

Volume 32
Edition 4
September 2019



Track on....



Champions 2019

A0026595M
STATEMENT OF PURPOSES

The purposes of the Club are:-

1. to promote and encourage Australian National Kennel Council hereafter referred to as the ANKC Performance disciplines of Tracking and Track and Search;
2. to affiliate with the Victorian Canine Association Inc trading as Dogs Victoria hereafter referred to as "DV".
3. to promote responsible dog ownership among Members and the wider community.
4. to promote and raise the standards of ANKC governed Tracking and Track and Search disciplines by: -
 - (a) disseminating relevant and up to date information;
 - (b) encouraging and assisting other DV Affiliates and dog owners generally to become involved in Tracking and Track & Search activities;
 - (c) conducting lectures and practical training sessions for handlers, dogs, instructors, tracklayers and officials;
 - (d) conducting Tracking and Track & Search Trials;
 - (e) recognising the achievements of the Association's Members and their dogs in the disciplines of Tracking and Track and Search;
5. to promote awareness of the contribution that tracking dogs can make to the community as a motivation for outdoor recreational activity and as a valuable resource in emergency situations;
6. to promote and support Tracking and Track and Search Competitions and to conduct such exhibitions as are permitted by the constitution of the Club, the DV and the ANKC;
7. to foster, promote, and protect the interests of dogs, handlers and officials and volunteers at Tracking and Track and Search Competitions
8. to collect and make available to members information relating to Tracking and Track and Search;
9. to educate and encourage members, handlers, tracklayers, and officials to be aware of and abide by the requirements and standards of the DV for the conduct of Tracking and Track and Search Trials;
10. to promote good fellowship and sportsmanship amongst members, other clubs and those interested in training and working dogs;
11. to foster relations with other clubs and bodies having similar aims;
12. to promote and assist worthy causes as agreed by the Committee;
13. to invest the funds of the club Association not immediately required for club operations in such manner as the members or the committee in lieu thereof shall determine to be in the interests of the Club.

SCHEDULE OF SUBSCRIPTION FEES

	Existing Members	New Members
	Renewal Subscription	Initial Subscription
Single Member	\$30.00	\$45.00
Family Membership	\$55.00	\$70.00
Junior Member	\$20.00	\$35.00

- All persons under 18 years of must be under parental/guardian supervision whilst attending the Club.
- Subscriptions include DV Members Services Levy for Non-DV Members)

PURCHASE OF HARD COPY NEWSLETTER (OPTIONAL) \$10.00

Email version free to members

Disclaimer:-

The Committee of the Tracking Club of Victoria Inc. makes every effort to ensure that the information contained in our newsletter "Track On" is accurate and up to date, however the Tracking Club of Victoria Inc makes no warranty, representation or undertaking, whether expressed or implied, nor does it assume any legal liability, whether direct or indirect, or responsibility for the accuracy, completeness or usefulness of any information contained herein. The Committee of the Tracking Club of Victoria Inc. reserves the right to decide in its absolute discretion what material of any nature will be published in the newsletter and reserves the right to refuse to publish any material, to edit and/or change the format of any material and to place conditions on any material submitted for publication

Your Committee

Office Bearers

President: Lynn Klecka
Mobile 0418 333312 or (03) 5291 5042
president@trackingclubvic.org.au

Vice President: Dawn Howard
vicepresident@trackingclubvic.org.au

Secretary: Anne Smith
96 Doncaster Road
BALWYN NORTH VIC 3104
Mobile 0407 887372 or (03) 9859 5991
secretary@trackingclubvic.org.au

Treasurer: Julie Short
19 Rossiter Ave.
ENDEAVOUR HILLS VIC 3802
Mobile 0401 001711 or (03) 9700 3788
treasurer@trackingclubvic.org.au

General Committee:
Lisa Staszek
Tamika Staszek
Kerryn Buckley
Michael Buckley

Correspondence to:
The Secretary,
Tracking Club of Victoria
96 Doncaster Road
BALWYN NORTH VIC 3104

Membership Applications to:
Kerryn Buckley
TCV Membership Officer
PO Box 383
TATURA VIC 3616
membership@trackingclubvic.org.au

Club Librarian: Andrea Sciberras

Webmaster: Michael Buckley

All Newsletter items to:
The Editor
Leonie Kelleher
12 Beltana St
GROVEDALE VIC 3216
publisher@trackingclubvic.org.au

Club Awards

Life Members

2004	Lynn Klecka, Dawn Howard & Andrea Sciberras
2006	Kim Houlden
2010	Helen den Hartog
2011	Peter Miller
2012	Jill Spencer, Tony Den Hartog
2015	Gary Fainges
2017	Peter Howard

Service Awards

2004	Susie Baird, Tony den Hartog, Peter Howard, Wanda Leech, Ken Mackay
2005	Rebecca Hamilton, Tony den Hartog, Jill Spencer, Trish Wileman
2006	Tony den Hartog, Trish Wileman
2007	Tony den Hartog, Trish Wileman, Deb Hamilton
2008	Tony den Hartog, Trish Wileman, Deb Hamilton
2009	Tony den Hartog, Trish Wileman, Deb Hamilton
2010	Tony den Hartog, Trish Wileman, Deb Hamilton, Trevor Pillinger
2011	Dawn Ayton, Alyson Mills, Julie Short
2012	Wally Mossop, Peter Howard
2013	Bob Cameron, Dianne Cameron, Julie Fainges, Cheryl Gibson
2015	Peter Miller, Peter Howard, Eddie Catton, Adam Catton
2016	Julianne Lalor, Marg Coker
2017	Rebecca Kearney, Sue Hooper



**TRACKING CLUB OF VICTORIA INC.
A0026595M**

NOTICE OF ANNUAL GENERAL MEETING

Thursday 21st November 2019 - 8.00 P.M.
KCC Complex, Uniting Lane, Bulla

AGENDA

1. Apologies
2. Acceptance of the Minutes of 22nd November, 2018 Annual General Meeting
3. Business Arising from the previous Meeting held 22 November 2018
4. Treasurer's Report – For year ended 30 June 2019
5. Auditor's Report – For year ended 30 June 2019
6. Appointment of the Auditor for 2019-2020
7. President's Report – 2019
8. Presentation of Life Member
9. Presentation of Service Awards and Appreciation Certificates
10. Appointment of Returning Officer and Scrutineers (if required)
11. Election of Office Bearers and General Committee Members for 2019
 - President: 1 Position
 - Vice President: 1 Position
 - Secretary: 1 Position
 - Treasurer: 1 Position
 - General Committee: 4 Positions
12. Close of Meeting

Please note only items listed on the Agenda may be discussed at the AGM.

*The Annual General Meeting will be followed by the TCV Presentation Night.
Club members are presented with recognition for the titles that they and their dogs
have gained throughout the 2019 tracking season.*

Club Trophies and Awards will also be presented on the night.

Please bring a plate for supper and invite your family and friends to join us.

**Anne Smith
TCV Secretary
20 September 2019**



TRACKING CLUB OF VICTORIA INC.

COMMITTEE NOMINATION FORM 2019/2020

I, _____
(name of member nominating)

and _____ hereby nominate
(name of member who seconded the nomination)

_____ for the position of
(name of nominee)

_____ on the Committee of
(position)

Signature of Nominee: _____ Dated: _____

Signature of 1st Nominator: _____ Dated: _____

Signature of 2nd Nominator: _____ Dated: _____

**Nominations to be completed and in the hands of Secretary of the Club on or before 15th
October 2019**

Please forward completed to: Secretary, Tracking Club of Victoria Inc.
96 Doncaster Road, Balwyn North VIC 3104
or email to secretary@trackingclubvic.org.au

**PLEASE NOTE: AGM IS BEING HELD AT BULLA
21st November 2019
Commencing at 8pm**



TRACKING CLUB OF VICTORIA INC.

APPLICATION FOR TRACKING TITLE 2019

Important: - Application must be accompanied by **copies of qualifying certificates** or **title certificate** at time of lodgement.

Details of **all certificates gained within the title** are to be listed below.

PLEASE SUBMIT ONE FORM FOR EACH TITLE GAINED.

All handlers must have been financial members of the Tracking Club of Victoria Inc. at the time of gaining the passes and at the time of presentations.

PLEASE PRINT LEGIBLY. Your trophy will reflect ***exactly*** what you write on this form.

TITLE APPLIED FOR: _____

OWNERS NAME: _____

DOGS NAME: _____

Trial Date	Affiliate's Name	Judge's Name	Test Number	Grade Awarded	Pass Verified

Owner's Signature	Date
Email	Phone No

Please forward completed to: Secretary, Tracking Club of Victoria Inc.
96 Doncaster Road, Balwyn North VIC 3104
or email to secretary@trackingclubvic.org.au

Applications close 8th October 2019

Must be in Secretary's hands by this date

The Tracking Year for runs from 9th October 2018 to 8th October 2019



TRACKING CLUB OF VICTORIA INC.

APPLICATION FOR TRACKING DOG OF THE YEAR 2019

In memory of John Bell

This trophy is awarded annually at the Club's Presentation Night. The winner is decided on a points system. An EXCELLENT pass is equal to 4 points, a VERY GOOD pass 3 points, a GOOD pass 2 points, and a PASS 1 point. If a tie occurs a count back system will be used on the most excellent passes received, followed by the most very good passes, etc.

Members must submit a copy of their qualification certificates with their application.

Eligible qualifying certificates are from the current Tracking year only (9th Oct 2018 – 8th Oct 2019). To be eligible to apply for this trophy the owner must be a financial member of the Club at the time of gaining the passes and at the time of presentations.

The member winning the award will receive a plaque to keep and the Memorial Board will be held by the Club and engraved with the winning team's details (owner and dog).

Applications Close on or before 8th October 2019

Owner's Name: _____

Dog's Registered Name: (Include all titles. This is the information that will be printed on your award)

Trial Date	Test No.	Affiliate Name	Judge	Grade Awarded	Secretary Verified

Owner's Signature:	Date:
Email:	Phone No:

Please forward completed to: Secretary, Tracking Club of Victoria Inc.
96 Doncaster Road, Balwyn North VIC 3104
or email to secretary@trackingclubvic.org.au

Applications close 8th October 2019

Must be in Secretary's hands by this date

The Tracking Year for runs from 9th October 2018 to 8th October 2019



TRACKING CLUB OF VICTORIA INC.

APPLICATION FOR TRACK AND SEARCH DOG OF THE YEAR 2019

This trophy is awarded annually at the Club's Presentation Night. The winner is decided on a points system. An EXCELLENT pass is equal to 4 points, a VERY GOOD pass 3 points, a GOOD pass 2 points, and a PASS 1 point. If a tie occurs a count back system will be used on the most excellent passes received, followed by the most very good passes, etc.

Members must submit a copy of their qualification certificates with their application.

Eligible qualifying certificates are from the current Tracking year only (9th Oct 2018 – 8th Oct 2019). To be eligible to apply for this trophy the owner must be a financial member of the Club at the time of gaining the passes and at the time of presentations.

The member winning the award will receive a plaque to keep and the Memorial Board will be held by the Club and engraved with the winning team's details (owner and dog).

Applications Close on or before 8th October 2019

Owner's Name: _____

Dog's Registered Name: (Include all titles. This is the information that will be printed on your award)

Trial Date	Test No.	Affiliate Name	Judge	Grade Awarded	Secretary Verified

Owner's Signature:	Date:
Email:	Phone No:

Please forward completed to: Secretary, Tracking Club of Victoria Inc.
96 Doncaster Road, Balwyn North VIC 3104
or email to secretary@trackingclubvic.org.au

Applications close 8th October 2019

Must be in Secretary's hands by this date

The Tracking Year for runs from 9th October 2018 to 8th October 2019



TRACKING CLUB OF VICTORIA INC.

APPLICATION FOR TRACKLAYER OF THE YEAR 2019

This trophy is awarded annually at the Club's Presentation Night. Points are awarded for successfully laid tracks (the dog tracking you must receive a pass). After completing a track fill out a Tracklayer of the Year form and have the Judge on the day sign it for you.

Points are awarded as follows:	Test 1, Test 2 and Test 3	1 point
	Test 4, Test 5 and Test 6	2 points
	Test 6, Test 7 and Test 8	3 points
	TSD 1, TSD 2 and TSD 3	1 point
	TSD 4, TSD 5 and TSD 6	2 points
	TSD 7, TSD 8, TSD 9 and TSD 10	3 points

In the event of a tie the grading the dog received will add 4 points for excellent, 3 points for a very good, 2 points for good and 1 point for a pass.

Eligible tracks are from the current Tracking year only (9th October 2018 - 8th October 2019). A tracklayer cannot count tracks laid for the same person more than once in a six month period. To be eligible to apply for this trophy the tracklayer must be a financial member of the Club at the time of completing the track and at the time of presentations.

The member winning the award will receive a plaque to keep and the Tracklayer of the Year trophy will be held by the Club and engraved with the winner's name.

Applications Close on or before 8th October 2019

Tracklayer's Name: _____

Trial Date	Test No.	Affiliate Name	Dog's Registered Name	Judge	Grade Awarded	Judge's Signature

Owner's Signature:	Date:
Email:	Phone No:

Please forward completed to: Secretary, Tracking Club of Victoria Inc.
96 Doncaster Road, Balwyn North VIC 3104
or email to secretary@trackingclubvic.org.au

Applications close 8th October 2019

Must be in Secretary's hands by this date

The Tracking Year for runs from 9th October 2018 to 8th October 2019



TRACKING CLUB OF VICTORIA INC.

APPLICATION FOR OLD GOLD CUP AWARD 2019

Donated by Dennis Cody in Memory of Cadbury



Denis Cody has donated a perpetual trophy on behalf of his Labrador “Cadbury” which will be engraved with the winner’s details; a smaller trophy will also be awarded which is for the winner to keep.

This trophy is awarded annually at the Club’s Presentation Night.

It is decided on a points system depending on your dog’s age and the result you were given for your tracks.

The winner is decided on a points system. An EXCELLENT pass is equal to 4 points, a VERY GOOD pass 3 points, a GOOD pass 2 points, and a PASS 1 point. Additional points will be allocated according to your dog’s age at the time their pass was attained – dogs aged seven (7) years but not eight (8) years will be awarded no extra points / eight (8) years but not nine (9) years – 1 extra point and extra years of age awarded point accordingly. If a tie occurs, a count back system will be used on the most excellent passes received etc.

Members must submit a copy of their qualification certificates with their application.

If a tie occurs, a count back system will be used on the most excellent passes received etc.

Eligible qualifying certificates are from the current Tracking year only (9th Oct 2018 – 8th Oct 2019). To be eligible to apply for this trophy the owner must be a financial member of the Club at the time of gaining the passes and at the time of presentations.

The member winning the award will receive a plaque to keep and the Memorial Board will be held by the Club and engraved with the winning team’s details (owner and dog).

Please fill in the form and send to it, together with a copy of the stated passes and a copy of your dog’s pedigree to confirm age at competing:

1. Copies of your passes VERIFIED by either the Judges / Secretary at the trial.
2. Copy of your VCA Registration (This confirms your Dog’s D.O.B.)

Applications Close on or before 8th October 2019

APPLICATION FOR OLD GOLD CUP AWARD 2019

Donated by Dennis Cody in Memory of Cadbury

Applications Close on or before 8th October 2019

Owner's Name: _____

Dog's Registered Name: (Include all titles. This is the information that will be printed on your award)

Dog's D.O.B: _____

Trial Date	Test No.	Affiliate Name	Judge	Grade Awarded	Secretary Verified

☐ (Please tick) If awarded the OLD GOLD CUP I undertake to return the Perpetual Trophy to a TCV Committee member on or before 1 October 2019.

Owner's Signature:	Date:
Email:	Phone No:

Please forward completed to: Secretary, Tracking Club of Victoria Inc.
96 Doncaster Road, Balwyn North VIC 3104
or email to secretary@trackingclubvic.org.au

Applications close 8th October 2019

Must be in Secretary's hands by this date

The Tracking Year for runs from 9th October 2018 to 8th October 2019

Club Calendar

2019 CLUB CALENDAR

SEPT	18	Committee Meeting - Venue - Yarraville
OCT	8	Closing date for all 2019 title applications & annual awards
	17	Committee Meeting – Venue – Mt Waverley
NOV	13	Committee Meeting - Venue - Yarraville
	20	TCV AGM & Presentation Night – Bulla
	30	Closing date for all articles for Christmas newsletter
DEC	18	Committee Christmas Dinner 7.30 p.m.- venue TBA



This is your newsletter so if you ever find articles, photos and other related documents please email them through.

Thanks again, Leonie

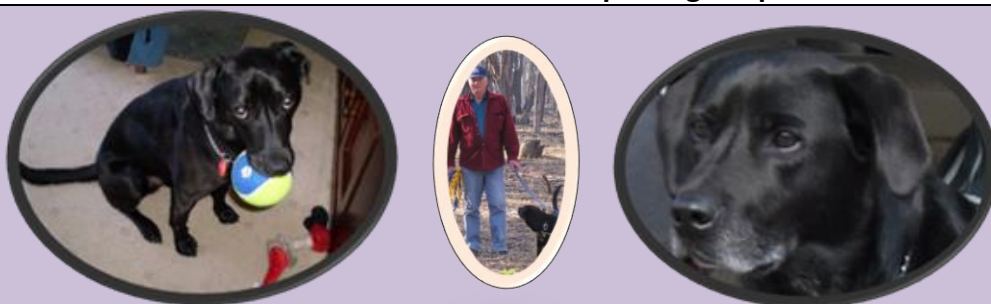
NEWS FLASH

The club has a new Facebook group, please remember that you must answer all questions as part of joining. Than you to those members that have added photos to the albums, so many wonderful pictures have been taken this season ☺

Thank you to everyone for contributing photos to the albums that were set up for trials

Vale

Condolences to Richard on the passing of Spike



Spike

UD RE TCH TSDX

Rescue

July 2002 - August 2019

Trial Calendar

October

4th-5th

Ballarat Dog Obedience Club Inc Track and Search Trial 8,9,10 Night Tests

18th-20th

Bendigo Obedience Dog Club Inc Track and Search Trial Tests

Club Merchandise

Are you wanting club merchandise? All you need to do is contact a committee member and they will be happy to assist you with your purchase. Club stickers for Tracking and Track and Search are also available



Schedule

BALLAARAT DOG OBEDIENCE CLUB INC

Track and Search Night Trial -Tests: 6, 8 & 10 only

Venue: Ballarat Dog Obedience Club Rooms, Military Drive

Date: Friday 4th October, Saturday 5th, Sunday 6th (if required)

Judges: Lynn Klecka & Denise Chrystal

Entry: \$40 per entry
\$30 for BDOC members
(inc. VCA levies & surcharge, catalogue and refreshments)

On line entries to: www.showmanager.com.au

Paper entries: Tracking Trial Manager
Raeleen McLeod
309 Eureka Street
Ballarat 3350
0448313525 (No calls after 9pm)

Cheques made payable to Ballarat Obedience Club Inc.

Please include your email for the date you will be competing. Updates to be emailed no later than 30th September. Email raeleen.mcleod@bigpond.com

Entries close: Friday 30th September 2019

Check in: 5.30pm-6.30pm

Judging commences: Sunset

Club Policy: No handler can be involved with more than 2 dogs on any given day.

**The club reserves the right to substitute or add judges if the need arises.
The catalogue will only be available on the night.**

Tracking Club of Victoria Inc. Tracking Etiquette

September 2019

When you start off entering a tracking trial, here are few tips.

- Whether you are entering on line or with a paper entry remember to take the time to fill in your entry form correctly, ensure you enter the test number you are entering and ensure you are eligible for this level.
- Make sure you include your contact phone number and an email address, if posting an entry, and don't have email then you must include a stamped addressed envelope for return of details to you.
- If your test is one that requires you to provide a known tracklayer ensure you include the name of that person and bring them with you, it is not the Club's responsibility to furnish you with a known tracklayer; they have enough to do to supply unknowns.
- Please make sure that you have a minimum of four (4) articles on your person for the drive to the trial, so that if you are asked to lay a track for another competitor you are able to do so as you have your articles correctly scented. Don't remove your articles until you are advised you are no longer required by an official, because sometimes things happen and a replacement tracklayer may be required at any time.
- When arriving at a trial and have a bitch that bitch needs to be vetted when you check in. Take the bitch with you to check in. If your bitch is not used to being vetted then work on teaching it to stand and have this done, just like any other type of training you do with your dog.

The rule book states the vetting may be done by a member of the affiliate conducting the trial. However sometimes Club's allow you to vet your own bitch but this must be done under supervision of the person doing the vetting and wiping the inside of the back leg is not vetting your bitch.

- If you have a track that requires an unknown tracklayer then also take your dog's reward to check in. Using a press seal plastic bag in a suitable size with your name and the test you are undertaking is really the only way to present this to those manning check in.
- Make sure you arrive in plenty of time for check in, early is always better. If you have car problems etc. on the way to the trial ensure you have the Trial Secretary's phone number with you so you can call them immediately. If you are unable to attend, you need to contact the Trial Secretary asap.
- Always make sure you have a doggy poo bag on you when you track so that you can pick up after your dog. Farmers do not want your dog's dropping in their paddocks and neither does Parks Victoria. Remember the farms we are blessed to be able to track on are people's homes, treat it as such. The same with the lovely bush areas we have access to this is only by permit and if we abuse the areas the permit may not be issued in the future.

- **PLEASE BEWARE** - It is not the steward's job to pick up after your dog nor is it their job to carry your dog's dropping to the end of the track for you. Some handlers have small bags over their shoulders where they place the articles when found they also can place the poo bag and carry to the end of the track and then dispose of back at base in the appropriate bins.
- **Unless you are advised otherwise by an official, all dogs must be on lead at all times whilst at the fixture.**
- All judges will brief the competitors that they are scheduled to judge each morning once check in closes. Make sure you stay in the vicinity of check in so you don't miss this briefing. Listen and remember what time you are required to be ready. Make sure you are ready on time, not somewhere else.
- Always check that you have the correct equipment with you for the dog you are tracking.
- Never forget to thank your tracklayer, whether your dog passed or not, as without these wonderful people, you would not have the opportunity to compete.
- If your dog has a treat that involves a container make sure that container is completely sealed so it does not leak on your tracklayer....also remember to take the empty container with you at the end of the track, the rubbish is your responsibility to dispose of correctly, not the steward's or tracklayer, leaving it at the end of the track is unacceptable.
- Please do not overload the tracklayers with a large enclosed container of food for your dog, a small one that will fit into a coat pocket is quite big enough, your dog can have the rest of the meal/treats when you get back to the car. **Also, along with your dog's reward, it is a nice gesture to leave something for your tracklayer e.g. small chocolate bar, as a thank you, this does not mean large boxes of chocolates, drinks etc. etc. This is a lovely gesture but you can give your tracklayer the other gifts later just something small enough to fit into their pocket is required. Remember they have their own bag to carry, poles, maps etc.; they certainly don't need to be weighed down with more goodies initially.**
- If you have entered several trials and gain a pass at one you need to contact all the Trial Secretaries for all the future trials and advise the new level of test you require or if you entered on Show Manager and entries have not closed then you can edit and upgrade yourself. But you must advise all Clubs where you have entered of your progress.
- Remember to read the rule book and be familiar with what is expected of you, this includes the glossary at the front of the book/s not just the description of the test you are doing. You need to advise Trial Secretaries if you have had passes under the same judge, for example if you gain your first 2 passes towards your Tracking Dog Title with the same judge, you cannot have that judge again for the next test. The title must be gained under at least two different judges, once you move into another title you may be judged by your first judge again.
- It is etiquette to stay until presentations have been completed each day even if you did not pass. It is lovely to celebrate your fellow competitor's achievements on the day as we are sure you would like everyone to celebrate yours when they occur.



Mindful Tracking

by Michael Roehrs, Clinical Social Worker and AKC Tracking Judge

"originally published in AKC Gazette July 2019"

What percent of tracking is a mental game? Do you believe that the handler's mental attitude "travels down the line" to the dog? Most exhibitors believe this, at least in part, to be true. Yet, most of those same exhibitors spend little or no time working on their mental attitude.

Past AKC statistics have shown that approximately 70% of tracking fails occur on the first leg at ALL levels of tracking. Logically, this does not seem to make sense, particularly for the advanced titles, where the team has successfully practiced their start legs immeasurable repetitions prior to test day. Even at the TD/TDU level, where they are given the second flag at 30 yards and know that the track must continue at least another 30 yards past this. Yet, judges see countless teams wander off in errant directions shortly after leaving the start flag. Why?

When I have surveyed tracking students, exhibitors and judges as to the reasons for these all too frequent fails, the most common responses are "nerves" and under-preparation. When those same respondents are asked how much time they spend in their training program on learning skills to manage their nerves, the typical response is a blank stare. A few people will offer that they used "visualization" or positive self-talk as part of their tracking routine, but with mixed success and infrequent practice of these skills. These same individuals can easily generate an impressive list of first leg skills to improve preparation. Start routines, motivational tracks, blind corners, "around the clock" start positions, etc., are regularly incorporated into practice times, but management of performance and test anxiety are noticeably absent as a practiced skill.

Clearly, there is a major disconnect between one of the most significant contributors to failed tracking tests and time spent on skill-building strategies to overcome this obstacle to a successful outcome. How can we expect a problem to improve, if we spend little of our training time to change it?

Mindfulness

Mindfulness is a popular term these days. Many people mistakenly believe it to be a complex state of mental awareness only attainable by a Buddhist Monk who has sat in silence on a mountain top for a decade or so. In reality, mindfulness can be simply boiled down to "living in the moment." While simple in theory, mindfulness can be elusive in practice. Still, with a modicum of practice, the key concepts of mindfulness can lend themselves nicely to improving our performance in the sport of K-9 tracking.

- 1. Focusing on the present moment:** Be aware of what you are experiencing now and only now. This means watching your dog for behavioral clues as to their on track or off track behaviors and "letting go" of the mental distractions of the presence of judges, gallery, family, friends, what you had for breakfast, and why your dog ate that cat hairball this morning. I often tell my tracking students: "Once you step up to that starting flag, that track is yours and only yours. You owe the judges nothing. Time does not exist and there is no more training to be done. This is you and your dog's moment. Your one and only job is to support your dog in a way that allows him to be the best at what you have already trained him to do. If you do that, the outcome does not matter."

Try this simple mindfulness exercise: Sit comfortably and upright in your chair. Uncross your arms and legs. Close your eyes. Give yourself permission that this moment is yours. This is what you have given yourself permission to do at this time. Simply focus on your natural breathing. Feel the air go into your lungs and then exit. Notice how your body feels as you breathe naturally.

As you continue to breathe in and out, notice your feet on the floor. Feel their weight. Just take a moment to connect with the feeling. Do not press down, just notice their natural weight and connection to the floor beneath them. Take 5 – 10 more breaths in and out as you do this. If your mind starts to wonder, gently bring yourself back to your breathing and the connection to the ground beneath your feet.

How do you feel? Was this difficult? The simple act of focusing your mind only on the present, can be challenging within the midst of everyday stress. With practice, you can become skilled at directing your focus to the present. Like any skill, the more you practice, the better you will become.

2. **Openness:** In his book Full Catastrophe Living, Jon Kabot-Zinn suggests that using a “Beginners Mind” allows us to be receptive to new possibilities and prevents us from getting stuck in the rut of our own expertise. Welcome all of your experiences with a curious mind. Nervousness is only a chain of body sensations. These sensations only have the meaning we assign to them. The heart that races with nervous anticipation at the start of your track is the same heart that races when you are with your lover. Practice being a passive observer of your body sensations and allowing them to just be, rather than trying to control or change them. Open yourself up to the possibility of what you have always believed may not actually be fact. Picture a child looking at something new with an innocence and curiosity. There is no fear, judgment or apprehension, just observation of what is in front of them.
3. **Non-judgment:** Learn to become an impartial observer of your experiences. Stop judging your thoughts and feelings as “good” or bad.” All feelings have a purpose. All feelings have value. Learn to practice accepting your nerves as a protective force within you, not a prediction of your future failure. When we stay present in the moment, we can simply be observers of our state of being. When we look to our past or try to predict our future, we become judgmental. When we are simply observers of our state, they take on no meaning, and cause us no distress. When we begin to assign them value, we lose our focus on the moment. Anxiety at the start flag or during a difficult corner is not good or bad, it is just part of your human emotional and physical state. It is not a predictor of outcome.
4. **Acceptance of what is:** Learn to live with what happens. Failing a test does not make you or your dog good or bad. It is simply an opportunity to learn. A chance to change, to practice, to improve. You are not a failure. Your dog is not a failure. You simply did not successfully complete all the aspects of the test. Accept that without internal judgement and you can quickly move on to new, productive actions.

Author and Olympic competitor Lanny Bassham suggests that after any performance, we ask ourselves 3 questions:

What did you like about your performance?

What did you learn?

What are you going to do about it?

Focus on the opportunity, not the problems.

The three questions are not just about positive thinking. During times of stress, our bodies secrete hormones such as *adrenaline* and *cortisol*. Serotonin and other neurotransmitters in the brain are affected, including dopamine, epinephrine and norepinephrine, all of which can affect our processing of neuro information. During these events, our brains are acutely aware and memory retention is high. Animals who survive trauma, quickly learn to memorize the environment and correlating events to avoid future dangers. When the brain is so susceptible to holding on to a memory, do you really want to mentally rehearse your mistakes over and over again right after they happen? Focusing on what went well and setting a picture for how you want it to go in the future will imprint your brain with images that will lead to success.

Allow yourself to embrace the things that went well for 15 to 20 seconds. In his book “Hard Wiring Happiness: The New Brain Science of Contentment, Calm and Confidence” Rick Hanson PHD, tells us that our brains have a negativity bias and are like Velcro for negative thoughts and Teflon for positive. We are just hardwired that way for survival. Taking the extra time to embrace your positive thoughts will help correct your brain’s natural tendency to focus on the negative.

5. **Non-attachment/Non striving:** Learn to let go of the rigid expectations you have of yourself or your dog, or the outcome of events. Life is a process. Learn to go with the flow. It is much easier to surf a wave than to swim against it. Letting go of our expectations allows us to be much more flexible in our training and also to stay in the moment during stressful times, such as during a test. A dog showing signs of being off track needs a handler that is patient and forgiving, willing to support and encourage. A handler who is filled with negative thoughts for themselves or their dogs will soon be in trouble. Too often I hear handlers say “I knew he wasn’t going to pass today” or “My dog can’t work in this kind of weather (or other condition that is less than perfect.)” In the words of Henry Ford **“Whether you think you can, or you think you can't – you're right.”** Practice simply focusing on the moment and the process in front of you and let the outcome take care of itself.
6. **Compassion:** We all love our dogs. We enjoy hanging out with them. Teaching them new things, showing them off to our friends. Do you feel the same about yourself? When we are under stress, it is easy to forget all that and become frustrated and irritated. Practice being kind, gentle and patient with not only your dog, but yourself. Let go of judging and condemning. Too often, these negative emotions come from holding on to results as the only evidence of our value. Learn to love the process. Watch your dog and learn how they communicate and take in their world. Enjoy each early morning practice. Embrace the cold days and the warm ones. Learn to belly laugh at your dog and your own foolishness. Focus on your dog’s wagging tail as you get him out of the car. Smile at your nervous hands as you buckle up their harness. Know that that weak feeling in your knees at a test is a testimony to the miles you have walked behind your dog in the months and years before this day that allowed you to get to this start flag. Love the flag blowing in the wind and your dog sniffing each blade of grass. Love the gallery and the judges behind you as they silently root for your success. Embrace the doubt you have, as your dog loses his track for a moment. Even dare to embrace the sound of the judge’s whistle. It is full of information you can use for improvement of yourself. Hold that final article or glove and relish in all the possibilities that fell together to get you and your dog to this moment. ALL of these experiences have value. We learn, we grow, we gain wisdom with each experience. Let yourself connect with each moment of the experience as having value. Focus on the process of these experiences that lead you and your dog down the track and not the outcome of that final glove. When we do this, we are guaranteed success. The more we let go of our need for a successful outcome and instead stay present on each step of the process, the more we actually improve our chances of a successful outcome. Anyone can go out and buy a nice glove. The glove is not the goal.
7. **Patience:** Helen Keller is quoted as saying “We could never learn to be brave and patient if there were only joy in the world.” Success is the best antidote for stress. When our dogs are tracking well and we feel successful, practicing mindfulness is easy. Being successful in managing our anxiety and becoming a Mindful Tracker, requires practice and patience. In his book *Mindfulness for Dummies*, Shamash Alidina, suggests that we use feelings of impatience as an opportunity to practice mindfulness of thought. We can learn to do this by practicing in our daily lives. The next time the phone rings, take a deep breath in, and out, before you answer it. When standing in line at the grocery store, pay attention to your posture and your breathing and let yourself become more relaxed with each breath in and out. The next time you are in your car at a stop light, focus on relaxed breathing, rather than how long the light is taking to change. Whether you sit at the light in frustrated anticipation or with relaxed breathing and enjoying the moment, the time it takes will be the same. Just think of how relaxed you could become before you arrive to your destination! When you go out tracking with your dog, take time at the start to breath in and out. Take a moment to feel your feet connected to the ground. Allow the time to practice being present in the moment. Becoming a successful Mindful Tracker during stressful times will take some practice, but if we allow things to unfold and progress at their own pace, we will benefit from more joy and feelings of success. So will our dogs.

Michael Roehrs has been involved in competitive dog sports for over 35 years and the sport of AKC tracking for over 20 years. He has piloted four of his Field Spaniels to the Champion Tracker level. He funds his dog habit working as a private practice Clinical Social Worker, specializing in the management of anxiety and stress disorders

Photo Gallery Champions 2019



Tracking Trial Results for TCV Open Tracking

Trial Held: Tracking Club of Victoria Inc.

Judges: Mr Gary Fainges, Miss Wendy McLean, Mrs Lynn Klecka & Mr Peter Miler

Location: Inverleigh; 10th 11th 12th August 2019

Total Entries: 105: Scratchings: 5: Total passes gained 87

Owner's name	Dog's Name	Breed	Test
Sharon Mustac	Kimja Once In A Blue Moon	Lagotto Romagnolo	Test 1
Lisa Tsakaros	Iniff Ice Angel	German Shepherd Dog	Test 1
Mrs R Davis	Bella	Associate	Test 1
Carole Denehey	AG CH 300 Finegold Hal On Paws	Poodle (Toy)	Test 1
Sharon Mustac	Silberweis On The Bright Side	Weimaraner	Test 1
S Bradley	Ch Stolzein October Spirit	Rottweiler	Test 1
Miss J Boyce	Waiwita Jack In the Box CCD CD RA	Papillon	Test 1
Mrs C & Mr J Wester	Ch Meadowbriar Aussie Sheila CA	Field Spaniel	Test 1
Jason Karanzoulis	Kenjja Sitting Bull	German Shepherd Dog	Test 1
Donna Chang	Solykke Milk Chocolate	Lagotto Romagnolo	Test 1
Jane Austen-Wishart	Stobar Frannie	German Shepherd Dog	Test 1
Ms Lu Cornwell	Jenuin Ralph RA	Poodle (Miniature)	Test 1
Belaia Kennles	Balaia perfect Match	Samoyed	Test 1
Mrs E Bayliff	Ormsaigbeg Lald (Imp UK)	English Springer Spaniel	Test 1
Mrs D Mr R Oldfield	Bronacre Popped To The Maxx	German Shepherd Dog	Test 1
Mr M Simmons	Seigen Jimmys Luna	German Shepherd	Test 1
Ms H Walter & Mr J Schultz	Schaeferhund Greeta	German Shepherd Dog	Test 1
Frances MacDonald	Swynford Mallee Masterpiece	Associate	Test 2
Colleen James	Radical Russ	Associate	Test 2
Julie Morrison	Killara New Day At Fayemor	Field Spaniel	Test 2
Maree Belcher & David Coote	Canawindra Ready To Jump	Shorthaired Pointer	Test 2
Sue Taylor	Bellaphoenix	Associate	Test 2
Mrs R Snijders	Jayshell Touchee	German Shepherd Dog	Test 2
N Kirchner	Obanya Chocolat Lady	Poodle (Standed)	Test 2
N Kirch ner	Ms Kaye Yarnold	Poodle (Standed)	Test 2
Mrs T Bolden	Vanharley Helene	German Shepherd Dog	Test 2
Ms Kaye Yarnold	Silverblue Show Us your Moves	Cocker Spaniel	Test 3
Colleen James	Audaciousollie	Associate	Test 3
Mrs D & Mr E Chrystal	Waiwita Tailormade Heartbeat	Papillon	Test 3
Mrs R Cheesman	Belcroft Believe In Diamonds	Cocker Spaniel	Test 3
Kylie Trigg	Zahals Fitz	Rottweiler	Test 3
June Trent	Neut Ch Meadowbriar Humphrey Bogat CA	Field Spaniel	Test 3
Jenny Delmenico	Jendally Perfect Princess	Dalmatian	Test 3
Miss M Kiel & Mr J Lodington	Ch Wonderdal First Avenger RN JC	Dalmatian	Test 3
Mrs M & Mr B Myers	Ch Duncairn Dream Police TD	Cairn Terrier	Test 4
Fiona Mackey	Deelee Clause TD	Lagotto Romagnolo	Test 4
Karen Mather	Ch Gameguard Fade To Black (AI) TD	Bull Mastiff	Test 4
Mrs R Davis	Paddington RN TD	Poodle (Miniature)	Test 4

Sofia Iatropoulos	Glenbrook Go West TD	Cocker Spaniel	Test 4
J Price, D Clarkson, N Lacey, P Simmons	Ch Carnmellis Kiss The Girls At Greywei CD QND ORA TD (Imp NZL)	Weimaraner	Test 4
Mrs T Lewis	Volscain Feebie TD	German Shepherd Dog	Test 4
Miss J Lalor & Mr P Hissey	Hounsley Hint Of This And That (AI) TD	Beagle	Test 4
Gerhard John	Nitro TD	Associate	Test 4
Miss M Kiel & Mr J Lodington	Ch Trudals Perdita RN TD ET WWPDPD TD	Dalmatian	Test 4
Mr M & Mrs L Klecka	Morningmyst Rhythm Of My Heat (AI) TD	Golden Retriever	Test 4
R J Brace (M Coker)	Sjecoin Bing And High Heels TD	Boxer	Test 5
Jillien Van Bommel	Kobi TD	Associate	Test 5
Mr A & S Gallo	Sup Ch CCdals Calvin Klein Iconic RN TD ET JC	Dalmatian	Test 5
Shirley Williamson	Gunnerson Chinook Blush TD	Labrador Retriever	Test 5
Lisa White	Jenhill Perfect Run RA ADM JDM SD TD	Schnauzer (Miniature)	Test 5
B & S Crowley	Ch Ellerran Enigma Blue Beguile TD	Collie (Rough)	Test 5
Sue Keane	Keanstar Regressa A MI TD	Golden Retriever	Test 5
Sue Keane	Keanstar Stormchaser RN TD	Golden Retriever	Test 5
Mrs N Aston	Makuwan World Turning JC TD	Brittany	Test 5
Mrs N Aston	Novafusion Pandoras Box TD	Nova Scotia Duck Tolling Retriever	Test 5
Mrs D & Mr E Chrystal	Waiwilta Heartbeat	Papillon	Test 6
Fiona Mackey	Hevansent Sweet Maddy	Lagotto Romagnolo	Test 6
Cheryl Smith	Eliteview Taking The Lead	Australian Shepherd	Test 6
Mr M MacDonald & Ms D Armstrong	Ch Celestion Assassins Creed (Imp NZ) TD	Dobermann	Test 6
Karen Mather	Ch Ubersein Say You Love Me TD	Rottweiler	Test 6
Mr D & Mrs N Abell	Ch Graebrook Quintessential TD	Hungarian Vizsla	Test 6
Margaret Wright	Neut Ch Tannah Fun With Oscar TD	Poodle (Standed)	Test 6
Kellie Monea	Coningburgh Diamonds N Pearls RN TD	Labrador Retriever	Test 6
Mrs C & Mr J Wester & Mr J & Mrs R Robertson	Aust Ch Meadowbriar Macbeth Findlaech TD CA	Field Spaniel	Test 6
Mr I C & Mrs G L Todd	Ch Neut Ch Bromhund Egotistical CD RM TD	Weimaraner	Test 6
Notropolis Fanfarede fair TDelene Jordan	Beereegan Sweet Caroline CD RA TD QND	Labrador Retriever	Test 6
Robyn Bassanslli	Daisy Girl TD	Associate	Test 6
Mr I & Mrs J Staniforth	Ch Metropolis Fanfarede Flair TD	Hungarian Vizsla	Test 6
Ashamber kennels	Coningsburgh Magical Diva CDX RE NRA TD	Labrador Retriever	Test 6
Maribeth Murphy	Austgem Total Reflection CCD RN TD	Dobermann	Test 6
P J Allen	Ch Glenmave Orlando (AI) TD	Nova Scotia Duck Tolling Retriever	Test 6
D Mitchell	Ch Hardrokk Miami Vice AZ TDX	German Shepherd Dog	Test 7
Carole Denehey	Henderchip Dartagnan TDX	Poodle (Toy)	Test 7
Bafferton Kennels	Brafferton I have A Dream TDX	Collie (Rough)	Test 7
Ms A & C ryan	Ch Kesdar Rumours Don't Matter TDX	Boxer	Test 7
Bafferton Kennels	Ch Bafferton Winter Bird TDX	Collie (Rough)	Test 7
Miss J Lalor & Mr P Hissey	Ch Hounsley Have You Ever TDX	Beagle	Test 7
Kellie Monea	Ch Neut Coningsburgh Coastwatch RN TDX	Labrador Retriever	Test 8
Mrs F Tranter	Ch Hanafor Alspice Grantham TDX	Hungarian Vizsla	Test 8

Meg Ryan	Pawsitive All Fired Up TDX	Australian Shepherd	Test 8
Miss C Hodges	Ch Sunshard The Alchemist CCD RE TDX	Collie (Rough)	Test 8
Julie Morrison	Ch Delkarn To The Moon And Back CCD TDX RA	Field Spaniel	Test 8
Mr J & Mrs J Strachan	Hasenway Malibu AZ (IID DEU) RN TDX	German Shepherd Dog	Test 8
Mr P J Keenan	Kaposvari Siena On Point TDX	Hungarian Vizsla	Test 8
N & M Hawthorne	Gipfel Shadow Land CD RN TDX	German Shepherd Dog	Test 8
Miss A Mills	Rozate Chicago After Midnight TDX TSD	Australian Shepherd	Test 8
Miss A Mills, Mrs K Dourley & Mrs P Kent	Tayona I Walk The Line (AI) TDX TSD	Australian Shepherd	Test 8

Tracking Club of Victoria Tracking Trial 10th – 12th August 2019

Saturday



Sunday



Monday



Tracking Trial Results for DOGS Victoria State Tracking Trial

Judges: Mr Gary Fainges, Mr Michael Yeo, Mrs Lynn Klecka & Mrs Helen den Hartog

Location: Inverleigh; 24th, 25th and 26th August 2019

Total Entries: 84, Scratchings/Withdrawals: 3, Total passes gained 50

Titles gained - TD x 11; TDX x 11; T Ch x 13

Name	Dog Name	Breed	Test
Dr J Jackson	Ch Lyndoor Sleepy Sam CCD FD CH ET HT	Australian Kelpie	Test 1
Elaine Bayiff	Ormsaigbeg Lad (Imp UK)	English Springer Spaniel	Test 2
C Van Der Wolde, J Kelly & K Scholz	Gr Ch Soverenpark Bring It On HT ET JC	White Swiss Shepherd Dog	Test 2
Samantha Bradley	Ch Stolzsein October Spirit	Rottweiler	Test 2
Donna Chan	Solykke Milk Chocolate	Lagotto Romagnolo	Test 2
Belaia Kennels	Belaia Perfect Match	Samoyed	Test 2
D & L Vagg	Ukkonen Rapsody (AI)	Finnish Lapphund	Test 2
Jason Karanzoulis	Kenjja Sitting Bull	German Shepherd Dog	Test 2
J N Boyce	Ch Eaiwilt Jak In the Box CD RA	Papillon	Test 2
Caole Denehey	AG Ch 300 Finegold Hal On Paws ADM JDM GD SPDX SDX	Poodle (Toy)	Test 2
D & R Oldfield (Di Oldfield)	Bonacre Popped to the Maxx	German Shepherd Dog	Test 2
Michael Simmons	Iturna Jim Dandy	German Shepherd Dog	Test 2
Susan Taylor	Bellaphoenix	Associate	Test 3
Julie Morrison	Killara New Day At Faymor (Imp USA)	Field Spaniel	Test 3
M Belcher & D Coote	Canawindra Ready To Jump	German Shorthaired Pointer	Test 3
Nick Kirchner	Obanya Chololat Lady CCD RE ADX JD SD GD SPDX	Poodle (Standard)	Test 3
Nick Kirchner	Sharmeka Mamie Kirchner RN AD JD SD SPDX	Poodle (Standard)	Test 3
M Kiel & J Lodington	Ch Wonderdal First Avenger RN JC	Dalmatian	Test 4
Gina Scuffins	Soverenpark Galaxy	White Swiss Shepherd Dog	Test 4
J Delmenico	Jendally Perfect Princess TD	Dalmatian	Test 4
D & E Chrystal	Waiwilt Tailormade Heartbeat TD	Papillon	Test 4
Rhonda Cheesman	Belcroft Believe In Diamonds CD RE	Cocker Spaniel	Test 4
M Kiel & J Lodington	Ch Rrudals Perdita RN TD ET WWPDP WPD	Dalmatian	Test 5
Fiona Mackey	Deelee Clause	Lagotto Romagnolo	Test 5
Gerhard John	Nitro	Associate	Test 5
Theresa Lewis	Volscain Feebie	German Shepherd Dog	Test 5
Jackie Price	Ch Carnmellis Kiss The Girls At Greywei CD QND ORA (Imp NZL)	Weimaraner	Test 5
M & L Klecka	Morningmyst Rhythm Of My Heart (AI) TD	Golden Retriever	Test 5
M & B Myers	Ch Duncairn Dream Police	Cairn Terrier	Test 5
Jillien van Bommel	Kobi TD	Associate Gundog	Test 6
Lisa White	Jenhill Perfect Run RA Adm JDM SD	Schnauzer (Miniature)	Test 6
Nicole Ashton	Novafusion Pandoras Box TD JC	Nova Scotia Duck Tolling Retriever	Test 6
B & S Crowley	Ch Ellerran Enigma Blue Beguile TD	Collie (Rough)	Test 6
S & A Gallo	Sup Ch Ccdals Calvin Klein Iconic Fame RN TD ET JC	Dalmatian	Test 6
M & B Myers	Grand Ch Tazlon Quill Of Dycity TD	Welsh Springer Spaniel	Test 6
Cheryl Smith	Eliteview Taking The Lead HT TD	Australian Shepherd	Test 7
Karen Mather	Ch Ubersein Say You Love Me TD	Rottweiler	Test 7
Stuart Macdonald	Grand Ch Stobar Quentin CDX RN TD ET	German Shepherd Dog	Test 7

Joy Allen	Ch Glenmave Orlando TDX	Nova Scotia Duck Tolling Retriever	Test 7
Giselle Henning	Mainsteet Rogue One RN TDX	Australian Shepherd	Test 7
Kellie Monea	Coningsburgh Diamonds N Pearls RN TDX	Labrador Retriever	Test 7
I & G Todd	Ch Neuter Ch Bromhund Egotistical CD RM TD	Weimaraner	Test 7
Ashamber Kennels	Coningsburgh Magical Diva CDX RE NRA TD	Labrador Retriever	Test 7
Daniel Mitchell	Ch Hardrokk Miami Vice TDX	German Shepherd Dog (LSC)	Test 8
Lynn Moore	Wherryman Burnt Fen Broad TDX	English Springer Spaniel	Test 8
Kellie Monea	Ch Neuter Ch Conningsburgh Coastwatch RN TDX	Labrador Retriever	Test 8
Carole Denehey	Henderchip Dartagnan TD Adm JDM SDX SPDY GD	Poodle (Toy)	Test 8
J Lalor & P Hissey	Ch Hounsley Have You Ever TDX	Beagle	Test 8
Bafferton Kennels	Ch Bafferton Winter Bird TDX	Collie (Smooth)	Test 8

Dogs Victoria State Tracking Trial 24th – 26th August 2019

Saturday



Sunday



Monday

