start dropping the toy in the box, do not reward them for dropping the toy outside of the box.
- Step 4: When your dog is dropping the toy in the box 80 per cent of the time, you can start moving the box further away from you!
- Step 5: Once they are successful with one toy, you can start using different toys.

Troubleshooting:






If your dog will not pick up a toy, you can put treats in a scrunched up piece of towel or a cardboard tube and use your leash to gently guide your dog to the box.

This trick is part of the ANKC Trick Test—Intermediate (Trick I.2 Neat & Tidy)

For a video demonstration of this trick, see Kate's video on our YouTube Channel.

<https://www.youtube.com/watch?v=NjeM6XhNsXk>



1	Very Thin More than 20% below ideal body weight		<ul style="list-style-type: none"> ■ Ribs, spine and pelvic bones are easily visible (in short haired pets) ■ Obvious loss of muscle mass ■ No palpable fat on chest
2	Thin between 10 and 20% below ideal weight		<ul style="list-style-type: none"> ■ Ribs, spine and pelvic bones visible ■ Obvious waist ■ Minimal abdominal fat
3	Ideal Weight		<ul style="list-style-type: none"> ■ Ribs, spine and pelvic bones not visible but easily palpable ■ Obvious waist ■ Little abdominal fat
4	Overweight 20% above ideal weight		<ul style="list-style-type: none"> ■ Ribs, spine and pelvic bones are hardly palpable ■ Waist is absent ■ Heavy abdominal fat deposits
5	Markedly Obese 40% above ideal weight		<ul style="list-style-type: none"> ■ Massive fat deposits on chest, spine and the abdomen ■ Obviously distended abdomen

Obesity in Dogs (by Brigitte Kepler)

As with humans, more and more dogs are now overweight or obese. It is estimated that 50% of our Australian dogs are overweight. This can cause serious health problems and a shortened life span. The primary causes of obesity in dogs are overeating and lack of exercise. When regular food intake exceeds the energy burned, the excess is stored as fat on the dog. If a dog is 10% over its ideal weight, it is considered overweight. If it is 20% over its ideal weight, it is considered obese.

Breathing problems

Excessive panting is a sign that a dog is obese. It indicates that the dog is having difficulty getting fresh, oxygenated blood to his vital systems. Respiratory disorders are common in obese dogs. Difficulty in breathing for the obese dog is thought to be due to the bulk of fat pushing against the diaphragm and the excess fat in the chest restricting the function of the lungs as they cannot expand properly. Researchers now think the problem may be more complex and includes weakening of the elasticity of the lung and chest tissues that restrict ventilation. Also, the increased quantity of tissue puts an increased demand on the lungs to supply more oxygen. Obese dogs are more prone to a collapsing trachea and laryngeal paralysis. If left untreated, these conditions can lead to a respiratory collapse which could be fatal.

In studies completed where dogs had been obese for some time and some had been made obese in a short amount of time, it found that obesity immediately impacts lung function and the heart needs to compensate for the decreased lung function by increasing heart rate and blood circulation. The same studies found that when the amount of food fed was decreased and the dogs started to lose weight, the lung function improved, and the dogs were therefore breathing easier.

Low stamina

Dogs who are overweight have less endurance and stamina. Carrying all that extra weight around takes a lot more work. The heart, muscles, and respiratory system are all asked to do more than they should.

Dogs that are overweight are generally exercised less frequently. Furthermore, duration of activity is negatively associated with being overweight, with the odds of being overweight steadily increasing the shorter the duration of exercise. It is possible that dogs that are overweight are less able to exercise than those that are not, and have less frequent and shorter periods of exercise. It is also possible that dogs exercising less are more prone to weight gain, and becoming overweight.

Being obese may result in decreased blood capillarity that can impede blood flow to such organs like the heart and lungs, therefore resulting in less stamina. Decreasing the calorie intake of a dog will help with increasing oxygenated blood flow to vital organs and also allow the dog to have longer duration of exercise, and so, build up stamina. Exercise is important for general health, but that is not the only reason it helps: Muscles burn more calories than body fat, and increasing exercise helps build muscle mass.

Joint Problems

Arthritis is also known as degenerative joint disease. It is inflammation of the joints. Arthritis occurs when a joint is unstable. It causes the bones to move abnormally, first rubbing against cartilage and then, when the cartilage erodes, rubbing bone against bone. It causes pain, lameness and stiffness. Being overweight increases the risk of joint damage and arthritis, leading to chronic pain.

Until recently, veterinarians thought that the increased pain and inflammation associated with arthritis in overweight and obese dogs was only due to the increased wear and tear on the joints. They now know that fat tissue is biologically active and secretes hormones and other chemicals that both cause and enhance inflammation. A hormone called leptin is produced by fat cells and causes inflammation when it infiltrates joints. Inflammation can affect the body's responses to other hormones such as cortisol and insulin, which can affect the body's attempts at self-regulation and influencing the amount and extent of pain dog's experience. Fat contributes to inflammation, and inflammation is a part of the pain associated with arthritis, and being obese contributes to this.

A University of Glasgow study investigated the effects of weight loss in obese dogs with arthritis. The study recorded significant improvement in lameness and pain after a weight loss of **just 6.1-8.85% body weight**, the dogs in the study continued to improve in-line with ongoing weight loss. Gentle exercise helps stimulate blood and nutrient flow to the joints, it improves flexibility and helps build muscle mass to stabilise joints.

Heat exhaustion

Unlike people, dogs do not sweat out excess body heat. Dogs have sweat glands on their paws, but these do little to help regulate their body temperature. Panting is the main way dogs regulate their body temperature but sometimes panting is not enough to keep them from getting overheated.

Heat exhaustion in dogs can occur when the normal body mechanisms cannot keep their temperature within a safe range, and the body temperature becomes elevated. If the temperature continues to rise, the dog is in the danger zone for heat stroke, during which the organs begin to shut down.

The extra layers of fat in obese dogs act as insulation and impede the ability to cool down along with the increased heat obese dogs generate during even mild exercise. Also, as with brachycephalic (short-nosed) breeds such as bulldogs, pugs or boxers, with upper respiratory tract complications, they must work against the increased resistance in their airways to breathe and cannot effectively disperse heat by panting, resulting in heat and exercise intolerance. Signs of heat exhaustion include:

- Heavy panting
- Weakness and episodes of collapsing/dizziness

Decreasing a dog's weight, decreasing fat layers will reduce the risk of the dog getting heat exhaustion in normal conditions

CANTEEN FACILITIES



Feel like a refreshment? Pop on over to our Club Canteen and see the lovely Yvonne—tea, coffee, biscuits, cans of drink and confectionery are all available for purchase.

CLUB SHOP

Leads
Dumbbells
Club Polo Shirts

Slip Collars
Pigs Ears (\$2.00 each)
Club Jackets

Dog Stakes
Training Aids
Club Badges

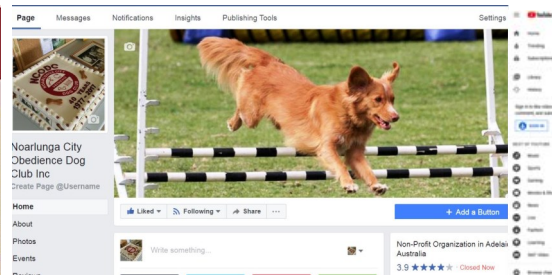
are all available for purchase in our Club Shop.

The erected enclosure is not just for instructors' dogs but for any dog that will be left unattended for a period of time. It's still ok to tie your dog to the verandah if you're only going into the Clubrooms to get a coffee etc., but if the dog is to be left for anything in excess of 10 minutes then it needs to be in the enclosure.

Don't forget to visit our website, Facebook & YouTube pages

www.noarlungadogclub.net

<https://www.facebook.com/Noarlunga-City-Obedience-Dog-Club-Inc->



Monday Night Agility

Come and have fun!

You will teach your dog to go through, over, up & down and in & out of various obstacles including jumps, tunnel, see-saw, dog walk, weaving poles, scramble (A-frame)

You will need a long lead with a fixed collar

Please bring some soft food treats, eg fritz, cheese, cooked chicken

\$2.00 per dog (with current membership)



SET UP 6.00PM — CLASSES FROM 6.30PM

Agility Trialling—All classes

Variety of novice, excellent & master level agility and jumping courses for those competing or ready to compete

CLASSES FROM 7.45 PM

Novice Agility—Pre-Trialling

Instructors teaching correct and safe use of the equipment and basic course handling

PACK UP 8.45PM—9.00PM

PLEASE NOTE: Agility Starters (6-12 months) and Introduction Agility (all ages) has moved to Sunday mornings

"IT'S OKAY! MY DOG IS FRIENDLY"

NO! NO! IT'S NOT OKAY!

Just because your dog is friendly does not mean other dogs are. Some may be nervous, reactive, fearful, in training, or owned by people who want to be left alone.

NEVER LET YOUR DOG RUN UP TO ANOTHER DOG

RESPECT OTHERS & THEIR NEED FOR SPACE

IF YOU HAVE NO VOICE CONTROL OVER YOUR DOG
KEEP THEM ON A LEASH

Dogwalkeressentials.com

