

April 2019



# National Agility Link Association ~ 30 years old ~

# National Agility Link Association (formed 1989)

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All copy - correspondence, articles, etc should be sent to the Editor. All copy must have the name and address of the contributor. Limit number of words to 500 or one A4 page. Copy may be abridged or edited.

## **COURSE PLANS**

Supply as Course designer or in scale in black pen on an A4 sheet Portrait size.

*AGILITY LINK does not accept responsibility for the views expressed by contributors and retains the right not to publish submissions for reasons of space or suitability.*

## **SUBSCRIPTIONS**

All subs are payable to the Treasurer. Cheques should be made payable to NALA. Payment must be received by the 27<sup>th</sup> of the month to be current.

**EMAIL GROUP:** NZAgility-  
subscribe@yahooogroups.com

**WEBSITE:**  
[www.agilitylink.webs.com](http://www.agilitylink.webs.com)

**FACEBOOK**  
<https://www.facebook.com/groups/Agilitylink/>

**RESULTS** [www.nala.org.nz](http://www.nala.org.nz)

**ADVERTISING** \$10 - 1/4 page ~ \$15 - 1/2 page ~\$20 - full page

# AGILITY THIS MONTH

**By Karen de wit**

## **From Diana Bird:**

Just a gentle reminder that 'clubs' are not magical places where all your dreams come true. They are GROUPS of PEOPLE working together for a common goal.

We have a growing divide in agility, with more and more people training individually or in small groups outside of clubs.

Clubs can be seriously hard work - no doubt about it. Navigating around a diverse mix of people who are all volunteers is tricky and there is always going to be some conflict.

People in clubs are the ones nurturing most of the newbies into the sport - encouraging and teaching people who aren't hooked yet, so they will be hooked. They are spending their own money (ironically often going to private trainers ) upskilling, and then bringing their new expertise back - usually with no reimbursement for the money they have spent.

They GIVE their time - hours and hours of it.

They find ways to buy and fix gear.

They organise and run raffles/ canteens/ shows with all the associated cost and hassle.

Who would want to?

The people who want to are trying to do it, so how about those who don't want to do it offer more support instead of stacking their to do list?

You could donate your time : instructing/ helping at shows/ running free seminars etc, or you could donate financially - buy them a wing jump every year or a new set of weaves or something.

Appreciate and support the people in clubs because without them, you will have no shows to go to anyway

## **JUNIOR LINK & VETERANS (Agility)**

**Thankyou to JANE AUCKETT and SANDRA MOHEKEY for coordinating the Junior Link and Veterans Agility competition for us, it isn't easy to keep track of results manually, so we really appreciate the effort you have put in. Thankyou!**



### **RENEWAL TIME!!**

**If you haven't already renewed your NALA subscription then today is the day to do so. You have until the 27<sup>th</sup> of the month to ensure any results you get this month are recorded against your name.**

# May Beginners/Veterans

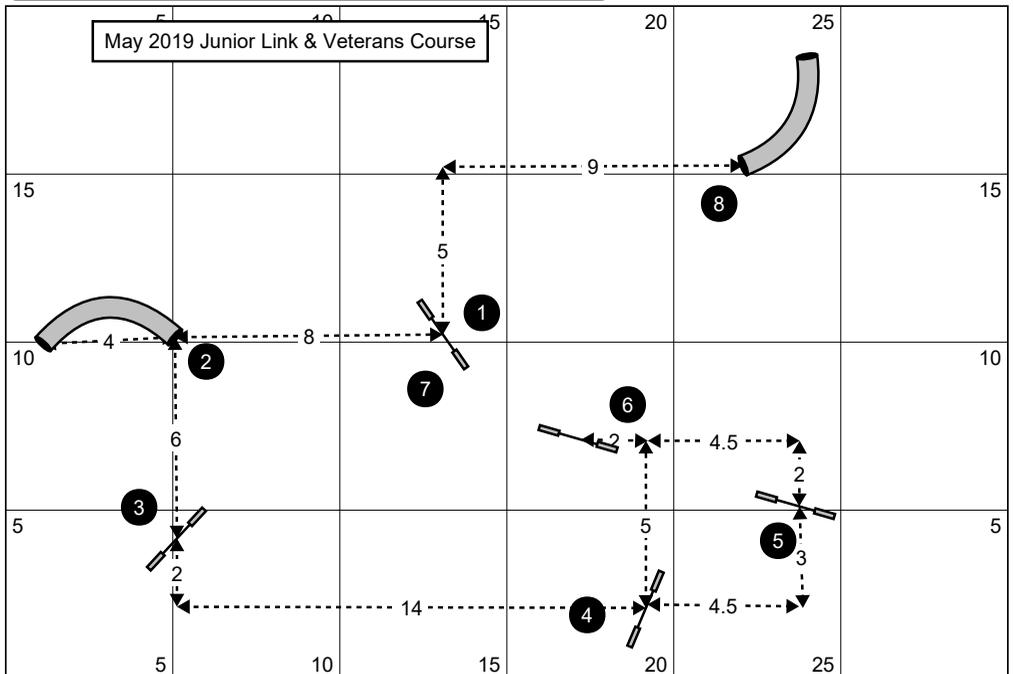
For information on Junior Link contact Bonnie E: [bonnie@mobius.nz](mailto:bonnie@mobius.nz)

For information on Veterans contact Liz Barlow

E: [yorkie\\_gal@hotmail.com](mailto:yorkie_gal@hotmail.com)



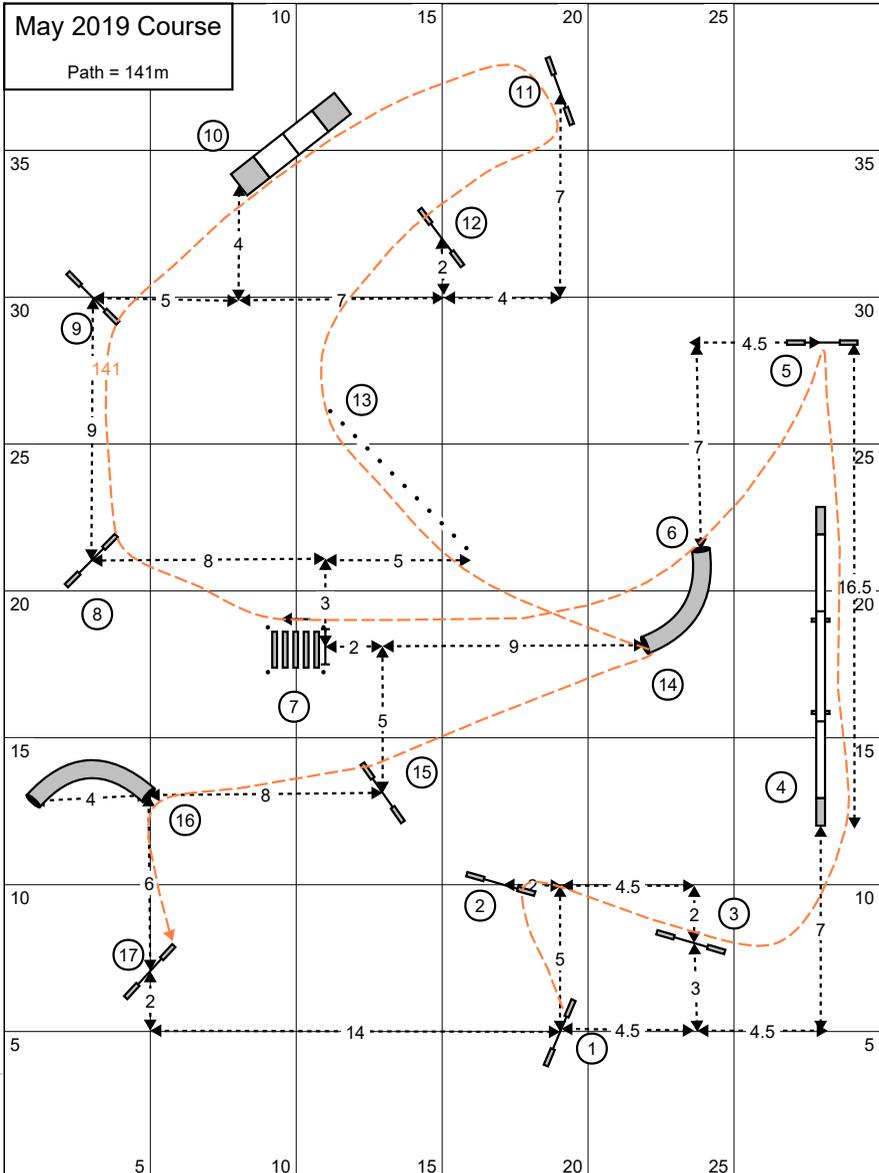
Thankyou to Bonnie Beechey and Liz Barlow for volunteering to co-ordinate the Junior Link & Veterans Agility competition for us.



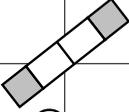
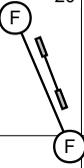
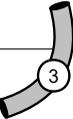
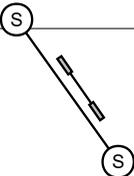
# May 2019

## Path length = 141m

Full results at <https://agilitylink.webs.com/agility>



# May Game 2019: Snooker

May 2019 Snkr		10	15	20	25	
						
35						35
30						
25						25
20						20
15						15
10						10
5						5

A maxm of 50 secs for this course.  
 All scoring ends at 50 secs - sound the horn/whistle- go to the finish to get a time.  
 #2,3 can be donje from either direction in opening and closing.  
 Opening sequence:  
 start jump-red-colour-red-colour-red-colour  
 Closing: 2-3-4-5-6-7 finish jump



## TRAINING SEGMENT- USING TOYS and FOOD in AGILITY TRAINING.

In Agility, especially in a class situation, the introduction of the dogs to new obstacles is done by use of a lure. I.e. A toy or food in front of the dog is used to cause the dog to follow the hand and perform the obstacle. This is a good way to introduce new obstacles, but the use of the toy and the food as a lure must be stopped very soon in the teaching process or the dog's performance comes to rely on the presence of the food or toy, i.e. If the toy or food is not present then the behaviour declines or stops. The toy or food have become a bribe. If the bribe is not present the behaviour does not occur, or is of poor quality.

You want to use the lure of food, toy and even the hand in front of the nose for as short a time as possible, and replace them with a verbal or visual cue/command.

Food and toys should however, be used as rewards. Rewards appear once the behaviour has been performed to the required level. The behaviour should be marked by a clicker. Then the reward is given. The behaviour the handler requires, as is willing



to mark with the clicker and reward, changes as the dog learns the obstacle, with the expectations increasing as the dog shows it understands each level. In this way the dog is rewarded for increasingly good performances, and so overall its performance on that obstacle improves.

Do not always have the toy or food on your body. Break off an exercise and run to the table and get out the food, or tug with the toy. This will make the food or toy even more rewarding!



Ideally I recommend using food for slow precise behaviours eg. Contact performance, and toys for faster behaviours requiring the dog to move away from the handler eg. Distance jumping. Food does not cause production of adrenaline (the flight, fright, fight hormone), that is produced in dogs by the promise of the chase, provided only by toys (or a

rabbit!)

So next time you get out the food or the toy, ask yourself,

- Am I using this as a bribe? (If so, put it away)
- Am I using this to reward a good performance? (In this case... go for it!).



# An office cat or dog won't just lower your stress levels — it may also boost your productivity

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A dog in the office is definitely good for the atmosphere, said Marie-José Enders, who studies animal-human relationships at the Open University. [Douglas Barnes/AP Photo](#)

- Nowadays, it's no longer such an outlandish idea to have a pet in the office.
  - According to Marie-José Enders, who studies the relationship between animals and humans at the Open University, office pets can help lower cortisol levels.
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- The researcher also explained that people with dogs are perceived as friendlier, so having an office pet may help improve your relationships with your colleagues too.
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When Myrthe Kusse of Dutch company Wallaart & Kusse Public Affairs gets to work in the morning, there's always someone there to greet her.

Office cat Sammie is sat on a desk, waiting to be fed breakfast and given a fresh bowl of water.

"Until a few years ago, Sammie lived in a student house," explained Kusse. "But the students had to leave and Sammie needed a new home. A colleague of ours happened to want a cat, but his partner didn't, so we all decided to take on the cat as an office."

For bigger companies like Google, it's nothing unusual to take your dog to the office but the same seems to be the case for a lot of Dutch companies too — on LinkedIn, there are currently 75 active vacancies at Dutch companies that mention an office dog.

Nowadays, it seems it's not such an outlandish idea to have a pet in the office — there are actually quite a few advantages. For example, a few years ago, research by [Virginia Commonwealth University](#) showed that people experience less stress when a dog is around.

Researchers took saliva samples from factory employees and looked at how much of the stress hormone cortisol was in it. The results showed that only the employees who had had a dog in their vicinity had low cortisol levels by the end of the day.

Read more: [The 'snoot challenge' may actually be good for dogs, according to experts](#)

"It's definitely good for the work atmosphere to have a dog in the office," said Marie-José Enders, who studies the relationship between animals and humans at the Open University. "Not only does your cortisol level drop when you stroke a dog; you also produce more of the hormone oxytocin, which makes you feel more relaxed and happy."

### **Having pets in the office also has other bonuses**

"If your boss is giving you a hard time, a dog can make it easier to put certain situations into perspective. You can just take a bit of space and walk the dog," said Enders. "An animal at work makes people more motivated — they like their work more and they experience less stress."

Esther Jonker, owner of labradoodle Joep, noticed all these effects in video marketing company TVMC's office where she works.

"I've been taking Joep to the office every day for about two years now," she said, "and he usually lifts the atmosphere considerably. If we're all a bit engrossed in something, he'll notice, he'll pop over and he'll press his nose against you for a stroke."

"When we've been very busy working on something, it's nice to play with Joep," she said. "I think it makes us more productive."

Joep also brings a lot of fun to the office. "If you put your bag on the floor and there are treats inside, he always manages to fish them out — and sometimes he steals things, then runs through the whole office with a stack of paper or something."

One thing about the set-up that isn't quite as popular?

"The walking," said Jonker, "especially in winter."

In spite of this, both Jonker and Kusse think office pets are also good for team morale.

"We often laugh together about Sammie," said Kusse, "She's scared of the printer and loves to climb into any box she can get her paws on. She often comes to the office with mice too, although some aren't too keen on that! It's just entertaining to watch her. Taking care of Sammie together works well for team spirit."

**What's the best way of choosing the right pet for your office?**

According to behavioral psychologist Lotte Spijkerman, dogs and cats have roughly the same psychological effect on people.

"They reduce stress and increase productivity, mainly because they interact with you of their own accord and, when they pop over to your work station, it's a good reminder that you might need to take a break," explained the psychologist.

In the case of, say, a hamster, the effect is less pronounced — but if you don't feel like changing litter boxes or taking the dog for a walk, they're a bit more of a low maintenance option.



A fish tank has about the same effect on people as watching a hearth fire. Tomohiro Ohsumi/Getty

"Watching fish can also be very relaxing", says Spijkerman. "A fish tank has about the same effect on people as watching a hearth fire. That goes for birds or anything natural in the office, like plants. Even smells can have a soothing effect, with citrus smells being useful for calming."

So, if the goal is to create a little peace and quiet in the workplace, you could, instead, opt for a lot of plants or a reed diffuser — or there's another alternative.

"You can give a colleague the responsibility of ensuring people get enough rest," said Spijkerman. "They can tell you from time to time that you need a break or that it's time for a walk."

## **An office pet may even help you get to know colleagues more quickly**

Office animals have another effect that can be crucial to the success of your business.

"They 're a great ice-breaker," said Spijkerman.



"We know from psychology that if you find someone nicer, you move with him or her faster. And if someone looks like you, because he also has a dog, for example, it could be easier to make a deal. "

According to Enders, people with a dog are perceived as friendlier. [Glassdoor](#)

"People with a dog are perceived as friendlier," said Enders.

Jonker claims to have observed that Joep has this effect on her clients.

"Of course there are some who are afraid of dogs and, in that case, we leave Joep at home or we take him elsewhere, but other clients will often give him a biscuit. Last year he even got gifts at Christmas! He's a part of the company. "

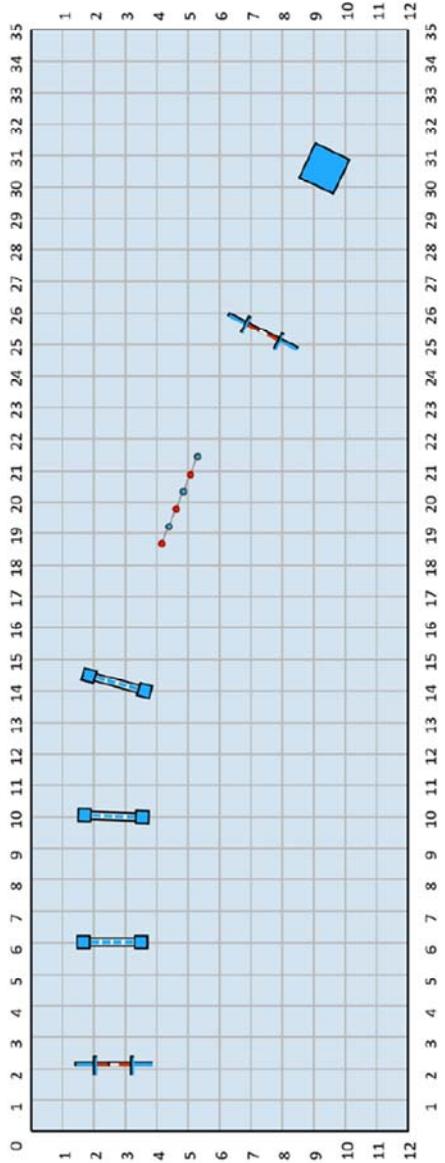
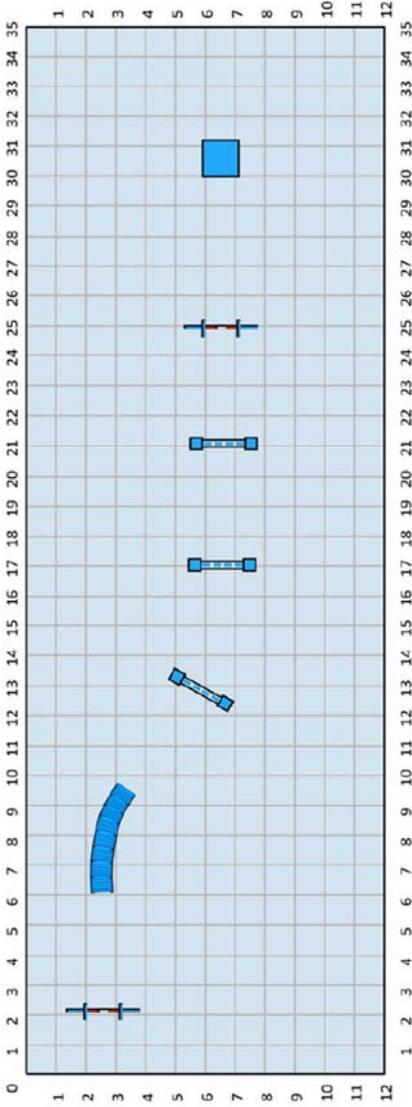
Kusse said the same was the case with Sammie.

"At Christmas, our contacts get a Christmas card with Sammie on it. She represents us and she's our pet. She's always there, even over the weekend. The cleaners and a colleague who lives in the neighborhood ensure that he gets enough attention and food."

Kusse said she could no longer imagine an office without Sammie. "I really don't want to think about what we would do if Sammie weren't around anymore," she said. "We're really fond of her. I think if she weren't there, we'd definitely have to have another cat."

Read the original article on [Business Insider Nederland](#).  
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# Flygility course - May



**NALA is 30 years old this year.**

**We are going to invite you all to  
a party!**

**Every month NALA will gift some  
\$\$ to a Club or two so that they  
can put on a celebration at the  
running of LINK at the club.**

**We would of course like to see  
some photos of you enjoying  
yourself whilst celebrating  
NALA's 30<sup>th</sup>!!!**

May: Happy Birthday NALA! (Don't forget the pictures.)

Cambridge DOC

Kaipara DTC

Whangarei DTA

*Can the club  
contacts email  
Malcolm with their  
Club's Bank account  
details.*

