



# NORTH SAANICH Dog Obedience Training Club

January 6, 2005

The North Saanich Dog Obedience Training Club welcomes you and your dog.

This newsletter gives you a brief introduction to the club, class information, key dates, contact information and training tips.

You can learn more about the club and our classes by going to our website at [www.nosa.ca](http://www.nosa.ca)

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## PRESIDENT'S MESSAGE Bill Blair

Welcome to another new year at NOSA. Although our "year" is normally thought of as September through June for members of the Executive it begins with the AGM in December and runs through to the next AGM. There are two new faces on the Executive this year as Anne and Duncan Morrison decided to take a break. As a result I would like to welcome Jeanine Stannard as Secretary and Sandi Lovas as AIOC Trials Chair and to thank both Anne and Duncan for their efforts on behalf of NOSA.

In addition, I would like to welcome our new team of newsletter co-editors - Dorothy Liedtke (the editor for the past couple of years), Marilyn Clayton, Rod Deacon and Jeanine Stannard. I'm sure they will be after all of us for material for future editions, so please contribute. It will make their jobs much easier.

Our first trial of the year will be a joint Club Trial with Greater Vic on March 12th. As we have a new Chair for this trial I would like to encourage everyone to pitch in and give Sandi a hand - either doing registration, stewarding, working in the kitchen, helping with setup and take-down or just being there on the day to help with the many little things that need doing.

### NOSA RAISES \$1000 FOR FOOD BANK

NOSA presented the Sidney Lions food bank with a cheque for over \$1,000 this holiday season after the dog club held its annual Christmas dinner and fund-raising auction Dec. 11. NOSA has raised more than \$4,300 for the community food bank over the past six years

"The relationship between our organization and the Sidney Lions Club stretches back to the early 1990s, when NOSA members first brought canned items to their Christmas dinner for donation to the food bank," notes NOSA President Bill Blair.

"NOSA is more than a dog club; we're a community service organization — and we're proud of our contributions over the years. Well done, everyone! "

## KEY DATES

- Jan. 6 Classes start.
- Feb. 24 Last regular obedience class. Registration night for March-May session.  
Last handling class until March 31.
- March 3 Beginner's graduation and mat cleaning.
- March 10 Correction and Rally-O matches.
- March 12 AIOC trial with Greater Victoria Dog Obedience Training Club.
- March 17 NOSA Trainers' Night at Bodine Family Hall.
- March 24 NOSA general meeting.
- March 31 March-May session starts. Classes run until May 31.

Find us on the web at [www.nosa.ca](http://www.nosa.ca)

“... a well behaved dog is a pleasure to own and creates a good impression wherever he or she goes. It is our responsibility as dog owners to do everything we can to make our dogs good citizens. Each dog is an ambassador for all dogs. So, by your dog’s behaviour dogdom is judged.”

Irene Copus  
Life Member and  
current NOSA Training  
Chair  
1983 newsletter quote

*More than 4000 dogs  
have received their  
training through  
NOSA’s beginner  
training programs.  
Estimated  
registrations are  
14000 over the years  
the club has operated!*



**NOSA offers a RallyO class at 9:00PM.  
Karen Blair and Liz Hayes are the instructors.**

## GOOD MEMBER PRACTICES

In the interest of keeping our training environment a safe and pleasant place to train for everyone, all handlers are asked to follow a few simple practices.

Exercise and relieve your dog **before** entering the building.

Exercise your dog in the grassy area only and **always** stoop and scoop up stools.

Do not allow males to lift their legs on the corners of the building or in the entry ways.

Keep your dog on leash at **all** times. The only exceptions are off-leash work in the rings.

If your dog has an accident in the hall, find an instructor, assistant or other club member to hold your dog while **you** clean up using the clean-up materials supplied.

**All** dogs must enter the hall

through the green double doors, on the south side of the hall. These are just to the right of the three huge doors with the floor-to-ceiling windows. **No** dogs may enter through the front doors of the facility.

When inside the building, please keep your dogs on the matting.

If your dog has a communicable disease or infestation or you have a female in season, please attend your class, but leave your dog home. You can practise with your dog at home.

If your dog is ill or lame, please leave it home, but attend yourself so you will be able to catch up once your dog is well.

If you have to miss a class, please let your instructor know ahead of time.

If you feel uncomfortable with your instructor/assistant, with any training techniques, or another dog in the class, please express your concerns to either your instructor or Training Chairman (Irene Copus 656-1938).

Feel free to stay and watch the more advanced classes. You may want to put your dog in the car while you do this. If you keep your dog with you, please keep him/her under control at all times.

If your dog is aggressive toward either people or other dogs, please let your instructor know. We will help you without putting you, your dog, the instructor, other students or their dogs at risk.



## RALLY OBEDIENCE

### What is Rally Obedience?

It is a new sport designed to promote a positive relationship between handler and dog where ATTITUDE is more important than precision.

As in agility, each run consists of a single continuous performance, uninterrupted by orders from the judge. Course layouts differ at each trial and directional signs guide you through the course — the idea is to get through the course in the allotted time with the highest qualifying score. Over 40 obedience moves are incorpo-

rated into Rally Obedience with at least 15 of them in each course.

Rally requires a brisk pace, positive attitude, teamwork, control, attention and a happy demeanour. You can talk to and give hand/body signals to your dog throughout your performance. Treats can be given at the end of each exercise in Novice and Advanced levels but cannot be used as lures. Non-food-rewarded dogs run first. Anyone giving harsh verbal commands or corrections can be excused. The idea is to have fun!

**CARO (Canadian Association of Rally Obedience)** offers 3 levels of competition (Rally Novice, Rally Advanced and Rally Excellent) and 3 titles (RN, RA and RX respectively). Participation of **all** dogs — mixed breed, young, old, retired, as well as physi-



**For more information see the CARO web site at [www.canadianrallyo.ca/](http://www.canadianrallyo.ca/)**

**Find us on the web at [www.nosa.ca](http://www.nosa.ca)**

## OBEDIENCE CLASSES AT NOSA

### Puppy Class

This class is for 3-6 month old puppies. The nine week class provides socialization, basic obedience (i.e. sit, down, come on command and walking on leash), grooming and general health care. Instructor: Karen Blair

### Beginner's Class

This class is for dogs 6 months of age or older that have not had previous formal training, other than Puppy Class. The nine weeks of classes provide an introduction to the basic obedience commands (i.e., sit, down, stand & come on command; walking on leash; and sit, down and stand-stays). The class is designed to make your dog welcome in the community. Additional Novice Practice classes are often required to polish your teamwork and make your dog a well-mannered canine citizen or to ready the team for competition. Instructors: Irene Copus, Anne Morrison, Alix Day Assistants: Lynn Erskine, Joy Beaulieu

### RallyO Class

This class is for dogs that have completed at least a Beginner's Class. The class will prepare you to compete in Rally Trials at the Rally Novice (RN) level. Instructors: Karen Blair and Liz Hayes

### Novice Practice Class

This class is for dogs that have completed a Beginner's Class. The course work reinforces the basic Novice exercises, as defined by the Canadian Kennel Club (CKC) and as learned in Beginner's. Instructors: Elaine Hobday, Sharon Sundher Assistants: Danielle Sabine, Werner Liedtke, Jeanine Stannard

### Advanced Practice Class

This class is for dogs that can do all the Novice exercises (Heel on & off leash, Figure Eight, Stand For Examination, Recall, and Long Sit and Long Down exercises), but who require refinement and increased precision. Instructors: Bill Blair

### Trials Practice Class

This class is for dogs that can do all the Novice exercises. The course work focuses on the handler (footwork, body language, etc.), trial preparations and procedures, distraction training. Instructors: Karen Blair, Irene Copus Assistants: Lee Pears, Dorothy Liedtke

## HANDLING CLASSES

### Conformation Handling Classes

Phil Griffith offers a conformation class at 8:00 PM for those individuals wanting to prepare their dogs for the conformation ring. The class runs as a drop in and the cost is \$5 per class.

## OPEN CLASSES

### Intermediate Class

This class is for dogs that have at least 1 CD (Companion Dog) leg. The course work includes an introduction to Open work (i.e., heeling off leash, retrieving, jumping, drop on recall, and long sits and downs with handlers out of the room). This class is not being offered this term

### Open Class

This class is for dogs that have completed Intermediate and can do most Open exercises. They must have a reliable retrieve and dependable out-of-sight sits and downs. The class focuses on refining those exercises that require more work. Instructor: Werner Liedtke Assistant Duncan Morrison

### Trials Open Class

This class is for dogs ready to trial in Open. The class focuses on trialling, proofing, handler errors, refining and increasing precision. Instructor: Gloria Graham

## UTILITY CLASSES

### Beginner's Utility Class

This class is for dogs that have at least 1 CDX (Companion Dog Excellent) leg. The class includes an introduction to the Utility exercises (i.e., scent articles, signals, directed jumping, glove and moving stand). Instructor: Marilyn Clayton

### Advanced Utility Class

This class is for dogs working well in Utility who are trialing or preparing to trial. The course will focus on refinement, precision, handler errors, distraction training and trial procedures. Instructor: Cherry Condrey



*"Dogs are not our whole life, but they make our lives whole."*

*Roger Caras*

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## ARE YOU PREPARED FOR CANINE EMERGENCIES?

While we all hope never to need emergency supplies it is better to be prepared than wish we had gotten around to putting a kit together. This is a basic kit but also includes some suggestions for homeopathic supplies to have on hand.



- Clean towels
- Hydrogen peroxide
- Distilled water
- Tincture of iodine or merthiolate
- Sterile gauze pads, cotton balls & cotton swabs
- Plastic eye dropper
- Small, blunt-nosed scissors
- Elastic bandages for sprains
- White waterproof adhesive tape
- Plastic temperature strips or thermometer (for taking temperature)
- Arnica oil or gel or Traumeel gel – bruising, trauma, swelling.
- Calendula tincture or ointment – speeds wound healing, anti-microbial (bacteria, viruses & fungi), anti-inflammatory, pain relieving (contains salicylic acid).
- Rescue Remedy – anxiety, shock, trauma, helps with heat stroke.

### HOMEOPATHIC REMEDIES:

- Aconite – shock, extreme fright, heat stroke; seizures from fright or fear, fever, early stages of fear, panic, electrocution
- Apis mellifica – bee stings, other insect stings, hives that are red and fluid-filled, abscesses that are swollen, puffy & red, swollen eyelids, burns that puff up & fill with fluid, painful urinary tract infections.
- Arnica montana – trauma, blows, falls, sore muscles from overuse, strains & sprains with bruising; post surgical soreness, deep punctures with bruising or infected punctures, difficult labour with swelling &/or bruising, abscesses that do not develop or open.
- Arsenicum album – any diarrhea or stomach upset; good for cramps, constipation; also good for upper respiratory infections.
- Hepar Sulphuris – primary remedy for infections and swelling due to wounds; good for abscesses, early use in cuts/scrapes, moist skin eruptions, mucous discharge from nose.
- Hypericum – crushing injuries especially where there is extensive nerve damage.
- Ledum – use for any type of puncture; deep cuts from rusty surfaces; good for insect and animal bites, tetanus.
- Nux vomica – primary remedy for vomiting, nausea; good for digestive upset due to overeating, constipation, diarrhea, upper respiratory infections.
- Rhus toxicodendron – use for any red & swollen condition; good for rashes from exposure to toxic substances, intense itchiness, septic conditions, arthritis that becomes better with movement, after-fracture healing where there is lingering stiffness especially in morning, overexertion or strains & sprains, joint & tendon injury.

Do NOT touch the pellets. Place them directly in the mouth using the cap or a spoon as the remedy is on the outside of the pellet. Keep the pellets in your pet's mouth for at least 30 seconds – 1 minute if possible - remedies are absorbed through membranes of tongue, gums and inner lips. Give ½ hr. before or ½ hr after food. In most situations give 4 pellets, wait 15 minutes then give another 4 pellets. After that, give 2-3 times a day for several days or until the symptoms clear up. In sever situations, 4 pellets can be given once an hour until the remedy starts to work. In some cases there may be a temporary worsening of symptoms as the remedy “kicks starts” the body but this worsening should not last long.

### References

1. Day, Christopher, VetMB, VetFFHom, MRCVS. 1998. *The Homeopathic Treatment of Small Animals – principles and practise. The C. W. Daniel Co. Ltd., Great Britain.*
2. Milan, Joanna, DVM. 2002. *Homeopathy For Your Pet. Part of a seminar given in Victoria, BC, April 20-21, 2002.*
3. Volhard, Wendy and Kerry Brown, DVM. 1995. *The Hollistic Guide for a Healthy Dog. Howell Book House, NY.*

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## CKC TRIAL DATES

Are you thinking of trialing this year? Here are the currently listed CKC trial dates for Vancouver Island.

For more info see [www.ckc.ca](http://www.ckc.ca)

- April 16, 2005 NOSA  
See Bill Blair for more info
- April 17, 2005 Island Pacific Lab Club  
Western Dog Shows  
[info@westerndogshows.com](mailto:info@westerndogshows.com)
- May 13,14,15 Tyee (Mill Bay)  
Western Dog Shows
- Sept. 10,11 Forbidden Plateau Obedience Club (Comox)



## NOSA - AIOC HIGH SCORES IN 2004

**Novice A**  
Helen Moulden & Dante  
183.0

**Novice B**  
Duncan Morrison & Angus  
191.0

**Open**  
Lee Pears & Dudley  
188.5

## AIOC

Did you know that NOSA is also a member of the Association of Island Obedience Clubs (AIOC) – an alliance of 15 dog obedience clubs on Vancouver Island, from Victoria to Campbell River.

NOSA hosts three AIOC, or club, trials a year – in March, April and October. These trials are held in conjunction with two other area clubs. The trials give competitors the opportunity to earn 2 passes in a single day.

The 2005 AIOC trial dates are:

NOSA/Greater Victoria Dog Obedience Training Club  
Saturday, March 12, 2005  
Mary Winspear Centre at Sanscha, Sidney, B.C.

Greater Victoria Dog Obedience Training Club/NOSA  
Saturday, April 30, 2005  
RCMP Barn, Saanich Fairgrounds, Saanichton, B.C.

NOSA/Lakewood Dog Club  
Saturday, October 22 or 29, 2005 (date to be confirmed)  
Mary Winspear Centre at Sanscha, Sidney, B.C.

## WHAT'S IN A TITLE?

Titles you can earn with your dog.

### Companion Dog (C.D.):

The CD title is the starting point for competitive obedience. At this level, you and your dog must:

- heel on a loose leash following commands given by the judge. The commands include forward, right turn, left turn, about turn, fast, slow, normal, and halt. There is a heeling pattern determined by the judge and a figure 8.
- stand for examination. In this exercise you must stand your dog (facing the judge); leave your dog to the end of your leash, then turn and face your dog; the judge touches your dog's head, withers and back; and upon command from the judge, you return to heel position. Your dog must not move until the judge says 'exercise finished'.
- heel off leash. This is the same as the heel-on-leash except there is no figure 8.
- recall exercise. In this exercise you leave your dog at one end of the ring; upon the judges command to leave your dog, you walk to the far end of ring and turn to face your dog; upon the judges command to call your dog, you do so and your dog must come

and sit directly in front of you; and upon command from the judge, you must have your dog move into the heel position.

- Once all handlers and dogs have done their individual exercises, all dogs in the class are brought into the ring for the group exercises which consists of a 1 minute long sit and a 3 minute long down where all the dogs are lined up together and upon judges command, all handlers leave their dogs, walk to the other end of the ring and turn and face your dog until the judge says " return to your dogs", at which time you are to return to heel position. During the long sit, the dog must remain sitting and during the long down the dog must remain lying down in order to pass.

To pass you must receive 50% of the points in each exercise and you must have a total score of at least 170 pts out of the possible 200. When you pass 3 Novice trials, your dog earns its CD title.

Did you know that mixed-breed and un-registered dogs can compete in AIOC trials?



## NORTH SAANICH Dog Obedience Training Club

### NOSA EXECUTIVE

President	Bill Blair
Vice-President	Gloria Graham
Secretary	Jeanine Stannard
Treasurer	Sharon Sundher
Training Chair	Irene Copus <b>656-1938</b>
CKC Trials Chair	Joy Beaulieu
AIOC Trials Chair	Sandi Lovas
AIOC Representative	Marilyn Clayton
Publicity Chair	Lee Pears
Newsletter	Dorothy Liedtke, Rod Deacon, Marilyn Clayton, Jeanine Stannard

### THE BENEFITS OF MEMBERSHIP

- Train at NOSA at the higher levels (i.e. above Novice Practice)
- Trial at AIOC (Association of Island Obedience Clubs) club trials.
- Vote at Club meetings, hold Executive office, and/or serve on standing and/or ad hoc committees.
- 7% discount at the *Sidney Feed Barn*.
- 10% off all services at *Dog Lovers Pet Grooming*
- Borrow books and obedience video tapes from the NOSA library.
- Receive the *NOSA Newsletter*.
- First opportunity to get into NOSA sponsored seminars.
- Join NOSA's social activities, such as the annual Christmas party, summer meeting BBQ, July 1<sup>st</sup> Parade and BBQ, etc.

Membership cost is \$10. This cost is not included in your class fees. Application forms are available from Sharon Sundher.

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## TRAINER'S TIPS

### AN EASY WAY TO TEACH THE "DOWN"

This technique works well with puppies, as well as with strong-willed, older dogs.

Step 1. With a treat your dog REALLY likes (e.g., small piece of cheese, roast beef, wiener, etc.) in your right hand, face your dog or have your dog by your side. If your dog knows how to sit, have him sit first. Now, let your dog smell the treat through your fingers, give a gentle command to "down" (in a low, calm voice) and quickly move your hand to the ground so it is directly below your dog's nose - then wait - patiently - until your dog lies down. AS SOON AS the rear and front hit the ground, open your hand (so he can have the treat) and PRAISE, PRAISE, PRAISE! Make a real fuss! Let him know how proud you are of him. The first few times he may be a bit confused. That's OK. Be patient and let him work it out for himself. Once he knows what you're asking, he'll be dropping quickly and happily. Some dogs are intimidated if you tower over them, so don't - give him the space he

needs to feel comfortable. Some dogs will drop their fronts, but will keep their rear in the air. If that happens, tap him gently on the rear and wait for the rear to drop. If your dog creeps forward, you are holding your hand too far away from your dog - bring your hand closer. If your dog is bending his head under his chest, or is backing up to get to your hand, you are holding your hand too close to your dog - move it a bit further out. If your dog barks at you, ignore him. If he paws at your hand, ignore him. If your dog bites at your hand or does anything to hurt you, get up and walk away. Move to another location and teach your dog to take a treat gently from your hand. Once he is working gently, try the exercise again. What we have just done is taught our dog to down by luring him with food. Continue luring until he drops immediately EVERY TIME.

Step 2. We now want to stop luring and start rewarding. Make it look like you have a treat in your hand, even though you do not, and bring your hand to the ground as you had been

doing when you were luring. AS SOON AS your dog drops, release him (with a word such as "OK"), PRAISE like crazy and immediately give him a piece (or 2 or 3) of food from your pocket or container. As your dog learns to drop without the food in your hand, make him do 2 drops before giving him 2 or 3 pieces of food (called jack-potting for superior work). Then give him a treat sometimes, but not others ... but keep up with the praise. The praise can be toned down as the dog learns the exercise and you can slowly eliminate your arm motion as he learns what is being asked of him.

This technique is easier for most handlers than the older, more traditional forceful techniques and a whole lot more fun for your dog. Try it, you'll like it...and so will your dog.

Marilyn Clayton

*Marilyn is a NOSA Life member and has been on the training committee since 1981. She breeds and trains collies under the Woodruff prefix..*