



TAILS OF THE VALLEY

Newsletter

Huon Valley Dog Walking Association

huondogwalkers@gmail.com

www.dogwalkingtas.org.au

WINTER IS FOR WALKING!

Now that the days are shorter and cooler, the snakes have gone to sleep and bushfire season is almost over, it's time for our winter walks!

With plenty of off-lead time, our dogs get to run around with new four-legged friends, exploring, swimming, rolling in muddy puddles and justbeing dogs! We humans can relax too and enjoy the fresh air and healthy exercise. If you have a pair of sturdy shoes, a rainproof coat—oh, and a dog, join us on a walk.

See Page 7 for details of our great walks for winter which includes visits to the beach and forest, as well as suburban tracks.



Yes, even in winter!



Photos of previous winter walks (clockwise from top left) Hartz View Road, Geeveston, Randalls Bay Beach, Castle Forbes Bay and Skinners Creek Track in Huonville



Upcoming Events

Garage Sale
Saturday 15 May
10.00am—2.00pm
(no early birds)
Cradoc Hall
Channel Hwy
Cradoc



As always, the HVDWA is raising funds for our own projects to benefit facilities for dogs around the Huon and to help worthy

Tasmanian charities that support dogs in need.

Please help us by visiting our Garage Sale—always a great bargain to be had!
Donations welcome—call 0410 603 991 or email huondogwalkers@gmail.com
to arrange collection.

Donations will also be collected for “A Paw Up”, a charity supporting homeless Tasmanians and their pets to help keep animals and their owners together.

Donations of pet food would be especially welcome



Note the date:

HVDWA Seminar
“Good Dog—Happy Dog!”
Sunday 25 July, Ranelagh
Soldiers Memorial Hall
Great speakers including
demonstrations!
Details will be advertised
in May

Note the date:

HVDWA 10th Anniversary Celebration
Saturday 9 October
More information soon!

HVDWA 10th anniversary 2011—2021

How did it all begin?

Ten years ago there were few suitable facilities for walking dogs in the Huon Valley, no fenced off lead areas at all and very confusing signage. There were about 3,500 registered dogs in the Valley at that time so the need was there.

Some frustrated residents had noticed that there were some very good facilities for dog walking in the neighbouring Kingborough Municipality. A phone call to Kingborough Council led to contacts with Kingborough Dog Walking Association (KDWA) and Hobart Dog Walking Association (HDWA) which had both achieved positive change in their own municipalities.

It was suggested that, to achieve anything meaningful, people with the same concerns needed to get together and an informal meeting was arranged in July 2011, attracting twenty people. This, in turn, led to another meeting where representatives of the KDWA and the HDWA spoke and advised the group the best way to proceed.

- The Kingborough Dog Walking Association was formed in 1995 in response to a negative climate in the municipality regarding the provision of facilities for dogs. By 2011 Kingborough had a reputation for good dog walking areas, including at Dru Point.
- The Hobart Dog Walking Association was formed in 2005 and covered the municipalities of Hobart, Glenorchy and Clarence. By 2011 there were 22 off lead dog exercise areas in the three municipalities.

They strongly recommended that the group become an incorporated association as this would give it some standing when dealing with Council, who would be more likely to respond positively than if it were merely an informal group of discontented people. They also suggested that the new club join Tasmanian Dog Walking Clubs. It was becoming clear that the most effective action was to form an organisation which would advocate for the improvement of facilities in the Huon Valley as well as a dog walking club.

At the third meeting of the group on 3 September 2011 it was agreed to become incorporated. It was proposed that the club adopt the constitution of HDWA and KDWA with following objectives:

- Lobby for the creation, retention and enhancement of suitable dog walking areas in the municipality of Huon Valley for the use of members.
- Encourage and educate members to have their dogs under control at all times.
- Enhance the image of well controlled dogs as a benefit to society including health and social benefits.
- Hold regular social activities.
- Evaluate walks which are available and grade them according to their degree of difficulty.
- To liaise with appropriate bodies associated with all dog exercise areas within the municipality and neighbouring municipalities.
- Encourage members to assist with the enhancement of these areas.
- Encourage the formation of other dog walking associations within the state.
- To monitor implementation of Tasmanian dog control legislation and recommend or oppose changes as appropriate.

Finally, on 8 October 2011, a meeting of 18 attendees approved the incorporation and adoption of the new constitution of the Huon Valley Dog Walking Association. Members of the new committee were:

Office Bearers

President – Lesley Tate, Vice President – Julie Nahmani, Secretary – Val Andrews, Treasurer – Neala McGregor, Public Officer – Val Andrews

Committee Members

Ali Gandy, Michelle Gibbons, Joanne Ward, Roseanne Lane, Caz Francis, Josephine Atkins

Congratulations to all those who led the way and established such a successful organisation for the benefit of the dogs and people of the Huon Valley! There are now fenced dog exercise parks in Huonville, Cygnet and Geeveston and a number off-lead animal exercise areas in the Valley. A map of the areas managed by the Huon Valley Council can be found on the Council's website: <https://www.huonvalley.tas.gov.au/services/facilities/>

Arthritis Awareness

By Tia Duggan, Veterinary Nurse, Huon Valley Veterinary Hospital

As we are now coming into the cooler month, we tend to find that our elderly pets start to slow down a little. The most leading cause for this is arthritis.

What is it?

Degenerative joint disease, or arthritis, is a somewhat complex process that involves erosion of cartilage and articular bone and production of new bone within the joints. We often see this occurring in joints that have experienced abnormal wear and tear to the cartilage or excessive trauma to the joints. The cartilage has a cushioning effect in the joints, and once that starts to degenerate, the joints will become painful, and general mobility in your pets will decrease. When this happens, the process of new bone production will occur to compensate for the cartilage loss, however, this results in further irritation and pain in the joints.

This is when we tend to notice that our pets are struggling to keep up on their normal walk, or they start to struggle when going up the stairs, or even find it hard to get up off the ground after lying down for long periods of time. All these signs are correlated to degenerative joint disease.

We do mainly see this occurrence in the elderly pets, as they have had a lifetime of general wear and tear on the joints, but it can also occur in younger pets that may have had past trauma to a joint.

Signs and Symptoms:

The following is a brief list of some of the common signs and symptoms we see relating to arthritis:

- Slowing down on walks.
- Struggling to get into and out of the car or the couch.
- Finding it hard to get up after lying down for a long period of time.
- Shaking in the legs.
- Reluctant to lie down.
- Struggling to get comfortable at night.
- Limping
- Excessive licking in a joint area.

Management:

Weight:

If you are noticing some of the above symptoms in your pet, and are wondering why it is occurring, have a look at their weight. Weight management is one of the most critical components in arthritis management. If a pet is overweight, it will evidently put extra strain and pressure on their joints, furthermore, causing cartilage erosion and making it even more difficult for general mobility. Whereas, a lean body mass condition will decrease the amount of force and pressure on the joints. Therefore, ensuring that your pet is kept at an ideal weight is extremely important.

If you are wondering how to figure out what your pet's ideal weight is, a nurse at the Huon Valley Veterinary Hospital would be more than happy to weigh your pet and discuss weight management plans.

When dealing with a pet that is suffering from arthritis, it is still important to keep up regular low impact exercise. Daily walks or swims are ideal. Any high impact exercises such as ball chasing, jumping or excessive running should be avoided where possible.

(Con't on Page 5)



This is Nara who suffers from arthritis and is bracing for the cold winter ahead. She is on cartrophen at the moment which gives her a new lease of life at the age of 14.

Committee & Meetings

COMMITTEE MEMBERS 2021

Val Andrews	President
Joanne Ward	Vice President & Walks Coordinator)
Heather Brown	Secretary, Newsletter Editor
Karen Cosier	Treasurer & Public Officer
Kerry Salmon	
Frances Cooke	
Jill Adams	
Jess Adams	

NEXT MEETINGS IN 2021

Saturday 22 May
Saturday 26 June
Saturday 24 July
Saturday 28 August
Saturday 25 September

Unless otherwise advised, committee and ordinary meetings are held at 10.00am at the DS Cafe, 12 Main Rd, Huonville.

Contact the HVDWA Secretary by
email: huondogwalkers@gmail.com
phone: 0424 504 043

As a financial member of the Huon Valley Dog Walking Association, your support and input are valued and you're most welcome to join us at monthly committee meetings. However due to venue and time limitations, we ask that you advise the Secretary of your attendance and any topic you want to raise for discussion so that it can be added to the agenda. All members attending the meeting are respectfully requested to keep discussion to within items on the agenda.

Arthritis Awareness (con't from Page 5)

Cartrophen Injections:

There are a number of ways that we can help manage your pet's arthritis. The most successful medications are cartrophen injections. These injections help to slow down the progression of arthritis. Whilst it is not an anti-inflammatory or pain relief it still gives the same effects as if it were. It works by inhibiting enzymes that breakdown cartilage in the joints and stimulate lubricant production and improves blood flow in the joints.

Cartrophen injections start with a four-week course. The first injection is administered by the vet, the 2nd and 3rd are administered by the nurses, and the final injection is administered by the vet again where they can also reassess joint stability and recommended the next steps. If the cartrophen injections have had positive effects, your pet can continue them monthly - 3 monthly depending on their needs.

Anti-Inflammatories:

There is a wide variety of anti-inflammatory pain relieving medications available for use with arthritis. These are excellent and provide day to day pain relief and reduce the inflammatory process in the joints caused by arthritis.

Vets can also provide advice on appropriate diets and supplements which may help pets suffering from arthritis.

Introducing the Huonville Dog Park Group

By Mia Gibbon

My name is Mia Gibbon & I am the "Huon Valley Dog Park Group" Administrator / Creator on Facebook.

I originally started this group for the handful of regulars that met at the park most days so we could organise play dates and keep in contact with each other. When I began this group, I wouldn't have expected that one year later we would be looking at just short of 200 members.

Our group is mainly used for general puppy related discussion, organising times to come together, for general pup advice, to reach out and make new friends and share a similar love for dogs. Our group is also used to spread the word of any missing pups and to keep each other informed of any other neighbourhood discussion or concerns.



Most park attenders are strangers to one another before visiting, so it's been a great opportunity for us to come together as a community to keep ourselves and our furry friends socialised and to build new relationships with locals with a similar passion (especially throughout the colder months and over lockdown).

We were very fortunate to have our park as somewhere we were still allowed to visit over COVID19 lockdown. For many of us, this was the ONLY place we could come to keep ourselves amongst other people & for that we are so thankful.

If attending the park has been something on your cards, please feel free to join our group, introduce yourself and your furry friend/s & join us for a play sometime soon! We would love to see your face and I know we have many puppies eager for new friends too.

We hope to see you soon.
Mia, Hunter & Eddie.

Accidentally stepped on my husband's foot:
"Sorry."

Accidentally stepped on my dog's paw:
"Oh my God, I'm so *SORRY!*
Are you ok buddy? I'm *SO, SO* sorry.
I didn't mean to hurt you.
I *LOVE* you. You want a treat?
You're the best boy, yes you are."



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WINTER WALKS!

Don't forget to bring poo bags and water for your dog(s). And please take used poo bags with you! Each walk takes around 1 hour.

If the weather looks inclement on walk day, please check our Facebook page or website www.dogwalkingtas.org.au

Sunday 2 May, 10.30am – Copper Alley Bay: Drive into Cygnet and proceed through the town and the roundabout, keeping the Service Station on your left. Go past the Yacht Club and drive for about 4kms when you will come to a bridge. Once over the bridge turn left into Nichols Road and drive down to the water's edge. This is an on-lead walk which is very pretty and popular.

Wednesday 19 May, 10.30am – Skinners Creek Track, Huonville: Meet in the Esplanade, opposite Huon Jet Boats, then follow the signs for the walk. There are several options for this walk, so depending on the weather on the day we can either do a long walk or a short one.

Saturday 5 June, 10.30am - Peppers Road Geeveston – THIS IS A NEW WALK! Drive to Geeveston, turn onto Arve Road and follow this road for approx. 20kms, going straight ahead without taking any turnings, until you are off the tar seal and Arve Road becomes a gravel road. Take this road for another 2kms when you will see Peppers Road on the left. Park on the side of the road and then we will go for a bush walk on a nice wide road. There may be wallabies in the bush so if your dog doesn't have a good recall it might be wise to keep it on lead, otherwise the dogs can go off lead.

Tuesday 22 June, 10.30am – Verona Sands: If coming from Huonville, drive south through Cygnet (turn left at roundabout) then drive south along the Channel Highway for about 14kms (keep going past the Randalls Bay turn-off) until you come to the sign for Verona Sands. Turn right into Doyle Avenue then right again into Lovering Ave, following the signs to the toilets. Park here then go down to the beach and let the dogs off for a lovely play and swim.

Sunday 4 July, 10.30am – Castle Forbes Bay: From Huonville drive south to Castle Forbes Bay, past the cool stores on the left. A couple of minutes down the road there is a sign on the right for Crowthers Road, immediately after this sign turn left into the parking area. The walk starts on the path to the right of the parking area, near the highway. Follow the path along to a road which leads down to the foreshore. Dogs should be on lead for the first part of this walk as the road goes quite close to the highway.



Wednesday 21 July, 10.30am – Cygnet Sailing Club: This is an on-lead walk. To access it head south from Cygnet along the Lymington Road. You can either park in Cygnet, walk to the roundabout and head straight south from there or drive straight past the roundabout and park on the left of the roadside a bit further along. If you are walking along the footpath you will pass a foot bridge on your left which has a "No Dogs" sign at the far end. This bridge goes to Burton's Reserve which is a bird sanctuary so your furry friends are not welcome there. As you near the Sailing Club you will arrive at a small picnic area and, if the tide is right, a lovely little beach where your dog can have a paddle or a swim. There is one dog waste bag dispenser and bin along the walk. After the walk you can head back to Cygnet for refreshment at one of the dog friendly cafes or visit the fenced off-lead dog exercise area at the Recreation Ground off Guys Road in Cygnet.

Note: As at time of publication COVID-19 restrictions apply. For further information refer to <https://coronavirus.tas.gov.au/>

Off lead and under control ?

Several of our walks are 'off-lead' but please be aware that, under the Dog Act, it is the owners responsibility to keep their dog under control and in sight at all times.

We love to see our dogs running free and playing together but sometimes there maybe a distraction or situation where your dog is not responding to you as he/she normally would and needs to go back on the lead. You may need to put your dog on a lead if he or she:

- Has poor recall
- Has a habit of running off out of your sight
- Is aggressive or upsetting other dogs
- Is behaving in a way that endangers itself or others
- Any other situation where you feel that you don't have control of your dog.

In addition to putting a dog on lead for the behaviours outlined, it is an owners prerogative to have their dog on lead during any of the walks if they feel it is in the best interest of the dog.

We hope this information helps you and your dog to have a fun and relaxing walk.

New Members Welcome

If you'd like to become a member, simply fill out this form and send it to the address below or, join us on a walk and deliver it personally!

Membership Application/Renewal form Huon Valley Dog Walking Association (Inc)

To October 2021

Member No (if known).....

Name (s).....

Address

Dog(s) Name(s).....

Phone(s).....

Email (Please print).....

Amount tendered \$..... subscription for

\$20.00 Ordinary Membership OR \$25.00 Family Membership

My Dog(s) vaccination is current (Yes/No).....

You and your dog(s) participate in Huon Valley Dog Walking Association walks and activities at your own risk. The responsibility for your safety and the safety of your dog rests with you as a responsible member of the Association.

Signed: Date: __/__/__

Enquiries to: 26 Duggan's Rd. CRADOC 7109
Ph: 0424 504 043 or email: huondogwalkers@gmail.com

Pay: Huon Valley Dog Walking Association (Inc.)

Cash/Cheque/ EFT BSB – 633000 Account No – 144419819

Reference is your surname: _____ or your membership number if you have one.

**Please forward this form with payment to the above address if paying by post.
A receipt and membership card will be issued for new members.**

TOV