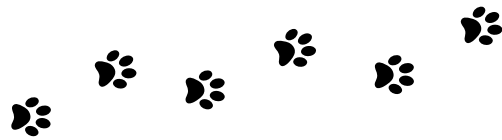

Newsletter



June 2026



YOUR COMMITTEE

Office Bearers

President	Rhonda Cheesman	0408 388 066
Vice President	Brian Arter	9874 1432
Secretary	Liz Bruhn	0410 258 944
Treasurer	Position vacant	

General Committee

Anne Smith, Andrea Sciberras, Debra Conway, Rebecca Carlin, Tamara Taylor

Instructors

Tamara Taylor, Rhonda Cheesman, Liz Bruhn, Brian Arter, Dodo Kelly, Susan Poyner, Debra Conway, Miranda Watkins, Matt Elder

Email	esodcmitcham@gmail.com
Website	www.esodc.org.au
Facebook	Eastern Suburbs Obedience Dog Club

INTRODUCTION

Our Club was founded in 1969 to cater for those owners of purebred dogs who were interested in training their dogs to Obedience Trial standard. The club was so successful in this regard that it was

granted affiliation with KCC (Kennel Control Council). In 1979 Victorian Canine Association (now Dogs Victoria) accepted all dogs into Obedience trials and the club was then also opened to all dogs.

CLUB RULES

1. Your dog is to be kept on leash at all times. The only exception is when given explicit instruction to work off lead in class.
2. Handlers wishing to leave their dogs tethered on Club grounds should only do so if their dogs are safe with people, especially around children. No dog may be tethered when it can reach another dog.
3. Dogs must be fully immunised before coming to classes which needs to be kept up-to-date.
4. Any sick dog, or one suffering from a communicative illness, are not to come to classes until Vet cleared.
5. Handlers are responsible for removal of their dogs' excreta from the training area.
6. We teach rewards-based training. Physical and excessive verbal abuse of dogs is not allowed. Any observed behaviour of this type will lead to expulsion from the club.
7. Instructors have authority over their classes and may ask a member to take their dog out of class if it is overly disruptive.
8. While at the grounds, before and after classes, please remain in control of your dogs, and respect the space of other dogs and handlers.
9. Dogs in season should not attend training for four weeks. However, this does not mean you should stop attending classes nor cease the training of your dog.
10. If an Instructor considers your dog to be aggressive, the Chief Instructor will evaluate your dog. If directed by ESODC, you agree that your dog must wear a yellow bandana/coat and/or soft muzzle while training and participating in club activities.

President's Report

A brisk winter's welcome to you all. I do hope you own a warm and waterproof coat, because as I write, the winter chills have definitely set in.

I offer a very warm welcome to all our new members. I trust by now you too have settled in to regular Sunday morning classes, and are suitably inspired to make time every day (regardless of the weather) for your homework / daily training.

Just over two years ago, we changed to the present structured classes, and I am incredibly proud of how well the 'on-field' layout, and weekly classes have evolved. Two years on, and this year we added Rally and Obedience trialling classes, as well as our very popular Social class. Although still very dependent upon Instructor availability, we have great attendance and super feedback from those members participating. I am so very grateful to Tamara (our Chief Instructor) and to all our dedicated and committed Instructors who make all this happen. Please remember, every Sunday morning your Instructors are ready and on time to teach, please don't hit the snooze button a second time...



An important and timely reminder for everyone 'on-field', off-field, on the street, or in the parks....

- If a dog is wearing YELLOW anything (lead/harness/bandana)
- **PLEASE GIVE IT LOTS OF EXTRA SPACE AND DEFINITELY DO NOT APPROACH IT.**

For whatever the reasons, it is essential we honour the 'yellow alert'. Please take responsibility for your own behaviour (ie keep your dog under control) and respect that another dog requires more space/reasons in order to feel safe. Most dogs will not react.... But there are always exceptions. Kindness and consideration costs nothing, but the benefits to that anxious dog/owner are priceless!

Thank you everyone for your support and commitment to training. It is lovely seeing you all in classes, scattered across the field each and every Sunday. Keep up your good work, stay warm, and stay dry.

Happy training,
Rhonda Cheesman

Welcome to our New Members

Name	Dog	Breed
Alyx and Ryan	Nori	Sheepadoodle
Candice	Ruby	Groodle
Meg	Norman	Airedale Terrier
Natalie	Devo	Whippet
Nadia	Frankie	English Staffordshire Bull Terrier
Drithi, Kapil and Kinjal	Alfie	Groodle
Winston	Jax	Bordoodle
Lee	Bella	Red heeler cattle dog

Name Badge

Remember to wear your name badge in class.

- ensures you are covered by our insurance.
- ensures only members are on the grounds/in class.
- helps us remember & use your names.

** Forgot yours? See us in the clubroom or your instructor for a temporary card.*



Etiquette for dogs wearing yellow



Dogs wearing yellow bandanas, leads or coats **need extra space**.

Remember to:

- Give the dog space
- Ask the owner before approaching
- Follow the owner's instructions

Yellow does not mean "bad dog". It means they may be nervous, anxious, protective or need space to feel safe.

Respecting dogs wearing yellow supports positive training outcomes for everyone.

Chief Instructors Report

The cooler months are definitely upon us and this is when we see a decline in new members and the number of members on the grounds on a Sunday morning. Our volunteer instructors will be out there every Sunday – rain or shine, dedicated to helping you and your dog thrive.

Sometimes the weather impacts our training and other times it is the developmental stage our dog is in. This newsletter I am sharing some insight into an often-overlooked stage – adolescence.

Dog Adolescence

Just as humans go through adolescence, so too do our dogs. The adolescent stage starts somewhere around 6-9 months in most dogs and finishes with social maturity between 1-2 years. However, full maturity may not be reached until 3 years of age for large and giant dog breeds.

During this adolescent period the dog's brain is undergoing some rewiring:

- the area of the brain governing self-control, focus and decision making is developing,
- the emotional centre of the brain is fully active,
- plus, there are hormonal surges that fluctuate unpredictably.

With all these elements combined we often see impulsive and highly excitable, easily distracted dogs who are testing the boundaries, straining for independence and sometimes sudden fearfulness, anxiety or reactivity behaviours.



During this time consistently attending classes, staying positive and trusting the process will genuinely reap rewards. Here's some other tips to survive this phase:

- **Go back to basics:** lower your training expectations and break your training into easier steps, plus reward heavily with high value treats.
- **Management tools:** if their recall isn't reliable, keep them on a long-lead for freedom without the risk.
- **Avoid overstimulation:** give dog parks a miss to reduce reactivity and over-arousal, and opt for structured socialisation instead.
- **Increase mental stimulation:** swap extended walks and intense physical exercise with mental stimulation e.g. learning tricks, scent work or puzzles.
- **Consistency matters:** this is precisely when inconsistency backfires most. Stick to your boundaries and be clear about what earns a reward.
- **It's not personal:** regression is normal. Forgotten commands and selective hearing are not defiance – they are a symptom of a brain under construction.

Chief Instructors Report (cont)

Adolescence is temporary. If your dog is currently in the thick of adolescence, know that you are not alone. Every class you attend, every training session you work through, every moment of patience you extend to your dog will add up. Our instructors have guided many members through this very stage, and the dogs are all the better for the time and effort their owners have invested. Stay positive, stay consistent and keep coming to class – we are right here with you every step of the way.



If you have any questions, please let us know. You can reach out to anyone wearing an ESODC t-shirt or vest, drop us an email or send us a message on Facebook.

Tamara Taylor
Chief Instructor



Special Offer



BM Animals is committed to providing you and your dog with high quality food and treats for optimum health and vitality. Locally sourced, chemical and preservative free, salt and sugar free, high quality food for your furry family member.

Products available:

- Raw meats
- Raw meaty bones (assorted cow, duck, emu, chicken, kangaroo, turkey, veal)
- Ready made meals (raw and cooked options)
- Treats and chews
- Supplements
- and more

Have a dog with a sensitive tummy or health issues? Chat with John or Maree and they will happily share their knowledge to help you and your dog.

Show your ESODC badge or this flyer to receive 10% off your purchase.

BM Animals
ph: 0488 144 675

1 McLellan Street, Bayswater
w: www.bmanimalscompletenutrition.net



Can You Help Us?



Due to unforeseen personal reasons, we currently have vacancies with the position of Treasurer, and two General Committee positions, and we seek your interest to fill them.

Treasurer's role (brief summary)

The accounting software, Xero, already operational, so all the hard work to set up and practical systems created

- Ideally filled by someone already finance savvy
- Computer/internet access and computer literacy is essential
- Approx 2hr per month to undertake the role
- Will be supported by Tamara (past Treasurer) for as long as you need.

General Committee Member's role (brief summary)

- Attend committee meetings (approx every 6 weeks)
- Join and work in subcommittees (where appropriate)
- Support the week to week running of the club (including fun days, trial).

The successful members will be selected and appointed by the committee and will hold that position for the remainder of 2026, until our AGM in December (where they can nominate for a further 12mth term). If you'd like to try out being on the committee with a shorter commitment time, this is a great opportunity.

If you think either of these roles on the committee are something you might like further information about, please feel free to talk to any of the committee members at the club or call anyone from the executive committee.



Our website is in dire need of a refresh and we're looking for a small team of members to join the Website Redevelopment Subcommittee.

The subcommittee will:

- Gather ideas and features required for the new site
- Research website platforms, features and costs
- Present recommendations to the Committee
- Oversee the development of the new website
- Support the project through to launch

If you have a mind for understanding website design, enjoy researching and working with others we'd love to have you involved. If you have experience in this area we'd definitely love to have you onboard.

This is a fantastic opportunity to contribute to the future of our club and help create a website that showcases everything we do.

Interested?

Please email us at esodcmitcham@gmail.com

Trial Round Up

Aust. Shepherd SW Trial - Thursday 14 April 2026

Rhonda and Meka Pass SW Advanced Vehicles



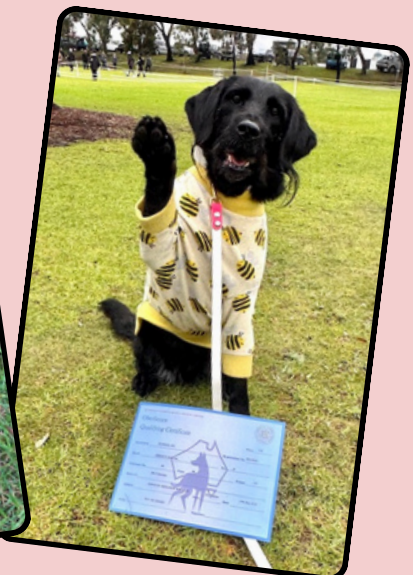
Croydon Trial - Sunday 3 May 2026

Sophie & Hildie 189 points CD / Novice 1st place
Cassie & Nugget 86 points Rally Advanced Title



Berwick Obedience Dog Club Trial - Sunday 17 May 2026

Sophie & Hildie 191 points CD / Novice
Bec & Daisy 92 points Rally Novice



Pets of the Homeless

Thank you All for your continued support of the Pets of the Homeless donation drive. This is two months of your generous donations.



 **PETS OF THE HOMELESS**
Keeping best friends together

DONATION DRIVE

We are currently accepting :

- Flea + Worming treatments (Dog + Cat)
- Wet Food for Dogs + Cats (Unopened)
- Dry food for Dogs + Cats (Unopened)
- Dog + Cat Treats (Unopened)
- Dog + Cat Toys
- Doggy Poop Bags + Puppy Training Pads
- Pet Accessories (Bowls, Jackets etc)

We can accept second hand pet accessories, as long as they are washed and clean, and in a condition that you would be happy to receive yourself. All food donations must be in sealed, unopened packaging.

Your donations will provide support for the beloved animal companions of people experiencing hardship and homelessness.
To find out more, visit petsofthehomeless.org.au

Thank you so much for your support!



BlackHawk
Every ingredient matters



Mix up puppy meal times

Discover the benefits of feeding wet and dry puppy food with Black Hawk

-  Ideal 60g pouch size for Small breed puppies
-  Ideal 130g pouch size for Medium to large breed puppies
-  Variety of tastes and textures
-  Gut health support
-  Helps with hydration



To All Dog Owners

Please remember to carry a bag to pick up the poo when walking your dog. This is required by law. You are responsible for what your dog leaves behind and fines can be hefty if you are caught not cleaning up the mess



Spare Equipment

There is a collection of used but good condition leashes, car harnesses and magazines by the Club house available for any member to take. If you are in need of a longer or shorter leash for your dog or don't have a safety harness for your dog come and have a look.

If you have leads or collars your dog has outgrown and you are wanting to clear out a bit, feel free to add them to the collection for others to use as well.

