

Your quarterly dog club update: all the latest on the dogs, people, events and happenings at Titahi Bay Canine Obedience Club.



A BIG newsletter for you this quarter, including some great information on how to deal with hyper-arousal in our dogs and some doggy facts that are pretty wow! But let me start with a quick update on what the club has been up to lately...

Back to Kakariki for the winter terms. For many years we hired the Dogs NZ premises in Elsdon, Porirua and shared this with indoor football and netball. This was a good test for you and your dog as the noise level was so high that we purchased PA systems to help the classes hear our instructors. I would regularly lose my voice after taking 2 classes and even resorted to holding up large signs with SIT, DOWN etc. on them. After Dogs NZ decided to sell the property last year we found Kakariki Stables in Pauatahanui. We were extremely lucky to find a covered venue that allowed dogs.

At Kakariki we have the use of a covered horse arena to instruct in and a larger uncovered arena to park in. The covered arena has a high roof, open on 3 sides with wind break cloth on two of those. It has a sand base that can get a bit dusty but it's so peacefully to train there and so far the only time I have got wet was from a few drips off the roof when there was a strong northerly and very heavy rain. If you are one of the last to leave Kakariki look up at the stars and listen to the moreporks - you'll see why we enjoy training there.

The Club's training grounds at Ngātitoa Domain are very tender at the moment. So far this year we have had more than 30mm of rain above the monthly average. We have a higher number of dogs training at the grounds during the winter terms and higher use of grounds for competitions by our club and other clubs because Dogs NZ no longer have a covered facility in Wellington. You can help our grounds recover by keeping off any bare ground or where there is surface water, by stopping your dog from digging, or running and stopping suddenly. Some areas have been roped off as they are either wet or have had heavy use and need to recover, please keep off these areas too. We

Our *Rally-O Champ show on 28th May* was a very successful day and we were lucky to get no rain. A lot of work goes into the club running this event and we owe a lot of thanks to everyone who assisted. For those who don't know what Rally-O is, here is my explanation:

Rally-O is short for Rally Obedience. It comprises of a series of stations with signs showing a specific obedience exercise or exercises on them. These are done in a set order, from the Start sign to the Finish sign. You start with 100 points and can lose up to a maximum of 10 points per exercise. Each dog and handler are also timed so if more than one person is on the highest score the fastest entry wins. You move through the grades - Novice A, Novice B, Advanced A, Advanced B, Excellent A and Excellent B - and gain titles by completing a number of events with 90 points or more in Novice, 95 in Advanced and the full 100 in Excellent.

If you want to see what's involved in Rally-O first hand then ask to help out at our next show. As a Timer you get a great view of the action, second only to the Judge.

And last, but definitely not least, huge congratulations to this year's cup winners:

25th Anniversary Shield for Most Improved Domestic Obedience Handler and Dog: Tracy Pattle and Dash

Competition Class Most Improved Handler and Dog: **Jo Kilmister and Rebel**

Rally-O Most Improved Handler and Dog: John de Roo and Suki



And the *Milne Trophy* for highest aggregate points in Competition Obedience shows went to **Sherrie McIntyre and Ditto**.



Craig Prattley
President, TBCOC



2022 Committee members

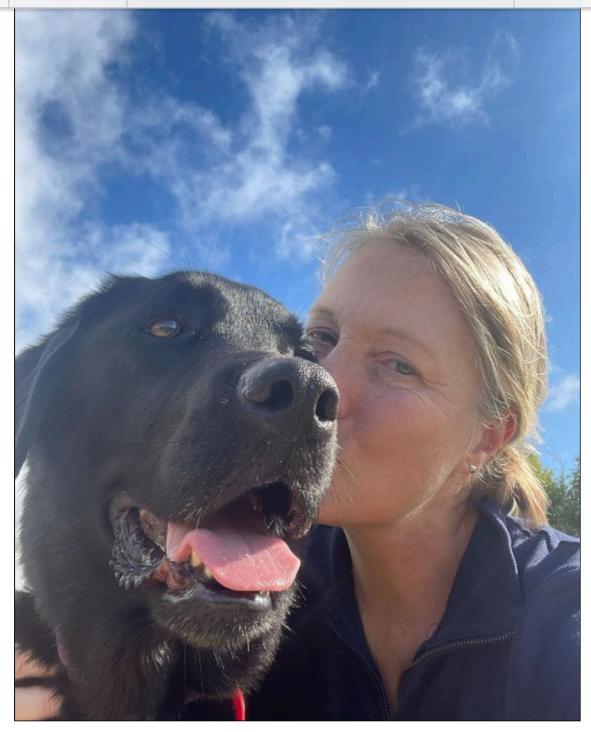
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Claudia Samitz - Treasurer
Erin McKenzie - Secretary
Lianne Davies - Class Coordinator
Antonia Allum - Comms and Web

Bronwyn Weir Glen Robinson Iain Clarke Jacqui Austin Jan McKenzie Jenny Greer Lynette Bell

Cheryl Dickson chose to stand down from the committee this year. We are thankful for her many contributions over the years.



Every newsletter we will dig deep and publish a profile of one or more of our members and their lovely dogs...



Claudia Samitz and Layla

As long as I can think back, I had wanted a dog. It took over four decades until I could finally realise my dream and a little black Labrador puppy, named Layla, became part of my life.

In hindsight, her being my first dog, and despite reading a lot about dog training, I made many mistakes. But I also discovered that if you treat your dog with respect, give them love, and try as hard as you can to cater for their doggy needs, you will get a lot back and have a great companion in life.

I realised very early that she loved humans! As a 10 week old puppy she was in my arms at the end of a puppy class and, as always happens with dog people around a new puppy, a crowd formed around me excitedly patting and praising the cute little lab. She LOVED all the attention, showed no sign of fear, and was happy having many hands touching her

Equally, I can't claim any credit for training her to stay alone waiting patiently for my return. I enjoy going to the annual Rotary Waikanae Garden Festival, where you visit 10-12 private gardens in a day. Of course, dogs are not allowed in the gardens, but I walked Layla from one garden to the next all over Waikanae and tied her up outside the properties. Upon my return from one of the gardens I found her with a water bowl in front of her (no idea where that came from), the next time I returned she was sat amongst a group of bike riders, joining the discussion on where to go next (they may have had a more interesting route than mine) and yet another time, she was upside down getting a belly rub from a young couple (I gave her maaaaaany belly rubs, honestly). At the last garden on the tour I was looking for my dog, hoping to see her waiting eagerly for mum, but instead saw her sitting right next to a stranger, both looking off into the distance, clearly just enjoying each other's company. That's dogs – it is certainly not their favourite thing to be tied up waiting for their owner but with no choice left they make the best of it.

Both characteristics played a part later in Layla's life when we tried to achieve the Canine Good Citizen (CGC) certifications. We managed Foundation and Bronze alright, but Silver and Gold proved to be a bit of a challenge. Layla greeted any stranger so excitedly and exuberantly, that the accessors always claimed a lack of impulse control and they were right. She had to learn to harness her enthusiasm for people. That was the hard part. Fortunately, she had a fabulous steady stay. She mastered a four minute untied stay with handler out of sight very well, even in trying conditions. Just when we all had our dogs in the down stay an extremely heavy downpour began. Normally a dog would get up and shake itself after a while, as most fellow contestants did, but not Layla, she just stayed in position getting soaked until I returned and released her. We eventually passed both Silver and Gold.

We also tried Rally-O but after one extremely embarrassing competition - not for Layla but for me of course - during which I just couldn't manage to get her nose of the ground and her attention back to me and the signs, we stopped. The very experienced judge who would have had to have given us negative points – if existent - for such a poor performance, suggested "Have you ever tried scent work with her?". I hadn't, but from then on, we did and Layla excelled in it. She just loved looking for miniscule hidden odours inside a building, outside, on cars or containers. She often got rewarded fastest search – once she did a 3 minute search in 13 seconds – and she was one of the first two dogs in NZ that qualified for the SSANZ Novice buried hides under sand and water.

Sadly, Layla passed away unexpectedly three months ago. As any dog owner knows these guys leave a big hole in one's life. She is missed by all the many people who's lives she came into.

I will have a new Labrador puppy soon, but that will be another story...



- Graduation for Term 2 is on Mon 26th and Tues 27th June.
- Enrolment for Term 3, 2023 is open 8pm 5th July until 8pm 9th July.
- Term 3, 2023 begins on 24th and 25th July (Puppy classes begin 17th/18th July).
- All Term 3 classes with be held at either our <u>Club grounds</u>, <u>Ngatitoa Domain</u>. or at <u>Kākāriki</u>
 Stables near Battle Hill.
- Our next Canine Good Basics assessment is Tuesday 4th July email <u>Kat</u> if you would like to register.
- Don't forget, all enrolment, start, and graduation dates can be found on the <u>Important Dates</u>
 page of our website.



LOTS of results this quarter!

Maybe it's time for you to take your training to the next level and join our competitors at one of the shows....

Obedience Champ Shows

Obedience Champ shows have 5 levels starting at Beginners and going through Novice, Test A, Test B to Test C, the highest level. Many shows also have an Elementary class which is a lead-in to Beginners.

Fielding DTC Show 1 (12/13 March)

Geoff Collins and Inka,3rd Novice

Irene Kilford and Macy, 5th Novice

Angelique Aamodt and Orix, 5th Test A

Rosemary Mortimer and Hector, 4th Test C

Fielding Show 2

Cheryl Dickson and Juno, 2ndTest A

Rosemary Mortimer and Hector, 4" lest C

Fielding Show 3

Lynette Bell and Charlie, 4th Beginners and 2nd Elementary 2

Irene Kilford and Macy, 2nd Novice

Jenny Rutherford and Bob-Bob, 3rd Novice

Angelique Aamodt and Orix, 5th Test A

Alannah Knapp and Skye- Skye, 3rd Test B

Rosemary Mortimer and Hector, 1st Test C

Wairarapa DTC Show, 20/21 March

Alison Chapman and Rosa, 3rd Elementary 1 and 5th Elementary 2

Lynette Bell and Charlie, 3rd Elementary 2 and a 3rd and 4th in Beginners

Irene Kilford and Macy, 3rd and 4th Novice

Jenny Rutherford and Bob-Bob, 4th Novice, Saturday

Angelique Aamodt and Orix, 5th Test A, Sunday

Alannah Knapp and Skye-Skye, 3rd and 4th Test B

Angelique Aamodt, 4th Test C Sunday

Avalon DTC (April 23)

Lynette Bell and Charlie, 2nd Beginners

Erin McKenzie and Harley, 5th Beginners

Irene Kilford and Macy, 4th Novice

Cheryl Dickson and Juno, 2nd Test A

Angelique Aamodt and Orix, 3rd Test A

Sue Paterson and Malu, 1st Test B

Alannah Knapp and Skye-Skye, 4th Test B

Irene Kilford and Robbie, 2nd Test C

Rosemary Mortimer and Hector, 4th Test C

Avalon Show 2

Alison Chapman and Rosa, 4th Elementary 1 and 3rd Elementary 2

Lynette Bell and Charlie, 3rd Beginners

Jenny Rutherford and Peso, 5th Novice

Cheryl Dickson and Juno, 2nd Test A

Rosemary Mortimer and Hector, 2nd Test C

Royce Hughes and Blade, 4th Test C

Allbreeds, Hamilton Show 1

Jenny Rutherford and Bob-Bob, 5" Novice

Irene Kilford and Robbie, 3rd Test C

Hamilton Show 2

Irene Kilford and Macy, 1st Novice

Whanganui DTC Show 1 (April 23)

Alison Chapman and Rosa, 5th Elementary 1

Lynette Bell and Charlie, 2nd Elementary 2 and 4th Beginners

Irene Kilford and Macy, 2nd Novice

Jenny Rutherford and Bob-Bob, 5th Novice

Angelique Aamodt and Orix, 4th Test A

Angelique Aamodt and Turbo, 1st Test C with Challenge

Rosemary Mortimer and Hector, 5th Test C

Whanganui DTC Show 2

Lynette Bell and Charlie, 4th Beginners

Jenny Rutherford and Bob-Bob, 3rd Novice

Angelique Aamodt and Orix, 2nd Test A

Alana Aamodt and Skye-Skye, 5th Test B

Irene Kilford and Robbie, 3rd Test c

Nth Taranaki Show 2 (show 1 cancelled due to weather)

Lynette Bell and Charlie, 3rd Beginners

Irene Kilford and Macy, 1st Novice

Geoff Collins and Inka, 4th Novice

Cheryl Dickson and Juno, 2nd Test A

Angelique Aamodt and Turbo, 3rd Test C

Nth Taranaki Show 3

Lynette and Charlie, 1st Beginners

Jenny Rutherford and Bob-Bob, 2nd Novice

Irene Kilford and Macy, 3rd Novice

Cheryl Dickson and Juno, 5th Test A

Angelique Aamodt and Skye- Skye, 5th Test B

EBOP Show 1 (30th April)

Rosemary Mortimer and Hector, 3rd in Test C

Lynette Den and Charne, 2 in Deginners

Jo Kilmister and Marli, 5th in Novice

Cheryl Dickson and Juno, 2nd Test A

Taupo Show 2

Jane Gunn and Tosca, 1st Beginners

Lynette Bell and Charlie, 5th Beginners

Jo Kilmister and Marli, 4th in Novice

Cheryl Dickson and Juno, 4th in Test A

Alannah Knapp and Skye-Skye, 5th in Test B

Taupo Show 3

Jane Gunn and Tosca, 3rd Beginners

Lynette Bell and Charlie, 4th Beginners

This was a result of a runoff between the two teams.

Cheryl Dickson and Juno, 4th Test A

Alannah Knapp and Skye-Skye, 3rd Test B

Rosemary Mortimer and Hector, 4th Test C

Napier DTC (20/21 May) Show 1

Lynette Bell and Charlie, 1st in Beginners

Jenny Rutherford and Bob-Bob, 1st in Novice

Cheryl Dickson and Juno, 5th in Test A

Alannah Knapp and Skye-Skye, 3rd in Test B

Napier Show 2

Lynette Bell and Charlie, 3rd in Beginners

Irene Kilford and Macy, 3rd in Test A

Rosemary Mortimer and Hector, 2nd in Test C

Nelson DTC, (Kings Birthday Weekend) Show 1

Lynette Bell and Charlie, 1st in Beginners on a qualifying score

Erin McKenzie and Harley, 3rd in Beginners

Sue Paterson and Malu, 3rd in Test B

Nelson Show 2

Lynette Bell and Charlie, 2nd in Beginners

Erin McKenzie and Harley, 2nd in Beginners

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Erin McKenzie and Harley, 5" in Beginners

Gisborne Dog Training Club, (Kings Birthday Weekend) Show 1

Irene Kilford and Macy, 3rd in Test A

Irene Kilford and Robbie, 3rd in Test C

Gisborne Show 2

Irene Kilford and Macy, 1st in Test A





Dogs NZ Scent Work Novice & Advanced Trials

In Scentwork trials the prime goal is for dogs to gain Qualifying Certificates for finding Search Odours in a certain amount of time. Within the Dogs NZ code, dogs can win ribbons for 1st, 2nd and 3rd places and these are based on speed. There are also Judges Awards which are awarded when teams have caught the Judge's eye for some particular attribute of the search – these can be more valued than a placing.

TBCOC dogs have taken part in 2 trials during the last couple of months:

Timaru DTC Scentwork Trial, 1st and 2nd April

Jan McKenzie and Poppy qualified in the Exterior Search and Vehicle Search to complete Poppy's Novice Scentwork title (Sn) which makes her one of the first dogs in the club to be ratified at this level by Dogs NZ.

FDTC/TADTC Scentwork Trial, Manfield 13/14 May

Searches.

Sue Paterson, Jan McKenzie and Jan Voss represented the club here and over the 2 days the results were very pleasing for all.

Sue Paterson and Pippi qualified in Novice Interior, Novice Vehicle and Novice Container B Searches; and with **Lani**, was a qualifier in Novice Containers A and B and Novice Vehicle

Jan McKenzie with Poppy qualified in Novice Interior and Exterior Searches; and trialling for the first time at Advanced level in Container Searches, she qualified in the 2 Searches.

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Kally-O nas 6 levels – Novice A & B, Advanced A & B and Excellent A & B, as well as Encore which is a course designed with no sits (great for older dogs). Competitors earn Qualifying Certificates to move up a level and gain titles.

Mid Canterbury DTC, 18 March 2023

Jan McKenzie and Geordie, Qualifying Certificate in Rally Encore

Central Allbreeds Ribbon Trial, 27 May

Jan Voss and Halley, 2nd In Excellent A

Jan McKenzie and Geordie, 3rd in Advanced B

Titahi Bay Canine Obedience Club, 28 May

Jan McKenzie and Geordie, Qualifying Certificate, Advanced B





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Canine Good Citizen

TBCOC CGC assessment May 7, 2023

For our first assessment of 2023 we had a record number of Foundation dogs, at 19! We also had 5 Silver dogs, and a couple of Bronze and Gold only dogs as well. Handlers came from dog training clubs all over the Lower North Island, more than one with two dogs as well.

Fortunately, although we were in for a challenge completing assessments of so many dogs, the weather was perfect, and we had a good number of stalwart helpers and 3+ assessors to hand. Irma Harris and Geoff Collins looked after the Foundation crowd with huge patience and kindness, and Steve Harris looked after the Silver and Gold dogs. We also had Rosemary Cleator, from HODTC, assist with Bronze assessments after lunch, having first passed both Silver and Gold with her dog!

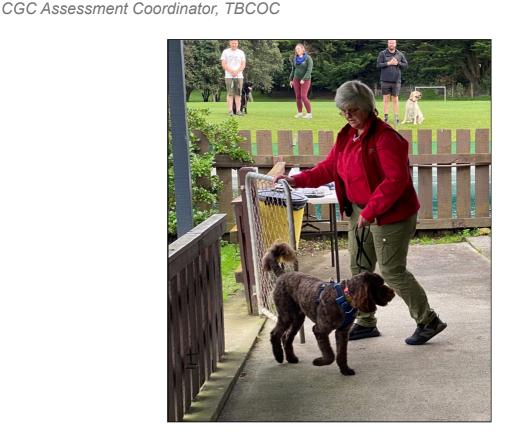
We had 7 dogs pass Foundation, 6 of whom went on to sit Bronze, and a total of 4 dogs passing Bronze. Of the Silver dogs, two passed, with Rosemary Cleator also passing Gold. From TBCOC, Shelley McDonald with Simba, Sarah Searancke with Merlo, Lynne Barr & Zoe and Jan Voss with Finnigan all passed Foundation, and Kat Thorstrand Mitchell

The TBCOC grounds lend themselves particularly well to CGC events as there are a lot of natural distractions of different kinds going on all the time (trains, sports, the public walking their dogs, joggers and cyclists), which makes testing the dogs relatively easy to arrange. We also had helpers who had assisted at CGC assessments before, so they knew what was required and when, and last but not least, we had Sue Paterson whose patient and well-behaved dogs between them helped test all 19 Foundation dogs!

A big thank you to everyone there on Sunday for making the day such a friendly, pleasant and successful event!

Kapiti Dog Training Club Assessment, 14 May: Kapiti club held an assessment just a week after ours and Laura Brandon and Floyd attended this and passed CGC Silver!!

Kat Thorstrand Mitchell













Dogs in high-arousal states and how to get their focus

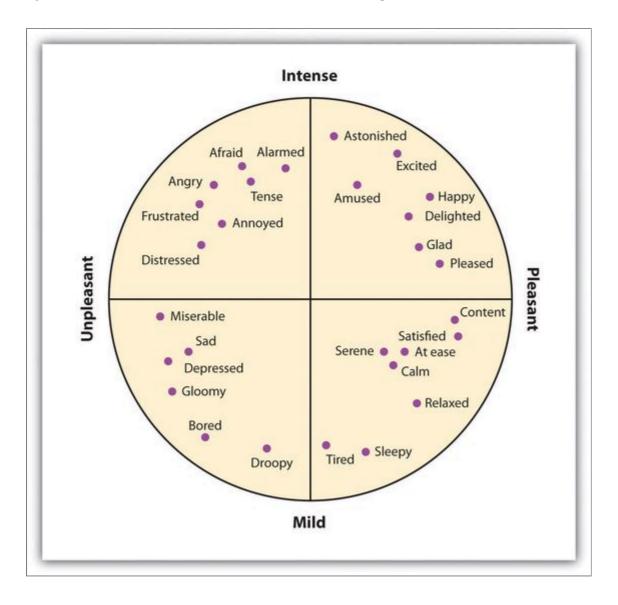
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Sometimes, these environmental stimuli and influences can be too much for our dogs, resulting in their arousal rising beyond the limit where they can control their behaviour. The dog's 'bucket' fills to overflowing. This is because one of the characteristics of arousal is that it is cumulative (it adds up) and several consecutive events will gradually increase the arousal level. Once the arousal 'threshold' is passed for that dog, it's behaviour can be difficult to get back on track. This is known as hyper-arousal.

Hyper-arousal can affect the dog's physical and emotional health and its interaction with the owner, other people and other dogs. The dog's behaviour can become very unpredictable and they can be frustrating to work with as they act impulsively and lack self-control.

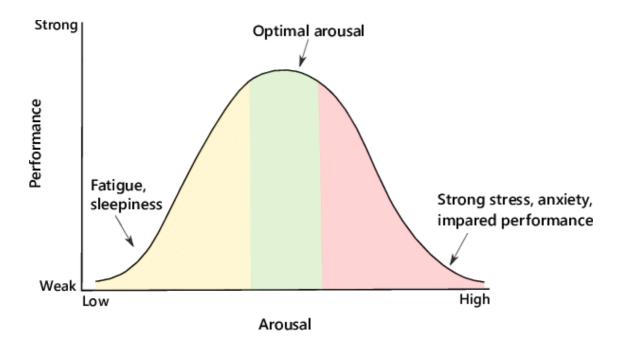
Hypo-arousal, is *low* arousal in response to environmental influences, and can also be problematic. This is a topic for another day but the following Circumplex Model developed by neuroscientist, James Russell shows how a dog's emotional states are related.



When we use the term arousal level we are talking about how excited the dog is no matter if it is happy or frightened. The lower the arousal level, the easier the dog is to train and if it is too high, they can't learn - they are not in a "learning state".

The best learning results will be achieved when the dog is neither in a state of high arousal (hyper) or low arousal (hypo). A balance is needed.

Another useful diagram describes the Yerkes-Dodson Law which describes the relationship between arousal and learning performance.



If a dog goes over its optimum arousal level, caused by positive OR negative triggers (which can, by themselves, be quite minor) it takes up to 72 hours for a dog's nervous system to calm down and bring arousal back to an optimum level.

A dog in a state of hyper-arousal could demonstrate the following;

- Difficulty learning behaviours that involve greater precision and focus, e.g. close heelwork for competitive obedience or similar.
- Difficulty in performing a specific behaviour or to stop performing it.
- Easily distracted by environmental stimuli and unable to remain focused on the task or the handler.
- · Ignoring commands or cues.

How do we detect environmental distractions and identify our dog's triggers?

To start with, as a handler you must remain focused on your dog – no phones, no ear-plugs, no other dogs along for the walk or in a training session!

Watch for the common (and not so common triggers)

- Other dogs off-lead who may rush your dog.
- Traffic especially fast-moving or noisy cars, trucks, bikes, scooters.
- Fast moving people runners, kids, movement on a sports field.
- Loud noises from machinery, people, dogs, traffic, sirens etc.

Consider and be aware of the level of arousal your dog is in and how close it is to crossing that threshold and filling its 'bucket' to overflowing.

Know how to work on de-sensitising the dog to environmental triggers:

- Present the triggers to the dog at a much lower intensity at the park stay well away from other people, crowds, games and dogs etc; stroll from a distance, treating for focus on you.
- Just stand/sit and let your dog observe the environment for 10 minutes or so. Do this
 in different places, at different times.
- Remain calm yourself your dog will quickly pick up on it if you are stressed.
- Let them do a fair amount of sniffing as this is a calming agent.
- Don't over-expose your dog to situations where they become too excited, day after day e.g. playing frisbee for days in a row.
- Reward your dog for calm behaviour (catch them "being good").
- If your dog has had an exciting day, build in some calm, quiet time where you can and maybe have a quiet day the next day (or two).
- Use gentle brain-training exercises and calming activities.
- If your dog is in high arousal, do not try to do complex activities try the simple ones
 or review activities it knows well.
- A valuable exercise is "Look at That" you can download the instructions <u>here</u>. TBCOC is hoping to run a workshop on this in late 2023/early 2024. Watch this space.

In summary, as an owner, you need to understand your dog's arousal triggers and what sends them over the threshold, then be AWARE of what they're sensing around them and what their current state of arousal is. A lack of self-control, anxiety and fear aggression towards strangers and other dogs may all be indicators of an inability to regulate their arousal levels. Helping your dog by controlling their environments and levels of stimulation can bring them back to a place of balance.



Fun Facts

Thanks to Purina for these 12 fun facts. Some of them will knock your socks off!

1. Dogs noses are wet to help absorb scent chemicals

This amazing dog fact might answer a long-standing question that dog owners have. Why are dogs noses wet? <u>Vetstreet</u> says that the answer is that dog's noses are wet to help them

smell is.

2. Newfoundlands are amazing lifeguards

Newfoundland dogs are the ultimate doggy lifeguards, because they have water resistant coats and webbed feet. They were originally bred as fisherman's helpers and to rescue people from drowning. Some owners have even reported that their Newfoundland tries to "rescue" them when they're swimming!

3. The Beatles song 'A Day in the Life' has a frequency only dogs can hear In an interview in 2013, Paul McCartney said that he added a frequency only dogs can hear to the end of the Beatles song 'A Day in the Life'. So watch your dog when you play the

4. Three dogs survived the Titanic sinking

song! How's that for an amazing dog fact?

Did you know that three dogs survived the sinking of the Titanic? According to <u>Vetstreet</u> the dogs were in first class, and included a Pomeranian puppy - which her owner wrapped in a blanket to escape with, and everyone thought she was carrying a baby. Another Pomeranian and a Pekingese were also rescued. Move over Rose and Jack!

5. A Bloodhound's sense of smell can be used as evidence in court

According to <u>PBS</u>, a Bloodhound's sense of smell is so spot on that it can be admitted as evidence in a court of law. Now if you thought that was an incredible dog fact, prepare to have your mind blown. Bloodhounds can also follow tracks that are over 300 hours old and can stay on a trail for over 130 miles!

6. The tallest dog in the world is 44 inches tall

The tallest dog in the world ever was a Great Dane named Zeus! Measured at 44 inches tall on October 4th 2011, he's the current <u>Guinness World Record</u> holder.

7. A Greyhound could beat a Cheetah in a long distance race

A Greyhound would actually beat a Cheetah in a long distance race! According to <u>Psychology Today</u>, Greyhounds are excellent long distance runners and can keep a speed of 35mph for up to 7 miles. Where the Cheetah is incredibly fast it can only keep its speed for around 200 -300 yards, so they may have the running start but it would soon be surpassed by a Greyhound!

8. The Ewoks in Star Wars were based on a dog

9. 30% of Dalmatians are deaf in one ear

<u>UFAW</u> states that on average around 30% of Dalmatians are deaf in one ear and 5% are deaf in both. This is due to something called the *extreme piebald gene* which is responsible for their white coat and blue eyes (in some of them). Dalmatians with larger dark patches are less likely to be deaf.

10. The Saluki is the oldest dog breed

The <u>Guinness World Record</u> for the oldest dog breed is held by the Saluki. The breed dates back to 329BC and were kept as royal pets in Ancient Egypt. Reportedly, there are also carvings found in Southern Iraq of a dog that looks similar to a Saluki which dates back to 7000BC.

11. Chow Chows and Shar-Peis have black tongues

The Chow Chow and the Shar-Pei are the only two dog breeds that have fully black tongues. Even more interesting, the cause of these black tongues is currently unknown.

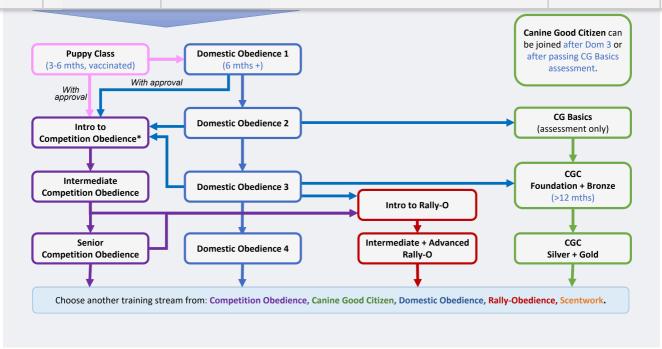
12. Dogs have three eyelids

Did you know that your four-legged friend has three eyelids? According to <u>iHeartDogs</u>, the third lid is called the 'haw' or nictitating membrane, and it's responsible for keeping the eye protected and lubricated.

Thinking about which class to take next?

- Puppy classes join after 2nd vaccination, from 3-6mths.
- Domestic Obedience from Domestic 1 through to Domestic 4.
- Canine Good Citizen from Foundation through Bronze and Silver to Gold.
- Competition Obedience from Introduction through Intermediate to Senior.
- · Rally Obedience from Novice through Advanced to Excellent.

Have a look at your next training path and which pre-requisites you'll need by clicking on our Quick Reference Guide:

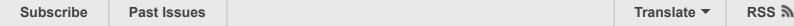


www.tbcoc.org.nz

We hope you have enjoyed our new newsletter!

Please email <u>titahibayobedience@gmail.com</u> if there is something in particular you would like to see in our next edition.

See you next quarter,
The Lamppost Editorial Team







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