

The HILLS HOWLER



May 2016

www.hillsdogclub.com

<https://www.facebook.com/hillsdistrictdogclub>

Upcoming Meeting Dates

11th May	14th Sept
8th June	12th October
13th July	9th November
10th August	14th December

NEW INSTRUCTORS

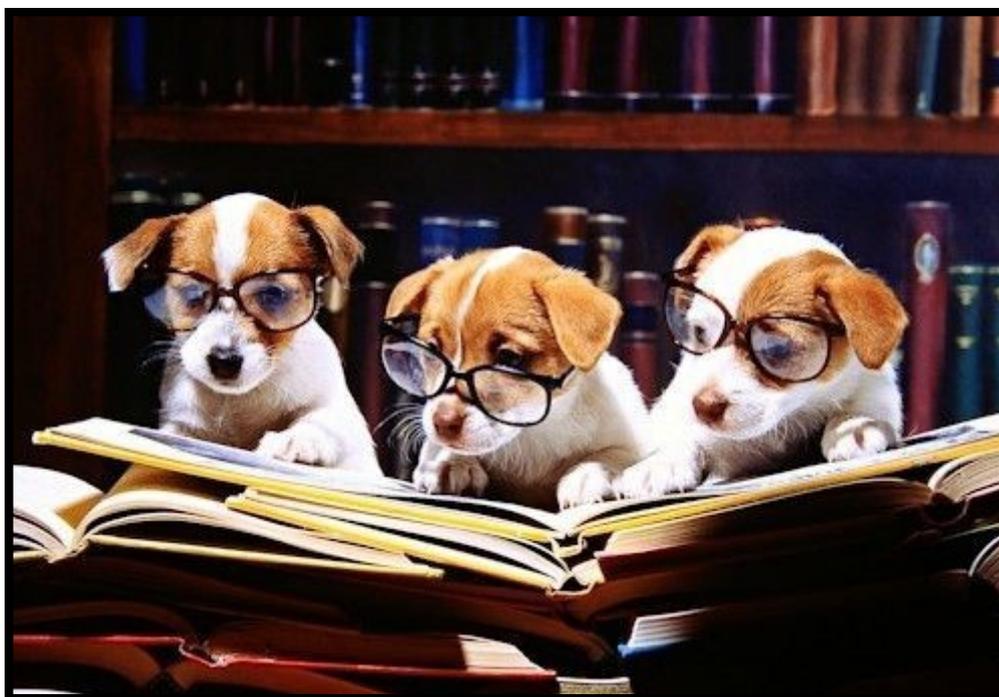
Course Info Night

Monday

23rd May @ 8pm

Contact Dianne Atkins

Instructors Course 2016



See page 9 for more details

Want to see your dog in the Hills Howler? Got a suggestion, story or photo?

Do you want to receive your Howler via email?

Submissions for the next Hills Howler close on the **20th May, 2016**

Email: hillshowler@gmail.com

Hills Dog Club Inc 2016 Committee

President: Gordon Fenbow Mb: 0430 341 235 E: gfenbow@bigpond.net.au

Vice President: Kellie Neville Mb: 0408 027 874 E: neville_200@hotmail.com

Vice President: David Hutchins Mb: 0412 245 999 E: entally@optusnet.com.au

Secretary: Vicki Gresser Ph: 9871 5734 E: vicki.gresser@optusnet.com.au

Assistant Secretary: Deidre O'Brien Ph: 9654 9171 E: obrien.hamely28@bigpond.com

Treasurer: Lynne Sheather Ph: 9634 1497 E: lshe4963@bigpond.net.au

Assistant Treasurer: Janet Power Ph: 9639 9987 E: powerjanet@optusnet.com.au

Chief Instructor: Dianne Atkins Ph: 9654 3833 E: diatkins@bigpond.net.au

Trial Secretary: Tiki Freizer Mb: 0419 488 493

Show Secretary: Janet Power Mb: 0419 313 848

Committee: Anne Small Mb: 0417 414 877

Judith Stanley Ph: 9868 5912

Kathy Cocks Mb: 0411 892 329

Shirley Tulk Mb: 0417 282 218

Natalie Conway Mb: 0404 878 940

Peter Guenther Ph: 9634 6876

Public Officer: Vicki Gresser Ph: 9871 5734

Publicity Officer: Kellie Neville Mb: 0408 027 874 E: hillshowler@gmail.com

Equipment Officer: Luke Perfect Mb: 0409 118 458 E: alwaysperfect@optusnet.com.au

Education Officer: Dianne Atkins Ph: 9654 3833 E: diatkins@bigpond.net.au

Registrar: Jody Smith Mb: 0418 169 656 E: jawsmith@bigpond.com

Auditor: Mr T Newton

Patron: Mrs Betty Stepkovitch

Trophy Stewards: **Trial**—Kerry Richards and Janice Lyons **Show**—Pauline Hartwell and Samantha Ibbott-Cordi

Club Trophy Steward: Genevieve Young Mb: 0419 161 042 E: genevieve.young@optusnet.com.au

Life Members: Peter Guenther, *Hazel Baldwin(*deceased), Dianne Atkins, Janet Power, Belvane Parsons,

Anne Small, Betty Cansdale, Robyn Jones, Janice Lyons, Vicki Gresser, Lynne Sheather



Notice is given of the **General Meeting** of the Hills Dog Club Inc.
to be held on
Wednesday 11th May 2016,
in the Meeting Rooms, at Castle Hill Showground.
Commencing at 7:30 p.m.
Everyone is welcome to attend.

Agenda:

- 1 Open Meeting
- 2 Apologies
- 3 Confirmation of minutes of the previous meeting
- 4 Business arising from the minutes
- 5 Correspondence
- 6 Election of Show Judges
- 7 Treasurers Report

- 8 New Members
- 9 Chief Instructor's Report
- 10 Show Secretary's Report
- 11 Trial Secretary's Report
- 12 Publicity Report
- 13 General Business



Teamwork

It's all about you being your dog's best idea of fun and she being yours.

- FREE MEMBERS BOARD -

The Club has decided to include a FREE notice board column in the Howler each month for club members. This will be a maximum of 3 lines for one (1) month and will be non commercial.

- MEMBERS PLEASE NOTE -

The Hills Howler newsletter is written by members, for members. The views expressed here are not necessarily the views of the Hills Dog Club Inc. and the club does not accept responsibility for any information, articles or advice published.

- NOTICE BOARD -

Leave your dog "on lead" at all times unless your instructor requests otherwise.

Please bring correct money to training for ground fees.

No thongs or bare feet in classes. Closed shoes are preferable and safer.

Please wear your membership card at all times. It makes everyone's life easier!

All dogs on the training grounds must be vaccinated under Club rules.

Bitches in season are not permitted to attend class. You may still come and watch, but she may not.

Yes, training is on when it rains. Bring a raincoat and wear boots. If it is very wet we will train under the covered ring.

FORGOT TO BRING TREATS TO TRAINING?

Don't worry! We have lamb treats for sale at the office for just \$5 a bag.

All correspondence to:

The Secretary,
Hills Dog Club Inc.
56/159 Ridgescrop Drive,
Castle Hill NSW 2154

FOR NOTICE OF CLASS CANCELLATION

In the event of extreme weather conditions (heat or rain)

Go to:

www.hillsdogclub.com

OR find us on Facebook:

www.facebook.com/hillsdogclub

OR <https://www.facebook.com/hillsdistrictdogclub>

Pages updated
Monday 4pm & Tuesday 8:45am



Hills Dog Club Inc

TRAINING TIMES

Monday 7pm Puppies, Beginners, Graduate & Advanced
8pm Triallers

Puppy classes are for dogs 12-20 weeks. NO CLASSES HELD ON PUBLIC HOLIDAYS

Tuesday 10.30am All Classes NO TUESDAY CLASSES HELD IN SCHOOL HOLIDAYS

CLUB MEETINGS

The club meets monthly on the 2nd Wednesday of the month, except January, in the clubhouse. Meetings start at 7.30pm. All welcome! Tea and coffee provided. Club financial year is 1st January to 31st December.

CORRESPONDENCE

All Club correspondence or enquires should be addressed in writing to The Secretary, 56/169 Ridgeway Drive, Castle Hill, NSW, 2154.

NEWSLETTER

Hills Howler is available at the clubhouse on training days/nights and online. All members are encouraged to contribute.

GROUND RULES

1. As a condition of membership, all dogs are required to be properly vaccinated according to current veterinary guidelines.
2. Members are responsible at all times for the behaviour of their dog/s whilst present on the training grounds or representing the club.
3. All dogs must have properly fitted equipment and remain on lead at all times (unless instructed otherwise by a Club Instructor). No check/choker chains are to be used on any dogs in puppy, beginners or graduation classes.
4. A member shall not ill-treat a dog at any time. Any such action may give rise to the suspension or expulsion from the Club by resolution of the Committee.
5. Bitches in season and/or dog/s with an un-well or infectious condition are not permitted on the obedience training grounds.
6. Members are to pick up after their dog/s and help keep the training grounds clean and tidy.
7. Adequate sensible dress with appropriate footwear (no thongs, scuffs or bare feet) is required to be worn by Handler during training.
8. Dogs are not to be left unattended whilst on the training grounds unless crated or tethered in a safe area. Members are reminded not to approach dogs that are confined. All dogs are to be kept under control and supervised while at the counter or in the clubhouse.
9. The Club reserves the right to ask any member to muzzle or in extreme cases remove their dog/s from the training grounds. If a muzzle is required this must remain in place whilst on the Club grounds. This will be at the discretion of the Committee.
10. Members who use Club equipment must ensure it is returned to the storeroom and stored correctly, after classes are conducted.
11. Children are welcome to attend classes provided they are supervised by an adult/parent/guardian at all times.
12. Child members (aged 7 to 11 are to be accompanied by an adult/parent/guardian in classes) and Junior members (aged 12 to 15 under adult/parent/guardian supervision on grounds) are welcome to train providing they have sufficient control of their dog during classes. This will be at the discretion of the class/chief instructor.

Promotions

Beginners to Graduate

Brent with Indie the Border Collie (Monday Night Class)

Ingrid with Lilla the Rottweiler (Tuesday Morning Class)

Graduate to Advanced

Rebecca Bancroft with Rupert the GWP (Monday Night Class)
Deborah Cameron with Lola the Dalmatian (Tuesday Morning Class)

Interclub challenge

Saturday the 23rd of July at Blacktown City Canine Centre.
Dogs compete in teams of five comprising 1 UD, 2 Open, 1 Novice and 1 Community Companion Dog. This is a fun day where we get together have a good time and lunch as a Club and the dogs do all the exercises in their class and it doesn't matter if they fail one or not, its just about having fun and its a fun competition with other Clubs. If you are interested email me at vicki.gresser@optusnet.com.au or talk to me at the Club on Monday's or Tuesday's for more info. All names and entries forms MUST be in by Monday the 23rd May and Tuesday the 24th May.

Ring Roster

Monday Night Rings Week	Ring One 7.30pm	Ring Two 7.30pm	Triallers: Please be aware that these rings are supplied for your benefit to practice, so if you have been working in a ring, help us pack up at the end of the night. The people rostered set the ring up and volunteer their time, advice and knowledge. Assistance putting equipment away would be greatly appreciated, especially as some of it is quite heavy.
1 st	Di Tully (UD)	Vicki or Dianne Heeling etc	
2 nd	Judith W (Open)	Shell Rally-O	Rally O: Karen's Graduate and Advance class from 7.15pm to 7.50pm followed by Excellent and Masters courses.
3 rd	Pauline (UDX)	Vicki CCD & CD	UDX: Pauline's Ring will then be followed by CCD and Novice but may also cater for Open and UD if anyone wishes to do some work in those Classes BUT Open and UD participants will be required to get the equipment out and return it to the storeroom.
4 th	Robert H (Any 2 Exercises)	Shell Rally-O	Rally-O: Kellie's Beginners 8 - 7.15pm till 7.50pm and the K9 Award practice followed by Novice and Advanced Triallers. Once you have one Advanced pass you can also do the Excellent/Masters Course on the 2 nd Monday of the month.
5 th	Karen R (Start Peg Work)	No 2 nd Ring	This will be a short session of start peg work plus teaching you how to get your dog engaged at the ring entrance and keeping it engaged to the start peg. NOTE- It is not heeling or run throughs.

Know Your Instructor



Name: Kym Hogan

Dogs: Golden Retrievers: Sovereign 12yrs, Trinity 6yrs and Bracken 1yr

How long have you been at Hills: 7 years

What class do you usually teach? Puppies Week 3 and recently Week 1

Best Dog Training advice ever given to you: Training is 24/7 –
Dogs are always learning

What other Dog Activities do you do? Agility and Gundog

Day job: I work part time for 'Animal Talent Time', an animal agency working for film, TV, theatre, photo shoots, advertising, events and promotions.

Hobbies: Pilates

Biggest Dog Achievement: CD with my Basset Hound: Ch. Houndsleigh Karoline CD

Making the 2012 National Agility Jumping finals with my Golden Retriever -
Buffalo Rustic Sovereign CD AD RN JDX SPD

Favourite thing you've taught your Dog: Currently teaching my puppy direction left and right which is fun, weave poles and sit pretty. I love seeing that "light bulb" moment in my dogs when training something new.



Photos taken by Club Member Dori Leadle

DID U HEAR...



Hills Dog Club Inc

Obedience AND Rally-O Trial

When: Saturday May 7th, 2016

Where: Castle Hill Showground

Start Time: 9am

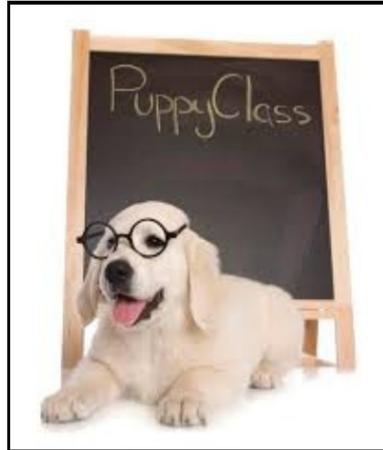
Volunteers Needed

Please contact Tiki Friezer on:

bondsmum@bigpond.com

Enriched Paws, Pets on the Park and Roaming Pet Products will also be in attendance on the day.

Instructors Course 2016

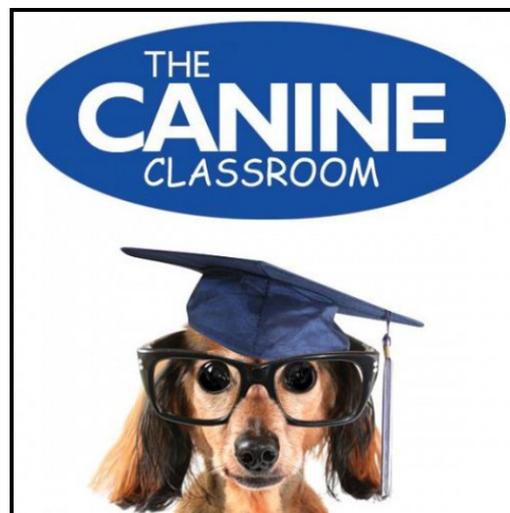
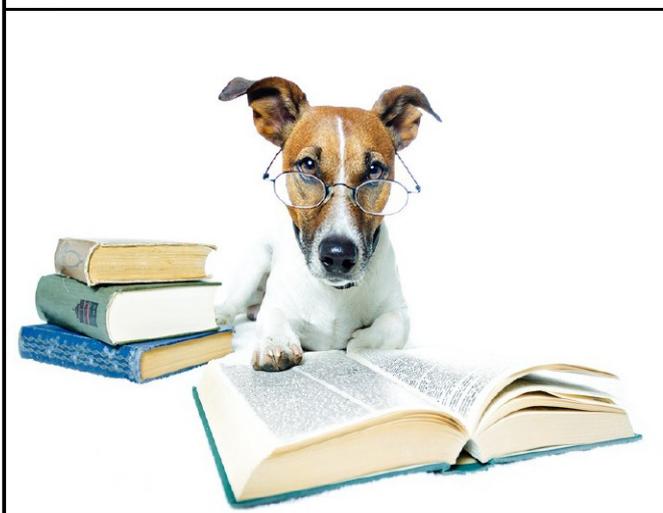


Calling all Club Members.....

Are you interested in becoming a Hills Dog Club Instructor?
We are calling on expressions of interest for the 2016
Instructors Course.

Please email Dianne Atkins for more information on:
Diatkins@bigpond.net.au

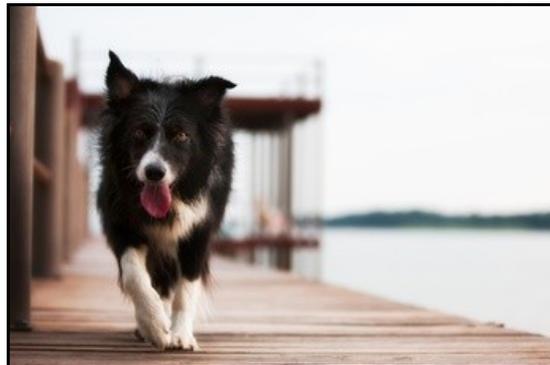
You can also have a chat to any of our Instructors about
the Course and they will be happy to tell you all about it.



Doggy DNA Domain

Preventing Trapped Neutrophil Syndrome in the Border Collie

BY CASEY CARL_PUBLISHED AUG. 13, 2015



The history of the modern border collie is generally regarded to have started with a dog named [Old Hemp](#) who was born in late 19th century England. Old Hemp was a tri-coloured sheepdog with unique and extraordinary abilities in herding. According to reports, Old Hemp was a product of his owner, Adam Telfer's attempts at developing a sheepdog with a milder temperament than other sheepdogs of the time while still maintaining a high level of ability to control livestock. Old Hemp's success in the field was paramount in him siring over 200 puppies and thus, creating a foundation stock for the border collie we appreciate today.

Widely regarded as one of the most intelligent and obedient dog breeds in existence, the border collie has branched from its roots as a working dog as breeders began showing their dogs in the conformation ring in the last quarter of the 20th century. The movement of border collies into the show ring has remained controversial as some breed lovers are concerned that border collies bred for aesthetic purposes are at risk of losing their natural abilities as herding dogs. Due to an emphasis on breeding dogs for working ability over form, some field bred border collies may not conform to physical trait breed standards established by kennel clubs with a heavier focus on the conformation ring.

Generally a healthy breed, the border collie has developed some inherited disease concerns over its history that can make life challenging for some dogs and those that love them. One lethal inherited disease unique to the border collie that can be prevented through genetic testing and selective breeding is a disorder of the immune system known as [trapped neutrophil syndrome \(TNS\)](#).

What is TNS?

TNS is a disease marked by the deficiency of neutrophils (a white blood cell type) in the blood and is caused by a mutation in the canine *VPS13B* gene. Affected dogs display an inability to release neutrophils from the bone marrow where they are made, into circulation. Neutrophils play an important role in controlling bacterial infections and is one of the first cell types to migrate to sights of inflammation in the body. Therefore, a deficiency in neutrophils makes affected dogs susceptible to recurring, severe infections. Affected dogs are often detected when they begin developing infections as early as six weeks of age. Some affected dogs may remain undetected until around 12 weeks of age when they display severe reactions associated with vaccination. In rare cases, affected dogs show a mild form of the disease that is not recognized until adulthood. Unfortunately however, most affected dogs die or are humanely euthanized by 4 months of age due to quality of life concerns.



Chronic infections of affected dogs result in a variety of clinical signs depending on the severity and location of the infection. Anorexia, vomiting, diarrhoea fever, lethargy, increased drinking and urination, and neurological signs including abnormal intellectual development have all been described. Affected dogs may also present with active ear, eye, skin, or respiratory infections. Dogs with TNS are often smaller than littermates and some display abnormalities in skull shape, described as a “ferret-like” head.

It is important to note that the associated *VPS13B* gene mutation responsible for causing TNS has been reported in both working and bench lines of border collies.

How is TNS Inherited?

TNS is inherited in a recessive fashion meaning that dogs must inherit two copies of the *VPS13B* gene mutation (one from each parent) in order to develop disease. Dogs inheriting only a single copy of the mutation from one of its parents are considered carriers of TNS and do not show clinical signs of the disease. However, carriers can produce affected puppies if bred with another carrier of the same mutation. Carriers can be bred to dogs that have not inherited the mutation without fear of producing affected puppies. However, it should be noted that about 50% of the puppies from this pairing will also be carriers of the disease. As with most inherited diseases, in general, it is not recommended to breed affected dogs.

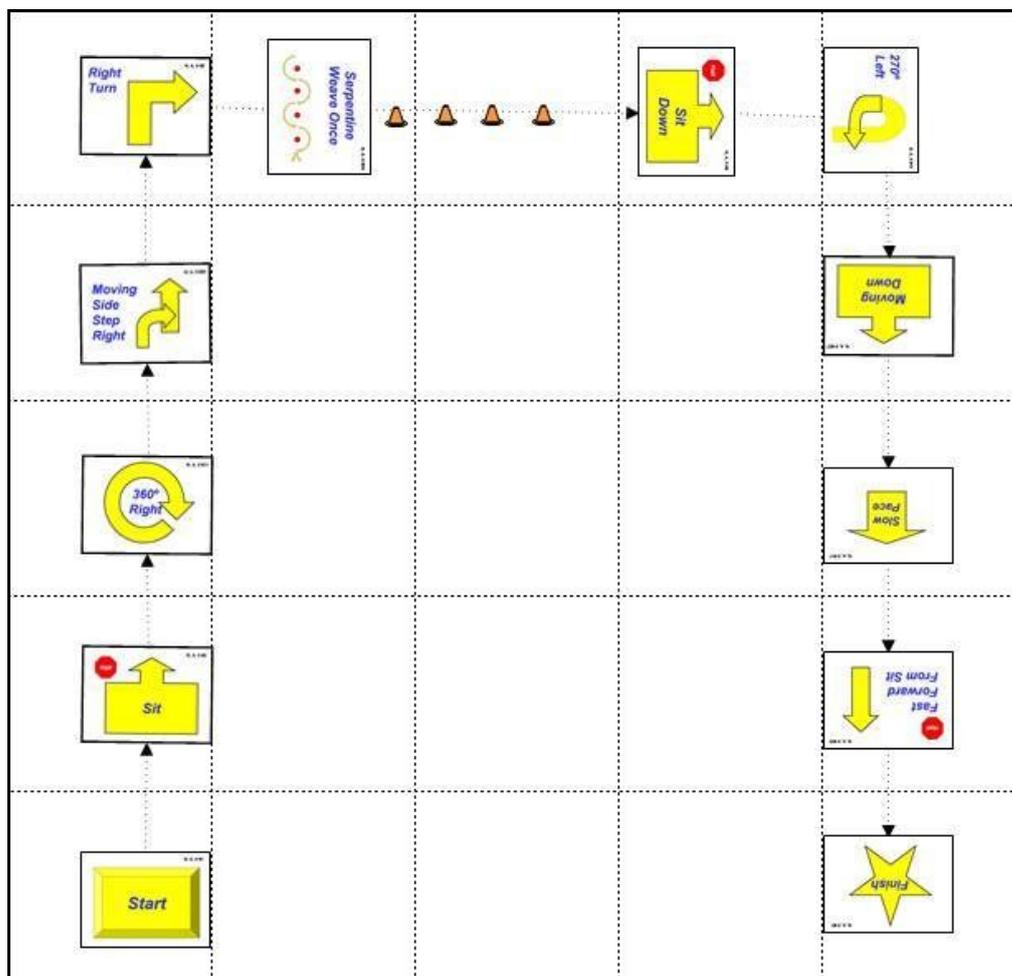
**Thanks to Linda Humphreys
Dog Lovers Cruise 2015**

Whats that Rally-O about?

The purpose of Rally Obedience is to demonstrate a dog's usefulness as a companion of mankind, not merely the dog's ability to follow specified routines in the ring. Dogs who participate in Rally are dogs that have been trained and conditioned to compete at Novice level and in the presence of other dogs. The objective of Rally is to provide a fast-moving and motivational sport for both Handler and dog that demonstrates competency in basic Obedience exercises without the precision of the formal Obedience Classes. Dogs in Rally events should demonstrate willingness and enjoyment. To that end, Handlers may use verbal praise and encouragement of the dog on the Rally course. All participants in the Rally Classes are required to perform the same exercises in substantially the same way so that the quality of the various performances may be compared and scored.

**Rally-O will be run every 2nd and 4th Monday of each month-
Please check the ring timetable for more information**

K9 Companion Award Course



Obedience Trials



©Java Photography

5. 2 Min. DOWN STAY

Maximum Points: 15

Principal Feature:

The dog to stay off the lead in the down position until the completion of the exercise.

Description of Exercise:

This is a Group exercise. The Handlers will take up their positions with their right foot next to a Stay Peg which shall be placed in a line approximately two and a half (2.5) metres apart and with their dogs in the Down position. On order from the Judge to 'Leave (Leave Your Dogs)', the Handlers may give their dogs a command to stay and will immediately leave and walk approximately five (5) metres. On order from the Judge or Steward the Handlers will turn to face their dogs and halt.

After two (2) minutes from the time the Judge has ordered the Handlers to leave, he will give the order 'Return (Return to Your Dogs)'. The Handlers must return to their dogs together. The dogs must not move from the down position until after the Judge orders 'Exercise Finished'.

If a dog gets up and starts to roam, the judge may instruct a Steward, or Handler, to take the dog away from the other dogs.

Orders from Judge:

'Leave (Leave Your Dog)', 'About Turn', 'Halt', 'Return (Return to Your Dog)', 'Exercise Finished'. Judges may delegate a Steward to give the orders 'About Turn', 'Halt', 'Return (Return to Your Dog)'.

Deductions:

Zero Score: For a dog which fails to remain in the down position or which moves more than half its body length from where it was left.

Minor: For minor movements, e.g. fidgeting, or for a dog that lies down in a position which is commonly known as the 'Dead Dog' position, or if Handlers do not leave or return with other Handlers.

****This exercise is performed in CCD - Community Companion Dog, which is the first level of competition when competing in Obedience****

Introducing.....

Jon Katz



Jon Katz (born August 8, 1947) is an American journalist, author, and photographer. He was a contributor to the online magazine [HotWired](#), the technology website [Slashdot](#), and the online news magazine [Slate](#). In his early career as an author he wrote a series of crime novels and books on geek subculture. More recent works focus on the relationship between humans and animals.

Katz has written several novels as well as non-fiction works which cover topics ranging from geek culture to people's evolving relationship with animals. He wrote a successful series of mystery novels centered around the character Kit DeLeeuw, a former [Wall Street](#) financier turned private investigator, based in the fictional Rochambeau, New Jersey. His more recent work explores his own relationship with his dogs (and other animals) on his farm in upstate New York and broader issues of animals' place—both physically and emotionally—in the modern world.

Many of Katz' books have described his relationships with dogs. He began writing about them after taking in a difficult [Border Collie](#), whom Katz credited with changing his life by causing him to take up [shepherding](#) and move to a farm. He has written extensively on the way we train dogs, arguing that most approaches fail because they are too inflexible, and because—as dog owners—we over-anthropomorphize our companion animals: "we give them too much credit, make them too complex, muddying our communications" by treating them as "soul mates" rather than understanding and respecting their animal nature. "I can't imagine life without a dog", Katz said in a 2002 interview. "I don't think dogs are substitutes for people, but I must confess I often find them more reliable."

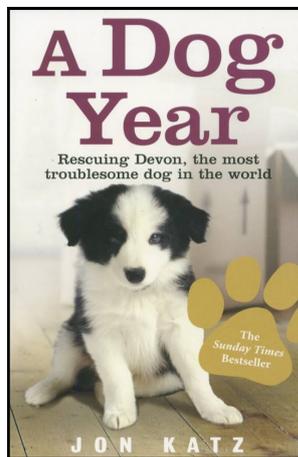
Books about Dogs

- Running to the Mountain: a journey of faith and change (2000)
- A Dog Year: twelve months, four dogs and me (2003)
- The New Work of Dogs: tending to life, love and family (2003)
- The Dogs of Bedlam Farm: an adventure with sixteen sheep, three dogs, two donkeys and me (2004)
- Dog Days: dispatches from Bedlam Farm (2005)
- Katz on Dogs: a commonsense guide to training and living with dogs (2005)
- A Good Dog: the story of Orson who changed my life (2006)
- Izzy and Lenore: two dogs, an unexpected journey, and me (2008)
- Soul of a Dog: reflections on the spirits of the animals at Bedlam Farm (2009)
- Rose in a Storm: A novel (2010)
- Listening to Dogs: How to Be Your Own Training Guru (2012)
- Dancing Dogs: Stories (2012)
- The Story of Rose: A Man and His Dog (2012)

Other books

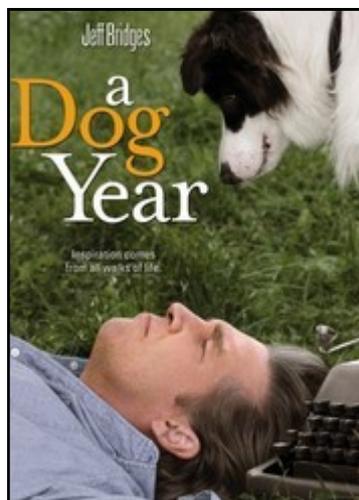
- *Sign Off* (1991)
- *Virtuous Reality* (1997)
- *Media Rants: Post Politics in the Digital Nation: A Netizen Takes on Washington and the Media Empire* (1997)
- *Running to the Mountain: A Midlife Adventure* (1999)
- *Geeks: How two boys rode the Internet out of Idaho* (2000)
- *Out of the Shadows* (2009)
- *Going Home: Finding Peace When Pets Die* (2011)
- *Who Speaks for the Carriage Horses: The Future of Animals in Our World* (2014)
- *Saving Simon: How a Recue Donkey Taught Me the Measuring of Compassion* (2014)

The Book.....



The Movie.....

Jon Katz is close to burnout. He's a writer with writer's block; his wife has left for her sister's because he's emotionally distant; he rarely answers his phone. A kennel sends him a border collie that's undisciplined because of abuse. Despite a series of mishaps, Jon decides to keep trying with the dog, and he rents a dilapidated farm house to give the dog room to run. A local handyman refers Jon to a woman who might be able to help him train the dog. Reluctantly, Jon gives her a try. Is the dog the problem, or the owner?



Click on the link to view the movie trailer: <https://www.youtube.com/watch?v=yANFRQTW0Jk>

FEED MORE COLORS

Powerful Phytonutrients food additions



KEEP YOUR DOG HEALTHY



red for heart & DNA

**apple, cranberries
raspberries**

yellow for eye, growth & development

**carrot, pumpkin,
banana**

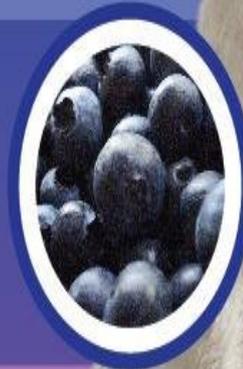


green for lung, liver, cell,
wound healing

**kale, alfalfa
dandelion, broccoli**

blue & purple for heart, brain,
bones & arteries

**beets, blueberries,
blackberries**



?
phytonutrients
are organic
compounds found
in plants that help
to both prevent
and relieve
disease and
illness.



treating **canine allergies** with..
FOOD ENERGETICS

Feed cooling & neutral foods. The cooling foods help to bring down the inflammation throughout the body. Avoid warming and hot foods.

NEUTRAL FOODS

Beef Liver, Goose, Pork, Pork Liver, Pork Kidneys, Pork Feet, Quail, Tripe, Chicken Eggs, Duck Eggs, Herring, Mackerel, Sardines, Beet Root, Cabbage, Carrots, Cauliflower, Pumpkin, Shitake, Pineapple, Pomegranate, Raspberry, Spirulina,

COLD FOODS

Rabbit, Duck, Cod, Whitefish, Broccoli, Celery, Cucumber, Eggplant, Kelp, Apple, Banana, Cranberry, Mango, Flax Seed Oil, Marjoram, Peppermint

WARMING FOODS

Turkey, Chicken, Chicken Liver, Pheasant, Mussel, Anchovy, Squash, Sweet Potato, Ginger, Turmeric, Basil

HOT FOODS

Lamb, Mutton, Sheep, Venison, Kidney, Trout, Cayenne

Let food be thy medicine and
medicine be thy food.
Hippocrates

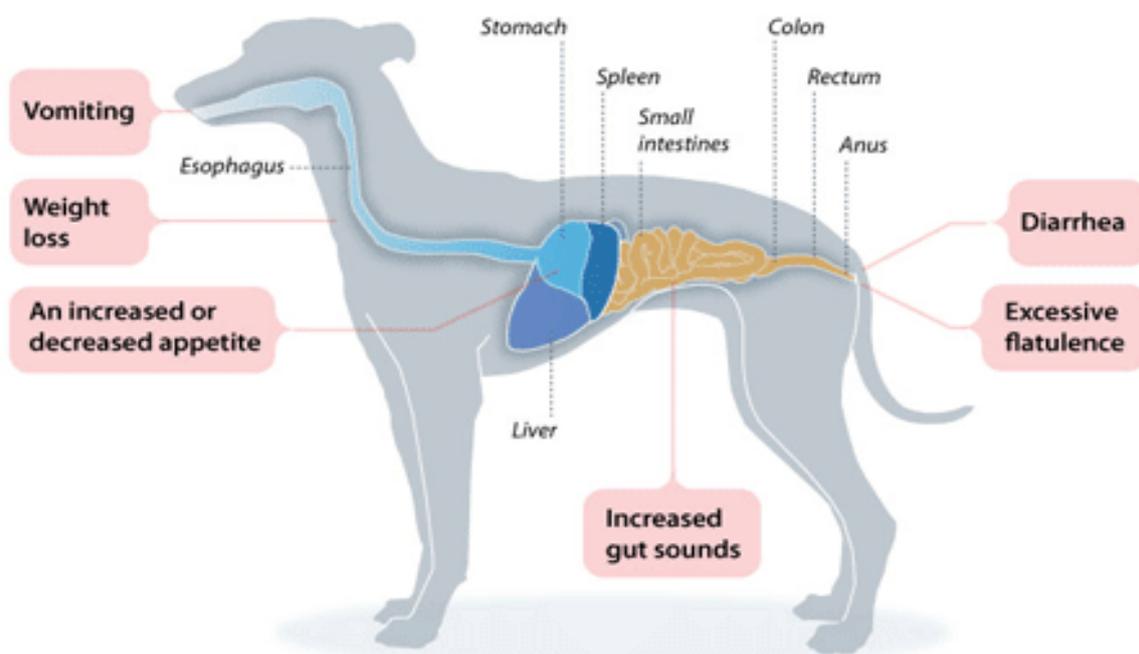


Inflammatory Bowel Disease in Pets

Inflammatory bowel disease is characterized by an over-abundance of inflammatory cells located within parts of the stomach, small intestine, and/or large intestine. The presence of inflammatory cells within the gut wall disrupts the ability of the intestinal tract to function normally, often resulting in chronic and protracted diarrhea, malabsorption, weight loss, anemia, and malnutrition.

Symptoms

The disease can affect pets of any age, but is usually diagnosed in middle aged to older animals. Symptoms associated with the disease:



Causes

It is believed that a combination of factors can cause inflammatory bowel disease (IBD):

- Abnormal immune responses
- Food intolerances
- Gastrointestinal infections
- Intestinal parasites
- Stress
- Genetics (IBD occurs most frequently in):
 - Purebred cats
 - Certain breeds of dogs (Basenjis, Soft-coated wheaten terriers, German shepherds, Yorkshire Terriers, Cocker spaniels, Shar-peis, Rottweilers, Weimaraners, Border collies, Boxers)

Treatment

Common recommendations include:

- A diet that is either made from novel protein and carbohydrate sources or proteins and rice to limit adverse immune reactions.
- Immunosuppressive medications (prednisone, prednisolone, methylprednisolone acetate, cyclosporine, or azathioprine)
- Antibiotics (metronidazole or sulfasalazine)
- Probiotics (beneficial intestinal microorganisms)
- Prebiotics (non-digestible ingredients that support the growth of probiotic microorganisms)

"Sometimes the right path in **dog training** is not always the easiest one..."



...but it is certainly the most **rewarding.**"

- Tom, absolute**DOGS**

abs^{lute} dogs

"IT IS THE TEACHER'S FUNCTION TO CONTRIVE CONDITIONS UNDER WHICH STUDENTS LEARN."

- Skinner

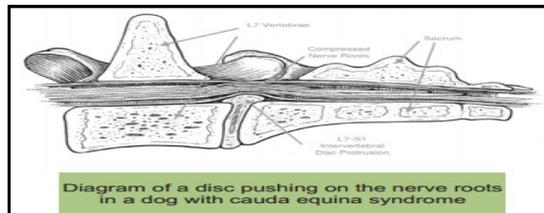


IF THEY AREN'T LEARNING WITH THE WAY YOU ARE TEACHING, TEACH THEM IN THE WAY THEY LEARN!

Working Injuries Within

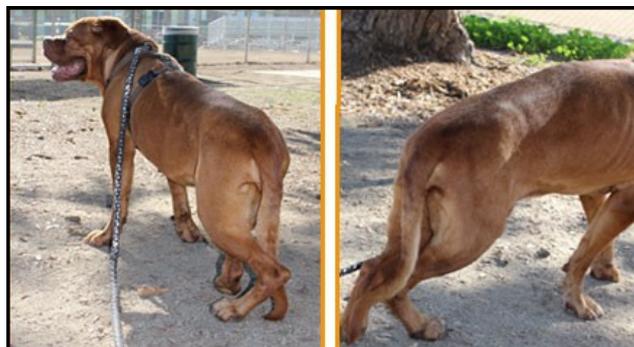
Lumbosacral Stenosis (Cauda Equina Syndrome)

Lumbosacral [stenosis](#) has also been termed lumbosacral instability, lumbosacral malformation, lumbosacral malarticulation, lumbar spinal stenosis, lumbosacral spondylolisthesis, lumbosacral nerve root compression, and cauda equina syndrome. All these terms describe arthritis of the joint between the last lumbar vertebra and the sacrum, which is one of the bones that makes up the pelvis. This arthritis narrows the canal through which the spinal cord and nerves pass through. The intervertebral disc between the vertebra and the sacrum is often abnormal as well, further narrowing the canal. The arthritis and disc disease put pressure on the nerves coming off the spinal cord. The symptoms of lumbosacral stenosis, then, are a result of nerve injury.



What are the symptoms of lumbosacral stenosis?

The most common sign of cauda equina syndrome is pain. The pain may occur in the back, in one or both hind legs, or the tail. The dog usually has difficulty rising from lying down, but once he begins to walk about he works out of the stiffness. There may be muscle loss in one or both rear legs. The dog may have difficulty urinating or defecating because of the pain, may become incontinent, or may be unable to urinate. Some dogs are unable to move their tail, or have severe pain if the tail is moved. Often dogs will have a shuffling [gait](#), and scuff their toes. Some dogs will chew on their pelvic area, hind limbs, or tail, sometimes creating considerable damage by this self-mutilation. Many of the signs seen with lumbosacral stenosis can mimic those of hip [dysplasia](#), and the two conditions need to be differentiated.



Which animals are at risk of having lumbosacral stenosis?

Lumbosacral stenosis occurs most commonly in large breed dogs. German Shepherds appear to be more likely to develop this condition. The condition can be acquired, meaning the dog started out normal and then developed this condition. Or, lumbosacral stenosis can be [congenital](#) condition, meaning the dog was born with the abnormality. Either way, the symptoms generally do not occur until the dog is between 3 and 7 years of age.

How is lumbosacral stenosis diagnosed?

The veterinarian will ask the owner for a history of when the symptoms developed, etc. A physical exam will then be performed. The hind limbs will be manipulated in various ways to determine which positions are painful. The veterinarian will also do a neurological exam, including testing the reflexes, to determine which nerves may be injured.

Radiographs (x-rays) are taken to evaluate the spine and pelvis. The findings can be very suggestive of lumbosacral stenosis, but are not sufficient to make the diagnosis. To achieve a diagnosis, special procedures must be performed by injecting dye into the affected area and re-radiographing. Depending on where the dye is placed, the procedure is called myelography, epidurography, or diskography. These procedures must be done under anaesthesia. Displacement of the dye by the abnormalities in the bones and intervertebral disc confirms the diagnosis of lumbosacral stenosis.

How is lumbosacral stenosis treated?

Depending on the severity of the condition, amount of pain the animal is experiencing, overall health of the animal, financial restrictions, and other factors, lumbosacral stenosis is treated surgically or nonsurgically.

Nonsurgical treatment: If the condition is mild, dogs may be treated with strict rest for 6 to 8 weeks. Anti-inflammatory medications such as prednisolone are given. In many cases, this can relieve the symptoms. However, when the dog becomes more active, the symptoms can return.

Surgical treatment: There are two different surgical techniques used to treat lumbosacral stenosis. In the first, the bones are fused together in as normal a position as possible. This prevents abnormal motion between them, and reduces the risk of further arthritis. In the second technique, part of the bone and the intervertebral disc are removed to reduce pressure on the spinal cord and nerves.

In either case, dogs must be confined for 2 to 4 weeks after surgery, and may also be placed on prednisolone therapy. For dogs who have difficulty or are unable to urinate, the bladder must be manually expressed several times a day.



What is the prognosis for dogs with lumbosacral stenosis?

The outlook for dogs with lumbosacral stenosis is dependent on the severity of symptoms before treatment. Dogs who are mildly affected may be able to return to normal function. For those who are incontinent or unable to urinate prior to treatment, the prognosis is much poorer.

**Thanks to Dr. Karen Hedberg
Dog Lovers Cruise 2015**



Essential Oils for **Sound sensitivity**

For a dog who's hypersensitive to sound (anxious, whimpering, restless).

✗ DO NOT ...
use for cats, birds, reptiles or fish
give internally or apply undiluted
apply on or around the facial area

Essential Oils To Consider

💧 Lavender 💧 Melissa 💧 Neroli

How & when to apply

- 🌿 Diffusion ⌚ before ⌚ during ⌚ after
- 🌿 Inhaling ⌚ during
- 🌿 Topical massage ⌚ before ⌚ after

Calming mist

What you'll need:

- ♥ 300 ml water
- ♥ 5-10 drops lavender essential oil
- ♥ 5-10 drops Roman chamomile essential oil
- ♥ Spray bottle

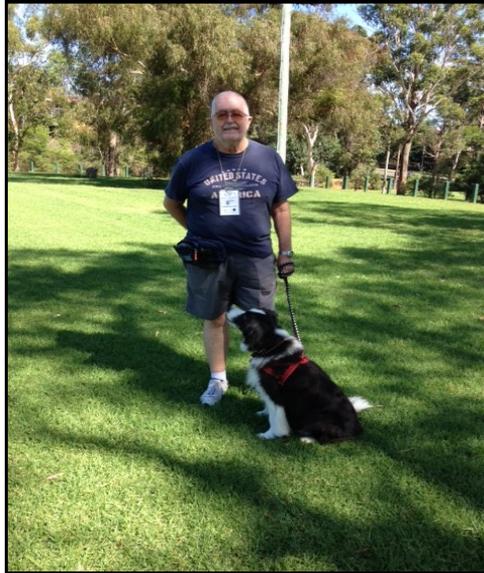
Instructions

- ♥ Mix all the ingredients together in the bottle and shake the bottle well before spraying.
- ♥ Cover the face and eyes of your dog with a cloth or hand.
- ♥ Spray a light mist over your dog during times when they need help settling.

HINT
A good time to spray would be about **10 minutes before** leaving home or before guests arrive.



Kevin & Maggie



When my previous Border Collie, Missy died in January 2003, I was lost as she was my constant companion. I had been retired for 2 years & my wife was still working.

I didn't want another dog but my daughters convinced me otherwise. At the end of January, that year, they took me to breeder at Kurrajong to look at some pups. The breeder saw I was uncertain about taking another dog & suggested that I take the female pup home & if it didn't work out she would take her back.

Needless to say, Maggie slept beside my bed the first night & by morning she was staying. When Maggie was old enough, we took her to a puppy pre-school class. I then decided she needed more to keep physically and mentally active & joined the Hills District Kennel and Training Club. Maggie was a keen learner. At the end of her second year she was awarded the most improved dog in her class. It wasn't long before she graduated to other classes & finally with Dianne on Tuesday mornings.

Being one of the few males in the class over the last 13 years, I received some "flack" from Dianne. But I do appreciate the encouragement I have received from Dianne & the other trainers.

Maggie is one of those dogs that is very comfortable and happy around people and particularly children, but not interested in other canines.

Maggie is now 13, with some ailments that come with age. She is getting slower, but is still keen to go to class - Even though sometimes she prefers to do her own thing.

Four years ago I had my first run in with Cancer. Maggie knew I was sick before I did. She sat with me during all the uncertain times of tests, surgery and treatment. During chemo, she always wandered into the bedroom after I was asleep to lay on the floor next to the bed. Her love and loyalty give me enormous comfort and strength.

Some words from Dianne Atkins:

Maggie is my most senior canine in Tuesday mornings Classes. Kevin and Maggie have attended my class for approximately 12 years. They are a great team and I have enjoyed watching Maggie grow from a youngster to a senior citizen oh that goes for Kevin too :)



Hills Relay for Life and Kellyville Pets are proud to bring you our very first Dog Hour!

Register your four-legged companion and join us in walking the track at the 2016 Hills Relay for Life.

When: Saturday, 21 May 2016
Where: Hills Relay for Life
 Castle Hill Showground
Check-in: 12:45pm at the
 Kellyville Pets stall
Official Start: 1:30pm

You will need to be registered in a Hills Relay team prior to registering your dog for Dog Hour. You will also be required to abide by all safety precautions as outlined in the registration process. For more information contact Crystal on 9354 2008.

To register for Dog Hour, visit bit.ly/HRFLDH



THE COUNTERCONDITIONING TRAFFIC LIGHTS!

**HOW IS YOUR
DOG RESPONDING?
WHAT TO DO:**

**EXHIBITING A
FEAR
RESPONSE?
OVER
THRESHOLD?**

**STOP THE
SESSION AND
RETHINK!!**

**NOT OVER
THRESHOLD BUT
NOT GETTING THE
DESIRED
RESPONSE?**

**CHANGE THE
SET-UP/PLAN!
INCREASE THE
DISTANCE!**

**GETTING
THE
DESIRED
RESPONSE?**

**CONTINUE,
REWARD,
HAVE FUN!**

KEEP SESSIONS SHORT, LIGHT & PRESSURE FREE!

Congratulations...

**to the following Hills members on their fantastic achievements during
2015. They all received their Title Trophies at our
AGM on 13 April 2016.**

SINGLE TITLES

COMMUNITY COMPANION DOG TITLES 2015

Shirley Tulk and *Inneslake China Doll CCD RN*
Deirdre O'Brien and *Japorik Miss Rosebay CCD*

NOVICE OBEDIENCE TITLES 2015

David & Sue Hutchins and *Entally Master of the House CD RE*
Eve Ryan and *Raennik Frodo CD*
Anne Salisbury and *Ch. Eszter-Hazi Drotos Boldog (Imp Hun) CD NRA*
Judith Stanley and *Harvikgold Starbreaker RN*
Susan Ley and *Griffin RN*
Leah Sundstrom and *Ch. Caleebra Armani Diamond RN*

RALLY ADVANCED TITLE 2015

Kim Staples and *Tilly CCD RA*

RALLY ADVANCED EXCELLENT TITLES 2015

Pat Bradley and *Clancy CDX RAE ADM ADO JDX JDO GD SPD SD*
Pat Bradley and *Mallee CDX RAE*

RALLY EXCELLENT TITLE 2015

Pauline Hartwell and *Ch. Hartwyn Royal Zulu CDX RE*

NOVICE RETRIEVING ABILITY TITLE 2015

Kathy Cocks and *Ch. Sherepoint Kentucky Moonshine NRA*

DANCES WITH DOGS FREESTYLE STARTERS TITLE 2015

Karen Richardson and *Poodlederry Mister Bojangles DWDF.S*

DANCES WITH DOGS FREESTYLE INTERMEDIATE TITLE 2015

Karen Richardson and *Poodlederry Mega Pixel CD RAE HTM.S DWDF.*

JUMPING DOG TITLES 2015

Joanne Campbell and *Morgan JD*
Melissa Friend and *Charlee RN FMX JD*

GAMBLER DOG TITLE 2015

Melissa Friend and *Maddie JD AD FM GD*

TRACKING DOG TITLES 2015

Sandra Elliott and *Sassy CD RA HT TD*
Sandra Elliott and *Rivermaid Chester Cherokee CCD RA TD*

MULTIPLE TITLES

RALLY NOVICE and COMMUNITY COMPANION DOG TITLES 2015

Robyn Dive and *Zillara Molotov Cocktail RN CCD*
Dagmar Neal and *Wattavue Silver Lake RN CCD*

RALLY NOVICE and RALLY ADVANCED TITLES 2015

Pauline Hartwell and *Ch. Rustufarion Bubble The Brew (IID) CCD RA*

NOVICE OBEDIENCE and RALLY NOVICE TITLES 2015

Sandra Sweetman and *Trinrod Gypsy Magic CD RN*

**COMMUNITY COMPANION DOG, RALLY EXCELLENT, JUMPING DOG, and FLYBALL
MASTER EXCELLENT TITLES 2015**

Michelle Gurney and *Ch. & Neut. Ch. Magpielane Morning Song CCD RE JD FMX ET*

**COMMUNITY COMPANION DOG, NOVICE OBEDIENCE, RALLY NOVICE, RALLY ADVANCED
and RALLY EXCELLENT TITLES 2015**

Karyn Gresser and *Banjo CD RE*

RALLY NOVICE and ENDURANCE TEST TITLES 2015

Samantha Ibbott-Cordi and *Gr. Ch. Tobenlee Moves Like Jagger NR ET*

JUMPING DOG MASTERS 3 and AGILITY DOG MASTERS 2 TITLES 2015

Joanne Campbell and *Tira ADM2 JDM3 JDO ADO SDX GDX SPDX CD CCD RN*

**AGILITY DOG NOVICE, AGILITY DOG EXCELLENT, JUMPING DOG EXCELLENT
and RALLY NOVICE TITLES 2015**

Jean & Barrie Meredith and *Millie RN ADX JDX PT HSAs*

RALLY ADVANCED, JUMPING DOG and FLYBALL MASTER TITLES 2015

Michelle Gurney and *Ch. Armahani Diamond Dansut (AI) RA JD HT ET AFCh.*

CHAMPIONS

HEELWORK TO MUSIC CHAMPION TITLE 2015

Karen Richardson and *HTM.Ch. Silkysootes Jessie James CDX RAE DWDF.1*

OBEDIENCE CHAMPION TITLE 2015

Eve Ryan and *O. Ch. T.Ch. Phenwick Picture Perfect UD*

AUSTRALIAN CHAMPION TITLE 2015

Samantha Ibbott-Cordi and *Ch. Tobenlee Show N Tell*

AUSTRALIAN FLYBALL CHAMPION TITLE 2015

Michelle Gurney and *Ch. Armahani Diamond Dansut (AI) RA JD HT ET AFCh.*

AUSTRALIAN CHAMPION TITLE 2015

Leah Sundstrom and *Ch. Caleebra Armani Diamond RN*

GRAND CHAMPION TITLE

AUSTRALIAN GRAND CHAMPION TITLE 2015

Samantha Ibbott-Cordi and *Gr. Ch. Tobenlee Moves Like Jagger RN ET*

..... and a huge **"THANK YOU"** to the following Hills members who received awards in recognition of their service to the Club over many years...

