

Temporary  
Shut down

# Howler

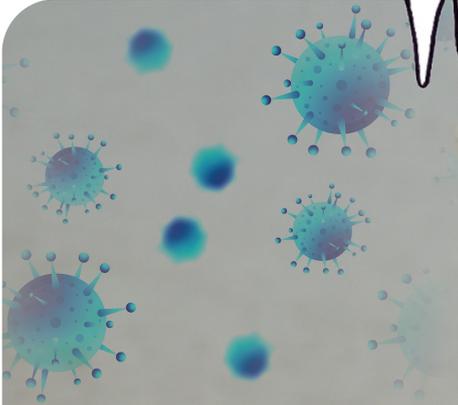


[www.hillsdogclub.com](http://www.hillsdogclub.com)

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April 2020



***SIT HAPPENS!***  
*Take the Sit Challenge*

***How to Survive Isolation with  
Your Dog***

***TIED UP BUT OK***  
*The Exercise Every Dog Should Know*

The mission of Hills Dog Club Inc. is to enhance the human-dog relationship through training, education and the promotion of good breeding practices within our community.



# URGENT:

## Hills Dog Club training cancelled!

Dear members,

We are sad to advise that all Hills Dog Club training, as well as the General Meeting, have been cancelled for April due to government restrictions.

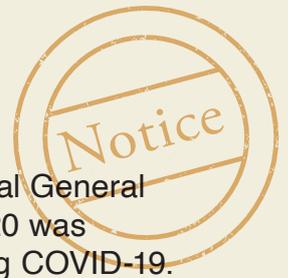
For updates on cancellations, please subscribe to our mailing list [here](#). Any other enquiries can be sent to [infohillsdogclub@gmail.com](mailto:infohillsdogclub@gmail.com).

**Thank you for your understanding.**  
**Hills Dog Club Committee**

### *Committee Information.*

We wish to advise that the Hills Dog Club Annual General Meeting (AGM) scheduled for the 25 March 2020 was cancelled due to public health restrictions during COVID-19.

Because of this, the 2019-2020 executive and committee members have been asked to continue in their current positions until an alternative date for the AGM can be scheduled.



## Important Dates.

### General meetings: 2020:

11 Mar. ....8 Apr. ....13 May. ....10 Jun.  
8 Jul. ....12 Aug. ....9 Sept. ....14 Oct.  
11 Nov. ....9 Dec.

26 Apr. Championship Show

9 May. Obedience

25

26 Championship Shows

24 Oct. Suzanne Clothier talk.

31 Oct. Evening Trial

**All dates CANCELLED  
until further notice**

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## EDITOR'S NOTE.

Dear readers,

Let's just take a moment to be thankful for the existence of dogs. They provide company and comfort to so many of us in a time of social distancing, their doleful eyes make sure those of us working from home take regular breaks (even if just to retrieve a ball from under the sofa), and at the time of writing, walking the dog is one of the few luxuries still allowed for many of us.

But I'm aware that life with a dog right now may not be the easiest, particularly with a young or new dog. Our goal for this issue of the Howler has been to provide you with as many resources as possible to tackle this challenging time, as well as remind you that you aren't alone - the Hills community exists even if we're not there in the flesh, or fur!

Hills instructor Rosalind has shared some wonderful advice on training house manners to keep your pooch an enjoyable housemate. Take a look on [page 5](#).

One thing we know is that if dogs, particularly young puppies, have their humans home all day, every day, for a significant period of time, they can develop separation anxiety. Because of this, we want you to prepare your dogs for the time when we do go back to work, school and activities outside of

the home, by taking the advice of Hills instructor Narelle ([page 15](#)) and professional trainer Vicki Austin ([page 10](#)).

Lastly, please Like our Facebook Page, Hills Dog Club Community, to keep up with Hills news. Everyone is welcome to learn and laugh with us. If you're a member, please request to join our Hills Dog Club Members group on Facebook as well, so we can share training stories together.

Stay safe and stay connected,

Ellen  
Editor

*Editors*  
Ellen Mok, Tony Vink  
*Graphic Designer*  
Tony Vink

**Keep Calm  
and  
Train your dog**

## PROMOTIONS - FEBRUARY 2020

### Beginners to Graduate

- 👉 Sinta Ironside and Faith the GSD
- 👉 Casey Grime and Marley the Border Collie
- 👉 Yvette Tosio and Kaia the Staffy
- 👉 Kaitlin Edwards and Ruby the Border Collie
- 👉 Keiralee Cutajar and Hollie the Kelpie



*Casey and Marley*



*Sinta and Faith*



*Kaitlin and Ruby*



*Keiralee and Hollie*



*Yvette and Kaia*

# LIVING WITH LASSIE: A GUIDE

By: Rosalind Oliver

Now that most of you are at home and enjoying your time in splendid isolation, this is the chance to talk to your dog, wife, husband, children (yea). Your dog will pick up on your feelings and changes in the household. Let's see if we can make this a rewarding time for everyone.

For the sake of simplicity, I will be using 'he' for the dog. Remember these are only suggestions.

First I would like you to take a large piece of paper. Everyone's answer will be different. It is your home; there is no right or wrong. If you like the dog sitting on the lounge, bed or taking the roast dinner (not good at the moment with no meat in the stores) so be it. On the paper draw three columns.



Hope you are seeing a pattern. If you have a plan it is easier not to yell or get frustrated at your dog. (Can also work with children!). Everyone in the house must keep to the same plan. No means no. Only say things once. (Especially at the moment be careful what you are feeding him. Remember chocolate and grapes are a no no.) Don't repeat. If not done the first time depending on what you are asking eg. if the dog takes a slipper, ask firmly for a give. (Presuming he knows the word). If he doesn't, take it from him and then give him something he is



allowed.  
Reward the good behaviour.

Remember the dog now has you home all day. Maybe also wife, husband and children (wonderful mix). The dog will think this is wonderful. Someone to play fetch with ALL day, walk 7 times a day especially if I (the

<u>What I don't want my dog to do.</u>	<u>What I do want my dog to do</u>	<u>How to achieve this</u>
Not sit on the lounge (it is white)	Sit on his mat	When he goes to jump on the lounge tell him "off" one word only. Then encourage him with food and take it to his mat. Not too far away and reward. Might need to repeat and repeat and repeat etc.
Not to get things off the kitchen bench. (there goes the roast)	Keep him off the bench	Might be easier to never let him in the kitchen. When he goes into the kitchen have a place where he can see you and then reward him for being there. Could be next to a food bowl. Then the reward can be placed into the bowl. Your dog will think it is a good place to stay.
Not jump onto a bed	Lay next to bed.	Tell him "off" (he is going to hear this word a lot). If he knows what it means and doesn't do it pick him up and show him where you want him and reward.



dog) am jumping up on my owners (they really love me). When this is all over and everyone is leaving the house again except now the dog is home alone. The dog will then play up especially if you have a puppy or young dog. (Some older trained dogs cope better) He doesn't understand why his routine is changed again. Has he done something wrong? Then you will come back to training expecting our wonderful instructors

to work their magic and problem will be solved.

Let's make this easier for everyone. Each day try and leave the house (if allowed) for 10 – 15 minutes. That is everyone in the family. If you are working from home, have the dog outside of your workroom or if he is usually outside when you are not there put him outside. Your dog has to learn to entertain himself and probably will sleep a lot. At breaks you can then play with your dog. Children can join in too. Enjoy that time.

Leave things for your dog to entertain himself with. If he is outside he can find lizards to chase, holes to dig ha ha, etc. Leave things for him to chew, a plastic milk bottle with kibble inside. Some puppies like to chase them. Hang things on a tree that a taller dog can sniff at and move.

If it is a rainy day teach your dog to use his nose. Start with maybe a reading glass case. Get the dog to sniff it and put it where he can see it. Ask for "find case". As soon as the dog even goes near the case. Reward. Once he understands the word "find" you can then reward when he touches it. Slowly, slowly move the case further away. Eventually he will go looking for it out of sight. (Maybe even find it for you when you lose it!).

You can also play hide and seek! Get one person to hold the dog. The other one hides and calls the dog. Make it easy the first few times – the dog has to win. Reward when he finds the person. Eventually you will be able to hide and the dog will find you without calling him. Remember it takes time. Have fun with it.

A great "come" game with children. Both have rewards. Stand a distance apart (short to begin with) one calls the dog and rewards and then the

other calls. For dogs that are more advanced, you can add a sit when they come to you.

Lastly: Take your dog for a walk every day, you can use this time for serious training. Give the neighbours



Ros' Holly

something to watch! As you are walking, for the more advanced have the dog on your left next to your knee. Reward. Walk a few steps, reward. Then ask for a drop, a sit, a stand. Do a come-fore. Run backwards and ask the dog to come. Act a clown the dog will enjoy it. (Maybe also the neighbours!). Then keep walking and then go back through exercises again. Training done!

For puppies and young dogs, practise loose lead walking and add a sit or drop. Don't go too far unless they walk without pulling. If you want a long walk go alone. (Good alone training time for your dog!)

Hopefully you are tuned in for dog training on a Monday night on our Facebook group. The instructors

have put in a lot of effort setting up the videos. These are suitable for all classes. Have your dog with you while watching and try and go through the exercises. Makes it feel more real. I know what some of you are thinking, my dog knows how to sit and drop and this is all too basic for me. Do they sit and drop perfectly straight every time with the first command? Do they know both hand and voice commands? Do they stand without moving? Can you walk around them and touch them without them moving? Basics is something even the most advanced

dog handler still does. BUT the dog only gets rewarded when it is perfect and done on the first command. Plenty to work towards!

Remember: Marker word, Release word. The marker word (yes) is used, for example, when asking for a sit exactly the same time as his bottom touches the ground. Say yes, then reward, then release word. It is all a matter of timing.

Main thing – enjoy your dog and the extra time you have at home with him.



## BOOK REVIEW.

by: *Tony Vink*

### **Dog is Love.**

Author: Clive D.L. Wynne, PhD

Why and how your dog loves you.

Published September 2019

This book may seem to be superfluous to all us dog enthusiasts, of course dog is love, was there ever any doubt? Well, yes. Scientifically since forever, the notion of dog's love for humans has always been explained in the most rudimentary biological ways: Dogs are around us because we, humans, provide the things they like and so it's a straight trade.

Not so fast, says Clive, the author, who

delves into research and does a lot of his own experiments to come to the conclusions WE all know to be true.

It is clearly a mammoth task trying to separate fact from fiction, results from anecdotes and the constant battle against Hollywood, from dogs that can almost read our minds and “go back to aunt Molly, tell her to phone the police and come and help us out of this rut”, to the ruthless pack animal that is waiting for a chance to take over control in our homes, stopping just short of wanting to eat at the dinner table and so has to be overpowered by a charismatic, photogenic Dog Shouter. He goes as far back as 14000BC with archeological finds, brings in our good friend Darwin and takes us to Siberia where he is astounded by the Fox farm project. (Read also this account by researcher Ludmila Trut: How to Tame a Fox (and Build a Dog): Visionary Scientists and a Siberian Tale of Jump-Started Evolution)

I read - or rather, listened to the audiobook - of Dog is Love and hearing how certain tests are performed and how even we could replicate some was truly fascinating. Other than the obvious conclusions, Clive has a lot to say about his findings, their use in shelters and how simple protocols can make shelter dogs more adoptable... yes you heard it here first.

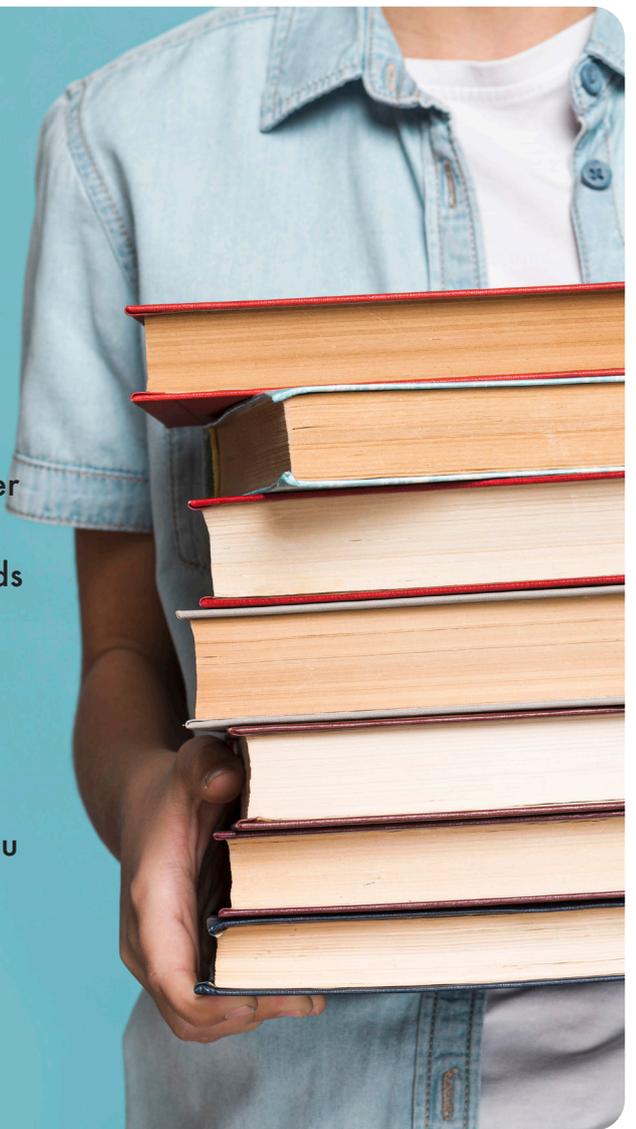
If you have a few hours spare in the coming months, you might give this book a try.



## DOG-EARED

Bored? How about a book? We asked our members to share some of their favourite dog books - and our conscientious members shared their favourite training guides! So, here's some of our favourite training and behaviour books to keep you learning while at home:

1. The Culture Clash - Jean Donaldson
2. The Power of Positive Dog Training - Pat Miller
3. Don't Shoot the Dog - Karen Pryor
4. Inside of a Dog - Alexandra Horowitz
5. Bones Would Rain From the Sky - Suzanne Clothier
6. Plenty in Life is Free - Kathy Sdao
7. The Genius of Dogs - Brian Hare & Vanessa Woods
8. The Eye of the Trainer: Animal Training, Transformation, and Trust - Ken Ramirez
9. How to Speak Dog - Stanley Coren
10. Feisty Fido - Patricia McConnell & Karen London
11. Get Connected With Your Dog - Brenda Aloff
12. Canine Enrichment: The Book Your Dog Needs You To Read - Shay Kelly
13. The Connection Collection - Suzanne Clothier
14. Play With Your Dog - Pat Miller
15. What The Dog Knows - Cat Warren
16. The Secret History of Kindness. Melissa Holbrook Pierson



## THE SIT CHALLENGE

### Sit Happens... or Does It?

You can do this with any dog, from brand-new beginner dogs to obedience champions... and you may be surprised at the results! All your dog needs to know is how to Sit on a verbal cue.

Ask your dog to sit when you are doing these things. If your dog sits on the first cue, give him **3 points**. If he sits after you repeat the cue a few times, give him **1 point**. If he never does it... no points.

### Scoring:

If you got...

0 - 9 pts: . . . . . Hmm... keep training!

10 - 20 pts: . . . . . Not bad at all!

21 - 27 pts: . . . . . Your dog is a generalisation genius!

continued next page.

- Sit YOURSELF on a chair, then ask your dog to "Sit."
- Sit on the ground and ask your dog to "Sit."
- Lie down on the ground and ask your dog to "Sit."
- Turn your back to your dog and ask him to "Sit."
- Face the corner of the room and ask him to "Sit."
- Stand on the other side of a half open door and ask your dog to "Sit."
- Place your dog on a chair or table and ask him to "Sit."
- Move your dog to a floor surface you don't usually train on (eg. garden gravel, bathroom tile) and ask him to "Sit."
- Duck out of sight and ask your dog to "Sit."

But my dog knows how to sit! What happened? Dogs don't generalise as well as humans. Your dog may know that Sit means to put his butt on the ground when you stand in front of him (often holding a treat). But he may not have worked out that the word Sit refers to putting his butt on the ground in general, regardless of his location or what his human is doing.

But don't worry, you can teach your dog to Sit in the bathtub if you so wish! Just train your dog by asking for the

behaviours you want from your dog in different situations, locations, on different surfaces and in different positions in relation to yourself. Make sure you go easy on your dog the first time you ask for a behaviour in a new situation - you may need to lure or prompt your dog so he knows what you want - and reward generously. Then try it somewhere else. Very soon, you'll be able to ask your dog to wash dishes, whatever... whenever!



*Tie up - Michelle Raymond*



*The Tie-Up Exercise makes great cafe dogs!*

*Lisa Hope's Andie*

*Extra time at home means extra time to train our dogs... but did you know this includes SEPARATION TRAINING?*

*Please make sure you spend a bit of time away from your dog each day, especially if you have a new or young dog. This is the time when they are most impressionable and we can't have them reliant on having you home or in the same room as them 24/7 for the rest of their lives!*

*Dogs being social animals, independence needs to be taught gradually. This 'stay at home' period is the perfect time to work on crate training and the tie-up exercise explained on the following pages.*



## The Restraint or Tie-Up Exercise

### “Must-Do!” Exercise for Every Dog and Puppy

The tie-up or restraint exercise stops the dog from having access to you the whole time you are at home. When commenced in puppy-hood it will ultimately develop a dog that is confident when tied-up and left alone, even in an unfamiliar scenario. The exercise assists in the development of puppies’ independence, which is considered highly effective in the prevention of many behavioural issues.

We know that being social animals, dogs like to be with other members of their family. But there are occasions when our dogs have to stay at home on their own. Our aim is to ensure that they are comfortable and able to cope when left on their own, even though they would prefer to be with us.

In over-dependant adult or adolescent dogs, the exercise will assist in improving the dog’s ability to cope with stress generally, providing some relief from anxiety.

Additionally, experience will show the dog or puppy that any struggling against the lead (or you at the end of the lead) is futile. This in itself is a great lesson for any dog or puppy to learn.



The progression of the tie-up exercise is a programme in desensitisation and as such we start at the easiest possible level. Attach the dog to a lead tied short (approximately 30 - 50 centimetres) to the leg of the chair upon which you are sitting.

*The restraint exercise is not designed to be a punishment, although it can be used in the future to provide a time-out punishment. The dog can have comfortable bedding and sometimes, chew toys, not every time, whilst restrained. You can pat him and talk to him occasionally.*

*A "time-out" can be used as a punishment for unwanted behaviour: the dog is tied-up; placed in his crate; closed in a small room such as the laundry or bathroom; or shut outside in the backyard. It is a similar technique to sending children to their bedroom as a punishment. In neither case, does the child or the dog associate the punishment with the location. The punishment is the loss of freedom or loss of social contact. So, no, it will not result in the dog forming a negative association to a tie-up or his crate!*

*Our aim at each step of this programme is to induce a mild level of stress. If this first level of the restraint exercise is at all stressful to the dog, it will be a mild degree of stress only, because he is in a familiar environment and you are with him the whole time. After sufficient repetitions, it will no longer induce any stress.*

*You can then take the next step that will induce a new mild level of stress; maybe sit just out of his reach. After sufficient repetitions, this level will no longer induce any stress at all. Now you might sit a little further away or work at the nearby kitchen bench. Sufficient repetitions will result in this scenario also no longer being stressful to the dog or puppy.*

*By repeatedly exposing the puppy or dog to mild levels of stress until the situation no longer induces any stress, we are increasing the dog's threshold for stress or increasing his capacity to cope with stress.*

*Your next steps might include:*

- leaving the room briefly (just a second or two the first time);
- gradually increasing the length of time you are out of the room;
- moving around the house further away;
- tie-up in the backyard with you in sight;

*The programme is progressive in level of difficulty. However, every other aspect should be variable: vary the duration of the tie-up; vary the location; vary the time of day; vary the person involved.*

- tie-up in the backyard with you moving in and out of sight;
- now the front porch with you in sight;
- front porch with you coming and going;
- the park with you in sight;
- the park with you disappearing occasionally;
- a friend's house with you in sight;
- I think you get the idea!

*Freedom from the restraint exercise should only be granted when the dog is relaxed and has been for at least ten seconds. The only exception being desperate toilet requirements.*

*If the dog or puppy suddenly becomes agitated after having been calm and accepting of the situation, he may desperately need a toilet break. Take him to his toilet location on-lead and then continue the tie-up exercise.*

*For many dogs the first level will not induce any stress at all, but we could not have predicted this with 100% accuracy. In fact, for many dogs, it maybe several levels into the programme before we observe any level of stress.*

*Our aim is to expose the dog to situations that induce only a very mild level of stress.*

*Inducing moderate or extreme stress increases the risk of distressing the dog or puppy and developing sensitisation rather than desensitisation.*

*Look for signs of stress in the dog such as yawning, licking their lips, panting and an inability to settle. Do not progress to the next level until these signs are no longer present at the current level.*

*The aim is to place the dog in a situation that invokes a mild level of stress only. After sufficient repetitions at each new level, to the point where it is no longer stressful, the dog's ability to deal with stress has been increased. Never place the dog in a situation that is highly stressful causing the dog to panic - this would undermine his confidence and increase his sensitivity to being restrained or separated from you.*

*I recommend varying the length of the restraint exercise at each level, from a couple of minutes up to two hours for puppies under four months of age; and up to three or four hours for*

*adolescent and adult dogs. It sounds like a long time, but consider how long you might sit watching television, at the computer, napping or socialising.*

*Vary the location of the restraint exercise from the very beginning. It should not be conducted in the same location on every occasion. The time of day should also vary, as should the duration of the exercise.*

*Puppies and adolescents should experience a restraint exercise every day. Adult dogs displaying problematic behaviour, particularly any form of anxiety, should also experience the exercise daily. Mature and well-adjusted adult dogs should continue to experience a restraint exercise approximately once a week for life, to assist maintain their independence.*

*I would like all puppies and dogs to ponder the restraint exercise as having no rhyme or reason, it just happens.... regularly. No big deal!*

*I would like all dogs to be capable to be tied-up on the front porch of a house where they have never been before, while their owners are inside the house for several hours. The dog is calmly accepting being "restrained in a strange place". He is not barking, howling,*

*chewing through his lead or digging at the ground in distress, because he is calm and comfortable with the situation, knowing his family will return for him.*

*To prove a point, I drove my Border Collie, Chilli, to a park where he had never been before and tied him to a post (with an out-of-sight observer for safety) and then drove off. The observer reported that Chilli watched me drive away and then settled in for a snooze. When I returned, he was happy to see me but not beside himself with relief or displaying hyper-excitement.*

*Also consider conditioning your dog or puppy to crate confinement in a similar process to the restraint exercise. Most dogs love the feeling of a safe haven or "den" that the crate provides. The crate provides convenience and safety when required. I highly recommend crate training.*



*If the dog is experiencing difficulties in accepting that there will be times that he is expected to be in the backyard on his own (this is another great situation to build independence), the restraint exercise or placing the dog in his familiar crate can assist. Conduct a tie-up outside the backdoor with the*

*backdoor open or place the dog in the crate outside the open backdoor and don't go far away. Gradually build on this situation until the dog is content on his own in the yard.*

*Being social animals, dogs prefer to be with members of their family, rather than being on their own. However, there are occasions when we cannot have our dogs with us and we would like to know that they can cope with being on their own, even though they would prefer to be with us.*

**Tip!**

*For puppies and dogs not coping with being shut outside on their own or enclosed in a small room such as a laundry; the tie-up exercise is a great means of gradually introducing these scenarios.*

**Example:**

- *Start the tie-up inside but near the back door;*
- *Progress to tie-up just outside the back door with the door open;*
- *Gradually increase handler distance from the tie-up position;*
- *Vary the tie-up location outside the back door;*
- *Introduce the handler stepping out of sight but returning immediately;*
- *Gradually increase the duration that handler is out of sight;*
- *Gradually reduce the door opening;*
- *Close the door briefly;*
- *Gradually increase the duration of door closed;*
- *Leave dog outside closed door without tie-up.*

## ISOLATED & CONFINED TOGETHER: PREVENTING SEPARATION ANXIETY

By: Narelle Brown

For those of us working from home, for those confined to home and those whose routine has changed due to unforeseen circumstances, look on the bright side – you are lucky to have your dog(s) at your beck and call! Ha ha!



I always wanted a job where I could take my dog to the office – now my office has come to my dog!

However, this endless supply of love and licks and pats all day can create a problem in the future – that is, when we return to work or return to our partying, gallivanting around and other things that take us away from our pets.

So heed my advice now, to ensure separation anxiety will not impact your dog in the future.

### *For new puppy or dog owners*

So you have a new dog in the household – the family is at home but when things return to normal and it could be some months – this new dog who has had you around for so long will wonder what has happened. Suddenly the dog is alone, on his own, bored, lacking in treats and the usual pats.

This will be when we will have dogs acting out, experiencing separation anxiety and exhibiting new negative behaviours that we haven't seen

before. Suddenly the house becomes an empty, quiet place and the dog will miss the attention.

### *What can we do?*

Planning and consistency are the keys to help your dog learn that being on his own is normal.

I know at present there is nowhere you can really go; **however, each day you will need to separate from your dog for the sake of the dog.** Perhaps leave him outside, lock the door to the bathroom, go and collect the mail and stay outside, sit inside your car and ring a friend, anything that takes you out of earshot and sight of the dog.

When you come back, just be cool – act as if nothing has happened. Begin by leaving your dog alone for short periods – **just a few minutes and then gradually build this time up.** Each time you return do NOT make a fuss over your dog. Enter the house and **when you are ready, and your dog is calm, praise and pat him and play a game.**

### *Vary your routine*

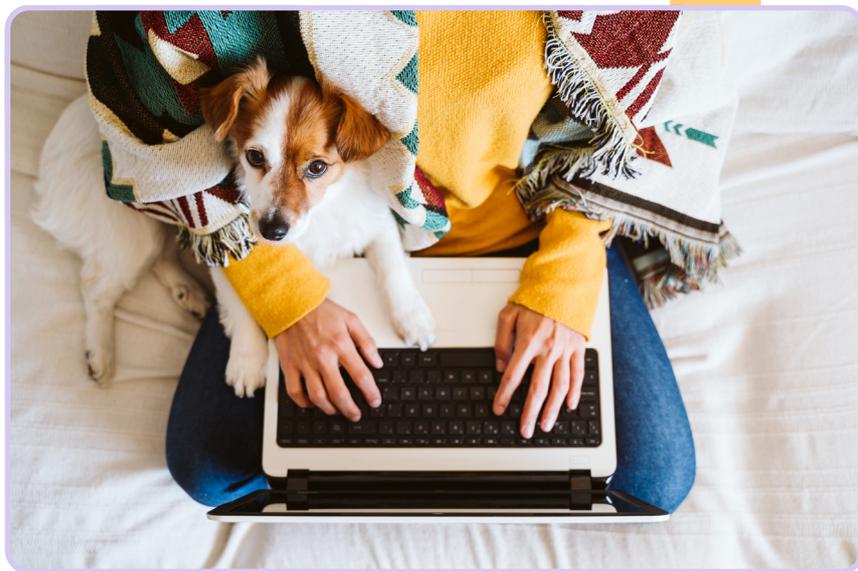
Some owners comment “As soon as I pick up the car keys he starts crying and jumping in distress; I get upset and don't know what to do!”

That is simply because he associates the keys with the owner leaving. Varying the owner's routine will help the dog dissociate the keys with his absence. The owner could leave the keys in a bag near the door and just pick the bag up on the way out.

Other ways to vary your routine: Leave via different doors – if you always go out the back door – change and leave by the front door. If you always put on your joggers in front of the dog – put them on in another room or carry them out the door and put them on outside. If you always press the garage door opener and the dog hears that; perhaps open the door earlier or wait until you are outside.

The aim is to break the dog's association between your doing certain activities and your absence.

You can even go a step further to help your dog dissociate your normal routine with your absence by doing all those things you do when you're about to leave the house – but then not going out! Things like changing your clothes, picking up your keys, putting on your shoes – work on them one at a time, starting with whatever you'd do first. Say your dog looks uncomfortable when you pick up your keys – pick up your keys, give your dog a treat, put down your keys, go



back to the couch. Repeat this five times in a row... then start doing it randomly during the day (without going anywhere.) If your dog hears the keys rattle ten times a day for no reason, he won't learn that keys rattling is significant at all.

Some owners find telling their dog calmly, "going to work now, relax!" or simply "relax" seems to help.

Eventually the dog will know it is OK because you always come back.

My dog knows I am going out by my clothes – he figures I am going out if there is a lot of stress over what I choose to wear, there is makeup, hair being brushed and perfume put on – he gives me the look and knows I will be gone for a long time and by the time I get to the front door he is curled up in his bed ready to go back to sleep. As opposed to when I put my jeans and runners on – yeah that is a walk... and he is at the front door

jumping around waiting for the lead to be put on!

Dogs can also pick up on your feelings – if you are stressed, they will pick up on this and feel stressed too, not knowing why. Don't fuss over them before you leave – this may make them feel like they should fear something.

### *Some things you can do to help*

- ❖ Leave a radio on in another room – this will help the dog think someone is at home
- ❖ Leave safe toys with food to keep them occupied
  - ❖ Technology – some people can see their dogs and speak to their dogs via video surveillance and even provide treats by a dispenser. However, this could have an adverse effect by getting your dog excited when you are not there.
  - ❖ There are pheromone collars or diffusers which can help to relax your puppy and make time alone less stressful.
  - ❖ Don't let them have the run of the entire house – reduce the area they have to roam around the house – it can help to reduce stress.

- ❖ Ensure you leave water and bedding
- ❖ Ensure they have access to their crate, bedding or pen – their safe place

*Don't forget you need to do this as soon as your new pet arrives – every day! Help your dog fit into your lifestyle!!!*

These are unprecedented times, sad and serious times, our lives have changed – we need to look at what we can take control of and be positive for the future. There are times when we can feel depressed and unmotivated, this can affect your dog – they pick up on these things so let's rustle up a little positiveness. Get to it – play, teach and have fun along the way!! With lots of cuddles too! It will boost your morale, make you laugh and smile which will help you!!!! Best wishes!

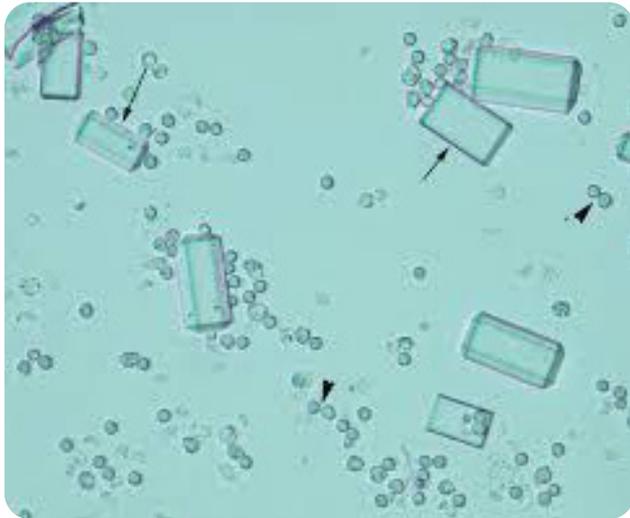


## WEES & WHYS

by: Dr Marjorie Au

Good urinary tract health is as important in our dogs as it is in us. Keeping well-hydrated will generally lead to less problems.

We all know that dark-coloured wee usually indicates concentrated urine and dehydration (& pale-coloured wee indicates good or over-hydration) however sometimes owners don't



Struvite stones in a dog

These pictures show struvite crystals (→) and red blood cells (▲) seen on microscopy, and an X-ray showing 2 large bladder stones.

get to see their dogs' wee; particularly female dogs who squat low to the ground & wee into the grass. This is the time when noting the frequency, duration & effort of urination (ie. the pattern) can indicate whether there is a problem.

Urinary Tract Infections are fairly common and are generally caused by bacteria entering the bladder from the urethra. Dogs may be more prone to UTIs due to low immune levels, conformation, hygiene, and concurrent medical problems. Signs of UTIs include increased urination frequency, small urine voiding volume, blood in the urine and pain on urination.

Another urinary issue may be crystalluria where there is precipitation of metabolic compounds into the urine. These compounds include ammonium, magnesium, calcium, phosphates, and bilirubin. Crystalluria leads to irritation of the bladder lining, UTIs, and when crystals clump together they form bladder stones. Some stones may dissolve with

nutritional or medical management but others require surgery to remove. Stones may also form in the kidneys (though not as commonly) and can also migrate down the ureter or urethra causing urine blockage and kidney failure which are very serious consequences.

Crystalluria can occur from feeding certain diets; or a dog may be genetically-predisposed eg. Dalmatians & urate stones; or may also be as a result of UTI causing an altered urine pH. Treatment is dependent on identifying the crystals and the predisposing causes.

Increased urine frequency and volume may result from systemic illnesses such as kidney failure and diabetes. Diagnosis is by blood and urine testing. Less commonly, changes in urine pattern or appearance may be due to other reasons such as urinary tract tumours or neurological dysfunction. Therefore it is vitally important to watch out for the wees, and to get a vet check to find out the whys!

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More advice & stories on FACEBOOK @  
Marjorie Au Vet



## INTRODUCING... THE ROBERT SMILES ACHIEVEMENT CERTIFICATE!

This is a new award introduced to our club this month to encourage handlers under 16 years old to continue through our beginner classes and achieve promotion to Graduate.

Robert Smiles became a Junior Instructor for Hills Dog Club in 2007 at the age of 15. He also achieved an Obedience Title handling Chief Instructor Dianne Atkins' Border Collie. He was awarded a Junior Volunteer Award by Hills Council for his work at Hills Dog Club.

Robert loved the natural Australian environment, and, while involved with this club enjoyed holidays at Sofala/Hill End area with his family. He happily spent time with his grandfather around the 'real bushman' of that historic town, just as he was comfortable with all ages at our club, and became much loved by us all.

For that reason instructor Belvane, who designed the certificate, has incorporated the 'colours of Australia' alongside our club colours.

We are proud to present our first 2 recipients of this award:

Khema Ratiana with Jack the kelpie

Keiralee Cutajar with Hollie the kelpie

Congratulations Khema and Keiralee - we look forward to seeing you in advanced obedience!



*Belvane and Khema*



*Keiralee and Ellen*

*Well Done!*

**We train we're fine come rain or shine**

**FOR NOTICE OF CANCELLATIONS CAN-**

In the event of weather (other than rain) please contact us on [hillsdogclub.com](mailto:info@hillsdogclub.com) OR on Facebook: [facebook.com/hillsdogclub](https://www.facebook.com/hillsdogclub)  
Pages updated Monday 4pm & Tuesday 8:45am

**All dates CANCELLED until further notice**

**NO TUESDAY CLASSES HELD  
IN SCHOOL HOLIDAYS**

# Hills Dog Club Inc.

## TRAINING TIMES

**Mon.** 7pm -> Puppies\*,  
Beginners, Graduate &  
Advanced

8pm -> Competitive Trialling  
dogs class

\*Puppy classes are for dogs  
12-20 weeks.

**Tue.** 10:30am -> All Classes

**NO CLASSES HELD ON  
PUBLIC HOLIDAYS**

**NOTE: NEW EMAIL ADDRESS!**

**Forgotten to bring treats to  
training?**

Lamb Treats are on sale at the  
office for \$5 a packet

## CLUB MEETINGS

The club meets monthly on  
the 2nd Wednesday of the  
month, except January, in the  
clubhouse. Meetings start at  
7.30pm. All welcome! Tea and  
coffee provided.

Club financial year is 1st  
January to 31st December.

## CORRESPONDENCE AND NEWSLETTER

All Club correspondence or  
enquiries should be addressed  
in writing to The Secretary,  
PO BOX 392

Round Corner NSW 2158 or  
[infohillsdogclub@gmail.com](mailto:infohillsdogclub@gmail.com)

Hills Howler is available at the  
clubhouse on training days/  
nights and online. All mem-  
bers are encouraged to con-  
tribute. For admin purposes,  
please keep us informed of  
**change of email** address.

**NOTICE:**  
Election **Obedience- and  
Rally Judges** will take  
place at the general meeting  
**On hold till further  
notice**  
Information  
for the year **2022**  
(April & 2 September shows)  
will be held at the **May 2020**  
general meeting

Get digital **Howler** via email?  
QR to sign up page or type in  
<https://bit.ly/2jtekHb>  
It is **FREE**



## GROUND RULES

1. As a condition of membership,  
all dogs are required to be  
properly vaccinated according to  
current veterinary guidelines.
2. Members are responsible at  
all times for the behaviour of  
their dog/s whilst present on the  
training grounds or representing  
the club.
3. All dogs must have properly  
fitted equipment and remain on  
lead at all times (unless instructed  
otherwise by a club instructor).  
No check/choker chains are to  
be used on any dogs in Puppy,  
Beginners or Graduate classes.
4. A member shall not ill-treat a  
dog at any time. Any such action  
may give rise to suspension  
or expulsion from the Club by  
resolution of the Committee.
5. Bitches in season and/or  
dog/s which are un-well or have  
an infectious condition are not  
permitted on the obedience  
training grounds.

6. Members are to pick up after  
their dog/s and help keep the  
grounds clean and tidy.
7. Adequate sensible dress with  
appropriate footwear (no thongs,  
scuffs or bare feet) is required  
to be worn by Handler during  
training.
8. Dogs are not to be left  
unattended whilst on the training  
grounds unless crated or tethered  
in a safe area. Members are  
reminded not to approach dogs  
that are confined. All dogs are  
to be kept under control and  
supervised while at the counter  
or in the clubhouse.
9. The Club reserves the right  
to ask any member to muzzle or  
in extreme cases, remove their  
dog/s from the training grounds.  
If a muzzle is required this must  
remain in place whilst on the  
club grounds. This will be at the  
discretion of the Committee.
10. Members who use Club  
equipment must ensure it is

- returned to the storeroom and  
stored correctly after classes are  
conducted.
11. Children are welcome to  
attend classes provided they are  
supervised by an adult/parent/  
guardian at all times.
12. Child members (aged 7 to 11 are  
to be accompanied by an adult/  
parent/guardian in classes) and  
Junior members (aged 12 to 15  
under adult/parent/guardian  
supervision on grounds) are  
welcome to train providing they  
have sufficient control of their  
dog during classes. This will be  
at the discretion of the class/chief  
instructor.

**Check us out on  
Facebook –  
Like our page to get  
Club updates.**

[https://www.  
facebook.com/  
hillsdogclub/](https://www.facebook.com/hillsdogclub/)



# HILLS DOG CLUB INC - 2019/20 COMMITTEE

PRESIDENT: - - - - - **Gordon Fenbow** . . . . . Mb: 0430 341 235. . . . . E: gfenbow@bigpond.net.au  
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EQUIPMENT OFFICER: - - - - **Bob Watters** . . . . . Tel: 9674 3321 . . . . . E: bobwatters@bigpond.com  
REGISTRAR: - - - - - **Jody Smith** . . . . . Mb: 0412 502 629. . . . . E: jawsmith@bigpond.com

## COMMITTEE MEMBERS:

- - - - - **Kathy Cocks** . . . . . Mb: 0411 892 329.  
- - - - - **Natalie Conway** . . . . . Mb: 0404 878 940.  
- - - - - **Peter Guenther** . . . . . Tel: N/A  
- - - - - **Ellen Mok** . . . . . E: ellen@ellenmok.net  
- - - - - **Deirdre O'Brien** . . . . . Mb: 0414 515 233.  
- - - - - **Vanessa VanVugt** . . . . . E: TBA

## TROPHY STEWARDS:

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SHOW: - - - - - **Janice Lyons**  
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AUDITOR: - - - - - **Mr T. Newton**  
PATRONS: - - - - - **The Hon. Ray Williams, MP**  
- - - - - **Dr Michelle Byrne, Mayor, The Hills Shire Council**  
- - - - - **Mrs Luci Ellem**

**LIFE MEMBERS: Peter Guenther, Hazel Baldwin (deceased), Dianne Atkins, Janet Power, Belvane Parsons, Anne Small, Betty Cansdale (deceased), Robyn Jones, Janice Lyons, Vicki Gresser, Lynne Sheather.**

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