

# GRF Newsletter



Issue 2 Dec 2008

Welcome to our new look newsletter and we hope everybody enjoyed the last. It just seems like yesterday that I was writing our first issue. Therefore you wouldn't think much has happened in the last few weeks !! Well apart from another successful dog walk, our first lucky number draw, several fundraising ideas (raffle, Christmas cards and merchandise), fireworks night oh ! and a little matter of re-homing our 200<sup>th</sup> grey !!!!  
All these stories and much more are included in this bumper issue, we hope you enjoy.

November has been another busy month at the kennels which seen 8 dogs coming into the kennels and 8 being re-homed including Montie and Tasha who were our 200<sup>th</sup> and 201<sup>st</sup> dogs to find forever homes they are now living happily with their new owners Janet and David. Since then we have re-homed several others and our total now stands at 205 !!!!

**\*\*Dog show now Sun 26<sup>th</sup> Apr 2009\*\***

## FORUM WATCH

November started off with another successful dog walk at Beveridge park Kirkcaldy, photos of the walk can be found on the forum thanks to George for proving some great pics.

At this walk we also had our first "lucky number" draw which saw Celia Pick out number 72 which was held by

Ian Wallace who received a cheque for £37.60. Full details of this can be found later in this issue.

Another popular item on the forum this month was that of fireworks and the affect they have and possible remedies. I certainly know from experience that this is not a great time of years not just for greys but all animals. There is nothing worse than seeing two greys who are generally confident dogs "cowering" and "shaking" and scared to go out in the dark. While I don't want to put a dampner on peoples enjoyment of these nights (well I do but my rain dance didn't work !!!) I feel that setting them off should be restricted to one day only and not weeks before and after.

I have always been amused at why we are so keen to celebrate somebody who failed in what they attempted !!

## From the Doghouse

Although GRF currently have some lovely dogs up for adoption at the moment one that could benefit from a forever home is that of Big Jackie. He is a huge character but there is not a bad bone in his body. His prime fault is that he wants to kiss everybody he meets. If you want such a dog Jackie is the boy for you. What he needs is a fair but firm Mummy or Daddy. He really is still much of a puppy and he is housetrained and great with children. Can someone give big Jackie a home?



Do you have it in your heart to give this young lad a forever home, if so contact Celia/Jimmy Fernie: 01592 890583 or e:mail [FERNIEJIMMYF@aol.com](mailto:FERNIEJIMMYF@aol.com)

## Dog of the month

Our second dog of the month is a beautiful 2 year old blue male called DUKE. Here is DUKE'S story.

My name is Duke and as said I am a 2 year old, big, blue boy. I only stayed with Celia & Jimmy for a little while in January & then

went to live with my girlfriend Star, a very wise old lady that my Mummy and Daddy got from Celia & Jimmy the month before. I am having a great time and love being spoiled.



*I'm the gorgeous one on the right !!*

**Likes:** I love going on holiday, we've been to Carradale Bay twice this year. It has my favourite thing, a big quiet beach, where you hardly ever meet anyone else and you can just run, & run & run ! Star and I almost reached celebrity status in the village, as we were allowed in the pub where we liked to stretch out & relax as if it was our house.

**Dislikes:** FIREWORKS ! I'm still a bit scared to go out at night when its dark in case I hear any big bangs, but I'm feeling a bit better as haven't heard any for a wee while.

**Worst thing done to date?** Along with my girlfriend Star, when no-one was in, we ate a box of Celebrations ! Paws being paws

we found it a bit tricky to unwrap the sweets so just ate the wrappers as well. Mummy wasn't very pleased as I ended up at the vet with a very sore tummy, and her purse a few pounds lighter!!

**Biggest Achievement:**

Winning the first ever GRF dog show in 2008 with Ellie, one of my Mummy & Daddy's twins.

**Favourite food:**

Anything the humans like; pork, chicken, bacon, spaghetti bolognese, & something they don't seem so keen on pigs ears !

**Whats the oddest thing you have done?**

Every night when Star & I go out in the garden before bed, I always wait for her to do the toilet and then I go for a wee in exactly the same place. I think I'm just being a gentleman but my Mummy thinks its a bit odd!!

**What do you like doing best?**

Cuddles, I really am a great big "sook" & love cuddles and plenty of attention. I even try my luck with strangers when I'm out for a walk to see if they want to give me a pat. So next dog walk you see me at feel free to come & give me a cuddle as I love it !

\*\*\*\*\*Dog show now Sun 26<sup>th</sup> Apr 2009\*\*\*\*\*



*Me and Star at the beach*

**Greys on tour**

Our first grey on tour is a Saluki cross called "Ruby". Ruby belongs to Carolyn and Nigel who live in Bolton. She is 10 years old and was adopted from Bleakholt Animal Sanctuary in Lancashire via John (Greyhound Muses and GRF web site administrator) after they had rescued her when her owners no longer wanted her.



Earlier this year she went on holiday to Sandyhills and Rockcliff (Dumfries) and stayed in lodges at Sandyhills (Barend Holiday Village) which, is a dog friendly site and well equipped. This is a great area to go with dogs and they met lots of Greys from all over the country. This combined with dog friendly beaches and pubs we would highly

recommend this area.



Although she is not from GRF Carolyn and Nigel met Celia and Jimmy earlier in the year and were inspired by them to get a greyhound (sounds a familiar story!!!). I suppose by proxy we can call this number 206 !!!!!

If you have visited or stayed anywhere with your greys this year why not drop us a line and share with all of us.

[grfnewsletter@yahoo.co.uk](mailto:grfnewsletter@yahoo.co.uk)

## Events

### *Dog Show*

First of all in case anybody hasn't noticed our 2<sup>nd</sup> Annual greyhound dog show will now take place a week earlier on Sunday 26<sup>th</sup> April at the same venue as last year. Tickets will be on sale early in the New Year and we hope as many people as possible will once again support this event.

### *Lucky Number*

The walk at Beveridge Park, Kirkcaldy on 2<sup>nd</sup> November saw the first of the draws taking place of GRF Lucky Number.

Forty-seven numbers had been sold making a prize fund of £94.00. This was split as £56.40 to GRF and £37.60 to the holder of the winning number.

The first winner was Ian Wallace who holds number 72. Ian is a non greyhound person but



has chosen to support GRF by buying a number for 6 months. Ian is very happy with his cheque and says *"GRF is clearly doing a grand job and is helping many greyhounds. I wish GRF much good fortune"* Ian has a Labrador called Penny and he intends to buy



her a new toy with his winnings. (We think she deserves one as all she's got is an old plastic bottle!!)

Celia drew the first winning number and here she is receiving the first of, hopefully, many cheques.



Gordon and Fiona would like to thank everyone who is

participating in GRF Lucky Number and helping raise money for the dogs.

We would also like to thank Alex, who managed to persuade colleagues at work to buy numbers and also to Fiona's sister, Alison, who has sold numbers to her work colleagues. November's winner, Ian, is a work colleague of Alison's. This means that GRF is receiving support from people they would not normally have received any support from as well as raising awareness of Greyhound Rescue Fife and the plight of the retired racing greyhound.

The next draw will take place at St Andrews on 7<sup>th</sup> December 2008. A number can be bought for £2.00 and this gives you the chance of winning 40% of the prize fund, the remaining 60% goes to GRF. If you would like more information please email [grfluckynumber@yahoo.co.uk](mailto:grfluckynumber@yahoo.co.uk) and we'll get details sent out to you.

### **Raffle**

This month Sebastian, Myles and Alistair (brothers) who help out at the pet shop in Craighrothie at Union Farm Boarding Kennels, put together a dog hamper containing a ceramic dog bowl, Christmas dog toy and a pack of dog treats which they raffled to raise money for the kennels and raised £70, well done boys !

### **Merchandise**

Our new sweatshirts have arrived with over 200 dogs homed logo on them. You have a choice of grey or black this time and they cost £18. Orders taken now and will also be on sale 7<sup>th</sup> December at the St. Andrews dog walk. For more info and orders please e:mail

[helen.taylor019@onetel.com](mailto:helen.taylor019@onetel.com)

### **Auction item**

We currently have a painting up for auction to raise funds for GRF. It has been donated by Pat Senior and is titled "The blue lady" it currently has a reserve price of £75 (I believe the frame alone is worth £55 !!) and bids can be sent to [helen.taylor019@onetel.com](mailto:helen.taylor019@onetel.com) the closing date for bids is the 18<sup>th</sup> December, happy bidding everyone.



On a similar note Karen is looking to collect any unwanted Christmas items which she intends to then re-sell on ebay

with all monies going to GRF. You can get in touch with Karen by e-mailing [karenham@gmail.com](mailto:karenham@gmail.com) Also from next year we will be collecting items at each walk for our tombola/raffle for our dog show in April

Finally we reported last month about a sponsored walk from Kirkcaldy to Aberdour which hoped to raise over a £100. Well the final total is now in and it's a whopping £360 !!!!!!! what a superb effort and thanks to all involved.

### Medication



This month GRF were out and about and interviewed Ailsa Fairgrieve's, who works out of her home in Dechmont, West Lothian. Ailsa is a Three In One Concepts Consultant Facilitator and a Three In One Concepts Instructor in Kinesiology. She is also a member of the Kinesiology Federation and is a Kinesiology Federation Registered Professional (KFRP).

***So the first obvious question Ailsa, what exactly is Kinesiology?***

Kinesiology is a complementary therapy. It treats the whole person (or animal) using safe and gentle techniques to obtain balance in your body, mind and

spirit. Kinesiology takes traditional Chinese ideas of energy flow that are found for example in acupuncture and combines them with Western style muscle testing.

Muscle testing provides a direct way to communicate with your body and is used to find out if there are energy imbalances in the body. The muscles are tested for their response not strength. You remain fully clothed throughout the balance (the term used for a session).

***What is the three in one concept?***

Three in One Concepts is a specific branch of Kinesiology. It is practised in 36 countries throughout the world. Many emotional, physical and behavioural problems stem from our past experience and traumas. The focus of Three In One is to clear these emotions, thus restoring our ability to make changes and choices freely.

***This technique has been used to help humans but can it be used in other animals such as dogs?***

I have experience of working with dogs, horses, cats and even chickens. I have a special interest in working with greyhounds as I have two of my own (one from Celia and Jimmy). Just as humans can have problems physically and mentally so can animals. They can experience the same emotions as

us. There is a reason why our dogs display certain behaviours. Kinesiology can identify when these behaviours started then defuse the stress. The dog then moves back into present time without the baggage. I have had some amazing results.

***From an animal perspective what happens during a session?***

Strangely the animal does not have to be present. It's the owner who comes along to see me and they surrogate for the animal. I need to know that the animal is safe at home not out walking as it can make them feel sleepy.

For some time I had been working on my own dogs and knew the techniques were working. Last year I conducted a study with 25 dogs receiving three sessions each. I'm delighted to say that 88% of the dogs experienced a significant or marked change in their behaviour or condition. The full study is available to read or download on my website. It has testimonials from all the owners and photos of the dogs who took part.

***Can you give some examples of what sort of ailments can be treated using Kinesiology?***

For humans Kinesiology can help with the following conditions:

- stress
- backache
- fatigue
- physical injuries

- depression
  - pain
  - lack of confidence
  - food sensitivity testing
- And many more, the list is endless.

For animals:

- stress
- aggression and anger
- physical injuries
- lack of confidence
- phobias
- barking
- skin problems
- digestive problems
- incontinence
- depression
- fear of loud noises
- relationship problems with humans and other animals

***How many sessions would it take before you may see a difference?***

I have some clients who come to see me once and some who come regularly, it really depends what you want to work on. Animals notice a difference fairly quickly and may only need one session. The dogs in the study received three each. Of the 25 dogs I worked with two continue to come every six months or so for a top-up. It's like a doggie MOT.

***How much would this sort of treatment cost per session/ailment?***

I charge £45 per session. For GRF supporters I would be happy to donate £10 from every session

to Celia and Jimmy. I have worked with several of their dogs

***Would any of your treatments be available on pet insurance?***

I have contacted various pet insurance companies and unfortunately they only appear to work with animal chiropractors. However it may be worthwhile for individuals to contact their own companies. I provide all my clients with a receipt and would be happy to write a supporting letter.

Thank you Ailsa, if anybody is interested in trying Kinesiology then you can get in touch by e-mailing Ailsa at [contact@ailsakinesiology.co.uk](mailto:contact@ailsakinesiology.co.uk) or why not check out Ailsa's web site [www.ailsakinesiology.co.uk](http://www.ailsakinesiology.co.uk)

**Dates for the Diary**

Below is the list of next years monthly dog walks

- 4<sup>th</sup> Jan Pittencreiff Pk, Dunfermline
- 1<sup>st</sup> Feb Riverside Park, Glenrothes
- 1<sup>st</sup> Mar Beveridge Pk, Kirkcaldy
- 5<sup>th</sup> April West Sands, St Andrews
- 26<sup>th</sup> Apr Dog Show, Collessie
- 7<sup>th</sup> Jun Pittencreiff Pk, Dunfermline
- 5<sup>th</sup> July Riverside Pk, Glenrothes
- 2<sup>nd</sup> Aug Beveridge Pk, Kirkcaldy
- 6<sup>th</sup> Sept West Sands, St Andrews
- 4<sup>th</sup> Oct Pittencreiff Pk, Dunfermline
- 1<sup>st</sup> Nov Riverside Pk, Glenrothes
- 6<sup>th</sup> Dec Beveridge Pk, Kirkcaldy

**Fun Zone**

Last months word search looked for dogs that were still looking for a forever home this one this month looks at the lucky ones

A	S	A	P	P	H	I	R	E	S
C	O	M	P	H	R	A	T	P	A
M	E	M	A	L	F	R	G	D	P
I	W	E	S	H	E	R	R	Y	R
S	A	J	X	A	B	N	E	S	H
T	O	I	O	E	N	U	R	O	E
I	M	J	M	M	A	D	O	N	N
E	G	A	M	O	L	L	Y	X	K
T	L	A	N	I	S	J	D	T	A
F	R	Y	E	I	N	N	I	R	T

FLAME, PADDY, DYSON, SHERRY, MISTIE, MOLLY, TRINNIE, SANDY, JEMMA, SAPPHIRE

Thanks to all who entered last months competition to design a newsletter banner. We are currently looking through the entries and will narrow down to 2 which, we will then post on the forum and allow everybody to vote for their favourite. So keep a regular eye on the forum.

**And Finally.....**

All of us GRF would like to wish all our friends, new and old a happy Christmas and prosperous New Year.

