

# Rotorua Dog Training Club



June  
July  
2023

Promoting responsible, enjoyable canine companionship through positive training from pets to competition

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**Subs were due 1<sup>st</sup> April please. Save yourself \$10 and pay before the AGM.**

New members who joined the club from Term 4 in 2022 do not need to pay the membership sub until next year. Use your name and Membership as the reference plse.

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Photo insert at top is Willow with a line up from the Gisborne Champ show and Ribbon Trial. Congrats to Wendy Stratham and Willow

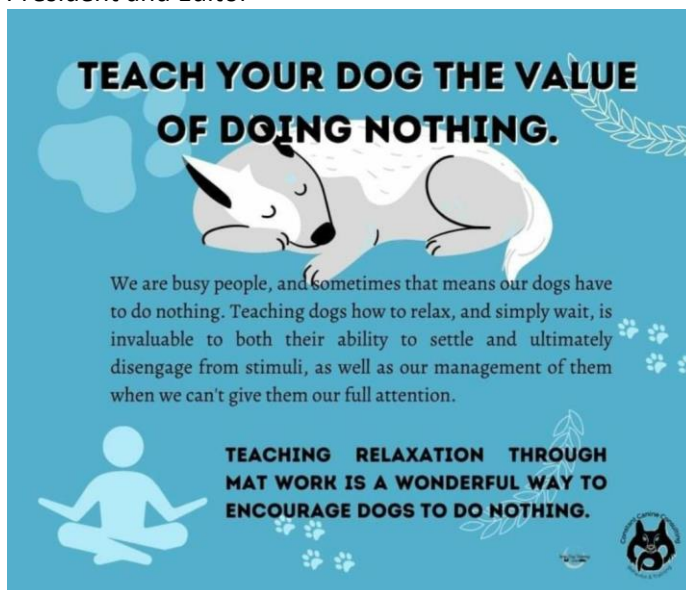
Dear Members,

Grateful thanks to those of you who have paid their subs.

**SUBS ARE OVERDUE DUE -please pay NOW \$70 for individuals See the schedule at the end of the newsletter for further details.**

- We are fortunate to have a busy, successful and well run club due to the input of many.
- AGM – 18<sup>th</sup> June and 2pm. All welcome.
- We are also on the hunt for a person to take over putting the bi-monthly newsletter together. It usually takes me about 2 hours to complete.
- If anyone would be willing to give up a little time for the many other positions that make a club go round, please come along or contact me prior on 021 926 937.
- Everyone should have received the proposed rule changes and notice of the AGM. If for some reason, you did not, then a quick email to the club secretary will solve that!
- Despite the rain and soggy grounds, the club trainers are out there with hats and coats, providing an awesome service to members. So THANK YOU for your commitment. We cant provide any classes without our amazing trainers.
- The clubs Face Book page is always full of amazing achievements by club handlers and dogs. A HUGE CONGRATS to you all.

Kim Poynter. President and Editor



## CGC ASSESSMENT AT TAUPO DOG TRAINING CLUB – 22<sup>ND</sup> APRIL 2023



Taupo Dog Training club decided to hold a CGC Assessment day on 22<sup>nd</sup> April and asked our club if any of our members would be interested in entering.. Five members decided that they would like to have a go at the assessment (four for Foundation and one for Bronze).

The weather forecast for the day was for rain both here and in Taupo. I contacted Vicky Graham from the Taupo Club asking her if the assessment would be cancelled, but she assured me that it would not.

By the time we arrived in Taupo it was a steady drizzle and the temperature had dropped. Both Italian Greyhounds were wearing two coats each.

The Assessor for CGC Foundation and Bronze was Bev Binney. The classes were limited to 10 handlers and dogs. Bev gave everyone a briefing regarding how the assessment would go and told them all to enjoy themselves.

All our members performed very well despite the rain and all the distractions. Of the four club members who entered Foundation, three passed and decided to stay on and have a go at the Bronze level.

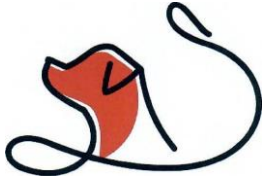
We had a short break for lunch (which was kindly supplied by Taupo Club) then onto the Bronze level. Our club had four entries – Emily with Burt, Kadi with Charlie, Ashleigh with Jinx, and Mike with Rikki. They all passed much to everyone's relief as it was a really long day for both handler and dog. Bev was very impressed with level and dedication of all handlers. Everyone is now keen to train for Silver and Gold.

Well done everyone, I was really proud of the team who were great ambassadors for our club. Poor Rikki was really tired after his assessment and unfortunately was sleeping when the photos were taken.



Congratulations to Jo Klein for being awarded a  
Take the Lead Ambassador

GameChangersDogsNZ is about encouraging people to tell us about acts of kindness or helpfulness by Dogs NZ members that made a difference to someone's day.  
Someone that demonstrates the sort of inclusive, supportive, safe and friendly culture we're working towards with Take the Lead.



## TAKE THE LEAD

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### Shine a light

Be proud of your journey - Let your behaviour and experiences guide and inspire others.

### Support diversity

All people. All codes. All breeds. Respect and celebrate our differences.

### Give newcomers a helping hand

Welcome them into our community. Guide and support their journey.

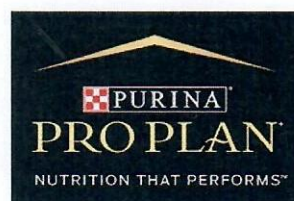
### Promote individual potential

Be a cheerleader for others. Encourage their growth and success.

### Be positive and kind

Be kind in your interactions with others. Set an example with your treatment of your dogs.  
Be a champion of good behaviour  
Your behaviour has an impact - in person and online. Call out bad behaviour whenever you see it.

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By Spirit Dog Training

There ABSOLUTELY is such a thing as too much high-arousal exercise.

Activities that tend to \*physically\* wear dogs out the fastest are also the ones that create the highest excitement levels. Fetching balls. Playing frisbee. Racing around at the dog park. Chasing water from the garden hose. Running next to a bike.

All of these are physical exercise, but they also create intense arousal states. And if you put your dog into high-arousal states repeatedly you better know how to train around this, too.

I have a lot of students who fell into this trap. They got a high-energy dog (a GSD, a herding breed mix of some sort, a retriever etc.).

They figured out that the fastest way to make the dog physically really tired (the tongue-hanging-to-the-floor-kind-of-tired) was by playing chuck-it for half an hour. Or by taking the dog to the dog park every day for a wild romp.

The dog started to crave these arousal states (as programmed in their DNA).

But at the same time, no impulse control training happened. So now we have a dog who knows the fun of adrenaline and who seeks it, without having been taught to listen and regulate when in a state of high excitement.

This dog will start to show other problems. They might get frustrated to the point of redirecting when they cannot access fun immediately. They might be vocalizing or unable to settle and then I get messages that say "My dog just cannot be normal in public".

If your dog gets to enjoy a high-arousal activity every time they leave the house, they will start to expect (and eventually demand) a high-arousal activity every time.

And this is not fun.

Your dog needs a balance of high-arousal and low-arousal activities. Furthermore, the more high-arousal activities your dog has, the more you have to balance these with impulse control training. It's not fair to make our dogs crazy without teaching them the skills to un-crazy 😊

"Exercise" can have four quadrants:

- Low-arousal, not physically demanding (sniff walks)
- Low-arousal, physically demanding (hiking)
- High-arousal, not physically demanding (excited waiting while another dog works)
- High-arousal, physically demanding (fetching)

Make sure you are aware which type of exercise you are providing for your dog and try to reach a balance that works for your dog.

If you are unhappy with your dog's arousal level or impulse control in daily life, look at whether this is amplified by the type of exercise you are providing.



## Agility Dog Measuring

We now have a main measurer at our club so that means any measuring of dogs can happen at the club.

If you require a measure for your dog please reach out to Louise, who also happens to be our club secretary at [rdocsec@gmail.com](mailto:rdocsec@gmail.com)

Louise and Wendy will be able to measure your dogs ready for them to compete.

<http://www.dogagility.org.nz/cont/information/Getting-Measured.pdf>



## Compulsive and Repetitive Behavior in Dogs

May 24, 2023 (published)

Anneliese Heinrich, MSc, DVM



Border Collie jumps and snaps at shadows on the ceiling. Photo courtesy of Anneliese Heinrich MSc, DVM

Compulsive and repetitive behaviors are a variation of normal behaviors such as eating, walking or self-grooming. The behaviors may appear out of context in a repetitive, exaggerated, or ritualistic way. These are commonly observed in species of animals housed in zoos but can occur in horses, farm animals, dogs, cats, and small mammals as well.

Common compulsive and repetitive behaviors may include:

- movement: spinning, tail-chasing, pacing, freezing, jumping in place, skin rippling;
- oral behaviors: self-licking, self-chewing, air or nose licking, flank sucking, wool sucking, fly snapping, polyphagia (eating more), polydipsia (drinking more), psychogenic alopecia (pulling out hair), pica (eating non-nutritional items) chewing and licking objects;
- vocalization: repetitive barking, whining, howling;
- hallucinatory: shadow or light chasing, startling, avoidance, fly snapping, air licking;
- aggressive: self-directed aggression (growling, biting at tail), aggressive behavior directed towards an object.

Dogs and cats of any age, breed, or gender can develop a compulsive or repetitive behavior disorder. The average age of onset is 12-36 months in dogs and 24-48 months in cats. Approximately 50% of animals with compulsive and repetitive behaviors start to show signs before one year of age.

Some breeds are more likely to show these behaviors.

- Bull Terriers: spinning, tail chasing, freezing.
- German Shepherds: spinning and tail chasing.
- Great Danes and German Short-Haired Pointers: self-mutilation, stereotypical motor behaviors such as fence running, hallucinations.
- Dalmatians, Rottweilers, and German Shepherds: hallucinations.
- Doberman Pinschers: flank sucking.
- Border Collies: staring at shadows.
- Australian Cattle Dogs: tail chasing.
- Miniature Schnauzers: checking the hind end.

There are other risk factors for compulsive behaviors. Living in stressful environments may cause anxiety, conflict or frustration, predisposing the animal to compulsive behaviors. A previous injury or irritation may trigger the behaviors. In some situations, the behavior might have been accidentally reinforced, resulting in attention-seeking behaviors.

As with all behavior concerns, the first step is to rule out underlying medical conditions. Some common medical diseases that may result in compulsive behaviors include:

- seizures;
- neurological diseases;
- infectious diseases such as Lyme disease or distemper;
- gastrointestinal disorders;
- ophthalmological disease;
- metabolic diseases;
- exposure to a toxic substance;
- skin diseases;
- injuries.

When diagnosing compulsive and repetitive conditions, the first step is a complete physical and neurological examination. Routine blood work and urinalysis can help to determine your pet's overall health and function of internal organs along with any other diagnostics that your veterinarian may feel is necessary. Video recordings of your pet when you are not there to observe their behavior can help differentiate attention-seeking from compulsive behaviors.

Treating compulsive behaviors is a multi-step process.

1. Manage specific triggers: Treatment starts by avoiding specific triggers for the behavior whenever possible. Turn off the lights or close the blinds to reduce the creation of shadows. Avoid punishment or physically stopping your pet from performing the behavior. Both cause conflict and may result in an increase in anxiety or aggression directed at you.
2. Manage anxiety: Anxiety often contributes to compulsive behaviors so it is important to treat the anxiety in addition to the compulsive behavior.

3. Avoid reinforcing the behavior and provide distractions instead. Food dispensing and puzzle toys can be great ways to distract your pet to reduce the compulsive behavior.
4. Use positive reinforcement to teach and reinforce alternate behaviors such as coming when called, going to a mat, nose targeting, eye contact, and a chin rest.
5. Make sure your dog's basic needs are being met with physical activity and mental enrichment to reduce the opportunity for compulsive behaviors to occur.
6. Medications may be needed for the treatment of compulsive behaviors.

Compulsive and repetitive behaviors may require lifelong treatment for your dog. Relapses can occur if they become stressed or experience conflict or frustration. If you have not seen improvement in two to three months or the behavior worsens, your dog should be reevaluated by your veterinarian. Compulsive behaviors are often managed for life, not cured.

#### **SCHEDULE OF CLUB MEMBERSHIP AND TRAINING FEES**

*Introductory Classes for new members - \$100 (this includes free membership for the balance of the current financial year and does not apply to the agility only beginner obedience classes)*

*Membership renewal: \$70.00 discounted to \$60 if paid before the Annual General Meeting*

*Family Membership: \$95.00*

*Fees for all financial members attending classes each term is \$40.00*

**The club has some great books in the library which you can find upstairs in the club rooms. No charge for this members only service.**

PRESIDENT: Kim Poynter	021 926 937
VICE: Ann McSweeney	0272846128
SECRETARY: Louise Sandford	0277026332
TREASURER: Peter Franz	0211109304

COMMITTEE: Jamie Savage (Training Co-ordinator), Jo Klein, Julie Cowell, Wendy Statham, Terri Robson and Kimberlea Lemon.

Check out our facebook page under '**Rotorua Dog Training Club**'

And take a look around our website which has lots of information for those starting out with their dog along with copies of newsletters.

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