

golden pawprint

OFFICIAL MAGAZINE OF THE GRCWA - AUSTRALIA
VOLUME #46 ISSUE #9 NOVEMBER 2019





CONTENTS

2019 - NOVEMBER

10

GRCWA CALENDAR OF EVENTS

Join us for the last events of the year

16

HEALTH

The dangers of Heatstroke

22

TRAINING

Pups need rest and relaxation

26

BOOK REVIEW

Attentive Cooperation

Using Puppy Politeness Poker for
Healthy Relationships

NAVIGATION

Click on the numbers on the Contents list to go to each page



Click on the Home Button, at the top left corner of each page in the magazine, to go back to the Contents page

There are many links in the magazine. Click on them to visit webpages and send emails

NOTES ON THIS ISSUE

AS THE YEAR COMES TO A CLOSE, there are only a couple more GRCWA activities on the calendar. Firstly, it is our AGM on Thursday 21 November, 8pm, at Dogs West in Southern River. This is an important meeting for GRCWA and it gives all our members an opportunity to have input into the club, and also to find out how the club has been travelling for the past year. We hope to see as many members as possible at the AGM, as without a quorum the meeting cannot go ahead and will need to be rescheduled. I am sure none of us want to turn up again the following week!

SECONDLY, IT IS OUR END OF YEAR XMAS GET TOGETHER. Come along with your dog, and your family, for some fun, a lovely walk, and get to meet people face to face instead of only in the virtual world. All the details are in the magazine, so get your Xmas on and come along.

WITH THE HOT WEATHER NOW UPON US, it is always a good thing to have a refresh about the dangers of heatstroke, and how to keep our dogs safe during the hot summer months. Dogs can't cool down like we can so we need to be extra vigilant in the heat.

WE ALSO HAVE AN ARTICLE ON how much rest and relaxation young puppies need. While everyone wants to take their new cute puppy out and about to show off, we need to be very mindful of how much rest and sleep puppies actually need. Like newborn babies, puppies need to sleep a large part of their life in their early months.

IF YOU ARE AFTER AN INTERESTING READ over summer, Carla has reviewed a book by Suzanne Clothier, Attentive Cooperation: Using Puppy Politeness Poker for Healthy Relationships. Puppy Politeness Poker (PPP) explains how you can teach your dog to be attentive and cooperative in return for real life rewards. Sounds like something most of us would benefit from!

Sincerely

Golden Pawprint Editorial Committee

golden pawprint

OFFICIAL MAGAZINE OF THE GRCWA - AUSTRALIA

CODE OF ETHICS OF THE GOLDEN RETRIEVER CLUB OF WA (INC.)

CAWA CODE OF ETHICS

1. Members must abide by the CAWA Code of Ethics, and any laws, bylaws and regulations of the federal and state governments and the relevant local council.

STANDARD OF THE BREED

2. The Breed Standard is a written criterion developed by the Golden Retriever Club of the United Kingdom and accepted by the Canine Association of Western Australia Inc. which describes the ideal Golden Retriever. Members shall breed only for the purpose of improving the quality of the breed, and not for the pet shop market or any other commercial purpose.

CAWA RULES & REGULATIONS

3. Members shall ensure that when selling or transferring a dog that documents, as required by the CAWA Inc. Rules and/or Regulations, will be provided to the purchaser or transferee.

4. Members shall ensure that each dog to be used for breeding or to be shown or worked, is properly registered with the CAWA, in accordance with the understanding of the purchaser.

5. Members must maintain accurate breeding records. As of 1st January 2012, all litters must be Micro-chipped before registration.

HEREDITARY DEFECTS, HEALTH & BREEDING

6. Members owning stud dogs shall be selective in the bitches they accept, in terms of soundness and hereditary defects, and as the owner of a stud dog, ensure that the owner of the dam has the ability and the necessary facilities to successfully whelp, raise and assure the future well being of any resulting litter. They also have an obligation to assist the breeder as needed and/or requested.

7. As the owner of the dam, members shall be selective in the dog they use, in terms of soundness and hereditary defects. Members shall ensure that the owner of the sire has the knowledge and experience to provide a safe and supervised mating, including the diligent care of the dam.

8. Members shall have all dogs and bitches in breeding programmes X-Rayed and hip and elbow scored under a recognized grading scheme and have eyes checked annually by a qualified Ophthalmologist. In the case of an Al litter, where the sire is deceased, a Clear Eye Certificate within 18 months of the Sire's death, or after ten years of age, is required.

9. Members shall ensure that at all times all dogs under their care, are properly housed, fed, watered, exercised, socialized and receive proper veterinary attention, if and when required.

10. Members shall not breed from a bitch before she is at least 18 months of age and not on the first season. A bitch should only be bred when she is in good health. Bitches must not have a litter within 12 months of a previous litter. However, that should if become necessary, in extenuating circumstances, to breed from a bitch twice within 12 months, then the bitch must be rested on the third season. Members shall not breed any bitch kept by them or registered in their name more than six times without prior veterinary certificate of fitness.

13. Members shall not permit any pure bred dog owned by them or registered in their name to be mated to a dog of a different breed, to a crossbred dog, or to an unregistered dog of the same breed.

14. The Golden Retriever Club of Western Australia (Inc.) acknowledges the ANKC's Code of Ethics, Clause 4:

"Members shall constantly strive to improve their knowledge of their chosen breed or breeds, and their knowledge of the requirements for the care, welfare and betterment of dogs".

To promote the ideals of Clause 4 the data and health screening results connected to your dog received by the club will be stored and where relevant used for registration and publication in relevant NGR/ANKC documentation. The data may also be used for research and shared with trusted and reputable partners for the sole purpose of undertaking research to improve dog health and welfare".

SELLING OR DONATING

12. Members shall not sell or allow any dog to be sold to commercial dog wholesalers, retail pet dealers, or directly or indirectly to allow a dog to be given as a prize or donation in a contest of any kind, or auction or allow to be auctioned any dog owned by them or registered in their name.

13. Members shall ensure that all persons acquiring dogs from them clearly understand their responsibility for the care and welfare of the animal, and that they have the time and facilities (ie. Adequate fencing, sufficient room and proper shelter, etc.) to meet their obligations. To accept that dogs, like people, grow old and may need special care and attention. To be prepared to love and care for a dog for all of its life.

14. Members shall provide to all purchasers of dogs placed by them, written details of all dietary, micro-chipping and immunization requirements and/or an appropriate publication relating to such requirements and responsible dog ownership. Including information on spaying/neutering.

15. Members shall not sell or otherwise transfer from their care any puppy under eight weeks of age and Members shall not export a puppy under the age of 11 weeks.

HONESTY IN REPRESENTATION

16. Members shall not knowingly misrepresent the characteristics of the breed, nor falsely advertise, or mislead any person regarding the performance of any dog, and at all times shall adhere to proper and ethical business practices when breeding, selling and placing their dogs.

COMMUNITY RELATIONS

17. Members shall not allow any dogs under their care to roam at large and, when away from home, ensure they are kept fully leashed, or under effective control, at all times.

18. To promote good fellowship and sportsmanship amongst members and those participating in or at shows.

Passed at AGM 23rd NOVEMBER 2017

EDITORIAL POLICY

The Editorial Committee reserves the right to withhold publication of any material whatsoever. Views and opinions expressed in this magazine are those of the correspondents and contributors, and not necessarily those of the Editorial Committee. GRCWA, the printer or any other contributors. GRCWA will not accept anything that's poorly written, offensive or defamatory in tone or nature and will reject subject matter which is deemed to be not in the best interest of the Club, its policies or Code of Ethics. All material is accepted in good faith and the accuracy of the contents of any material submitted is the responsibility of the contributor. Names of contributors may be withheld from publication on request, but must be supplied. While every effort is made to ensure that all material is reproduced correctly, GRCWA accept no responsibility for any error.

COPYRIGHT DISCLAIMER

All content, photos and images reproduced on this magazine have been checked for copyrights. If a photo or image is used, it is because display rights have been obtained from the copyright holder, or because it is known to be in the public domain, or because clear copyright/ownership could not be established. It is not the intention of this magazine to willingly violate copyrights or intellectual ownership in any way. If it is determined that a particular content, photo or image appearing on this magazine is copyrighted by others, we will remove it.

This magazine is intended only for informative purposes. It is not conducted as a business. The advertising profits are used in activities organised by the GRCWA for its members.

Due diligence has been exercised, but it is possible that unapproved copyrighted photos or other graphic material may appear on this magazine inadvertently. If you feel that a copyright has been violated, please email the magazine at editor.goldenpawprint@gmail.com

PHOTO & VIDEO DISCLAIMER

GRCWA and Golden Pawprint Magazine reserves the right to use any photograph/video taken at any event organised by the GRCWA, without the expressed written permission of those included within the photograph/video. GRCWA may use the photograph/video in publications or other media material produced, used or contracted by GRCWA including but not limited to: brochures, invitations, books, newspapers, magazines, television, websites, etc. To ensure the privacy of individuals and children, images will not be identified using full names or personal identifying information without written approval from the photographed subject, parent or legal guardian. A person attending a GRCWA event who does not wish to have their image recorded for distribution should make their wishes known to the photographer, and/or the event organisers, and/or contact GRCWA members or send an email to editorial.goldenpawprint@gmail.com, in writing of his/her intentions.

By participating in a GRCWA event or by failing to notify GRCWA, in writing or your desire not to have your photograph used by GRCWA, you are agreeing to release, defend, hold harmless and indemnify GRCWA from any and all claims involving the use of your picture or likeness. Any person or organisation not affiliated with GRCWA may not use, copy, alter or modify GRCWA photographs, graphics, videography or other, similar reproductions or recordings without the advance written permission of an authorized designer from GRCWA.

CLOSING DATES:

CONTRIBUTIONS: For photos, articles, stories, product reviews or any other copy contributions, please submit them by the **15th of every month.** Please forward any material to: editorial.goldenpawprint@gmail.com

meet the editorial committee

We work hard searching for news and interesting articles to bring to you in each issue of the Golden Pawprint Magazine. We are able to source some very good information, but we would like your contribution as well. If you see anything interesting you would like to share and see published, contact us by sending an email to editorial.goldenpawprint@gmail.com

We would love to hear from you!



FERNANDA E. HERRMANN
GRCWA COMMITTEE MEMBER 2019
MANAGING EDITOR
ART DIRECTOR



ANN JONES
GRCWA SECRETARY 2019
CONTENT CONTRIBUTOR
PROOFREADING



JACKIE CRAWFORD
GRCWA VICE PRESIDENT 2019
CONTENT CONTRIBUTOR

THIS ISSUE'S COVER

Cover: Ninja and puppy Cooper

Photo Credits: Wagging Tales Pet Photography

THIS ISSUE'S SPONSOR



SPONSORSHIPS:

Please contact us via email editorial.goldenpawprint@gmail.com if you would like to sponsor the GRCWA.

GRCWA PRESIDENT'S LETTER

DEAR MEMBERS,

AS OUR CLUB BEGINS its new financial year, it is appropriate to take a moment to reflect on many of our club's accomplishments and the best place to do this is the club's AGM and I want to encourage all of our GRCWA family to attend.

I ALSO WANT TO ENCOURAGE YOU to make a special effort to attend our Christmas party on the 1st December a great opportunity to catch up with fellow members. If you haven't already done so buy some raffle tickets for the club's raffle which will be drawn at the Christmas party – there are some great prizes up for grabs.

WITH THE START OF A NEW YEAR for the club, I hope everyone has paid their subs. Our membership form can be found on our website - *click here for the link.*

ENJOY CATCHING UP WITH NEWS from the Golden Retriever Club of WA and thank you to everyone for your contributions.

CARLA O'DONNELL
President GRCWA 2019





GRCWA Network

W GRCWA.COM.AU

f **FACEBOOK - GRCWA OFFICIAL PAGE** *club members and non-members welcome to like and follow*

f **FACEBOOK - FRIENDS OF THE GRCWA DISCUSSION GROUP** *club members and non-members welcome to join*

e ANNJONES@IINET.NET.AU

THE GRCWA COMMITTEE - 2019

PRESIDENT
CARLA O'DONNELL
0417 916 011
carla@aneirabygoldens.com

VICE PRESIDENT
JACKIE CRAWFORD
08 9384 1648
jackie.crawford@me.com

TREASURER
KENDAL O'REILLY
0417 947 223
camlach@bigpond.com

SECRETARY
ANN JONES
0415 451 762
annjones@iinet.net.au

TROPHY OFFICER
HELEN KEELING
08 9300 1036
ashfaere3@bigpond.com

GOLDEN PAWPRINT MAGAZINE
MANAGING EDITOR
FERNANDA E. HERRMANN
0421 545 549
editorial.goldenpawprint@gmail.com

GENERAL COMMITTEE MEMBER
MEGAN CASAS
0413 304 295
tullymac@ozemail.com.au

GENERAL COMMITTEE MEMBER
LOUISE ANDREWS-ADAMS
lou705@hotmail.co.uk

GENERAL COMMITTEE MEMBER
JACINTA ANDREWS-ADAMS
jacinta.andrews@live.com.au

GENERAL COMMITTEE MEMBER
RUTH CONNAH
08 9249 3548
conarhu@bigpond.com.au

GENERAL COMMITTEE MEMBER
HOLLY LOUISE BRIGHTON
0468 994 745
hollybrighton26@hotmail.com

GRCWA LIFE MEMBERS
JESSICA BROWN
JEAN GRIEVE
LEONIE MALEY
ROBYN PEIRCE

ROLL OF HONOUR
PENNY GREENWELL
DENNIS WALKER



One big aussie golden family!

*By becoming a member of the
GRCWA you are connected with
golden lovers all around Australia*

THE NATIONAL GOLDEN RETRIEVER COUNCIL (NGRC)

was formed in 1995 by agreement between the Golden Retriever Clubs in Queensland, Victoria, South Australia and Western Australia. New South Wales and Tasmania joined the Council in 1997-8.

THE NGRC WAS FORMED to provide golden retriever enthusiasts with a platform for the education of breeders and the promotion of the breed at a national level. The NGRC allows for discussion of any issue of relevance across state borders, and to give a voice for golden retriever enthusiasts at national forums hosted by the Australian National Kennel Council (ANKC) and other relevant organisations.

ALL GOLDEN RETRIEVER CLUB MEMBERS can have matters raised at the NGRC for discussion and/or action subject to the support of his/her Club. The NGRC bring together, through National events, golden retriever enthusiasts from Australia and overseas, to showcase the breed and discuss contemporary issues with like-minded people. The NGRC does not exist, however, simply to facilitate National Shows and Field Events, and, indeed, if there were no NGRC there would be no Nationals.

For advice and information, contact the clubs around Australia

NGRC ADMINISTRATION

Elizabeth Molnar, President
dobrogold@icloud.com

Dr Carla O'Donnell: Secretary-Treasurer
carla.odonnell@bigpond.com



Golden Retriever Club of Western Australia Inc
www.grcwa.com
Secretary: Ann Jones
Phone: (08)
Email: annjones@iinet.net.au



Golden Retriever Club of NSW Inc
grcnsw.org.au
Secretary: Debra Stubbings
Phone: 0414761870
Email: dstubbings@bluebreeze.com.au



Golden Retriever Club of Victoria Inc
grcv.org.au
Secretary: Carol Stafford
Phone: (03) 5978 6844
Email: dcstafford@optusnet.com.au



Golden Retriever Club of South Australia Inc
grcsa.org.au
Secretary: Jan Williams
Phone: (08) 8298 3198
Email: secretarygrcsa@virginbroadband.com.au



Golden Retriever Club of Queensland Inc
grcq.org.au
Secretary: Karen Vowell
Phone: 0403 302 489
Email: grcqld@gmail.com



Tasmanian Golden Retriever Club Inc
tgrc.org.au
Secretary: Linda Rand
Phone: (03) 6426 1927
Email: linda.rand@randelectronics.com.au



GRCWA CALENDAR OF EVENTS 2019



BY ANN JONES
GRCWA Secretary 2019

More details of each event in the next issues of the magazine, as well as on the Club's Facebook Pages*

NOVEMBER

Thursday 21 November - 8pm
AGM - GRCWA ANNUAL GENERAL MEETING
DogsWest - Meeting Room 2

DECEMBER

Sunday 1 December - from 9.45am
FUN DAY - CHRISTMAS GET TOGETHER*
Light St Reserve, Dianella
Organising Club Member: Ann Jones
See page 12 for more details



Photo Credits: Wagging Tales Pet Photography

GRCWA NEWS



Our meeting is coming soon.

As a member of the club you are invited to participate at the GRCWA Annual General Meeting.

The club's AGM is held once a year and all members of the club are invited to attend. The purpose of an AGM is to give members a report on the club's activities and finances for the previous year, **it provides an opportunity for members to ask questions and put forward any ideas they may have**, and it also elects members for the executive committee and any vacant general committee position. The meeting does not usually go for very long, **and afterwards there is an informal chat with the committee and members, and of course, coffee and cake provided!** Hope to see you there.

Thursday 21st November 8pm at DogsWest

602 Warton Road, Southern River WA 6110 (Meeting Room 2)



Xmas GET FUN DAY TOGETHER

The GRCWA invites everyone to participate of the last event of 2019!

Save the date and let's meet up for some fun! (members and non-members of the GRCWA are invited). **You can either join the group walk around the reserve, or stay in the enclosed dog park and wait for the group to arrive back.** Light St is an off-lead area, but there are parts eg cricket oval where there may be kids sport being played so your dog may need to be on lead for parts of the walk.

Our talented photographer Megan Casas will be taking photos, FREE of charge, so if you would like a special photo of you and your dog, or just of your dog playing in the park, come along.

Also, Santa will be paying a visit, so if you would like your dog to receive a gift from Santa, please bring a wrapped pressie, with your dog's name on it, so it can go in the Santa Sack. **Don't forget to dress up in your Xmas outfits,** and there just

may be a prize for the best dressed Xmas dog/s and owner! The GRCWA will set up a table and gazebo, so **we encourage everyone to bring along some morning tea,** and your drink of choice as there is no cafe close by. The club's Xmas raffle will be drawn at this get together, so it will be your last chance to buy tickets. **The raffle prizes will be drawn at 11am.** Get into the Christmas mood, and come along and meet up with people that you know, and those you may only know from FB. Feel free to share the event's page with family and friends.

**SUNDAY
1st DECEMBER
FROM 9.45am**

**Light St Reserve,
Dianella**

CONFIRM YOUR PRESENCE TODAY
Click on the FB icon to confirm you are coming!





Welcome your
new puppy
owners to our
golden family.

Complimentary Club Membership for new Puppy Owners

The club is offering complimentary up to one year's membership to the GRCWA Inc. to new puppy owners that have purchased their puppy from a GRCWA member and who is a registered ANKC breeder. It is easy to receive the complimentary membership online, using the clubs offline payments membership form. New puppy owners will just need their dog's registered name and registration number. [Click here for the link](#)

Terms and Conditions:

1. Puppy must be purchased from an ANKC registered breeder that is a member of the GRCWA Inc.
2. Puppy must be registered with an Australian National Kennel Council member body (such as DogsWest)
3. Membership must be applied for within 6 weeks of purchasing the puppy.
4. Membership is for the current financial year of the GRCWA Inc. (The GRCWA Inc. financial year is 1st November - 31st October).



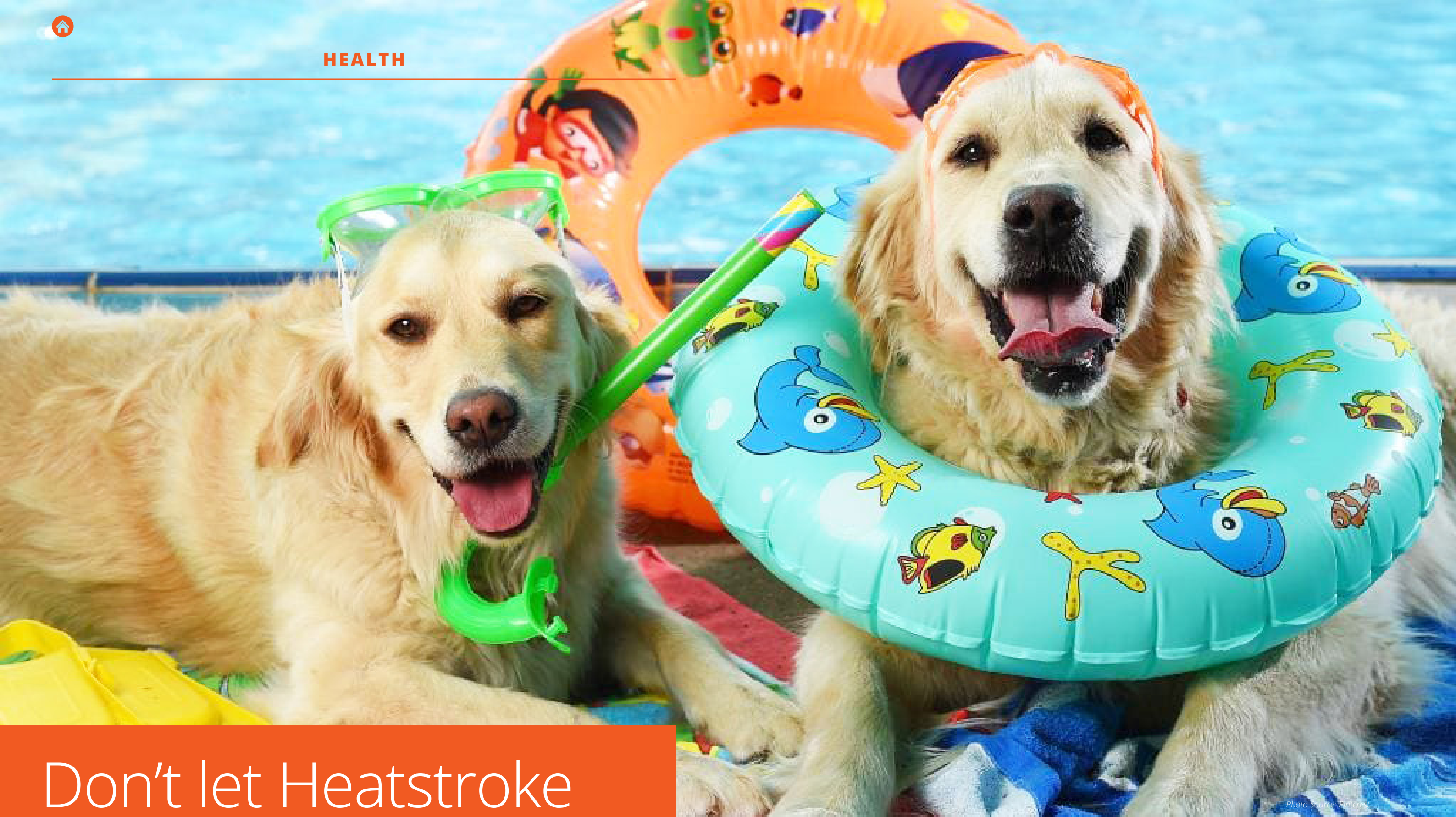


Photo Source: Pinterest

Don't let Heatstroke ruin your Summer fun.

Sourced by Ann Jones

Summer is fast approaching and for those who love the heat it's time to enjoy the sun! Trips to the beach, walks along the river, it's all a great time for our goldens who love to swim, but it's not all fun and games. Heatstroke is a serious business and it can turn a perfect day out in the sun into a tragic event. Learn about the signs of overheating and what to do if your dog seems to be suffering from heatstroke.

The loss of a dearly loved pet is difficult enough when death is expected and the passing is painless. But losing a canine member of the family to an avoidable case of heatstroke is an event many pet owners never forgive themselves for.

SIGNS AND SYMPTOMS OF HEATSTROKE

On a 30°C day it takes only 10 minutes for the interior of your parked car to climb to 39°C. In a half hour, it can reach 49°C.

Leaving windows partially open doesn't help to cool things down inside the vehicle.

To make matters worse, dogs have a higher body temp than people and they don't cool down as efficiently as we do. Your canine buddy is designed more for insulation from the cold than for cooling down.

You have sweat glands all over your body, but your dog's are confined to her nose and the pads of her feet. A dog that is heating up can only normalize her body temperature through panting, which just doesn't get the job done under extreme conditions.

In a very short period of time, an overheated dog can suffer critical damage to her brain, heart, liver and nervous system.

SYMPTOMS OF OVERHEATING INCLUDE:

- Heavy panting
- Excessive thirst
- Glazed eyes
- Vomiting and bloody diarrhoea
- Bright or dark red tongue, gums
- Staggering
- Elevated body temperature (40°C and up)
- Weakness, collapse
- Increased pulse and heartbeat
- Seizures
- Excessive drooling
- Unconsciousness

If your dog's body temperature gets to 42°C or higher, heatstroke is the result. The cells of the body rapidly start to die. The brain swells, causing seizures. Lack of blood supply to the GI tract creates ulcers. Dehydration leads to irreversible kidney damage. All these catastrophic events take place within a matter of minutes.

In the early stages of a heat-related illness it can be difficult to assess your dog's condition, since it's normal for her to pant when she's warm or while exerting herself.

I recommend you learn from your dog's vet how to take her temperature (rectally – I'm sorry), and invest in a digital thermometer that you designate for doggie use only. It could come in handy if you're ever concerned your dog is overheated and need to know her body temperature.

I can't stress enough how important it is for dog owners to take every precaution to keep their pets from getting overheated.

By the time a dog is exhibiting symptoms of heatstroke, it's often too late to save it.

DOGS AT HIGHER RISK

If your dog is one of the following, you'll need to be extra vigilant about keeping her safe from heat-related illness:

1. Dogs with flat faces and short noses, also known as brachycephalic, like Pugs, Boston Terriers, Pekinese, Boxers, Bulldogs, Shih Tzus – these breeds don't pant as efficiently as breeds with longer noses
2. Older dogs
3. Puppies
4. Sick dogs and those with chronic health conditions like heart disease
5. Dogs not acclimated to warm weather
6. Any healthy dog left outside in hot weather
7. Dogs that are over-exercised or are allowed to overexert themselves in the heat

WHAT TO DO IF YOUR DOG GETS OVERHEATED

If you think your dog (or any dog) is suffering from heatstroke, you need to take immediate action:

- Move her immediately to a **cool area** – either into the shade or preferably into air conditioning.
- Assess her **condition** – is she able to stand? Is she conscious and panting? If so, offer her small amounts of water to drink and take her temperature if possible.

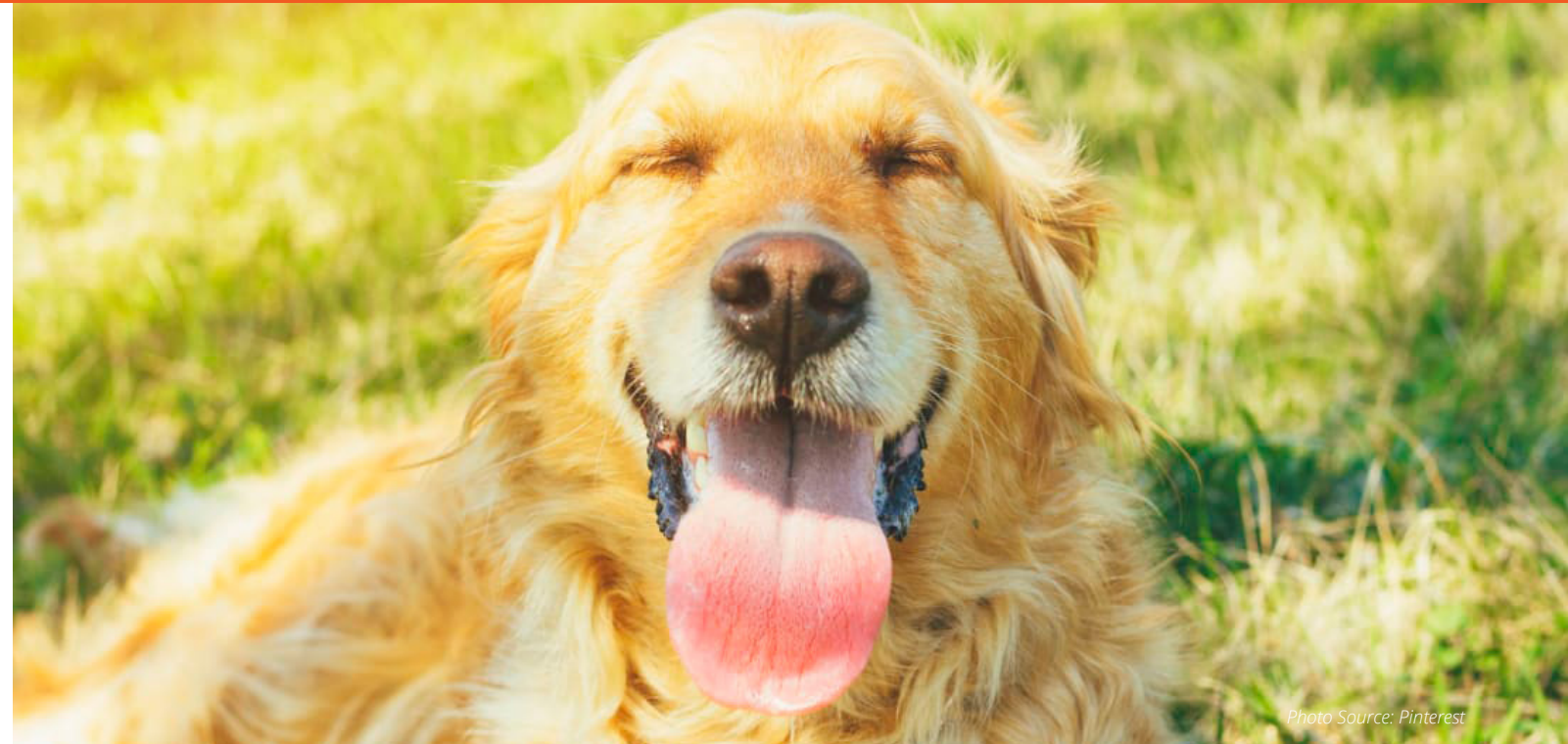


Photo Source: Pinterest

- If she's at 40°C or lower, **remain with her in a cool environment, watch her carefully and keep offering small drinks of water.** A large volume of water all at once might cause her to vomit, which will add to the risk of dehydration.

- When she seems more comfortable, **call your veterinarian for next steps.** The doctor may want to evaluate your dog even if she seems fully recovered.

- If your pet is unable to stand on her own, is unresponsive to your voice, touch or the sight of you, or is having seizures, **check for breathing and a heartbeat.**

- At the same time, have someone **contact a veterinary hospital** (or make the call yourself if you're alone with your pet) to let them know you'll be bringing her in right away. It's important to alert the clinic you're on the way so they can prepare for your arrival.

- Begin **cooling procedures** by soaking her body with cool water – cool, but not cold. Use a hose, wet towels or any other source of cool water that is handy. Take her temperature if possible.

- Concentrate the **cooling water on her head, neck and in the areas underneath her front and back legs.** Carefully cool her tongue if possible, but don't let water run into her throat as it could get into her lungs. Never put water in a dog's mouth that can't swallow on its own. Put a fan on her if possible – it will speed up the cooling process.

- After a few minutes, re-check her temperature. **If her temp is at or below 40°C, stop the cooling process.**

Further cooling could lead to blood clotting or a too-low body temperature. Get her to a veterinary clinic right away, even if she seems to be recovering.

HOW TO KEEP YOUR DOG SAFE FROM THE HEAT ALL SUMMER LONG

Dogs can dehydrate very quickly, so make sure yours has **plenty of fresh, clean water** available at all times. If she'll be outside on warm days for any length of time, she should have access to complete shade.

Exercise your pup early in the morning or after the sun goes down, during the coolest parts of the day. **Stay in the shade if possible, and if it's 32°C or hotter, your dog should be kept indoors.**

Play in the sprinkler with your dog or hose him down with cool water if she must stay outside and can't avoid temperatures over 32°C.

Don't overdo exercise or play sessions, regardless of the time of day. Over exertion in hot weather -- even after dark -- can bring on heat-related health problems.

Don't allow your dog on the hot pavement – it can burn her paws and the heat rising from the concrete or asphalt can quickly overheat your low-to-the-ground pet.

And, of course, never leave your dog alone in a parked car on a warm day. Leave her where she's cool, hydrated, and eagerly awaiting your return.

Reference: Healthy Pets, with Dr Karen Becker

PETS IN SUMMER SERIES

HEATSTROKE IN FAMILY PETS

What to do if you suspect heatstroke

01 Hose down your pet thoroughly so that their panting slows down and to prevent their body temperature from rising further.



02

Ring your vet to tell them you are on your way – immediate veterinary attention is recommended, don't take a 'wait and see' approach.

03

In the car, keep your air conditioning on or your windows down to keep your pet cool.



04

At the vet, treatment for heatstroke may include intravenous fluids, oxygen or a blood test to determine if organ damage has occurred.



05

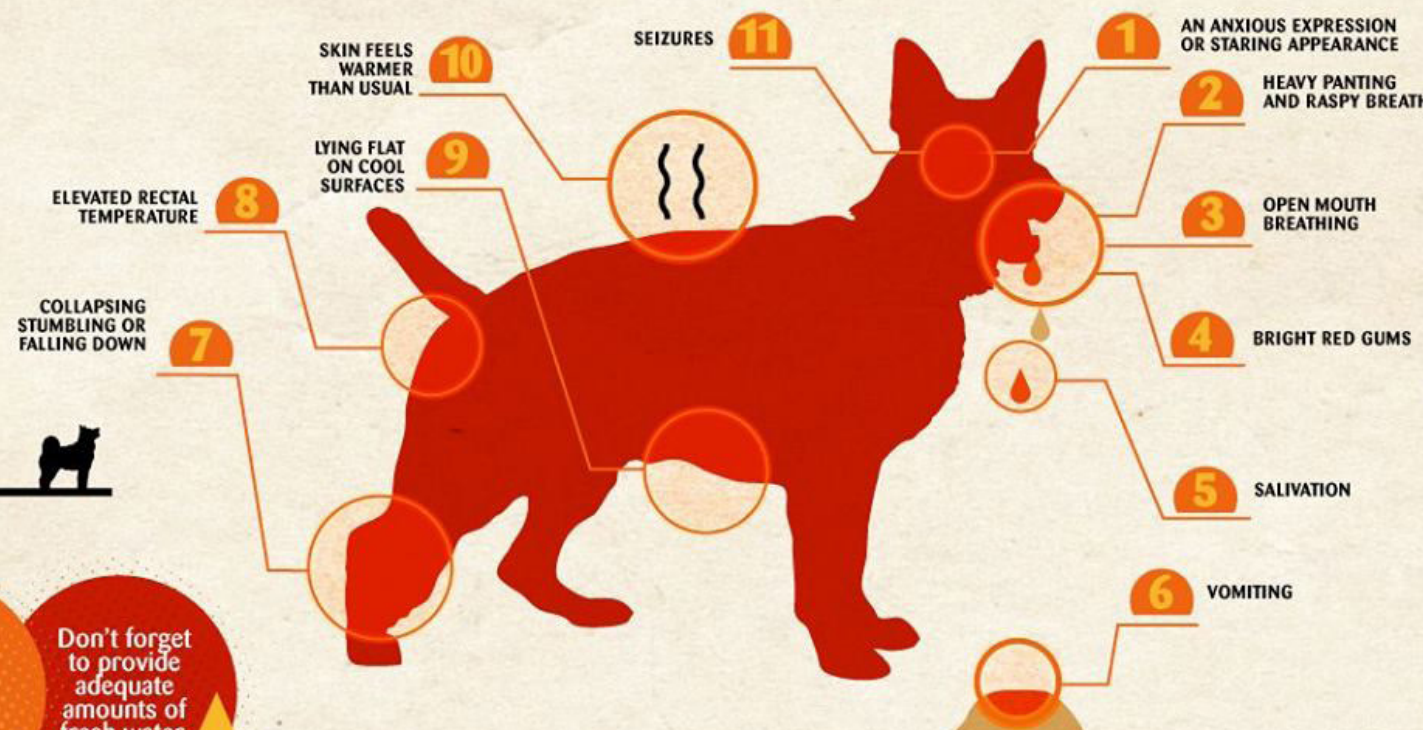
Severe cases can have a significant risk of death and may require hospitalisation for 1-10 days.



What not to do on a hot day with your pets



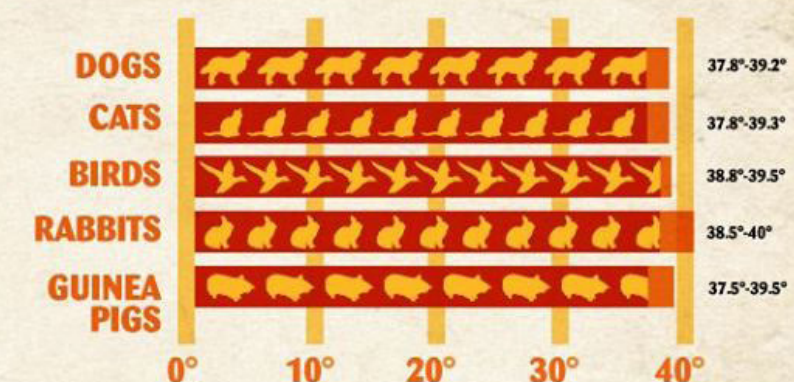
What symptoms to look for



What to do on a hot day with your pets

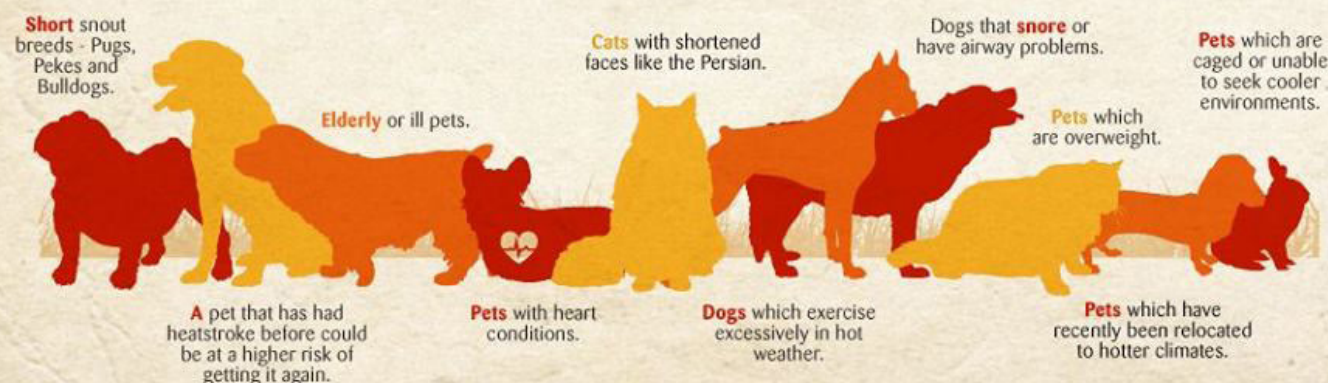


Average body temperature of household pets



The closer the temp of the day is to your pets body temperature, the harder it is for them to keep themselves cool.

Types of pets most susceptible to heatstroke



Why your dog may be more likely to get heatstroke than you



What heatstroke can do to your pet





TRAINING



BY DR CARLA O'DONNELL PHD, CPDT
GRCWA President 2019

Pups need rest and relaxation, too.

Dog owners today are a savvy group of high achievers who like to show off their pups' skills. With plenty of dog-friendly activities to do and lots of places to visit, it is tempting to keep your cute new puppy or dog out and about from dawn till dusk.

That way, when you get home, they're so tired they forget to chew up your favourite shoes, nibble your ankles, or play search and destroy with the other four legged members of the family. Instead, they pass out in cute poses, face to floor, providing Facebook-worthy expressions. But what is the cumulative effect of this lifestyle in the doggy fast lane?

According to many research studies, there are numerous significant negative effects of sleep deprivation on humans, including decreases in cognitive function, decision-making skills, memory retention, and motor skills. Some people experience instability in behaviour, changes in mood, and higher susceptibility to illness.

We see these effects in ourselves, unconsciously snapping at a loved one, losing patience more quickly, or simply spilling our morning coffee down our nice white work shirt. In children, lack of sleep typically shows itself through temper tantrums, extra bumps and bruises on the knees and decreased cooperation. Not fun.

Puppies need to sleep 15 to 20 hours a day.

We've all smiled and laughed when watching a young pup play hard one minute only to fall asleep the next. However, much like children, if they're too busy engaging with you or are highly stimulated by the environment, it's easy for pups to forego sleep in the moment. Keep your puppy out adventuring all day and she'll highly likely try to keep up with you, which will be to her (and our) detriment.

Puppies need to sleep 15 to 20 hours a day.

Sleep is critical to a young puppy's mental and physical development as well as for all dogs' long-term health and well-being. There is ample evidence that without adequate rest periods throughout the day, dogs often display behaviours similar to that of a toddler allowed to stay up too late at night.

Some overstimulated and under-rested pups will practically vibrate with excitement all day long. This appearance is often accompanied by uncontrollable jumping, mouthiness, and barking. Their eyes take on a glassy look and your cute little puppy has been replaced with a demon whose pearly white teeth repeatedly sink themselves into your hands, arms, and favourite pants. Others may develop anxious and avoidant behaviours, barking at anything and everything, and becoming hyper vigilant to every stimulus.

Help! That's what you're thinking. And that's exactly what your puppy needs. Short of the times your puppy literally falls asleep on his or her face, most puppies will go and go and go until you step in and make the parental role decision of its sleep time.

It's time to make the all-important commitment to provide your pup with rest and relaxation. Prevention is the best medicine. Teach habitual periods of calm from the moment you bring your new best friend home. Your puppies daily schedule should include short training sessions for mental stimulation, play sessions for bonding and exercise and public outings that match your dog's comfort level and socialisation needs. But you also need compulsory periods of Rest & Relaxation (R & R) throughout each day. You can structure independent naptime by using a crate, x-pen, or baby-gated area. Or, invite your dog to relax quietly on a bed at your feet or snuggle up next to you on the couch with a favourite chew toy.

Even full-day adventures have ample opportunities for R & R. Is your dog settled under the cafe table? Then politely decline people's requests to greet him. On a walk? Settle down off the beaten path for a leisurely break. Bring a coffee and a snack for yourself and a water bowl and snack for your dog and teach your dog to sit back and relax.

If your puppy or dog needs help learning to enjoy the calming portion of their schedule, provide them with some guidance. Pop your puppy in their R & R place with a chew toy, my dog's personal favourites are bully sticks, Kongs and a variety of interactive food puzzle toys (always supervise your dog the first time you provide him or her with a new chew or toy to ensure it's safe for your dog's unique chewing style). Food puzzle toys encourage innate canine foraging behaviours followed by naturally occurring periods of digestion and relaxation.



Photo Source: Pinterest

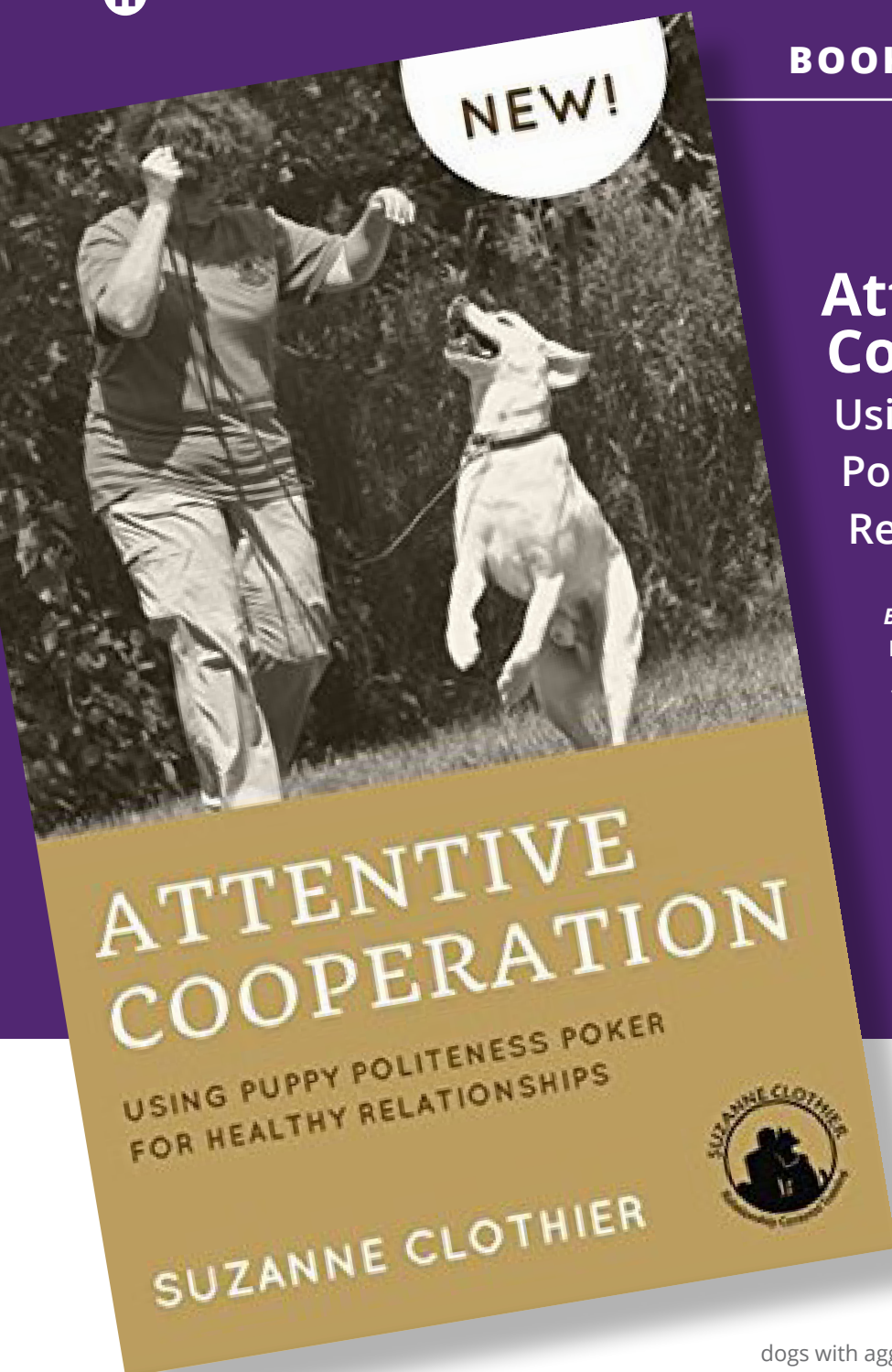
Continuing this practice over time will help your pup learn to self-regulate his or her central nervous system and easily establish long-term positive behaviour habits.

Your pup may be reluctant to stop the fun and games at first (often expressing this disappointment loudly). However, if you've checked off the boxes of your dogs' pre- R & R needs (mental, physical, social, and toilet) and allow your puppy a few minutes to adjust to the new non-negotiable agenda, he'll discover that the allure of tempting chews and food is irresistible for a hungry, tired pup and settle down.

For new-to-you adult dogs (and occasionally puppies with specific temperaments), know that teaching calm is sometimes a long-term training process. Depending on individual brain chemistry, natural arousal tendencies and previously established daily habits, some dogs will require extra support. Changing habits is a challenge for most people and dogs. Commit to following your daily schedule and be patient with the process. If you feel you or your dog could benefit from additional guidance, contact the club and we can recommend a skilled trainer to help you. Now go relax. GRCWA's President's orders.



BOOK REVIEW



Attentive Cooperation

Using Puppy Politeness Poker for Healthy Relationships

By Suzanne Clothier

Published by: Flying Dog Press, St. Johnsville, NY; 2016

Available from Amazon & Dogwise publishing ([click here to go to the link](#))

Review by Dr Carla O'Donnell PhD, CPDT

- relies on intrinsic motivation • uses real-life rewards • develops attentive cooperation • teaches self-control • improves communication • is force-free, no equipment necessary • is non-confrontational, making it suitable for dogs with aggression or other behaviour issues.

Started early in life, attentive cooperation becomes the natural response from the dog. You may discover the value of PPP when your adolescent dog is sliding out of control. PPP is useful for teaching teenage dogs self-control, and can help rebalance the relationship in humane, effective, force-free ways. PPP emphasizes choice for the dog, and offers a way for the dog to feel in control of his life. Innovative trainer Suzanne Clothier (author of *Bones Would Rain from the Sky*) is well known for her Relationship Centered Training approach. In *ATTENTIVE COOPERATION*, her usual humour and thorough understanding of dogs is obvious. She provides practical, sensible and humane advice, while keeping the dog/human relationship central at all times.

Whether you have a newly adopted dog, a brand new pup, a challenging adolescent dog, or any age dog with behaviour problems, Puppy Politeness Poker (PPP) can be helpful. PPP teaches your dog to be attentive and cooperative in return for real life rewards (RLR). Easy, quick interactions throughout the day create positive changes in the dog/human relationship. What the dog learns through PPP is simple and important: “You do this for me, I’ll do that for you.” Effective and humane, Puppy Politeness Poker:



Click here to send us an email if you would like to make some suggestions for the next issues of the magazine.



GRCWA.COM.AU



CLUB'S OFFICIAL PAGE



FRIENDS OF THE GRCWA DISCUSSION GROUP