



# AROUND THE GROUNDS

Volume 1, Issue 1 - Feb 2025

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Welcome back everyone to the Club and we hope you had a great break and are ready for another fun filled year of dog obedience training.

The Newsletter is here for everyone and if you have anything that will be of interest to other Members please let us know and we will put it in a future Newsletter.

Don't forget to ask your Instructor for help if you have a problem with an exercise, or a behavioural problem your dog may have as they are always available to assist.

Remember to have a game with your dog to build and strengthen that bond with him/her as well which will make training your dog that much easier.

If you would like to become an Instructor have a word with Serg, our Chief Instructor, as he will pass on all the information you need to start your journey in this rewarding part of dog obedience.

If the weather forecast looks bad, e.g. a very hot day (30+) or a rainy day, don't forget to check the 'Club Notices' page on our Website before you attend the Club in case training has been cancelled.

We try to have any cancellation notices up before 08:00am on the day.

Our Heat Policy states that all training will be cancelled if the temperature reaches 30 degrees.

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## **CLUB RULES**

To ensure our Club remains a safe and happy environment for all of our Members and their dogs, the following guidelines must be adhered to by all of our Members at all times.

All dogs must have a current Vaccination Certificate and be over 18 weeks of age to join.

Dogs must be fitted with a lead and collar appropriate to the size and type of dog.

Dogs must be under effective control at all times.

No dog may be off lead unless authorised by an Instructor.

Bitches in season may not be trained on the training ground.

All handlers must carry plastic bags and clean up after their dog.

The Instructor reserves the right to order any dog from the ground if, in their opinion, the dog is uncontrollable or a hazard to other dogs, handlers or Instructors. The Committee also has the right to insist that dogs be muzzled where necessary.

Club Name Badges must be worn at all times when training.

Heat policy: All training will be suspended once the temperature reaches 30 degrees C.

Dogs are not to be left unattended in parked cars without adequate water and ventilation.

Membership Name Tags are to be worn when attending the Club.

If you have forgotten your Name Tag, a Day Pass is available at the Office, a \$1.00 fee applies.

If you have lost your Name Tag, a \$5.00 re-issue fee applies.

Junior Members must have a parent or guardian present at all times.

## **CLASS TIMES**

08:45am to 09:30am - Class 1, 2 & 3

09:45am to 10:30am - Classes 4, 5 & 6

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10:00am to 11:00am - Induction Sessions

08:45am to 09:30am - Beginner Class

## **YELLOW “GIVE ME SPACE” COATS**

If you see a dog wearing one of these jackets, please give them space as they may be either aggressive towards people or dogs, are anxious or shy.



## **Training Tips**



Be a Leader. Set clear and decisive rules.

Be consistent. It's not good or easy on the dog if different people in the household use different commands for the same thing or have different sets of rules.

Dogs learn by Association : Action/Behaviour = Reward (Praise, pats, food)

Always set your dog up to win.

Small wins are important and remember to “jackpot” for a job well done.

# CLASS EXERCISES AT THE CLUB

## BEGINNER CLASS

### FOUNDATION WORK

- 🐾 How to Hold a Lead
- 🐾 Footwork  
*(Leading off on the left foot and halting on the right foot)*
- 🐾 Reward Timing *(When to reward and the use of a 'Bridging' word to mark required behaviour)*
- 🐾 Voice Commands – firm, no repetition, how to follow-up.

### CLASS 1

- 🐾 Refresh Foundation Exercises
- 🐾 Loose Lead Walking
- 🐾 Heeling on Lead
- 🐾 Sit
- 🐾 Sit Stay
- 🐾 Introduction to Stand
- 🐾 Fun Recall

### CLASS 3

*Exercises as per previous classes plus*

- 🐾 Heeling On Lead *(with Pivot Left About Turn)*
- 🐾 Figure 8
- 🐾 Stand Stay on Lead
- 🐾 Down on the move
- 🐾 Recall *(lead on the ground if dog is stable)*
- 🐾 Recall Finish – Dog to the Handler *(on lead)*
- 🐾 Classic / Flip Finish *(on lead)*
- 🐾 Group Sit Stay *(max 30 seconds)*
- 🐾 Group Down Stay *(max 40 seconds)*

### CLASS 5

*Exercises as per previous classes plus*

- 🐾 Heeling *(on lead)*
- 🐾 Heel free *(limited off lead)*
- 🐾 Stand Stay
- 🐾 Figure 8
- 🐾 Recall *(off lead)*
- 🐾 Change of Position *(on lead)*
- 🐾 Group Sit Stay *(minor distractions, max 60 secs)*
- 🐾 Group Down Stay *(off lead, minor distractions, max 180 secs)*

### EXERCISES

- 🐾 Loose Lead Walking
- 🐾 Introduction to Heeling
- 🐾 Sit
- 🐾 Right About Turn
- 🐾 Sit Stay
- 🐾 Fun Recall

### CLASS 2

*Exercises as per class 1 plus*

- 🐾 Heeling on Lead *(fast & slow pace included)*
- 🐾 Stand
- 🐾 Stand Stay
- 🐾 Down *(from sit position)*
- 🐾 Recall on Lead
- 🐾 Group Sit Stay *(10 seconds)*

### CLASS 4

*Exercises as per previous classes plus*

- 🐾 Stand for Exam
- 🐾 Recall Off Lead
- 🐾 Recall Finish Exercise *(off lead)*
- 🐾 Group Sit Stay  
*(off lead – up to 5 metres - max 60 seconds)*
- 🐾 Group Down Stay  
*(off lead – up to 5 metres - max 120 seconds)*

### CLASS 6

*Exercises as per previous classes plus*

- 🐾 Heeling *(on lead)*
- 🐾 Heel free
- 🐾 Stand for exam *(off lead)*
- 🐾 Figure 8 *(off lead)*
- 🐾 Stand Stay *(off lead)*
- 🐾 Recall *(off lead)*
- 🐾 Change of Position *(off lead)*
- 🐾 Group Sit Stay *(off lead, min 60 secs)*
- 🐾 Group Down Stay *(off lead, min 180 secs)*

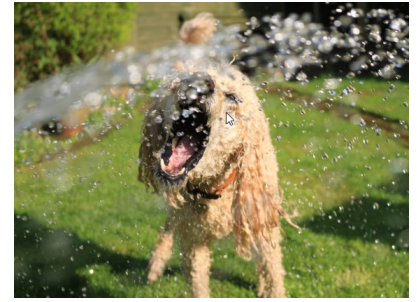
## PROMOTION RIBBONS

All ribbons will be awarded to each Member on being promoted from one class to the next.  
These are colourful and are something of which you can be very proud!

# Keeping your dog's cool in Summer

With summer pretty much in full swing, it's important to make sure your pooch isn't at risk of heatstroke.

One of the main risks during summer is people leaving their animals in vehicles unattended.



*Article shared from our Sponsor, Blackdog*

It can take less than six minutes for an animal to die in a hot vehicle.

## Pet Paw Safety



As most people are aware, temperatures can rise rapidly on hot days inside a vehicle. Even on mild days, the temperature inside the vehicle can reach more than double the outside.

A good sign to tell if a dog is too hot is if they start panting. They use this as a way to exchange warm air for cool air but, if the air temperature is close to the dog's body temperature, panting doesn't really cool them down.

Every dog has the potential to suffer from heatstroke, and it doesn't have to be boiling hot for this to happen. Some things to consider to prevent your dog overheating.

Take your dog for a walk early in the morning or late in the evening when it's cooler, instead of the middle of the day. Also avoid walking on hot surfaces like concrete or asphalt. If it is too hot for the back of your hand, it is too hot for your dog to walk on. Over exercising your dog in hot weather can easily raise your dogs temperature to cause heat exhaustion which can be critical to your dogs health.

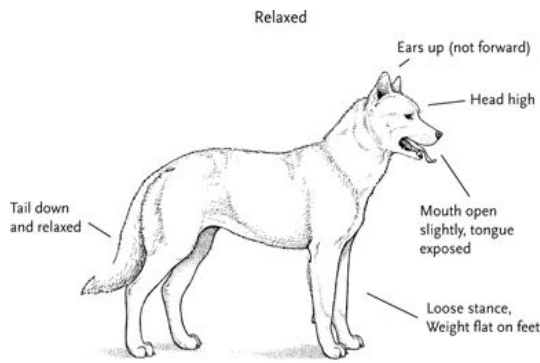
It goes without saying that you need to make sure your pooch has plenty of water and are kept in a shaded area during hot weather. Extra tips and tricks include: adding some ice to their water bowl, using a wet cool towel and moving them inside the house.

**Please Note:** All of the Parks and "Off Leash" areas in Altona have snakes so you need to be vigilant on your walks at all times and especially until the end of April.

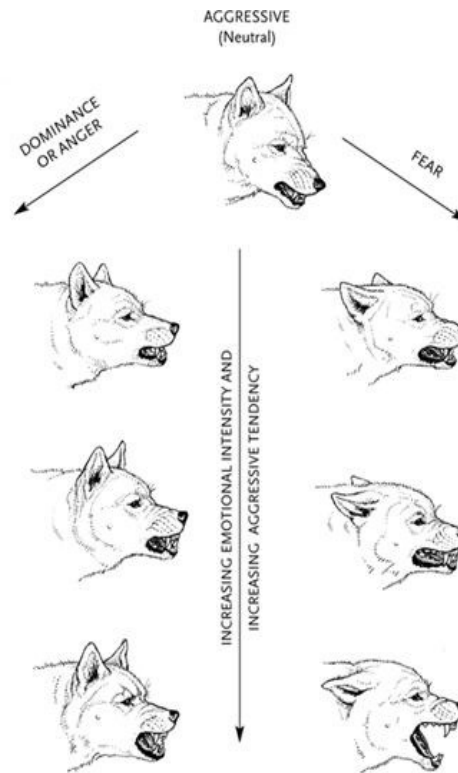
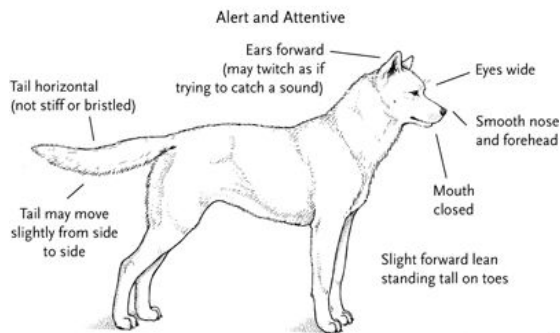




# Dogs Methods Of Communication



This array of signals communicates a relaxed, reasonably content dog who is unconcerned and unthreatened by any activities going on in its immediate environment.



## Foods to Never Feed Your Dog

<b>ALCOHOL</b>  COMA DEATH INTOXICATION	<b>AVOCADO</b>  CONTAINS PERSIN: VOMITING DIARRHEA	<b>RAISINS CURRANTS</b>  KIDNEY FAILURE
<b>COOKED BONES</b>  STOMACH LACERATIONS	<b>WALNUTS MACADAMIAS</b>  NERVOUS SYSTEM AND MUSCLE DAMAGE	<b>ONIONS GARLIC</b>  BLOOD CELL DAMAGE ANEMIA
<b>DAIRY</b>  TOO MUCH: DIARRHEA	<i>the world's</i> <b>MOST DANGEROUS FOODS</b> FOR DOGS	
<b>MUSHROOMS</b>  SOME VARIETIES: SHOCK DEATH	<b>FATTY FOODS</b>  TOO MUCH: PANCREATITIS	
<b>CAFFEINE</b>  VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM	<b>XYLITOL</b>  (GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH	<b>CHOCOLATE</b>  TOXIC TO HEART & NERVOUS SYSTEM DEATH
<b>MEDICATIONS</b>  (TYLENOL, ADVIL ETC.) KIDNEY FAILURE GI ULCERS	If you think your dog ate something dangerous, CALL YOUR VET or: <b>ASPCA POISON CONTROL HOTLINE (888) 426-4436</b> <b>NATIONAL PET POISON HELPLINE (800) 213-6680</b> <small>illustration by LILI CHIN   layout by DESIGN LAB CREATIVE STUDIO</small>	

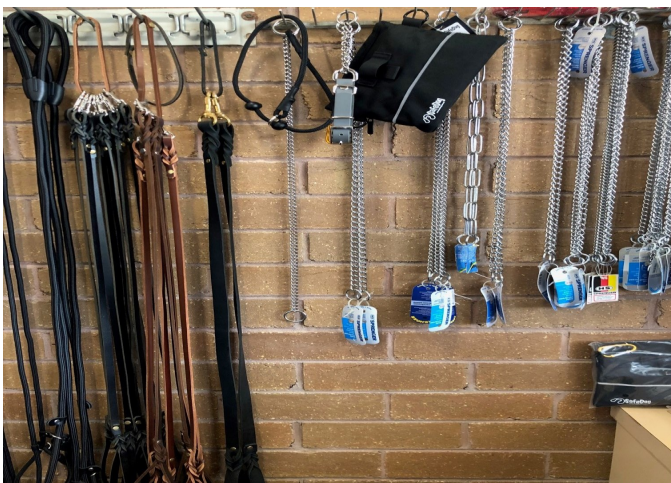
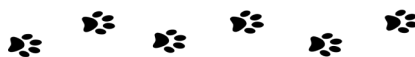
# Training Tips

When practicing a exercise at home for example if your puppy will not sit when you tell him/her to, walk a meter or two forward and try again if he/she still won't sit put him /her into sit.

You can use either pushing gently down on the dogs rump while holding the lead up, or while holding a treat in front of the dogs nose, slowly pass it over the dogs head and have your other hand on the dogs rump to stop it from moving backwards.

You can then try another exercise and if they follow that command (don't forget to reward) go back to the sit command and try getting them to sit again.

If your puppy still won't sit, leave it and finish the training on an exercise that they can do. Always finish on a positive. It can be frustrating when you are teaching your puppy a new exercise and they don't quite get it, remain calm, don't yell at your dog, he/she will get it, some dogs just take a bit longer than others and sometimes its not all the dogs fault.



## **ITEMS FOR SALE IN THE OFFICE SHOP**

Leather Leads  
Correction Chains,  
Slip Collars  
Slip Leads  
Treat Bags  
9kg bags of Blackdog Adult Food

**GREAT PRICES FOR OUR MEMBERS,  
COME AND HAVE A LOOK!**

## A Look At Some Dog Breeds

There is a variety of different dog breeds that attend the Club. Each group will be published in following Newsletters.

This is not a complete look at health, pros and cons of each group and the breeds of dogs that comprise a particular group. Hopefully this will give you an insight to what behaviours you can expect your dog to exhibit and some medical problems to watch for.

### Natural Dogs

This group consists of the following species and they are less likely to have any cross breeding: Akita, Malamute, Basenji, Chow Chow, Dingo, Spitz Dogs, Norwegian Elk Hound, Samoyed, Shiba Inu, Siberian Husky and Shar Pei.

The above species are the ones you are likely to come across.

They can be independent, suspicious and hard to train.

### Health Problems

**Akita:** Hip Dysplasia, Hyperthyroidism Bloat, Retinal Atrophy, Von Willibrand Disease.

**The Good**—protective, loyal , brave.

**Basenji:** Malabsorption Syndrome, Kidney Disease, Retinal Atrophy.

**The Good**—tend to be clever dogs, but not easy to train, very affectionate with his family.

**Spitz Breeds:** Progressive Retinal Atrophy, RD (Retinal Dysplasia), Patella Luxation and seizures (idiopathic epilepsy).

**The Good**—active, loyal, and bright, great watchdogs and ideal companions for older people and small children.

**Siberian Husky:** Various Eye problems, Hip Dysplasia, Hypothyroidism

**The Good**— intelligent, playful and very friendly, good nature as well as their love of people and they make loyal companions for people with active lifestyles.

**Samoyed:** Eye and heart problems, Hip Dysplasia, and Kidney Disease.

**The Good**— friendly, personable dog.

**Shar Pei:** Brachycephalic Syndrome, Seborrhoea, Inflammatory Bowel Disease, Hip and Elbow Dysplasia.

**The Good**—loyal and affectionate with their own people and love to spend time in the company of their families.

**Malamute:** Hip Dysplasia, Hypothyroidism, and Bloat.

**The Good**— highly intelligent but also independent and willful.

**The bad indicative of all breeds.** Predatory behavior towards other animals, not coming when called, wandering, defensive towards strangers hard to train.



# Vic Energy Solutions - New Sponsor

The Victorian Government has set new green compliance standards for houses.

These upgrades not only reduce energy costs but **are free - no cost**.

Through the Victorian Energy Upgrade Program, we're offering a range of **free** energy-efficient products, including draft stoppers, door seals, and water-saving shower heads, with professional installation covered by Vic Energy Solutions.

**Save money:** Upgrades are 100% free—no out-of-pocket costs for landlords or home owners.

**Effortless process:** We handle everything from supply to installation, making it stress-free for you.

**For every house that has any of the below installed at no cost, Vic Energy Solution will donate \$50.00 to Altona Civic Obedience Dog Club.**

**Don't forget to mention the Club offer when making a booking!**

**Please call **0412 405 524** and schedule a time that is convenient for you.**

Exhaust Fan Seals



Door Seal



Evaporative Vent Seals



Showerhead



Chimney Seal



Remember, there is no cost to you. This offer is also open to your family and friends. Please remind them to mention the Altona Civic Obedience Dog Club offer if making a booking

# OUR INSTRUCTORS

Our Chief Instructor is Sergio Farrugia. Serg is also in charge of Agility at the Club and can be found around this area most mornings. Joe Cimino is the Assistant Chief Instructor. All of Our Instructors are happy to help you achieve your training goals so don't hesitate to speak to them if you have any issues.

If you're looking to have a go at "Rally Obedience", Bev Dyer will be able to show you what all those little signs are in the ring she sets up.



# OUR SPONSORS

Don't forget to check out our [Sponsors](#) on the Website. Besides offering wonderful Raffle Prizes for our end of year training morning, some offer great discounts on their products!

## Our Sponsors

We would like to thank our Sponsors for their generous support of the Club.

Please see further details regarding our Sponsors on our Website.