

Nose to the Ground

NEW WEBSITE!!!

www.trackwest.com.au

NEW WEBSITE!!!

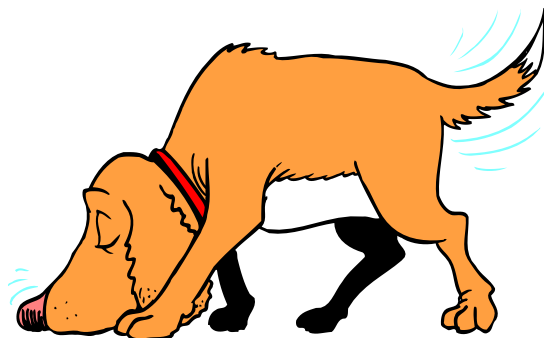
Volume 1, Issue 2

Support a Tracking Dog, Get Lost!

March 2010



- Club Rules
- 2010 committee
- Trial Information and Calendar
- Merchandise
- Maps
- Results



Please send all trial entries to Judy

Tsakalos.

Trial Secretary

27 Nyunda Drive

Wanneroo, 6065

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No Smoking



In the Forest

Position	Name	Phone	Email
President	Louise Crawford	0439 903 083	friendsforlife07@bigpond.com
Vice President	Valeta Pethrick	9405 1984	trev.val@iinet.net.au
Treasurer	Antonia Baker	9296 3535	swanvalleydobes@yahoo.com.au
Secretary	Carol Freele	9402 1807	cfreele@westnet.com.au
Training Coordinator	Sue Fletcher	9306 4772	nesue@bigpond.com
Committee	Lauren Ferguson	0430 555 215	lauren@getdogged.com.au
	Leone Holdsworth	9458 9515	
	Denise Kevan	9339 2241	dkevan@gmail.com
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	Jim Spence	9537 3286	jim.beth1@optusnet.com.au
	Judy Tsakalos	9405 2790	tsakalos@iinet.net.au

Editors Report

Hi Guys!

Well after a very busy start to the year—things are finally settling down.

Mum and I went to Adelaide for the Weimaraner Nationals and came back with excellent results!

I have started a new business, and am getting another puppy!

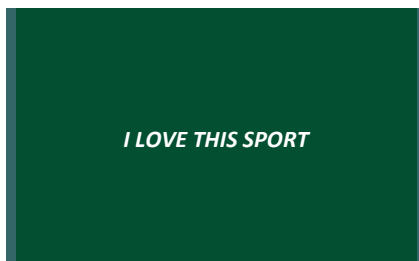
Bogan is very upset with me, as we still haven't been tracking this season! And I'm a bit annoyed with myself for not finding the time!

I love this sport, and am hoping to finish off Bogan's Championship title this year and start roo on the way to his.

Congratulations to everyone who has competed in the trials this year!

We are looking forward to catching up with everyone and seeing the beautiful pine plantation!

Will see you all next week!



Presidents Report

Welcome back to Tracking!

It's always exciting to get back out into the forest and catch up with everyone!

A big welcome to all our new members, I hear you are doing great things under the guidance of Sue and Jim! I hope to see you all out tracklaying at the upcoming trials, I know I learnt so much (and am still learning), from watching other handlers and their dogs. You also get to put your feet up and enjoy a wonderful Roast Lunch at the end!

We had a fantastic turnout to our workshop at Lumen Christi, thank you to all the members who came along to help.

A big thank you to all those who have put up their hands to be trainers this year!

These people are a great asset to Trackwest, please support them and take advantage of learning as much as you can.

Our training program this year includes a combination of group training, workshops and morning tea talks on various subjects. If there is a subject you would like to suggest as a topic please let us know.

We've already had our first Track and Search trial, and although we had the challenge of a late start due to Anzac Day, the dogs and handlers did wonderfully well, Congratulations! Thank you to the Judges and Stewards, and all those who helped.

Please take the time to read the sections on safety, in this newsletter. These rules have been put in place to keep us and our dogs safe and prevent problems so we can all enjoy the tracking season.

Keep your eyes peeled for our upcoming workshops and social events!

I look forward to seeing you out in the forest.

Happy Tracking!

Louise Crawford

President

Secretary's Report

Now the National Agility event is over some of us can concentrate on tracking. We have our first trial on the 15th May and I hope most of the new 'trackers' will volunteer to lay a track or follow up and watch our more experienced trackers. You can learn a great deal from seeing how a track is laid or how people handle their dogs when there are no flags. You can take note of how a dog tracks in dry weather in preparation for the difference when it rains. Judges are always willing to answer questions after the trial is finished.

Various mini workshops have been organised after training and other events are listed in the Newsletter which we hope you will attend.

Have fun tracking!



Training Coordinators Report

Hello everyone,

The tracking season has got off to a good start and we would like to welcome all our new members. The beginners are working with Jim and myself just inside the gate on Pessoa Road. We have groups of mixed levels working throughout the forest, this system seems to be working well with the more experienced members helping the less experienced.

The first two "mini workshops" have been held and were a tremendous success. The "mini workshops" will be mainly held at morning tea there are two exceptions - the step measuring held last week was down near the old base camp where all the required surfaces are available. Map making will be held on the 8th May and will run from 9.30 to 10.30.

Other workshops coming up

Articles	1 st May
Corners	22 nd May
Trials	29 th May

First aid and evacuation procedures date to be advised.

Our first Track and Search Dog trial was held on the 25th April with 8 entrants

Congratulations go to the following who had passes

Jim Spence and Amadeus	TSD 2
Glenys Nottle and Manhon	TSD 2
Eileen Phillips and Beau	TSD 1

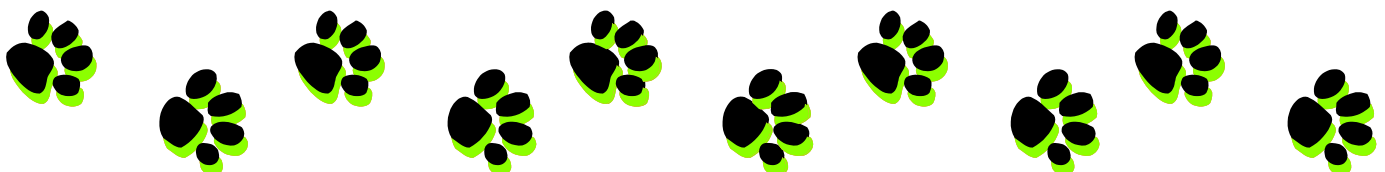
And I am happy to report that I had a pass with Barney on his TSDX 4

Anyone coming back after the break should see me just inside the gate on Pessoa Rd to be allocated to a training group. I also have membership cards.

On your arrival at training, please leave a flag with your name and mobile phone number written on one of the ribbons just inside the front gate where the beginners train. We also request that the flags be put into the appropriate training groups. When you leave for the day please take your flag with you. This way we can ensure that no one is locked in the forest and we will be able to account for everyone in the case of an emergency.

If you are available for stewarding or tracklaying at our next trial please contact Judy Tsakalos 94052790.

Happy tracking



Social Events

We are initiating a number of new social events and mini-workshops and revitalising some old ones. As well as advising members in a Newsletter, all events will be published on our website and kept up-to-date regularly. Please note these events in your calendar.

TrackWest Social Events

Prior to Rick Richardson's passing, Rick & Honey had planned to travel by train to Mandurah and have a 'fish and chip' lunch on the foreshore. Unfortunately Rick was too ill to make the trip, and although Rick is no longer with us, Honey has expressed a desire to still do the trip. So, on **Wednesday, May 26** a group of members are travelling to Mandurah by train for 'fish & chips' on the foreshore. We will be travelling on the Joondalup to Mandurah train **departing Edgewater at 9.57am**, arriving in Mandurah at 11.12am then catching the shuttle bus into the township. If you would like to join us, you may catch this particular train at any point on the line, (we will be in the last carriage) or alternatively drive down and meet at a venue to be advised. Please contact Valeta for the venue. If you would like to join us, please contact Valeta on 9405 1984 or trev.val@iinet.net.au. If you nominate a station you would like to board the train, Valeta will tell you what time to be there, or alternatively check the Transperth website on the internet for details. We plan to return to Perth at approx between 2 and 3 pm.

Saturday, July 10 (a tracking trial that day) we will celebrate Christmas in July. Jim and Beth will cook up ham, pork, turkey and gravy. Members are asked to contact Beth to coordinate what to bring (95373286). The cost is \$5 (plus contribution of dessert/salad/nibbles). It is hoped that some trackers will treat their tracklayers to a feast.

Saturday, September 18. Breakfast and fun day. This is our official last day of tracking (the Royal Show is on the following week and a number of instructors and members are involved with this event). More details later in the year.

Wednesday, October 6. AGM at the Canine Centre, 8pm.

Saturday, October 30. End of year dinner function.
Presentation of sashes.

Venue to be announced.

Mini-Workshops

Saturday, April 17

Lead handling/starts (presented by Jim and Sue)

This was well received.

Saturday, April 24

Step measurements (Valeta) and Evacuation (Jim)

Saturday, May 1

Articles (Louise)

Saturday, May 8

Map making (all morning for new people or anyone interested).

(Valeta). This is an important element of tracking and should not be missed.

Saturday, May 22

Corners (Sue)

Saturday, May 29

Trials (entries and what is involved) (Judy)

June

(date to be decided) First Aid and full evacuation lecture

The above topics may be repeated throughout the season or new topics may be added.

If you know of a topic which you would like discussed, please let Sue know.

MORNING TEA

Morning tea is one of the best parts of tracking – we can wind down from a hectic morning and talk about what we have achieved.

But – a number of us are quite "dogged out" by then so please:

During morning tea (10.30 to 11.00) either leave your dog in your vehicle or take it at least 50 metres away from the group.

TRACK END REWARDS

In a trial handlers are allowed a reward to give the dog at the end of the track. This reward is carried by the steward so it needs to fit easily into a pocket.

The reward must be

- (1) Small (it can be a small toy or food)
- (2) In a container
- (3) The container must be placed in a sealed plastic bag
- (4) The name of the handler and the dog must be written on the bag.

GIVING DIRECTIONS

In previous years we always entered Gngangara from Nursery Road and we got into the habit of saying to new trackers “The entrance is 1.5 kilometres East of Beechboro Rd”

Now we have to change our thinking:

The entrance is now Pessoa Road which is 200 metres East of Beechboro Rd

The reason for the change is safety. With the increased volume of traffic on Gngangara Rd, the Nursery Rd entrance has become very unsafe. Traffic at Pessoa Rd is slowed by the intersection with Beechboro Rd. Also, the Pessoa Rd entrance has a much bigger area for vehicles to pull off before turning into the gate.

CLEANLINESS IN THE PINES

Please, please, please make sure you take ALL of your rubbish with you when you leave.

The main offenders: (and they have started to appear again)

- Empty “MyDog” tins left at the end of the track. Yes they are grotty, so carry a “poo-bag” and pick them up
- People who very carefully clean up after their dog then leave the poo-bag and its contents by the side of one of the limestone roads. (The poo soon biodegrades, the bag doesn’t)

Used tea-bags. They are not bio-degradable and probably wouldn’t do the roos any good if they ate them. (always remind me of an extremely gross teenage joke about vampires teabags)

We have a pristine forest – let’s keep it that way.



BASE CAMP FOR TRIALS

We have decided to change the Base Camp for our Tracking Trials and for our Track & Search Trials to

The corner of Pessoa Road and Machado Road

This is where we have morning tea on training days.

This means that, if you are a tracklayer, a competitor or just a spectator use the Pessoa Road entrance and come along Pessoa Road to the intersection with Machado Road (the first limestone track)

SAFETY NOTES

CAR SAFETY

Hazards exist in our forest so we are asking you to observe speed limits and keep to the left where visibility is limited. This is for the safety of us and our dogs, and also Kangaroos which may hop into the path of your car. Stones kicked up by speeding vehicles may also cause damage.

Trail bike riders sometimes trespass on our area to please take care when out in the bush. Dogs have been injured by bikes.

Please lock your car in your absence, & don't leave valuables inside.

DOG SAFETY

Please DO NOT leave dogs tethered to the OUTSIDE of vehicles.

EITHER

Enclose the dog in the vehicle by closing all doors.

OR

If leaving the back door open (eg.hatch) dog must be tethered, so it cannot go beyond the confines of the vehicle. Crates are also an excellent option. Your dog will be happier and settle better inside the vehicle, and will ensure the safety of both your dog and passers by.

Dogs must be on lead at all times on training and trial days. If you wish to give your dog a run, please speak to your instructor, and on trial days the Chief Steward, or Judge working in that area.

Dogs MUST be on lead *within 50metres* of:

Morning Tea area

Base Camp

Groups of people training or competing.

Please try to park in the shade and ensure your dog gets plenty of water.

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.



Tracking Article

My First TRACK 1 Trial (by one happy tracker)

I had been training 2 dogs all year, 2 to 3 sessions every week. It was most difficult to try and train 2 dogs on the short Saturday morning so I gave them alternate weekends and trained several short bursts during the week.

After speaking to lots of others at morning tea, I was persuaded to go in the last trial of the year with one of my dogs. Since ¾'s of the year made little sense to me I was pretty unconfident, so I chose the dog that loved my Dad the most, enough that I might not be let down J.

Since my dogs and I were already members of Dogs West, all I had to do was get my entry form and fee to Trial Secretary Judy – I gave it 2 weeks before the trial at morning tea after training. I had a few choices of favourite tracklayers, but 'Dear ol' Dad was the best option of "beloved known tracklayer", being a non trialler I could be confident he would be at my track on time – I did check with Dad before I wrote him on the back of my entry form (had to make sure there was no stupid footy on!! Geez where's your Priorities!)

That sorted, time for a weeks' worth of cramming and a week to pack for trial morning. Not kidding, I reckon my bag was packed the Sunday before – all but boil the kettle for the flask! Must have done the checklist every day –

Tracklayer – have rung him and said I will collect you (don't want a no-show, the pine forest is a little tricky to navigate) and a quick check that he has 5 suitably dark coloured articles ready to cook up his jumper

Reward – Sardines and chicken wings in a sealed zip lock bag labelled with dog and my name (for dog)

Reward – chocolate bar (for tracklayer)

Harness/Lead

Harness/Lead

Spare Harness/Lead (at this point thinking maybe I shouldn't have entered if I am this wound up)

\$5 – for lunch Or \$10 if you want to pay for your tracklayer

Pasta salad (my staple contribution for communal lunch after the trial)

On the morning: I got my name ticked off, collected a program, found my judge to deliver my Dad and the doggy reward, and find out what time and where I will need to be. That done I just sit and knit.

Phffrr yeh right. Got better things to do like make sure we have both done wee weees and being the first track I didn't have much time to find my location and be ready a few minutes early anyway.

Unlike some other forms of dog competitions, tracking trials are fairly casual and relaxed, the Judge will explain a few things as you walk towards the start peg, and if there are no other questions away you go.

My first trial, this one went something like this: harness up, oh please please please go in some direction, any direction just don't stand there like a statue, thankfully we were away with me just tip toeing behind as quiet as a mouse (definitely no breathing either!!) Stumble along and begin to wonder 1stly) is there anyone following behind, too scared to look, 2ndly) surely there will be a corner soon and 3rdly) Oh s- -t what is that fence doing there – that can't be a good sign.

BUT there we were and there was Dad behind the skinniest tree in the forest – we had finished. Whoo hooo. And apparently done a corner too unbeknownst to me.

Moral of this story is, you don't get a chance to trial the same level again, unless you have a 2nd dog to trial, so make sure you are confident enough in your training that you think you will be conscious at the trial.

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 15th

June 5th

June 26th

July 10th

July 24th

August 7th

August 28th

September 11th



2. TRACK & SEARCH DOG TRIALS

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

April 25th

May 23rd

July 18th

August 15th



Trial Dates and Information (Tracking)

ENTRIES CLOSE: 24/ 5 /2010

CLUB: TRACKWEST (INC)

TYPE OF EVENT: TRACKING TRIAL

DATE & VENUE: Saturday June 5th, 2010 and Wednesday June 9th, 2010 GNANGARA PINE
PLANTATION

JUDGES:

NAMES	GROUP OR CLASS
Mrs Judy Tsakalos	} All Tracks as required
Mrs Sue Fletcher }	
Mrs Lynne Jooste }	

RESERVE JUDGE
Mr Neil Fletcher

CHIEF STEWARD Mrs Beth Spence Membership No : 6007212300

ENTRIES CLOSE: Monday May 24th, 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@inet.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 JUNE 9TH. PLEASE INDICATE ON YOUR ENTRY IF YOU ARE AVAILABLE TO BE JUDGED ON THAT DAY. Competitors who are to be judged on Wednesday 9/06/10 will be notified by Saturday May 29th 2010

Trial Dates and Information (Tracking)

ENTRIES CLOSE: 14/ 06 /2010

CLUB: TRACKWEST (INC)

TYPE OF EVENT: TRACKING TRIAL

DATE & VENUE: Saturday June 26th, 2010 and Wednesday June 30th, 2010 GNANGARA PINE
PLANTATION

JUDGES:

NAMES	GROUP OR CLASS
Mrs Valeta Pethrick	} All Tracks as required
Mrs Sue Fletcher }	
Mrs Lynne Jooste }	

RESERVE JUDGE

Mrs Honey Gross-Richardson

CHIEF STEWARD Mrs Beth Spence Membership No : 6007212300

ENTRIES CLOSE: Monday June 14th, 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@inet.net.au

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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 JUNE 30TH. PLEASE INDICATE ON YOUR ENTRY IF YOU ARE AVAILABLE TO BE JUDGED ON THAT DAY. Competitors who are to be judged on Wednesday 30/06/10 will be notified by Saturday June 19th 2010

Calendars


January 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31


February 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 	28
29	30	31				

April 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 
26	27	28	29	30		

Open Day - 

Tracking Trial - 

Track and Search Trial - 

Calendars

May 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				


July 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Tracking Trial -

Track and Search Trial -


Calendars

September 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11 	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Tracking Trial - 

Track and Search Trial - 

Results

Tracking Trial Results 15/05/10

For our first Tracking Trial of the year we had a cold sunny day with very little wind. Dew made the ground damp to begin with – ideal tracking conditions. There were 14 entries with 6 passes.

Passes were:

TDX Track 6: Antonia Baker and Swanvalley Aramis (Cleo) (dobermann) ***** TDX Title *****

TD Track 2 Antonia Baker and Bravadobe In Ecstasy (Emma) (dobermann)

TD Track 2 Anne Cameron and Mhadaidh Christmas Holly (Golden Retriever)

TD Track 2 Leone Holdsworth's Hinterhaus French Connection (Elsa) (GSD) Handler: Jim Spence

TD Track 1 Jodie Auld and Gunclip Smokey Jade (Drift) (Weimaraner)

Track on: TD Track 3 Leone Holdsworth's Hinterhaus French Connection (Elsa) (GSD) Handler: Jim Spence ***** TD Title *****

Track & Search Dog Trial Results 25/04/10

Being ANZAC Day, we could not start the first Track & Search Dog Trial for the year until 1.00 pm which meant the dogs were tracking in warm and quite windy conditions. They all handled the conditions very well; the same probably couldn't be said for the tracklayers and handlers ! There were 8 entries and 4 passes.

Passes were:

TSDX Track 4: Sue Fletcher and T Ch Seigen Sonly Barney (GSD)

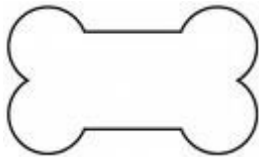
TSD Track 2 Jim Spence and T Ch Gelderland Youre My Idol (Rottweiler)

TSD Track 2 Glenys Nottle and T Ch Cymtaran Manhon (Corgi)

TSD Track 1 Eileen Phillips and T Ch Beau (Staffy X)

TRACKING TRIAL LUNCHES

Café D’ Gnangara will be operating again
 This year, with Yummy roast lunches!
 Cost is \$5.00, Best Value lunch in WA!
 Competitors are also asked to bring
 A salad or sweet plate to contribute.
 Please contact Beth prior to the date
 To let her know what you are bringing!
 Ph 9537 3286 or email jim.beth1@optusnet.com.au.



Cranberry Liver Brownies

The live provides necessary nutrients, and the cranberries assist in urinary functions.

Preparation time: 20 minutes

Makes: 30 treats

INGREDIENTS:

1 lb (500 g)- Beef Liver

4- Eggs (medium)

1/2 cup (85 g)- Cranberries (fresh)

2 cups (280 g)- Whole- Wheat flour

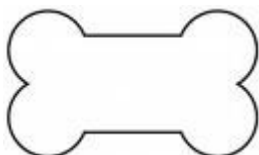
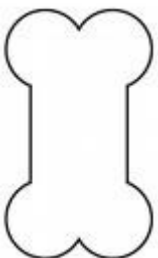
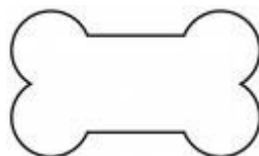
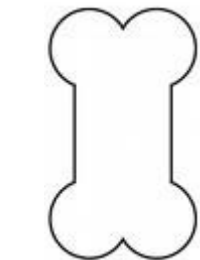
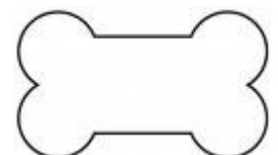
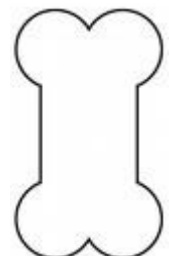
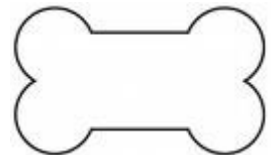
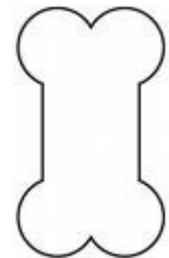
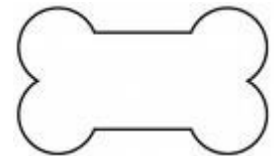
1 cup (120 g)- Cornmeal

DIRECTIONS:

1. Puree all of the ingredients in a food processor.
2. Grease two 9 inch square pans, and pout half of the batter into each pan.
3. Bake at 400F for 30 minutes, or until the dough springs back when touched.
4. Cut out shapes with cookie cutters or just cut the brownies into squares.
5. Refrigerate treats after cooking.

NUTRITIONAL BREAKDOWN PER SERVING:

cal 138.83, protein 13.78 g, carbohydrate 13.96 g, dietary fiber 1.74 g, fat 0.00 g, saturated fat 0.91 g



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

Please leave the gateclosed with the padlock in position but not “clicked” to lock

MAP

