

The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Late Summer/Early Autumn 2022

A few words from Jonathan, Honey's founder

At Honey's we believe in certification and regulation. This means that we are inspected, audited and quizzed a good deal. By Defra and Trading Standards, as you would expect, but also by the ISO, Organic Farmers & Growers, 1% for the Planet and various others. If we make a statement – for example that we are carbon neutral or that our packaging is 100% recyclable or that we only use British free range, organic and wild ingredients – we can always back it up with hard evidence.

Recently, the Pet Food Manufacturers Association (PFMA) asked us to join their raw feeding certification scheme. I had actually forgotten that we were even members of the PFMA but we signed up after they did a U-turn on raw feeding (they had been very critical of it), in the hope that we would get a chance to influence their bigger members such as Mars and Nestle. We never got close to them.

Anyway, the PFMA invitation, which came at the same time as our renewal notice, resulted in us reviewing a) their certification scheme and b) the PFMA itself. The certification scheme turned out to be nothing more than a marketing exercise. Its standards are no higher than we need to meet for regulatory purposes. In short, it is pointless.

As to the PFMA, I had a long meeting with Michael Bellingham its CEO and his team during which I asked them where the PFMA stood on two key issues: farm animal welfare and the connection between canine health and diet. I can summarise the conversation with the following words: there was absolutely no common ground.

After I had calmed down, Honey's resigned from the PFMA because (as I wrote in my email to Michael): 'We do not wish to be members of an organisation that supports and endorses intensive farming, and which is so unconcerned about farm animal welfare. Moreover, we believe that the vast majority of the PFMA's members are actually harming dogs' health by promoting substandard, nutritionally inadequate food.'

I know that in the grand scheme of things, membership of a trade body is neither here nor there. On the other hand, the UK pet food market is worth almost £6 billion a year! A handful of companies are responsible for feeding 24 million dogs and cats. Getting it wrong – and the vast majority of the players are, in my opinion wilfully getting it wrong – has a huge impact on the health and wellbeing of these animals. Pet food businesses are using the PFMA as a means of justifying and continuing what can only be considered a terrible wrongdoing. Put another way, there is an argument that the PFMA is directly supporting unnecessary suffering.

I'd like to pretend that I have now got this off my chest, but the truth is the more I think about it the crosser I become. Perhaps time to change the subject! This issue of the *Alternative Dog* is, as usual, a bit of a mishmash covering everything from caring for a dog that is losing its sight to canine gardening, and from a spiritual approach to training to cat toys. I'd particularly draw your attention to our *In Memoriam* column and to ask you to spare a thought for everyone who is grieving at the moment. You will also see that, very reluctantly, we will be increasing our prices (although by less than inflation) in September. On a more cheerful note, our next competition is on the theme of 'Dinner Time'.

One more but vital thing: thank 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)
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In this issue



What is it about dogs?

By bestselling author
Jeffrey Masson



Montmorency!

One reader's favourite
fictional dog



Old dogs

Artist Sally Muir explains
the attraction



Kidney disease

Dr Amy Watson offers
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Blind faith

Care for dogs losing their
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In Memoriam

Honey's fed dogs
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Rescue dog tips

By Sara Muncke,
Chilterns Dog Rescue
Centre



Green paws

Gardening advice from
our Teilo



Top toys for top cats

By Kathy Kennedy



Behaviour problems? Behaviour solutions.

By Ross McCarthy



Dinner Time!

Enter our new photo
competition

AND MUCH,
MUCH MORE BESIDES...


Honey's
REAL DOG FOOD

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HONEY'S NEWS

First farm visit since 2019!

The last time we made any farm visits was a little before Christmas 2019 (no guesses what we went to see!) – how we have missed them.

The main reason why we visit our farmers and producers is to ensure that they meet our standards when it comes to farm animal welfare. As we have been buying from pretty much the same suppliers for up to 12 years – and as almost all of them are certified Organic or through some other body such as Pasture for Life or supply a much larger organisation such as Waitrose, Harrods or Able & Cole – you might think that this is a formality, but it isn't. We like to see what is going on with our own eyes.

We don't, by the way, have a written set of standards – rather, each visit is an information gathering exercise and either we are happy, or we aren't. Once or twice over the years we have rejected producers – generally for their slaughtering practices.

We aren't going to be able to make quite as many visits as we would like over the next few months. Our producers are all, without exception, shorthanded (as we are), unexpected illness can mean appointments have to be cancelled, and we are not the only buyers wanting, as it were, to get into the field. Still, we are back in the farm visiting business and it is making us all very happy. Where did we head off to first? Dan and Jackie went to see Helen Browning Organic, which supplies our pork. The executive summary of their report is below.



Producer: Helen Browning Organic
Date: 22.6.22
Inspectors: Dan Archer (Assistant Production Manager), Jackie Bromwich (Healthcare Team)

Summary: The farm is mixed arable and livestock. In addition to the pigs there is a dairy herd, lots of calves and beef cattle, 300 Romney ewes, 400 acres of cereal and pulse crops and a small flock of laying hens. There is plenty of rotation between pigs, beef cattle and arable. There are wildflower strips and meadows to encourage diversity.

The pigs have a great deal of space to roam in. There was plenty of grass, and they were supplied with ad lib food as well as straw bales to play with (they also use them for bedding). They are able to root and there was ample shade and water. They are given extra room in the winter to avoid the land becoming too muddy.

The pigs were relaxed, happy and curious about their visitors. It is clear they are used to people and have no fear of them! Obviously, there is no teeth clipping or tail docking as there is in intensive systems – it is just not necessary.

Piglets are born outside and mix with several different sows and litters once they are old enough, so that they have a good family group and relationship.

The welfare of the pigs is also considered at slaughter – the farm uses a local abattoir (Stiles, which we use ourselves), and pigs go into 24-hour lairage where they are fed and watered, to help them recover from any stress of the journey.

The pigs are given automatic health check-ups every quarter or as necessary.

The farm is run by Helen Browning who received an OBE for services to farming and who is also Chief Executive of the Soil Association. The high standards of welfare are not, therefore, surprising.





Honey's Healthcare Team at your service

Do remember that Honey's Healthcare 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 call or email. All part of the Honey's service.



Now Who's Talking



Writer, artist and longstanding Honey's customer, Bryony Hill, has teamed up with the television presenter Des Lynham to produce an adorable little book called *Now Who's Talking*. It features foxes, pigeons, rabbits and, of course, dogs. There is no set cover price and all money raised is going to either the

Bobby Moore Cancer Charity or GOSH for Sick Children or the charity of your choice. We have 'bought' several already and given them away as presents. Order copies via Bryony's website www.bryonyhill.com or her Facebook page. A wonderful book and a wonderful idea.



If you have a moment...

If you have a moment to review us on Trustpilot, we would be very grateful. Tangibly grateful, actually, since if you identify yourself we will happily send you a little thank you gift. This also seems a good moment to say a huge thank you to all our past reviewers.



NEW 'DINNER TIME!' PHOTO COMPETITION Win a month of free food

The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'Dinner Time!'. 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 31 October 2022 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



Together again (after all these years)

It was a definite *Midsummer's Night Dream* – well a *Midsummer's Afternoon and Evening Dream*, really – because on the longest day of the year the entire Honey's team and their families were able to get together for the first time since before the pandemic. We gathered at the Chalk Barn, which is located on an organic farm just outside Pewsey, and happily the weather remained fine enough for us to pose outside for a group shot.



A Midsummer's Night Dream, by the by, is, we believe, the only Shakespeare play where there's a role for a dog. Starveling, one of the peasants who performs to amuse King Theseus and his friends, comes on stage and announces: 'All that I have to say, is, to tell you that the lanthorn is the moon; I, the man in the moon; this thorn-bush, my thorn-bush; and this dog, my dog.' Honey's: not only dog food, but also English literature.



The Honey's Wood – yet another update

If it wasn't so infuriating, it would be embarrassing. In the last issue we announced that the waiting for the deeds to our meadow in Dorset was almost over. Ha, ha. The day after the newsletter came back from the printer, our solicitor received a long letter from the vendor's solicitor which began: 'I am writing to update you on the status of my client's pending application, which is delaying the sales of the above meadows, although I'm afraid not much has changed since my last email. As you know, my client purchased the property in November 2020. We lodged an application to the Land Registry to register my client's Transfer in December 2020, but it is still pending.'

However, there is still a good chance that we will get our hands on it in time to start planting before winter.

For readers unfamiliar with the background we have – in principle – acquired a small (3 1/4 acre) meadow about an hour's drive from Honey's HQ. 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.



Local artist

We have been asked by a local canine artist – Ben Millar – to mention his work. Which we are happy to do! Prices start at £100. His email is squashben@aol.com



Calling charity dog show organisers

We were delighted to sponsor prizes for the Tadworth Dog Show held in aid of charity this summer because the organiser is a longstanding customer. If you are responsible for organising a dog show or other fundraising event, please let us know and we'll do our best to help.



Beautiful Joe's news...

Producing Beautiful Joe's is time consuming due to the fact that every stage has to be done by hand. Indeed, preparing the liver, arranging it in the drying rooms, waiting for it to dry, cutting it up into small pieces and bagging it for a single batch usually takes around three weeks. When we have a full complement of team members time isn't an issue, but whenever we are short-handed, unfortunately we fall behind.

Since the start of the pandemic this has sometimes meant we've run out of stock and/or haven't been able to make the correct volume of donations to the rescue centres we support. (If you are new to Beautiful Joe's, every time we sell a packet we give the same quantity away to a rescue centre... so far, around 120,000 packets... nearly £500,000 of treats!)

After months of hoping that our production woes would ease, we have finally decided to accept reality and make some (touch wood) temporary changes to our strategy. With deep regret we are no longer supplying

retailers and we have also suspended the subscription service we were offering via the Beautiful Joe's website. Now, every time we complete a batch of treats we are setting aside sufficient to look after our Honey's customers, before making the rest available via the Beautiful Joe's online shop.

This autumn we are going to try and catch up with our donations and if we still fall short we are going to give the equivalent sum to the rescue centres in cash. We have always run Beautiful Joe's at a slight loss, and there hasn't been a price increase in 8 years! However, costs have gone crazy and although we are sorry to do so, we will be increasing the price of a 50g packet of Perfectly Behaved Liver Treats to £6. Tins will be £4. Small gift packs £10. Large gift packs £30.

We are hoping that in a few months the situation will change (we are re-organising our kitchens and looking for new team members) and when it does, we will let you know. In the interim, thank you for your patience and your support.

PS Would you like some free treats? If you enter one of our competitions or send us a photograph for the newsletter we will pop some in with your next order. Email jonathan@honeysrealdogfood.com



Seven heads are better than one

Following on from the birth of Nathaniel's twins and his decision to step down as managing director (two small babies and a very long commute making for poor bed fellows) we have taken a decision not to appoint anyone else, but rather to leave all the day-to-day management of Honey's to what we have started to call the Gang of Four, being: Amanda (who looks after the money), Nick (who looks after the administration, payments, compliance, certification, personnel – how we hate the term human resources – and a hundred other things), Ali (who looks after the team who look after our customers) and Guy (who looks after production and packing). They are supported by Dan (second in command of production and packing) as well as by Amy and Jen (management assistants) and, of course, the rest of the wonderful Honey's team. It is probably relevant to mention that 20% of the company is held in trust for the Honey's team – making everyone, effectively, a partner in the enterprise.



Honey's Stories

Henry Collins

Henry wasn't planned. We were visiting my sister and her neighbour's dog had just had a litter and...

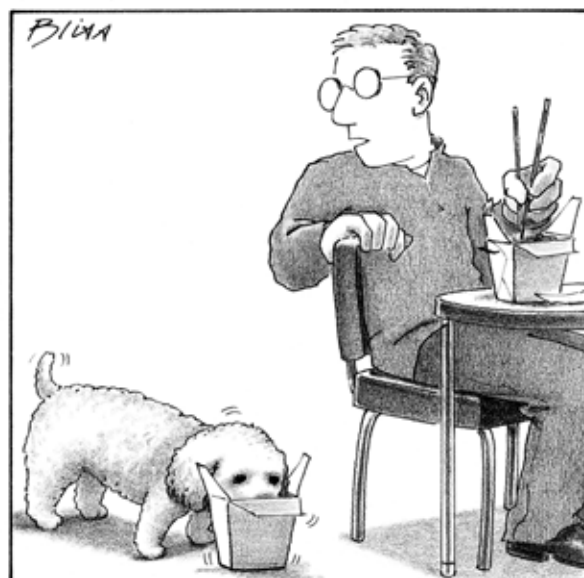
Our teenage children already had dogs, so Henry joined a pack consisting of a Shar Pei and another Pug. When Henry needed some peace, we'd find him asleep on the shelf under our Butchers Trolley!

Henry needed two operations to improve his breathing – one to shorten his soft palate and a 'nose job' to enlarge his nostrils. He's an old boy now but in his youth he was extremely athletic – he clearly thought he was a Mountain Goat not a Pug. We have a narrow boat which he loves. As a puppy he'd run up and down the roof and leap off at locks. Sadly, this may have contributed to the severe arthritis he now has in his spine. It is gradually robbing that of his mobility... but he isn't letting that stop him.

I wish we'd started him on Honey's as a puppy but ever since we introduced a raw food diet, we've seen his condition improve massively. We were worried that a high protein diet might exacerbate Henry's acid reflux, but the opposite was true: he very rarely has an episode now and that's only caused by cereal based treats that admirers give him.

Life is slowing down for Henry at 13 and a half but he's a stoic and keeps plodding on. He's determined to get to our local cafe daily in the hope that people eating outside will take pity on him.

We know that our time together is drawing to a close and that we'll be bereft without Henry. But if grief is the price we pay for love, then we owe him a huge debt.



"Save some for Mommy, Princess."

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 nutritional 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 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



Two free shipping vouchers



Honey's Stories

Bunbury Whittingham-Jones

Just before the devilishly good looking Bunbury (pictured here) was heading off for *les vacances de chien* we received a call from his human companion, Kate, asking for feeding advice as the new regulations meant she couldn't take his Honey's with them. We were happy to supply a suitable recipe and other tips. Bunbury seems to have done very well both on the bone and food front! Now back at home, Bunbury says: 'The *nourriture française pour chien* was excellent, but I do love my Honey's.' If you ever need advice on how to DIY or the best way to travel with food, please don't hesitate to contact us.



Packaging update

Honey's packaging has a number of key advantages. It uses minimal amounts of physical material – a 500g chub of our food, for example, requires around 2g of material, compared to 30g for the equivalent tub and seal or 36g if a cardboard sleeve is also used. It is 100% recyclable and requires 20% less freezer space. It needs fewer resources to box and transport. With the help of our environmental consultants we are constantly reviewing other options but so far we haven't found any way of improving the existing system. The firm which produces our chubs (the tubes with a clip at each end that hold our food) is working on a version utilising re-cycled plastic, which they believe (and we agree) would be a gamechanger. I spend a great deal of time thinking and talking about packaging. If you would like to know more about our policy or if you have any ideas or suggestions, I'd love to hear from you. JS



An apology for our forthcoming price increase and why we won't compromise on our principles...

July 2022

Dear Valued Honey's Customer,

I am sorry, but on the 1st September, despite all our efforts to avoid having to do so, we will be increasing our prices. We have only had four price increases in the 12 years since Honey's was founded and I think it says everything about the state of the economy that the last one was just eight months ago.

I don't imagine that there can be a single person in the country who hasn't noticed prices going up and up... and up. Officially, inflation is running at around 11% a year, but if our experience at Honey's is typical, the real figure is closer to 20%. Not a day passes without one or more of our farmers, producers or other suppliers contacting us to say that they have been forced to increase their prices.

Unfortunately, we have very little wriggle room. There can be no question of changing our policy of only using fresh, British (local where possible), free range, wild and organic ingredients that would, if they weren't being used by us, be 100% suitable for human consumption. Nor are we willing to give up any of our other core policies (such as the use of 100% recyclable packaging or being carbon neutral) in order to save money. The fact is, we won't compromise on our principles.

Value

It is probably also important to stress that it is always our aim to offer value for money. That is to say: the highest quality ingredients, the best service, the most environmentally friendly packaging and so forth.

Our increase is well below inflation

Inflation may be running at anything between 11% and 20%, but we have taken a strategic decision to increase prices by the minimum we need. As we are freezing some prices, the effect it will have on your invoice will depend on what you order. Our aim is 3% to 4% below the official government rate – in other words around 7% to 8% overall. We are hoping not to have to even think of this again until early 2023 and maybe not even then. The Bank of England expects inflation to be down to 2% by the end of 2024. We hope they are right!

The Honey's promise

As the raw dog food fanatic Niels Bohr (he dabbled in physics, too) said: 'Prediction is very difficult, especially if it is about the future.' We hope that inflation will be brought under control quickly. More to the point, we hope that we won't need to raise prices again for a very long time. We can't, however, promise this. What we can promise is that going forward we will do everything within our power to keep Honey's prices as low as possible.

Cutting the cost of raw feeding

In the past we have always advised customers wanting to save money to go the DIY route using ingredients supplied by our producers. Ten years ago, we estimated that savings of between a quarter and a third were possible. Today, ingredient and courier prices have gone up by so much that the possible saving is more likely to be in the 10% to 20% range. There are, however, other options. For example, you could feed a combination of Honey's and locally sourced DIY ingredients or even 100% locally sourced DIY ingredients. If you are looking to reduce what you spend on raw dog food, please do telephone or email us to discuss the different options. You can rely on us to help in any way we can, even if it means losing you as a customer. The most important thing is the health of your four-legged family member(s). By the way, if you are experiencing a financial crisis of some sort and paying for Honey's has become a real struggle, then please do contact me direct. I can't make any promises (the business is not in a position to help much) but I will definitely do what I can on a personal basis.

Where to discover more

Our new prices will be found on our website after 1st September and also in the next issue of *The Alternative Dog*.

Heartfelt thanks

Finally, I want to take this opportunity to thank you again for your fantastic support of Honey's. It is not taken for granted. If I can ever be of assistance, please don't hesitate to get directly in touch with me – my private email address is below. Again, my heartfelt apologies for the forthcoming increase.

With warmest regards,

Jonathan (Self)
Founder
js@jonathanself.com



An answer to dog theft

David Fulton

David Fulton, proud companion of Bo, a three-year-old Labrador, and a longstanding Honey's customer, was so distressed by the rise in dog thefts that he decided to do something about it. In this article he explains how and why he started LAB+ BONE.

Dog theft is on the rise. As *The Times* recently reported, the number of dogs being snatched by criminals is at 'a seven-year high as demand pushes up prices'. Demand? The more people want to welcome a dog into their lives, the more expensive pedigree dogs become, the greater the incentive for thieves.

One of the unexpected side effects of the coronavirus pandemic has been how it affected the price of pedigree dogs. Over the last two years, the price of a puppy has increased by an extraordinary 450%. As a result it has made them a target – and an easy target at that – for organised crime. Moreover, dog theft has many advantages for such gangs being highly lucrative, safer and carrying far lower penalties if caught. Dogs are being snatched not just from their homes and gardens but anywhere where they can easily be picked up and made off with – in parks, outside vets, walking with their human companions in the street.

It is a national problem, although it is perhaps at its worst in London, where we live with Bo.

Sadly, the statistics bear this out. Reported dog thefts (and not all thefts are reported, of course) have almost doubled since the beginning of the pandemic. It is difficult to assess the actual figure because there isn't a national database but experts agree that the 3000 or so official thefts are probably only the tip of the iceberg. Why don't dog lovers report their losses? To begin with the police have a very poor record for finding stolen dogs. In London, only 4% are returned. A London based officer I spoke with admitted that many dog owners don't trust the police to take on their family's case and the situation is not helped by the fact that many police forces refuse to investigate dog theft due to lack of evidence. Although the legislation relating to dogs was changed in 2021 so that they are no longer classed as 'property', the police seem to treat their theft in the same way that they treat the theft of, say, a bicycle or an iPad i.e. there is nothing to be done about it.



campbell

"You realize, I guess, that you've left your DNA on that."

Over the past decade there's been a legal push for microchipping, with further legislation on its way. But microchipping doesn't combat dog theft. Firstly, chips are designed to find the owner, not the dog; it's distressing that some people view their microchip as a tracking device, which is not correct. Secondly, the microchip currently in your dog can be located in seconds using a scanning device or human

fingers, and then removed by thieves. A new chip, purchased on eBay for a few quid, is inserted and, extremely sadly, legally it's then as if they were never yours at all. Finally, even if your microchip remains in your dog, the state of the microchipping industry is a mess. There are currently seventeen microchipping companies operating mostly independently of each other, in addition to the non-compliant companies targeting customers, and Battersea Dogs' Home reports that 63% of stray dogs implanted with a chip have an inaccurate record.



"I know it was you. I have collie ID."

After witnessing the distress of a friend who had had their dog stolen and imagining how I would feel if it was Bo – I decided to work on a solution or, perhaps I should say, a partial solution. One of the big issues surrounding each stolen dog is its identity. Imagine finding your lost dog in a rescue centre or in police custody but not being able to prove he or she is yours. The only answer that I can see is to keep a record of your dog's DNA. Working with Professor Rob Ogden, one of the leading professors in animal forensics, my partners and I have started a DNA service for dogs. We have called it LAB+BONE and it couldn't be simpler. We keep and store each registered dog's DNA. Then, if a stolen dog is found or discovered, we will quickly check whether it is the same dog on our register. DNA is irrefutable evidence of identity that thieves cannot take away.



"Do you have any identification other than the collar?"

But although I hope you will consider using our service, I have two other reasons for writing this article. First, I am hoping that DNA will replace microchipping as the way in which dogs are identified. I am hoping that fellow Honey's customers will help me change the legislation. If every dog in the country could be identified then dog theft would stop completely. Second, I just wanted to remind readers that dog theft is a real thing and it is important to protect your four legged family member. Home security systems with cameras are now very inexpensive. It is vital that your home and garden are properly secured. And when you are out and about be mindful of any potential risk. All theft is a violation, but theft of a dog is something so much worse. Together and with modern science we could end it.

For more information visit: www.labandbone.com



Tips for your new rescue dog

By Sara Muncke, Chilterns Dog Rescue Centre

Congratulations on getting your new rescue dog. It's the start of a very exciting adventure together for you both and hopefully you can look forward to many happy years together.

As you get to know each other, here is a list of some of the practical details you need to remember and some tips which will help your new dog settle in, manage and reduce any anxiety and promote the kind of behaviour you would wish to find in a happy, relaxed and obedient canine companion.

Practical

Diet: don't worry if your dog misses a meal, it's perfectly normal for a dog to refuse food now and again as it adjusts to its new home. Continue to offer a food once or twice a day (more frequently with small puppies), allow the dog to eat in peace for up to 15 minutes and then remove any leftover food.

Treats: great for rewards and training but remember the calories still count so take them out of your dog's daily food allowance.

Microchip: confirm your dog has been microchipped and that the chip has been registered with your current details on the database.

Equipment: check the equipment (collar, lead, harness etc) you have selected fits your dog comfortably and is snug enough to prevent it from wriggling out and running away if it panics or pulls away. An identity tag engraved with your name and contact details is a legal requirement and should always be worn by your dog.

Dog proof your house and garden: electrical wires, small items such as toys and socks which the dog might chew and swallow, stairs, ponds, poisonous plants can all pose dangers to dogs.

Security: double check your gates and fencing, dogs have an uncanny knack of finding any gaps or weak spots. To start with, do not leave your dog unattended in the garden and use a long line if you are unsure it will return reliably to you.

Book in for dog training: it's a great way to build on any basic skills your dog may already have and form a great bond together.

Register with a local veterinary practice: to introduce your new dog to them. Having access to a vet who understands the needs of your dog in sickness and in health is invaluable.

Insurance: some rescue organisations will offer you 4 weeks of complimentary insurance cover for your new dog and this may be something you wish to continue. Whether you opt to continue a policy, start a new one or just put money aside in the bank for medical emergencies, it is well worth having at least third party insurance in place in case the worst should happen.

Psychological

1. Entering your home for the first time is the beginning of such a key period for your new dog. Everything is strange, exciting, a bit scary, full of unfamiliar people and loaded with lots of new rules, expectations and opportunities.

The so-called 'honeymoon' period after a dog arrives typically lasts between three and four weeks and is the time when the dog is watching, listening, learning and, most importantly, assessing its place within the home. It is also the time when you need to be the most supportive and have the most influence on its long term behaviour and relationship with various family members and any other pets. It takes time for a new dog to settle in properly, to learn what is expected, and when, and to do this reliably but it all starts on Day One.

2. Miss you ! The pain of losing a dog can be almost unbearable so finding a new dog at the right time can be a huge comfort. If your previous dog has passed away, take the time you need to grieve for them but try not to make comparisons. Your old dog will forever remain special; your new one will delight and surprise you in different ways.

3. Move on! Don't be tempted to invent a sad history for your new dog that may not exist – or to make inappropriate allowances for one that does. While change may not always be comfortable at first, every dog deserves the opportunity to fulfil its potential. Your new dog will thank you for remaining upbeat and positive, thereby allowing it to move forward to a happy and well-adjusted future.

4. That's the way to do it ! Start by setting a routine in the home which meets the physical, social and training needs of your dog. This should also include the furniture and rooms to which the dog has access. Try to ensure all family members maintain similar expectations to reduce any sources of confusion or possible conflict. A list of family 'rules' on the fridge can be a great reminder!

5. Look ! Encourage the dog to develop eye contact and engage with you. This is most easily done at feeding times but make opportunities throughout the day. If you always encourage your dog to look, listen and respond to you, you will develop not only their sense of security but also a healthy respect and affection for you and your family.

6. I like that! Reward and encourage calm behaviours with a light touch or quiet words of praise. Ignore excited, anxious, attention seeking behaviour wherever possible and never try to soothe and reassure a dog that is showing anxious or unbalanced behaviour, this will only make the situation worse.

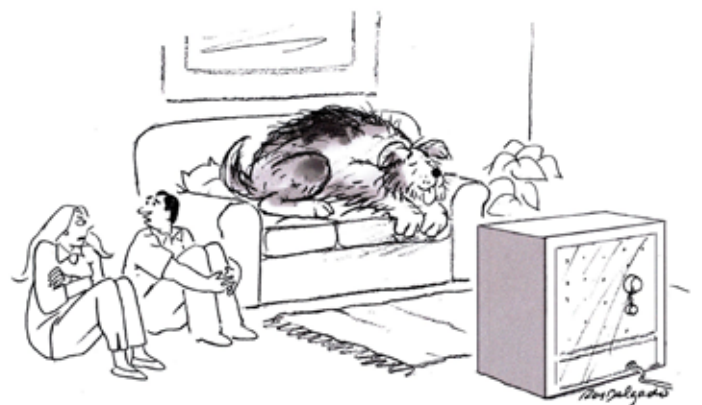
7. Exercise, exercise, exercise! Introduce the idea of a 'sandwich walk' starting with some initial calm, structured lead work with basic obedience, progressing to a middle section of relaxation, play and socialisation to burn off steam, ending on further focused on lead work to allow your dog to cool down and calm down so they return home in a relaxed manner.

8. Playtime ! Play should be interactive, not a casual scattering of toys around the garden or a mindless, repetitive ball throwing exercise. Teach your dog to play. Introduce toys such as a ball on a rope so you can actively engage with your dog, encouraging it to find, hold and fetch the toy and, even more importantly, let you take it back again. If you show interest in a toy and start to have fun with it, even the most reluctant dog will want to get involved.

9. All on my own ! Create opportunities for your dog to be away from you for short periods of time. Stair gates and indoor crates can help to define an area in which your dog can learn to relax without being glued to your side. A Kong stuffed with some treats will keep your dog busy and reward good behaviour while having some background noise from a radio or television will mask sounds from other areas.

10. Help !! If you follow the tips above, all should be well but, if something is not quite right, ask for help sooner rather than later. Speak to the staff at the rescue centre where you got your dog, they should be able to sort the problem out for you or refer you to a professional who can. Make your dog an ambassador for them and for rescue dogs in general.

Make memories ! Have lots of fun and value the time you have together. Build trust, make new friends, explore new places and enjoy the loyalty and companionship that only a dog can bring. Above all, respect your dog for the wonderful creation they are.



" You were right. We should have gotten a lap dog. "

If you would like to support Chiltern Dog Rescue's work please visit: www.chilternsdogrescue.org.uk

My favourite fictional dog

Nick Adams

In the last issue of 'The Alternative Dog' we included Saki's short story about a fictional talking cat, *Tobermory*. It inspired Nick Adams to send us this piece about Montmorency, his favourite fictional dog.



My first dog was a fox-terrier which I called, with the originality of a ten-year-old, Foxy, and he has been followed by four other fox-terriers. When people ask me why I love the breed I refer them to Jerome K Jerome's *Three Men in a Boat* which is subtitled: (to say nothing of the dog). The dog in question is Montmorency, and he is introduced to readers thus:

Montmorency does not revel in romantic solitude. Give him something noisy; and if a trifle low, so much the jollier. To look at Montmorency you would imagine that he was an angel sent upon the earth, for some reason withheld from mankind, in the shape of a small fox-terrier. There is a sort of Oh-what-a-wicked-world-this-is-and-how-I-wish-I-could-do-something-to-make-it-better- and-nobler expression about Montmorency that has been known to bring the tears into the eyes of pious old ladies and gentlemen.

But, as every fox-terrier lover knows this is only half the story:



To hang about a stable, and collect a gang of the most disreputable dogs to be found in the town, and lead them out to march round the slums to fight other disreputable dogs, is Montmorency's idea of 'life'.

There is no doubt that Montmorency is based on Jerome K Jerome's own dog, who he clearly worshipped:

He is very imprudent, a dog is. He never makes it his business to inquire whether you are in the right or in the wrong, never bothers as to whether you are going up or down upon life's ladder, never asks whether you are rich or poor, silly or wise, sinner or saint. You are his pal. That is enough for him, and come luck or misfortune, good repute or bad, honor or shame, he is going to stick to you, to comfort you, guard you, and give his life for you if need be—foolish, brainless, soulless dog!



Anyway, if you haven't read *Three Men in a Boat* you have a treat in store (and if you have I urge you to read it again) because although a little dated in places (it was written, after all, in 1889) the book's humour is timeless and it contains endless passages about one of the best fictional dogs ever, as the follow passage clearly illustrates.

Montmorency and the cat

We got up tolerably early on the Monday morning at Marlow, and went for a bathe before breakfast; and, coming back, Montmorency made an awful ass of himself. The only subject on which Montmorency and I have any serious difference of opinion is cats. I like cats; Montmorency does not.

When I meet a cat, I say, "Poor Pussy!" and stop down and tickle the side of its head; and the cat sticks up its tail in a rigid, cast-iron manner, arches its back, and wipes its nose up against my trousers; and all is gentleness and peace. When Montmorency meets a cat, the whole street knows about it; and there is enough bad language wasted in ten seconds to last an ordinarily respectable man all his life, with care.

I do not blame the dog (contenting myself, as a rule, with merely clouting his head or throwing stones at him), because I take it that it is his nature. Fox-terriers are born with about four times as much original sin in them as other dogs are, and it will take years and years of patient effort on the part of us Christians to bring about any appreciable reformation in the rowdiness of the fox-terrier nature.



I remember being in the lobby of the Haymarket Stores one day, and all round about me were dogs, waiting for the return of their owners, who were shopping inside. There were a mastiff, and one or two collies, and a St. Bernard, a few retrievers and Newfoundlands, a boar-hound, a French poodle, with plenty of hair round its head, but mangy about the middle; a bull-dog, a few Lowther Arcade sort of animals, about the size of rats, and a couple of Yorkshire tykes.

There they sat, patient, good, and thoughtful. A solemn peacefulness seemed to reign in that lobby. An air of calmness and resignation—of gentle sadness pervaded the room.

Then a sweet young lady entered, leading a meek-looking little fox-terrier, and left him, chained up there, between the bull-dog and the poodle. He sat and looked about him for a minute. Then he cast up his eyes to the ceiling, and seemed, judging from his expression, to be thinking of his mother. Then he yawned. Then he looked round at the other dogs, all silent, grave, and dignified.

He looked at the bull-dog, sleeping dreamlessly on his right. He looked at the poodle, erect and haughty, on his left. Then, without a word of warning, without the shadow of a provocation, he bit that poodle's near fore-leg, and a yelp of agony rang through the quiet shades of that lobby.

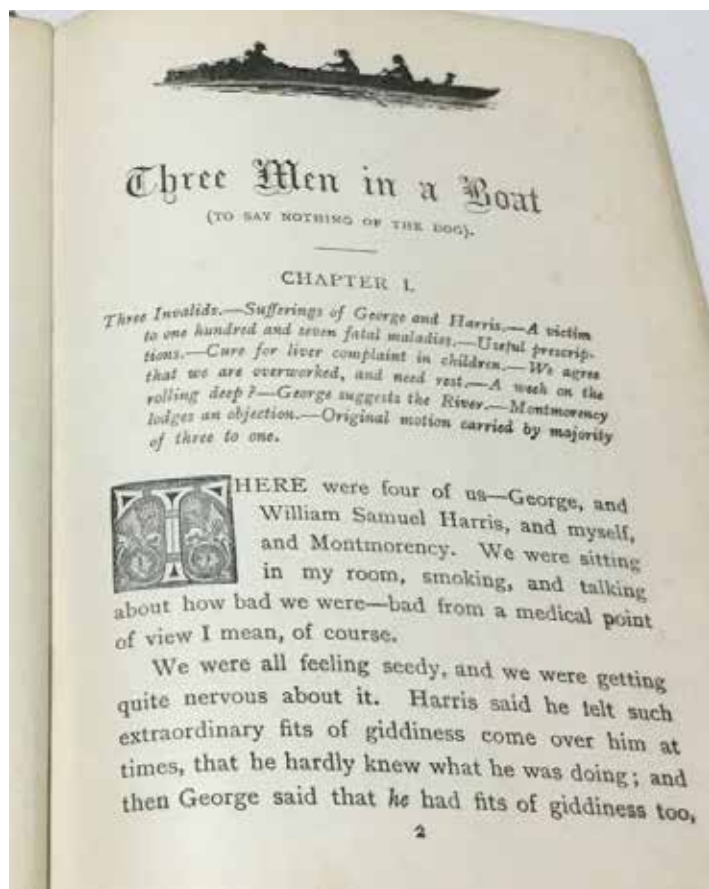
The result of his first experiment seemed highly satisfactory to him, and he determined to go on and make things lively all round. He sprang

over the poodle and vigorously attacked a collie, and the collie woke up, and immediately commenced a fierce and noisy contest with the poodle. Then Foxey came back to his own place, and caught the bull-dog by the ear, and tried to throw him away; and the bull-dog, a curiously impartial animal, went for everything he could reach, including the hall-porter, which gave that dear little terrier the opportunity to enjoy an uninterrupted fight of his own with an equally willing Yorkshire tyke.



Anyone who knows canine nature need hardly be told that, by this time, all the other dogs in the place were fighting as if their hearths and homes depended on the fray. The big dogs fought each other indiscriminately; and the little dogs fought among themselves, and filled up their spare time by biting the legs of the big dogs.

The whole lobby was a perfect pandemonium, and the din was terrific. A crowd assembled outside in the Haymarket, and asked if it was a vestry meeting; or, if not, who was being murdered, and why? Men came with poles and ropes, and tried to separate the dogs, and the police were sent for.



And in the midst of the riot that sweet young lady returned, and snatched up that sweet little dog of hers (he had laid the tyke up for a month, and had on the expression, now, of a new-born lamb) into her arms, and kissed him, and asked him if he was killed, and what those great nasty brutes of dogs had been doing to him; and he nestled up against her,

and gazed up into her face with a look that seemed to say: "Oh, I'm so glad you've come to take me away from this disgraceful scene!"

She said that the people at the Stores had no right to allow great savage things like those other dogs to be put with respectable people's dogs, and that she had a great mind to summon somebody.

Such is the nature of fox-terriers; and, therefore, I do not blame Montmorency for his tendency to row with cats; but he wished he had not given way to it that morning.

We were, as I have said, returning from a dip, and half-way up the High Street a cat darted out from one of the houses in front of us, and began to trot across the road. Montmorency gave a cry of joy—the cry of a stern warrior who sees his enemy given over to his hands—the sort of cry Cromwell might have uttered when the Scots came down the hill—and flew after his prey.

His victim was a large black Tom. I never saw a larger cat, nor a more disreputable-looking cat. It had lost half its tail, one of its ears, and a fairly appreciable proportion of its nose. It was a long, sinewy-looking animal. It had a calm, contented air about it.



Montmorency went for that poor cat at the rate of twenty miles an hour; but the cat did not hurry up—did not seem to have grasped the idea that its life was in danger. It trotted quietly on until its would-be assassin was within a yard of it, and then it turned round and sat down in the middle of the road, and looked at Montmorency with a gentle, inquiring expression, that said: "Yes! You want me?"

Montmorency does not lack pluck; but there was something about the look of that cat that might have chilled the heart of the boldest dog. He stopped abruptly, and looked back at Tom.

Neither spoke; but the conversation that one could imagine was clearly as follows:—

THE CAT: "Can I do anything for you?"

MONTMORENCY: "No—no, thanks."

THE CAT: "Don't you mind speaking, if you really want anything, you know."

MONTMORENCY (backing down the High Street): "Oh, no—not at all—certainly—don't you trouble. I—I am afraid I've made a mistake. I thought I knew you. Sorry I disturbed you."

THE CAT: "Not at all—quite a pleasure. Sure you don't want anything, now?"

MONTMORENCY (still backing): "Not at all, thanks—not at all—very kind of you. Good morning."

THE CAT: "Good-morning."

Then the cat rose, and continued his trot; and Montmorency, fitting what he calls his tail carefully into its groove, came back to us, and took up an unimportant position in the rear.

To this day, if you say the word "Cats!" to Montmorency, he will visibly shrink and look up piteously at you, as if to say: "Please don't."



Interview

Sally Muir

Sally Muir is based in Bath and is a prodigious portrait painter of dogs. Other subjects include human portraits and landscapes, as well as the occasional rodent and bird. Before she became an artist, she was one half of the knitwear business Muir & Osborne, and with her partner, Joanna, published seven knitting books, as well as a children's book *Patch's Grand Dog*

Show. Her Facebook page became so popular that it was turned into a bestselling book, *A Dog A Day*. Her most recent book is *Old Dogs*, which is where the illustrations here come from.

Libby Hall wrote a memoir called *A Measure of Dogs* because she and her partner measured their life in terms of their dogs. Could you briefly tell us about your life measured in dogs?

I quite agree with Libby Hall, I feel my life has been measured out in dogs. When I was a child in the 1950's we always had Poodles. We started with an Apricot Standard, Pastis, my parents got when they first married. She had Pernod, a slightly smaller Chocolate, who in turn had Puddle a black toy, who had Pin, an even smaller toy. Then in the 1970's my parents moved on to Afghan Hounds, which were very much a 1970's look, Casanis and Ottie, a mother and daughter, who were both eccentric and untrainable. After the crazy Afghans we got a rescue from Battersea called...Battersea. Then my parents had one last Apricot Standard Poodle, Bognor, before (inexplicably) they moved on to cats.

What were you doing before you went to Bath City College to study art in 1997?

I had a knitwear business with a partner, Joanna Osborne. It was originally called Warm and Wonderful – we started it in 1979, when jokey names were the norm. Later we changed it to Muir and Osborne, when we wanted to be taken more seriously as designers. We sold our jumpers in shops all over the world and had a series of shops in London. It continued for over 40 years. Our main claim to fame as Warm and Wonderful was that we designed a red jumper with sheep all over it but one black sheep, which was worn by Lady Diana Spencer, soon to be Princess Diana.

What made you want to become an artist?

I had always wanted to go to art school and applied when I was 18 but was rejected, so I went off and worked in bookshops and publishing. Then we had our business for many years, but I always hankered after going to art school. Eventually I was accepted as a mature student by the one that originally rejected me! Once I was in, I probably worked much harder than if I'd gone when I was 18.

How did you come to start painting dogs?

Accidentally really. When I was at Art School I painted my children and afterwards I started to paint other children, many of whom included their pets. It was a short step from that to just painting pets. At some point the dogs took over completely!

You committed to posting a portrait of a dog every day for a year on your Facebook page (*A Dog a Day*)... how did you manage to keep each picture looking so fresh when you were making so many?

I didn't actually paint a dog a day every day, I did them in batches, some days I wouldn't do any other days I would do several. I have done the view from my window every day for a year and at the moment I am doing a self portrait every day. I'm much stricter with myself than I used to be. I have to do it every day. I think the fear of boredom forces you to be more adventurous and having a fresh start every day keeps you trying different things.

Your most recent book is *Old Dogs*. Could you explain the backstory and also how you came to choose the theme?

As my dog Lily began to age, I became much more interested in old dogs. There is something so very touching about them, the way that their experience is written on them, both body and face. I love grey whiskers

and eyebrows and the way that old dogs and their owners adapt to each other and understand each other. Lily and I were very tuned in to each other. We sort of grow together over the years.

Is there a difference between painting a young or middle-aged dog and an elderly dog?

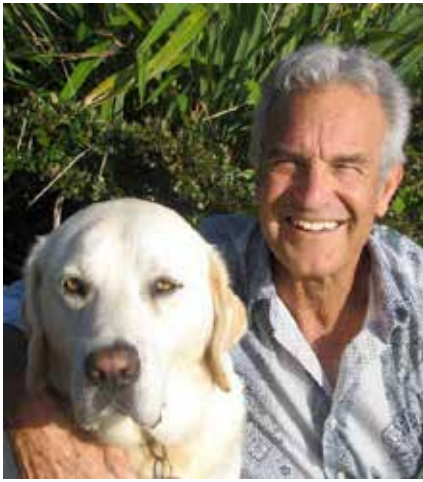
Not really, but I do particularly love painting elderly dogs, but having said that I think I respond to each dog in a very different way, which isn't really anything to do with age.

You present your canine subjects against a wide array of backgrounds. Are the backgrounds an essential part of the portrait?

I like to have them just against a colour, not in a particularly naturalistic setting. I'm not sure why, but I think it gives me a chance to introduce random colours, which I very much enjoy.





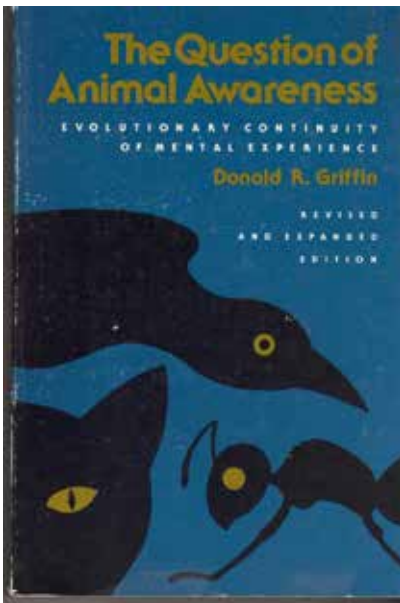


Dogs never lie about love

Jeffrey Moussaieff Masson

In the last issue of the newsletter we interviewed the author, psychoanalyst and animal affective scientist (the technical name for someone who studies animal emotions) Jeffrey Moussaieff Masson

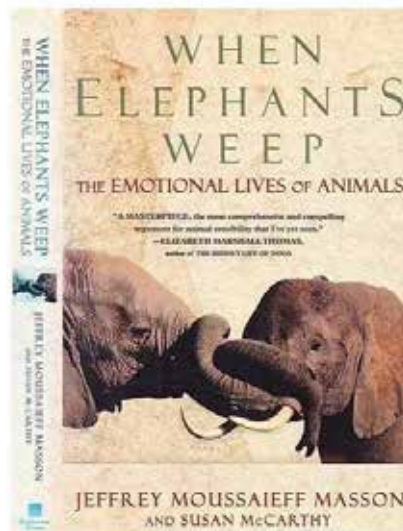
and included an extract from his latest book **Lost Companions: Reflections on the Death of Pets**. In this issue we publish (with his agreement) part of an email exchange he and I subsequently had. In the first, Jeffrey discusses how he came to write each of his books including one of his many bestsellers: **Dogs Never Lie About Love**. In the second, he discusses the nature of the relationship between humans and dogs: **What Is It About Dogs**. (Jonathan Self).



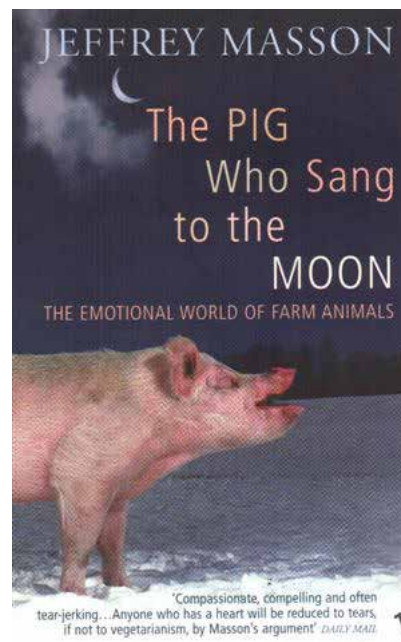
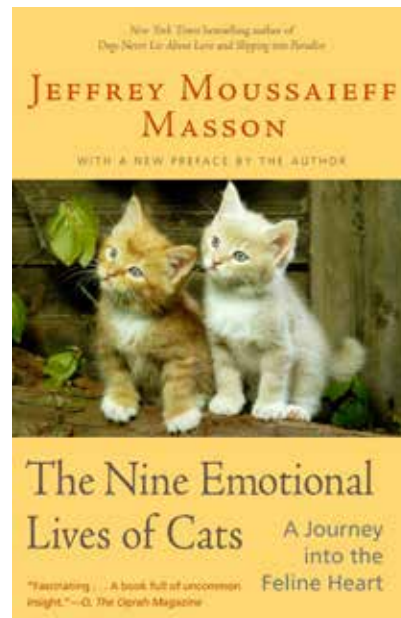
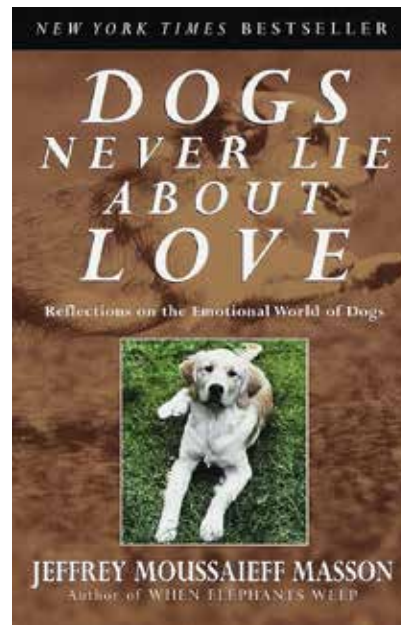
Dogs Never Lie About Love

I came to be a writer about animals and their inner lives by accident. I was a psychoanalyst (and before that a professor of Sanskrit at the University of Toronto) but my career as the director of the Freud Archives and a practicing psychoanalyst came to an abrupt end when I found letters by Freud showing that he knew far more about the reality of child sexual abuse than we had been taught. This made me *persona non grata* among my peers, who believed that women who said they were abused were simply misled by their own fantasies. I had already resigned my professorship in Sanskrit, so the question was: What did I want to do with the rest of my life?

Write about animals! Actually, at the time I did not think I would write about animal emotions, I simply wanted to read some good books on the topic. So I called the late great professor of zoology at Harvard, Donald Griffin, who had written a terrific book called *The Question of Animal Awareness*. The book was not well received by the academic community, even though the author was the renowned discoverer of bat sonar. He told me that there was nothing to read since Darwin's great book of 1872 and I should consider writing something about animal

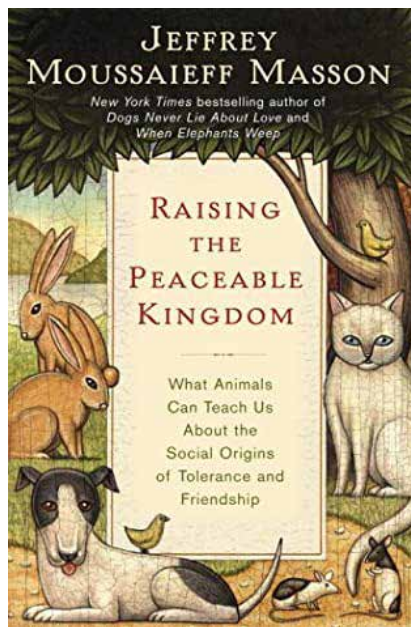


feelings 'as long as you don't mind criticism - of which you will get plenty'. I had nothing to lose, and so began my writing career about animals. My first book was called *When Elephants Weep: The Emotional Lives of Animals*. (Interesting fact: I wrote the book with Susan McCarthy but one



of us - me- became vegetarian as a result of the book, and the other did not, which just shows that people can be friends and yet disagree about essential matters). I never expected it to become popular, but it did, selling well over one million copies worldwide. I think the reason had to do with the fact that most ordinary people who had lived with cats and dogs had no problem accepting that they had emotions. The emotions of dogs are right there in their faces and in their bodies for us to see. Nobody can deny that. So my book hit a nerve with the reading public. Much less so, of course, with professionals who (correctly) pointed out that I had no credentials for writing such a book. I was not a biologist never mind a zoologist or even a veterinarian. But I was also not put off by being accused of anthropomorphism, that is, attributing to animals emotions only humans could have. That never made sense to me, it still doesn't, and I am very happy to say that just about no animal scientist today subscribes to this outdated notion.

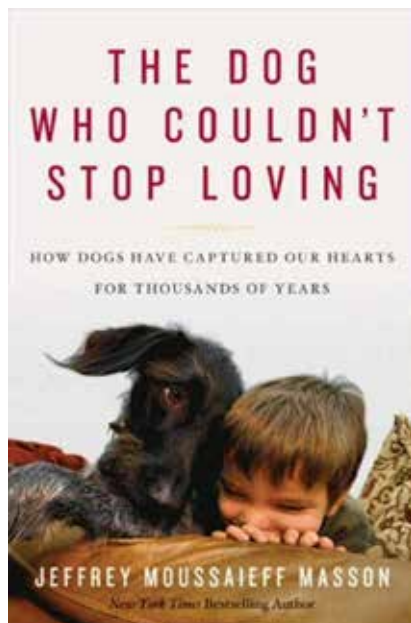
The popularity of the book meant that I was encouraged to write another book, really about anything I wanted having to do with animals. I thought of dogs because you don't need a degree in animal studies to understand dogs, and I had loved dogs my whole life. Rarely did I live without a dog next to me (and sleeping in my bed - possibly the greatest pleasure I have ever experienced is having a cat and dog cuddling next to me in bed). I had recently married a pediatrician from Germany, Leila, who had never lived with dogs. I told her I wanted to find three dogs and write about them. Being a good sport, she immediately agreed. And that is how I came to write *Dogs Never Lie About Love*. It was or is a good title, but it also happens to be true. Dogs are incapable of lying about the dominant emotion that governs their whole life: affection for us (and for other living beings too, naturally including other dogs). And again, this book hit a nerve: What dog lover does not want to hear about their remarkable emotional depth? So, again, the book



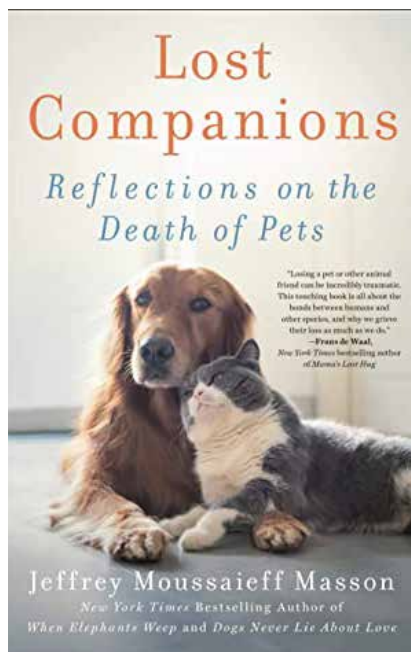
sold a million copies around the world. But the real pleasure of the book was that I got to live with three dogs in Berkeley California. There were no leash laws there, so as long as the dogs were well behaved, they did not need to be on a leash. So we wandered the streets of Berkeley, and I did all my shopping and went into bookstores, while the three dogs waited patiently outside, attracting many admirers. Making a living by writing about dogs was for me heaven on earth.

While I had always lived with dogs, I had at the same time always lived with cats. I adored cats. The love I felt for them, and more importantly, the love they felt for me (not as obvious as in the case of dogs, granted), was every bit as profound as love in dogs, if different, and I thought I should try to explain their emotions more carefully, especially as many people wrongly thought that cats did not have strong emotions (these were invariably people who did not live with cats). And so I found myself with six cats and came to write *The Nine Emotional Lives of Cats*.

All of this was fun, but I sensed it was time to get serious. We were living in New Zealand, and I had been thinking a lot about animals who you see every day there, like sheep, cows, and goats, who live on

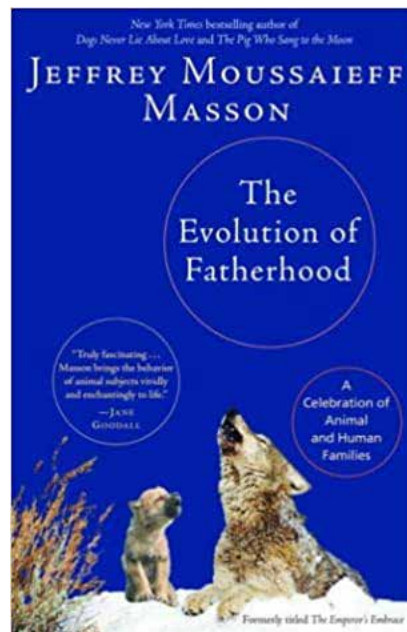


farms Did they, I wondered, also have strong emotions? If so, why was so little known about this? I was determined to find out, and that is how I came to write *The Pig Who Sang to the Moon: The Emotional Lives*

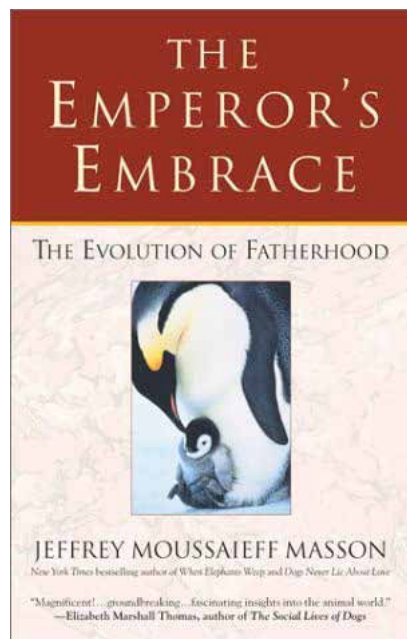


of Farm Animals. As you might guess, this book did not sell a million copies! I learned that writing about the feelings of farm animals was not something people wanted to read about. I still consider this my 'best' book, in the sense that it raises questions of enormous importance that had been overlooked for a long time. It turned me into a vegan. But I have to admit, it was more fun writing about animals other people loved.

Which is why, for my next book I chose to write about what it was like to raise a kitten, a puppy, a baby rabbit, two chicks, and two baby rats all together. I wanted to see if they would



grow close to one another and even become buddies. (They did). We were living on a beach in New Zealand, near Auckland, but you could not get to the beach by car. It was a very safe place to walk with animals and that was what I did. Every evening, and sometimes even late at night when it was most safe, I would take all the animals down to the beach (just steps from our house) and we would walk along the shore. It was enchanting: the cat would chase the dog; the rabbit would hop next to me, even the chickens wanted to join in (at least during the day), and I would carry the rats. I called the book *Raising the Peaceable Kingdom*. I had more fun writing that book than any other, but for reasons I do not understand, it did not sell well at all.



So to keep my publisher happy, I had to write a book about the puppy from that time, Benjy, who had been a guide dog for the blind, but was considered too 'soft' for the program. (Not sure what they meant by this). He loved the cats, and the rabbit, and the chickens, and even the rats. He loved us, he loved other dogs, in fact, he loved all living creatures. That is why I called the book *The Dog Who Couldn't Stop Loving*. He just couldn't do that.

That would have been the end of my career writing about animals, but I had one more hard lesson to learn, and that was how to deal with the death of an animal

as beloved as Benjy. It is not as if I had answers, but I needed to think about this (and other deaths) and so I came to write my last animal book: *Lost Companions: Reflections on the Death of Pets*. I wrote about this already in your last newsletter.

So there you have it: I came to this as an amateur, a person who simply loved thinking about, living with, and writing about animals. I look back and think: This was a wonderful way to spend the second half of my life. I am now 81, and I wonder, will there be a third career? If not, I am perfectly satisfied. Alas, there are no animals in my life now: Only my wife and three children, our two boys (20 and 25), and my daughter Simone (48). I am thinking about writing about them. But I will need their permission. I wonder what would have happened had I needed the permission of animals to write about them?

Footnote: I realise that I have not mentioned one other animal book I wrote, about fatherhood in the animal world. I called it *The Emperor's Embrace* (referring to the Emperor Penguin who is a model father) but the title was confusing and I changed it to *The Evolution of Fatherhood*. That is very dry, I concede. The book made no impression. But as I was becoming a father for the second time (and then a third time) I loved seeing what other animals (wolves, for example) are dedicated fathers.

What Is It About Dogs?

Jeffrey Moussaïf Masson

What is it about dogs that we love them so? Even more mysteriously, why do they love us so? On the one hand, it is obvious; on the other, it is a great mystery.

The mystery is why they are so attracted to us. No other animal on the planet looks up to us with such blind love. Everyone reading this has had this experience: You are walking down the street and you come across a homeless person who has made a tiny home on a corner of the street, with a blanket and a piece of cardboard for a bed, and, most importantly, has a dog sitting next to him. And that dog looks content. That dog is content. No sense of shame. No embarrassment. No 'poor me, look what I have become'. The human sometimes looks that way, and sometimes not, but the dog, never. The dog is where he or she wants to be: with a human they love. They don't care what others think.

So how did this come about? The truth is, we don't really know. We know a great deal about the effects of domestication on animals in general: compared to their wild peers, a domesticated animal is more pliable and compliant. A domesticated pig is not likely to gore you to death. Sheep do not rush away in terror. Even cows might let you approach. Still, generally speaking, none of these domesticated animals really like us. Why should they? They are there to be exploited. We get no pleasure from them and they get even less pleasure from us.



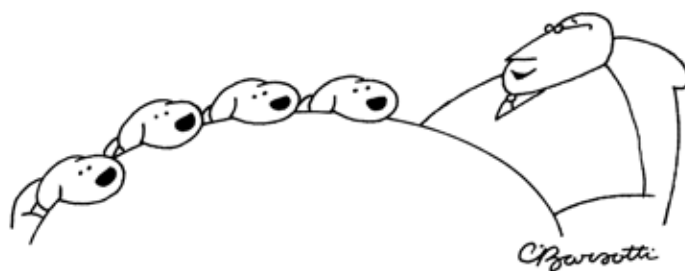
This did not have to be. It is easy to imagine a situation where we domesticated pigs and goats and sheep and cows because we liked them, and liked to be around them. They would, no doubt, then return the favour: Pigs would happily sleep next to our bed and walk with us in the hills. Goats would gladly greet us when we woke up in the morning. Sheep would watch for us and cows would be happy to have us stroke them. But, and this is where the mystery comes in, none of them, I believe, would be ecstatic to see us, the way a dog is ecstatic to see us every morning.

Our dogs dance around in circles when we tell them we are going for a walk. Or when we return from a short errand, they act as if we have returned from a year's holiday. 'You're back, you're back, Oh my God, am I ever happy to see you again!' There can be no mistaking their joy. Nobody has ever accused a dog of hypocrisy (we are not talking about cats here – but I love cats too, just in a different way, just as they love us in a different way as well). They don't pretend to like us, they genuinely do like us. *A la folie*, as the French would say (that is, madly, with no limits).

I notice, when Leia, my wife, and I go for a walk out of our house near the famous Bondi Beach to Bronte Beach Cliff walk, that every dog who passes us gives us a brief look. It is invariably a happy look, almost as if to say: 'Hey, I could be with you, and I would be happy too.' We do not have a dog in our life now, for the first time ever and so we borrow our neighbours'. I get the feeling sometimes that dogs don't always differentiate between humans. It is as if they had a philosophical category under which we are sorted: 'Humans: All good.' They are wrong, of course, we are definitely not all good. But they think we are. What is that old (but lovely) chestnut: 'Your dog thinks you are the person you wish you were.'

Of course, we have attempted to explain this. Many people believe it is because dogs are dependent on us. That may be true, but if you stopped feeding your dog, even as he began to lose weight to a dangerous point, she would still lick your face, and not merely to get you to change your mind. It seems to give dogs as much pleasure to be with us as we get to be with them.

This is why, I am convinced, people who live with dogs on intimate terms, are nicer people, in general, than people who do not live with dogs. I realise this is a genuine prejudice, but I cannot shake it.



"Your love gives me strength."

Sometimes when I give talks (or used to) about dogs, women would come up to me and ask for my advice (after all, I used to be a psychoanalyst, even if not a very good one – I find it very hard to understand other humans) about dating. If they told me something like: 'I went on a date the other day, and the man avoided my dog, and I could tell that he did not like dogs.' Bad sign, I would say, forget him. You can't trust a man who doesn't like dogs.

Are dogs, then, our superior. Duuh, as my kids used to say when they were younger and wiser. I mean think about it: Dogs don't have organised warfare. Dogs have never threatened our planet with extinction. You don't have a Putin among dogs. (Of course, I know about dog bites and aggressive dogs and dangerous dogs, but would you not agree with me, that in every case we can account for that by looking at the human raising that dog? Or at least with the experiences that dog has had with aggressive humans?).



I have always believed that dogs were simply domesticated wolves. But now I wonder. Sure, wolves are great animals, and wild wolves are fascinating to study. But a tame wolf is not a dog. Not even close. I remember once giving a talk at a wolf sanctuary, and the founder brought along a particularly gentle adult wolf to my lecture. She told everyone that this wolf was just like a dog. The wolf was lying at my feet, when a woman came up, lay down next to the wolf, who promptly bit her cheek. Not enough to require stitches, but enough to let us know she was a wolf, not a dog eager to be stroked and played with. OK, I get it: thousands of years of living with us has produced the dog, not the wolf. But that does not account for the sheer enthusiasm, the undeniable vast pleasure that dogs take in our company. It is as if every dog is saying: 'This is exactly where I want to be: with you. I am the happiest I have ever been! Right now!' And they do that every day, all day long! What human reacts like that? Nobody. I adore my wife and we have been together for 28 years now. But I can see that there are times when I annoy her, when I bore her (talking about dogs too much, for example), when she wishes I were just not there, or that she was alone. A dog never harbours such a thought. A dog is always happy to be with us. What dog ever responds to 'Let's go for a walk' with, 'nah, you go by yourself. I'll wait here'. It is that unbridled enthusiasm that gets to us, certainly to me, every time. We are simply not used to it. It enchants us. It makes us, dare I say, more human?



Hoopers: a dog sport for all!

By Liz Devonport

I confess I've been unfaithful for almost three years now! As an agility trainer and competitor, I should be more than satisfied. But I can't resist the relatively new sport of Hoopers. Hoopers? As the name suggests handlers have to guide their dogs around a course consisting of Hoops, Barrels, Tunnels, and something called a Touch and Go Mat (which looks

like a yoga mat with pole at the four corners). For competition there are between 15 and 24 numbered obstacles to be negotiated. Courses are of low impact and are free flowing with no tight turns, making them ideal for old dogs, young dogs, and dogs recovering from injury. In a nutshell all dogs are eligible, whatever their shape or size. A high degree of skill is needed by both handler and dog to reach the advanced grades in competition. When navigating a course, handlers may choose to run with their dogs or can stand relatively still while directing their dogs right around a course from a great distance. The latter makes the sport open to those with limited mobility for whatever reason.

Hoopers in 30 seconds

There are various types of course:

- Hoopers – just hoops.
- Barrellers – Barrels, hoops and tunnels.
- Tunnelers – mostly tunnels but can contain barrels and hoops.
- Touch and Go – the Touch and Go Mat plus hoops, barrels and tunnels.

There are different types of classes – for individuals, pairs and teams, for instance. There are also different leagues – for particular breeds, or a certain size of dog, or linked to the age of the handler. If you are competing points will be earned all year and the winner is the dog with the highest score.



Canine Hoopers UK

The governing body to which I belong is Canine Hoopers UK (affectionately known as Chuk), but there are others. To compete dogs are measured and divided into three sizes: large, medium, and small. Dogs must be a minimum of 15 months old for their first measure. Dogs must have a second measure once they turn two. If a dog is over the age of 2 years when they are first measured, then they do not need to have a second measure. For more information, please visit www.caninehoopersuk.co.uk

Canine Hoopers UK strives to promote only force free modern training techniques through the assessment and accreditation of Canine Hoopers UK Accredited Trainer Scheme.

I am a level two, advanced Hoopers instructor. I have been teaching Hoopers for around three years. My preference for Hoopers these days is perhaps a selfish one. Due to a dickie heart [it's genetic and I am 77 years old!] I can no longer run with my dog as I once did for dog agility. Yes, I sometimes miss the thrill of running flat out with my dog, but when I see my lad running free perhaps 45-50 metres away from me and yet willing to follow my verbal directions and my hand signals I am in awe!

I find the handling system easier for pet dog owners to learn and with the free-flowing courses with no tight turns dog and handler soon become ready for competition if they so desire. It takes less than a year to achieve this level against a little longer for a novice handler and their canine companion to become ready [and fit enough], for running an agility course.



Show time

Shows tend to be quite laid-back affairs as there are currently fewer competitors present (although this is changing fast!). Hoopers competitions are yet to be included at Crufts or big shows such as Olympia. Therefore, there is not the same pressure on competitors to win and so qualify for these prestigious events.

Other advantages at a Hooper show include considerations towards the dogs, such as the amount of space from other dogs for those less confident. This can be arranged before a run so that the dog has a clear path in order to enter the ring without having to queue with other competitors and their dogs. At starters level, a toy can be carried in the hand meaning the reward can be thrown as soon as the dog finishes the course. This is ideal for a dog who is just learning to compete as it adds value for being in the ring.

To progress up the grades, competitors earn points for certain handling challenges. This means your dachshund with the required number of points may move to a more advanced level even though he or she will not be the fastest dog or may never have won a class.

I still love dog agility (does this make me a bigamist?!). But when it comes to competing with my dog its Hoopers every time. I'm currently training up my 5-month-old puppy and she's loving it! Yes, puppies can start their foundation from a very young age, as long as the lessons are kept very short as in any training. My other dog lad is getting on a bit, but he and I can continue to do this sport into our dotage with equanimity. It keeps us active and interested. We do not look at all out of place and no one can say we are too old for this sort of carry on! Hoopers really is a sport for all.

Liz Devonport is an Accredited Level Two Hoopers Instructor.

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. Here is 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.



Alice and Roxy Beachem



Beetle Bourne



Finley Fowles



Amba Firbank



Coco Reece



Fly Colton



Ottis Williams



Eddie Corke



Freddie Levine



Arno Bourlet



Jessie Ryder Richardson



Teddy Hughes



George and Paco Ringrose



Kurt Britton



Raphael Clarence Coakley



Hobo Pogle



Marla McCoy



Roger Acatos/Stopes-Roe



Jasper Frost



Mr Darcy on table



Sasha Ratodiarivony



Rosie Glastonbury



Teddy Simpson



Star and Jabba Berner



Roxy Owen

Blind faith

by Anjelica Finnegan

The moving and inspirational story of Juno, a three-year-old Labrador who is slowly losing her sight.

Juno is an active and happy 3-year-old black Labrador and she is going blind. If you are shocked that a dog is going blind so young, you are in good company – everyone I have told so far has responded with surprise.

Juno has been with me since she was ten weeks old. She comes from my oldest friend's family and I was lucky to have second choice from their litter of nine gorgeous puppies. As I looked at them all wriggling around, just a week after they were born, I thought to myself that I couldn't possibly pick between them. I lifted Juno up to see her and she nuzzled into me, falling asleep in my hand, and I loved her immediately.

I remember going to collect her and bring her home on a sunny August afternoon. I sat on the lawn as the puppies were let out of their pen to play and Juno ran straight towards me and jumped into my lap. Logically, I knew she couldn't have remembered me – not really – but in that moment it felt as if she did. We haven't looked back. She's the love of my life. I am her primary source of food!



On The Day I Collected Her

Trust your instinct

When Juno was about nine months old, I began to wonder if there was something wrong with her eyesight. For example, whenever I threw the ball she would run very confidently in the wrong direction and only find it by sniffing it out. I put this down to Juno being just too eager to chase the ball and, in her excitement, forgetting to actually check which direction I threw it in. Eventually, I took her to the vet in order to have her eyes checked. A full examination revealed nothing to worry about. Just a happy, healthy young dog. But early this year she sustained three injuries in as many months.

First, she had an avoidable accident that damaged her paw. Then she ran into a barbed wire fence that was easy to see and cut her leg. Finally, another collision that badly grazed her ear. Whatever the vet said, my instincts were telling me something was wrong. I felt she just couldn't see ahead properly, and I started to be more vigilant for hazards when we were out and about.



Juno with her head bandaged

Alarm bells began to ring somewhat louder when I noticed that she had become reluctant to use the stairs when it was dark. Where before she had positively bounded upstairs, she was now cautious and would wait until I had led the way and turned on all the lights.

Juno and I enjoy Canicross running together. Last April, after she had recovered from her various injuries, I took her Canicrossing again. It was a beautiful evening – the sun low in a blue, clear sky. Juno was excited and really happy to be back out with a pack. As the route took us down narrower trails that we hadn't been used before, I noticed she was running into obstacles such as clumps of heather growing in the middle of the path. Then she stumbled over a couple of shallow dips. I took her back to the vets for another eyesight check.

It's worth giving some context at this point about my anxiety around Juno's health. When she turned six-months-old she was in and out of the vets because of constant diarrhoea. She would also frequently regurgitate her food and her weight dropped significantly. We never got an exact diagnosis and I was constantly worried that she had a life limiting illness. But her tummy seemed to settle on sensitive tinned food, so it was decided that the most likely cause was IBS. That food, however, was really expensive and whilst Juno wasn't ill on it, she wasn't putting weight back on either. This is when I turned to Honey's raw food and she hasn't had any issues with her stomach since.

When I had booked the appointment with the vet to check Juno's sight, I had to fight off familiar thoughts that she might have some life limiting illness like a brain tumour. I remember discussing it with my boyfriend. If she was losing her sight, we could work around it. I was very worried it was something altogether more sinister. Strange as it may seem, when the vet told me that she thought Juno might have a genetic condition called Progressive Retinal Atrophy (PRA), I actually felt relieved.



Left eye has a greeny tint to it - sign of PRA

Adapting

Three trips to the vets later (including a specialist surgery called Optivet) and the diagnosis was confirmed. PRA is a genetic condition. I have since discovered that both her mum and the stud dog used as sire have the recessive gene that causes it. There's around a 1 in 4 chance that Juno's litter mates have PRA but so far Juno appears to be the only one affected.

Whilst the knowledge of her diagnosis is new, Juno has lived with this for most of her life and, of course, has been constantly adapting to her ever worsening eyesight. An interesting example of this is the way in which she engages in chasing a ball. First, she waits to hear the ball bounce, then she runs in the right direction and (adopting a rigorous search pattern) uses her sense of smell to find it. You can imagine how big a cheer she receives when she is successful!

The vet doesn't know exactly when Juno will go completely blind, but research shows that most dogs with the disease lose their sight between the ages of four and six. So, with a bit of luck, we have time to make positive changes. I have followed Juno's lead and started to adapt as well. It turns out there is very little advice freely available for owners whose dogs are going blind. The vets have not had much to suggest, beyond the general adage that dogs are better than humans at adapting to blindness.



Juno with a ball

One of my main concerns is how energetic Juno is. She is extremely well-behaved (she walks well off lead, has excellent recall and mostly ignores other dogs) but she does love to play. Once she has that spherical object of joy in her mouth she bounds this way and that. My command 'sit' mysteriously becomes 'jump up'! Of course, I am to blame for this because when she was younger, I used to encourage ball play and chasing games. At the time it didn't seem to be an issue. She quickly calms down because she wants me to throw the ball again, she never moves far away (she is smart enough to know that she needs to drop the ball next to me so I can throw it again) and, anyway, we have always played this way in large, open spaces where she can't come to any harm. Still I can see now that the playing could become rather more dangerous as her sight deteriorates. I want Juno to be safe to be the bouncy, care-free dog that she is and to do that I need to have clear commands that she actually listens to whether she has the ball or not.

There being a complete lack of advice available, I called Scovellsway Training Kennels to see if they had any ideas. Anne, one of their behaviourists, and I had a great chat. She is a gun dog specialist and she suggested that we train Juno to respond to a whistle. This made sense to me as I figured it will cut through all the other noises when we're out on a walk.

We've had our first session and Juno has already mastered sitting and recall. If she has a ball in her mouth it still distracts her... but we are working on that!

I am also starting to make up a list of other commands that will be needed to keep her safe. For example, commands for 'go left', 'go right', 'step up' and 'step down'.

Thinking about disability

As I mentioned, lots of people have expressed shock and sadness at Juno's diagnosis. Some have even asked me if Juno will need to be put down. It has never occurred to me that Juno won't be able to live a happy life when she is blind. My job as her human companion is to ensure she can have that happy life.

What I am worried about is that once she is blind, she will develop cataracts, which in turn is very likely to lead to glaucoma, a painful condition which sees a build-up of pressure behind the eyes. Glaucoma can be treated with eye drops at first, but soon becomes resistant to this and the pressure returns and increases. I don't want Juno to be in pain. But there is a solution to this – remove her eyes. This might sound a bit dramatic, but once her sight is gone, if her eyes are causing her pain then it is the kindest thing to do in the circumstances.

Anyone reading this who is disabled, or knows anyone that is disabled, will be only too aware that it is society and our built environment which exacerbates disability. With fairly basic adaptations we can make the world more accessible. I have taken this approach for Juno: doing small things, such as changing the way I give commands when out and about, keeping furniture in the same place, finding balls that make a noise when they bounce and so on.

I am confident that Juno and I will do what we need to do so that she can continue to live her best, bouncy, life.

Following Juno's journey

If you have a dog that is going blind, sight impaired, or is already blind, I hope that this short article will help. If you're interested in keeping up-to-date with Juno as she continues to learn how to live with PRA, you can follow us on @theguidehuman on Instagram and www.theguidehuman.co.uk.



"I'll only give you the paper if you promise not to let the news upset you."

How to spot PRA

Here are the typical symptoms of PRA:

- Reflective eyes - you may notice a bluey-green tint in their eyes.
- Very dilated pupils.
- Pupils that don't constrict to a pinpoint in bright light.
- Being more tentative in the dark - with PRA it is night vision that goes first.
- Struggling to recognise you by sight.
- Relying on hearing and smell to chase toys.

The only way to confirm whether your dog has PRA (or any other genetic condition) is through a DNA test. You can order these easily over the internet. Your vet might be able to recommend a particular company. Some of the owners of Juno's litter mates have opted to do this for peace of mind.

Canine fun and games

By Jackie Bromwich

A beginner's guide to canine sport

For some people it is an excuse to hang out with their dog. For others it is an excuse to hang out with their friends. There are those who see it as a bit of light-hearted entertainment, and those who take it very, very seriously. Exercise can (but doesn't have to) come into it. It is also a great way to help dogs with behavioural and health issues. In short, there are lots of different reasons why dog lovers take up one or more of the different canine sports. In my experience, however, participants share two common characteristics: they find it both fun and fulfilling. There is another benefit, too. Working with your dog to achieve something – from following a scent to making up a dance routine – will bring you closer together in a way that may surprise you. Canine sports are about shared experiences and bonding as well as about having a good time. What follows is a beginner's guide to some of the various options. One thing I can promise you: whichever canine sport you decide to try out you'll find lots of enthusiasts willing to help you get started.



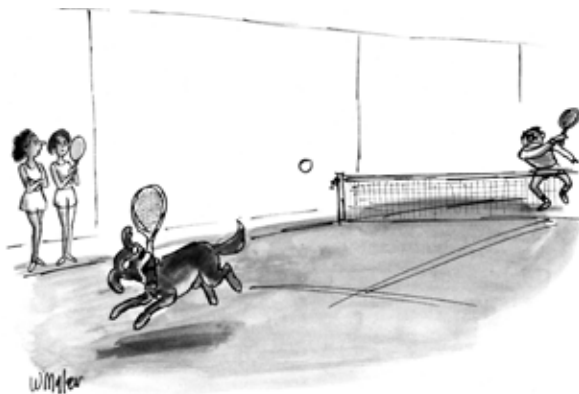
"Let's take it easy for the first two miles."

For the dog's sake

Before I say another word, I just want to make a quick plea on behalf of your dog. A hundred years ago the vast majority of dogs were employed. Guard dogs guarded, hunting dogs hunted, herd dogs herded and so forth. The point is they were physically and psychologically engaged. The same is not true today. I suspect that if we did a survey the vast majority of dogs lead rather quiet, unchallenging lives – many in somewhat solitary conditions. The beauty of engaging in a canine sport is that it will give your dog the sort of challenge that their ancestors used to have. It will stimulate and engage them. As one expert said:

There's little doubt that doing canine sports can help almost any dog to become more balanced, better behaved, and happier. Most dogs benefit from having an outlet for their energy and intelligence, from the discipline required for training for a sport, and from the confidence that comes with success.

Even if you aren't 100% convinced yourself, I'd urge you to take up a canine sport... for your dog's sake.



"It's kind of a shame, really. Before tennis they used to be the best of friends."

Something for every dog

The fantastic thing about canine sports is that most of them are suitable for any dog, regardless of its size, age, health or level of athletic ability. No one knows your dog like you do, so you'll probably have a good idea about what might appeal. For some it could be something intellectual, for others something physical, for a third group a combination of the two. You may be surprised, too, by how eager and excited your dog is. It can be a bit like switching to raw feeding... he or she may tell you (in their own way, of course) that this is exactly what they have always been hoping for. There are plenty of gentle sports, by the way. When weighing up the options consider your dog's personality, activity level, and athletic ability. If he or she is high-energy, loves to jump an extreme sport like flyball to a more relaxed sport like obedience. Older dogs will probably prefer tracking to rally. If you would like some advice by all means do contact me or one of my colleagues at Honey's.



Agility

Dogs navigate a course made up of obstacles, jumps and weave poles. You walk/run alongside providing instructions. The objective is for the dog to work around the course as quickly and with as few faults as possible. It is an ideal sport for dogs who are intelligent and energetic and need plenty of mental and physical activity. It was first introduced at Crufts in 1978, by the way. Visit www.ukagility.com and www.ukagilityinternational.com for more information.



Heelwork to Music

Set aside your preconceptions. Heelwork to music (HTM) requires athleticism, brains and rhythm being a combination of a number of dog sports, including agility, disc, and obedience. Participants devise routines of up to four minutes, set to music, and perform the routines with

their dog. HTM is divided into two categories - heelwork to music and freestyle - and most competitions stage official classes in both categories. Heelwork to music came originally from the discipline of dog obedience and uses the heelwork elements of that discipline. It requires a dog to walk/trot at heel in any of the eight prescribed heelwork positions and the handler to choreograph that heelwork to a piece of music. The dog must be in a heelwork position for at least two thirds of a heelwork to music routine. The remaining one third may be freestyle. Freestyle, sometimes abbreviated to FS, simply means that the handler is not restricted to working a dog at heel. At least two thirds of the routine is made up of a series of moves in free positions and should reflect the timing, rhythm and phrasing of the music. The routine should have a theme, tell a story or interpret lyrics. Up to one third may be heelwork as explained above. Visit www.heelworktomusicuk.co.uk for more information.



Competitive Obedience

Competitive obedience is exactly what you would imagine – obedient and well-trained dogs having their abilities tested. It publicly showcases the training you and your dog have achieved through a set of obedience tests. General training classes will teach you the basics and then if you decide you want to progress in this discipline your dog could even end up doing such advanced exercises as scent discrimination. The sport gained popularity from the 1950's onwards and evolved from Working Trials. It gives an opportunity to progress a dog's skills. Using positive, reward-based training methods, competitive obedience can be enjoyed by any breed, or crossbreed and any owner. It doesn't matter if you are 8 or 80, you can still train competitively at any level in the sport, and it doesn't matter how fit you are. Training is relatively inexpensive compared to other dog sports, and you don't need any equipment or much space: a lot of your training can be done in the sitting room, or in the kitchen while you are waiting for the kettle to boil. It is a very inclusive sport, and like many, there is good online training available, if you can't find a trainer in your area. Visit www.thekennelclub.org.uk for more information.



Rally

Rally, sometimes called rally-obedience or rally-o, is relatively new. It is best described as an offshoot of obedience and it was initially ignored by conventional obedience handlers as 'doodling', which is a word used to describe training tricks and other obedience 'warm-ups'. They

viewed rally as fun not work. It is true that it has a looser format and a more playful quality. Plus it is much easier to take part in. Rally differs from obedience, primarily in that competitors and dogs attempt a preset course with signs placed at up to 18 stations along the course, requiring them to perform one of around 80 different preset exercises. The selection of exercises and design of the course is at the judge's discretion. Each individual round is performed at a brisk pace and takes around three minutes. At level 1 and 2, the first two levels, dogs compete on lead and a loose lead is emphasised. The handler may give verbal commands and encouragement throughout as necessary. More advanced levels require dogs to compete off lead. Interested? Visit www.rallynews.co.uk and www.thekennelclub.org.uk to learn more. You could also try Talking Dogs Rally – the only canine rally organisation in the UK.



Working trials

The first competitive type of sport that involved training dogs was Working Trials, which were largely developed as a civilian equivalent of Police Dog work. Although all breeds can take part in Working Trials, unfortunately smaller dogs cannot progress through the higher stakes as no concession is made to size, and they would not be able to complete the agility section in the higher stakes. Working Trials were originally based on training for police work, but for today's competitors they are purely a competitive sport, designed to test the working ability of the dogs taking part. The exercises are basically divided into three sections: nosework, agility and obedience. Working trials date back to 1924 when the first event was held by the Associated Sheep, Police and Army Dog Society (ASPADS). In May 1927, the first championship working trial to be recognised by The Kennel Club was held by the Alsatian League and Club of Great Britain at Castle Bromwich. The format of working trials was changed in 1961 and since then very minor amendments have been made to the discipline, which bears testimony to the standard that was set all those years ago. Want to read more? www.workingtrials.info and www.thekennelclub.org.uk.





Treibball

If you have never heard of Treibball before you read another word I urge you to visit YouTube and look at a few videos! Fun, eh? It is a positive-reinforcement, competitive canine sport which originated in Germany and entered sanctioned competition in 2008. The dog must gather and drive large exercise balls into a goal. Eight balls of approximately 45–75 cm are set in a triangle formation, similar to billiards, with the point ball farthest from the goal. The object of the game is to get all eight balls into a confined space the size of a soccer goal within a set time period, usually about 15 minutes. The handler may not move outside of an area that contains the left half of and several feet beyond the goal area. The dog works in close cooperation with the handler, who is only allowed to use whistles, verbal or hand signals to direct his dog. No verbal or physical corrections are used in Treibball. The dog and handler must communicate effectively to herd one ball at a time into the goal, in fifteen minutes time. The dog and handler team are scored on cooperation and direction, within that fifteen-minute time limit, and can earn extra points or accrue demerits accordingly. The balls have been referred to as 'rolling sheep' in recognition that this sport stems from herding for dogs who do not have access to regular sheep. You'll find the British Treibball Club on Facebook.



Canicross

Canicross is off-road running with your dog. Your dog wears a harness specifically designed to allow them to pull, you wear a belt/harness which allows hands-free running and you are attached to your dog with a bungee line. It is a fantastic sport, open to all abilities. You don't have to be an athlete to enjoy spending time running with your best friend and reaping the benefits both physical and mental. As canicross is now becoming ever more popular, numerous canicross clubs are forming throughout the UK so there is always the option to run with like-minded people. If racing is your thing then there are dedicated canicross events during the racing season of September to April and an increasing amount of 'human' race events are now welcoming canicross entrants. Canicross can be run with one or two dogs, always attached to the runner. Originally canicross dogs were of sledding or spitz types such as the husky or malamute but now all breeds have begun taking part including cross breeds. Not only can all breeds run but people of all ages and abilities can take part, including children and the disabled such as the visually impaired. Sounds fun? Begin your research at www.canicross.org.uk.



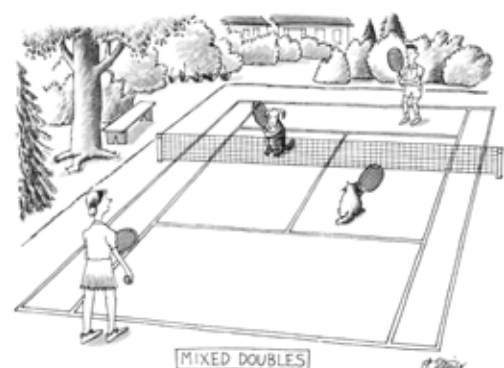
Flyball

Flyball, according to its supporters, is the most unique and exciting dog sport ever invented; it is fast, colourful and noisy. In a nutshell, it is an exciting relay race for teams of 4 dogs and their human handlers. The sport was first seen in California in the early 70's, when Herbert Wagner invented a ball launcher for demonstrations at his Canine Obedience Graduations. It was fun for the dogs, owners and onlookers alike and he was soon asked to go on US national TV... and Flyball grew from there! By the early 80's the sport had taken off in Canada and America, and the North American Flyball Association (NAFA) was formed. Flyball has continued to grow and spread over the years, and it is now a worldwide sport, played in the UK, Canada, Japan, Australia, and many European countries, with European Championships taking place annually. The British Flyball Association (BFA) Championships, held in the UK, are the biggest flyball competition in the world. The BFA is a good place to begin your research www.flyball.org.uk



Dock Jumping

Also called dock diving and canine aquatics, dock jumping is a competition where dogs jump from a dock into a body of water in an attempt to achieve great distance, speed or height. Dock jumping is much like the human long jump or high jump, but with water. The best dogs for this sport are high energy dogs that love water such as Labradors. In distance jumping, the handler throws a toy off of the dock in an attempt to get the dog to jump as far away as possible. Distance is measured at the place where the tail base meets the water. Jumps are usually recorded digitally for accuracy. For the high jump a bumper is placed at a predetermined height. As competing dogs reach it, the height is recorded and the bumper is moved up. The winner is the only dog that can reach the bumper at its highest position. There are other aquatic canine sports if you have a dog who loves the water. You could start your research here: www.k9aquasports.com



Competition winners

In the last issue we held a photograph competition in which you had to submit a picture on the theme of 'walkies!'. The response was, as usual, 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 every 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!



Arno and Rosie Bourlet



Dougal Britain



Aldo Chanavat



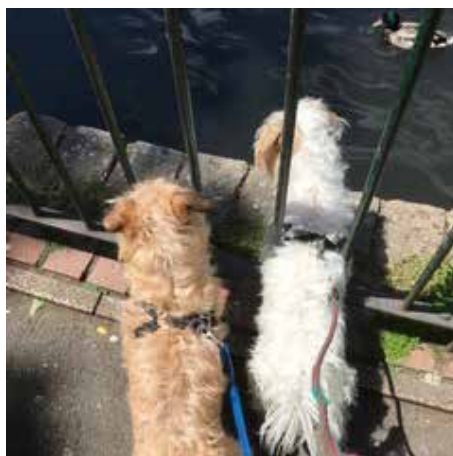
Bilbo Spratling.



DaisyMae, Caley and Breacan Griffin



Archie Townsend Green



Bud and Ted Cloud



Darcy Wong



NEW 'DINNER TIME!' PHOTO COMPETITION

Win a month of free food

The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'Dinner Time!'. 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 31 October 2022 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



Jasper Warr



Honey Franks



George Wong



Duke Noke



Fitz Tredget



***RUNNER
UP***

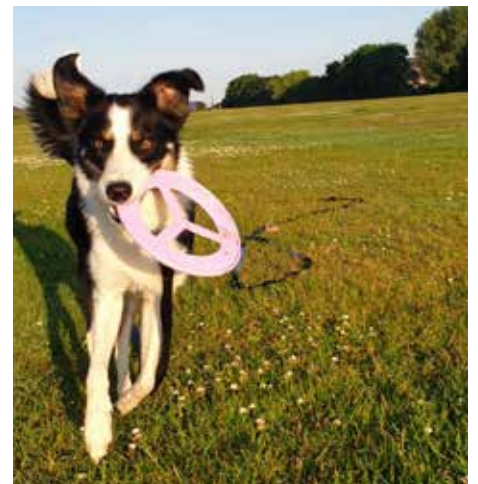
Jaff Trenchard



Nina Sullivan



Dottie McLarty



Hector Jones



Ted Hawkins and Grandson



Flo Murray



Hugo McKe



Lexi and Badger Elson-Riggins



Milo Whitehouse



Jack Youngman



Monty Crane



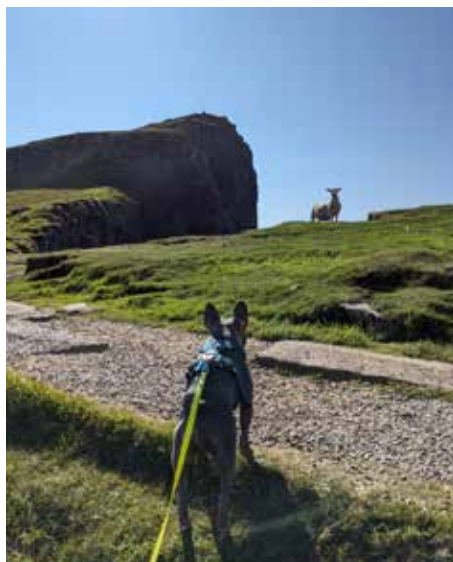
Obi Shell



Buddy Kennedy



Olive Humphrey



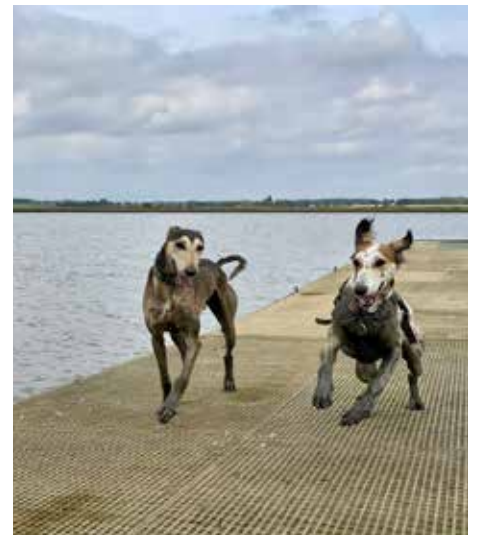
Olive Tan



Rambo Ching



Rocco Wadey



Florie and Macer Ferguson

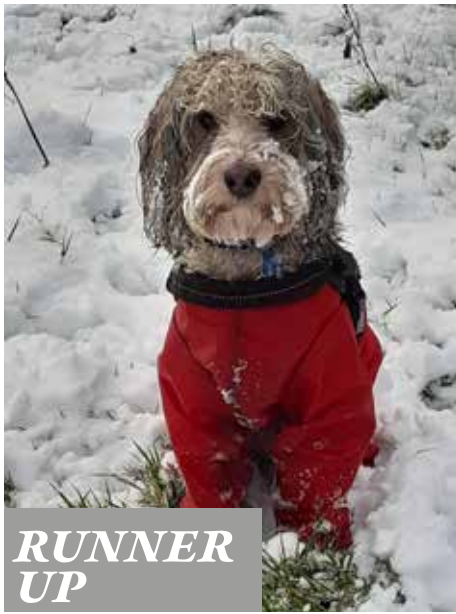


Ruby Turner



RUNNER UP

Slinky Silva and Padfoot Brooks



RUNNER UP

Teddy Simpson



Wilfred Haigh



Stella Berkley and friend Lulu



Toby Nutt



Zak & Zia Hughes



Star and Jabba Berner



Coco Kennedy



Finley Phelan Doyle



Dora (Dog) and Brock (Cat) Wagstaff

IN MEMORIAM

The following few pages are devoted to some 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@honeysrealdogfood.com



Dudley Franks
2006 – 2022

We lost our beloved dog Dudley on the 19th June at the grand age of 16 years and 4 months (he would want me to mention the 4 months).

We used to joke that he would go on until he was 35 or so and that we could all then depart peacefully at the same time – the idea of no Dudley in our

lives was incomprehensible. Now he has left that heartbreaking void and visceral silence, even with our lovely younger dog Honey still in the house.

Dudley was an Irish Soft Coated Wheaten Terrier and was born in Cornwall. When we went to see the litter, I assumed it would be the 'dog will choose you' scenario that I had been told about. In fact, we were allocated Dudley as we did not want to show him or breed from him and consequently, because he did not have the essential colouring or markings for these purposes, he became ours.

He was a darling and a true gentleman, but also a bit of a control freak in the house, or endearingly neurotic, depending on which mood you were in when on the receiving end! He didn't like you to sneeze, open windows unless they were sash windows, argue, swear, vacuum, cry or practise yoga. All of these actions resulted in a short but serious barking session. He hated the noise of bees or flies, butterflies in the house, reflections or even the minutest mosquito hum. Also, the sound of my late Mother stirring her coffee cup in her garden next door! These all resulted in a good 'telling off' bark.

He didn't like getting wet or dirty or being picked up or being groomed. He was frequently incapacitated because a blade of grass had become attached to his coat and he refused point blank to walk through anything remotely thistly or overgrown.

Mostly though he was just adorable. He loved us, his walks, chasing the shadows of birds across our lawn (he would have patented that if he could), the snow or any cold weather, a really thorough licking inside and around your ear – a Wheaten thing apparently – wiping his face on our sofa (his sofa really, all furniture was his), sleeping with us on our bed, staring intently out of windows, having his photo taken, having all the doors open in the summer, playing like a ruffian with his really good doggie pals and seeing Christine on his walks who always had a biscuit for him which he would excitedly accept and then spit out!

He was so well known and loved in the village; some called him The Commander because he would stand on the brow of the hill assessing

the situation while the other dogs ran around. One of his finest hours was sniffing out, and as a result saving, some sheep that had become trapped under a small bridge. Funnily, sheep would follow him in a field, perhaps because he looked like one of their own. He would blithely ignore them. Even cats loved him, which he found really perplexing.

In his latter years, he took up professional modelling and was delighted to have made the pages of *The Alternative Dog* magazine on three occasions. He also released a TikTok video.

He was sweet, caring, loving, funny, loyal, naughty, a cool dude and so, so cuddly: Cuddly Dudley, Lord Duddersly of North Curry, The Commander, Dudders.

We were so blessed to have him in our lives, and he will always be loved and missed.



Sallie Smith
2010 – 2022

We are feeling bereft. Some days are better than others. It's difficult to sum up in a few words such an amazing girl – simply 'our Guardian Angel'. As a boxer, she did so well to live for twelve wonderful years and we are so blessed to have spent over ten of those with her.



Daisy Andrewartha
2006 – 2022

*If I could write the beauty of your eyes
And in fresh numbers number all
your graces,
The age to come would say 'this poet
lies;
Such heavenly touches ne'er touch'd
earthly faces*

Shakespeare

I am so sad to write that my lovely Daisy has died. She had reached a venerable age - almost 16 and it was her time, but it is always such a loss. She was the first puppy that I bred and so I was with her at the start of her life and at the end – what a privilege. She was a wonderful girl, loving, fun, clever and easy going. She attracted fans wherever she went and always demanded (and got) endless tummy tickles. I envied her ability to look gorgeous no matter what and I would always describe her as the Dandie's Audrey Hepburn.

I have always trained my Dandies and when the new sport of Rally Obedience started up in 2013, I set myself the challenge to get Daisy and her daughter qualified in this sport. To my utter joy she and Rosie reached the top level - the first and only Dandies so far to do so - which is why she has RL6 after her name. She has done a bit of everything: tracking, agility, rally, obedience, showing, scent work and been a wonderful mum to a gorgeous litter. Not naturally a dog with a high working drive, she trained for the treats and for her special time with mum. Looking through the photos and talking about her life is making me sad but also making me smile that I got to spend so much time with this lovely dog. I shall miss her very much.

Run free my darling Daisy
XXXXX

Gryfindor Silver Rose RL6
Daisy
17th July 2006 to 21st April 2022



Darcey Thompson
2007 – 2022

My Nose
My unusually long nose is a blessing and a problem. People make comments, and I will admit that I do seem to look a bit different.

My nose seems to have a mind of its own. It arrives before the rest of me, and gets me into trouble poking itself into other people's business.

On the plus side, eating is my favourite relaxation, and smelling delicious food is a constant pleasure. Arguably a minus, but I think a plus, is my enthusiasm and curiosity about everything. You could say simply that I am nosey. I cannot help noticing your handbag, for example, and wondering what it is like inside.

I have always had freckles on my nose, so it is hard to look elegant. Luckily my outgoing personality more than compensates. I have always been confident just being me, and it seems to work making friends, and making people laugh. They could be laughing at my nose, but as I have other noticeable features it may not be just my nose. I do have big ears as well. Would I ever consider a nose job? No way!



Vera Provan
2012 – 2022

Vera would thoroughly approve of a tree being planted in her name. Bizarrely, trying to swing off low branches of my very miniature apple tree by hanging on by her teeth was one of her naughtier tricks.

She has left me smiling when I look at it now, with its missing branches (which she invariably ran off with)! We all miss her dreadfully.

It's a long story as to why she doesn't look like what she was – a Wire Haired Vizsla! When we lost our Spinones we vowed we would have a different breed as we were so sad... and along came Vera. Needless to say she was very orange and wire haired. Within a year, however, she had turned almost white and grown long hair, was as mischievous as Frank our much missed Spinone, and other than being slightly smaller she looked just like him. It was very unnerving but rather lovely!!



Gus Charnell
2010 – 2022

There really isn't anything I can say that would do this whole loss business justice. I am certain you understand that and so I will not even try. Gus lived an amazing life – he had free run of a whole farm even as a sight

hound. He lived out his wild side, his sight hound side as the mobile speed bump to all those who did not adhere to the farms speed limit, and every so often he deemed to chill out with me in the same room and sometimes even on the sofa. We came to a place of trust that I know will probably never be repeated if I were ever to take on another dog. Everyone who knew him would say he wasn't a dog... he was Gus. He was a free spirit in so many respects - his own dog.



Muffin Rayson
2008 – 2022

Muffin was fourteen-and-a-half-years-old when he died on 20th May. He was a Lowchen or Little Lion Dog, one of the rare breeds in the UK. He was my Mum's constant companion for thirteen years and followed her everywhere and sat beside her every day. The last eighteen months of his life

were a struggle for him without her but now he is reunited with her being spoilt and having his toes massaged in the way that no one else could do (I tried but failed). We miss him so much as do Elsa, his niece and Shadow, Missy and Sophie.



Dylan MacDonnell
2017 – 2022

Dylan (aka 'gorgeous'), our beloved Flatcoat Retriever, was taken from us way too soon.

Dylan's exuberant and happy disposition meant that he lived his short life to the full. His

absence leaves a dog-shaped hole in our hearts and a huge void in our lives. His lively spirit will remain with us and we will take comfort from all the joy he brought to us and to many others for 4 and a half years. RIP Dylan/Dilly.



Henry Meehan
2011 – 2022

Henry brought so much love in our lives. He was the perfect bulldog – a soft and gentle, loving boy – all 36 kg of him.

We miss him dearly. It is very difficult for us all. Henry loved his walks and coming to our caravan on the east coast, running along the beach and in and out of the sea. We have hundreds of photos and videos throughout his life giving us loving memories of him.

He was sadly put to sleep on the 30th March this year just short of his eleventh birthday. When he took his last breath I had him my arms the hardest thing I have ever had to do. George our young bulldog – Henry's best friend – has been lost since he has gone.



Charlie Potter
2012 – 2022

Charlie was only 9 and a half and was very loved and has left a huge hole in my life.



Chili Carrington
2010 – 2022

Chili has left a hole in our lives. She was a very sensitive, very intelligent, sometimes complicated, special soul dog. After she died, for a long time, I strangely felt like I had lost a limb. She was the most beautiful thing my eyes had ever seen, and she got somehow even more beautiful in her last weeks.

Digby Kirk
2015 – 2022

I miss Digby, or Digboy as I used to call him, with all my heart. We buried him in the garden where he always liked to sit, and every day I go and talk to him and to see how the wild flowers, including the forget-me-nots, are growing over him. A huge gaping hole is in our lives. I believe in fate, and always have firmly held that people, animals, events, come into our lives for reasons. Sometimes it isn't apparent at the time. Anyway, we were supposed to have Digby, our little Romanian rescue, not only to give him a better, happy loving life, but also to enhance our own. He gave us love and many, many happy memories.



Jay Faraday and Neil
2011 – 2022

Jay is very much missed. He was adopted from a rescue centre back in 2014 following the news that my husband, Neil, had been diagnosed with cancer.

We always says we'd get a dog and Neil's illness was the prompt we needed. Jay was beautiful and caring and sassy - a true support animal to Neil as he grew ever more ill over the five years he battled his cancer. Jay's love and devotion gave Neil a reason to keep fighting. It was cancer that also took Jay and fairly quickly in the end. He was

well-known in the local dog community and neighbourhood because of his well-behaved and friendly nature. This picture is of Jay and Neil and evokes wonderful memories.



Dibble Higgins
2009 – 2022

Dibble gave us so much love and asked for nothing. He was loved by everyone he met regardless of age. He would always be pleased to see family and friends.

Anyone was safe with him he had a super temperament. Placid and happy to be

played with and cuddled. He just wanted to be in your arms 24/7. The kids would argue over who would get his cuddles first, although maybe not the lick of the face with the well-known and aptly named death breath! But that was Dibble.

Dibble was our first dog together, our first born, a live wire who we couldn't tire out! Until Barney came along...

We have many stories of his adventures, a dog with no recall is always a challenge! We would let him off on secluded beaches or secure fields much to his delight and fun. He loved our motorhome and the freedom it gave him, but we were always delighted he was in his bed at night. Twelve years for a dog with no recall who lived a full and happy life.

We all miss him dearly but the happiness and love he gave us will never be forgotten.



Charlie Jackman
2008 – 2022

I miss my boy so very much, he was such a loving lad with so many naughty characteristics that made me laugh. I was only ever away from him for one night in his life. He was like my shadow. He would have been fourteen this year.



Bozo Schlesinger
2009 – 2022

Bozo had a wonderful life for twelve years and then died rather suddenly. We all miss him, but especially Doodle, who is Bozo's nephew, who has never been on his own before. They had many adventures together. Bozo was definitely the leader – and they were well known in the village as they were always escaping. I am afraid they ate things which didn't belong to them. Once they were gone all night. The following morning (having put

up notices everywhere) I received a call from a very nice gentleman who told me that they were in his garden after his ducks.



Muddy Wood (r)
2008 – 2022

Muddy was a great age. Fourteen. He was fit and well until the last 30 minutes of his life. He was much loved and is greatly missed by family and friends.



Bianca Beachem
2010 – 2022

Bianca came to us for the last six months of her life. She was a kind, loving dog and we miss her. Her ashes are in the garden, under a Fuchsia in our back garden with all the other dogs.



Kenzie Ladjevardi
2008 – 2022

Kenzie, shikoku-inu, Japanese hunting dog, born in Holland, lived and died in London. With your wise inscrutable eyes, half beast, half sage. You taught me about being and about love. And even in your passing, I am still with your special spirit. Thank you for sharing your life with me.



Betty Mann-Alves
2011 – 2022

It really only feels marginally easier than it did a couple of months ago. I am sure I don't have to describe the pain it has left me in. I still think about her every day. We spent all day every day together. Even when I was working she kept me company. I think I will remember Betty mostly as my fierce defender – my sun seeking soulmate. I don't feel whole without her.



River Waghorn
2018 – 2022

In memory of a friend

I walk to the beach alone today without my sweet companion
I watch the waves roll in, a crow sits watching with me
Though not superstitious, I struggle To push away the ominous sign

I lead her gently towards the consultant
Deflated, having tried to avoid this moment
With herbs and remedies, with denial
Only one choice now

Side by side
She leans on me
Her eyes meet mine
Take me home

With the diagnosis I feel relief
As if knowing the problem equals resolve

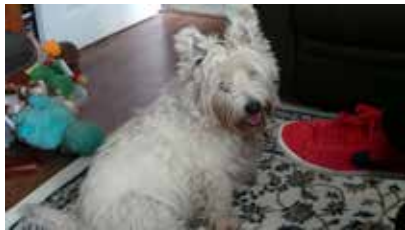
We'll phone you when she's coming round
And just like that, they take her away

I slow drive the short ride home
Seek mindless duties, some gutters to clear
Unable to focus on the chosen task
I make some soup to sooth my nerves

Liz Taylor eyes, willful and independent
Unpredictable and funny, my brindle beauty
Next to me now, breathing quietly
Unable to lift her head, she slips away

I lie here this night, an aching in my chest, a hole in my middle
A feeling known to all who have loved and known such devotion
Goodbye my dear friend, my teacher
My reason for walking and waking

Tania Waghorn



**Alfie Waterton
2008 – 2022**

Alfie was such a special little dog and I felt he helped me more than I helped him.

I rescued him when he was ten years of age and although he had some health

problems he soldiered on for another two and a half years with me until he was called to the rainbow bridge. There isn't a day go by when I don't think of him and I also chat to him. He hasn't gone, it's just that I cannot see him.



**Darcy Groves
2007 – 2022**



**Rodney Groves
2014 – 2022**

Mr Darcy

It is difficult to summarise how life changed after the arrival of Mr Darcy, renamed after the *Pride and Prejudice* character because he was regal, stubborn and very good looking. He was on his third home and he arrived, depressed and quiet, clearly missing his previous family.

However, after he had settled into our chaotic family life, his true character started to shine through, and life changed for all of us. Having a dog like Mr Darcy was like living with an errant toddler. If you heard rustling or a bang from upstairs, it was likely that Mr Darcy was up to no good. He was a thief who planned his ventures meticulously.

The thing was that Mr Darcy lived his life through his nose. Anything could become his prey – toast, Parma ham, a piece of steak, a bit of cake – he stalked it all. Despite everyone who knew him being on high alert, sooner or later he would always get the better of them. This would be done by careful observation from a distance – frequently while feigning sleep. He would wait and wait and then, when the opportunity arose, he would silently pounce, run and eat! It was very annoying and at times also very embarrassing.

We tried to outwit him by shutting him out of various rooms. But he taught himself to open doors of all kinds – forward and backwards. This was quite impressive. Unfortunately, this then led to him invading bedrooms, opening sliding wardrobe doors, to find chocolate treats, that had been hidden for Christmas or Easter. Clearly memorable dates in Mr Darcy's calendar.

Apart from being amazed that he survived these encounters, it actually became a very expensive business. So, we changed all the door handles in the house to round doorknobs. The result being even we have trouble opening them now!

Mr Darcy's manners did not stop with immediate family members. One of the builder's rucksack mysteriously disappeared. With great cunning Mr Darcy had hidden it behind a hedge and then adeptly opened the rucksack, and the Tupperware sandwich box and eaten its contents. Embarrassingly, I had to return the very nice builder empty lunch box, complete with nibble marks all round it.

Other social events, despite our best efforts, were marred or now remembered by virtually everyone who has ever visited us, as another 'Mr Darcy story that we still dine out on'.

His canine food adventures did not just happen in the house. He stole from the bird house, climbed into the compost bin, raided the vegetable garden, robbed the greenhouse... the list of his escapades goes on and on.

The thing is he really didn't care if you told him off. And he was told off a lot!! You could almost see him shrug his shoulders as he wondered off, no doubt plotting his next escapade. He had no remorse.

But despite this, he was a dog who loved cuddles and being loved. He was playful, naughty and in his own Mr Darcy way, affectionate and loving, even if there was never a dull moment when he was about. It was a sad day when he departed to doggy heaven. The house was quiet. No rustling and no need to hide food any more. A big character was missing from our home.

Rodney

In late January 2020, Mr Darcy's groomer telephoned me with a very sad story of a dog desperate for a new home. His owner had gone into long term care and the dog walker could not afford to keep him. She was looking for a special forever home for the dog she called her 'very special boy'.

I asked my husband his opinion – and all he said was: 'Well, let's give him a go. What's his name?' When I subsequently discovered it was Rodney, I knew he was meant to come to us. Rodney was my late father's name. I almost felt that my Dad had a hand in sending him to us. (As an aside, since I use my maiden name, whenever I visit the vets with Rodney they call out: 'Rodney Groves' – which fills my heart with love and memories.)

Rodney came for a few weekends before he finally settled into living with us just prior to lockdown. A pedigree border collie, he was very obedient and gentle. Rodney was the softest, soppiest fluffball of a dog, with eyes that could see into your soul. He was very earnest and so desperate to please. The complete opposite to dear Mr Darcy.

However, Rodney had one problem. He was unpredictable with other dogs especially when he was out for a walk and on the lead. Throughout lockdown he was walked daily. His behaviour improved around ponies and cattle in the New Forest, but was still tricky with other dogs. Sometimes, he was fine but other times the red mist came down.

Fortunately, we have a large garden which he loved and would spend hours wondering around or peeping through the hedges. He enjoyed games of football, with our other dog Ruby and their special collie chasing games.

Finally, as we came out of lockdown, I got a dog behaviourist involved. It was going well. Rodney had demonstrated that he was just scared. And much of his behaviour was about trying to get away from other dogs. We were making good progress even if it was slower than I would have liked.

Then in December 2021 we noticed some little bloodspots. Initially we and our vet thought, these were coming from his mouth. However, about an hour after he went into get his teeth cleaned, I had a call from the vets.

In short, the prognosis was catastrophic. 'It isn't his teeth – he has cancer and if he is lucky, he has up to six months to live.'

We were all devastated. He had found his forever home – and now he was ill. Life can be so unfair. By the end of March his legs started giving way. He would look at me with those deep brown earnest eyes, as if to say: 'What is happening to me. Why are my legs not working?' And I knew it was time. We said goodbye to Rodney – and I feel so sad that he had found his forever home and then he got ill.

We may have only had him for just over two years, but he will always have a special place in my heart. The dog walker was right. He was a very special boy.



Shadow McKay
2005 – 2022

Our beloved dog Shadow died on the 16th June. He had been a part of our pack since he was seven weeks old. He was born on the 18th August 2005. He had a wonderful, loving nature and was a very funny character. He loved to jump – he may well have had kangaroo in his miniature poodle pedigree. He will be missed so very much.



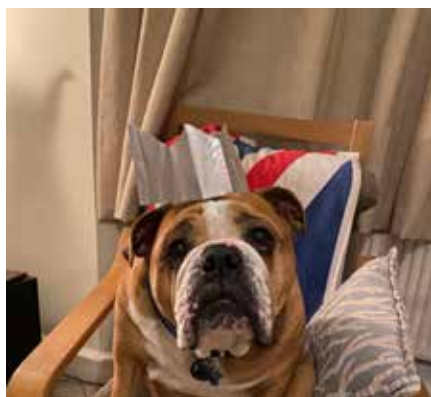
Jack Bsirsky
2019 – 2022

I still miss Jack terribly. It was such a big shock to lose a dog at such a young age. Only three years old. I have named my dog training business after him. It is an awful loss to me.



Bandit Berner
2011 – 2022

Bandit was a gentle giant. He loved his cuddles and kisses. He was a great character – loyal to the very end – and will be sadly missed by so many. He died suddenly aged 9 years 6 months in the UK, but had an amazing life in France and was bilingual! Rest in peace.



Teddy Gill
2015 – 2022

The day we collected Teddy at twelve weeks, his breeder said: 'Abb, this one loves a cuddle.' She was right. As the years rolled on, despite getting larger and larger, Teddy still loved a cuddle and would jump onto our laps for one. Although he weighed 35 kilos, he always regarded himself as a lap

dog! Teddy was one of those dogs that touched so many people in a positive way. Always there protecting his doggy friends from unwanted advances and always so placid, gentle and caring to children. Teddy was truly part of our family and there is not a day that goes by that he is not in our thoughts.



Lola Hunter
2010 – 2022

Lola was a character. Full of energy and naughtiness. Defiant but incredibly soft and loving. At the age of twelve, her body failed her with cancer in her spine.

She always looked young and fit. Shortly before she died she was mistaken for a much, much younger dog. Much missed by family and friends, who are bereft.



Izzy Cullen
2010 – 2022

Sadly after 12 amazing years with my beautiful best friend Izzy a short illness took him away from us last weekend.

An extremely clever, beautiful, loyal and affectionate Pup who we loved so much. He was at the centre of everything we did as a family. We miss his little paws tapping on the floor, his 'annoying' barking and most of all his lovely walks, companionship and cuddles. I would give anything to hear him barking again. Our family are totally devastated and a massive hole has been left in our lives that can never be filled.



Lucy Darling
2008 – 2022

Lucy was in charge. We have three other lurchers, but all it took was one look from Lucy and they happily gave up their chosen position on a chair or by the fire.

She led the morning and evening searches around our field for rabbits, squirrels, voles and anything else that dared to venture onto HER territory. Lucy was a first cross Deerhound/Whippet and so she combined

both speed and endurance, which maintained her lead of our pack. She was also intelligent and obedient, which cemented her place in the Whitchurch Dog Display team for several years. Affectionate when she chose and an independent spirit, she preferred her own space, which was accepted by our pack. If we went away she was the first to greet us on our return. Lucy has left a big void, not just with us but our other dogs. They still visit her favourite bed to tell her it's time for a walk, or a race around the fields or supper. She doesn't accompany us physically any more, but we know that she is running with us and always will.



Minnie Darling
2006 – 2022

During lockdown – before Lucy (see above). Also much missed by all her family and friends.



Misha Pollecoff
2011 – 2022

Misha was the sweetest Belgian Shepherd you could ever meet. He had impeccable manners but he could be a little dim.

For example, he was wary of going through a door unless it was wide open. He was much influenced by Lillian the Maine Coon Cat. She demanded food with a soft meow and he took to doing it with what sounded like a terrifying bark (although

it was really just him politely reminding the chef that he was ready for his dinner... now... please!) He barked at other things he wanted to go away. Hot air balloons that dared to fly over the farm. The full moon. He was just eleven-years-old when he died. He is a much missed family member – a large dog, who thought he was a small dog who could sit on our laps.



Milly Marshall
2016 – 2022

I am bereft over the loss of my beautiful Milly. She was a rescue dog, who wasn't with us long enough, but in that time she left a huge paw print on our lives. She is greatly missed.



Max Curtis
2007 – 2022

Max came to us as a two-year-old rescue and gave us his unswerving loyalty, love and protection at home and on holiday for over 12 years.



Digby Newton
2011 – 2022

It is a sad time, and particularly because his illness – he had megaesophagus and consequent pneumonia – came on rather suddenly. It has been some consolation to discover how loved he was by large numbers of people. Our neighbour referred to him as a legend.



Darcey The Cavalier
13.3.10 - 29.5.22

*Forever my beautiful girl
My best friend for 12 wonderful years.*

This is the inscription on the headstone of my adored Cavalier who is buried in her favourite spot in the garden. She died very suddenly from a dramatic reaction to a very common drug given to her after a minor operation for a wart on her eye. She rapidly developed severe diarrhoea,

she then haemorrhaged and due to a Grade 3 murmur with 'no spare capacity' the vets were unable to get fluids into her fast enough and she slipped into a coma and died. I wasn't even with her at the time as I had thought when I left her at the vets I would be seeing her at the end of the day. When I received the phone call telling me she had passed away, I went into complete shock and am still, 6 weeks, later struggling to come to terms with it all.

Darcey was my life as my long-term partner died several years ago and I have no family. Lockdown brought us even closer and we were inseparable, going everywhere together. All the local pubs and coffee shops knew her – and she knew where the biscuits were always kept in every one of them! Although 12, she was extremely healthy due to having been fed raw from a puppy and the last few years with Honeys.

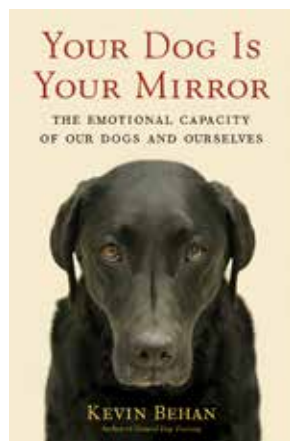
Darcey truly was the most delightful little dog you can imagine. She loved everything and everyone – well perhaps not squirrels! - and everyone loved her. The number of cards and flowers I had when people heard of her death were enormous. She knew so many people and dogs that if we went to a popular place with lots of dogs and people, it would take us 20 mins to walk 500 yds as everybody had to be greeted. She was incredible with children, once being surrounded by a group of about 20 all wanting to pat her but she just stood there lapping up the attention whilst the poor teacher was having a mini breakdown. She adored her walks, especially along the river, but being a spaniel 'sniffs' were more her thing than distance.

From a puppy she was adorable. She had been bred by a retired headmistress who was a big Cavalier fan and wanted to prove you could breed a 'sound' Cavalier. The breed was going through a very difficult time with in-breeding and still is, although things have improved a bit. Consequently the genetics of her 'family' were very carefully investigated. To actually be able to have her, I had to go through the third degree but fortunately, as Darcey was my second Cavalier, I knew the 'right' people and came highly recommended! She had been wonderfully socialised, even down to visiting the groomers for her paws to be handled and she had had tapes played of every noise imaginable so was bomb proof with most things although hated smoke alarms! She hardly needed any training. All she wanted to do was to please you and if doing as she was told made you happy, then she was too! From the time we picked her to the day she died she was an absolute treasure and a joy to have around. There just aren't the words to say just how much pleasure and fun she brought into my life. A kinder, gentler, sweeter soul it is impossible to imagine.

I miss you so much, my beautiful girl but thank you for being so much a part of my life for 12 wonderful years. It has been a privilege to have shared your life. R.I.P. my darling.



Interview: Kevin Behan, author of *Your Dog is Your Mirror*



***Your Dog is Your Mirror: The Emotional Capacity of Our Dogs and Ourselves* by Kevin Behan. Published by New World Library**

Can we know what's going on in the mind of a dog?

Yes, a dog feels what we feel, however everything we're experiencing in an emotional event is not pure emotion or a 'true' feeling, it's an amalgam of these plus instinctual sensations, mental habits of mind and thoughts about the experience. If we were to understand dogs as creatures of the immediate moment, we would then have an analytical tool to parse apart these components of emotional experience. And when we get down to emotion and feelings, we have arrived at the basis of a group mind, and in which our dog, unlike we humans, is participating with its entire conscious awareness.

How did the dog become man's best friend?

The common interpretation is that early man either directly or inadvertently selected for tameness, docility, submissiveness, and then given that proto-dog was closely related if not wholly descended from wolves, was predisposed to a complex social way of life and so being hormonally awash in stress reducing neurochemicals, was able to adapt to the demands of living with human beings. But such traits are not able to account for the nature and inclinations of the modern dog. My theory is that wolves evolved to hunt 'by feel' because their main prey was too large and dangerous to be physically overpowered, even by wolves in numbers. Wolves had to induce a state of confusion in a vulnerable prey individual in order to enjoy any chance of success. In other words, they had to tune in to what their prey was feeling. This style of hunting then begat their social structure, i.e. being social by feel rather than by instinct, and which translates into a 'hierarchy of feelings'. In other words, which ever member wants something the most, goes first and the others willingly follow because they feel what it feels. Then early man's interest in the wolf or proto-dog was in regards to the hunt, not companionship or utilitarian service around the campsite, and this symbiotic connection amplified the inborn propensity to go-by-feel many times over. For this reason, virtually every breed derives its name and particular mannerisms and social dispositions according to some aspect of hunting. Thus today, we live with nature's ultimate empath, i.e. our dog feels what we feel.

What is emotion?

Studying dogs wholly as creatures of the immediate moment, I came to recognize emotion as a monolithic and universal force of attraction. The animal mind evolved to be in a default state of tension, and emotion arises when in the presence of a certain class of stimuli, which innately represent release from that tension. So, every sentient being is attracted to every other sentient being by way of this universal medium, and within which individuals can synchronize what they are feeling in order to make contact and ultimately connect.

What is the difference between emotion and feelings, and then thoughts?

Feelings are states of synchronization, within emotion as a virtual field of mutual attraction. Think of two people standing on a trampoline, everything they do if they move at random causes them to come together

as if mutually attracted. However, if their movements are independent of what the other is doing, then the oscillations of the trampoline are unsettling and retard effective movement. However, if they synchronize their movements, each can thereby time their movements to the actions of the other and eventually they can move smoothly about and even perform complex acrobatics. So, emotion is the pull toward one another and feelings are the capacity to synchronize so that movement can be efficiently directed in conformance with a desire. Normally we think about emotion in terms of good ones and bad ones, healthful ones and destructive ones. But I've discovered from understanding dogs as creatures of the immediate-moment that there is only one emotion, and it is positive, a positive pull of attraction. Fear for example is not emotion, it is derivative of emotion and it results from the collapse of an emotional state of attraction. Fear derives from the sensations related to falling.

What do dogs want?

The strongest drive in a dog is to be in harmony with what it is attracted to, this however has nothing to do with a 'desire to please' (after all, if one does something to please another, it's not a true desire) and paradoxically as it will first seem, is also the source of canine aggression. Dogs are, like all animals, attracted to human beings, but unlike other animals, are able to fully cross the species divide and fulfill the attraction by being able to harmonize with our human desires.



What's the biggest change over the last fifty years between dog and owner and how people view dogs?

Fifty years ago, dogs were considered to be animals, although unfortunately what tagged along with this was all too often the notion of dog as brute insensate. However, given the denial of the role emotion and feeling play in today's high tech, mentally driven and intellectualized society, owners tend to, and are encouraged by behavioral/veterinary/industrial complex to do so, turn dogs into people as an indirect means of putting one's heart first. So, we are now turning to dogs to make us emotionally whole but this has caused us to seek to control every aspect of a dog's mind and so we are over-socializing, over training, overly stimulating while we are overly guilty that we aren't doing enough. Unfortunately, this turns out to be but another form of denial of the dog's true nature and, I'm sorry to say, ends up being more pernicious than the old view of dogs.

What do you mean by 'energy'?

The animal mind evolved to be in a state of tension and stress rather than at peace, this is a form of potential energy. The release from this dynamic state is what we experience as emotion, our viscera and internal functions smoothly performing their life-giving processes just as if a current of energy is coursing through us. Meanwhile when we're under stress, it feels as if this current is blocked. If we study dogs as creatures of the immediate moment, the particulars of these states become readily observable.

Why do you say there's no such thing as a pack leader?

A group of wolves self organizes by feel, i.e. whichever member wants something the most, goes first and the rest are happy to follow. This is a bubble-up from below phenomenon, rather than being a trickle down from above process.

What is intelligence in a dog?

The capacity to predict, emotionally, where potential energy is going to be. Notice how dogs can anticipate that their owner is going to take a trip or that their owner is coming home, that so-called 'sixth sense'. It's a state of knowing that has no thoughts, it's induced by feeling fully resonant with one's surroundings.

Why is the term emotional capacity more accurate than emotional intelligence?

The way emotional intelligence is currently discussed it is inextricably associated with thoughts and this obscures the role that emotion plays in the individuals' capacity to adapt spontaneously to the nuances of an emotional context. Emotion has a logic akin to dreams. It's not a linear cause and effect kind of thing. It is felt rather than figured out. Dogs unlike humans don't think about what they feel, which is why they don't question what they feel and then feel a need to hide or justify what they feel. Dogs are social by nature. They navigate the world, the most important element of which is their owner, by virtue of a 'group mind' kind of consciousness. So, when we're watching our dog, we're actually observing (were we to filter our thoughts out of our interpretation) their emotional reflection of what we as their owner, the most important emotional element of their life, are feeling.

What role does heart play in behaviour?

The animal mind is a complex interplay of all physiological and neurological processes. The epicenter of an animals' consciousness is also a function of whether it feels resonant or not with its surroundings. If dogs could talk, and were we to ask them where they feel the epicenter of their conscious awareness when they feel resonant with their surroundings, they would say their heart, not their head. Physically, the heart is the center of gravity of the body when it is in motion, likewise, emotionally the heart is the center of consciousness when feelings are flowing. When an animal focuses subliminally on its heart, it is able to synchronize its personality and actions with what it is attracted to.

The author of *Natural Dog Training*, the late **Kevin Behan** was one of the best-known American dog trainers. He was particularly skilled in dog rehabilitation. Kevin believed that what made the modern dog adaptable and trainable was not the dominance hierarchy as taught to him but the dog's ability to work as a cooperative group member in the hunt. He saved hundreds of dogs from being put to sleep.

How does a dog pick its owner?

by Kevin Behan

We've probably all heard the story, and being a dog trainer I've heard it dozens of times from clients: 'I didn't pick my dog; he picked me!' My favourite variation features someone — let's call her Mary — who volunteers to accompany a dog-seeking friend to the shelter. Mary is simply there to help her pal choose from a kennel full of hard luck stories. But, you guessed it, it's Mary who goes home with a dog. 'I couldn't resist,' Mary sighs. 'There was something in Buddy's eyes.' I've even heard of determined dogs unlatching a gate or breaking away from a shelter staff member to rush to the side of their chosen visitor. The result? Classic love at first sight.

Being in the business of solving 'problem dog' situations, I am not generally romantic when it comes to canine behaviour. But I once observed this phenomenon for myself. A client, Ted, was adopting a dog and since he was a busy executive who wanted the process to go smoothly, he asked me to train Jake, a young dog with 'issues' before he brought him home. On weekends, Ted would visit my farm and we played games of hide and seek in the woods that eventually evolved into complex Search and Rescue exercises. After a few weekends, Jake began to master 'cold finds', locating Ted without first having seen him run away and hide. On one particular exercise, Ted had driven to the end of a trail and found a hiding spot while Jake and I approached from the opposite direction. Without the benefit of any ground scent as a cue, Jake would have to pick up an airborne waft of Ted as we approached the general area. After successfully finding his owner this way, Ted and I agreed to meet back on my farm. I intended to walk back the way I came with Jake, assuming Ted wouldn't want a wet and muddy dog tracking all over his brand new SUV. Jake had been wandering about while Ted and I headed in opposite directions and Jake happened to find himself perfectly

equidistant between us. Ted and I both stood quietly, recognizing the poignancy of the moment. It wasn't a test, but we couldn't resist waiting to see what would happen. Jake looked at me, looked at Ted, looked at me, and then ran to Ted. He knew who his permanent human companion was, even though he had spent much, much more with me. Of course, Ted was thrilled to have his new — wet and muddy — dog anoint his car!

In the seventies I subscribed to a dog training journal called *Off Lead*. Each issue carried the motto of the Royal Air Force war dog programme: 'Every handler gets the dog they deserve'. Back in those days, I believed that a dog's behaviour was a function of how well an owner understood and trained their dog. Now, with all that I have learned about dogs and dog owners since then, those RAF words ring true even more, both when people adopt dogs spontaneously and when they do so after a prolonged search. The motto applies to me as well; every dog I've ever lived with has been, in essential ways, me, whether I imported an adult dog from Germany sight unseen or raised the pet from puppyhood.

As I got to know Ted better, and we had many long and introspective conversations around the work we were doing with Jake, I was not surprised to find that Jake's issues turned out to be Ted's as well! What is this chemistry between an owner and a dog? How does a dog know who they are meant to be? I have a theory.

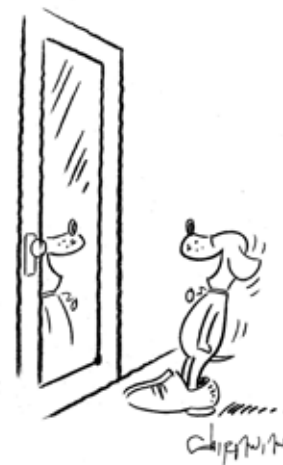
The premise of my book, *Your Dog Is Your Mirror*, is that our dog's body and mind is organized to create a group consciousness. Their ability to sense and feel is the source of their capacity to adapt to every nuance

of our manner and lifestyle. In fact, what we think or do as dog owners is far less important to our dog than what we are *feeling* as we think and do things. This is because our emotional life history is carried into every moment of the present and invested in everything we do. Our dog picks this up and moulds its personality and behaviour accordingly.

What's more, I believe that our interpretation of evolution will one day understand that nature conforms to the emotional power of desire. Early man wanted to connect with wolves — proto-dogs — and the domesticated

dog is the result. He then wanted to catch rabbits and so the sight hound evolved. The desire to kill vermin produced the terrier. Whatever the prey early humans wanted, the appropriate dog breed emerged. This wasn't the humans' doing. Domesticating cats did not produce the same kind of results. I firmly believe that one day, quantum mechanics will work its way into our understanding of the nature of animals to show how the future conforms to the power of desire.

How can my emotional mirror theory apply to even people like Mary, casual shelter visitors with no intention of adopting? 'I didn't raise Buddy,' Mary might say. 'We barely know each other so how can he possibly tap into my emotional history?' He can because we carry our emotional life history everywhere we go and because dogs — like Buddy — evolved by reading our hearts.



Supper with Snoopy!

On October 4th, Snoopy, perhaps the most famous fictional dog of all time, will be 72! The anthropomorphic beagle was originally Peppermint Patty's, before being adopted by Charlie Brown. Loyal, imaginative and good natured, Snoopy has a rich fantasy life (he is an author, a college student known as 'Joe Cool', an attorney, and a British WWI Flying Ace) and loves his food! Happy Birthday, Snoopy!





Chronic Kidney Disease in dogs

By Dr. Amy Watson of
Pinpoint Vet Care

What do kidneys do?

Kidneys are bean shaped organs found tucked up high and towards the front of the abdomen in dogs. The right kidney sits a little further forward than the left and can be challenging to palpate in some dogs.

Kidneys have a variety of roles within the body and their function can be a little complex, but in essence they remove waste products from the body, remove drugs from the body, balance the body's fluids, help regulate the pH of your body and release hormones that regulate both blood pressure and red blood cell production.

If we consider the kidney as a 'waste water processing plant', this makes it a little easier to understand. Blood from the renal artery (the blood vessel bringing in oxygenated blood to the kidney) can be considered to bring in the 'waste water' for the kidney to process. Within the kidney are small kidney units called nephrons, and a small part of the nephron is called the glomerulus. It is here that the 'waste water' is filtered into the nephron, where it undergoes this 'processing'. The amount of water that is required to be removed, or alternatively 'reuptaken' by the nephrons is determined by the animal's hydration status. This 'recycled water' is returned to the blood stream via the renal vein. This also benefits the body's blood pressure by maintaining the appropriate hydration status. In addition, the kidneys can impact on circulation via the renin-angiotensin-aldosterone system.

The kidneys also filter out and excrete or retain electrolytes such as sodium and potassium. They also remove and excrete the body's waste products, including bile and urea. These are removed in the urine after filtration by the kidneys.

Another role of the kidneys is hormonal, producing a hormone called erythropoietin that works on the bone marrow to facilitate the production and release of red blood cells. This is why often dogs with chronic kidney disease can have a low grade anaemia.

Finally, kidneys are involved in calcium control through the production of an active form of vitamin D.

Types of Kidney disease

There are two main types of kidney disease. This article's aim is predominantly to discuss chronic kidney disease, but it is worth mentioning the other type of kidney disease, acute kidney failure, as well.

As discussed above, the kidneys perform many vital functions one of which is the removal of toxins from the body. Kidney failure means that the kidneys cannot remove these toxins. 'Acute' kidney failure means that the problem developed quickly – perhaps over a matter of days. It is also known as acute renal failure. Acute renal failure is potentially reversible, whereas chronic kidney disease is progressive and irreversible.

There are various reasons why the kidneys may suddenly stop functioning. The problem may be 'pre-renal' (an issue with the blood – mainly a lack of it – supplying the kidney), 'renal' (perhaps because of damage caused by infection, drugs, cancer or acute severe inflammation such as glomerulonephritis), and 'post renal' (an obstruction to the outflow of urine made by the kidney – for example, a stone or cancer blocking the ureter, which is the tube leading from kidney to bladder – or a rupture of the bladder, ureter or urethra).

Chronic kidney disease involves the gradual death of nephrons with the remaining nephrons working as normal. The body has an amazing

ability to compensate for organs that aren't able to function properly – a sort of 'reserve capacity'. It is why many people are able to survive with just one kidney. However, once a threshold of nephron loss is reached, the body loses its ability to completely 'compensate' for the reduction in functioning capability of the kidneys. This is when we start to see symptoms. Once kidney disease has been diagnosed the objective of any treatment is to preserve the remaining nephrons as well as to ensure that they work as efficiently as possible.

Symptoms

Symptoms of chronic kidney disease include increased drinking as the body tries to compensate for the damaged kidney by pushing more bloods (and water) through them. Increased urine is produced because the kidneys cannot 'reuptake' what they need to because they aren't functioning adequately, and the dogs become more thirsty to counter this excessive loss of water. The rise in waste products not being filtered out by the kidneys means that there can be nausea and vomiting with the dogs, a loss of appetite and sometimes even mouth or stomach ulcers. Dehydration occurs in the later stages when dogs cannot keep up with the ongoing loss of water through the urine.

Diagnosis

Initially, kidney disease can be diagnosed by looking at blood sample results for kidney markers and then looking at these in relation to a urine sample, particularly the concentration of the urine and the protein levels in the urine. Another sign of kidney disease can be infection. Blood pressure is also checked. If kidney disease is found then there would be imaging of the kidney and urinary tract.

There are four stages of chronic kidney disease according to the International Renal Interest Society (IRIS) Staging Scheme. Stage One is the mildest form of the disease, Stage Four the most advanced. Staging is done by looking at markers in the blood such as the SDMA (a measure of the glomerular filtration rate) and/or creatinine levels in the blood.

Something called 'substaging' (essentially further analysis of blood and urine) allows for more accurate and effective treatment. For example, a dog could be Stage Two Kidney Disease with borderline proteinuria and hypertensive. Treatment is then directed at all three areas, tackling any protein loss (which often suggest inflammatory kidney disease), restoring normal blood pressure, and then supporting the kidneys themselves. Staging is dynamic, it gives us a snapshot in time of the stage of disease that the dog is in at the time of testing. This stage will change, usually upwards to a higher stage, but occasionally it can improve and come down.

Staging is a really useful thing to do for a couple of reasons. Firstly, it allows us to really make sure that when we start on treatment options we can see if there is rapid progression or if we are 'holding' the disease. It also allows us to determine certain treatment options that we can use. For example, we often look at phosphate levels when diagnosing and treating kidney disease, and for different stages we want the phosphate level to be in a slightly different range. By monitoring this with knowledge of the IRIS stage of kidney disease, we can decide of phosphate binders are a necessary treatment option or if we have the figure within the range we want purely from diet modification.

NSAIDs and kidneys

Everyone worries about kidney disease and non-steroidal anti-inflammatory medications (NSAIDs) – in particular, that using these drugs can cause kidney disease. Whilst these drugs are not generally licensed for use in dogs with kidney disease, the drugs themselves do not directly damage the kidneys. These NSAID drugs have an effect on prostaglandins, which are a category of compounds found in our bodies that have hormone like effects. One of the roles of prostaglandins is to maintain the blood supply and appropriate blood pressure to the kidneys when there is a drop in systemic blood pressure. This protects the kidneys and their nephrons from oxygen starvation (which would potentially lead to the death of nephrons if it happened). If a dog is taking NSAIDs, this protective mechanism, which is orchestrated by the prostaglandins, is blocked and so potentially a drop in blood pressure can lead to the kidneys being starved of oxygen and as a result cause the death of nephrons. The question we always have to ask is, what are the chances of a dog having a drop in blood pressure? It is for this reason that the recommendation is to stop any NSAIDs if your dog has vomiting or diarrhoea for example, which may lead to dehydration and a consequent drop in blood pressure.

Diet

Diet has an important role to play in almost all kidney disease. The objective is to feed a good quality but restricted protein diet with low levels of phosphorus and sodium/salt. Increased antioxidants, B vitamins (which are water soluble and often lost through the excessive urination taking place) and omega three levels are all generally recommended, too. There is some ongoing discussion about whether the need to heavily restrict protein is vital in the earlier stages of kidney disease. If there are not high levels of blood urea (a byproduct of protein breakdown which is removed by the kidneys) then restriction may not need to be as pronounced. However, in the later stages of kidney disease protein restriction is definitely necessary, as urea levels rise. In these IRIS stage 3 and 4 cases, protein levels want to be between 14-20% of the dry matter of the food. The difficulty is that often patients in the latter stages of kidney disease have a poor appetite and nausea. If a dog is not eating enough food then muscle wastage can take place, and muscle breakdown and removal by the body is the equivalent of a high protein meal because muscle is protein. Sometimes to increase the palatability and calorie density of a food to avoid this muscle breakdown, increased fat levels of the food can be tried. This may help in getting enough calories into a dog with a poor appetite in order to prevent muscle wastage. However, care must be taken to avoid any gastrointestinal upset from a higher fat diets as a dog who is struggling to manage their hydration due to kidney disease will find it hard to bounce back quickly and well from a bout of gastroenteritis. Picking and balancing a kidney diet to support the dog optimally can be a real challenge and juggling act. If you have a dog with kidney disease then talk to your vet and Honey's Healthcare Team to determine the optimum diet. There are circumstances where a raw food diet may not be suitable and Honey's will advise you on other options.

Phosphate binders

For some dogs who have been diagnosed with kidney disease, a change to a restricted protein diet can bring the blood phosphate level back into an appropriate range. However, for others, the blood phosphate level will still be too high. In these cases, a vet will often prescribe an oral phosphate binder. Most options are calcium based, but sometimes aluminium based binders are used alongside, or instead of the calcium based ones, depending on the dog's calcium and phosphate levels. One phosphate binder available for dogs also has the herb astragalus in it which can be a nice herb for kidney disease – perhaps not surprisingly, this one is usually my preferred choice!

Fluid therapy

As discussed already, dogs with chronic kidney disease are prone to becoming dehydrated, because their ability to maintain their fluid balance is poor. This further exacerbates the damage to the remaining kidney nephrons, as they potentially suffer more episodes of oxygen starvation. Good hydration is really important. For this reason, intravenous fluids are often used as a form of 'fluid diuresis', to rehydrate and help flush out toxic by-products in the body that would normally be removed by fully functioning kidneys. This can often make dogs feel a lot better, but does require a (usually short) stay in the vet hospital. Sometimes fluids are given under the skin. The challenge with this is that, particularly for larger dogs, the volumes required to resolve the dehydration are too large and lead to too much discomfort. Subcutaneous fluids can be used with cats to reasonable effect, and some owners with cats with chronic kidney disease are able to do this daily at home, but it is a treatment option used far less regularly or reliably in dogs.

Medication

Medication is not used a great deal in the treatment of chronic kidney disease, especially in the early stages. Occasionally, for a dog that has a high protein:creatinine ratio in its urine (which is suggestive of an inflammatory kidney condition such as glomerulonephritis), a type of drug called an ace inhibitor may be used. For dogs with significant anaemia as a consequence of their kidney disease, they may be given injections of the hormone erythropoietin, or EPO. In the latter stages of kidney disease, drugs may be used more to tackle concurrent clinical symptoms such as nausea or stomach ulcerations. In these cases anti-sickness medications may be used, or medications that help reduce acid secretions in the stomach and aid the healing of these ulcers.

Medicinal herbs

I am a keen supporter of the use of herbs as part of an integrative approach to the management of chronic kidney disease. Herbs can be more effective in some cases than conventional Western medicine. In many of the treatment options above, treatment is aimed at diluting the 'waste water' coming into the kidneys (to use the analogy of the kidneys

as a waste water processing plant discussed at the start of this article). Fluid therapy, phosphate binders and low protein binders are all helping here. Herbs can help to nourish and support the kidney and assist in its functions. There are a number of herbs which may prove valuable, but several stand out.

Rehmannia or Chinese foxglove, is particularly impressive. This herb can improve kidney perfusion without causing high blood pressure in the kidneys (whilst low kidney blood pressure is bad, similarly excessively high blood pressure can damage the kidneys in the long term). It enhances kidney blood flow, whilst opening up the vasculature within the kidney itself. It also works on two stem cell lines in the bone marrow –CFU-S and CFU-E – to promote the release of further red blood cells, which aids the oxygen carrying capacity of the blood as well as helping to improve any anaemia.

Cordyceps, the caterpillar mushroom, has been shown to protect against kidney ischaemia (lack of oxygenation) and reperfusion injuries in rats as well as attenuating kidney tubular damage and fibrosis.

Astragalus, or milkvetch, has been proven in the treatment of kidney disease (hence its inclusion in one of the phosphate binders available). Oral doses were shown to improve kidney function in rats with experimental inflammation of the nephrons and it was shown in another experiment to reduce glomerular sclerosis.

There are many other herbs that can be beneficial, but as always when it comes to herbs, a full examination by a herbal vet and determination of which herbs are most appropriate for that patient is vital. These vets will also use products that are therapeutic grade and made under good manufacturing practices; this is always important but even more so in patients with kidney disease who will struggle more than most to deal with any adulterants that might be present in products bought from less scrupulous sources.

In conclusion

In conclusion, chronic kidney disease is a relatively common disease process, often occurring in geriatric patients. The aim of treatment is to support the kidneys and maintain the functioning of the remaining kidney units, the nephrons. This is done mainly through diet, but with additional treatment options. An integrative approach can be really helpful for these patients.



"Now, I would like to introduce Buster, who woke up one morning and decided he wasn't going to let a 'Beware of Dog' sign define him."

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OPINION

Dr Amy Watson on declawing and docking

Are you a vet or other canine professional? Do you hold strong opinions on any subject relating to canine health and welfare? If you would like to write an Opinion Piece for The Alternative Dog please contact Jonathan (jonathan@honeysrealdogfood.com). In the meantime, we are pleased to print this article on declawing and docking by Dr Amy Watson.



Illegal but not unknown

Declawing and docking. The former has been illegal in England since 2006 with the introduction of the Animal Welfare Act. Furthermore, owners are only entitled to dock their dog's tail if they are certified as working dogs and are under the age of five-days-old. Otherwise, they must only be docked for medical reasons as recommended by a vet. But that doesn't mean it still doesn't happen as any vet in a small animal practice will tell you. Why does it happen? The thinking behind it is that without dew claws (more about which in a moment) or tails, dogs can't suffer dew claw or tail injuries. Of course, you can't injure what you haven't got... but that still doesn't mean it's a good idea.

Dew claws

Dew claws are the small thumb-like structures on the feet of dogs. They are found most often on the front feet, but occasionally also on the hindlimb. Sometimes the hindlimb dewclaws are what I like to term 'dingly dangly', or vestigial dewclaws, held on by just a small envelope of skin. Some breeds naturally have them on their hindlimb, such as the Saint Bernard, Pyrenean Mountain Dog, Briard, Anatolian Shepherd Dog and the Catalan Sheepdog.

When the dog is in a standing position, these dewclaws appear non-functional because they are not in contact with the ground. However, we now recognise that dewclaws on the front feet do have a functional role for the dog. They are firmly attached to the dog on most cases, just as our thumbs are, and make up part of the wrist joint, also known as the carpus or carpal joint. There are muscles attached to them via the muscle's tendon, and these help minimise rotation of the front leg when turning. When watching a slow motion video of a dog running and especially turning, it can be seen that the dewclaw makes contact with the ground and supports the carpus, putting less pressure through this joint and providing more stability as the nail digs into the ground. In addition, when a dog is climbing up out of a river, or up a bank, these help grip into the ground and facilitate the movement upwards. They also have a role of helping to grip toys or chews when the dog holds these items between its front feet.

Why are they ever removed? The argument is that for working dogs in particular, this digit often gets injured, resulting in the need for surgery. Some breeders believe that removal makes the legs appear straighter when viewed from the front. The real point is that removing the dew claw – a functioning digit – can lead to long-term issues, most notably the development of carpal osteoarthritis due to the reduction in support for this joint. The lack of dew claw means there is more potential for the carpal ligaments to stretch and tear, and lack of stabilisation against

rotation of the carpal joint can lead to laxity and excess movement of the bones in the carpal joint. The length of the nail of the dewclaw can also play a role in the chances of damage to this digit, with the longer the nail, the more chance of it being caught and damaged, or damaging the rest of the digit with the shearing force of being caught during movement.

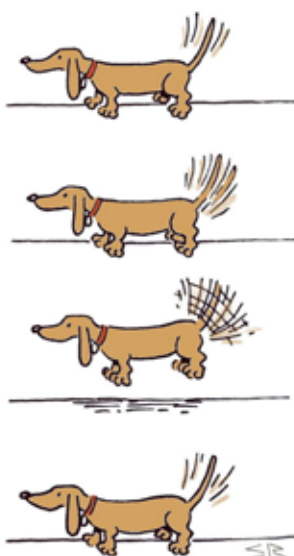
Which brings me to good nail care. All of a dog's nails should be kept short and monitored for any injury. Occasionally, there may be dew claws that need to be removed for health reasons – perhaps because they have no bony attachment to the rest of the limb, and therefore unable to provide any support – but otherwise there is no excuse



Tails

A dog's tail is a remarkable thing. It is made of a number of small bones which are a continuation of the spinal column. The bones get progressively smaller from the base to the tip of tail. Surrounding these bones are muscles, tendons, blood vessels and nerves. All of this facilitates a wide range of movement in a tail. Most animals that walk on four legs have a tail – not just mammals but reptiles too.

A tail has many functions. To begin with it's a method of communication. Anyone experienced with dogs will know that their tails tell us a great deal about how they feel and what they are thinking. A high tail carriage usually means that a dog is happy, confident and comfortable. Whereas a low tail carriage usually means that they are scared, worried or in pain. A dog's tail placement can also be useful in determining if and where an injury might have occurred. They also have a physical role. Tails provide a counterbalance for dogs when they are turning, both on land and in water. They help with balance and quick movements. When dogs go swimming the tail is often used as a rudder. They also help raise a dog's rear end when it is jumping. This in turn aids in rotating the dogs front end downwards after they reach the highest point of the trajectory, so that they land on their front feet. Dogs will use whatever portion of tail they have for this counterbalance, but the shorter the tail, the more acute the angle at which the tail is bent when turning. If you would like to see a practical demonstration of this watch different dogs, with different tail lengths, as they participate in an agility show.



Dogs without a tail have to bank, or angle, their bodies sideways – considerably more so than a dog with a tail – because they lack the counterbalance it offers. This torque puts considerable force through the whole body, which can't be healthy and could lead to a higher risk of injury. Although it is illegal to dock tails there are exceptions: notably certain types of working dogs. The operation has to be performed by a vet, there has to be evidence that the dog will actually 'work', that it is microchipped and less than five days old. By law, incidentally, docked dogs cannot participate in dog shows where the public pay to enter, unless they are demonstrating working ability. Are there any arguments in favour of docking? I don't believe so. The tail exists for a reason. There is no evidence that it opens any dog – including a working dog – to an

increased chance of injury. Indeed, experience and logic says that it prevents injury as well as providing the dog with an effective means of communication. The law has certainly improved the situation... but it could go much further.



Tina and me



Cheetah, Judy the Second and me



Judy the First and me



Ray and me collecting Kalli



My Most Beautiful Kalli...

A measure of dogs By Jackie Vet

Dogs have been an important part of my life for as long as I can remember and even before that! Over the years I have learnt so much from dogs and by having dogs. Lessons in responsibility, caring, sharing, patience and selflessness. About loyalty, life, death and the pain of grief. But above all, I learnt about love. This is my story so far of a life enriched by every member of my canine family....

I believe my love of German Shepherds began whilst still in my pram in the days when my Mother would walk the five miles to visit my aunt and uncle, who, at the time, had two German Shepherds: Max and Tina. I have a vague memory of them both, but particularly of Max to whom I have always felt close.

He was always given the instructions, "And DON'T wake the baby!" as my pram was parked by the door into the garden. Within minutes, Max was running into the house having rocked the pram or having gently licked my face to announce that the baby was indeed now awake and ready to be put on the blanket on the grass with HIM, where he could, in true Shepherd fashion, watch over this little human. Around the same time, during one of our shopping trips, my Mother took an unexpected detour and actually went into our local pet shop. The result being I was joined in my pram by Judy, a pup of no fixed breed who became not only our family dog but my best friend. We became inseparable. She would sit patiently whilst I collected dandelions and clover for our rabbits before eventually insisting that I come and play with her. If I was lucky enough to get an ice cream it was a lick for me, a lick for Judy...

I was very involved even at such a young age with Judy's welfare. Even at the age of four I worried about her. One day when it was extremely hot, I explained to a neighbour that: 'Judy's alright, thank you for asking, but she is absolutely melting at the moment.' I knew that it was vital to keep

the garden gate firmly shut if we didn't want her to have puppies, but it transpired that one of my friends didn't see why it was so important and Judy became, somewhat to everyone's surprise, a single mother. Her chosen delivery room was the potting shed and I was not sorry we had puppies, not sorry at all! I would stand at our kitchen door and shout: 'Puppies! Puppies!' And they would all come racing and tumbling down the path and into my waiting arms. Judy, by the way, housetrained them all by herself. Never once did any of them have an accident inside, which is lucky because my mother had me on cleaning duty.

Judy was the main dog in my life at this time but I knew lots of other dogs, of course. In particular, I had an exceptionally soft spot for Monty – a large (very large) German Shepherd who lived with our neighbours, Mr and Mrs Brookes. The Brookes owned the corner shop. Mr Brookes was a bus inspector and Mrs Brookes ran the shop with the help of her assistant, Auntie Minnie. Monty had a Reputation, with a capital R. This was deeply unfair because although he growled and barked (and he had some bark) – especially when teased by the local boys, who treated him dreadfully – I never knew him to hurt a fly. Sometimes, after the local boys had upset him (throwing stones at his garden gate or making barking sounds themselves) I would go and sit with Monty and chat with him. The fact that I was such pals with Monty wasn't really known in the neighbourhood. I remember once slipping under the shop counter to take a card to Mr Brookes (who was ill) and all the customers falling into a stunned silence and then an uproar of 'Be careful!' because they thought Monty would attack me... but, of course, he just gave me a friendly wag as I went past.

Judy the First was followed by Judy the Second, who came to us from a local rescue centre. Judy the Second had the most glorious red coat and a kind, pretty face. She was the gentlest dog imaginable. Like Judy the First she loved raw food. It was my responsibility to go to the butcher's shop every Saturday to collect half a sheep's head for her. She liked to accompany me on this outing... entreating me to be careful with it and hurry home so that she could start devouring it. My father had been a dog handler in the army for many years. While he was stationed in East Africa he had worked with German Shepherds and when Judy the Second was around a year old he took the momentous decision to take on a staggeringly beautiful Shepherd puppy, which he called Cheetah, after one of his enlisted dogs! Thanks to Monty I was already smitten with the breed and Cheetah only served to make me love Shepherds even more (if such a thing was possible). I took on the feeding, the exercising and with my father's help, the training. Cheetah was outstandingly intelligent. A really instinctive puppy who never needed to be told anything twice. We started attending dog shows and she won numerous 'puppy class' awards. Our walls at home were covered with rosettes and certificates. Then tragedy struck. She was cruelly taken from us as a result of hind leg paralysis. I was distraught. It was the first really major grief I ever felt. I suppose I was eleven. Thank heavens for Judy the Second, who was a great comfort to me and the rest of the family. How I missed her when I eventually went to college and how she missed me. My parents said they always knew if it was me telephoning home because she only barked at it ringing if I was calling.

Who came next? No one with four paws for forty-seven years! In April 2013, Kesyra Ivana, aka Kalli (Greek: Most Beautiful) burst into our lives. This black and gold bundle of boundless energy, boundless curiosity and boundless enthusiasm, in fact, boundless everything, wrapped her big gold paws around our hearts and that's where they've been ever since. She opened a whole new world for us of UK travel, agility, fun dog shows, KC Good Citizen awards, fun swims, scent work, tracking and most recently Hoopers in all of which she excels and into which she launched herself with more than 100% exuberance. She is a 'typical' Shepherd, sensitive and super smart with bouts of selective hearing, always wanting to know what's going on, sometimes stubborn, sometimes a bit of a diva, but also gentle, loving and loyal and, in the looks department, absolutely stunning! From the beginning she was always, 'our' dog so when the unthinkable happened and Ray was admitted to hospital for routine treatment and didn't come home, our world collapsed. We grieved together. Our life is different now, but we have each other and that's what counts. At one point, Ray said to me (of having Kalli/our own dog): 'You never told me it would be this good!' He was right. It is good, in fact, it's better than good, and for me that includes all the dogs who have been in my life over the years and who have each left a unique paw print on my heart.

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.

Top toys for top cats

By Kathy Kennedy

A few months ago my dog Kettle and I took in a rescue cat called Millie. It's the first time either of us have lived with anything of the feline persuasion and I have to say it has been a bit of an eye opener. We had no idea, for example, that cats liked to play so much. What's more, the rolled up bit of waste paper and the dangling bit of string just don't cut it with Millie. So, we have been buying her toys. Some of them quite expensive, actually. Here are ten of the best. As endorsed by Millie. And us.



The Bentopal Automatic Cat Toy

Bentopal (odd name!) produce a range of motorised, robotic toys but Millie's favourite is this one with hanging feathers attached to two large wheels. It swivels, turns and rotates, moving the toy backwards and forwards in an erratic pattern. She stalks it, chases it and pounces on it for hours on end. Runs on any sort of floor. Other options available on the cursed Amazon. Around £30.



The Kong Feather Teaser

I never realised (being a dog person) that those clever Kong people had a whole range of brilliant cat toys. Basically, it is a sweet little stuffed bird on a string that stretches, retracts and swings around. The bird itself is filled with catnip and Millie tortures me until I dangle it for her. If I try and stop after, say, an hour, she gets quite cross. In all good pet shops for around £4.



CATIncredibubbles

Basically this is a bubble maker with a difference. The bubbles a) last longer and b) are catnip flavoured. When I ordered it from www.kingofpaws.store I felt I was probably wasting my £16... but it has been a big hit with herself and even Kettle joins in and obvs he is not a cat!



Kitty Kong

The Kitty Kong is a toy and treat dispenser designed specifically to tap into a cat's natural curiosity and hunting instincts. Put a little food or a treat inside (or maybe a bit of catnip) and stand back. Personally, I'd find it deeply frustrating trying to get it out... but I am not a cat, of course. You'll find it in any good pet shop for around a tenner.



Petstages Tower of Tracks

This is billed as being suitable for older, less mobile cats. It has got three-tiers – like a sort of weird cake stand – all squashed together and each tier has a sort of ping pong ball that's trapped so it can't be removed. When Millie bats at the balls, they spin and roll, but don't leave the tracks. So, no slipping up on balls that have been left on the stairs &c. I got ours at Pets At Home and it cost £18.



YVE LIFE Cat Laser Toy

What will they think of next? I had no idea that cats like to chase laser beams, but they do. This ingenious machine causes the little light to move around the room saving you the bother of having to do it yourself. Feline fun on a grand scale. Amazon again for around £20.



The Art Scratcher

My inner anarchist loves this. It's a stunning piece of art (there is a Mona Lisa version, too) made from sisal. Very, very scratchable. Millie was trying to get her claws into it before I had it out of the box. Not cheap at £160 but cheaper than recovering the furniture. Available from www.cattree.uk



Robo Mouse

OMG. This mouse squeaks, waves its tail about and, thanks to its built-in sensors, runs all over the room like a real mouse. Millie treats it like a real mouse, too. £48 (I know, I know!) from www.kittio.com



Willow's Scratch and Hide Tunnel Toy

This is a miniature cardboard tunnel that for some reason Millie adores. She explores it. She pounces on it. She scratches it. When I was a child apparently I preferred the boxes my toys came in to the toys themselves. This has the same feeling as a box, if you know what I mean. Like mother, like kitten. We got ours from Pets At Home.



Traditional knitted mouse

Mungo & Maud's Knitted Mouse Cat Toy is rather sweet. Her floral belly is filled with catnip and her pink little (or large to her) ears will hear your cat approaching... so adorable I didn't actually want to give it to Millie. £18.50.



Mrs. P: inventor and Honey's customer

Product test: No Fuss Fill

Overall rating: ★★★★★
By Olivia Brown

When I was growing up my mother was employed as a 'demonstrator'. Her job entailed visiting supermarkets, shopping centres and shows – anywhere, in fact, where there were crowds – and explaining the benefits of a particular household device to anyone who would stop and listen. She spent her days urging people to buy gadgets designed

to chop onions without making you cry, clean windows without leaving streaks, turn your old newspapers into fire logs, transform the ends of soap bars into new soap bars and for endless other purposes.



What all these devices seemed to have in common was that they solved a problem people often didn't realise they had. And that was exactly how I felt when I was sent a range of No Fuss Fill products to test out. The last thing my three dogs – Harris, Katie and Gordon – required was more canine paraphernalia. I am forever tripping over their beds, bowls, mats, toys and other possessions. What did we need with various feeding aids? As it turned out, various No Fuss Fill feeding aids is just what we needed.

I have always been a big fan of Kongs and other toys that can be filled with food. Every day when I go to work, I generally leave each of my three something with a treat or bit of food in it for them to work out, as it were, for themselves. They are usually so excited at being given something that they seem to forget I am not there and thanks to my CCTV camera I can see that the toys occupy them happily until lunch when my mother (no longer demonstrating!) takes them for the afternoon.

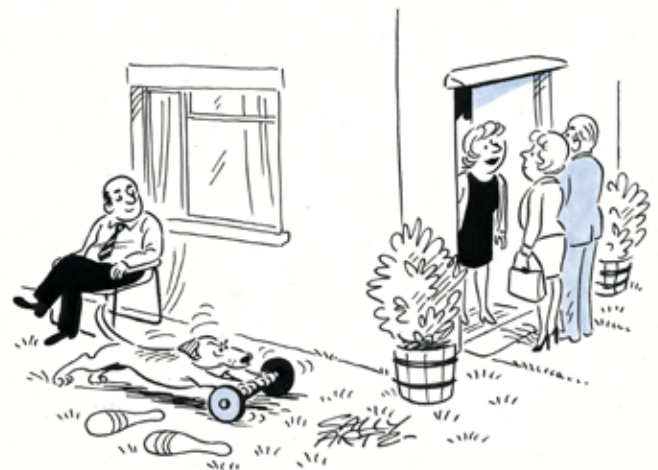
If Kongs and their ilk have a drawback it is the fact that they are difficult to fill with raw food and also a bit of a pain to wash. I have often wondered

why someone didn't invent a solution to the problem and now I find that someone – her name is Tracey Powiesnick, but everyone calls her Mrs. P – has. Mrs. P is a devoted Honey's customer (as am I) and faced with the same dilemma as myself she decided to do something about it. In her own words:

The No Fuss Fill device was my first design. I wanted to find a way that made it quick and easy to fill dog enrichment toys. These toys are often fiddly to fill with a spoon or knife and create a lot of mess. The No Fuss Fill is a device that can be filled quickly and easily. This can be done by stamping it down onto the food (I use this technique with our Honey's Raw food). Then you simply insert the end of the No Fuss Fill into the toy you are filling and depress the plunger. The result: one filled toy with your dog's favourite food, so a no fuss fill with no mess! I worked with Warwick University to create a food-safe, ergonomically designed product that fits comfortably in the hand. In fact, it is so comfortable that people suffering from arthritis saying that it is a 'game changer' for them.

I don't have arthritis, but it has been a gamechanger for us, too. I was also very interested to hear that since its launch last March the No Fuss Fill (manufactured here in the UK, by the way) has also been attracting the attention of raw feeders and trainers who have discovered an alternative use for it. They are using it as a 'dispenser' to reward their dogs during training sessions. Rather than dogs being given a treat or the trainer handling raw they are offering the dog the No Fuss Fill and dispensing a small amount of raw at a time. To quote Mrs. P again: 'There is a lot of conversation around at the moment about 'ditching the bowl' and using a dog's food throughout the day to reward the behaviours you want to see. Many say that this is easy if your dog is kibble fed but much harder when the dog is fed raw. Not anymore!'

Mrs. P seems indefatigable. Not satisfied with creating this ingenious little bit of kit she has gone to produce and/or curate a whole range of products including bowls, paw moulds (I use mine for creating tasty homemade ice pops for my hot dogs), feeding mats and toys. Anyway, the No Fuss Fill itself is a very inexpensive but extremely useful little aid and the rest of the kit is every bit as good (and good value). I am happy to give this five stars!



"BILL WON'T BE LONG – HE'S JUST EXERCISING THE DOG."

FREE DRAW: WIN A NO FUSS FILL VOUCHER

This issue's free draw is for a £100 voucher to spend on No Fuss Fill and other related products. To enter just send your name to freedraw@honeysrealdogfood.com by the 31st October 2022. Usual rules apply!

10% OFF with the code: HONEYS

www.nofussfill.com

Behaviour problems? Behaviour solutions.

By Ross McCarthy

Some dog training or behavioural issues are more common than others. The good news is that in most cases they can be resolved relatively easily. Well, to be more accurate, resolved with knowledge and effort. As issues they may appear fairly minor. If, for example a dog is beautifully behaved but pulls on the lead many people would consider it not such a big deal.

However, it is a big deal! It can be distressing to both the parties involved, ruining walks, causing health issues and impacting both human and canine alike.



The important thing to remember is that an obedient dog is not innate. Canine evolution did not create dogs that walk on slack leads, stop barking on command, come the moment they are called or greet guests in a subdued manner. To achieve these results requires training. The benefits of training are huge. It makes life easier and altogether more pleasant for the dog. No more conflict. No more being told off. Greater freedom. Praise. It makes life easier and more pleasant for the human for more or less the same reasons. In short, training = happiness.

Before I start offering practical tips a general point. Dog training has two main components. First, there is the taught/learnt exercise. Second, there is the dog's motivation to respond. There can be a tendency to focus on the first – the action orientated side of things. But, actually,

the second is every bit, if not more important. If you want to teach your dog to behave in a certain way – a way that is not natural for the dog – he or she needs to be willing and eager to learn. Whether this is the case will be determined by one factor and one factor alone: your shared relationship. If you have a relationship that includes love, trust, respect and – crucially – communication, then training will be 100% easier. If you don't, then building such a relationship must be your starting point.



Pulling on the lead

Ok, so why do dogs pull? Most often the answer is that they have not been taught to do anything else. You see, dogs in general don't have a great deal to do all day and so there are certain 'highlights' – one of which, obviously, is a walk. Dogs naturally react to pressure by pulling against it. The more pressure – even pain – the more they pull. They simply don't understand that by relaxing the pressure will stop. You used to see it a lot when check chains were allowed... the more the chain dug into their necks, the more the dogs would pull. The dogs were trying to flee from the discomfort. If you have a dog that pulls and you have a good relationship (see above) then solving the problem should be easy. With adult dogs, you need to find the best motivator – perhaps a toy, food, praise or a stroking. With most training I tend to condition the dog to the action that I require before adding the command. There is no point heading off for a walk reciting the word 'Heel!' endlessly, if your dog has no idea what that is! Begin in the garden or quiet area – even in the house. Hold the lead in one hand (always the same side to begin with) and the food or toy or whatever in the other. Walk in circles or figures of

eight and throw in some turns and about turns. When the dog is in the position that you want, give the toy or release the food. You can hold the toy or food in a position that ensures the dog is initially focussed on the motivator and thus control the position of the dog. Repeat over a short period of time – before your dog loses interest. Once your dog appears to be making the link that walking by your side is what is bringing about the reward and offers that behaviour, then you can start to link the command to it of 'Heel' or 'Close' or whatever you like. Get the dog to walk initially for a few seconds before rewarding and extend gradually until you are rewarding after a few minutes and so on. Repeat this until you have a reliable response in quiet locations before employing the same technique on your walks. In the short term a Gencon Head-collar may be a useful aid when your dog is particularly excited whilst you are retraining. Two useful films to view are Intelligent Dog Training and Professional Dog Training – both available from www.petsonfilm.co.uk



Barking

Barking is a complex area. There are many, many reasons why dogs bark. Excessive barking when you are not present and/or when the dog is alone is generally a result of anxiety. That needs to be addressed with the help of a Canine Behaviour Consultant. In fact, barking is often a symptom of something else and so the first step to finding a cure is to be completely sure why your dog is barking in the first place. Some dogs bark for attention, others for territorial reasons, a third group because they don't like pigeons, planes, hovers, unknown callers and so forth. Dogs do bark – not rocket science, I know, but they bark and should be able to bark – it is a natural behaviour that dogs should be allowed to express. However, there is a limit. Living in a rural property, it may be nice to have a dog that barks regularly at every sound. Living in a city, not so much – your neighbours will soon inform you when the barking is excessive. Personally speaking, I like my dogs to bark at the door and to bark at strange external noises. However, I also like to have an off switch so that they are quiet on command. Most normal, balanced content dogs do not generally bark to excess – although there are some breeds and individuals that are more predisposed to vocalisations than others – Chihuahuas, Spitz, German Shepherds all spring to mind – mainly alert dogs/guarding breeds – there is a blueprint in their genes. If you have a problem with excessive barking from your dog, assess the reason. If it is not caused by anxiety but for attention or territorial reasons, then I have a number of suggestions. Begin by assessing whether your dog is adequately stimulated. Does he or she have sufficient physical and mental activity? Are the walks long enough? Do they have toys that interest them? Sufficient company? Tired dogs tend to be good dogs and there are lots you can do to tire your best friend. Next, have a look at the breed antecedents and see if their origin has anything to do with barking excessively. Consider making changes to the environment. For example, if you have a sofa in front of the window and your dog sits on there looking out – make the changes needed to stop him. It can be useful to teach a 'speak' and 'quiet' command so that the dog can clearly understand what you require – teaching the speak with many dogs is not an issue, but it is the quiet that you need to focus on – too much practicing of the 'speak' can fuel the noise rather than reduce it. Ensure that your dog starts to learn that barking is not the way to get what it wants – if your dog barks to be let out, ignore them and then release them for being quiet – silence earns the rewards – not the barking. For those very determined barkers, John Fisher's Dog Training Discs can be effective as long as you seek professional assistance.



Jumping up

Jumping up can vary from a mild annoyance to something quite dangerous. A Yorkshire Terrier jumping up at you can be quite nice – saving you from having to bend down so far to stroke him! A boisterous Labrador or Great Dane can cause you some damage. In an ideal world, we would start from the outset ensuring that the dog would only get attention when four feet are on the ground. Thus, never learning to jump. However, many dogs have already learnt the plentiful rewards that jumping up can bring – namely a huge amount of attention from all concerned. Many dogs naturally wish to get closer to our faces. Again, we need to look at the rewards that the dog gets and begin to remove those. If your dog is jumping up at you and your family members, the quickest and easiest way to stop the action is for you all to CONSISTENTLY ignore the dog unless it has four feet on the ground – no exceptions. Anything that is not rewarding stops and so as long as you follow the rules, the dog will quickly understand that jumping up is not rewarding – sitting, standing or laying down is what will get them attention. If it is other people that your dog is jumping up at in the home, it can be very beneficial to use a Hook Reward system. Before you let your guests in put your dog on a lead and hook the other end to a suitable object – maybe even a hook. Give them something to do. A Kong with a treat in it or a bone, for example. Then welcome your guests and settle them down wherever you plan to sit. After ten minutes, when everything is calm, release the dog. If necessary, keep him or her on the lead. Ask your guests only to give your dog attention if he or she has all four paws firmly on terra firma! If your dog is jumping up at people outside of the house, that can be very serious indeed and regardless of your dog's well-meaning attentions there are frightening legal implications to having a dog out of control in public. I begin by teaching the dog when on lead that people are not to be approached – this is generally achieved by training the dog that being around people is normal and not a big event. If people show an interest in stroking the dog, I tend to ignore them – the more repetition the dog has of people wanting to give him attention, the more he will come to expect it as a norm. Working on a recall is of course essential in order that you are in complete control. Again, in severe cases you may need to look at using dog training discs to stop the action in consultation with a canine behaviour practitioner.



"WHEN HE COMES THROUGH THAT DOOR, LETS ALL JUMP UP AND GIVE HIM A BIG KISS!"



Running off

This is arguably one of the most serious problems. Having a dog that will not recall is dangerous for so many reasons. Approaching aggressive dogs, approaching children and people who do not wish to be approached, chasing footballs in the park, chasing other animals, crossing roads and all manner of other potentially hazardous situations. Lack of recall can be infuriating, frightening and at the least, very embarrassing. So, why don't dogs come when they are called? The simple answer is, because they have not been trained to. Many dog lovers make the classic error of allowing their puppies to believe that when off the lead they, the dog, is in charge. What happens is that the dog runs off and does not return despite being called. Let this happen a few times, and the dog believes that it is perfectly acceptable. If a dog does not return to your call at all times you will need to start a structured recall training plan. Contrary to popular belief using a treat to reward your dog for returning to you is not the total sum of recall training. When dogs get a chance to fulfil the intrinsic behavioural drives of scenting or pursuit, standing there with a little bit of something tasty and a whistle is just not going to cut it for the majority of dogs. You should go back to basics with the dog – one of the most effective methods is the long line recall plan. Yes, you can still use the food and or the toy to reward the dog upon return, but you will also be able to compel the dog to return to you. For example, if your dog is sniffing a tree, you can call him, if he prefers to stay by the tree sniffing, you can simply pick up the line and niggle the collar and once the dog starts to come to you, praise and reward upon arrival. With repetition we start to remove the element of choice. Each time you call, your dog has no choice so begins to respond more rapidly. I would keep the line on the dog (as thin as possible so there is not a vast weight to drag around) for about six months, you should find rapidly that you are not picking the line up at all and at that point, I would start to cut chunks off the end of the line until you end up with nothing – rather than simply remove the line in order that the dog does not associate the removal of the line with a revert to initial behaviour.

Conclusion

Just remember – the more control you have over your dog, the more freedom he will enjoy!



Ross McCarthy is one of the UK's leading canine behaviourists and can be reached via: www.rossmccarthy.com

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 small, £22 for the medium and £24 for the large BUT free, of course, if you recommend a new customer who orders from us!



Please send us your photos!

We love to see pictures of our four-legged customers. Please email them to: info@honeysrealdogfood.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).



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.

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.

%'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.

Beautiful Joe's Ethical Treats	Cost
50g packet of Perfectly Behaved Liver Treats	£6.00
Snazzy (but empty) Tins	£4.00
Small gift packs	£10.00
Large gift packs	£30.00





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	£4.51	N/A
Beef	N/A	N/A	£5.06	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.



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



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

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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 horticulturist

We have reached the dog days of summer when Sirius the brightest star in the sky rises and sets with the sun. The ancient Greeks and Romans believed the combined effect of the two stars created the extreme heat often encountered around now. Sirius is the luminary in the constellation known as Canis Major, Latin for 'the greater dog'. This celestial hound along with 'the lesser dog', Canis Minor loyally follows the hunter Orion and they all appear to chase the rabbit 'Lepus'.

I like to think that my influence over Jim is strongest when Sirius is up there shining from the jaws of Canis Major in the light sky. All my work to slow him down and be more than do during my first two years has paid off. Most of us like a bit of tail-chasing from time to time but Jim is in danger of being so busy maintaining his garden that he never stops to enjoy it. He once worked as a consultant for a garden estate on the Greek island of Spetses. The plan was for some English gardening practice to rub off on Nicos and Costas whose job it was to maintain the large hillside plot. The Greek gardeners would call on Jim to slow down. "This is a day just for looking", they would expound when the mercury was climbing. All Jim could see was a growing 'to-do' list.

My tactics during the Covid years were various. If Jim planned to lift and divide an herbaceous plant I would protest by laying across it. And nothing halts planting better than a ball dropped squarely in the planting hole at the key moment. I had great fun running off with plastic plant pots, sticks destined as plant supports or, best of all for a reaction, a gardening glove.

These days by August Jim is ready to take his foot off the horticultural pedal and I urge you to do the same. It might help you to designate a quiet spot in your outdoor space where you can practice a few mindfulness exercises. Choose somewhere tucked away and separate to where you socialise, if possible. Equip it with an outdoor chair and set aside a time to sit and focus on the sounds around then your own breathing. When random thoughts enter your head don't push them away; simply return to noticing your breathing. Trust me! My heritage is Tibetan on my mother's side.

If that is not for you, another way to stop yourself reaching for the secateurs is to leave your own growing patch and have a good nose around other people's. The National Open Gardens Scheme lists gardens, what makes them interesting and when they can be visited. Their website is the best way to search for an open garden near you. In the main they are privately owned and range from modest plots behind terraced houses to grand manors. The owners often lay on teas, plant sales and best of all many are dog-friendly. Look for the 🐕 symbol.

Teilo's Garden Jobs for late summer (if you really must)

If you have a tender perennial that you are particularly enjoying now is the perfect time to take cuttings to give you young plants which don't take up too much space overwinter. Select healthy non-flowering shoots of plants such as osteospermum, fuchsia, nemesia and alonsoa. If every tip seems to end in flowers or buds simply remove them.

Trim below a pair of leaves to give cuttings of around 8cm in length. Insert into pots of fresh peat-free compost. Stand the pots in saucers of water to gently moisten the growing medium. Then remove and cover with a plastic bag. Stand in a sheltered spot outdoors out of direct sunlight.

If you enjoy increasing your stock consider investing in a Hydropod. This fun bit of kit mists cuttings from below. It is easy and very effective across a wide range of subjects. www.hydropod.co.uk

Top up water-features, bird-baths and ponds during prolonged dry spells.

Prune established hardy lavender when the flowers have faded to around 25cm from the base or about one third into the foliage. There must be small shoots visible in the wood below where you cut or the plant will die. As with most grey leaved Mediterranean shrubs lavenders are not long-lived and need replacing after 20 years or so, 10 on heavy soils.



Ipomoea 'Heavenly Blue' has a very calming hue.



Seated Figure, Meditation. by Nathan David at Waterperry Gardens in Oxfordshire.



Don't forget to top up water features.



Teilo helping with the rockery



Teilo re-potting



"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!"