

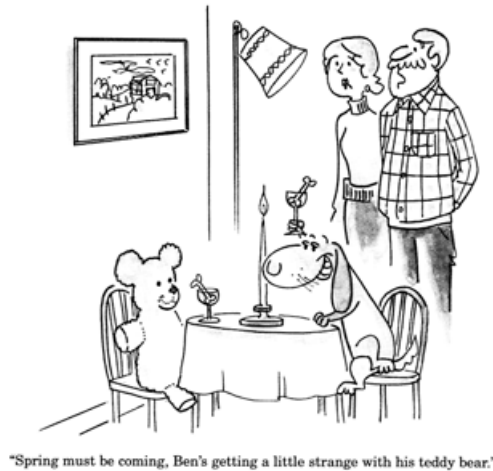
The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Winter 2022

A few words from Jonathan, Honey's founder

'Oh, Wind,' wrote Percy Bysshe Shelley almost exactly 200 years ago, 'If Winter comes, can Spring be far behind?' Technically, what you have in your hands is the winter issue of *The Alternative Dog*, but even as I write these words I am looking forward to a change of season. This is partly because I am dreaming of better weather, longer days and lower heating bills; partly because, as W. J. Colville pointed out: 'the return of springtime always brings with it a revival of the sweetest hopes and deepest joys of human nature'; and partly because it means a more plentiful supply of fresh ingredients. It would not be an understatement to say that we are obsessed with ingredients here at Honey's HQ and if you only read one article in our newsletter, I hope it will be the one about our Ingredients Policy.



There are many advantages to choosing fresh, high quality, locally sourced ingredients:

- It is better for the environment. Our farmers and producers avoid pesticides, insecticides, preservatives and other harmful chemicals. Their proximity keeps food miles to a minimum.
- It is better for the whole food chain. We aren't participating in the over-use of antibiotics and other drugs.
- It better for your dog's health. Because our food uses ingredients that are unadulterated and nutritionally rich (as well as being packed with vitamins and minerals) your dog receives everything he or she needs to achieve optimum health. There is an Ayurvedic proverb that sums this up nicely: 'When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.' It is the reason why we don't have to add supplements. Honey's is 'complete' in every meaning of the word.

When we are advising dog lovers on raw feeding (we are happy to help anyone make the switch – there is no need to become a customer) we always urge them to use the highest quality ingredients they can afford. As Dr Nick Thompson, founder of the Raw Feeding Veterinary Society, has said: 'The ideal raw food diet is varied, uses high quality ingredients and is properly formulated to make sure it includes all the necessary nutrition.'

Perhaps not surprisingly, ingredients are the biggest single cost involved in the making of Honey's. Ingredient prices have been rising since the beginning of 2020 and our sympathies lie with the small scale farmers and producers we buy from. They have, after all, had to cope with a whole range of increased costs, too, from fuel to labour. The current shortage of vets and butchers has had a knock-on effect, as well. Anyway, the growing cost of ingredients is the main reason why, last September, we announced that, with deep regret, from January 2022 our own prices would be rising. We have produced a fact sheet explaining this in more detail and if you haven't received a copy please let us know. We regret the increase more than I can say and we have kept it to a bare minimum (for most products around 5% or 6%). I have paws crossed that we are not entering a period of inflation. If, by the way, you are suffering from what used to be called 'financial embarrassment' please see the story overleaf.

As usual, I am running out of space. I do want to take this opportunity, however, to advise you that Honey's 'sleeping partner', John Porter, died in November last year. John and I grew up two streets apart, holidayed together, Christmased together and at times flat-shared. Although he never had a dog of his own, he was a huge Honey's supporter and in the early days when I didn't have enough cash to pay for equipment, premises etc. he happily gave me what was needed. He was kind, loyal, generous and loving. There are no words to describe how much he will be missed, not just at Honey's, but by all his friends and family.

I'll close by thanking you for your wonderful support and custom. We never, ever take it for granted. Also, please don't hesitate to contact me directly if I can ever be of assistance with anything.

Thank you, again.

Jonathan

Jonathan (Self)
Honey's Founder

js@jonathanself.com

In this issue



Honey's Ingredients Policy
The principles and practice



Trial by sheep!
A beginner's guide to sheepdog trialling



Lucy's Law
An interview with the vet who made it happen



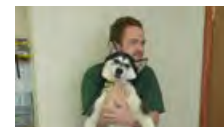
Ancient dogs
What the ancients had to say about dogs



Chandoha's Cats
The world's most famous cat photographer



Canine careers:
How to become a canine behaviourist



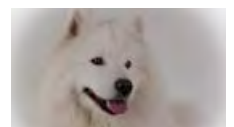
Osteopathy for dogs
By the UK's leading canine osteopathist



The Holistic Vet
An interview with Nick Thompson



Doggie Language
How to speak 'dog'



In Memoriam
Honey's fed dogs remembered with love



Taking on a rescue dog
How to make sure it is a success



Competition winners
Asking politely (not begging!)

**AND MUCH,
MUCH MORE BESIDES...**

Honey's
REAL DOG FOOD

01672 620 260
info@honeysrealdogfood.com
www.honeysrealdogfood.com

HONEY'S NEWS

On the farm

We love visiting the farmers and gamekeepers we buy from but due to the pandemic we have cancelled all our usual inspections. We continue to support smaller, mixed farms (where the emphasis is on biodiversity and high standards of animal welfare). We can also confirm that we have, of course, regularly visited our producers in the past and that we have been buying from the majority of them for over a decade. Leaving aside the health/safety issues, it has been a case of all paws to the deck ever since the health crisis began and we simply haven't had qualified team members available to make the visits. However, we are hoping that things will, finally, have started to improve before too long. The pictures here are were sent to us recently by three of our producers.



The Honey's Wood Update

As reported in the last issue (and the issue before that!) of *The Alternative Dog* we have – in principle – acquired a small (3 1/4 acre) meadow about an hour's drive from Honey's HQ. Only, there is a massive hold-up with the Land Registry and we still don't have the title. The meadow is situated in a private location with river frontage and well-established hedgerows forming two of the boundaries. We plan to turn around an acre of the land into a wildflower meadow, and the rest into a small memorial wood. We will be commemorating every Honey's fed dog that dies by planting a tree. We also hope to be able to offer Honey's customers a permanent resting place for any ashes belonging to deceased four-legged family members. Anyway, we had hoped to be sending out certificates by now and must apologise for the delay. As soon as the sale completes and we are able to start planting, we will let you know.

A small price increase - sorry!

We are extremely sorry to announce that from January 2022 there will be a modest increase in Honey's prices of between 5% – 7%. Our last price Our last price increase was in 2018. Since then inflation has grown by over 9%. In fact, some of our costs (couriers, for example) have increased in price by well over 9% in this time, while other costs (certain ingredients) have slightly dropped in price. We have managed to avoid price increases up to now by a process of clever buying and slimmer margins. Please be assured we have waited as long as we could. Also, we have frozen the cost of our DIY Ingredients. By switching part of your order to DIY you can avoid any increase. Please remember, we are a small, family run business and if you are suffering genuine financial hardship do let Jonathan know. We can't make any promises, but we will do what we can to help. Finally, this seems an appropriate moment to thank you again for your wonderful support.



Draw winner

Thank you to everyone who entered our last free draw for a hand painted collar by Rob Waters (footsoldier13@protonmail.com) and congratulations to the winner – Becca Knight!

Trust Pilot update



A huge thank you to everyone who has taken the time to review Honey's on Trustpilot. If you have a moment to add your own review, thank you, and please do let us know. We are sending little thank you gifts to every reviewer who identifies themselves.



"The genius over there calls me 'Spot'!"

NICKNAME COMPETITION

Do you have a special nickname for your dog? We would love to hear it. In fact, we are holding an extra competition for the best nickname. Just send the name (and a photo if easy) to competition@honeysrealdogfood.com before 7th March 2022. Usual rules (i.e. barely any!) apply. By the way, thanks to beloved Honey's customer, Wendy Nash, for this competition idea.



Handsome male cairn terrier, KC registered, WLTM...

Are you a cairn terrier looking for love? Sirius, a Honey's customer based in the Cotswolds is, too. Brindle haired, very smart, GSOH and caring. Non-smoker, of slightly more mature years, yet extremely young at heart, mind and (non-neutered) well-toned body. Looking for friendship, love and who knows? One day, perhaps, the patter of tiny paws...? For more info, please contact Sirius at: mail@aphobos.org



FREE DRAW: WIN A CLASSIC CANE

The prize in our current Free Draw is a folding dog-themed walking stick from Classic Canes. See the article about walking sticks and poles for dog lovers. To enter just email: freedraw@honeysrealdogfood.com before 7th March 2022.



Honey's Health Team at your service

Do remember, that Honey's Health Team is at your service and also at the service of your family and friends. Our vets, vet nurses and nutritionists are happy to offer unlimited advice and information free of charge and there is no need to be a customer. Please just call or email. All part of the Honey's service.



Well done Bodhi

Congratulations to Bodhi Scourfield, who, at his first ever show (South Western Gundogs) won Junior GSP, Best in breed, Reserve Minor Puppy in Show, and Group 4 Puppy in Show as well as winning the Puppy Stakes class!



Congratulations to St. Andrew's

Congratulations to everyone from St Andrews Church in Collingbourne (just up the road from Honey's HQ) for raising over £2,500 at their annual fete, of which a sizeable amount came from their dog show, which Honey's was proud to sponsor.



Best in Toe

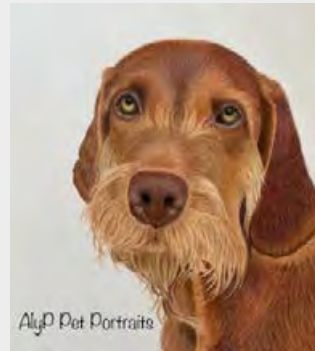
Eileen James, a Honey's customer, writes: Dr. Conor Brady correctly informs us that 'a dog's lick is anti-bacterial and that in the past armies and monks have used dogs to clean their wounds'. Many years ago I had an infection in my big toe. I had just come in from taking my dog Tramp for a walk and took my shoes and socks off. Tramp (pictured above) immediately began to lick it! Somehow, I knew this had to do me good. He would stop every now and then and sniff and then start again until he was satisfied his job was done. The very next day my toe was completely back to normal – no more infection – amazing. As the French say: 'There's nothing as clean as a dog's lick.'

WIN A PORTRAIT OF YOUR DOG!

Two much-valued Honey's customers – Martine Davis and Alison Purser – also happen to be professional canine artists. We are offering a work by each of them as a prize in our special Art Free Draw. To enter all you have to do is email: freedraw@honeysrealdogfood.com before 7th March 2022.

Alison Purser

Alison (Aly) Purser is based in Devon and only started selling her coloured pencil portraits of dogs in 2018 after she lost her beloved cocker spaniel, Oscar. She loves pencil because it allows her to add such fine detail. She generally works in a 10" x 8" format from as many photographs as the client can supply and her prices start at around £100. For more information please visit: alypetportraits.co.uk



Emergency Canine Care Plan

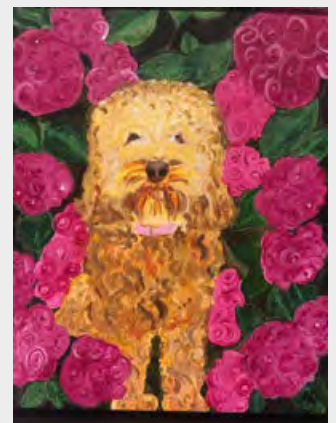
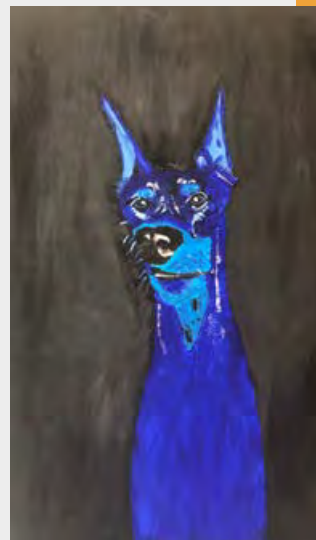
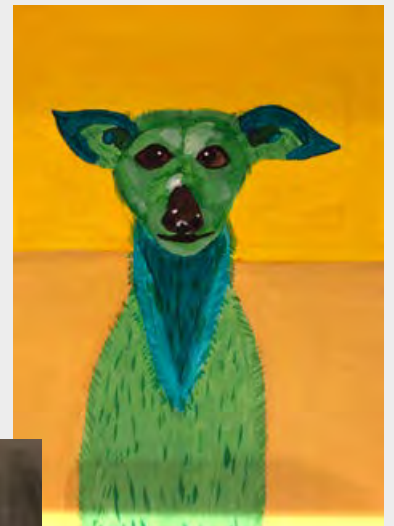
Have you made plans for who would look after your dog in an emergency? Do you have a record somewhere of his or her health and other needs? We are contemplating offering a Canine Care Plan. We would keep all the relevant information and give you a card to carry in your wallet and/or to place somewhere prominent in your home. In case of a crisis, we could be contacted 24-hours a day to provide support and advice. If you would be interested in such a service please would you let Jonathan know. The best way to reach him is by email js@jonathanself.com. Thanks to Judi Palmer for coming up with this idea.



"I told him to get down."

Martine Davis

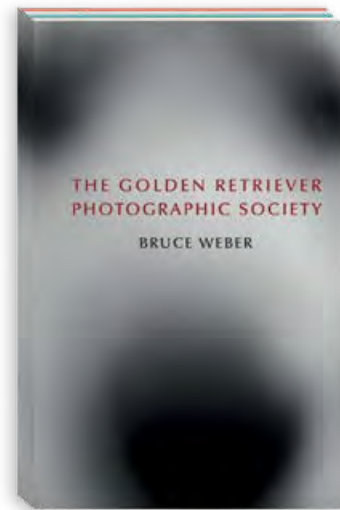
Martine is a graduate of the Hampstead School of Art and combines her canine portrait painting business with her window box business (www.window-box.co.uk). She works in acrylics on board and her paintings are highly colourful and vibrant. Martine works from photos and her prices start at around £85. For more information please visit: [Facebook.com/artypaws](https://www.facebook.com/artypaws)



Book review: Friends for life

Bruce Weber's photographs of the dogs always by his side

The photographer and filmmaker Bruce Weber is associated with a wide array of imagery: humanist portraits of artists, actors, and athletes; fashion spreads charged with emotion, irreverence, and nostalgia; lyrical tributes to eroticism and an arcadian vision of landscape. All these things—and golden retrievers, too. Since the very beginning, Weber has been accompanied on his travels by a pack of these benevolent canines, who have populated his photographs for fashion campaigns, prominent magazines, and the pages of his personal scrapbooks in equal measure. *The Golden Retriever Photographic Society* is Weber's first career-spanning collection of these photographs, one he describes as his most personal. In the introduction to the monograph, Weber remarks, 'People sometimes say to me that in their next life, they want to come back as one of my dogs.' Paging through this volume, we understand the sentiment. For five decades, these golden retrievers have been foils for Weber's imagination, storybook characters in the expansive life he has created with wife, Nan Bush. This book celebrates the human-animal bond, illuminating how connection to one's pets can fuel creativity, provide companionship, and foster an abundance of joy.

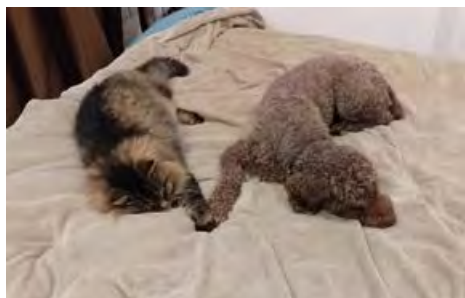


Title: Friends for Life
Author: Bruce Weber
Publisher: TASCHEN (www.taschen.com)



Honey's Dogs

One of the best parts of being, as it were, in dog food, is that one has an excuse to look at dog photos and count it as work. We can't see enough dog photos! We oooh and ahhh and pass them around amongst ourselves. Over the next three pages are just a sample of dogs we have been admiring since the last issue of *The Alternative Dog*. If you send your photos to Jonathan, he makes a note to include some free treats in with your next order. If he forgets then please remind him! jonathan@honeysrealdogfood.com. Finally, many of the pictures that follow are of new Honey's customers. A very warm welcome to you and your human companions and thank you for choosing Honey's.



Dax (the dog) Martok (the cat) Knight



Harvey Powiesnik



Hamish Carnihan



Devon and Bodhi Scourfield



Jaff Tranchard



"Real hungry? Should be, 'Really hungry.' Adjectives take adverbs."



Gem Eardley



Isobel English-Margetts



Lia Webb



Lola Hope



Mac Carter



Maddy McCarthy



Marron Mills



Max Quinn



Mika (The Sheepdog) Flo (The Collie) Murray



Mitch Rutledge



Pepper Goodwin



'We greet all newcomers with a welcome pack.'



Rupert Heard



Sid Hunter-McIveen



Teddy Lewis



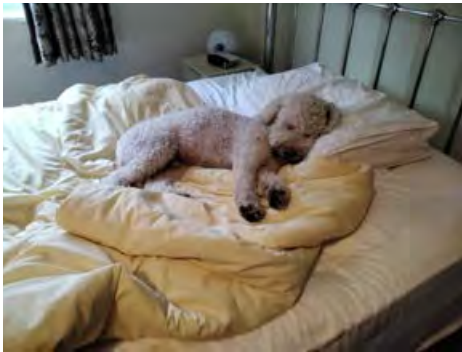
Bertie McDowell



Amos Butler



Pip & Roo Cooper



Theo Smith



Blanche Mottram



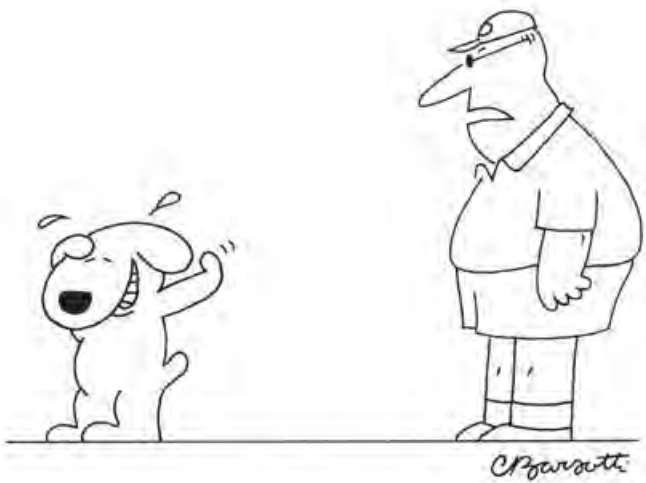
Penny Carter



Daphne and Dennis Parish



Percy Hopper



"What?"



Jimmy and Ulla

A Measure of Dogs

By Bryony Hill

'Whoever said that diamonds are a girl's best friend... never owned a dog.'

When I was 18, I upped sticks and moved to France looking for adventure and a new life. It didn't last long, but while I was there a French boyfriend gave me Ulla, a stunningly beautiful golden cocker spaniel. Ulla was as mischievous as she was lovely, and I am afraid my attempts to train her were not successful. In those days, any dogs coming into the UK had to be subjected to six months

of quarantine. Although it seemed hard on Ulla, I could not bear to be parted from her and so she came home with me. I thought she might learn some English at the kennels, but the extremely kind staff looking after her all practiced her French on her. It was always 'Viens ici!' not 'Come' and 'Au pied!' not 'Heel' for Ulla.



George and friend

Ulla worshipped the ground my late husband Jimmy walked on and she used to stand at the window of my flat watching for his car. We decided to move out of London to the country. While we were between homes, Ulla was looked after by a local dog walker called John, who had a part-time job looking after some gentlemen's lavatories. Ulla spent two happy months outside those loos greeting everyone who went in and out. She loved our life in Sussex. On Sundays, Jimmy took her to his golf club where dogs were, in theory, welcomed! She divided her time between the course (where she caused mayhem) and the shop (where she begged for treats).

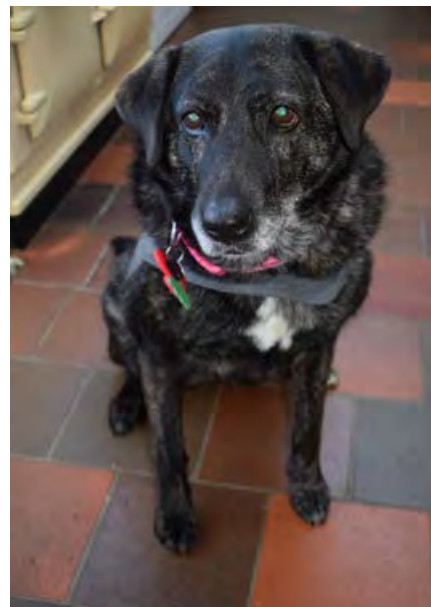
Ulla was 16 when she died, and Jimmy and I were heartbroken. Eventually, the dog-shaped hole in our lives got too large and we were joined by another mischief-maker, George, a yellow Labrador. He was a big dog and it was rather like having a Shetland pony in the house. He was also an escape artist. Oddly enough, along our lane, and well-hidden by woods, there happens to be a nudist camp! One day a friend



Jimmy and Charlie

took George for a walk, only to see him disappear through a hedge. He called in vain and eventually was greeted by the sight of an elderly man with a red face and white handlebar moustache, as naked as the day he was born, endeavouring to push George's big bottom back through the hedge.

After George died, Jimmy couldn't bear the heartache of losing another dog. However, staying with friends in Suffolk we were invited next door to meet the neighbours, whose own Labrador has just had a litter of nine Labrador puppies – all spoken for. Before we headed home the neighbours dropped in to say that one of the puppies had been rejected because he was too small (!!!) and to ask if we were interested. How could we refuse? We called him Charlie and were deeply relieved when our vet, Mr Green, having given him a health check, uttered the words, 'You have a perfect little specimen albeit with a few design faults.' Charlie was eventually diagnosed as suffering from a condition called Achondroplasia, a type of dwarfism which restricts bone growth. He was frequently mistaken for a Corgi/Labrador cross due to his stocky body and very short legs.



Granny

2012 was a sad, sad year. Jimmy, who was suffering from Alzheimer's, was taken into full-time nursing care. Mink broke into the chicken run and killed my five hens. Charlie was also poorly and eventually I had to make the decision to have him put to sleep. The house was unbearably quiet. I don't think I ever felt as low or as lonely. Jimmy and I had been patrons of Labrador Retriever Rescue Southern England and also Labrador Rescue South East and a member of their team mentioned that they had an older black Labrador in need of a home. Again, how

could I refuse? I didn't rescue Suzie, she rescued me. She was supposed to be nearly seven when she came to live with me. She made it to 16 and brought me more joy than I can describe. When she died last May I thought I would never have another dog. But this week I welcomed Granny, an older black Labrador rescue. She is nine and although she is still anxious, she is starting to settle down. I am looking forward to sharing our twilight years together, pottering in the garden, walking in the fields nearby and catching up with cuddles in front of the fire.



Suzie

Bryony Hill is the author of six books including *Grow Happy*, *Cook Happy*, *Be Happy*, *How I Long To Be With You – War Letters Home*, and *My Gentleman Jim: A Love Story*. She was married to Jimmy Hill, the professional football player and television personality. www.bryonyhill.com

Would you like to contribute a story and/or photos about your life with dogs? We would love to hear from you. Please email Jonathan.

NEW 'CUTE DOG' COMPETITION

Win a month of free food

The new Honey's Competition is simplicity itself: submit a picture of your dog looking especially cute. First prize is one month of free Honey's (to the value of your most recent order) and there are 3 runner-up prizes of either 6 packets of Beautiful Joe's or bones or biscuits to the same value. Rules? Barely any. You can submit up to three photographs and the judges' (appointed by Honey's) decision, no matter how unfair, will be final. Please email your entry to competition@honeysrealdogfood.com before 7th March 2022 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



Competition winners

In the last issue we held a photograph competition in which you had to submit a picture of a Honey's fed dog politely asking for something (Honey's dogs never beg!). The response was overwhelming! We received hundreds of brilliant entries of which just a sample are featured here. Thank you, thank you to everyone who entered. We have made a note to include some free treats in with each not-begging dog's next order. If we have missed you it is a mistake on our part (well, on Jonathan's part because he was in charge and he can get a little confused at times) so please let us know in order that we can put it right. The winner, chosen with great difficulty will receive a month of free food. Thank you again!



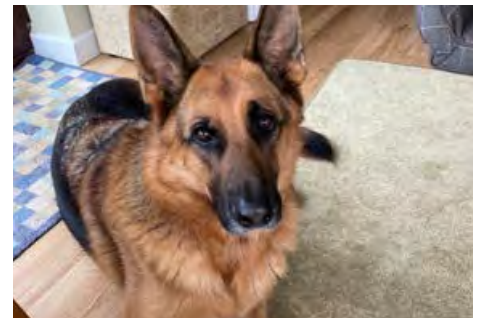
Coco Kennedy



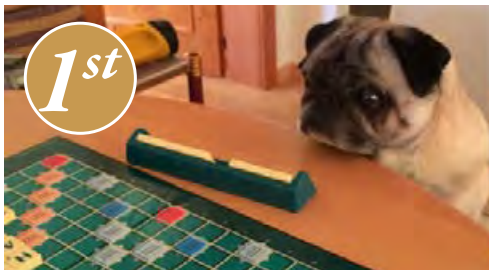
Honey Franks



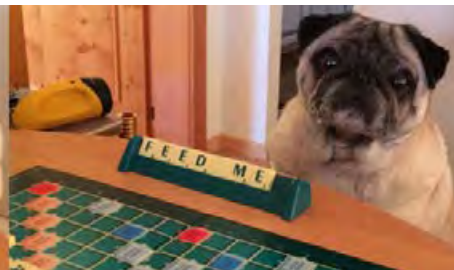
Dougal and Rosie Brittain



Jackson Eastwood



George Avenell



Jaff Trenchart



Aussie Trapnell



Gustavo Yengrali



Bonnie and Stuff James



Rupert Simpson



JP Meynell



Wilbur Gabriel



Max Tomkins



Tristan Self/Christie



Lexi Taylor



Pandora Eastwood



Lune Purser



Maisie, Ash, Dexter and Lily Smith



Rosie Goulding



Walter Hulland



Melissa Simpson



The Armstrong Dogs



Woody Williams and Pal

Taking on a rescue dog

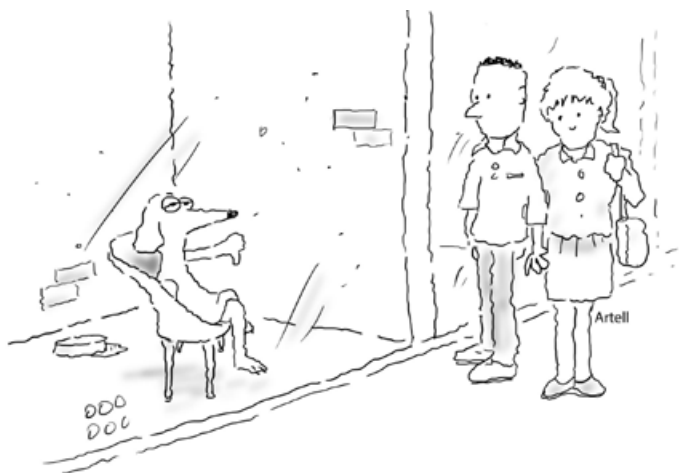
Ross McCarthy

Rescue centres are full to bursting point with unwanted dogs. Indeed, there have never been more dogs in need of fostering or adoption. On the other hand, there have never been so many organisations – both national and local – taking in and caring for dogs in need. Nor have there ever been so many dog lovers offering to provide ‘forever’ homes. I have worked for many years with dog rescue centres and have also provided a temporary and permanent home to untold numbers of dogs, and so I thought it might be useful to provide a little general advice.



Why a dog needs rescuing

The first thing to consider is how a dog finds itself unwanted. It is often neither the fault of the dog nor its previous family. Death, divorce, financial issues, changing circumstances and dozens of other reasons can lead to a dog needing to be re-homed. Also, of course, many people take on a dog without doing their research. The dog they have chosen turns out to be too big, too noisy, too expensive, too time consuming or in some other way unsuitable for their lifestyle. I am afraid in some instances people may be fickle and heartless. Additionally, there are dogs who have been imported from overseas. These are often ‘street’ dogs, who have never lived in or even been inside a house.



Choosing a rescue centre

There are thousands of rescue centres in the UK. Some are run by large, national charities. Others are small, local affairs run by dedicated individuals and may not even have charitable status. Each must be judged on its approach and professionalism. Has the centre thoroughly assessed each dog in its care to see how they get on with other dogs and, of course, people? Is each dog's personality, history and needs understood? Has

there been a health check up? How hard is it to foster or adopt via the centre? I would avoid any organisation that does not assess both their dogs and their potential fosters or adopters. The harder they make it, in general, the more responsible they are. You should welcome an interview and also a home visit. One of the worst things for an unwanted dog is to be taken from the centre to a new and confusing environment and then returned because it hasn't worked out. My advice is always to take advice from the rescue centre workers.

Assessing your own circumstances

This leads to another important point. Be realistic about your own circumstances and what would suit you. Who lives in your home? What other people and animals are there? Is it a quiet, peaceful environment or busy and noisy? What space (indoors and outdoors) is available? How much time can you devote to habituating and caring for the dog? What can you afford? Will the dog have company all the time or only part of the time? Would a puppy suit you? Or would an older dog be better? To what extent can you cope with a dog that may have health issues? A lot of questions, I know, but worth asking before you set out to the rescue centre. Having the answers will help you and help them and, ultimately, help any dog you re-home.

Bringing home your new dog

It is always exciting bringing home a new dog! It is a moment of pure joy. There is much you can do to make sure that it goes well for both you and your new four-legged family member. Due to having been abandoned at some point, many dogs will be desperate for a new family pack. Therefore, they are quite likely to over-bond rapidly, which can cause issues of separation anxiety and overdependence as time moves on. If you feed into that and give the dog too much attention and affection initially you may compound the problem. In my experience it is better to allow the dog to find its own equilibrium and balance, without too much intervention.

It is critical that your new dog learns from the beginning that periods of time alone are the norm. My advice is do not spend every minute with the dog and get them used to being home alone for short periods. House rules from the outset are really important – dogs love structure and boundaries. Knowing where they stand makes them feel safe and secure. Of course, you can always relax the rules at a later date, but better that way than to try to increase rules when you started with very few.



"IT'S NICE TO BE WANTED."

The honeymoon

I have found that there is a sort-of honeymoon period – usually lasting around four weeks – during which you may not actually see the dog's true personality or normal behaviour. During this period the dog is settling and getting a measure of you and the environment. This is a vital time, when establishing ‘house rules’ and communicating the right messages to your dog can make all the difference to it and your long-term happiness.

The importance of training

The amount of training a dog has received previously will vary from none to a great deal. I have found that many overseas rescues have not had the opportunity to learn and as a result the world is a very confusing place. In my view, all dogs need obedience training. Not so that we can control them but so that they can function in our society. It is about helping them to be happy and fulfilled. I would definitely recommend involving a behaviourist or trainer. It will strengthen your relationship with your dog and will give your dog more freedom, especially when out exercising.



* Yeah, mine's a rescue dog too.*

The most common issues

Rescue dogs have often been through a great deal. They may have been abandoned, starved and/or maltreated. They may never have lived in a home or had to engage with people or other animals. Some won't have been fed healthily, others will never have had proper medical care. Those who come from unhappy families may have been around a great deal of conflict. Then, of course, there are those who were loved and have suffered a bereavement or loss. In my experience separation anxiety as a result of abandonment is the most common issue. This is followed by resource guarding, a lack of house training and destructive behaviour. There may also be issues relating to engagement with other people and other animals including high prey drive and predatory/pursuit activities. These issues can often be overcome with professional help. I would always recommend asking a rescue centre to allow you to see your potential new dog engaging with other dogs and/or walking through a busy environment. This will ensure that you avoid any surprises a little further into your relationship!



Dogs live for the moment

Bringing a rescued dog in to your home and giving them the most fulfilling life that you can is a hugely rewarding experience. Just remember... dogs live in the moment so don't feel sorry for your new dog for anything that may (or may not) have happened in the past. It won't do the dog or you any favours. Instead focus on the present and future. And, of course, enjoy the journey.

Top rescue tips

Honey's customer, Jane Adams, who has fostered and rescued over a dozen dogs offers some tips

1. Choose your rescue centre as carefully as you choose your dog. The more time they put into assessing their dogs and you, the better.
2. Know thyself! Have a clear idea about your circumstances and lifestyle. What are you offering the dog? A quiet, peaceful existence? A busy, active family life? Lots of company? A certain amount of time 'home alone'?
3. Learn about the dog you hope to rescue. How old is it? Where does it come from? What behaviour or health issues does it have? How energetic is it? Has it received any training? It's a good idea to see the dog with other dogs, with other people and even being fed.
4. Make sure you have everything ready before you bring your dog home. I once brought home a dog for adoption who bolted when I opened the car door. She had no ID tag on her collar. We found her after a long (anxious) day, and it taught me to be prepared.
5. Moving home is traumatic at the best of times. For a rescue dog it is doubly so. A calm, quiet environment without too many new faces is best. Get your new family member used to periods alone. Also, remember in the first few weeks he or she may not display their true personality, as they will still be settling in.
6. Introduce your new dog to your vet! Arrange a health check.
7. Find an experienced behaviourist or trainer. I'd even recommend doing this before you have chosen your dog. Dogs see the world differently to humans and if you understand how they think, why they do what they do, it will mean a happier dog and a happier you!
8. Enjoy the process! Fostering and adopting a dog is one of the most satisfying and fulfilling things you can ever do.

Useful resources

Canine and Feline Behaviour Association – www.cfba.com
 Guild of Dog Trainers – www.godt.uk
 Ross McCarthy – www.rossmccarthy.com
 Canine Lifestyle – www.vimeo.com



"The man at the shelter promised he doesn't bark at all."



Some Doggerel from Antiquity

by M. D. Usher

'Heaven goes by favor,' Mark Twain once surmised. 'If it went by merit, you would stay out and your dog

would go in.' There is a backstory to this well-worn quip, familiar, no doubt, to readers of *The Alternative Dog*. What you may not be aware of, however, is just how far back it goes.

Plato, for example, declared dogs 'truly philosophic' because they know instinctively what belongs in their sphere of interest and what does not (*Republic* 375e-376b). A dog differentiates instantly, he says, between its master and his property and strangers or intruders. In Plato's masterwork, the *Republic*, such instinctive awareness of one's proper place in one's environment (a lesson for our age if ever there was one) turns out to be the very definition of justice and is the gold standard of a well-governed society. In modern idiom we might describe Plato's formulation as a communitarian ideal that calls for civic engagement according to the creed 'from each according to his ability, to each according to his need'. And so, when he is pressed to give a name to his precious Guardian class of citizens—men and women who will be specially educated to preserve a community that is organized on philosophic principles—Plato pays homage to the dog with a punning play on words: These young 'Guardians' of the ideal State (*phulakes*) are to be just like purebred, well-trained 'puppies' (*skulakes*).



Ulysses, Disguised as a Beggar, Recognized by his Dog Argus, no. 34 from The Labors of Ulysses

In lauding the dog as a model philosopher Plato was himself perhaps thinking back to Homer. In the *Odyssey*, the sea-swept, wind-tossed hero Odysseus returns to his home on Ithaca in disguise to suss out the gang of Suitors that are squatting in his palace, devouring his meat and wine, and trying to steal his wife, Penelope. Dressed as a beggar, Odysseus, gone some twenty years, approaches the hut of his loyal swineherd Eumaeus on the outskirts of town where he is immediately confronted by a snarling swirl of barking dogs (*Odyssey* 14.29-34). It is a moment of *frisson* and tension that quickly dissolves into one of relief: Odysseus drops his walking stick, crouches down on one knee, whereupon the dogs sniff and recognize their master beneath the disguise. (The human characters, by contrast, do not see through the façade until Athena returns Odysseus to his former regal appearance later in the poem.)



Another scene from the *Odyssey* that Plato might have had in mind also underscores the thoughtful integrity of dogs (*Odyssey* 17.290-327). Odysseus, still in disguise, trots to town with the swineherd to begin putting the Suitors to the test, to see just how disloyal they have been. At the gates of his palace, the disguised Odysseus is caught sight of by his old dog Argus, whom the Suitors have relegated to a dung heap outside the walls. Upon seeing his master, Argus barks a sigh of joy and gives up the ghost, his sentinel watch of 20-odd years fulfilled upon Odysseus's return. Could Argus have verbalized his response, he might have whimpered, as does Adam, a loyal servant in Shakespeare's *As You Like It*: 'Master, go on, and I will follow thee / To the last gasp, with truth and loyalty.' For his part, Eumaeus eulogizes Argus in the presence of his master with palpable irony: 'Truly this is the dog of a man who has died in a far-off land. / If he were fit for action as he once was / when Odysseus left and went to Troy, / you would marvel at seeing his strength and speed.'

Plato's own master, of course, was Socrates, the quintessential seeker of truth that animates his Dialogues. Another admirer was Xenophon, who also wrote up reminiscences of Socrates in action. Strangely, he, too, was enamored of dogs. In addition to an impressive backlist that includes Socratic writings (the *Memorabilia*), an account of his leading a mercenary expedition in Persia (the *Anabasis*), and a treatise on *oikonomika* ('household management'), Xenophon wrote a manual about hunting with dogs, the *Cynegeticus*. It is a charming disquisition on dog training and psychology in 13 books that puts the Monks of New Skete in their place. One of the more useful and interesting passages concerns the names of dogs, which Xenophon says should be limited to two syllables, like Odysseus's Argus, so that they are easy to vocalize when giving commands. For the curious, or for those in need of naming a dog, I append below a list of his preferred names in Greek with their English translations. In any event, Xenophon's advice was thought to be so good that it was repeated practically *verbatim* by the Roman agronomic writer Columella in his *De Re Rustica*, who opines further, echoing Plato:

What human person announces the presence of a thief or predator more clearly or with such clamor than does a dog with his barking? What household slave is more loving of his master? What companion more trustworthy? What guard more impervious to bribes? What more vigilant night-watchman could one find? And finally, what avenger or defender is more unflinching? One of the very first things a farmer ought to do, therefore, is to buy and keep a dog since it guards the farm and its fruits, the household and its livestock.



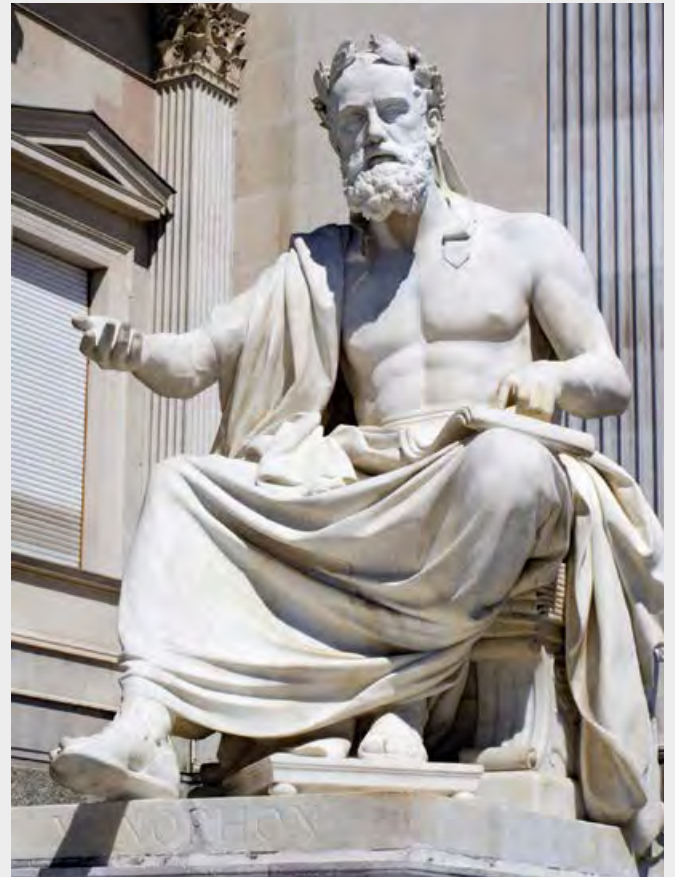
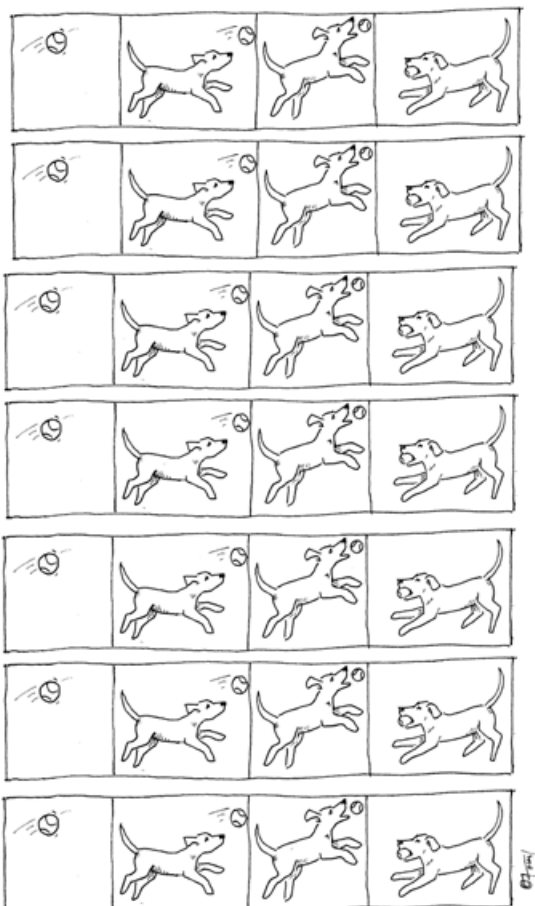


Diogenes of Sinope

Such canine virtues as these bring us to Plato's nemesis, Diogenes of Sinope, the Cynic philosopher. Diogenes rejected all social norms, preferring instead to live a life of disciplined freedom in accordance with Nature. His unconventional behavior and rough, out-of-doors living earned him a nickname: the Dog, which is what the Greek word *kuōn*, whence the adjective *kunikos* ('Cynic'), means. Anyone who has visited modern Athens will have seen or experienced the city's motley crew of ownerless dogs roaming the streets and alleyways, pawing through garbage bins, and lounging in the Mediterranean sun (or porticoed shade) amidst the dilapidated remains of high civilization. That is exactly how we are to picture the ancient Athenians picturing Diogenes. When asked what it was that he did to be branded a dog, Diogenes replied, 'Because I fawn on those who give when I beg, I bark at those who don't, and I bite scoundrels' (Diogenes Laertius 6.60). On at least one occasion, when people at a dinner party kept tossing him bones as one would do to a dog, he lifted his leg, urinated on them, and left (6.46). Talk about The Alternative Dog!

Diogenes wore his derisive moniker as a badge of honor, taking upon himself the role of 'watchdog' to errant human passersby, warning them of life's moral pitfalls: lethargy, luxury, ambition, stupidity, greed. Though his name has four syllables in it, it is one I think we should intone and internalize if we are to learn, like the dog, to know and enjoy our own proper place in this world, should heaven go indeed by merit.

THE DOG OF SISYPHUS



Xenophon

Dog names from Xenophon, *Cynegeticus* Book 7:

Psychē (Soul-mate), *Thumos* (Spirit), *Porpax* (Buckler), *Sturax* (Pikey), *Lonchē* (Lancer), *Lochos* (Ambush), *Phroura* (Watcher), *Phulax* (Guardian), *Taxis* (Ordered), *Xiphōn* (Swordsman), *Phonax* (Killer), *Phlegōn* (Blazer), *Alkē* (Prowess), *Teuchōn* (Craftsman), *Huleus* (Woodsmen), *Mēdas* (Cunning), *Porthōn* (Plunder), *Sperchōn* (Rusher), *Orgē* (Fury), *Bremōn* (Roarer), *Hubris* (Outrage), *Thallōn* (Flourish), *Rhōmē* (Power), *Antheus* (Blossom), *Hēba* (Young'un), *Gētheus* (Laughter), *Chara* (Joyous), *Leussōn* (Gawker), *Augō* (Brightness), *Poleus* (Rover), *Bia* (Forceful), *Stichōn* (Marcher), *Spoudē* (Eager), *Bruas* (Bubbler), *Oinas* (Pigeon), *Sterros* (Stubborn), *Kraugē* (Yapper), *Kainōn* (Slayer), *Turbas* (Pell-mell), *Sthenōn* (Strongman), *Aithēr* (Sky-high), *Aktis* (Sunbeam), *Aichmē* (Spearhead), *Noēs* (Thoughtful), *Gnōmē* (Wisdom), *Stibōn* (Tracker), *Hormē* (Dasher).



"THE CAT'S BEEN AT THE CLASSICS AGAIN"

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Trial by sheep!

Jackie Bromwich

When the BBC launched *One Man and His Dog* in 1976 – a television programme devoted to watching shepherds rounding up sheep with the help of their dogs – no one expected it to become so popular. Often the participants had such strong accents that it was impossible to know what they were saying and the show mostly consisted of sweeping shots of rugged (wet) landscape, huddles of (wet) sheep, huddles of (wet) spectators and – in the far distance – the (wet) competitors whistling and calling out unintelligible commands to (wet) dogs. Still, it was popular and it is still popular. The reason undoubtedly being that sheep trials are very, very exciting and very, very entertaining – both to watch and to participate in. One member of the Honey's team – Jackie – has actually participated and so we asked her to put together this short report on the sport.



Some years ago, I tried sheepdog trialling, but until now I have always been a bit reluctant to talk about what happened. My sheepdog, Gael, was a beautiful, gleaming, black and white bundle of muscle and whipcord, and was keen – oh, so keen – to work sheep that she would stand at my side, quivering with excitement whenever we came close to them. Unfortunately, her keenness was often let down by her (and my) aptitude for the sport.

Our first trialling experience began well. Gael started off very efficiently, setting off after her sheep with enthusiasm. However, *en route* she noticed lots and lots of other sheep taking a well-earned rest in a nearby field. These sheep could clearly not be allowed to lie around but must be gathered in. Especially, as there were more of them. She enjoyed herself, anyway, even if we were disqualified.

Our second attempt at trialling began a little more hopefully. Gael, clearly remorseful over her previous lapse, ignored all but the right sheep and quickly and efficiently brought them directly down the field to my feet. Perhaps a little too quickly for they were all panting and coughing when they reached the appointed location. Still, we had managed the lift and fetch, and Gael did get them through the fetch gates on their gallop down the field. At this point I can only assume that Gael was worried about the sheep and felt they needed some refreshment because she took them off for an unscheduled stop at the tea tent, and penned them in with the cakes, cups and WI volunteers. No one was allowed to leave! After that, Gael and I decided active participation was not for us and limited ourselves to spectating.

When done properly, sheepdog trials are a practical demonstration of the skills a dog needs to complete a variety of tasks which he or she would use in their ordinary, everyday work. Handlers instruct their dogs by whistle or voice or a combination of both. Many dogs at trials have farming backgrounds, which gives them a distinct advantage – working with sheep comes naturally for them.

There are trials for dogs at every level. For young dogs and new handlers there are nursery trials, normally held during the winter. For more experienced dogs and handlers there are Open Trials, which can lead to qualification for the National Trials. The latter are held by the International Sheepdog Society (ISDS) over three days in England, Scotland, Wales and Ireland. Handlers will be hoping to gain a place in their National team to run at the annual International Supreme Championship. The International Supreme Championship trial is the pinnacle in the trialling calendar. Competition is fierce, and it is run over two days. The 15 top scoring dogs then compete again on the third day, over a challenging course, and the top scoring dog is that year's International Supreme Champion, the highest accolade a sheepdog can gain.

Sheepdog trialling hit the heights of primetime television when it was aired as *One Man and his Dog* in 1976, and at its peak in the early 1980's it attracted audiences in excess of eight million. There was much sadness when it finally went off air, but continues today as a special annual edition of *Countryfile*.

Visitors are welcomed at trials, so if you are inspired by this, and would like to have a day out watching, the ISDS have a list of trials dates on their website at www.isds.org.uk



What is it all about?

You might think that sheepdog trials only involve sheep, but over the years other animals including ducks and cows have been used. The whole purpose of the sport is, after all, to test the herding abilities of dogs and their handlers. In competition, dogs demonstrate basic herding management skills assessed by the judge. International and national cynological and sports organisations, sheep and cattle breeders' societies are involved in organising these events.

Competition rules include different requirements and scoring systems, eligible breeds and number of dogs, different breeds of sheep, and are divided into several levels of difficulty. Most often, the competition program includes guiding the sheep through several obstacles, collecting them in and out of the pen, separating the sheep from the flock, etc. The judges are evaluating the accuracy of the dog's work under the guidance of a handler.





A brief history

No one is really certain when and where sheep trialling began, but it is generally agreed that the first recorded trials took place in the late 1860s almost simultaneously in New Zealand, Australia and England. The first newspaper story was a report that Brutus, a kelpie, had won the 1871 sheepdog trial in Young, New South Wales. The first international event was held in 1873 in Bala, Wales. A handler from Scotland took first prize. The sport started to rapidly gain popularity, develop and attract participants and spectators. William Wallace of Otterburn, Northumberland at the Hawick Trials of 1883 was credited with first demonstrating control of the dog 'with a mere hiss at hand and a low whistle at distance'. Before then handling was very different: apparently much waving, shouting and barking was involved. The idea of breeding a special sort of sheepdog seems to have occurred to one Adam Telfer of Northumberland. His dog, Old Hemp, is considered the father of all border collies.



How to take part

Traditionally, shepherds and farmers were the only people skilled enough to handle the dogs. Nowadays, however, people from varying backgrounds have taken the sport up. It can seem very difficult to get involved, but there are a growing number of sheepdog trainers making themselves available. Visit the International Sheepdog Society website (www.isds.org.uk) for a list.



Sheepdog commands

Away

Move around (*circle*) the sheep – anticlockwise

Come-Bye

Move around (*circle*) the sheep – clockwise (in some regions, confusingly, it is the other way around)

Get Back

Move out – give the sheep more room.

In Here

Move through a gap between sheep to separate them. The dog will then be expected to drive one bunch of the separated sheep away.

Lie Down

Can have several meanings: stop, lie down, slow down or just stand still – so intelligent are Border Collies that they can usually tell what the handler means

Look Back

Stop what you are doing and look around for more sheep.

Stand

Stand still. Often used so that there is wider gap between dog and sheep.

Take Time

Slow down. Often used if the dog is likely to panic the sheep.

That'll do

Stop what you are doing and return to the handler.

There

Stop flanking (circling) and move straight towards the sheep.

Walk Up/ On

Move straight towards the sheep in a calm fashion

Sheepdog terms

Started Dog

Partly trained dog.

Powerful Dog

A dog which commands instant respect from sheep and stands no nonsense.

Grip

A case of the dog biting the sheep – usually means instant disqualification although lightly nipping at an intransigent sheep may be allowed.

Weak Dog

Obedient but lacking in confidence so that the sheep take advantage of it. Some sheep will even attack a weak dog!

Eye

A dog with 'eye' sort of glares at the sheep to make them do what is wanted. Too much eye is a bad thing... it refers to a dog that stands glaring at the sheep and ignoring the handler.

Sheep terms

Light Sheep

Smaller breeds, which are easy for a dog to move (*sometimes too easy*). Best for a dog that is totally biddable.

Heavy Sheep

Stubborn sheep which are difficult for a dog to move. They will sometimes even attack a dog.

Dogged Sheep

Sheep that have spent too much time being worked. They can be calm, which is good. But they can also rush to the handler as soon as the dog is sent off to fetch them or bunch together tightly so that they are impossible to move.

Fancy a try at trialling?

Fancy a try at trialling? The Lake District Sheepdog Experience may be for you. Run by Chrissy and Al Bradley (with the help of their dogs and sheep) they offer a range of sheepdog handling courses and activities. They are located in Crosthwaite, Cumbria – in the heart of the Lake District – and will tailor the experience to your requirements. No previous experience, they assure us, is necessary! Web: www.lakedistrictsheepdogexperience.co.uk Tel: 07788 298432

Doggie Language

Lili Chen

Lili Chen, author of *Doggie Language* (Summersdale, 2020) explains how she came to write and illustrate the book.

Many years ago, I was watching a video of myself training my dog, Boogie. I had seen this video several times before, but this time I noticed Boogie yawn and lick his lip after I tugged on his collar. In my earlier viewings, I was so focused on how well Boogie was responding to 'Sit' that I had completely missed these signals. Having just read Turid Rugaas' *On Talking Terms With Dogs*, this time I noticed and understood that the 'yawn' and 'lip lick' were signs of discomfort, and that these were Boogie's responses to the collar pressure on his neck. This was a mind-blowing realization for me, and from then on, I could never unsee these signals again.

I was determined to learn more about dog body language to become a better human to my dog. Amazed that this information wasn't better known in popular culture, I used my illustrations to share what I was learning with other dog lovers. Over the past decade of my career, I have had the privilege of creating dog body language images for many dog-training professionals and welfare groups. My illustrations have appeared in 'dog-bite prevention' campaigns, training books and museum exhibitions. My Doggie Language poster has been translated into many languages and used by rescues and shelters around the world. The important shared message: by learning dog body language, we can become more responsible guardians and caregivers. We can avoid causing harm to our companion animals and know when they need help.

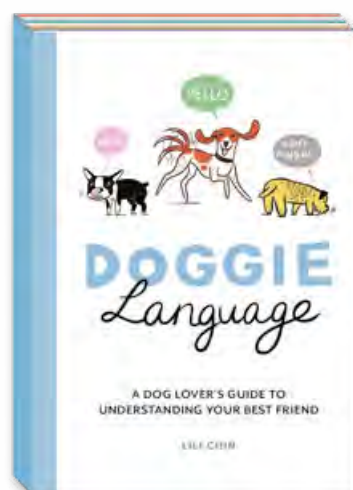


Science confirms that dogs are thinking, feeling, social individuals. Like humans, dogs feel fear, anger, happiness, sadness and surprise. They have likes and dislikes. They can feel confused or conflicted, and when they socialize, they do their best to maintain the

peace and avoid conflict. Just like us. Humans differ from dogs in that we like to communicate with physical touch (hugging, shaking hands) and making direct eye contact. What might surprise many people is that dogs are communicating visually all the time. They do not need to bark or physically touch to let each other – and us – know what they dislike, what they are comfortable with and what they absolutely enjoy.

When a dog tells us something is too intense for them (too close, too loud, too direct, too much movement or too weird) we may unintentionally make the situation worse if we misread their body language and add to their stress. A dog who growls, bites or starts a fight usually does so as a last resort when all their smaller communication signals have had no effect. Thankfully, the times they are a-changin', and dog lovers around the world are becoming more knowledgeable about dog body language, and how to be more empathic listeners and communicators. I hope my book will contribute to that self-education. When we stop bossing our dogs around and instead show them that we see and respect their signals – the way that polite and friendly dogs do – we create a dialogue that dogs really like! It is hard to put all the nuances of a dog's body language into words, so the drawings in this book are designed to help you know what to look for, and to make distinctions between similar expressions. As you compare drawings, you will see key differences that give you a context to take into consideration. For example, a panting mouth that looks like it is 'smiling' may in fact signal anxiety if you also notice the big pupils, wrinkled forehead, pinned-back ears and 'spatula tongue'.

Even if your dog doesn't look like any of the dogs I have drawn (there are, after all, over 400 different dog breeds and physical types in the world), the drawings should still help you recognize these signals in your own dog. I truly believe that the more we understand what we are seeing, the more we will learn to see, and the more we practise observing and 'listening' to our best friends, the better we will be able to help them feel safe, confident and happy.



Doggie Language: A Dog Lover's Guide to Understanding Your Best Friend is published by Summersdale Publishers Ltd.



Canine Careers: Canine Behaviourist

We asked Ross McCarthy of the London Dog Behaviour Company to offer advice on making canine behaviour a career.

You might not think it, but doctors and canine behaviour practitioners have at least one thing in common. On hearing what they do for work strangers are likely to ask for their advice. For doctors, it is the stranger's bizarre rash, stabbing pain, inexplicable exhaustion. For canine behaviour practitioners, it is the stranger's dog's anxiety, barking, jumping up. I say 'canine behaviour practitioners' because that is our professional title but, of course, most people think of us as dog trainers.

The term 'dog trainer', however, does not really do justice to the wide-ranging nature of the job. Some of the work is relatively simple and enjoyable. But other aspects of it are quite complex. I am thinking of dogs that may have severe canine behavioural problems or issues that can arise when, for example, rehabilitating dogs into what has become an increasingly intolerant society. There are aspects of the job which make it a dream career. What dog lover wouldn't enjoy playing with cute puppies all day and getting paid for it? It has a very serious side to it, though. Canine behaviour practitioners are called upon to make assessments and judgments about (often aggressive) dogs and people. Getting it wrong may put both humans and dogs at risk. The professional advice we offer has to satisfy three groups: the dogs, the clients and, of course, the law.

When I first started out twenty years ago my chosen career was almost unheard of and there were only a handful of behaviourists in the UK. Now – things are very different, and most people are familiar with the term. As a canine behaviour practitioner one must not only be skilled in training dogs, one must also have developed one's knowledge through observational field work.



The author at work with clients

A successful dog trainer needs to acquire extensive knowledge of the dog's mind and how it works in order to operate efficiently. The main difference between a dog trainer and a canine behaviour practitioner is that the latter have gone on to study dogs' behaviour and corresponding relationships with people in more depth. This includes families, environments, human psychology, perceptions and expectations plus an ability to gather and decipher vast amounts of information from all involved and come up with workable plan for complete behavioural reformation.

I have always been fantastical about dogs. As a small child all I wanted for Christmas or my birthday was books about dogs or, of course, an actual dog! When I was eight, I started my own dog walking business before and after school and at weekends. Some days I had several dogs with me at a time and I am afraid I would often lose control of them when we were in the park. Still, handling so many dogs at the same time was excellent experience. I discovered how to introduce new dogs into the pack, how to care for several dogs at the same time, how dogs interact with each

other. A little later on I worked in kennels and then Hearing Dogs for Deaf People to gain additional experience. I joined training clubs with my own dogs and began to offer obedience instruction to people interested in competing.



In 1998, aged 20, and bored by my managerial sales job, I decided to re-train as a canine behaviour practitioner. I soon discovered that there were not that many professional courses. Indeed, it was very difficult to even find out what qualifications I would need and where to gain some experience. There were some distance learning courses available at the time – but none of those would equip me with the practical skills I needed.

Happily, a contact in the dog world told me about an upcoming apprenticeship at the Canine and Feline Behaviour Centre in Hertfordshire. After two interviews I was offered the position and told that I would be able to watch and partake in behavioural consultations and study. I took the job as the Kennel Unit Manager and Office Administration Assistant at a much-reduced salary, but I knew it would prove invaluable in my training.

I believed that I was quite experienced until I observed my first consultation – to say I felt slightly out of my depth is an understatement! As I witnessed more consultations, I realised how little I knew and how much I had to learn. I found the situations that the clients were presenting both amazing and baffling. It was a far cry from what I had expected. I thought I would be helping with problems such as dogs chewing furniture or jumping up. What I found was that we were often the last port of call for people who had tried everything that they could with their dog. It was also surprisingly emotional. People would often cry during the consultation – not something I had been expecting! I thought it would all be about the dogs – I quickly found that most of what I do is about people.



The author at work

Anyway, I was very lucky to have the training that I did. I handled many hundreds of dogs and became accustomed to different stories and situations. Just when I thought I had heard and seen it all, someone else would come along and surprise me. I regularly felt that the more I learnt, the more I did not know. Canine aggression, in particular, can be confusing. Ultimately, of course, the best way to learn is in the field. When you are in someone's home dealing with, say, an aggressive dog, you quickly develop the skills and experience to handle the situation. I probably learnt the most dealing with difficult dogs and difficult people! The work could not be more rewarding. It is wonderful to transform the lives of dogs and people. To make a difference. To help dogs and people to be happy. The lovely e-mails, phone calls, cards and letters from clients also makes everything worthwhile.

In the early noughties, it became apparent that there were a number of distance learning courses 'qualifying' people as canine behaviour practitioners. These courses were mostly written by academics that had never worked with dogs and in reality they were not qualifying anyone to do anything – just putting people and dogs at risk. A number of colleagues and I decided that what was needed was a course that combined theory and practice. The Cambridge Institute of Dog Behaviour & Training (CIDBT) was born!



Students on an Institute of Dog Behaviour & Training course

I must stress that becoming a canine behaviour practitioner is not for everyone. Aside from the canine knowledge and dog handling skills there are the inter-personal skills which can't really be taught. You also need to be good at listening, mediation and – believe it or not – writing reports. It is good to have some business and marketing skills. It is also vital to be able to create and maintain relationships with other canine professionals such as veterinarians. The majority of canine behaviour practitioners are self-employed and so you will be responsible for making your own living. There are exceptions such as working for rescue centres, but such positions are few and far between.

If you are seriously considering a career in canine behaviour then my main piece of advice is to work on your 'canine CV' – gaining as much experience as possible, in addition to studying with a professional institute. I particularly recommend volunteering at a local rescue centre, working in a day-care centre, walking dogs and attending as many training events and clubs as you can. Just watching dogs whenever you can is invaluable. At present, the sector is not regulated and so you do not require a minimum level of qualification or certification to practice. However, the majority of professional behaviourists are members of one or other of the various canine and feline behaviour associations and dog training bodies. For the right person it is a very rewarding career, but it is not for the faint-hearted!



The author running a training session

A day in the life of a canine behaviourist

So, what does a day in the life of a behaviourist involve? It varies widely from professional to professional – depending on one's area of interest and expertise. Generally, however, no two days are the same. My own day always starts early taking my own dogs out for a run – usually for around two hours. Depending on my plans, they often accompany me throughout the working day. Nowadays, I tend to take only one client a day for four days a week. On the remaining day I may be training or working on a course. Many of my weekends are taken up delivering workshops with the Cambridge Institute of Dog Behaviour & Training. I also run courses with the Dog Safety Education Executive (DogSEE.org) and spend



*"It's always 'Sit,' 'Stay,' 'Heel'—never
'Think,' 'Innovate,' 'Be yourself.'"*

time working with social workers, delivery drivers and housing associations as well as visiting schools and teaching children how to stay safe around dogs. Additionally, I run bespoke training days with dog training clubs to enhance the results that they can achieve with their clients. I love the variety of what I do. Report writing is a necessary evil – often in a behavior consultation the amount of information imparted is too much to remember and so a written report is essential.

Regarding temperament tests – I use my own dogs as 'stooge dogs' – they accompany me to see clients whose dogs are aggressive towards other dogs. It is very difficult to assess dog on dog aggression without having trained dogs to use – one simply cannot do that safely with members of the public and their pet dogs. On many occasions my dogs have been the much-needed breakthrough with client's dogs to start to turn the tide on their dog's views of other dogs.



"Anything else while I'm there, or just the stick?"

Every day is varied and wonderful. I meet some amazing people and some fabulous dogs - I also get to see some amazing homes (property and interior design is another passion of mine). My aim is always to create harmony and the very best life possible for the dogs and the families with whom they reside.

How to contact Ross

www.rossmccarthy.com

Recommended books

The Pet Gundog Series by Lez Graham

Breaking Bad Habits in Dogs by Colin Tennant

Recommended downloads

Professional Practice – Dr David Sands & Ross McCarthy

Canine lifestyle – Ross McCarthy

Smart Puppy Training – Vicky Lawes

Science Led Dog Training – Sue Williams



Osteopathy

By Tony Nevin, BSc (Hons) Ost, DO

What is it?

Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging an animal's muscles and joints. It is one of a number of manually applied therapies, in that the practitioner uses their hands to administer treatment.

Since 1993 it has been classified as a primary medical profession within human medicine, and as such has a statutory governing body with all of the ensuing professional requirements for members to retain their licence to practice. This also covers any work carried out via referral from a veterinary surgeon when the osteopath treats animals.

As with all other para-professionals, the osteopath is not legally allowed to diagnose a condition. However, they will want to discuss each case with the referring vet, and will pass back to them any findings, as well as progress with any treatment administered.

Osteopaths are renowned for being hands on, however it is in the taking of the additional case history, to complement that taken by the vet, and the observation of each patient that really defines what will happen with any hands-on work.



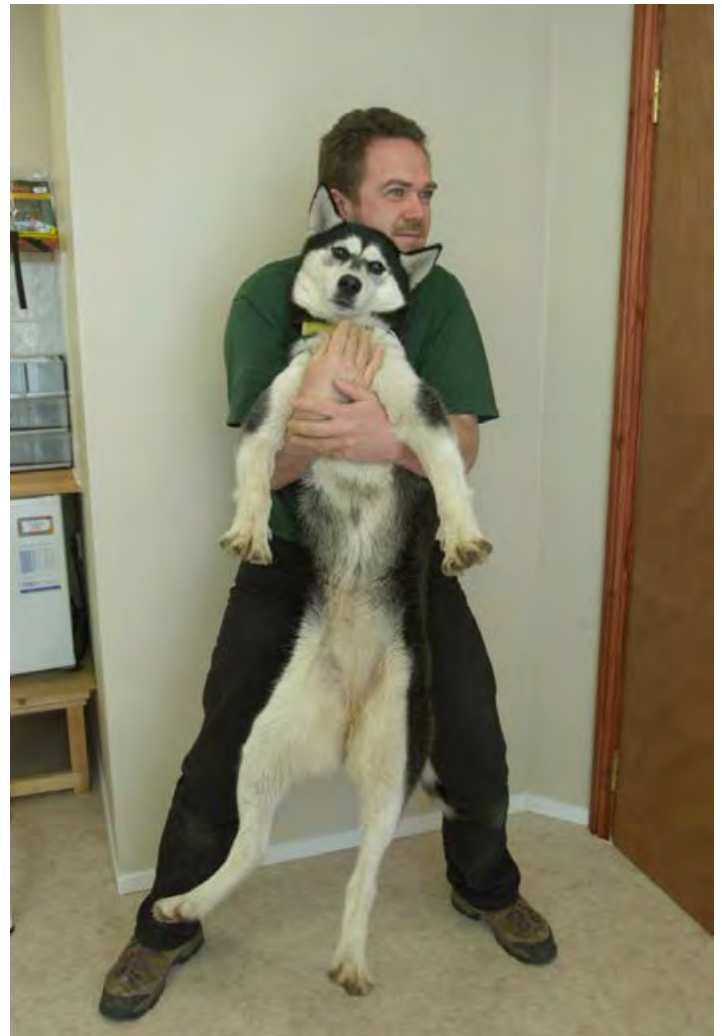
How does it work?

After static and movement observation osteopathy involves physically assessing the patient by gentle palpation. The idea is to assess the natural resting state of the soft tissues, as well as defining bony landmarks, and any extra anomalies such as lumps and bumps making up the animal's musculoskeletal (MSK) system without altering anything. In this way it is possible to assess the whole patient before changes start to happen. The idea is not to elicit a reaction from the patient. This is where osteopaths can really be useful additions to any veterinary practice, where there may be subtle changes to the resting states of certain tissues. Osteopaths know that to really feel something you need the least amount of pressure to the fingertips, without tickling the patient.

What to expect

An osteopath will take a full case history, including those provided by the animal's own vet, before assessing, palpating, and if applicable, treating the patient. The osteopath will want to observe the patient static as well as in moving stances.

After palpation the osteopath will want to assess the quality of movement for individual and groups of joints. This may or may not include testing for full range of motion (ROM). From a clinical point of view the osteopath is more interested in the quality, and willingness of soft tissues and joints to yield during motion testing, rather than seeing if they can force it. This can differ considerably from traditional veterinary physical assessments. It must be remembered that the patient's own vet will have done any in depth examination prior to the osteopath becoming involved.



Another common aspect to the osteopathic assessment is that most osteopaths will want to examine canine patients whilst they remain on the floor of the veterinary examination room. Unlike cats, dogs are more likely to tense up if placed on an examination table, making any kind of accurate assessment very difficult. Horses are assessed from the ground with a competent person holding on to them via a head collar and lead rope. Osteopathic treatment itself can vary, and should be dictated by the patient, taking into consideration age, sex, breed, known conditions, suspected conditions, and temperament; along with lifestyle, activity, and diet. The vast majority of cases are treated with the patient fully conscious. This is certainly true for most domestic species, although there are exceptions where sedation, or general anaesthesia can deliver better results. For much of the exotic and some wildlife work the latter is often essential. Techniques at the disposal of the osteopath include:

- soft tissue massage
- long lever articulation where the osteopath uses the patient's limbs, head, and tail in order to create dispersed movement through several joints and their associated muscle groups and fascial attachments
- specific joint mobilization using very gentle short vector thrusts called high velocity low amplitude thrusts (HVLAT's)
- sustained positional release where aspects of the patient's body are slowly manoeuvred until they reach a point where the soft tissues are comfortable and then the osteopath waits for these tissues to relax further as tension is taken off the Golgi Tendon Apparatus of the involved muscle groups – this is a particularly useful technique to use with nervous patients.

At the far extreme of osteopathic techniques is that which involves altering pressures and movements within the Involuntary Mechanism (IVM). This used to be called cranial osteopathy and requires extremely sensitive palpation to feel for areas of tension around the head and along the spine that is different to the tension found in the larger skeletal musculature. This tension is related to the meninges, and their ability to stretch and recoil with the production and flow of cerebrospinal fluid.

Treatments can be tailored very specifically to the individual, rather than the patient having to fit in with standard treatment programs. This allows much finer tuning to any recovery, or management condition.

Case Study

Dexter – a five year old, neutered Siberian Husky

History

Dexter was rehomed as at 18 months old, having come from an unsuitable background. He lacked core strength, stamina and some coordination. He would often appear stiff when rested after exercise. His new vets had ruled out any neurological involvement and suggested the poor coordination was more a lack of body strength and referred him for an osteopathic assessment.

Presentation

Dexter presented as a very friendly individual, confident, but clumsy. On standing observation he found it difficult to maintain a square posture, and attempted to sit or lean against his new owner. His back sagged through the thoracic and lumbar regions, and his overall musculing was poor. He looked very healthy otherwise.

On movement observation he carried his head low, and moved with a base narrow gait behind, and his tail was generally held low and tucked under his hindquarters. He moved with a very subtle altering lameness through his thoracic sling and forelimbs.

On palpation most of his muscles felt soft, there was little fascial tension perceived, and his joints generally felt lax. He was sensitive to very gentle articulation through some key pivotal spinal joints, especially around the thoracolumbar (T/L), and lumbosacral (L/S) regions. The only area of mild tension was around the thoracic sling muscles and fasciae.

The author relayed these findings to Dexter's vet and he was then encouraged to devise a treatment program to best suit Dexter so that he could build up core strength and then develop his locomotor system properly.



Osteopathic treatment

Having seen Dexter move the author chose to use treatment methods that would engage his fascial trains and movement patterns to take tension and undue pressures off the above-mentioned areas of his body. These were coupled with developing simple core activating exercises that the owner could work on and build up as he progressed. These were based loosely on adaptations for the horse and required the owner to encourage Dexter to perform repeated, or sustained movement and body positioning that would activate muscles such as multifidus et al.

His walking exercise was also controlled for the next two weeks until the author reviewed him again.

At the second visit he was more comfortable around his thoracic sling and lumbosacral regions, however there was a little discomfort exhibited around the T/L junction. It was decided to see him again in a month with a gradually increasing exercise schedule to be performed in between.

On this next visit Dexter was showing a marked improvement in core strength, and his hind limb gait was almost normal base wise.

He was treated and assessed at monthly intervals for a further 5 months whereupon both the author and his vet concluded that he was moving normally and that no clinical signs could be elicited on palpation.

Conclusion

Dexter was a healthy near-adult dog, lacking in core strength, and therefore the ability to move correctly. This had at some time resulted in localized areas of discomfort, and it can be assumed changes to the muscle firing action of his core muscles, from type1 aerobic, to type 2 anaerobic action. Once these were performing normally again, and building up strength he was then able to develop his locomotor muscles and engage his fascial trains much more effectively, resulting in a normal healthy, happy dog.



"He is physically able to wag his tail—given sufficient cause."

Further information

Professional bodies

The International Association of Animal Therapists (IAAT), which has osteopathic members along with chiropractors and physiotherapists.

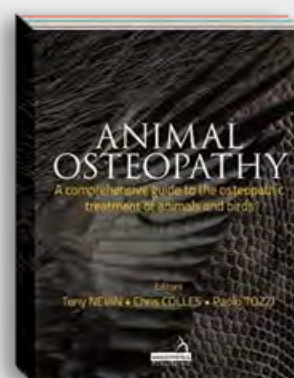
All UK osteopaths must be registered with the General Osteopathic Council (GOsC) www.osteopathy.org.uk If they are not on this register, they are not qualified.

More information

General Osteopathic Council www.osteopathy.org.uk

Zoo Ost Ltd www.zooost.com

Horse Ost www.horseost.co.uk



Further Reading

Animal Osteopathy: A comprehensive guide to the Osteopathic Treatment of Animals and Birds (2019). Nevin, A, Colles, C, and Tozzi, P. Handspring Publishing.

Osteopathy and the treatment of Horses (2010). Pusey, A, Brooks, J, and Jenks, A. Wiley-Blackwell.

Tony Nevin has been an osteopath for over 25 years and has pioneered the osteopathic treatment of wild animals and birds. He also treats domestic animals and people. He is the author of *Animal Osteopathy*. He can be reached via www.zooost.com

Book review: Walter Chandoha. Cats. Photographs 1942–2018

In the last issue of *The Alternative Dog* we reviewed Walter Chandoha's wonderful work with dogs. This led to some emails from outraged feline customers pointing out that Mr. Chandoha had started out as a cat photographer and was probably the most important cat photographer of all time.



On a winter's night in 1949 in New York City, young marketing student and budding photographer Walter Chandoha spotted a stray kitten in the snow, bundled it into his coat, and brought it home. Little did he know he had just met the muse that would determine the course of his life. Chandoha turned his lens on his new feline friend—which he named Loco—and was so inspired by the results that he started photographing kittens from a local shelter. These images marked the start of an extraordinary career that would span seven decades.



Long before the Internet and #catsofinstagram, Chandoha was enrapturing the public with his fuzzy subjects. From advertisements to greetings cards, jigsaw puzzles to pet-food packaging, his images combined a genuine affection for the creatures, a strong work ethic, and flawless technique. Chandoha's trademark glamorous lighting, which made each cat's fur stand out in sharp relief, would define the visual vocabulary of animal portraiture for generations and inspire such masters as Andy Warhol, who took cues from Chandoha's charming portraits in his illustrated cat book.

This book leaps into the archives of this genre-defining artist, spanning colour studio and environmental portraits, black-and-white street photography, images from vintage cat shows, tender pictures that combine his children with cats and more. It is a fitting tribute not just to these beguiling creatures but also to a remarkable photographer who passed away in 2019 at the age of 98; and whose compassion can be felt in each and every frame.





How to earn our eternal gratitude and a little thank you gift...

Thank you very much for your referrals. Do remember, we are happy to provide raw feeding and health advice to anyone who contacts us, even if they never, ever plan to become a customer. If someone you have recommended does become a customer, however, we would like to say thank you with one of the new selection of gifts shown below. For this reason, please don't forget to tell us the names of any new customers you introduce to Honey's (just to be on the safe side you could ask them to let us know, too).



A tree planted in the Honey's Wood



Two personalised dog tags



Our original Superdog Cape/Towel Thingie



10 packets of Beautiful Joe's treats + Tin



A personalised dog bowl



"I'm a well known food critic but I've never been able to turn it into cash."



Two free shipping vouchers



Honey's Ingredients Policy An update

Jonathan Self

To the uninitiated a carrot is a carrot and a chicken wing is a chicken wing. But for me each and every ingredient is an object of fascination. Analysing why I become excited once the talk turns to ingredients, I have decided that it is because the subject encompasses so many other areas in which I am interested: farming, the environment, sustainability, animal welfare, nutrition, and health. It even touches on philosophy, morals and religion. 'How,' as I have frequently asked friends who have glazed over during one of my ingredient-themed rants, 'could you not be gripped by the topic?' Apparently, they manage.

When I first started making raw dog food for our own pack (which was rather large due to the fact that we were fostering at the time) I used pork, lamb and chicken from our own tiny farm and vegetables from our own garden. After I ran out of meat from our freezer (I had stopped farming anything alive by then, apart from bees) I switched to meat raised by our neighbours. The latter wasn't organic like our own, but it was local. I knew that the animals and birds had been properly looked after, had lived a natural, outdoor life, hadn't suffered undue stress, and hadn't had to travel very far or wait very long to get to the butcher. In other words, it met my farm animal welfare standards, had a high nutritional value and didn't involve unnecessary food miles.

Although, Honey's is now buying in ingredients in what, back then, would have seemed unimaginable quantities (every week we purchase the equivalent to over 150 shopping trolleys full of vegetables, meat and bones), our policy is identical. We are concerned with three issues: the lives of the animals and birds that we use in our food, the quality of ingredient itself and where the ingredient comes from.

There are a lot of woolly and misleading terms used when it comes to ingredients. I explain below what we mean when we use expressions such as 'free range' and 'local'. We don't use any word lightly, either. Indeed, the reason we bother with Organic and ISO certification is that they require audits by third parties to ensure that we are doing what we say we are doing. It is also why we avoid using irrelevant terminology. You will see raw dog food companies boasting, for example, that they are regulated by Defra, which they have to be, or that their food is gluten free, which almost all raw dog food is.

Since the first lockdown in March 2020 there has been only one variation to our ingredients policy: we have had to postpone farm and producer visits. In addition to all the obvious reasons why such visits are impracticable at the moment, the Honey's team has been under great pressure since the beginning of the pandemic and we have taken the decision that it is more important to focus on production. Of course, as we have been buying our ingredients from the same list of farmers and producers for the best part of a decade or longer – and as they all undergo other inspections, certifications and audits – we are confident that our standards are still being met.

If you ever have any questions about our ingredients policy or would like more information please don't hesitate to contact me direct by email – jonathan@honeysrealdogfood – all comments and suggestions, welcome, too.

Jonathan

Jonathan (Self)
Honey's Founder



Why we care so much about ingredients

This is why we care so much about the subject of ingredients:

We care on nutritional grounds

Animals and birds that are allowed to lead natural, healthy lives and that eat natural, healthy food produce more nutritious ingredients. If you feed your dog or cat with high quality ingredients then there is a much higher chance that all his or her nutritional requirements will be met. Dog food manufacturers – including raw dog food companies – that use poor quality ingredients have to add artificial supplements to their food to ensure it has sufficient nutrition.

We care on grounds of bioavailability

The body absorbs nutrition much more easily if it comes in a natural form. For example, a dog could absorb a higher percentage of calcium from a bone than from a calcium supplement. Indeed, it is generally recognised that non-food supplements are often difficult for the body to absorb.

We care on grounds of purity

Ingredients that are raised or grown without the use of hormones, antibiotics, fertiliser, pesticide and all the other tools beloved of those who believe in intensive farming are purer. Purer ingredients are less likely to cause health issues. Conversely, ingredients that contain chemicals, hormones &c. will, almost certainly, cause adverse health issues in the long run.

We care on ethical grounds

Animals and birds are sentient beings. They experience hunger, thirst, discomfort, pain, injury, disease, fear, frustration and distress. They also experience joy, contentment, satisfaction, love, loss and grief. They can experience boredom, sadness and anger. They can even experience humour. Given this, we are concerned about the welfare of the animals used in the food we make. It is important to us they are fed an appropriate diet, have proper shelter and are allowed to express their natural behaviour (such as nesting or foraging). We don't want them to be mistreated or frightened.

All our ingredients are British.

As the term 'British' can be applied to ingredients that have been processed in the UK, by British we mean raised or grown in the UK. Our ingredients do not travel here from overseas. Because all our ingredients are British they are also seasonal. You will find that each of our recipes changes in colour during the year. For example, in summer our chickens could be eating clover, which has the effect of giving their meat a slightly yellow appearance and our beef will be fattier because the cattle is feasting on new season grass. The choice of vegetables makes a difference to the colour, smell and texture, too. Another effect of only buying British is that we don't always have all our recipes available. We freeze as much as we can but we can't always promise to have, say, lamb or rabbit or other wild game. As explained above under normal circumstances we would visit all our producers once a year.

Our ingredients are good enough for you to eat

All our ingredients are suitable for human consumption at the point at which we make our food. In other words, our ingredients could also be sold for human consumption. Or to put it in even plainer English: they are fresh! As an aside by law we are not allowed to describe our actual food as suitable for human consumption as it is legally considered to be pet food and we are regulated by DEFRA.



The meat we use in our food

The meat we buy falls into one of three categories: free range, wild and certified organic. This is what we mean by these definitions.

Free range

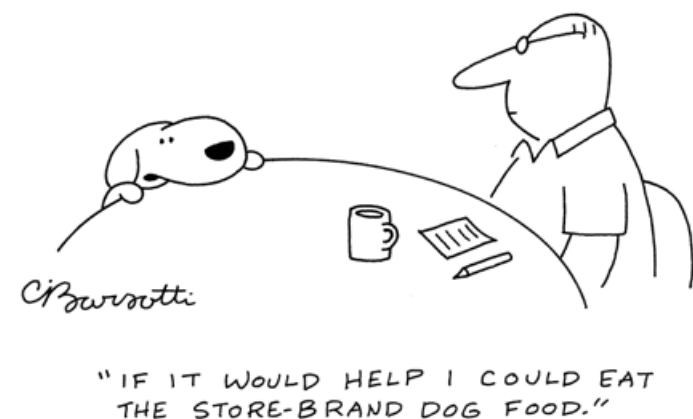
'Free range' is the minimum standard of animal (and poultry) husbandry we will consider. In the case of cattle and sheep it is termed 'grass fed' or 'pasture fed'. It is a confusing term because it is defined differently according to who is using it, the country of production and the type of animal or bird. Unfortunately, there is no universally accepted definition (unlike, say, wild or organic) in the UK and that means each producer has to be treated on a case-by-case basis. Farmers will have widely differing standards that may also depend on the time of year, the age of the animal or bird and the geography of their farm. Because our primary concern is farm animal welfare what we are looking for is farmers who care about their livestock or poultry and ensure that they lead good, healthy lives. That means plenty of time outdoors, lots of space and regular opportunities to display natural behaviours such as scratching in soil, roosting or foraging for food.

Wild

When we say 'wild' we mean animals and birds that are completely free to roam/fly wherever they want and which forage for their own food. When we buy wild meat we do have various requirements. In the case of rabbit, for example, it must be headshot. This sounds dreadful but the reason is that it means the rabbit died instantly. We remove the head so that traces of the shot won't have had a chance to get into the flesh. We won't buy anything that has been trapped.

Certified organic

We also buy certified organic meat from certified organic producers. A certified organic producer must comply with the rules and regulations laid down by one of the recognised organic certification bodies, such as the Soil Association, Organic Farmers and Growers Association, Organic Food Federation, Biodynamic Agricultural Association, Organic Trust Association and Quality Food Welsh Association. We are a certified organic producer, ourselves.



The vegetables we use in our food

There is less choice when it comes to vegetables than with meat. There are organic vegetables and non-organic vegetables. Our certified organic recipes use certified organic vegetables (naturally). We buy most of our non-organic vegetables from a single, local producer who grows them for us. The producer's policy is to make minimal use of insecticides, pesticides or artificial fertiliser. Our non-organic vegetables are washed in fresh drinking water with nothing added.

Honey's is certified organic

We are a certified organic producer. Our certification comes from the Organic Farmers and Growers Association (OF&G). It only applies to our certified organic recipes and ingredients. To learn more about what we have to do to call ourselves 'certified organic' visit the OF&G website: www.ofgorganic.org

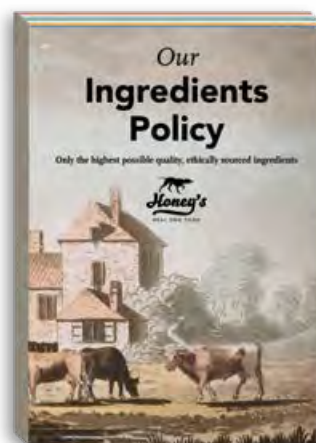


Measuring the nutritional value of our food

We regularly test our food to assess its nutritional value. In one sense this is slightly pointless as no one really knows what nutrition a dog or cat needs. There are guidelines, but they refer to processed pet food and are – as it happens – based on incomplete/questionable science. Still, despite our doubts, we do meet those guidelines. We have also monitored the health of a large sample of dogs eating our food using a model developed by the American Association of Feed Control Officials (AAFCO). As we use pretty much the best ingredients available for consumption by humans, we are confident that it wouldn't be possible to much improve the quality and – accordingly – we think it is fair to assume that the nutritional value is sufficiently high. We don't ever add supplements to our food. There are potential health risks with supplements and bioavailability is also questionable.

Honey's is fully compliant

In 2015, Honey's joined the Pet Food Manufacturers Association (PFMA) and as such our food must meet Federation of European Pet Food Manufacturers (FEDIAF) guidelines. We don't have much confidence in these guidelines because they were written with highly processed, cooked and heavily supplemented dog food (made from low quality ingredients) in mind... but we are fully compliant with them.



Please ask for a PDF or printed copy of our Ingredients Policy.

Interview

Marc Abraham: the vet responsible for Lucy's Law



In April 2020, the Government introduced new legislation to tackle the low-welfare, high volume supply of puppies and kittens, by banning their commercial third-party sale in England. 'Lucy's Law' means that anyone wanting to get a new puppy or kitten in England must buy direct from a breeder or consider adopting from a rescue centre instead. Licensed dog breeders are required to show puppies interacting with their mothers in their place of birth. If a business sells puppies or kittens without a licence, they could receive an unlimited fine or be sent to prison for up to six months. The law is named after Lucy, a Cavalier King Charles Spaniel who was rescued from a puppy farm where she had been subjected to terrible conditions. Puppy farms are located across the UK with most depending on third-party sellers or 'dealers' to distribute often sick, traumatised, unsocialised puppies which have been taken away from their mothers at just a few weeks old. This often involves long-distance transportation, with the puppy or kitten suffering life-threatening medical, surgical, or behavioural problems which are passed on to unsuspecting new owners. Lucy's Law effectively removes the third-party dealer chain, resulting in all dog and cat breeders becoming accountable for the first time. Lucy's rescuer was a dog-lover called Lisa Garner and she worked with a vet, Dr Marc Abraham OBE, BVM&S MRCVS, who founded the Lucy's Law Campaign. Last year Marc published a book about his ten-year campaign and his publishers have kindly allowed us to re-print an extract. The book makes a thrilling and often chilling read. Below Marc answers questions put to him by *The Alternative Dog*.

What was the hardest part of your campaign to get Lucy's Law passed?

By far the hardest, and somewhat surprising, part of the Lucy's Law campaign to ban third-party commercial puppy dealers, was firstly discovering that some of the UK's biggest animal welfare organisations had U-turned and were now refusing to support us, and secondly, having to create a strategy that overcame their collective resistance and influence on government and getting it passed into law without them.

How did you feel the day the legislation went through parliament?

Relieved and happy for the breeding dogs and their puppies, but also knowing that Lucy's Law in England was just the first step to ending puppy farm cruelty, and that there was still much more that needed doing. Since that day we now have Lucy's Law in England, Wales, and Scotland, plus we're almost there in Northern Ireland which would finally mean every dog breeder in the UK accountable, as well as making it very difficult to sell pups bred in Republic of Ireland anywhere else in the British Isles.

Do you feel that the law has been effective?

Difficult to quantify because frustratingly, as soon as Lucy's Law became enforceable in April 2020, the delivery of pups without their mother and away from where they were born was normalized due to Covid and risk of human to human transmission. Hopefully as life returns back to a new normal we can see that Lucy's Law is proving effective, plus encourage anyone buying any pup to gather as much evidence from a sale that results in a sick or dying pup, or that just doesn't feel right, so it can be investigated by relevant authorities, such as local councils.

What else could be done to put an end to puppy farms?

Several things including increased public education about the correct way to choose a dog and what to look out for, ban on puppies imported into UK from overseas puppy farms, higher penalties and deterrents for convicted animal abusers, increased adoption from rescue shelters as alternative to buying puppy farmed pups, and further potential changes to legislation.

Are you involved in any other campaigns or causes?

As secretariat and co-founder of the All-Party Parliamentary Dog Advisory Welfare Group (APDAWG) I often oversee and help with other dog-related campaigns. Plus I work closely with a number of animal welfare charities in UK and abroad to volunteer and promote animal welfare work, such as Humane Society International, Animals Asia, Edinburgh Dog & Cat Home, Animal Aid Unlimited.

Do you have any four-legged family members?

I wish! Sadly I currently don't have the lifestyle or routine to look after a dog properly, but one day I hope to adopt one or two rescue greyhounds.

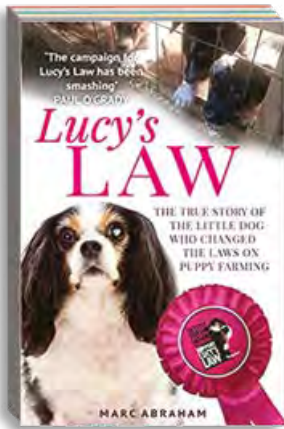
Are you planning to write any more books?

Yes I'm currently writing my new book called '*#BeMoreMoquito: How to Change the World for FREE*'; all about how to campaign for anything not just animal welfare, using the free tools that are out there and accessible to anyone and everyone. Just like my Lucy's Law book it's being published by Mirror Books, and should be out next Spring so keep an eye out!



To learn more about Marc's work

web: marcthevet.com
twitter: @marcthevet
facebook: Marc the Vet



Book extract:

Lucy's Law: The story of a little dog who changed the world Marc Abraham

She was staring into space in a dark corner of a lone barn in deepest Wales when they came to grab her. A small Cavalier King Charles Spaniel who, just like thousands of other Cavaliers in this part of the world, has never been given a name. Let's face it, why would she? It's not as if someone is going to tell her that her dinner's ready, or call her back for a recall reward while

out walking, or even surprise her with a brand-new squeaky toy. Occasionally a thick plastic sheep tag forced through an ear will help identify these dogs for their farmer, to help them plan their breeding program more efficiently, but more often than not these are the insignificant dogs, the invisible dogs. There's really no need to give them names.

This breeding facility has very few, if any, significant windows to let in any light, so almost pitch darkness is the norm, as is the smell. The stench of ammonia from decomposing straw mixed with the thick, tar-like sludge of faeces and urine is overpowering, and such an irritant that the dogs' eyes stream constantly. Even though it's not uncommon for there to be another 200 female dogs in a building like this one, all confined to tiny pens literally yards from one another, there's a deathly silence. They can't see out or engage with each other. The only noise they hear is the rustling of straw, the occasional litter of puppies crying out for their mother's milk, and perhaps a random bark from a dog that thinks they've heard a human coming.

But why on earth, in this twenty-first century, are all these dogs being kept in what is technically a giant shed, on bedding more suited to housing cows or sheep, and without even the dignity of a name? Just as humans have been responsible for domestication of the dog and all the species' various breed and mixed-breed forms, it's humans that are responsible for these intensive breeding conditions; and just like most forms of factory farming nowadays, the fate of most animals is determined by their sex. For example, in the dairy industry female calves re-enter the herd and at the first available opportunity begin a life of repeat impregnation to produce more calves and more milk. Male calves on the other hand are often surplus to requirements, so unless they're genetically worth allowing to reach adult age for breeding purposes, it's not uncommon for them to be destroyed at one day old, or to spend a few miserable weeks in a veal crate before being shot for their anaemic meat instead.

This barn is quite simply a factory farm for dogs, with the same aim as most factory farms, whatever the animal kept imprisoned inside: to produce as many units of that animal as possible for the smallest amount of financial outlay or investment. Factory farming commodifies sentient beings, turning them into nothing more than crops. In this particular industry (and an industry is exactly what it is), male dogs aren't killed off like male calves, but the often isolated stud dogs' lives can actually be worse than the bitches' because of their extreme sensory deprivation. Unlike the females, they have no interaction with the pups and can literally lose their minds.

These factory-farmed dogs must endure being incarcerated in places that are, frankly, nothing short of hell on earth. Why? Two reasons spring immediately to mind: firstly, because there's money to be made, and secondly, because they are invisible – no one sees their suffering. Worse still, this whole set-up (the hundreds of dogs, the smell, solitary confinement for a very social animal, the utter despair in their sore, weepy eyes) is completely legal, and is signed off inspection after inspection, time after time, by local authority officials. In other words, these types of premises are fully licensed. A completely legal puppy farm: it sounds like the ultimate oxymoron. And there are dogs kept in these shameful conditions, not just in this dark corner of Wales, but in England, Scotland,

Northern and Southern Ireland, across Eastern Europe, the United States and elsewhere across the globe. Millions and millions of them.

It might seem a wonder that these dogs don't go mad from sensory deprivation. But they already have: their madness stage has gone unnoticed for years. Such is the level of psychological torture that they tend to stare blankly into space, totally broken, emotionally shut down. It's no wonder she hasn't appeared to be able to get into pup for another season: sadly this Cavalier now seems to be infertile. In strictly economic, factory farming terms, it doesn't take much calculation to understand that, by taking up space that a healthy, fertile dog could technically be paying her way for, our Cavalier is now costing her farmer more than she's worth. Her outlook is grim, and that's exactly why they're on their way to grab her. Her infertility has rendered her worthless.



Of course, it's not just Cavaliers that are found languishing on puppy farms like this. Any dog that shares a higher level of attractiveness to prospective purchasers, especially as a puppy, will be greatly sought after, and therefore exploited for money. The one constant that always stands true, whatever the breed, and in whatever corner of the world the puppy farm is located, you can bet that only the bare minimum in welfare standards is ever being met.

Knowing the background and squalid conditions in which they're kept, it's easy to understand why such puppies are born so utterly loaded with all these potential medical, surgical, and behavioural problems. They are basically just cute and fluffy ticking time-bombs of pain, misery, and suffering, not to mention the resulting financial and emotional stress on their unsuspecting new owners.

What is staggering is that puppy farming isn't a new problem. It's been around for decades. There are millions of dogs across the world, confined in cages, sheds, barns and any number of other inappropriate dwellings, producing puppies of all shapes and sizes. It's a multi-billion pound global industry based on greed, cruelty, and profiteering.



On puppy farms like this one, there are usually three reasons our Cavalier could be grabbed by the puppy farmer. Firstly, to be mated with one of the resident stud dogs. Secondly, when breeding dogs, male or female, are physically worn out and therefore no longer productive, they're technically useless so need to be disposed of. It's not uncommon, or illegal, even today, for a bolt gun to be used to kill dogs in puppy farms – and their bodies are tossed into an incinerator with the rest of the farm waste. The third reason is also related to their lack of fertility. Instead of destroying them, some puppy farmers find it in their hearts to hand these ex-breeders into a local rescue shelter. That's where, for the first time in their awful lives, they are given a name, often experience their first-ever veterinary treatment, and are rehabilitated so they have the chance to start a new life, away from pain and cruelty.

Thankfully, for our exhausted, nameless little Cavalier, this is the reason she's being grabbed today. She's being spared the cold steel of the farmer's gun, or a rope around her neck until she can no longer breathe, or a bucket of water to be drowned in. Instead she's being given a lifeline. She's one of the lucky ones. Poorly treated, devoid of any interaction with humans or other dogs, institutionalised her entire life, it's hardly surprising that she leaves the puppy farm totally ill-equipped to even know how to be a dog.

Support for good canine causes

Are you involved in a good canine cause? At Honey's we never turn away any dog-related charity that approaches us. So, if you help to raise funds for a not-for-profit animal welfare organisation and would like a hamper, books or something else to raffle or sell – or some other form of support – please let us know. We would also like to feature more of our customers' canine causes in the newsletter. Below you will find details of two rescue charities that have Honey's connections. Please let Jonathan have details of any not-for-profit you would like us to include in future issues.



Spinone Overseas for Adoption

When you meet an Italian Spinone socially it is difficult to believe that they have been bred as hunters for they are incredibly gentle, polite, patient and loyal. It is also hard to believe that if a Spinone is gun shy or in some way unsuitable as a hunting 'tool', it will often be abandoned. In 2015, a British based Spinone-lover rescued one such dog from a 'kill' shelter. It was the beginning of what was to become Spinone Overseas for Adoption aka SOFA – a wonderful, rescue charity that has, to date, saved over 150 of these amazing, loving dogs. All the work is done by volunteers, but it costs around £850 to rescue each dog due to having to pay for transport, passports, blood tests, vaccinations and so forth. If you would like to support SOFA's work, please visit www.spinone-sofa.org.uk



Animal Friends of Turkey

Animal Friends of Turkey (AFOT) has set itself a wider brief: to rescue dogs and cats with little or no future in Turkey. It was founded in 2018 by Carol Holbrook, who knows Turkey well and is a long-time activist in animal welfare. When we visited AFOT's website to see how many animals the charity had managed to save we lost count. Some of the stories are heart breaking but when one sees the photographs of the happy, healthy dogs and cats that have been successfully rehomed it is also very heart warming. In addition to needing donations to fund its work, AFOT is always looking for volunteers and foster parents. If you would like to support AFOT's work, please visit <https://rehome-a-rescue-dog.co.uk/home/how-to-help/>



New holistic vet in Wales

One of the UK's leading and most highly qualified holistic vets, Dr Julia Ledger-Muennich MRCVS, has recently opened a second practice in Trefeglwys, which, to save you looking it up, is more or less smack bang in the middle of Wales. Julia specialises in traditional Chinese medicine and also uses acupuncture, homeopathic and chiropractic methods. Having been a conventional vet prior to specialising, she knows how important it is to approach the problems from all sides. Julia can

help with any health issue your dog, cat, horse or other animal is suffering from and has great experience with behavioural, pain management, skin, joint, and digestive issues to just to name a few. You won't be surprised to hear that she is a keen advocate of raw feeding! She is happy, by the way, to work with your conventional vet to find the best health solution for your dog. Anyway, many of our customers have recommended Julia to us in the past and so we thought it might be a good idea to let everyone know about her new practice. For more information please visit: www.chirotvetwales.co.uk

Pugs and Kisses



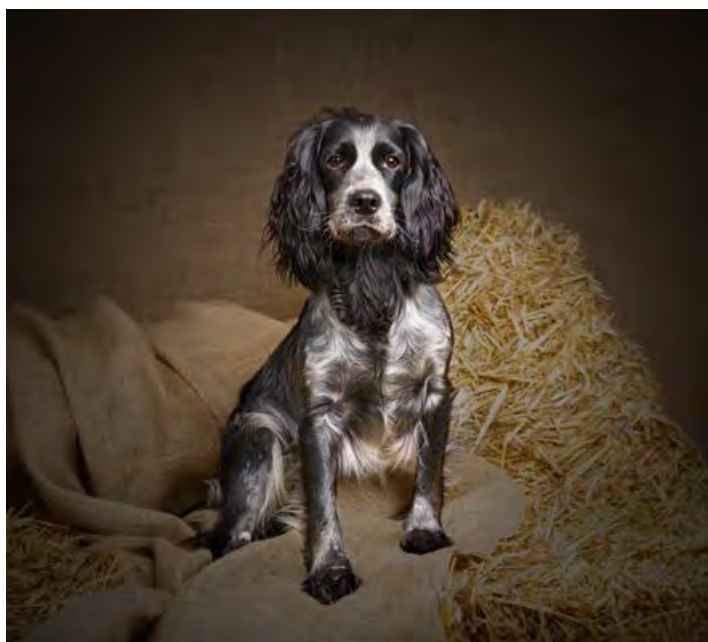
Looking for a doggy day care centre (or boarding facility) in Oxfordshire? We are so enamoured with Pugs and Kisses in Witney that we would all quite like to stay there ourselves. Founded by Sarah Avenell in 2015, Pugs and Kisses is based in her own home. She has, incidentally, taken an animal first aid course and also completed 2 NQF's in Animal care. Anyway, if you are looking for a home away from home for a four-legged family member, Sarah, who is a much valued Honey's customers (and an avid raw feeder) can help. For more information please visit: pugsandkisseswitney.co.uk



Photography Masterclass

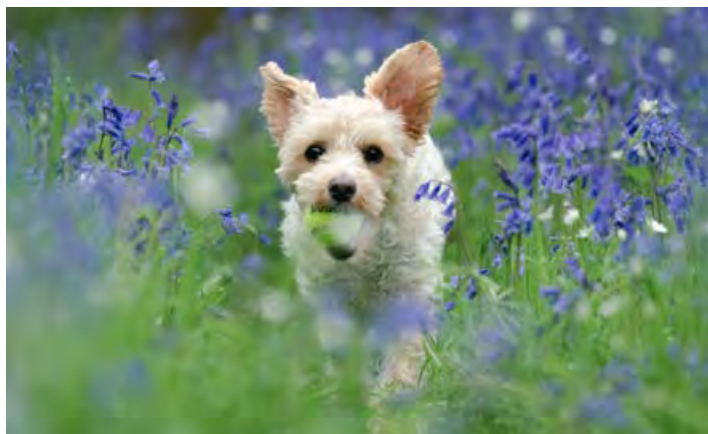
Sharon Bolt

In 2009, Chase Jarvis, a well-known photographer, wrote a book called *The Best Camera: Is the One That's With You*. His point was that the best photographers don't need expensive equipment in order to take brilliant photographs. Instead they depend on their eye to produce expressive and creative images. That is to say images that catch the viewer's attention, tell a story and engender emotion. To my mind there is not much difference between photographing dogs and people. In both cases it is about revealing their personalities and capturing that special moment. Where the difference lies is in how you work with your subject to achieve the result you want: a photograph that is going to engage the viewer. Maybe it will make them laugh, maybe it will make them cry. The point is to give the image life. How? In this article I offer some of the tips I have learnt as a professional photographer who specialises in (and is passionate about) dogs.



First and foremost

Dogs love to please us. They may not always understand what we want but they always try. Asking a dog to pose for photographs is, in general, really tiring for the dog. Even the fittest dogs will leave me after a photo-shoot and go home and sleep. Some dogs are natural performers, some are not. Keep an eye out for signs of stress and stop if you feel it is too much for your four-legged subject. Make sure that whatever you ask them to do is safe and unthreatening.



Setting the scene

How can you make sure that you capture some really good shots? Follow these very simple setting rules.

- If you are using your mobile phone, put the camera into 'burst' mode.

Almost all modern mobile phones have this facility. If you can't find it then type your camera model and the words 'burst facility' into your favourite search engine. It is a very easy mode to use and gives you the ability to take multiple photographs with one press of the button. It acts in a similar way to a fast shutter speed on a camera.

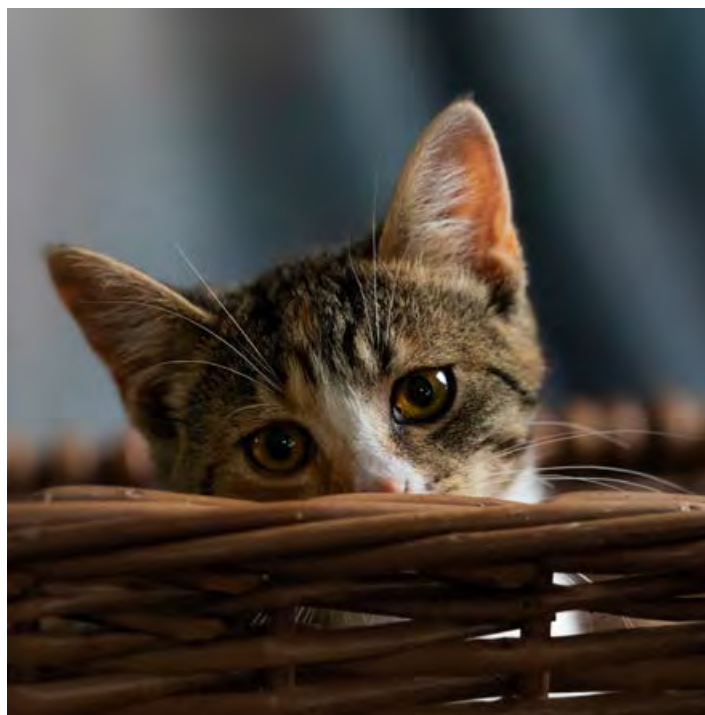
- If you are using a bridge, mirrorless or DSLR camera then I suggest setting a shutter speed of between 1/1000 s and 1/1600 s. This will allow you to 'freeze' most movement in order to create a beautiful 'frozen in time' image.

As an aside, I am actually planning to offer a settings workshop called 'how to get off auto and create' in the near future.



Getting your subject's attention

The words 'say cheese' or 'watch the birdie' tend not to work with canine subjects! What can you do you get their attention? I keep a supply of various items that can be used to make a noise such as clickers, keys, and squeaky toys. I have found that after the third squeak (or whatever) most dogs tend to lose interest. At that point I stop for a moment and let the dog rest or play for a while. Then, I try something else – a Beautiful Joe's tin with some treats, for example, or holding up a toy or ball. By the way, you can download various 'noise' apps to your phone (search for 'squeaky dog noises'). Finally, don't forget you can also make noises with your mouth!



Look into my eyes!

One of the best ways of guaranteeing that your photograph is a winner is to get down to their level. This, probably more than anything else, will fill your photographs with engagement and bring them to life.



The light time of day

What's the best time of day to shoot outside? There are two parts of the day when the light is at its best. These are the two hours immediately after dawn and the two hours immediately before sunset – known by photographers, everywhere, as the 'golden hours'. Why? Because the sun is soft and low and creates a beautiful glow over everything. If you can go out with your dog and your camera at these times on a day with little or no cloud and you'll create magic. If you'd like more certainty about when that might be on any given day. There's a web site and an app called The Photographer Ephemeris. <https://photoephemeris.com>



Frame the scene

When framing your photograph consider what is both in and out of the picture. Many is the time a brilliant photo is spoiled by something that distracts the eye and is inappropriate – a telegraph pole, for instance, or a dustbin. When choosing your location look at everything that is going to be in the photograph – not just the dog. You may find it helps to choose the location first, without the dog, so that you can set things up exactly as you want them. Also, do remember to consider where the sun is. If you shoot towards the sun it will mean that lots of detail is lost. If you shoot with the sun behind you, there may be shadows where you don't want them. Indeed, whatever angle you choose consider how the shadows are falling. Do they add or detract from the final image?



Prop yourself up

I love props. They add drama and shape to a photograph. Here are some different options.

1. Try a basket or an old suitcase. Add a favourite toy or ball of string and start pressing the shutter.
2. Bubbles! Bubble making machines are available from toy shops. Check the bubbles are pet friendly, of course. Dogs (and cats) love bubbles.
3. Shoot with an open door with an unlit room in the background. The camera will focus on the dog and the background will go very dark. The effect can be stunning.
4. Position your dog in front of a stable door or old gate. Both add interest and texture and a third dimension to your photographs.
5. Doors of any kind are wonderful. Add a touch of grandeur by sitting your dog in front of the door to a stately home or a beautifully painted glossy front door.
6. Beaches are also great locations. Experiment with beach huts, surf boards, old boats and buckets and spades.
7. The countryside is full of fabulous props. I love fallen logs, hay bales, barns and old walls... but there are hundreds of other options.
8. Chairs are every bit as good as doors. Shoot your super model dog snoozing on a chair for a photograph you'll treasure forever.

One final tip. Actors always say never work with animals or children. I disagree. In fact, if you have other four-legged or two-legged family members, I recommend including them in your photos.



It should always be fun

Remember, it should always be fun! If your dog is starting to look tired or if you just can't get the shot you want, then postpone operations and try another day.

Sharon Bolt is a very successful dog, horse (and people) photographer based in Winchester. She is also a longstanding Honey's customer. She is available for commissions and also runs workshops. Visit her website: www.cleobolt.com

Why every dog lover needs a walking stick

Of all the different accessories that you could take on your daily dog walk none is likely to prove as beneficial as a well-chosen walking stick. It will allow you to concentrate on the walk, rather than where you are putting your feet. It will steady you and make it much less likely that you will ever trip or fall. It will provide a powerful weapon against backache. Many dog walkers say that thanks to their stick (or poles) they feel less tired and can thus walk further. Recently we discovered (completely by accident) that a longstanding Honey's customer, Charlotte Gillan, is managing director of one of the largest walking stick producers in the UK – Classic Canes. We asked her to tell us about her family's business (forty years old in 2022) and for some dog-friendly walking stick tips. Very kindly she also donated a special walking stick for our latest free draw (see our News section).



How did your family become involved in the walking stick business?

Classic Canes is really an accidental business. My parents bought a ruined house in a Somerset woodland in the late 1970s and discovered that it was full of suitable trees for walking sticks. Production began in 1982 with a handful of sticks which they sold locally. Now we have stockists in about forty countries worldwide and a range of over 700 traditional and contemporary walking sticks, seat sticks and umbrellas.



Do you have a favourite walking stick?

Personally, I love the rustic models, such as the hazel sticks. Each one is different because it is produced from coppiced rather than sawn wood, and the many colours that glint in the bark of a hazel stick make them very special. Wooden sticks are often kept for decades and even centuries; they develop great character over time and become much-loved friends and heirlooms.

Do you have some stick choosing tips?

A walking stick set to the right height will keep the user's shoulders level and their arm slightly bent. If it raises their shoulder it is too long and if it

causes a stoop it is too short. Both can cause musculoskeletal problems over time, so it is very important to find the right height. For a long stick such as thumbstick or hiking staff, it is less critical, but it is best to have your lower arm at a right angle to your body, bearing in mind that in hilly country you will want something longer for support when walking downhill. Stick choosing is a very personal business and what feels right to one person will feel all wrong to another. Look for good hand support, the right size of handle (like choosing a tennis racket grip) so you can grasp it firmly. Pick something that suits your personal sense of style. Too many people suffer falls because they refuse to use their ugly hospital-type walking stick. Buy one that makes you look better not worse!



Do you have any dog walking stick stories from customers?

Some years ago, the Johnny Walker whisky company bought a great many tipping sticks (with a phial hidden inside for whisky) from us for a special presentation in the US. Once the order was complete, my mother asked why they had chosen Classic Canes, hoping to hear something complimentary. 'Oh,' said the buyer, 'We looked at your website... and just loved seeing your dogs.' Which is why we always include our dogs in our catalogue.

What walking sticks would you recommend for a dog lover?

Apart from long rustic sticks or trekking poles (ideal for dog walks), we have a series of collectors' canes with various breeds of dog heads as handles, such as Labradors, Pointers and Spaniels. We also have height-adjustable folding canes printed with dog patterns, as well as cats, horses, bees and hosts of other motifs.

Trekking poles... what are the benefits?

With a trekking pole in each hand you are effectively a quadruped. You benefit from greater upper body engagement, and there is a corresponding reduction in the load borne by your ankle, knee and hip joints.

Over the years, this can significantly reduce wear and tear to these joints. You are much less likely to fall over because you have more points of contact with the ground, aiding your balance, and you can test the depth of puddles before wading into them and making your socks wet.

Which are your most environmentally friendly sticks?

Sticks made from coppiced wood are part of a renewable system. Coppicing is a centuries-old forestry technique whereby a semi-mature tree is cut off above the ground. The resultant shoots can be harvested for stick production after a few years. The tree then produces new shoots and the cycle starts again. Coppicing produces a good habitat for woodland flora and fauna.

Tell us a little about your own dogs...

My mother used to breed Golden Retrievers and there is even one in the Classic Canes company logo. I only have one at present, a ravishing blonde named Morag who is an enthusiastic Honey's consumer. She is beautiful, charming and utterly manipulative but also a fantastic long-distance walker. She has walked the Pennine Way, the Two Moors Way coast-to-coast path across Devon and many stretches of the South West Coast Path. Sadly we had to have a big, grand old boy called Boris put down recently, so we have a job vacancy for a puppy, perhaps in the spring. It will be the family's 17th Golden Retriever.



Where can our readers find your walking sticks?

All our models can be viewed on our website www.classiccanes.co.uk and there is a Find A Stockist section that links to online retailer. Alternatively, they can email us at info@classiccanes.co.uk for details of stockists in their area.

Introducing Homeopathy at a Wellie Level

I spent a good deal of 2008 looking for ingredient suppliers for what was to become Honey's. I must have spoken to dozens of fellow farmers as well as quite a few farm animal vets. Along the way someone told me about Chris Lees and Homoeopathy At Wellie Level (HAWL). Chris was teaching farmers how to use homeopathy with great success. That is to say, farmers were keen to learn and – crucially – they were reporting back that it was working. Interestingly, Chris thought that this was, in part, because the course she offered encouraged farmers to take a holistic view of their animals' health and not to settle for the conventional 'pill for every ill' approach promoted by so many vets. Anyway, we have been supporting HAWL in a small way ever since. I have attended their lectures and spoken to farmers who have been on their courses and written articles about the organisation for the farming and rural press. You might, with good reason, wonder what HAWL has to do with dog food. We share four common areas of interest with HAWL: farm animal welfare, sustainability, the food chain and the environment. Their goals are aligned with our own. True, Chris's excellent article makes no reference to dogs, but for all that I believe you will find it of interest.

Jonathan
Honey's founder

The beast not the bug

Chris Lees BSc (Hons) Ag., Dip Ed., RsHom



I run a course called Homoeopathy At Wellie Level (HAWL) which teaches the 'responsible and effective' use of homoeopathy for farmers looking for alternatives to pharmaceuticals.

My family used homoeopathy when I was growing up. Before the advent of antibiotics my aunt had been nursed through diphtheria with homoeopathy, my uncle through pneumonia and my mother often gave us little white pills from various bottles when we had colds. I thought it all rather silly. She looked things up in a little black book. I remember reading it, lists of complaints and then short names Arn, Nux, etc. There were phrases like 'headache worse Monday morning'. It was years before I understood the relevance of that. Now I read that over 300 million people worldwide use homoeopathy regularly.

The idea of using homoeopathy for animals did not occur to me until many years later, chatting to a sheep farmer in Cumbria. She was selling her flock and moving to London to train as a homoeopath. There had been a big problem at lambing. 'The lambs were dying, my vet tried all sorts of things and the lambs kept dying so I asked a homoeopath for help. She gave them a remedy and they stopped dying.' For this farmer it was a life changing experience.

Eventually I too decided to train as a homoeopath. But for humans not for animals – only vets or owners may treat animals. Then my own 'life changing experience', the sudden death of my husband, left me wondering what on earth to do so I took myself back to my first love, which

was farming and enrolled at the then Royal Agricultural College (now University), which had started admitting women! The degree involved a dissertation and so, remembering the lamb farmer, I put together the two subjects, homoeopathy and farm animals. Was there, I asked, a role for homoeopathy on the farm? My finding was yes there was. Antibiotic overuse was beginning to be a big issue, organic standards encouraged alternative therapies, but while many farmers wanted to use homoeopathy very few vets were trained in it and even fewer of those were in farm practice (about 12 then, less now). Thus most farmers were unsupported in their learning, discouraged (even ridiculed) by their conventional vet, and generally unsure of what best to do. Moreover there was a risk that homoeopathy was being inappropriately used and would be brought into disrepute.



'The course made me realize that animals have strong powers of recovery without antibiotic therapy and if animals were allowed to express natural behaviour, in natural surrounding and grazing organic grass, problems would minimize.'

At that time (it was 2000), organic conversion was being encouraged and the Soil Association ran a few lectures on the topic. However, as David Wilson, farm manager to the Prince of Wales, pointed out, although it all sounded very exciting no one as providing farmers with practical support. I thought that I would try and fill the gap and that is how HAWL was conceived.

When I was researching my dissertation I had met several homoeopathic vets and homoeopaths with farms or farm experience. They all felt a proper course was feasible and offered to help with the teaching. I wrote the syllabus and we began our first course on a wing and a prayer. How did I find the students? I have no idea really, but they came, all fifteen, three of them delightful ladies who travelled together from Cheshire to Gloucestershire each day. I recorded each session, sending them to the student (on cassettes in those days) before the next part of the course.

'Our animals are all much healthier as result of what my husband and I learned on the course.'

How much did our students need to know to be responsible, (safe) and effective. Well, they needed to know 'the rules' – where to buy, how to handle, and how to select remedies. They did not need to know much about the history or theory. After all, they are not going to become practitioners and farming is more about keeping animals healthy for relatively short lives.

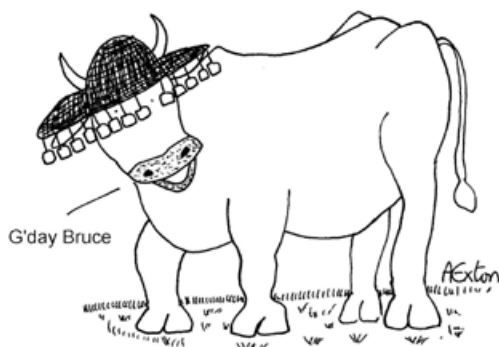


The first concept taught on the course is that homoeopathy is 'the process not the pill'. The remedies sold as 'homoeopathic' need to be used homoeopathically – that is to say, according to the principles of homoeopathy, in order to be fully effective. They need to match the symptoms

the patient is showing very precisely. Preparing the syllabus I wanted farmers to know that homoeopathy is far from pink and fluffy. It is a vast, very well documented and comprehensive system relying on accurate observation to match the 'picture' the animal presents to the 'picture' of a remedy. It has its own rules, known as principles, which need to be followed and relies on observation – something farmers are very good at. Any article you read about homoeopathy will explain that homoeopathy is based on the concept of 'like cures like'. Not a new idea. Hippocrates (he of the Hippocratic oath which begins 'First do no harm...') suggested it around 400BC. There are two methods of healing, by 'similar' or by 'opposites'. Modern medicine follows the latter, hence anti-inflammatories, anti-histamines and anti-biotics. Homoeopathy follows the former. Symptoms which look similar to those caused by a substance, will be cured by using that substance. It was Hahnemann, a German chemist, who revived the concept of the law of similar, a couple of hundred years ago. Chincho-bark (Quinine) had been found to treat malaria but no one knew why, (the theory at the time was the bitterness). Hahnemann decided to take it when he was well and see what happened and found that he experienced all the symptoms of malaria until he stopped taking it. A Eureka moment. He called the system *homoeo* – like, *pathy* – suffering, and persuaded friends and patients to try all sorts of substances, one at a time. He recorded the results in great detail in a *Materia Medica*, an alphabetical list of substances and observations of their action. He called these observations 'proving' and homoeopathic remedies are still 'proved' on healthy humans – never, we are proud to say, on animals.



Homoeopathy is all about the beast (what it is showing you) not the bug (what the illness is). The farmer may use the shorthand of a diagnosis – my animal has pneumonia – but makes the diagnosis because of hearing a cough and seeing breathing problems. However, being a good farmer, he or she has undoubtedly, subconsciously, noticed a lot of other things which no one asks about and are no use to the vet. That the weather changed and there were icy northerly winds, that the particular animal stays at the back of the shed, or keeps coming to the trough to drink, or is not drinking, that its eyes are dull, or very bright, that only its right eye is affected, that the coat is itchy, that its back end is dirty, that its dung is runny, mucousy, yellowy, that this one is very worried by flies, lots of little things, of no use to the conventional practitioner, but gold dust to the homoeopath. These are the details needed to decide which of the many remedies for a cough is the right one for that case. Which leads us to the next principle, the totality of the problem, looking at all the signs and symptoms the animal is showing you, not just the cough.



Daisy had caught brucellosis again

Homoeopathy is all about observation and farmers are brilliant observers, they have to be in order to keep their animals healthy. Farmers know when an animal is not quite right, but in most cases the vet, if called, will suggest they wait and see what develops, until there is full blown diagnosable disease, or the animal has self-cured. Over the last 40 or so years the professional skills of the farmer have been largely unrecognised. The agricultural industry is awash with consultants and advisers all removing

authority from the farmer, all discounting the farmer's competence and innate skills. Using homoeopathy allows farmers to use all those skills and help their own animals, take early action and avoid many problems. Not an easy thing to research, proving something didn't happen but the farmer knows, from years of experience, what often happens after, for example, a cold wind, or transportation, or weaning. They can assess if their remedies have had an effect, helped them keep the animals well. They would be unlikely to waste money using remedies which had no effect.



The next concept to address is how much to give and how often, which is referred to as the minimum dose. It also means how dilute – and remedies sold as homeopathic are very diluted, indeed today they are seen as far too dilute to contain a molecule of the original substance. For Hahnemann it was simply a practical solution. Many medicines in the pharmacopeia of the time were poisons, with horrible side effects, so in order to avoid the poisonous effects he experimented with dilution. To dilute accurately (remember he was a chemist) solutions had to be well mixed by vigorous shaking (called succussion) and the process meticulously recorded.

'The HAWL course has had a huge daily benefit to our farm. We now look at the whole of our business in a different more holistic way, as we have more of an understanding of likely causes of stress and illness so can react to situations immediately. When we prevent an illness developing, the animal is less stressed. We still use the vet for anything we cannot tackle, however we have seriously reduced our vet bills, which has helped us keep our heads above water.'

The remedies licensed for use today are prepared according to strict international standards and in various potencies (i.e. stages of dilution) as originally recorded by Hahnemann. However, Avogadro's Law states that dilutions above 12c (c = a hundred times, that is diluted a lot) are unlikely to contain any molecule of the original substance. This is what critics point to. Without a molecule in it how can it possibly work? Today physicists look beyond molecules, find nano particles, exploring vibrations and the physical properties of water. They show that dilutions have measurable vibration patterns specific to whatever is dissolved in them. Fascinating and way beyond my understanding, even after attending a high powered conference on the topic of ultra-dilution. I can, however, quote Nobel prize winner Professor Montagnier: 'High dilutions of something are not nothing, they are water structures which mimic the original molecules. It's not pseudoscience. It's not quackery. These are real phenomena which deserve further study.'



Simple practicality suggests a need to know if a remedy given has worked. It is now widely accepted that illness often follows stress and on the farm stresses come all the time. The remedies we begin with on HAWL can help to reduce the stresses of day to day farming situations, fear, separation, birth, accidents and injuries, but the farmers must be specific, what sort of stress, what is the animal showing you. Farmers certainly know that loss of production or weight gain, if not actual disease, come after pain or fear (tail ringing of lambs, castration, dehorning, weaning etc), all things which have to be done. After the HAWL course they can do something to help their own animals.

HAWL introduces the farmer to the 'picture' of eight remedies useful in the daily routine of the farm. The students recognise these pictures, of the animal wide eyed with fear when it is chased, the animal which mopes and won't eat when it's offspring is taken away, which bellows for days, the newborn, blue and not breathing. By approaching from this angle the farmers realise what a lot they really do know about their animals and how useful that can be in keeping them healthy. For a farmer a sick animal is not a profitable one and being able to take early action to avoid problems is empowering.



'I think the most important thing I learnt from the HAWL course is to take time to look at my stock properly and to observe each animal as an individual and recognise its idiosyncrasies. To recognise when an animal is acting differently, and to find out why. Or to pre-empt a situation, by giving an animal a remedy to help it cope with the stress of its situation.'

There are other homeopathic principles which we teach on the course and which help farmers to realise where problems may lie, one is susceptibility. Some animals are more prone to problems than others. For instance lameness runs in families, so why breed from those animals? Why create the problem? The other follows from this – the concept of the maintaining cause. There may be maintaining causes (poor housing, poor food, over-crowding, bad handling etc.), which need sorting out before trying to use homeopathy. Better remove the cause than have to treat the problem, especially as so many bugs are becoming resistant to the antibiotics. Farmers begin to make those connections. Indeed taking the HAWL course often makes them take a long hard look at their management and see where it can be improved.

Remedy selection is very structured, it is all about observing the picture the animal/human is showing and then using the books to find the remedy picture that matches. The list of symptoms is in the repertory and the list of remedies pictures is in the Materia Medica. So the next stage is to learn how to use those books. A repertory is an inventory of symptoms and the remedies showing that picture. Like a military hand over, you can look up anything. Without a repertory finding a remedy would just be hit and miss. No one can remember over five thousand possible remedies. Trevor Adams, a homeopathic vet, has created a simple farm repertory and brief materia medica for students to work from. It's a fantastic tool, and utterly unique. Volunteers have translated it into French and German, although at the moment I have no idea how to get it out there, where it will be useful. Help gratefully received!



'We've found homeopathy has made us much more observant. We use homeopathy as a preventive tool, catching situations before they develop into a serious disease.'



"Every time I eat hay, I get hay fever."

Essentially homeopathy is simple. One has to follow the principles, observe carefully, use the reference books and, of course, get plenty of practice. It is very rewarding to see farmers, often with little confidence in their ability to study, light up as they realise they can do this. The course is three days over about two months giving time to revise, consolidate and put into practice what they have learnt on each day. Each day builds on what is learnt the day before. Observation is a major part of the first day.

That and learning the rules and where to buy the remedies. Most students come to Day One with no previous knowledge of homeopathy at all, a little apprehensive, often sceptical and certainly not used to sitting at a desk all day so we have created interactive games which move them around and let them meet each other. At the end of the three days we can talk to them in this new language of homeopathy in a way they could not have imagined before. We give certificates of attendance, obviously we cannot test competence. HAWL has always run on a shoestring and depended on donations. Our first came from His Royal Highness The Prince of Wales.



HAWL is a registered not-for-profit company and if you would like to help in any way we would be delighted to hear from you. Donations are, of course, very gratefully received! Please get in touch if you would like more information. Our website is www.hawl.co.uk, which has a link to our newspaper entitled *This is Farm Homeopathy*. Contact can also be made through secretary@hawk.co.uk or by ringing Chris Lees, on 01666 841213.

An interview with Nick Thompson – The Holistic Vet

Nick Thompson is one of the best known (and best loved) vets in the UK. He was one of the first to understand the importance of diet in canine and feline health and in 2013 he founded the Raw Feeding Veterinary Society.

Did you grow up with animals?

You mean apart from my brother and two sisters? Yes. We had a meek black fluffy cat called 'Pushkin' when I was very young and when I was five an extremely naughty Dalmation called Jake. Jake was something of an escape artist and he was always 'chasing Colonel Chamberlayne's horses'.



I never met Colonel Chamberlayne, but the idea of him terrified me and the name still gives me the shivers! When I was eight Hammy my hamster fell ill and we took him to the vet, who did not offer much hope. I nursed Hammy assiduously but sadly he didn't make it. Even then, I must have been thinking of vet medicine because this incident se-

riously dented my admiration of the profession. There isn't space to list all the other animals but I must mention George, a fabulous Lab. George used to go into the garden and howl when the local church bells were rung. He also 'sang' when we played the piano. To this day when I hear children playing a keyboard, I still wait for George to chime in.

When did you know you wanted to be a vet?

I must have been thinking about being a vet from when I was seven. My father was an excellent and well-loved small-town GP. Having seen him treat us children I was aware of the power of gentle, humane medicine. My mum was a nurse. She was always keen on nutrition as the basis of health but also studied homoeopathy, herbs and aromatherapy during her lifetime. I learned a lot about empathy from them both. I started at the Royal (Dick) School of Veterinary Studies in autumn 1986. In the middle of my studies I took a year out to study Pathological Sciences (virology, immunology and molecular biology, among many other 'ologies'). I qualified in 1992 and I've been learning ever since. As an aside, raw food feeding is, without doubt (even in comparison to my training in modern medicine and surgery, homeopathy, acupuncture and herbal medicine) the most powerful and life-changing intervention that I've come across in my thirty-five years in veterinary medicine.

What was your introduction to Homeopathy?

My introduction to homoeopathy was through my mother. She was a nurse who trained at the John Radcliffe Hospital in Oxford. She was interested in all sorts of alternative medicine (as it was called then). The first time I can recall hearing about homeopathy was with the use of Gelsemium when one of my sibs had 'flu. I was fascinated.

What inspired you to start the RFVS?

I had been talking to vets, vet nurses and critical figures in the raw food industry for three years trying to rouse people into coming together for mutual support in the raw space. Finally, in 2013 about fifteen of us met up to discuss forming a raw group for professionals. The atmosphere was electric. Everyone was upbeat, positive and proactive. In 2014 we held our first conference. We hoped for 25 attendees but 80 came. The RFVS is now over 200 professionals from all over the world. This year, we have a Chilean President, Christian Vergara, and our Senior Vice President, Neus Candela, is from Spain.

What are the biggest challenges facing the veterinary profession?

Suspicion: suspicion of the vet profession to raw food is, I think, one of our biggest challenges. Vets are not trained in dog and cat nutrition very much. They are not trained in raw food feeding at all. Therefore, understandably, they have a high degree of suspicion of the practice. My colleagues at the RFVS and I are bending backwards to engage with vets and vet nurses in the UK, Europe and the USA (not to mention Australasia and South America). So far, so good, but we're keen to do more.

Do you have a favourite animal hero?

I could name many animals that have inspired me; Giddy, the polo pony whose gentle caring taught me to ride in my 30s; Aggie, the tabby cat whose grace still inspires me today or my Collie *Sal*, who taught me that kibble is the wrong way to feed dogs. But the most remarkable and inspiring dogs I know are Siberian Huskies who pull sleds in the Arctic. I read the remarkable book *The Cruellest Miles* a few years ago. I was astounded by the mushers' stories; the strength, endurance, cooperation, vitality, and most of all, the intelligence of these remarkable dogs humble all of us humans.

Tell us a little about your practice?

My practice is www.holisticvet.co.uk. We're based in Corsham, near Bath in the UK. I consult with dog owners here, but since Covid, I am doing a lot of telemedicine worldwide. I founded the practice in 1999. We offer natural nutrition, herbal medicine, homeopathy, and acupuncture, although raw food canine nutrition is taking up 95% of my time in the last decade. My current passion is making videos. A recent one is *Raw Food: The Basics* and another is *Bones & How to Feed Them*. They're available on my holisticvet.co.uk website. I'd love feedback!

Best case history this year?

I'm fortunate. I can think of dozens of cases that I could share with you, but the lovely dog who springs to mind is Whiskey, a two and a half-year-old GSD-Collie-Lab cross rescue dog presenting with spectacular diarrhoea during lockdown. This is what Whiskey's human companion said:

During the day Whiskey had constant access to the garden (to eliminate watery stools). At night we had to put a tarpaulin to cover a large area of the floor in front of the sofa which he sleeps on as he used to get up in the early hours and once standing he couldn't hold on. We were constantly washing furniture. The tarpaulin had to be carried out into the garden and hosed down every morning.

Whiskey was losing weight. His family was desperately changing his raw diet every day to try to find something that worked. After a detailed consultation, we put him onto a single protein; rabbit. We added a prebiotic powder with lots of chamomile to reduce inflammation. He improved rapidly and completely. After sleepless nights and anxious days for months, his human companion was able to relax and enjoy her own life, as well as gradually fattening up Whiskey and enjoying his new vitality. Contrasting our first telephone consultation with the last was like comparing night and day. I'm so grateful for having had the opportunity to work with them both. One day I may even meet Whiskey. I hope so.

Will you ever retire?

Ha, ha! I have young children (Arthur and Ophelia, neither yet 10) and so need to keep going until they have finished their education. However, the truth is that more and more my hobbies (food, cooking, health, reading and learning) merge into my working life, and so I don't think I will ever fully retire. Long may there be books to read and genius nutritionists with whom to chew the fat.

How satisfied are you with your life so far out of 10?

Ohhh. I'd say about 8/10? You thought I'd say 10, didn't you? The missing 2 represents the slowness with which my profession is coming to understand how beneficial raw feeding is to dogs. Raw food feeding makes evolutionary, biochemical, behavioural, physiological and endocrine (hormonal) sense. It causes a fraction of the damage we see to dogs all around the globe relative to cans and kibbled food. And yet, vets are reluctant to move from the safety of the big food corporations—such a shame.

Web: www.holisticvet.co.uk

FB: Holisticvet Ltd

Instagram: @holisticvetUK

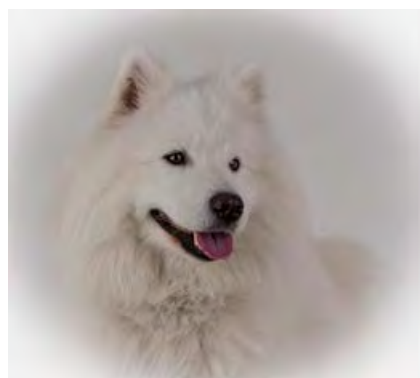
In Memoriam

The following few pages are devoted to a number of extremely moving and deeply personal remembrances for much-missed, much-loved canine family members. They vary in length (some short, some long) and content (some factual, some full of stories and reminiscences), but they all contain a common element: they have been written from the heart. We will be dedicating a tree for all the dogs mentioned here, and for any other Honey's fed dog who has died, in the new Honey's Wood. If you have lost a dog (even if it is some time ago) and would like him or her mentioned in the next newsletter please email me direct. I will also arrange a tree dedication. Finally, if you are bereaved at the moment please accept my own heartfelt condolences.

With very warmest regards,

Jonathan

Jonathan
jonathan@honeysrealdogfood.com



QANNIK WILKINSON
2007 – 2021

The most intelligent dog in the UK

Qannik's (his name means snowflake) departure was quick and sudden, all happening within a week of his fourteenth birthday, when his body simply gave up on him. In 2018, he had had an accident whilst training for CanniCross

and severely damaged his hip (dislocation). Thanks to Richard Allport of the Natural Medicine Centre, Alan at Athena Holistics and Tom at Wylie's Veterinary Practice he was able to lead a relatively normal life, although his walk was a bit wobbly. In the end we had to make the decision. His condition and his age had finally caught up with him. The bad days outweighed the good ones. It would have been unfair of us to let him continue. Throughout all his various medical treatments and procedures he did not complain once. During Qannik's life he experienced a great many things and activities. When he was a puppy we were told that it was impossible to train Samoyeds but Qannik proved it was. He achieved something in the region of a hundred different tricks and at one point learnt to skateboard. He attended the Aviemore Sledding Rally in 2011, having been trained with his brother as a sledding dog. He became proficient in agility and scent work and gained the good citizen dog award. During his early life he was a show dog, qualifying for Crufts and winning a wealth of red rosettes. He travelled the length and breadth of the country during this time. In 2010, he appeared on the cover of Dogs Today and his life changed direction. He was invited onto several television programmes including *Blue Peter*, *Over the Rainbow* and *Bang Goes the Theory*. He received his own Blue Peter badge and won the title of 'The Most Intelligent Dog in the UK'. Qannik's friends list included Jodie Prenger and Dallas Campbell. Finally, he helped his Mum change careers and achieve her dream job of becoming a dog trainer and Tellington T touch practitioner. Indeed, she is now working for the Dogs Trust as one of their area head trainers. To say that Qannik is missed is an understatement. The house is quiet, the world somewhat smaller and sadder. We remind ourselves that Qannik is running free and pain free. He will always be in our hearts.



BEN MILLS
2012 – 2021

Champion show dog

We have all been hit very hard by losing Ben. He was a very happy and healthy dog. He was hardly ever ill and was active up to

his last day. He loved socialising – we could not walk anywhere without people wanting to say hello to him. Ben had a long career as a champion show dog, including winning best of breed twice at Crufts, and was a real showman. But most of all he was our boy, and we miss him every day.



RUBY PALMER
2005 – 2021

A life well lived

Ruby you brought such joy and happiness. It was a privilege to have had you in my life.



HARDY BESHOFF
2006 – 2021

I feel and see him everywhere

I will never get over Hardy's death. I feel and see him everywhere. I have not gone for one walk since he left me. We were never a day apart since I 'rescued' him on 23rd May 2007. He died on the 25th July 2021. He was nearly 15 years old. I won't have another dog now.



BELLA KEMPSON
2015 – 2021

My best friend

Bella was my best friend. She was taken away so soon – only six years old – with cancer.



BORIS GILLAN
2008 – 2021

Life is not the same without him

Big, grand and glamorous, Boris lived a full life in rural Somerset. In his youth he completed many long distance walks and in his latter years he devoted much of his time to digging for moles. His enthusiasm for swimming and his extremely thick coat led to many a hot spot and skin problem, which brought us to Honey's and the healthy diet that made such a difference to him. Life is not the same without him.



RALPH THOMAS
2011 – 2021

Greatly missed



MOLLY BEACHEM
2009 – 2021

She fell asleep

We took Molly for a wonderful walk on the 4th May and when we got home she fell asleep and did not wake up. We miss her. We have planted a fuchsia where her ashes have been buried.



TRUFFLE SYNNOTT
2007 – 2021

He made the patients in the hospice laugh

Truffle touched the hearts of everyone he met as he had such a wonderful temperament. He was an agility dog, a scent work dog, a truffle hunter, and a Pets as Therapy (PAT) dog. He made the patients in the Hospice laugh. The children at our local primary school loved reading to him. He had such a warm, charismatic personality that when he attended school assemblies all the children would sit quietly and pay attention. He was the best of companions.



BAILEY BANCROFT
2011 – 2021

A huge personality – deeply missed

Our Beautiful Bailey Bear was a huge personality and is deeply missed.



HUMPHREY KILROY
2011 – 2021

The house is empty without him

Humphrey might have been small in stature, but he certainly had a big personality! He was a very fine Dandie Dinmont, typically determined, very vocal and always managed to make himself the centre of attention! The boss of the house for sure. He was

very affectionate, loyal and funny, making everyone who met him smile. Despite his size, he could jump onto anything in the house and we would regularly find him in places he knew he shouldn't be. He was definitely a 'one off' – a true dog of a lifetime. The house is empty without him and he is sorely missed by his human family and dog pal Parker.



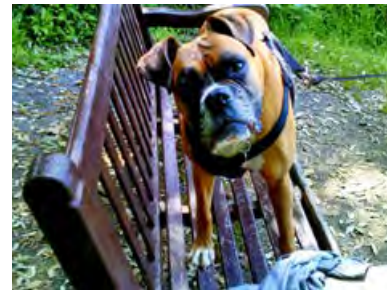
ELSA CRAMPIN
2008 – 2021

The connection continues...

Elsa was a very special lady. She taught me love and loved me entirely. When we got her as a puppy I was living and working with people who had special needs. Elsa's acute sensitivity for those around her served us well. She always chose love regardless of the person

or circumstance. She loved walks, particularly in the woods and on the beach. She loved community events, particularly if they involved food.

She loved to play, particularly with her two, enormous paws. (She would use those paws to get your attention or to hold you down depending on your size!). She loved food, particularly sausages, burgers and bacon (she was a devout BBQ fan). She was happy to just sit with me in the garden and look at the little birds coming and going. She adored raspberries. She had a special affinity with teenage boys. If I had to go somewhere without her she would be looked after by a friend or neighbour's son. They would dote on her and she would dote on them. Possibly she liked lounging around on sofas and eating junk food! After we left the community, we had a road accident, which was life changing. Elsa's right leg had to be put back together with metal pins and plates. The slow healing journey we took afterwards was hard, but also amazing. She was stoic. It was uncomfortable and difficult – but she always was more concerned with everyone else than her own situation. She healed remarkably well considering the extent of the break. The leg operation took all my savings and afterwards we had to find somewhere to live without stairs. We embarked on a completely different life plan to the one I had anticipated. Without the accident I probably would not of explored my own dark places so thoroughly. I felt such guilt over the accident and that had a knock-on effect in my life. In the end it caused a pause and a deep investigation of my inner life. Without the accident I would not have deepened into Interspecies Communication which now takes up so much of my life and is my great joy. Without the accident we would not of met the people so relevant in my life today. Elsa taught me so very much and I am honoured to of had the time I had with her. The connection I have with her continues in a different way. I am so grateful for our journey together, it is miraculous on many levels.



MAISEY BALDWIN
2010 – 2021

She would say hello to every single person we passed

Maisey was a unique dog. She was very sociable. One of her favourite activities was accompanying me to the local high street so that she could

meet people. She would say hello to every single person we passed. If she noticed someone sitting in their car, she would wait patiently until they got out and spoke to her. Everyone in the town knew Maisey! She loved her food and always savoured it. She even enjoyed her breakfast on her last day.



MEGGIE PRENDERGAST
2008 – 2020



SAFI PRENDERGAST
2008 – 2020

A double loss

Meggie and Safi came from the same litter. Safi outlived Meggie by just six months. They were Great Dane/Ridgeback crosses. Their loss is very, very keenly felt by their family and friends.



LEWIS SMITH
2008 – 2021

Our alarm clock and faithful companion

Our dear Lewis was a much loved part of our whippet family. He was an ever faithful companion, show dog but foremost a family pet. He had many wins at championship level, gained one challenge certificate and a first in his class at Crufts 2010. Lewis was our alarm clock, knowing what time we should wake up, living up to his Kennel Club name of Courthill Chorister!



**LOLA CONSTANTINE
2009 – 2021**

Dear Lola

A plaque has been erected in the garden of The Wheatsheaf, our local pub to commemorate Lola's life. It was one of her favourite walks – she loved to join my son there when he looked in for a pint. They would walk home together taking a short cut through the church cemetery – where we have scattered her ashes. Dear Lola is greatly missed by all who knew her.



**ARCHIE KEEN
2010 – 2021**

He gave comfort and love to so many people

Archie was a beautiful, sensitive boy who was my teacher, inspiration, protector, wild wolf and best friend. He held me through some extremely difficult times in my life and I will be forever grateful for his spirit, warmth and unconditional love. He is now free to bound his way across the Howardian Hills in

North Yorkshire. I take meditation classes and Archie was the 'welcome committee'. During lockdown he inspired 'Archie's Adventures' – where I narrated our walks and recorded them to send to my meditation groups who couldn't get out. He gave a lot of comfort and love to so many people!!



**JASPER WILLIAMS
2012 – 2021**

Everyone adored him

Jasper, our beloved, cheeky Cavalier King Charles Spaniel died suddenly on September 14th after suffering heart disease for just two months. When he came to us as a puppy he was

our fourth Tri-colour Cavalier. We knew that we had fallen in love with a breed, which often has health issues. Jasper had a 'Cavalier back', but even so he was full of life. He used to race around the public golf course which bordered our home. If he wanted to get onto a sofa or down onto the ground he would give whoever was to hand 'the look'. It never failed. Everyone adored him. Jasper enjoyed the company of Max, a Yorkie/Shitzu we had adopted. When Max died in 2019, Jasper was a lone dog for a while, until Otto, a miniature dachshund, arrived in July 2020 to join us. Jasper became full of life again. His sudden heart disease diagnosis and early death coincided with our house move after 35 years. So he will rest in a new garden. We will never forget him.



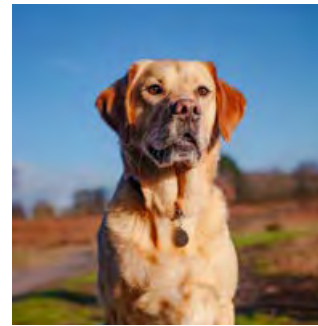
**SWEEP BRYAN
2011 – 2021**

He was small of stature but has left a huge hole

At the end of September, I lost my lovely ten-year-old Norfolk terrier, Sweep. In July he had to have a tooth out and I think the anaesthetic worsened his leaky heart valve – he never really recovered from the procedure. That's not to say he didn't

still enjoy a walk, steady, of course, treats, food and doing some of his best tricks! As a puppy we attended basic obedience classes, which he enjoyed immensely. When he was a bit older, we tried Rally O – a system of American obedience training. Also, some mini-agility – he loved the tunnels and high dog walk! He was a very easy dog and came everywhere

with me including when I stayed in a hotel. At a friend's sixtieth birthday party he acted as the 'greeter' – welcoming each guest. He was amiable to all, both humans and other dogs. Even though he was small of stature he has left a huge hole in my life and Sooty my cocker spaniel's life. We miss him greatly, but he died peacefully at home which is something to be grateful for.



**HINTON WILSON-BOYCE
2015 – 2021**

Breathe easy now precious boy

We are still trying to process his absence. He was an incredible dog – amazingly gentle and sensitive, but with the beautiful spirit of a boy who loved life. Hinton adored people. He was very intelligent and willing to please, but he knew his own mind, too. When he came to us as a puppy

– just nine weeks old – the plan was to socialise him for a year and then send him away to work as an assistance dog. That plan didn't work out and a better one unfolded. He stayed. It turned out he was incredible at assisting me in my work as a trauma therapist. He participated in and added to every aspect of my life. His last months were marked by a developing nasal tumour – don't ever underestimate a runny eye or nose. He lived life to the full, right to the end. In January Hinton was given just weeks but he made it to the end of July – just thirteen days after his sixth birthday. We miss him in every possible way. Mind, heart, body and soul. He was a gift for which we will always be grateful. The memories are poignant, precious and painful. His hairs are still appearing everywhere. Breathe easy now precious boy.



**MULLIGHAN SPRATT-DAWSON
2010 – 2021**



**CASSIDY SPRATT-DAWSON
2010 – 2021**

Brothers with different personalities but both very loving

About Mullighan and Cassidy. They were Kerry Blue terriers – brothers – and although their life experiences were exactly the same, they had very

different personalities, temperaments and habits.

Mullighan appointed himself as our guard dog. He took this responsibility very seriously. He would go around checking all the doors and at the slightest noise he would leap up, ready to protect us. He would sometimes take against someone for no apparent reason, which wasn't always easy. He waged a constant war against rats – with great success! He was devoted to his family Perhaps not the smartest dog at times but extremely loving.

Cassidy was quieter and more sensitive. He was terrified of loud noises – fireworks, for example, and thunder. He was curious – nosy, really – and if, for example, we hung a new picture or left something where it didn't belong, he would notice and look up quizzically. He used to watch his brother charging around with a look of disdain on his face. He definitely regarded Mullighan as inferior. He was intensely loyal and loving. Unlike his brother, Cassidy lived long enough to meet my grandson, Charlie. If Charlie cried, Cassidy would jump up and lick my face, as if to say: 'Do something!'. Sometimes he would gently lick the top of Charlie's head to comfort him.

They always slept on our bed. In winter I would wake up to find Cassidy lying back to back with me, whereas poor Mullighan was always relegated to the bottom of the bed.



KINGSTON ROBINSON
2007 – 2021

Sadly missed

My Beautiful Boy Kingston, sadly missed and forever in my heart. Love you, Coralie xxx

If it should be

If it be I grow frail and weak,
And pain should wake me from my sleep,
Then you must do what must be done,
For this last battle can't be won.
You will be sad, I understand,
Don't let your grief then stay your hand,
For this day more than all the rest,
Your love and friendship stand the test.
We've had so many happy years,
What is to come will hold no fears,
You'll not want me to suffer, so,
When the time comes, please let me go,
I know in time you too will see,
It is kindness you do me,
Although my tail it's last has waved,
From pain and suffering I've been saved,
Do not grieve that it should be you,
Who has to decide this thing to do,
We've been so close, we two, these years,
Don't let your heart hold any tears.



WOODY MORGAN/PEARSON
2013 – 2021

He has left a huge hole in our home, our lives and our hearts

Woody was only eight when he died unexpectedly from a spleen tumour. The night before he was chasing sheep in

our top field followed by a full portion of Honey's. It was very shocking to lose him so suddenly and without warning. He was a particularly special dog and has left a huge hole in our home, our lives and our hearts.



MOSES ARCH
2011 – 2021

How we would love to hear him barking now

Moses was ten when he died. He came to us when he was one, a semi-rescue via a friend of a dear friend. As with so

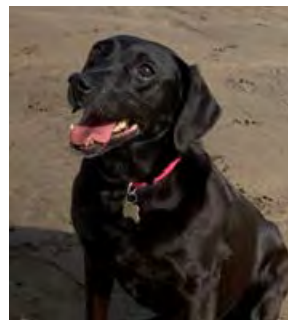
many small dogs, Moses enjoyed making a noise. He was especially fond of haring along our hedge-line barking madly at anyone who came too close. We would tell him off, but we never managed to persuade him that it was unnecessary. How we would love to hear him barking now. Towards the end of his life he started to have quiet days, where he rested more than usual. We thought nothing of it. He spent a Saturday on the beach trying to keep up with my son's Australian Shepherd puppy and afterwards he was particularly tired so we took him to an out-of-hours vet. Blood tests and a scan revealed Moses was actually a very poorly little dog with extreme anaemia. The team at 'South Downs Emergency Vets' in Storrington were very caring and gentle, but there was no getting around the fact that we had to say goodbye. My wife, two sons, daughter-in-law and I spent a little time with Moses on the grass lawn and then settled him into the back of the car. A little more homely than the surgery. Moses brought us such joy.



AKAAL KAUR
2009 – 2021

We miss her so much

We miss her so much. She had such a wonderful energy and was very good at getting people over their fears of dogs. In fact, she persuaded five different dog-phobic friends to get dogs!

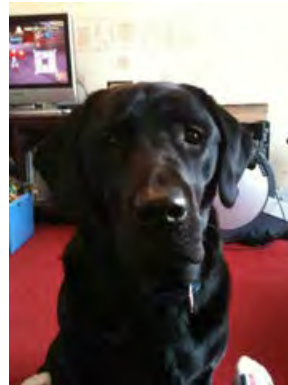


MILLIE PERCOX RIP
2011 – 2021

My loving and loyal companion

Losing Millie has, by far, been one of the hardest experiences in my adult life. For nearly ten years she was my loving and loyal companion. I work as a homeopath and during the lockdown I counselled several clients grieving for the loss of their dogs. This was one of the reasons

I decided to look for a companion for Millie. Pip was a very welcome addition to our lives. Initially, Millie seemed a little surprised, but they quickly became great friends. It was heart-warming to watch them play. Millie had always been quite an anxious girl, and Pip gave her confidence. I miss Millie every day. Last week, just a month after we lost her, we went to the Lake District for a weekend to scatter her ashes. It was very hard to say goodbye and we cried and cried as we left.



MAX ALLAN
2009 – 2021

Rest in peace Max bunny, you are forever in our hearts

Despite being told numerous times 'No, we are not having a dog, it won't get on with the cats', we persuaded Daddy to take us just to look at some Labrador puppies. He made it clear we would not be bringing one home. But then we walked through the front door and the first puppy to greet us was you Max. And so our mad, hectic, fun

life with you began. You could be naughty. For example, the time you chewed Daddy's brand new pair of leather shoes. However, such episodes were soon forgotten – especially when you looked at us with your puppy dog eyes. Our hearts would melt. We didn't have to worry about you with the cats, either. Tiger, Bill and Ben absolutely adored you and likewise, you them. They all miss you so very much, and keep looking for you all over the house and in the garden. Over the years, when my depression was at its worse you were always there as my confidante, listening to all my troubles and fears, even putting up with a soggy coat after I had soaked you with my tears. Then a couple of years ago we received the worse news ever, that there was a problem with your spine and it would eventually fuse all your vertebrae together. Also, your elbow dysplasia had got worse and had now spread to your hips. You had kidney problems and high blood pressure, too. It was my turn to help you and I did everything I could to make sure you weren't suffering. I'm so grateful that for the last three years of your life. I've been able to work from home and spend that much more time with you. The house is so quiet without you now, everyone misses you so very much. My heart is broken and it feels like you have taken half of it with you. At least you are no longer in any pain my precious baby, and that's the most important thing. Rest in peace Max bunny, you are forever in our hearts.



DAISY WEBB
2017 – 2021

Her sense of humour was joyous

I've never experienced pain quite like it. Daisy's loss was tragic and unexpected. What makes it a little harder to cope with is that I work within a veterinary practice and no amount of money/expertise nor sadly love, could save her. Daisy loved water so very much, although only really up to her tummy! She was the just the most wonderful of creatures. Her sense of

humour was joyous, she would steal a bobble hat or a sock for the sheer thrill of making us all laugh. She chased her little chicken 'sisters' just enough to wind them up and get a telling off, but would worry over them if they were poorly or heard them squawking. She was aloof but utterly needy and loving in equal measures at the same time. We will not live a day without missing her wholeheartedly.

The Honey's Directory of Everything



Free books. Free advice. Free goodies.

If you know a dog lover who is interested in switching to a raw diet or who has a dog with health issues, do, please, put them in touch. We don't mind if they never, ever plan to become a customer. Indeed, we are happy to provide advice, support and even recipes. The most important thing is to do the best for their dogs. Also, if you would like free copies of our books to pass on or sell as a fundraiser for a good cause, all you have to do is ask. If someone you refer to us does decide to order (and they will be under no pressure to do so) we will, of course, say thank you in a tangible way – just let us know. Finally, a huge thank you for any referrals or introductions, which are greatly appreciated.



Good things come in small sizes – 250g to be precise

A quick reminder that almost every single formula we offer is available in 250g as well as 500g chubs (the rather silly name used for our sausage like packaging). Please do ask for smaller sizes if it would be more convenient for you.



A personalised Honey's Dog Bowl

A personalised Honey's Dog Bowl with your dog's name on the outside and Honey's on the inside. Price: £20 for the small, £22 for the medium and £24 for the large BUT free, of course, if you recommend a new customer who orders from us!



Our original Superdog Cape/ Towel Thingie

Is it as cape? Is it a towel? Either way, it is the perfect way to dry off a wet dog. It comes in four sizes but only one colour: black. Small £15. Medium £18. Large £21. X Large £25.50. XX Large £30. Matching towel £6.



Please send us your photos!

We love to see pictures of our four-legged customers. Please email them to: info@honey'srealdogfood.com Thank you, thank you!



Gift Hampers

Don't say it with flowers, say it with Honey's! Prices for Gift Hampers start at £45 including delivery. We'll be happy to include a personalised card, too, and lots of little extras (such as book and treats).

%s!

Each Honey's recipe has a different % of bone, offal and vegetable. To find the % that suits you best, please call!

Beautiful Joe's Ethical Treats

We also make a pure liver treat called Beautiful Joe's. Every time we sell a packet we donate the same quantity to a dog rescue home nominated by our customers. The treats are hand made from 100% British, free-range, ox liver. Nothing is added – all we do is slowly dry the liver to lock in the flavour. If these treats were a liquid, we would call them Nectar of the Dogs. They lead to suspiciously perfect behaviour.

Offer	Cost	Save!
18 packets a month for the price of 12 + we give away 12 packets to dogs in need	£48.00	£24.00
12 packets a month for the price of 8 + we give away 8 packets to dogs in need	£32.00	£16.00
6 packets a month for the price of 4 + we give away 4 packets to dogs in need	£16.00	£8.00
5 packets + a tin + we give 5 packets away	£19.00	£3.50
1 packet	£4.00	
1 tin	£2.50	

We are very grateful for any new customers you introduce and have a small selection of gifts (As G B Stern said: 'Silent gratitude isn't very much use to anyone.') to offer you by way of thanks. Please ask for details.





The Honey's Working Dog Food Range

You want choice? We have choice! We make six free range recipes and five wild recipes. Most can be ordered with and without vegetable, and come in two sizes – 250g and 500g.

Free range Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Free range Chicken	£1.15	£1.89	£2.30	£3.77
Free range Duck	£1.29	£1.89	£2.57	£3.77
Free range Pork	£1.41	£1.89	£2.82	£3.77
Free range Turkey	£1.29	£1.89	£2.57	£3.77
Pasture fed Beef	£1.36	£1.64	£2.72	£3.28
Pasture fed Lamb	£1.44	£1.64	£2.88	£3.28

Wild Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Rabbit	£2.15	£2.56	£4.29	£5.12
Game	£2.14	£2.43	£4.29	£4.79
Venison	£2.15	£2.56	£4.29	£5.12
Pheasant	£2.00	N/A	£3.99	N/A
Pigeon (NEW)	£2.68	£3.75	£5.35	£7.49

Please note that all our food - especially our 'wild' range - is seasonal. Although we keep as much stock as we can in our freezers we can't always guarantee availability.

Active Working Dog Food	500g
Free range Chicken	£2.30
Free range Duck	£2.57
Pasture fed Beef	£2.72

Certified Organic Dog Food

Certified Organic Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Pork	N/A	N/A	£5.05	N/A
Chicken	N/A	£2.95	£4.51	N/A
Turkey	N/A	N/A	£5.06	N/A
Beef	N/A	N/A	£4.51	N/A

Please note we also offer organic pork tails, pork belly ribs and pork heart.



The Honey's Lean Recipe Range

Looking for something low in fat and/or low in protein? Our Lean range comes in four recipes.

Lean Dog Food	250g	500g
Lean, pasture fed Lamb	£1.72	£3.43
Lean, free range Pork	£1.67	£3.35
Lean, free range Duck	£1.52	£3.05
Lean, free range Turkey	£1.52	£3.05
Washed Tripe & Ox Heart	N/A	£3.60



Free range bones and wings

Looking for something that Fifi or Fido can get her or his teeth into? We offer a wide range of free range bones and wings. Bones are important for two reasons. Firstly, they provide vital nutrients including calcium, complex (good) fats and vitamins. Secondly, the actual chewing of the bones is what keeps a dog's teeth and gums healthy. Chewing and gnawing is also, believe it or not, excellent exercise and helps a dog to stay fit. We recommend giving your dog a fresh bone approximately once per week. Wings, on the other paw, are the perfect complete meal.

Free range bones and wings	
2 knuckle end pasture fed beef bones	£4.00
5 large pasture fed beef lollipop bones	£7.60
5 medium pasture fed beef lollipop bones	£7.60
2 medium pasture fed beef lollipop bones	£3.50
8 small pasture fed beef lollipop bones	£7.60
5kg of free range chicken wings	£15.50
1kg of 3 joint free range chicken wings	£3.60
1kg of free range duck wings	£4.25
1kg pasture fed lamb ribs	£5.00

DIY ingredients Save up to 33%

Why not make your own dog food using our ethically sourced ingredients? Not only can we supply you with wild, free range and organic 'makings', but we can also provide you with advice, recipes and support. We reckon that going the DIY route saves most of our customers between 25% and 33%.

Beef heart pasture fed per 1kg	£3.50
Beef liver pasture fed per 200g	£1.50
Beef tripe pasture fed washed in water per 1kg	£4.75
Chicken carcass free range per kg	£3.50
Chicken necks free range x 10	£5.00
Duck carcass free range per kg	£4.00
Duck necks free range x 10	£7.50
Lamb heart pasture fed per kilo	£4.90
Lamb trachea pasture fed x 4	£3.50
Pork certified organic pig tails x 6	£3.00
Pork certified organic belly ribs (750g approx.)	£6.00
Pork certified organic heart per kg	£5.00
Pork free range tongue x 2	£2.75
Pork free range trotters x 2	£4.00

Special DIY boxes Save even more

If you have the freezer space, why not take advantage of our special DIY boxes and save even more £££?

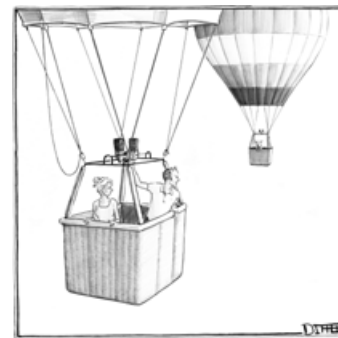
Special Offer Boxes – big savings!	
DIY taster box free range	£30.00
Duck carcass free range 14kg	£52.00
Chicken carcass free range 14kg	£45.00
Lamb ribs pasture fed 9kg	£40.00

Certified organic beef bone broth

Made using certified organic, grass-fed beef bones and filtered water with carrot, unrefined, unpasteurized and unfiltered apple cider vinegar aka 'with mother', thyme, turmeric and black pepper – all of which are also certified organic. 200ml £4.95. 500ml £9.95

Handmade Biscuits

We used to make our handmade biscuits at home but we got fed up with having to stay up all night baking, so now a local baker produces them for us. We use only the finest ingredients (including wholewheat flour) and, as you would expect, we have no truck with preservatives, sugar, salt, colouring or other chemicals. 100g of natural bone shaped biscuits or cheesy hearts will cost you £2.99.



"No, Rex. Go home."



RAW PROOF

The results of our 24-month research investigation into a species-appropriate diet for dogs is now available. You can download a PDF from our website or ask us to send you a hard copy (free of charge).



The Real Honey's Dog Food story

Do you know someone who is interested in switching to raw feeding? Would a copy of Jonathan's book help? Please ask for a FREE copy in your next order.

Our packaging is 100% recyclable. We use packaging that takes up 20% less space in a freezer than a tub and weighs 90% less.

Our books are also available as FREE downloads on our website



REAL DOG FOOD

Phone: 01672 620 260
(Mon-Fri 9am-5pm)

Email: info@honeysrealdogfood.com
www.honeysrealdogfood.com



All Honey's literature is printed using vegetable based inks on FSC® approved paper. FSC stands for the Forest Stewardship Council.

Green paws

Gardening tips from Teilo our canine horticulturalist

I can tell when my owner, Jim, is feeling stressed and I see it as my job to give him a gentle nose nudge and hint that we need to go out in the garden. He thinks he is doing the caring and dutifully responding to my need to relieve myself so it usually works and we head out the back door. I make a show of cocking my leg, Jim sees a gardening task that needs tending to, becomes deeply absorbed in it and before we know it an hour has passed and his equilibrium is restored.



The garden beckons

Gardening and pets have both been proven to aid a human's mental health. Combine the two and I like to think the benefits are more than doubled. Jim meets a lot of amateur gardeners who forget about their gardens from November to March. If you fall into this camp, I would encourage you to wrap up warm and get out there. Winter is the time to make big changes in your garden and those changes should be dog-friendly ones!

When the mood takes me, I like to dash round and round in a large circle. My route has, on occasion, taken in a sea of daffodils, newly emerging broad bean seedlings and in one particularly dramatic scene a tangle of pea sticks and string. I admit my behaviour on these days briefly undid the peace Jim encounters when he engages in mindful gardening practice. The result is that this winter our big job is to ensure there is an interesting circular route close to the perimeter of the garden for yours truly to hurtle around. Jim is lifting perennials to form a path near the back of each border which will also improve access for him to perform maintenance tasks.

Jim discourages me from playing with sticks and supplies me with balls and toys instead. Apparently, some sticks, such as those from yew or walnut trees, are poisonous and many types splinter and could cause me harm. It does seem unfair when at this time of year Jim orders a special delivery of long bean poles and pea sticks and spends hours crafting them into plant supports.

In the wilder areas of the garden Jim is using hazel coppiced from a local woodland to make a low hurdle fence. I could easily jump over it, but it is a really handy guide for me keep on track for this leg of my own Grand Prix circuit which also circumnavigates the compost heap, a shed and two mixed borders.

Jim has hinted that, next winter, he might order a bundle of coppiced or pollarded willow rods. These can be inserted 20 to 40 cm into the ground (where they root) and woven into living willow structures. (N.B. Willows have an aggressive root system and must be planted well away from drains.) We are thinking a meandering tunnel might add a new fun element to my trail. I am also hoping for a willow dome or wigwam for a post-run rest.



"Look, I'm not going to argue with you. I know it's you that's been digging up my garden. I certainly didn't put those rose bushes in!"



*Golden willow, *Salix alba* var. *vitellina* ready for pollarding*



*A common poppy, *Papaver rhoeas**



A low hazel hurdle edges a path

Teilo's Garden Jobs for January/February

Clear out nest boxes before the end of January. After that birds will begin to size up nesting sites. The law states that unhatched eggs can only be removed between September and January (August-January in Scotland). Put old nests on the compost heap and sterilise boxes with boiling water.

It is a good time of year to sow poppy seeds since whether you opt for Welsh, opium or the common field variety, they will germinate better after exposure to cold. Broadcast the tiny seed over a bare patch of raked soil that catches the sun in summer. They will fall down tiny cracks in the soil surface so there is no need to rake again. The seed will germinate during mild spells in spring to produce young plants that are perfectly hardy and will go on to flower in early summer.

If you plan to buy plants for 2022 do a little homework now to reduce the environmental impact. Support local independent nurseries that are committed to growing in peat-free media. More and more growers re-use plastic pots and send customers home with plants in paper bags. Online purchases from the more eco-friendly suppliers are sent out wrapped in cardboard, waxed paper and newspaper.

Teilo shares his home with gardening journalist James Cable from whom, we suspect, he has inherited his green paws.

