

# GRF



# NEWS

*Designed by Sally E Calder*

August 2011

*Changing the world  
one greyhound at a time!*

Welcome back to our monthly newsletter and apologies for the delay in getting this back up and running. In this month's issue we look at that "windy" problem that many of our dogs have! and give eight tips on how to reduce. We also have some excellent recipes for dog treats plus much more. I hope you enjoy

First of all apologies for not having the newsletter out over the last few months this was mainly due to work commitments which I have at this time of year (June - August). Maybe in future years will need to look for guest editors for this time period!

Anyway a lot has happened over the last three months with the main one being the successful re-homing of our 500<sup>th</sup> greyhound!!!! And I am sure MADAM couldn't have gone to a better home and "extensive" family. In case there are a people out there who do not know yet MADAM was re-homed by GRF founders Celia and Jimmy !!! Since 2006 we have re-homed over 500 greyhounds (501 and 502 going out shortly after MADAM), that's approx 100 a year (or 1 every 3.65 days or 1 every 87.6 hours or 1 every 5256 minutes !!!!!)

## Kennel update

GRF would like to say once again a big thanks to Pets at Home who have generously donated **£5200** !! to build a rotating powered dog walking machine inside a specially constructed building. This would mean that the dogs could be exercised every day, even though it is deep snow outside.



Models required !!! (the 4 legged kind !)

It is that time again were we are looking for your snaps of your hounds to be included in our 2012 GRF calendar

It will be a 12 month calendar and to ensure it's a financial success for GRF we need to find a sponsor for every month. The suggested minimum donation is £25. If you or anyone you know is interested in sponsoring a month please get in contact. Last year we had a number of supporters who sponsored the page featuring their dogs photo. You do not have to sponsor a page to get your dogs photo in. In 2010 everyone who submitted a photo had it included in the calendar. Preference will be given to dogs who have not been in past calendars. Please email your photos to Michele at [marfykiwi@sky.com](mailto:marfykiwi@sky.com)

We are still on the look out for people to save their aluminium drinks cans and hand into us as we obtain Tesco clubcard points from them. Recently from our points we managed to purchase just over 100 large cans of dogfood !!! for the kennels. So by going green your not only saving the environment but also helping our greys at the same time

On top of the cans we are also able to recycle mobile phones and ink cartridges for the homeless hounds as well.

GRF is always looking to explore all avenues to help raise funds to keep our current incumbents as comfortable as possible before moving on to their final forever home.

We therefore like to thank Karen and Pat Brundell for the magnificent job they have done by selling items on ebay and building up GRF's reputation on there. If you have anything unwanted that they could sell on ebay (or for bigger items at auction) please drop them an email.

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### From the Dog house



MISSY - what can we say about this little girl ? She is simply beautiful, loving and perfect for a pet. She is easy to walk, not aggressive and loves human company. She will make an absolute dream pet for a very lucky family.

*Do you have it in you to give MISSY a new home Then contact Jimmy/Celia on 01592 890583.*

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### Dog of the month



As we currently do not have any editorials sent in for this section we look back at one of our previous dogs of the month

Bambi found her forever home in October 2008 from the GRF kennels. AS a lady doesn't like to give her age ! you will just have to



guess (it's somewhere between 6 and 8 !!!). Here is Bambi's story

**Likes** - Sleeping, cuddles, knowing exactly what's going to happen and exactly when!, spotting people I know when I'm out and doing my wiggly dance to greet them and getting my own way...lol Oh and of course my sofa (s) preferably with cuddles whilst reclining on it!!

**Dislikes** - Dogs that find it necessary to run!!! Rainy, icy or slightly cold weather (although I do like the snow when it is fluffy and I can use my muzzle to pick it up and throw it around preferably at people!! 🤪) Those strange small 4 legged creatures that are never on a lead - I think I've heard them called cats?!

**Biggest Achievement** - I hope it will eventually be to get all the silly dogs in Dundee to listen to me and stop running but in the meantime I think my biggest achievement has been my scarily accurate walking poodle impersonation when I managed to walk half way along the road on my hind legs!! ( I was wearing my bright red coat at the time and so I managed to get as many people as possible to notice my grand achievement!!) Also I was February's calendar girl in the GRF calendar!!



**Favourite Food** - Definitely that cold meat stuff that comes in noisy packets so that I can hear it from far away when it is opened!! And I do like toasted things of any shape or form! Apparently I won't be getting much of this though as apparently I'm on a "diet" whatever that is...

**What I like doing best** - I do like to make humans laugh and have a wide variety of tools for doing this. I also am fond of stealing obscure items including carrier bags, which are great fun to tear into little pieces!!

If you would like your dog to appear in this section of the newsletter why not send in an article similar to the one above with a couple of pics to [alexmorrison1965@btinternet.com](mailto:alexmorrison1965@btinternet.com)

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## **VETS CORNER**

**You love your dog - who doesn't. But if your dog does have a spot of flatulence you'll know it can be embarrassing as well as rather smelly! Read on for advice and tips that can help to reduce your dog's flatulence.**

All dogs can have a touch of excessive wind from time to time. Just like us humans do. And when a dog has wind, he gets rid of it in the same way us humans do. Yes - dogs get flatulence and (in the politest possible way) blow it out their ass or fart to relieve themselves of it. Again - just like us humans do.

When your beloved dog does suffer from a touch of flatulence you'll be sure to know about it not only by the sound of that "fart" but also by the unmistakable aroma. Oh boy, it stinks! While you may be able to handle that while out for a walk with your pooch or by a quick blast of air freshener at home, your dog's flatulence can be a touch embarrassing if it happens when you're with friends, in the car and similar. Even if it's not embarrassing or your comfortable with it, your dog may not be.

There are things you can do to ease your dog's flatulence and make your prized pet healthier and happier. What follows is general help and advice relating to dog flatulence for informational purposes. If and you are in any doubt about your dog's health then please consider consulting your vet.

### **Causes of dog flatulence**

Flatulence is basically the accumulation of gas in the gastrointestinal tract. The breakdown of bacteria during normal digestion when can cause this naturally. Any dog can suffer from it to differing degrees - some may get excessive flatulence. If your dog's flatulence does become prolonged or excessive, consult your vet.

Some common causes of dog flatulence are food or diet related. For example:

- Swallowing air through "wolfing" down food. Eating too fast in other words.

- Feeding your pooch food, which will, in all likelihood, cause wind problems just like they might you. What happens if you eat too many sprouts, beans etc. Oh yeah, well feed them to your dog and he may well end up just as you would.
- A poor quality diet - cheap dog food, scraps, leftovers etc

### How can you combat dog flatulence

There's more than one way to skin a cat - I mean there's more than one way to help your dog out if he has a bit of a wind problem.

Give him the best quality dog food you can. Perhaps a recognized, named brand rather than the "generic." Same goes for kibble - only the best. Your dog will feel the better for it.

Think about it for a moment - if you eat a nice steak and a few trimmings, don't you feel better than if you'd stopped at the services on the motorway somewhere. Translate the same to feeding your dog. Give him the best dog food you can. Do your research and buy the type of food recommended for the particular breed and age of dog you own.

Don't give him food you know has a reasonable chance of triggering a "wind problem." We all know what that means.....!

Some dogs enjoy a spoonful of natural yoghurt as a little treat after their dinner. This can aid digestion and reduce the risk of flatulence.

A lot of dog flatulence problems might be caused by the type of dog food they are eating and you may wish to consider changing to a named brand (we wouldn't recommend going direct from one to another as this can sometimes cause stomach upsets. If you do change bring in gradually)

It's important to ensure that your dog has been checked for fleas and ticks, a dog with fleas and ticks will have a nervous disposition which can contribute to flatulence -Frontline for Dogs is a good product to use for getting rid of fleas and ticks.

If your dog does "wolf" his food he'll be swallowing air as well as his dinner. Get ready for a gas outbreak! Try feeding him on a "little and often" basis - the same amount of food as he'd normally have in a day but spread it out a bit. Instead of

feeding your dog 1 or 2 portions of food per day, divide the daily ration into smaller portions and feed the dog more frequently.

Cut out or drastically reduce those little treats and leftovers from your dinner. If he gets bloated, you know what'll happen.....! Sure - it's hard to resist throwing him an extra piece of doggie chocolate or sneak him a bit of meat from your plate when he comes begging, but resist if you can. Your boy (or girl) will have less chance of a "wind episode."

Walkies! It's your dog's favorite word. Man, how he knows what it means. Take your dog for regular exercise. He needs it anyway and it'll help to keep his "insides" healthy as well thus aid digestion in general and reduce flatulence. And while you're out on your walk, there's a better chance that any gas build up will find a way out "naturally" and it'll be gone before you get home.

You'll never completely cut out flatulence on your dog. Well, do you think you'll never get the odd bit of excess wind - of course you will. And it's the same for your dog. That said, what you've read here should help to reduce your dog's flatulence and those "nasty smells." Plus your doggie might just feel all the better for it.

In closing - at all times have the best interests of your dog at heart. Consult a vet immediately if you have cause to think your dog is unwell, suffering and requires professional attention.

## 8 Tips to help reduce wind!

**Tip 1** Give your dog a good quality diet. Feed your pooch with only the best dog food you can afford.

**Tip 2** Don't feed your dog food which you know is likely to give cause to gas and flatulence. Think about it - you know what gives you gas so feeding your dog on the same is likely to cause the same result!

**Tip 3** After your dog has eaten, given them a spoonful of natural yoghurt as a little treat. This can aid digestion and help to prevent a flatulence outbreak.

**Tip 4** If your dog is prone to "wolfing" down his food, try feeding them on a "little and often" basis. If your dog is "wolfing" he's swallowing air with his food - a cause of flatulence. Feeding little and often can help to cut down on that.

**Tip 5** Raise his bowl off the floor a little. You can buy, inexpensively, dog bowl stands. This can help him to eat at a "natural" height and also help to stop him "wolfing" and swallowing air.

**Tip 6** Try to cut out those treats you can help but dish out when your dog gives you "that" look. It'll help to keep his weight down too. Or if you really must give in to temptation from time to time, give him a little piece of chicken or good quality kibble.

**Tip 7** Regular exercise. A dog who gets his share of "walkies" will be a happy and healthy dog. Another aid to digestion and flatulence prevention measure. Plus - if any gas does "escape" while your out with your dog it can escape "naturally" and not cause a "nasty smell" in your house.

**Tip 8** Talk to your vet about vitamin supplements - the right vitamins can help cut down on dog flatulence as well as being good for your dog's health in general.

*This report comes to you courtesy of <http://www.dogflatulence.com>*

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## RECIPES

### Pilchard treats:

2 large tins pilchards in tomato sauce  
10oz flour (we use self raising)  
2 eggs  
milk to mix



Mix all together in a food processor adding enough milk to make a soft cake like consistency and bake in large shallow tray (lined with silicone paper or you'll never get it out of the tin) at 160 degrees until firm - just like a sponge cake. Cut into small cubes Will keep in the fridge for up to one week or freeze.



## Ox liver Dog Treats

1 kg ox liver (69p a kilo from Morrisons and probably even cheaper from a butcher)

1 kg whole meal flour

1 head of garlic

2 large eggs, beaten

Skimmed milk to mix

### Method

Food process the liver and the garlic (this makes a disgusting mess of the food processor, so can make in small batches with the Bamix, (which is easier to clean). Mix in the flour and eggs with enough milk to make a spreading consistency.

WELL grease and line a baking tin ( an old roasting tin would do- and best to line it with

silicone baking paper since this stuff is murder to remove once it bakes on hard) and spread in the mixture. Bake at 180° for 30 minutes or so, until it is a firm cake. When cool, turn out and cut into pieces small enough to be distributed to a good dog, or dogs, in a day, and freeze. Keep the defrosted cake in the fridge.

Do you have any recipes that you would like to share with our readers then why not send in to [alexmorrison1965@btinternet.com](mailto:alexmorrison1965@btinternet.com)

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## In memory



Many of our long standing followers will no doubt remember Gypsy the cross grey/saluki who eluded many attempts to lure her to safety in the hills near Cupar over 3 years ago before being finally caught and given a happy forever home. So it was great sadness that we heard of her passing away recently. She was such a character and will be sorely missed not only by her family

but by many at GRF. Below is the dedication penned on our memoriam section of our web site. Live long over rainbow bridge Gypsy.

*I know the meaning of sorrow,  
I know how it feels to cry,  
It broke my heart when I lost you  
As I whispered my last goodbye.*

*You were my loyal companion,  
Right to the bitter end.  
No one could ever replace you  
My loyal, trusting friend.*

*I have many happy memories  
Of walking in the park.  
You really were quite beautiful,  
Elegant and dark.*

*Your eyes grew dim, you couldn't run  
You tried but you were weak,  
I kissed you face then you were gone  
And tears rolled down my cheeks.*

*Goodbye old girl, it won't be long  
Until we meet again.  
Just wait for me on "Rainbow Bridge"  
My faithful trusting friend.*

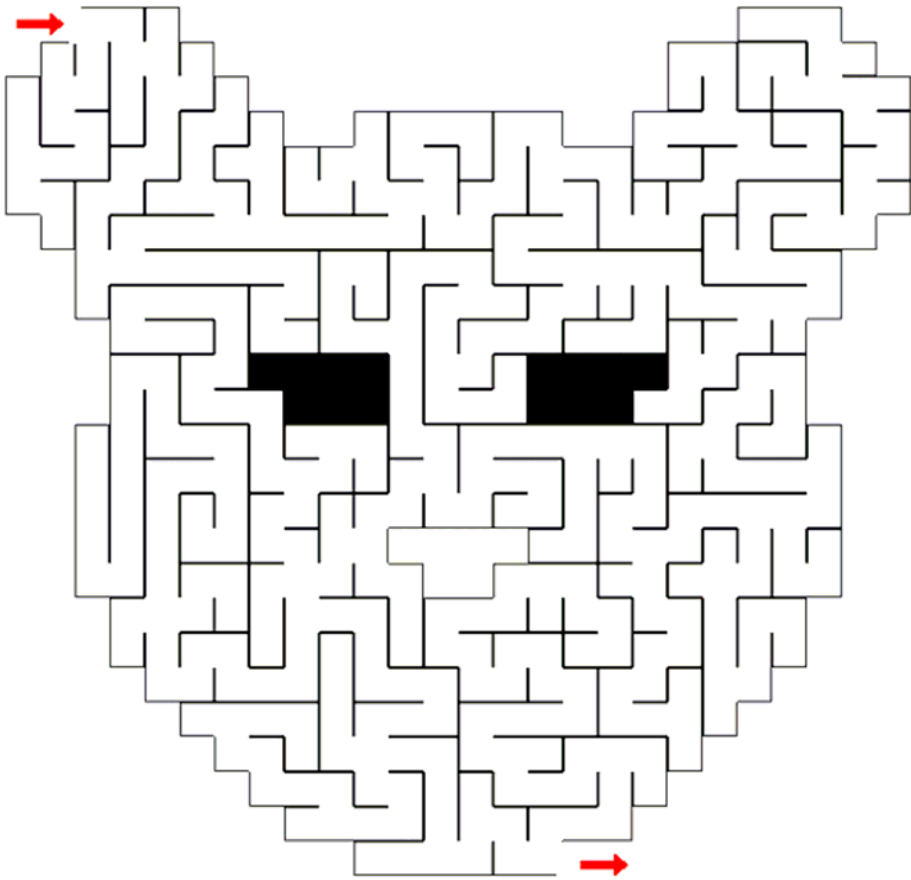
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### **Dates for the Diary**

- **Sunday 4 September.** KIRKCALDY. Leaving Ravenscraig Park car park at 11am. Please [click here](#) to view or download a poster about the Fife Outdoor Access Festival.
  - **Sunday 2 October.** PERTH. Leaving Perth Bells Sports Centre car park at 11am.
  - **Saturday 29 October.** Coffee morning in the church hall in Kinghorn in aid of GRF. Keep an eye on our forum posts for further details
  - **Sunday 6 November.** St. ANDREWS. Leaving the West Sands car park at 11am.
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Fun Zone

Can you help the grey find his way back to bed !





## And finally

The monthly newsletter was set up to keep many of our followers updated with not only the comings and goings at the kennels but also to keep us updated with how our lucky dogs who have now found forever homes are getting on (i.e. dog of the month, holidays) and upcoming fundraisers etc. However, to keep this as a monthly newsletter we need to start getting some more regular contribution from all out there. So if you have any doggie stories, events or have information to share then please feel free to email me. Nothing is too small or large and do not worry about the grammar! (as you see I don't !!)

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