### TrackWest News

# Nose to the Ground

NEW WEBSITE!!! www.trackwest.com.au NEW WEBSITE!!!

Volume 1, Issue 3

#### **Support a Tracking Dog, Get Lost!**

July 2010



- Club Rules
- 2010 committee
- Trial Information and Calendar
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Café D' Gnangara

Presents

#### "Christmas In July"Lunch

Sat 10th July

Follow your nose to a Yummy Feast!

Put your Feet up and Tantalize your Tastebuds!

Didn't win Lotto? You may have better luck

With our Trackwest Raffle.

\$5.00 per person

Best value meal ever!

All Profits go to Trackwest

....so

#### Support your Club and Join us for a Great Day

Bring Your Family & Friends

RSVP: Sue at Training – add name to list

Competitors please contact Beth for what to bring 0412 882 267 or jim.beth1@optusnet.com.au





Please send all trial entries to Judy

Tsakalos.

**Trial Secretary** 

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Wanneroo, 6065

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## **Editors Report**

Hello Everyone!

I hope this newsletter finds you all well! :)

I have had a great time catching up with everyone at training.

Last weekend, I realized the most amazing thing . . .

THE WEIMARANERS ARE TAKING OVER!!!

We currently have 9 weims at training! Woohoo!!!

A huge congratulations to all our new TRACKING CHAMPIONS!

As of the 24th I hope my own boy will have passed his track 7—making him

the first beagle in WA to have gained a TCH title!

Looking forward to seeing you all again soon—don't forget the layers! Its COLD!!!

Cheers

Lauren Ferguson



THE WEIMARANERS ARE TAKING OVER!!!



### **Presidents Report**

Hi Everyone,

What wonderful, chilly mornings we've had for tracking lately! I hope you are all keeping warm and cosy wrapped up in your winter gear! Of course it can be hard to identify people from their nose and eyes (the only parts showing under hats and scarves)!

Our wonderful Lynne has presented the club with fantastic photo albums, which will be at the Xmas in July for you all to view and reminisce over!

I'd like to take this opportunity to thank our Café D' Gnangara team, Beth, Jim and of course Fay, for providing our wonderful roast lunches on trial days. It gives everyone the chance to enjoy the friendly atmosphere in the pines and to congratulate and commiserate on our days adventures! It is always great to sample all your sweets and salads too!

Congratulations, to those of you who have just started trialling. How exciting is it when you follow your dog and find that tracklayer for the first time with no flags!

A big thankyou to all the people who have tracklayed this season, your efforts are much appreciated! Don't forget the Track and Search trials as well! Judy is always on the lookout for volunteers!

I hope you are all enjoying your training days, in spite of the cold early starts! Your

dedication will pay off though, as nothing compares to the challenges and rewards of tracking.

Each week I look forward to coming out to the forest, getting away from the stress of everyday life and seeing you all enjoy your time too.

Have a great July!

Regards

Louise.

### Secretary's Report

Training at Gnangara is in full swing with new members still trickling in. Members joining this year will soon be ready to trial. Please be careful of logging trucks and park your car so there is room for them. CALM is trying to clean up and has started to burn off areas.

Our two-day trials are working well with Saturday trials much more relaxed and finishing earlier — which judges appreciate.

Remember, if you have entered the trial, please contribute to the lunch — even if you are not staying to eat, your tracklayer, steward and judge will appreciate the gesture. Please let Beth (via Jim) know what you are bringing. If you have achieved a title a 'liquid' contribution is greatly appreciated (donation kept for our Annual Presentation dinner).

Contact Geraldine for equipment orders.

If you have anything you would like brought up at a meeting, please liaise with Denise.

We also wish Geraldine and Denise well with their trainee judges course.

### **Training Coordinators Report**

Hi Everyone,

Well done everyone who has battled the cold mornings to turn up for training. It may have been cold but the conditions for tracking are ideal with the frost melting to leave the ground nice and damp to hang on to the scent. We are managing to find tracking areas even as the forest is disappearing around us. It is good practice for the dogs to track on varied surfaces, the cleared areas like the top of Trainor Road and along Trainor towards Gaskell Road are quite ok now with a lot of the dead branches rotted down. The newly felled areas are best avoided as a lot of foliage has been left. Also please avoid the newly burnt areas, the fumes given off are definitely not good for your dogs nose. The committee will be investigating areas further out within the next couple of weeks and we will keep you informed of the outcome.

I hope that you have picked up tips from out little talks held at morning tea if anyone has any other training matter they would like clarified or discussed please have a word with either myself or Jim and we will be happy to put together a demonstration and talk.

Thanks to everyone who has helped out at the trials. Please don't think of trial days as missing out on training, watching other people work their dogs is a great aid in helping you see how certain situations can be handled (or not). When following on don't be afraid to ask the steward why the dog is acting in a particular way . If you are tracklaying often there is time when the track is aging when you have time to go to an area not being utilised in the trial (check with Beth) and put tracks in for yourself or other tracklayers. This is also a good opportunity to find out how trials work. AND most important stay for lunch and enjoy one of Beth's roast dinners YUM!

**Happy Training** 





If your going do this . . .



. . . your GONNA get caught!!!

This is Neil, keeping the kangaroo population down so those who have dogs who get disturbed by kangaroos at trials have a better chance.

### **Training Article Indication**



There are many ways to train good article indication the method you choose will depend on knowing your dog's learning style and natural instinct then use this information to determine which will work best. The following is by no means a method I have unique claim to but it is a method that I have found gave me the best results for the dogs I have trained.

The first thing I look for is what will the dog naturally and willing offer as a means of indication. You can use the basic body postures such as to sit, stand, down or maybe your dog is a vocal personality and would be happy to bark or perhaps you own a party pouch who just loves picking things up and tossing them or holding them. This is where 'instinct' plays a part. Most Gun Dog breeds love retrieving so will delight in picking up and holding the article. Terriers that rave on a good grab and shake will do the same even adding a toss in the air. Gentler personalities may be happy to lie down as a way of indication but be aware this could be hard work for the larger breeds and a real put off for the faster workers. When training on articles the one golden rule I insist on as a trainer and instructor is the method must be <u>fun</u> for the dog if training becomes a struggle soon you'll have a dog who will not work at all. I TRAIN ALL ARTICLE INDICATION AWAY FROM THE TRACK until my dog understands what I want and is willing and consistently giving me clear indications.

The first step is to decide on the indication you want such as a sit or down and *train* for that or you may opt so see what your dog naturally offers *capture* the behaviour and shape from there such as a nose nudge, mouthing or pawing the article or you can *play train* for article indication. Your choice of method will depend on how well you know your dog.

Whatever method you decide to try you will need to create 'drive' in your dog to do the job. (Don't you love that word?) Simply put it means give the dog a good enough reason to want to do the job. Put another way it has to be RE-WARDING to your dog to interrupt the track in order to indicate some smelly sock laying on the ground.

I find food works the best. Food to a dog is survival but we need to make it something special such as garlic polony, chilli sausage, roast chicken or even a bit of left over KFC! Dump the dog biscuits or commercial treats these may be okay at home but cut little interest when there is more at stake to enjoy. If you have a really toy orientated dog then playing tug with articles can be rewarding enough if you want it bad enough my advice is make the effort and find what your DOG finds rewarding not make do with what you think the dog should like.

Having found your REWARD that suits your dog you will also need ten old socks, a 'marker' this can be a word or a Clicker and for article training I use a collar and 180cm lead not a tracking harness that comes later. Plus ten old film canisters (these you can collect free from chemists or Kodak, anywhere that develops film into prints).

I will assume that you understand the use of 'Markers' and how to condition your dog to the marker.

Now lets work on the 'Down' being the desired indication.

Step 1

Load each of the ten film canisters with some tasty treats. Load each of the ten socks with one filled canister.

Tie the dog up where he can watch you lay the track or park where he can see from the car.

Now walk a straight line track placing each loaded sock in view at

roughly three times the body length of your dog apart. On the first track also place a treat on the top of each sock. Remember this is not tracking its training article indication and for this reason I like the dog to see the sock.

Get the dog wearing lead and collar and be armed with your marker, I prefer to use a Clicker.

Walking to the side of your dog and just behind the shoulder move over to the track as your dog scents the first treat and at the point his nose meets the sock 'click' (mark) then gently encourage him to lay-down by the sock once he's down pick up the sock at the same time verbalise how wonderful this sock is making much of pulling out the canister, opening and then tipping the contents onto the sock for your dog to eat. Continue to the next sock and repeat as above. You should find your dog will get quite keen as he realises there are goodies in these socks. Complete the ten socks and end the session.

Step 2

Repeat and the same for

And

Then

Place the socks as before only this time place a bit of food under each article and a piece on top for the first four. Then under the fifth put three treats and three on top. Place one treat under the sixth and under the seventh, eight and ninth articles one treat under and one on top. The tenth article should have a good handful of treats.

The reason for the treat on top of the article is to slow the dog down and as he sniffs and eats his treat you can gently encourage him to lay down as he lays down 'click' and reward with the treats from inside the sock. Make sure to empty these onto the article for your dog to enjoy. He can only have the treats if he remains laying down.

Another tip is to stroke and verbally praise as your dogs enjoys his treat this makes a very positive connection between the article, your voice and touch which you can use when competing to reward your dog.

You should begin to see your dog getting the idea: find an article, lie down, eat food, get a pat and some praise as soon as you do try to allow your dog to offer the position then 'click' and reward. Repeat Step 2 until your dog is willing laying down when he finds the article. Then remove some of the treats except from the first and last article.

TIPS: Do not give the command to lay down you want the dog to offer the behaviour and not wait to be commanded. Always have the food on, under and in the article do not reward from your pocket or hand you want the dog to have a clear connection —Find the article — lay down- get treats- pat- praise-then find another and above all use high value treats not dry uninteresting stuff!

Have fun!

Jacquie Humphrey

CPDT - Cert Human/Canine Interaction
Cert Small Animal Care - Cert Canine & Feline Sociology
Cert Canine Communication - Dip Horsemanship - VN.
Memb APDT - Memb CAWA - Memb TrackWest



# Follow Me by Louise Crawford

### Follow Me

It's cold and dark, the house is stirring, early breakfast!

Bustling about, packing the car, hiking boots out, tracking gear in, Yay!

No work today, jump in the car we're off!

Pull in the gate, the crunch of gravel, getting excited!
Pines, barking, sights and smells
Waitingwaitingwaiting
Yay, out of the car, nervous, excited, both of us.
Harness on, pine needles, crisp air, hint of kangaroo
Yay we're off, a nice smelly sock, human to find
I sniff about hint of human there, and another
This way! pull, nose to the ground You follow
Scents everywhere! Roo poo! Yum, stop for a snack
You wait, I'm back on the track, nose down is that a footprint? Yay!. we're off!
Oops where did the scent go??? Nose up Investigate
Getting stronger cast around, nose down dot here dot there
This way getting more scent, getting strongeris it an article
Nose up air scent getting excited you stop
Cast around Yay found it!! Another smelly sock lots of Praise!
Off we go againthrough the trees, over the log,
Oops scent gone again?? Nose up cast this way cast that way
What is that ?? Giant hoppy things ahead How exciting What delicious smells!!
Jumping about, quivering with excitement!
You stop & wait All gone nowyou show me a smelly sock againtell me
"Find humans" not kangaroos!
Back to work cast aroundfound itoff we goscent getting stronger filling my nostrils
Getting excited! is the tracklayer near??head up, sniff the air
you stop head down, pull!lets go! more scentfills the air, swirling
around between the trees Nearly there I'm suregetting faster
Found you tracklayer!!!
Jumping about, you feed me yummy treatsLots of praise

### German Shepherd Tracking Trial by Honey Gross-Richardson

# National Dog - The RingLEADER Way 30 Volume 6 Number 9

During the week leading up to the Tracking Trial, I had prepared the final mapping of the 5 tracks I was scheduled to judge. Rick had chosen his long time favourite area, Pessoa Road although it was Bikie territory at present, but the old majestic pines were inviting, and the young pines gave good cover and added mystery to the tracking venue.Before proceeding to flag his tracks, he was going to drive me to the start of each of mine, to drop off my bundles.

My area was both sides of Barlow Road, well into the Pine Plantation. There was good tracking ground on either side, with tall stands of pine, shading clumps of native vegetation such as Albany Woolly Bushes, a few Banksias and Eucalypts as well as golden Wattles, a low growing variety aptly named "Prickly Moses" by those in the know! Clumps of other natives, purple bush iris, Egg and Bacon, both rambling and bushy, and various wonders of the West, such as Crepe Myrtle and the ever present Mountain Primrose. These are pure yellow delight shining like beacons, for those with an eye for the beauty of the bush; encroaching on the disciplined march of the pines.

Arriving at Barlow Road with 5 sets of flags, and dropping these off near the start of each track, Rick and I found a helicopter parked right across the road, with the rotors spanning from one side to the other, a huge chopper! It was a fair way up the road, and a section was cordoned off well before it.

As Rick and I marched up the road towards the symbol of military might, eyeing the uniformed men, some with smart berets, others with big hats and army boots, wild thoughts flitted through my mind. What have we here? Terrorist attack?? Is it only the one chopper, or are there more beyond the rise? Is it wise to go marching up to them? Chin up, Honey, you can stride out as good as any of them, this is MY part of the woods! Will they gun us down? Terrorists?? How dramatic! I bet they're only a gang of Marihuana growers come to check on their crops, it's been a few years since we've disturbed a gang harvesting! They beat up one of our tracklayers, and for a while we never went out without our twoways! No one had mobiles in those days! What a huge helicopter, what ARE those men doing?? Don't they look imposing, in their camouflage khaki and those great Army hats! What has he got slung over his shoulders? Will I hear the machine guns' rattattatt before I fall? My thoughts went riot! Will there be any pain before I die? It

Just at my shoulder, I hear Rick's well cushioned sand-shoed foot fall on the soft covering of pine

needles and dirt of the limestone road. We are walking quite rapidly, close enough to the uniformed man now, to see his stern look as we advance towards each other. "It's CALM," I heard Rick mutter softly! "Yes, of course", I gasped!

My breath catches in my throat, as I think back to a trial quite a few years back, when I heard a roar up above and spotted a small plane swooping low, dropping clouds of I didn't know what, Napalm? And the floor of the forest burst into flames a mere 100m from my track! I was working less than a kilometre west of here on that day, in a stand of young pines only around 3 to 4 metres high, and very dense. There were areas of riotous wildflowers in the sun drenched strips between the stands of needled green borderedon the one side by the Centre Road with its tinder dry forest floor at the foot of tall timber, and bordered on the North, by a fire break dividing it from the endless miles of aged stands of Radiata Pine. It was a late October trial, the mature pines, and the area around the acreage of young pines too, was tinder dry and readily burst into flame. Sinister crackling, a whispering, swooshing, then a snap, with both, Eucalypt and pine debris cracking and exploding with the heat of the dancing flames. These steadily advanced as they swayed and leapt in the freshening breeze. Wisps of billowing aromatic smoke stung my eyes, as I watched the plane drop its deadly cargo and feared for my tracks! My flags! All my hard work planning, and mapping! My precious flags will burn. No they won't! I ran in there and pulled out my markers as fast as I could fly across the endangered terrain. When the plane veered over my patch of forest, I'd stop, panting, on the fire break, only to dive into the shady, inviting, surely not threatened by firebombs greenery again.

With my last flag removed, I fled the scene of fire breath, raced through the young pines, fresh green branches whipping my face, the dense boughs trying to enfold me, inviting me with their aromatic softness to take shelter with them, and rest.

Tempting me to stay, but I had to abandon my idyllic glade and hasten to prepare for the trial.

Across the wide and sandy limestone road, I set my tracks in a section of forest that did not appear to be under threat. Rick and fellow judge, Garner Roberts were frantic at this time, having searched the miles of forest for me, knowing that my part of the woods" had gone up in smoke.

They found me blithely flagging tracks of course! All this rushed through my mind in seconds, as the uniformed men advanced.

Rick was right. It was CALM. (Conservation And Land Management) We were told that all of the forest right down to the Southernmost border, at

Gnangara Road, would be burning by 6 o' clock! I was horrified, Rick was calm. That's life! What about the Judges?? I asked, there are 3 more judges and their Stewards in the forest, and of course there are the bikies as well! Why were there no notices up?? Why were we not informed of this burn off, so we could plan our Tracking Trial to be held at a different venue?? Well, the official didn't know of course, but he hoped we'd get the bikies out of there, and there WERE signs up, didn't we see them?? We did not. He must have been referring to the sign telling the bikies that this area was off limits to them, but they don't pay any attention to that sort of thing. They just cut the wire, crash through the gates, and generally do what they like with the forest trails! Somehow they turn perfectly serviceable limestone roads into strips that look like moon crater zones. Mind you, it LOOKS like-

But then I am the lady who wanted to practice "wheelies' when I got my licence! Trust me!

Rick and I stomped back to our trusty blue van and went off to seek out our fellow judges somewhere in the woods, and shortly thereafter found two of them as they were heading out of the pines, having completed the setting and flagging of their tracks. Somehow we just could not believe that all

our working area was so unceremoniously going to be set alight to clear the undergrowth ,without CALM having notified the Tracking Club that the burn off had been planned to start early this year. Garner, I said, your section of the forest is going to be aflame by six, we'll have to get in there and pull out the flags. Garner had set and flagged kilometres of tracks, he had walked his quota for the day! Apart from that, he had an afternoon appointment and could not stay. "Let them burn!" he said!

Yvonne Haines didn't like the chances of her tracks either, and the helpful stewards had cordoned off or barricaded a section of the forest with numerous flags to stop trials folks exercising their dogs in that section as a track was nearby, so there were tracks and flags all over the place! All that work in vain! Our days of planning and drawing maps, of memorising tracks (working in the forest or the bush is vastly different from tracking on fields). We were NOT happy campers! The four of us decided to call up the guys from CALM and see what could be done, find our WHERE in the flaming forest we could work! A quick conference was held. This section will definitely be burnt out and we probably would not be able to work this area for a couple of days, the chap with the whirlybird had said!!! Who did he think we were?? State Emergency Heroes engaged in Disaster Training after a Terrorist Attack??? We don't necessarily wish to send our dogs across black, smouldering, acrid smelling expanses

### **German Shepherd Tracking Trial Continued**

...of burnt out forest floor, little clouds of dust like ash swirling around their nostrils, blocking up their nose! OK, we HAD gone through this type of terrain a few years back, after a controlled burn, when we found large patches of our planned tracks blackened, and we worked around it, veering and twisting and curving slightly, always giving the dogs areas of good footage after a burnt out section. That had been in the middle of a wet winter burn off, when we already had spikes of fresh green grass bravely rising from the ashes only 2 weeks after the fire! But here and now??? Work on Saturday after a Friday burn off?? Next we'll be setting our Agility course alight, to condition our dogs to the dangerous work of scrambling over piles of smouldering equipment and balance over burning rafters, no thanks!! The guys out there on MY Road, are only hired by CALM at \$ 1200.00 per hour, to conduct the safe burning of the undergrowth. This is not a terrorist attack, our dogs will NOT be asked to work on a smouldering forest floor!

So, we requested information on WHERE we could work. The young man, Mike, was VERY helpful. We would need to abandon "our" area and set our tracks safely in the section north of Tick Road. We were grateful for his kind advice. We really are privileged to be able to work in this beautiful forest, we know that!

Another agonising conference. Remove theflags from some tracks, leave other tracks and the beautiful flags to their fate in the flames; let them burn, we echoed grandly! Discussions followed on the feasibility of setting 21 tracks between the five of us, yes, there was one more, and she, Leslie van Rhyn, was still out there, blithely flagging her tracks, and all of this would have to take place in UNCHARTERED terrain. We only had another four hours of daylight left, and we had no way of knowing WHAT lay behind the first couple of hundred metres that we could see from the forest tracks grandly named roads. Some areas were fit for disaster dog training, but not safe for a tracking trial! Some areas were so dense you'd need a compass to see the hand in front of your nose. This is a Tracking Trial, and we had a state of emergency!

We decided to CANCEL the trial. Get on the phone and ring up everyone who had entered, ring up all the tracklayers, all the stewards and helpers. Somebody was going to be busy when they got home!

No problem.

Yvonne got her mobile out again. The Trials Organiser, Valeta Pethrick was meant to have this afternoon off as she had arranged absolutely everything to perfection so far and all her work was done until of course she needed to crack the whip on tracking

day. We'll have to give her the bad news first. Ah no, let Valeta enjoy a quiet afternoon, she'll be told soon enough.

Our Chief Steward was busy cooking up the steaming hot curry for the hungry multitude. Hope it freezes well! Trials Secretary Ann Glover could sit on the phone 'til midnight calling everyone!

What a job! One entry was from way down South, just about falling off the Continent, a heavenly place called Albany! They'll be on their way to Perth by now, no contact number, no mobile, no nothing! No matter WHAT happens, we will have a track ready for her tomorrow! All the others will have to wait a week.

Rick and I went off to look for Leslie. She has a 4 wheel drive vehicle. We do not. Ours, is a wonderful '85 heavenly blue Ford Econovan, automatic! We bought it especially for the forest and tracking! It's roomy enough to sit in after setting the tracks on a training day, and waiting for the tracks to age in the pouring rain. Sounds great, doesn't it! Steaming hot mugs of coffee, maps and charts spread across our knees, discussing the work of every dog and handler on completion of their track, topping up said mugs of coffee! Idyllic, isn't it! Steaming mugs indeed! The only mugs in sight were us - Judges and Stewards - and those poor guys up there in the chopper, setting the world on fire!

"Just LOOK at that road" I groaned as Rick slipped the car into first gear and softly wheeled his way across the dusty treacherously soft river imitations that were terra firma and absolutely serviceable roads in the pre-bikie days. Shades of Mad Max! "If we get stuck, let's hope Leslie is coming back this way, she can pull us out", I wished fervently. Rick was just ever so calm. The man who careered his army jeep all the way to Timbuktu wasn't going to be anything but calm on this forest track.

We found Leslie. She and her hard working Steward Geraldine were speechless! "The fire CAN'T come over as far as this! It's all green" they finally scoffed. They were right of course!

Undulating swathes of verdant green as far as the eye could see – if you looked in the right direction. Pretty dry, but not too bad stuff everywhere else though. It appeared to make no difference, for when I had told the guys with the chopper that the section with my tracks had been burnt clean just a year ago, and all the undergrowth was, at present lush and green, the boss man had just shrugged and said that it looks just about ready for harvesting! Harvesting??? What the.....?

Anyway, another quick conference, and we decided to drive up to Tick Road and have another good

look. We went. We looked. Pretty dense and UNEX-PLORED!

Called up the helpful young man from CALM once more and the dear hard working guy called Mike left his firezone and the chaps with the chopper to their own devices and joined into a powwow with us again. We would be close to the burnt out section here, but perfectly safe. No problem. His expansive sweep of the arm gave us the rest of the world to track in, as he knew this part of the woods like the back of his hand. Good to know.

WE are experienced tracking judges. We know what's what. I looked at my fellow judges, they were good! I had worked with them all, they knew their stuff. Another conference, our trusty Stewards naturally included, and it was finally decided: Absolutely No Way Jose!

We made our goodbyes, general exodus, we sent our faithful Steward home too. (Thanks Sue!) Rick and I stayed on to explore the area on and north of, Tick Road. OK, two good tracks there, both with room for an extra 200 metres. Next time, maybe next time. One for Rick, and one for me. I want to dive into the thickly planted new section of the plantation. Young pines, green, can't see a thing, but will love exploring the area some time in the future. Certainly has potential, "yes," said, Rick, "for getting lost in!" Wise words from my man, who in West Africa had the reputation of being as good as any black tracker!

Our local tracking group said the same even though here, such words are no longer deemed to be politically correct! On the way home, naturally Rick took me the "pretty way", leaving the main roads and taking narrow, market garden flanked lanes, intent on seeking out at least one, if not two Nurseries, we looked back, and there, in the North, over the vast expanse of the forest, rose black columns of smoke which soon amalgamated into one black menacing cloud that was however powerless to take away the golden glow of the sunset in the West. Tomorrow was going t be a most beautiful day! Saturday morning! We thought we'd roll up later on, for although OUR tracks were not flagged, being in the direct line of fire we wanted to see what had happened to our beautiful woods. Besides, we had our friend from Albany to be judged by Garner, or was it one of the lady

Then we had a phone call from our Trials Organiser, Valeta. The other Judges were at Gnangara.

Their tracks were untouched! The wind must have changed or something, for the planned burn off had set the forest smouldering, but not our neck of the woods! The conditions were perfect!

### **German Shepherd Tracking Trial Continued**

Would I authorise the running of the trial for those handlers whose planned tracks were intact. Well, OF COURSE I WOULD! Rick and I flew out there to see what was what, and during this morning we had the most amazing tracking results! The majority of handlers, believing the trial had been cancelled, were doubtless terribly disappointed, but, with the stress of the trials nerves taken from them, slept soundly and well!

The following morning, well rested and ever so tranquil of mood, those, whose tracks were intact, were overjoyed when they received a phonecall to say "Get over here, you're on!" way!

They heard, they flew over there, they had no time to get nervous, they put their dogs to work and most of them qualified! What a success!

Smiles all round, even those who ran into absolutely bad luck and failed to qualify shared in the joy of the others and couldn't help feeling thrilled for them!

One of my handlers was present, as her husband and his dog were trialling that day.

As my tracking area was untouched, we decided

that my husband Rick would walk the track and I observe from various vantage points to make sure the turns were as planned. Exactly as planned they were. My handler and dog were duly put to work at

track age 55 minutes, but alas! This was "virgin" territory, never worked before, and with the nearby fires, the wild life of this district had congregated in this locality! Ann Glover handled her handsome GSD Kurt, Iljaberg Quest For Truth, UD AD ET, very well indeed, covering very difficult terrain and having to deal with turns on kangaroo tracks in windy conditions, at a time (55 mins) when the fresh body scent might have diminished and the track scent altered considerably according to Tracking Expert, Glen Johnson.

The ground was pure sand, the day was cool enough but quite sunny with wide open space around us instead of the sheltering pines. Some sections of the track were handled admirably and

Kurt showed great potential on this 800 metre track with 4 turns. He found one of the two articles and was so happy to find his tracklayer! I am certain that this dog and handler team will pass next time! Although she ran into bad luck, it was plain to see, that Anne was thrilled with the results of the others. Hubby Brian and his boy Jack UD ADX ET and now TD, had also gained a pass!

This left us 10 dogs that missed out on their chance to track on this day, and we had gained permission to run the second part of the trial in two sections if necessary, with one way down South, in Baldivis and the other up here, north of Perth, in the Gnangara Pine Plantations. A couple of my dogs would be allocated to a judge in the Southern part of the trial.

On the 16th I duly judged a TQT for a Cocker spaniel and 2 TDX tests, both being Test 4 for the Dingo X Tui and the Dingo X Waurua. Sadly the Dingoes both ran into difficulties, an excess of roos on the tracks, spoor of emu, foxes and rabbits galore, due to the fires in the region, didn't help any for Tui's track in virgin territory, and Waurua had concentration problems on this day. Their owner and handler, Nikki told me, that these two very special boys as well as the third Dingo cross of the family had visiting rights to Nikki's Mum

Ros Ward, who some years ago, trialled Bluey an Australian Cattle Dog, to his AOC. The Dingoes are related to Bluey and therefore very precious to Nikki and Ros. Our dear friend is currently in hospital, and looks forward to Nikki and the three boys, Tui, Waurua and Red Dog sitting in the beautiful hospital gardens with her on visiting days. All the best, Ros!

Let me share just the joy of one more little track with you! This was for Chris Cyster and her Cocker Spaniel JAKE J.D. The track was mapped and flagged on the Friday before the Saturday 16 August trial. The tracklayer, Barbara Butcher commenced walking the 300m track at 8.40 by placing an article (sock) at the starting flag, standing there, as though lost and wondering where to go now, then set out briskly.

On she walked, picking up all other flags as she went, always keeping her eyes on the next couple of flags ahead, and, arriving at the right angle turn, which on this track was after 150metres, pulled out the turn flags and went on, without stopping, until she arrived in her "hide" which was a clump of Albany Woolly Bushes, giving good cover to nestle behind. There Barbara made herself comfortable, close to the ground, and awaited her rescue dog! Twenty minutes later, Chris harnessed her Merry Cocker about 30metres from the starting flag, and Jake immediately busied himself with finding the track! At the starting flag, he briefly sniffed the article, which the handler incidentally, left at the start, and cast to the right of the track, taking the lead out for about 6 metres, then zooming back onto the track, he put his nose right down and worked steadily with the breeze blowing from diagonally behind him. After about 50m, he cast left and right, checking out where the fresh scent would have been plastered all over some low Black Boys, (Grass Trees) then righted himself and step tracked for a section, right up to where the track crossed a forest trail. Here the edges, like a riverbank, would have held extra scent which he

checked out to both sides for about 2 metres, tail wagging furiously. Still with deep nose, Jake then worked his way through, and a good ten metres past; a clump of Melaleuca where he got pretty excited when he found there was no track under his nose!

He had arrived at the turn! His "loss of track" indication was quite clear, and this enabled his handler to concentrate on her training and help Jake through the rough patch when he got his lead tangled and she had to free him from where he had whizzed between some young trees and got his lead caught in some low vegetation as he streaked around avidly hunting out the still hot scent. Only 20 minutes had passed since Barbara walked this way!

Undaunted, Jake tracked on, circled, and cast about this turn; and then keenly plunged in the new direction where he started to line track and working with medium nose for the last 40 metres, over-ran the hide with drifting body scent by almost 5m and veered back to joyfully greet his track layer. The spectator from 40 metres behind me, broke all track records in his mad dash to bring Jake his motivator!

#### YES!

Even in a trial, the dog gets his reward! As the handler is not permitted to carry food or toys on track, we generally arrange for the steward or a spectator to carry the motivator that the handler brings to reward the dog. It gave me great pleasure, to award a PASS to this merry Cocker for his TQT, the Tracking Qualification Test, the track required in order to be eligible to enter tracking trials. This test is a track of approx. 300m, with one right angle turn at least 100metres from the start. Track age to be between 10 to 30 minutes.

Well done, Chris Cyster and JAKE JD.

So, Saturday the 9th to the 16th, Gnangara to Baldivis, that was one long Tracking Trial!

Oh by the way, on the first Saturday, when it was time for me to give my Judges' Report,

I got to the part where we walked towards
the uniformed guys, and I was afraid of getting

shot, remember Rick put my fears to rest when he

Well, actually he didn't say that! He said: "Be

NOW he tells me!!

said;"It's CALM,"

### Club Rules

#### 1.

Any member who misappropriates, damages or causes loss or breakage of the club's property shall forthwith make good any loss or breakages the Committee may direct.

#### 2.

- 2.1 No member's dog or dogs shall be off lead during official training sessions unless being trained and supervised by an instructor.
- 2.2 Any member not complying with a Request to place their dog back on lead, by a committee member or instructor, shall be disciplined at the committee's discretion.

#### 3.

Club joining fees and membership fees are non-refundable.

#### 4.

All members are expected to volunteer assistance in line with the club's statement of purposes.

#### 5.

- 5.1 Members' dogs are not permitted to chase or harass livestock or wildlife whilst visiting tracking areas.
- 5.2 Members should ensure that they remove all rubbish and keep tracking areas clean.
- 5.3 Members to ensure that they provide adequate shade and water for their dogs at all times.
- 5.4 Members shall take all reasonable steps to maintain cordial relationships with other legitimate users of tracking areas.

#### 6.

- 6.1 The person authorized by the committee may order the removal from the training session, of any dog or handler whose conduct is objectionable.
- 6.2 The committee shall be empowered to discipline any handler who wilfully interferes with another member's training, or another member's dog, or whose behaviour is objectionable.
- 6.3 Any instances related to 6.1 and 6.2 should be reported to the committee in writing, within 7 days of the incident.



### Mandurah Outing

Our readers may remember reading about the trip to Mandurah, in memory of Rick, in the previous Newsletter. Well, we did get together and have fun!

For me the day started with a rosy glow - a train trip - a real excursion into the wild blue yonder, to meet up with friends in the last carriage, chat and reminisce all the way to Mandurah, enjoy the great views out of those huge windows, vistas of our Perth suburbs as we swooshed through them all, the occasional glimpse of the beckoning sea, it was a glorious day, a little sadness because Rick was with us in spirit only, and also because as we whooshed past Murdoch, all we could do, is close our eyes with a smile, and send our collective happy healing thoughts and other good vibes to our dear Leone, who was stationed there, for some treatment.

But I have jumped ahead of myself - I needed to get to the train first! It was due in Stirling at 10 past 10, so I checked in at the parking lot at a quarter to ten, giving me ample time for purchasing the ticket and sauntering up that interminable staircase, and down the other side, fighting vertigo every step of the way. Heights make my head spin! That's good, we all need some excitement in life!

Well I got plenty on that day - first of all a sign: Car Park FULL. Disbelievingly I cruised up and down the rows, and sure enough, full it was. Drats! Can't miss that train with cruising around, so down Cedric St. I sped, luckily no policeman, ok OK, I WAS watching the speedo, honestly I was, and pulled into the City of Stirling Car Park at Stirling Gardens. Couldn't see a meter anywhere, and felt just a little uneasy parking without having purchased a ticket, but then it is a family leisure park car park - perhaps there WAS no meter!

But hey! Not to worry! This was our special day, my darling had never taken the train to Mandurah, and we had planned some time last year, the two Ricks did the planning, Leone's and mine, for us all to take the train down to Mandurah and meet up with friends for Fish and Chips on the foreshore!

My darling Rick's Memorial Fish and Chips at Mandurah Day, here we come! As the train pulled in at Stirling, I saw Valeta, who had organized everything and sent us a timetable so we'd all get onto the same train, waving to me, and there, in the last carriage were Judy, Carol and Faye, already waiting with the biggest grins of welcome I've seen for a long time!!

Some stops further along, we had Geraldine join the troupe, and it was to turn into the merriest, most delightful train ride imaginable, even if Faye DID get squashed as the train accelerated just as I was about to sit down! But you get that. Well Faye got that. She'll never be the same I fear!

We all loved the journey, and on arrival at Mandurah took the bus to take us to the foreshore. The bus trip was a lot of fun, zigzagging through Mandurah, that looked just nothing like the Mandurah I know, until we came to the foreshore, where all the land marks were there, dotted with new buildings and playgrounds, but still the same beautiful lawns right down to the water's edge, and benches on which to sit, enjoying the sunset. So, we left the bus and looked for our rendezvous point.

After a lengthy walk - have you ever noticed how I ong a walk can be when you are not stepping out a track - and a cheery joining up phonecall from Valeta to Jim, there we saw Jim and Beth in the distance, wondering why on earth we were traipsing along merrily, when the bus stopped right at their rendezvous point! Hmmm, a different point altogether, not to worry, we made it, and after the hearty welcome found we were spoilt for choice!

Rick might have wanted to sit on the ledge, dangling his legs above the water, feeding the seagulls, so we unanimously decided to have our lunch at Cicerello's where they were offering a veritable feast for Pensioners! Were WE on a high!

Pensioners indeed, FREE train ride, special prawn chowder to warm the cockles of our hearts, sitting snug and warm inside, at the huge window, enjoying the view, seagulls wheeling across the boardwalk and green. We were still deliberating, and came up with several choices for our wonderful lunch when we were joined by the final couple to complete the party, Louise and her

The photos show us having fun, but could not capture the magic of us all being together, enjoying the day out, drinking a toast of a very nice drop too, in memory of Rick, toasting each other and our friends, good health and happy

healing for Leone, strength and courage to her Rick, in short, loving thought waves and vibes emanating from all of us to those we loved and cared for! How those who had to go to work and couldn't get the time off, would have enjoyed the day with us!

Even the most enjoyable luncheon party comes to an end. Then it was the waiting for the bus - I was intrigued by a pink flowering bush across the road, naturally braved the lazy holiday town traffic and had a closer look - no one would be surprised at that - you all know my passion for everything that grows! It turned out to be an old fashioned rambling bush rose of the type I had not seen for decades! Not since I left Germany! Then it was goodbyes, and Valeta shepherded us five fair ladies onto the bus, back to the station, the train, with a strong stream of good vibes sent again, to Leone, as we zoomed past Murdoch, all too soon, back in Perth suburbs, waving goodbye to Gerry, and then it was my turn to leave the little troupe of dear friends as the train sped further northwards, with me gliding up on the escalator, thoughts already on my sassy little white Laser, parked so lonely, it was only the fourth car in the whole parking lot when I left it there, and now there were only 2 others, different cars. No ticket on my windscreen! What a relief!

It must have been quite a rainy day in Stirling and Balcatta, the roads were wet! Finally, home sweet home! I've had a glorious day! Thank you all my friends who came out to share this special train ride with me, in memory of my beloved.

Walking past the car on the other side, talking to the cat who had as always landed on the roof with a THUMP after her long vigil on the pergola roof, waiting for me, and leaving my little Laser with some pretty good imitations of hailstone damage every time she dive bombed the car on my arrival, I noted a very wet, bedraggled, concertinaed in the speed and rain, miserable looking Parking Ticket! Good Grief! I had parked in a 3 hour Parking Zone and our memorable journey had taken four!

Not to worry, although I let my friends and family persuade me to write to the City Council telling my tale, and asking for exemption, which I did on principle, before parting with my much "needed for better things" sixty Dollars, and after receiving the rejection of my plea, most likely also on principle - with the kind advice to state my case to Transwest, who after all are responsible for supplying parking facilities for their train users, I very much on further principle flashed my cheque book and parted with the required princely sum! Before you begin to commiserate - don't. Please - Just don't!

We have all had a WONDERFUL day! It was jolly well worth the penalty, and trust me - punishment never works! Let's all continue being purely positive and enjoy our lives!

It reminds me of one of my mother's sayings: Enjoy yourself! It's later than you think!

Well, thanks to Beth and Jim's persuasion and my lovely lady companions' assurance that one little glass never hurt a reckless teetotaller, not in just these words maybe, but certainly in - wait for it - principle - I still feel the rosy glow of that glass of Margaret Rivers' best! Thank you all, my friends! Happy Tracking.

Honey

# Photos from the Mandurah Outing











## **Trial Dates and Information**

#### 1. TRACKING TRIALS

Note that, if entries warrant, some may be judged on the following Wednesday. It is envisaged that the tracks used on Saturday will be re-flagged (on Saturday) and re-used on Wednesday. Judges would not be required to flag new tracks.

May 15<sup>th</sup>

June 5<sup>th</sup>

June 26<sup>th</sup>

July 10<sup>th</sup>

July 24<sup>th</sup>

August  $7^{th}$ 

August 28<sup>th</sup>

September 11<sup>th</sup>





#### 2. TRACK & SEARCH DOG TRIALS

Note: T&S Dog Trials are all on Sunday.

April 25<sup>th</sup>

May 23<sup>rd</sup>

July 18<sup>th</sup>

August 15th



# Trial Dates and Information (Tracking)

ENTRIES CLOSE: 12/07/2010

CLUB: TRACKWEST (INC)

TYPE OF EVENT: TRACKING TRIAL

DATE & VENUE: Saturday July 24th, 2010 and Wednesday July 28th, 2010 GNANGARA PINE

**PLANTATION** 

JUDGES: NAMES GROUP OR CLASS

Mr Neil Fletcher } All Tracks as required

- Mrs Valeta Pethrick }
- Mrs Lynne Jooste }

**RESERVE JUDGE** 

Mrs Judy Tsakalos

CHIEF STEWARD Mrs Beth Spence Membership No: 6007212300

ENTRIES CLOSE: Monday July 12th, 2010

ENTRIES TO: Trial Secretary, 27 Nyunda Drive, Wanneroo 6065

ENTRY FEES Tracks 1, 2 and 3: Members \$20 Non-members \$30

Tracks 4, 5, 6 & 7: Members \$25 Non-members \$35

Where a competitor has two dogs entered on the same day, a discount of \$5 shall

apply to the second dog.

Seniors Card holders will receive a discount of \$5 per entry.

CATALOGUES: Included in entry

CLASSES: Tracks 1 to 7 as required.

GATES OPEN: 7:30 am VETTING TIME: 7:45 am

JUDGING TIME/ORDER: 8:00 am Order as decided by the Judge.

TROPHIES & SASHES: N/A

SASHES ONLY: N/A
REFRESHMENTS: BYO

ENQUIRIES: Judy Tsakalos Ph 94052790 Mob 0428925093 Email tsakalos@iinet.net.au

CONDITIONS: Bitches in season may not compete and may not remain in the vicinity of the trial.

Late or incomplete entries will not be accepted.

EACH COMPETITOR IS REQUIRED TO PROVIDE A TRACKLAYER WHO IS NOT A COMPETITOR

(nominated on entry form)

IF ENTRIES WARRANT, SOME TRACKS WILL BE JUDGED ON WEDNESDAY JULY 28TH. PLEASE

INDICATE ON YOUR ENTRY IF YOU ARE AVAILABLE TO BE JUDGED ON THAT DAY. Competitors who are to be judged on Wednesday 28/07/10 will be notified by Saturday July 17th 2010

# Trial Dates and Information (Tracking)

ENTRIES CLOSE: 26/07/2010

CLUB: TRACKWEST (INC)

TYPE OF EVENT: TRACKING TRIAL

DATE & VENUE: Saturday August 7th, 2010 and Wednesday August 11th, 2010 GNANGARA PINE

**PLANTATION** 

JUDGES: NAMES GROUP OR CLASS

Mr Neil Fletcher } All Tracks as required

- Mrs Sue Fletcher }
- Mrs Honey Gross-Richardson }

**RESERVE JUDGE** 

Mrs Valeta Pethrick

CHIEF STEWARD Mrs Beth Spence Membership No: 6007212300

ENTRIES CLOSE: Monday July 26th, 2010

ENTRIES TO: Trial Secretary, 27 Nyunda Drive, Wanneroo 6065

ENTRY FEES Tracks 1, 2 and 3: Members \$20 Non-members \$30

Tracks 4, 5, 6 & 7: Members \$25 Non-members \$35

Where a competitor has two dogs entered on the same day, a discount of \$5 shall

apply to the second dog.

Seniors Card holders will receive a discount of \$5 per entry.

CATALOGUES: Included in entry

CLASSES: Tracks 1 to 7 as required.

GATES OPEN: 7:30 am VETTING TIME: 7:45 am

JUDGING TIME/ORDER: 8:00 am Order as decided by the Judge.

TROPHIES & SASHES: N/A

SASHES ONLY: N/A
REFRESHMENTS: BYO

ENQUIRIES: Judy Tsakalos Ph 94052790 Mob 0428925093 Email tsakalos@iinet.net.au

CONDITIONS: Bitches in season may not compete and may not remain in the vicinity of the trial.

Late or incomplete entries will not be accepted.

EACH COMPETITOR IS REQUIRED TO PROVIDE A TRACKLAYER WHO IS NOT A COMPETITOR

(nominated on entry form)

IF ENTRIES WARRANT, SOME TRACKS WILL BE JUDGED ON WEDNESDAY AUGUST 11th 2010,

PLEASE INDICATE ON YOUR ENTRY IF YOU ARE AVAILABLE TO BE JUDGED ON THAT DAY.

 $Competitors\ who\ are\ to\ be\ judged\ on\ Wednesday\ 11/08/10\ will\ be\ notified\ by\ Saturday\ July\ 31st\ 2010$ 

# Trial Dates and Information (TSD)

CLUB: TRACKWEST (INC) ENTRIES CLOSE: 2 / 08 / 10

TYPE OF EVENT Track and Search Dog Trial (Track and Search Tests only)

DATE & VENUE: Sunday August 15th 2010 Gnangara Pine Plantation

JUDGES: NAMES GROUP or CLASS

Mrs Honey Gross-Richardson ]

Mr Neil Fletcher ] All tests as required

Mrs Sue Fletcher ]

Mrs Valeta Pethrick Reserve Judge

CHIEF STEWARD: Ms Carol Freele MEMBERSHIP No: 6100019014

ENTRIES CLOSE: Monday 2 / 08 / 2010

ENTRIES TO: Trial Secretary, 27 Nyunda Drive, WANNEROO WA 6065

ENTRY FEES: All TSD Tracks: Members \$ 25 Non-members \$ 35

Where a competitor has two dogs entered on the same day, a discount of \$5 shall apply

to the second dog.

Senior card holders will receive a discount of \$5 per entry.

CATALOGUES: Included in entry

CLASSES: Tests 1 to 6 as required.

GATES OPEN: 7.30 am VETTING TIME: 7.45 am

JUDGING TIME/ORDER 8.00 am Order as decided by the Judge.

TROPHIES & SASHES: N/A

SASHES ONLY N/A

**REFRESHMENTS BYO** 

ENQUIRIES: Judy Tsakalos Ph 9405 2790 Mob 0428 925 093 Email tsakalos@iinet.net.au

CONDITIONS: Entry open only to dogs which have Tracking Champion title

Bitches in season may not compete and may not remain in the vicinity of the trial.

Late or incomplete entries will not be accepted.

ALL COMPETITORS ARE TO PROVIDE A TRACKLAYER WHO IS NOT A COMPETITOR> (Nominated on the entry form)

### Results

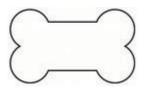
5/6/10 26/6/10 Saturday was an ideal day for tracking – cool with very little wind. Another brilliant day for tracking trials, perfect temperature, mini-Fortunately Wednesday was very similar. Total entry: 21. Passes: mal breeze. 15 Titles: 7 These perfect conditions bought about 3 new Tracking Champions and lots of titles achieved. Track 6: Brian Glover and O Ch Bruvic Juggernaut (German Shep-Passes were: herd) \*\*\*TDX Title\*\*\* Track 6: Marilyn Dawson and Alverpoint Mistress Luka (GSP) Champion Track 7 Antonia Baker and TCh Swanvalley Aramis CD \*\*\*TDX Title\*\*\* ET (Dobermann) \*\*\* Tracking Champion Title \*\*\* (owned by Judy Tsakalos) Champion Track 7 Valeta Pethrick and TCh Seigen Im Impressive Track 6: Lauren Ferguson and Bogan (Beagle) CCD HTM.S. (GSD) \*\*\* Tracking Champion Title \*\*\* \*\*\*TDX Title\*\*\* Track 6: Valeta Pethrick and Seigen Im Impressive (German Shep-Champion Track 7 Judy Tsakalos's TCh Alverpoint Mistress Luka herd) \*\*\*TDX Title\*\*\* CD (GSP) Handler: Jim Spence/Marilyn Dawson \*\*\* Tracking Champion Title \*\*\* Track 4: Nyree Lally and Preissi (Standard Poodle) Kim Jackson and Bella CD AD JD TDX (Lab) \*\*\* TDX Track 6 Track 4: Carol Freele and Dobenaire Bombay Dreams (Dobermann) TDX Title \*\*\* Track 4: Jim Spence and Hinterhaus French Connection (German TDX Track 5 Marilyn Dawson and Ch Casblaidd Mondays Shepherd) Rebel (imp UK) TD (Flat Coated Retriever) (owned by Leone Holdsworth) TDX Track 5 Leone Holdsworth with Hinterhaus French Connection TD (GSD) Handler: Jim Spence Track 3: Anne Cameron and Mhadaidh Special Ella (Golden Retriever) \*\*\*TD Title\*\*\* TDX Track 5 Nyree Lally and Preissi CDX ADM JDM ET Track 3: Anne Cameron and Mhadaidh Christmas Holly (Golden TD (Std Poodle) Retriever) \*\*\*TD Title\*\*\* TDX Track 4 Karren McCluskey and Tookurra Desert Rose Track 3: Eileen Phillips and Shae (Kelpie X) \*\*\*TD Title\*\*\* TD (BC) **TDX Track 4** Eileen Phillips and Shae AD JD TD (Kelpie X) Track 2: Jodie Auld and Gunclip Smokey Jade (Weimaraner) TD Track 3 Jodie Auld and Gunclip Smokey Jade TD (Weimaraner) \*\*\* TD Title \*\*\* Track 1: Jacquie Humphrey and Patch (Fox Terrier X JRT) Track 1: Lauren Ferguson and Gunclip Thunderstruck TD Track 3 Antonia Baker and Bravadobe In Ecstasy CD AD (Weimaraner) JDX ET TD (Dobermann) \*\*\* TD Title \*\*\* Track 1: Angie Chalwell and Marionvale Geri (Kelpie) TD Track 2 Lauren Ferguson and Gunclip Thunder-Track 1: Angie Chalwell and Mac's Flick (Border Collie) struck (Weimaraner) TD Track 2 Jacquie Humphrey and Patch (Foxy X JRT) TD Track 1 Jean Hurn and Iccara Kinto Kokomo (GSD) TD Track 1 Marilyn Retamal and Shadow (BC) TD Track 1 Christine Weetman and Riley CDX AD JD ET (Weimaraner)

### **END OF YEAR FUNCTION/ Raffle tickets**

The End of Year function is coming up, and the TrackWest committee are looking for donations and vouchers to be used as door prizes.

Any help would be greatly appreciated.

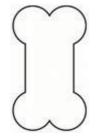
We would also like to ask our members if they have anything that would be suitable for use as prizes for the raffles held at the trial lunches.



## **Soft Banana Strips**







### ingredients

1 egg

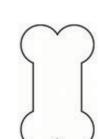
1c fast-cook oats

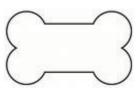
1/2 banana

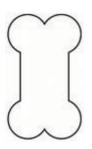
1/3c milk

1/2c all-purpose flour

1/8c rice





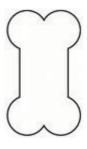


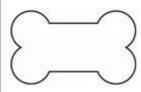
#### directions

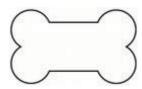
Squash bananas, and beat the egg. then spread evenly on a plate.

Next, heat in microwave for 3 and 1/2 minutes. when done, let them cool.

Then cut and serve.







#### **DISCLAIMER**

The information in this publication is of a general nature. The articles contained herein are not intended to provide a complete discussion on each subject and or issues canvassed.

TrackWest Magazine dose not accept any liability for any statements for any opinion.



Please note the front gate will be dummy locked at 8.30am on training days.

Please leave the gate closed with the padlock in position but not "clicked" to lock

