

Greyhound Rescue Fife

"Adopting just one Greyhound won't change the world, but the world will surely change for that one Greyhound."



Pyjama Days

Thank you for reading the official Greyhound Rescue Fife newsletter!

I don't know about you but we are very glad that the weather is starting to improve, Barry and Sue have been enjoying their pyjama days but are definitely glad they can enjoy their long walks again!

We hope you have all had a great month and enjoy reading this issue of the newsletter.

Dog Walkers Needed!

We are always looking for dog walkers but please don't just turn up. Give Jimmy or Celia a phone first to arrange an induction day and get all the info. John – The GRF Webmaster has also set up a Calendar on the forum which hopefully in the future will make it easier for everyone to check when help is needed and book themselves in. However, anyone new to dog walking at the kennels must get an induction first. Celia and Jimmy's contact details are on the GRF website.



Kennel News

Find out who has found their forever homes and who is new at the kennels...



Meet Sweep

She is the dog of the month, find out more about this beautiful girl...



Banana Bread

Read a recipe for a special treat for your hound...

Kennel News

Since the last edition the kennel welcomed two new dogs; Baby and Conall. In the same time five dogs have found their forever homes! These were: Merlin, Molly, King, Vinnie and Tony.

We have been reducing our intake recently since the effects of this virus on our rescue are unknown yet and in the worst case scenario it is possible we'd have to close temporarily. It would mean that Celia and I would have to run everything ourselves. Thus we have to reduce the numbers to a size that we could handle.

Jimmy.

If you would like to home a dog from Greyhound Rescue Fife call Jimmy and Celia on 01577 850393 or 07826 244765 or you can email ferniejimmyf@aol.com to arrange a suitable time to meet your new member of the family!

Monthly Walks

The programme for this years walks is as follows:

Sun 08/03/2020 Pittencrief Park - Dunfermline
 Sun 12/04/2020 Lochore Meadows - Lochgelly
 Sun 10/05/2020 South Inch - Perth
 Sun 14/06/2020 Riverside Park - Glenrothes *
 Sun 12/07/2020 Ravenscraig Park - Kirkcaldy
 Sun 09/08/2020 Blairadam Forest - Kelty
 Sun 13/09/2020 West Sands - St Andrews
 Sun 11/10/2020 Beveridge Park - Kirkcaldy
 Sun 08/11/2020 Silver Sands - Aberdour
 Sun 13/12/2020 Loch Leven – Kinross

* this will be registered as a GreatGlobalGreyhoundWalk

Monthly walks take place on the second Sunday of every month and are great way to meet other owners and let dogs socialise with each other. All walks start at 12pm.

Easyfundraising

When doing your online buying please don't forget to shop through Easyfundraising. There are new retailers eg Next joining the scheme all the time and specials offers and competitions all the time. Please remember it costs you nothing extra to shop via easyfundraising but will raise funds for the homeless hounds. We have now raised over £2300.

To find out more and join the other GRFers raising money this way please follow this link:

<https://www.easyfundraising.org.uk/causes/greyhoundfife/>

There is a pinned post on the forum with more information about this.

Dog of the Month

Sweep



Sweep is a small girl with a dark brindle coat that contrasts with her bright, breezy personality. She is a happy, quietly confident girl who takes life in her stride and keeps her kennel clean and is non-destructive. She walks nicely on the lead and is relaxed with the other hounds. Lots of lovely characteristics for some lucky family to enjoy.

Dog Show

We are pleased to announce that this year's dog show is taking place on Sunday the 31st of May at the usual place, Caldwell's Farm. Tickets are £5 each (children go free) and will be available at monthly walks as well as at the kennels.

Barry 'n' Sue

Shopping Trip!

Barry and Sue have been hitting the shops recently since the weather has been so rubbish. The most recent trip was to Dobbies where they found this mini summer house. While they both behaved inside, Barry couldn't believe his luck when he saw how many trees he could pee on! They had a good sniff around the dog toys and treats, sue even tried to steal one, I had to pull it back out her mouth. We did of course get them something to take home with them though!



Curtains

As many of you know, Sheila and a friend make dog beds out of duvets and curtains which they sell for £8 each to raise money for GRF. If anyone has curtains which they no longer require, could you bring them along to the kennels for them to pick up. They need to be in reasonable condition and of fairly strong material.

NB please don't bring duvets - we have an endless supply of these from another charity.

Typical Hound

I am writing this at 5:40pm, I normally get my tea at 5:30pm, but I'm still waiting. That means it is already ten minutes late! As you can imagine I am not happy at all! I have already tried giving them the stink eye and pacing around the room but that hasn't worked. I need to go now, I'm going to try standing in front of them and crying in their faces!

TH

Doggy Doos

Go Bananas for Banana Bread

This month I thought I'd share a recipe I had found for banana bread for dogs. Our two love both peanut butter and bananas so when I found this one I was pretty excited to give it a go! Please note that the peanut butter should be 100% peanuts (ie. no oils or sweeteners added).

Prep Time: 20 minutes, plus time to chill dough

Cook Time: 30-45 minutes

Servings: 1 medium-sized loaf of doggie banana bread (enough for 8-14 treats)

Ingredients (Bread):

- 2 large ripe bananas, mashed
- 1/4 cup natural peanut butter
- 1 cup oat flour (you can make your own by pulsing rolled oats in a food processor or blender until a powder/flour forms)
- 1 cup rolled oats
- 1/2 teaspoon cinnamon (optional)
- 1 teaspoon baking soda
- 1/4 cup ground flax
- 2 eggs OR 4 tablespoons chia seeds + 1/4 cup water
- 3/4 cup water or milk or unsweetened almond milk or apple sauce (we used oat milk)



Ingredients (Frosting):

- 1/4 cup natural peanut butter
- 2-3 tablespoons plain yogurt, non-dairy yogurt, milk, or nondairy milk to thin (optional)

Method

1. Preheat oven to 350°F . Oil a loaf pan.
2. Mash bananas in a large bowl. Add peanut butter and mix well. If necessary, microwave peanut butter for 30-60 seconds until it becomes melty and pliable enough to stir.
3. Add oat flour, rolled oats, cinnamon, baking soda, and flax. Mix well.
4. Add remaining ingredients and mix until well combined.
5. Pour batter into prepared pan and bake for 30-45 minutes, until a crust forms on the top and a toothpick/fork poked in the centre of the loaf is clean upon insertion and removal.
6. Remove from oven and allow to cool.
7. To prepare frosting, thin out peanut butter with milk/yogurt (if using) until desired consistency is reached. You can also just spread peanut butter on top. Your dog probably won't mind.

We hope you enjoy baking it as much as your hounds enjoy eating it! The original recipe can be found [here](#).

Your Stories

Since this is a community newsletter we would like to include more of your stories. If you have recently homed a hound and would like to let us know how they are settling in, if you would like to share a story about a recent trip or any other story about your hound then please let us know and we can share it in the newsletter! Email your stories to grfnewsletter@gmail.com.



With Thanks

we would like to thank Jimmy, Celia, Steve Adam and Steve Dowd for their contributions to this issue.