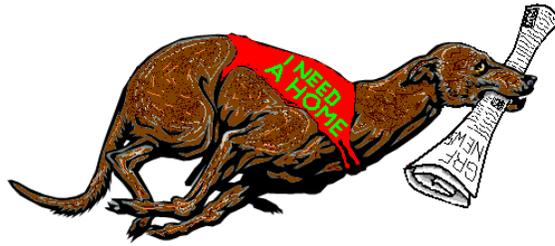


# GRF



# NEWS

*Designed by Sally E Calder*  
February 2009

In this months newsletter we have our usual regular articles including our kennel update and a dog of the month who proved quite elusive for several weeks last year in Coupar !! Also in this edition we will now have a regular dog show update section as well as the first part of a 2 part "history of the greyhound" along with an alternative medication article on EFT We hope you enjoy.

## Kennel update

Unfortunately this months newsletter starts on a bit of a low. The owner of the farm where our Seafield kennels are situated has terminated our contract. Apparently he wants more privacy.

Considering the money Celia and Jimmy have spent on refurbishing the old stables and the building of a concrete run it is hoped that he will allow us time to find suitable accommodation so that we can regroup, as the main ones at GRF, the dogs, always come first.

Therefore we need your help. If anybody knows of any potential site in the Fife area where we can set up some new kennels, can they please get in touch with Celia and Jimmy as soon as possible as we are currently having to feed our dogs by torchlight as the power has also been cut !!!

Your generosity and support of our cause and fundraising events over the last couple of years has been superb and we know that this is not the best time of year to seek help. But we would ask as many of our friends as possible to support many of our fundraising ideas that we have on the go at the moment including our dog show. As a well known food retailer say's "every little helps !!"

While in December last year we had managed to re-home a record number of dogs, January has been a bit slower with only 4 dogs finding forever homes (Earl, Ace, Salli and Precious) However, this was balanced out by 5 dogs coming into our kennels, these included Tiger, Tilly, Freya, Mia and Salli the latter as you can see from above didn't stay to long ! She was re-homed to Myles Williamson who's previous greyhound Jess passed away last year.

## Thank you

GRF would also like to thank the following people who have donated various items to Karen to sell on ebay.

Miss Pearson of Dunfermline

Mary Page (age 11) of Kirkcaldy

Jane Stirling & students of Elmwood College

Patrick Inglis of Kinross and

Lisa Lundie of Dundee

This raised a magnificent amount of cash for the kennels last year and it is hoped that more can be raised in the year ahead !

Before Christmas Ceres primary school children recorded a disc of themselves carol singing and raised a fantastic £100 which they donated to GRF. Thank you very much guys !!!

GRF would also like to thank Ian and Janice Mirfin as well as sending our best wishes on their marriage. They asked all their family and friends at their recent wedding to donate to GRF rather than presents. This was extremely generous and much appreciated, please pass on our thanks to all.

### *Lucky number*

January winning number was **29** and was held by **Fraser Smith**. In total 45 numbers were sold, giving a prize fund of £90 which was split as £54 to GRF and £36 to winner. Congratulations Fraser !! Next draw will take place on Sunday 2<sup>nd</sup> February at our Glenrothes walk. This has been a great fundraising idea and we would urge as many people as possible to participate it costs only £2 a month, as the saying goes "you've got to be in it to win it !!!"

## Dog of the Month

My name is Gypsy. Last year I lived alone spending my days walking around the countryside trying to find food and shelter. Today I live in a warm home and I don't have to hunt for my meals any more although sometimes I cannot resist the temptation to take any tasty morsel left within reach - and my reach can be surprising.



**Likes:** I love stretching out along the sofa and I spend a lot of time sleeping but with one eye on what is happening even when I lie upside down in a most inelegant manner. I love cuddles.

**Dislikes:** I dislike cats with a passion - even the word c-a-t can bring out the worst in me. Oh, and while I am at it - dogs are not much better - when I see any on my walks I make sure that I jump up and down and bark to get them to realise they should not come near us.

**Worst thing done:** When I discovered a chicken lying on the kitchen work surface I thought -this is for me and duly rescued it before anyone else could have it. Problem was it was very cold and very hard so I took it to my bed for later but somehow it disappeared!

**Biggest achievement:** I can sit back and give a paw when I want a treat.

**Favourite food:** When the liver is cooking I stay in the kitchen to make sure it is for me and no one else can get it. I really like the chews meant to help me keep my teeth clean, although I like to throw them in the air and chase them.

**Oddest thing:** We have public lane at the side of the garden and even although I cannot see into it I know when the dogs walk there - even from inside the house and I make sure to bark to let everyone else know of the danger.

**Like doing best.** I can spend a minute or two sprinting around the garden. This is great but only when it is not raining or cold or windy. I can swerve around the pond making everyone think I am going to go straight in. But my real favourite is snuggling down at night under my duvet - I don't bother coming out until I hear breakfast being made then I am first in the queue.



### History of the greyhound part 1

Centuries of breeding have resulted in the most remarkable breed of dog known to man ~ the Greyhound. The Greyhound's streamlined body is that of the ultimate canine athlete, which has not significantly

deviated since ancient times. Greyhound or Greyhound-like canines have appeared throughout the centuries in artistry, pottery, literature, and within the tombs of the ancient pyramids. The exact historical origin of the Greyhound is unknown. Its origin has been thought to be Africa, Greece, Middle East, or Turkey. We do know that the Greyhound's historical lineage is greatly rooted in ancient history dating back thousands of years, making the Greyhound the oldest pure-bred canine. Some say the Greyhounds date back over 4,000 years ago. Throughout time Greyhounds have been bred for one thing ~ speed. Greyhounds are a member of the sighthound family and primarily hunt by eyesight, as opposed to other canines, which use scent. Greyhounds have the ability to see distances up to  $\frac{1}{2}$  mile away. Another characteristic of the sighthound is the instinct to chase. Greyhounds are noted for reaching speeds up to 45 mph in three strides. Collectively, throughout history these attributes made the Greyhound an excellent and well-adapted hunter.

There is much speculation as to the origin of the name "Greyhound". Contrary to what some may think, the word Greyhound does not come from their colour. In fact, there is no real "grey" Greyhound. The closest thing to "grey" is a "blue" or "steel" colour, and actually it is not very common. Some believe it stems from the word "gazehound", which is another word for sighthound. Other possibilities include from the word "Graius" or "Grecian" meaning Greek, the Latin word "gracillius" meaning slender or slim, the old British word "grech" or "greg", meaning dog, or "hundr", meaning hunter. Whereas, others assert the name simply implies "great hound".

Regardless of their exact lineage and name derivation, Greyhounds are one of the most unique breeds in the world, recognised for their elegant appearance, grace, gentleness, agility, and speed. The sight and silhouette of a Greyhound running, full speed, muscles contracted, legs stretched is a rare beauty in respect to the rest of the canine world.

These remarkable creatures have

been a symbol of pride and respect for many great civilisations. The following are just some of the impressions the Greyhound has made throughout history.

The first evidence of long, lean canines resembling the Greyhound appeared in temple drawings in the city of Catal-Huyuk in Turkey. The temple drawings dating back to 6000 BC depict a Greyhound-like canine assisting a hunter.



Around 4000 BC, now Iran, a funerary vase was made and beautified with the depictions of Greyhound-like canines.

Greyhounds were the most valuable possession of the Egyptian Pharaohs, adored for their speed, grace, elegance, and loyalty. Cleopatra and King Tutankhamen had Greyhounds. Figures of the Pharaoh's Greyhounds were often carved into

the walls of their tombs or mummified along side their masters.

In ancient Egypt, the birth of a Greyhound was often second in importance to the birth of a son. Entire families would mourn the passing of a Greyhound by shaving their heads, fasting, and weeping out loud.

The first mention of any canine breed in literature dated back around 800 BC. In Greek literature, a book called "The Odyssey" told a story of a man named Odysseus who left home for 20 years. When he arrived home, the only one who recognised him was his Greyhound "Argus", who was only a puppy when he left home.

The Greyhound is the only canine breed to be mentioned in The Bible, Proverbs 30: 29-31.

During the Middle Ages, Greyhounds nearly became extinct due to famine and disease. Fortunately, priests and clergymen took special care to protect the Greyhounds, and later bred them for nobleman.

Around the year 900, the King of Wales ordered that the punishment for the killing of a Greyhound was the same for the killing of a human ~ death. In the year 1014, King Canute enacted the Forest Laws, stating only persons of nobility were permitted to own a Greyhound.

In Britain, Greyhounds were appreciated for their well-adapted ability to hunt and course. Also, in Britain the ownership of a Greyhound was a symbol of pride and nobility. Hence, the popularity of the Greyhound grew among the elite.

Greyhounds eventually made their way to the United States in the late 1800's to help control the jack rabbit population. In 1912,

marked the birth of the mechanical lure. It was not too long after the first track opened in 1919 in Emeryville, California (see next months newsletter for further information).

The modern day Greyhound still retains all the attributes that made it so treasured throughout the centuries. Greyhounds are known for their gentleness, patience, and sensitivity. They have personalities that tend to want to please their families and a tendency to bond deeply with their family. Greyhounds are one of the most loyal companions. They are extremely intelligent and have the ability to acclimate to their new home very quickly. Greyhounds are very clean and do not have a "doggy" odour like most other canines. Some can live in harmony with other pets such as birds, cats, small animals, and other exotic pets.

Greyhounds make the most wonderful family companion and are good with well-mannered, considerate children. Sharing your life with a Greyhound will change your life in every way. They will provide you with a lifetime of enrichment. Through proper care, love, understanding, patience, and encouragement a Greyhound will learn to trust, love you, and form a bond so strong it will last a lifetime. Despite their previous life as a racer, Greyhounds have become valued, beloved members of the family.

Next month part 2, History of greyhound racing

### Dog Show update

This month's dog show article looks back at last years event and gives a brief summary of the day and the money raised as well as what

we currently have in store for this years show.

### *2008 Show*

So on the 1st June at Caldwell's farm in Fife we hosted our first ever greyhound dog show. Although dogs there where predominately greyhounds the day was also open to all other dog breeds with these ranging from Border terriers, spaniels, German Shepard's to a Tamaskin. It was good to see so many other different breeds and how well they all got on together.

The show itself started at 11:00 with the best junior handler class and finished at 16:00 with the best in show final. In between we had some fun classes such as, "best 6 legs", "most loveable face" and "best family of dogs" as well as the highlight events such as best male greyhound, best female greyhound and best non-greyhound. A list of all the winners and photographs can be found on the web site ([www.greyhoundrescuefife.com](http://www.greyhoundrescuefife.com)).



*Best non-greyhound*

Out-with the show we also organised a bouncy castle, face painting and treasure hunt for kids and some adults!! As well as organise home baking, tea/coffee/sandwiches and tombola stalls. We managed to obtain prizes,

certificates and rosettes for all our classes with trophies being awarded to best junior handlers and in the final, all of these items were donated by greyhound lovers so a big thank you goes to all of you.

We estimated that 200 people turned up on the day and there were about 70-80 dogs on display. We raised **£1220** from the event an amount far above my expectations, this added to money we received from sponsors and sales of the kennels merchandise saw the total rise to **£1530 !!!!** We also re-homed 2 dogs on the day and have since re-homed several others after the show mainly due to the awareness we raised not only at the show but in the local media as well.

The aim of the day was to not only raise much needed funds for the sanctuary but also raise awareness and expel some of the myths of the greyhound and I think we successfully did that. Was the 6 months of planning, red tape and nail biting worth it? Most definitely, I think it has been one of the most enjoyable things we have ever done.

**Did you know - That greyhounds are the only breed of dog mentioned in the bible, Proverbs 30 verse 29-31**



*"Duke" Best of show winner*

So we would just like to thank everybody who either donated something or came along on the day for their support. I would also like to thank many of our friends who "volunteered" to not only help out on the day but also in the set up the day before. As some will know it is not easy getting teenage boys out their beds at 7:30 on a Sunday morning!!

#### ***2009 Show***

At this year's show we already have several stalls for people to look round during the show. These include a tombola stand where we have both adult and kids prizes, home baking stand judging how busy this was last year you will need to ensure you turn up early !! We also have back with us again Gillian and her Vodabone stand selling a variety of dog goodies. There will also be a refreshments stall selling tea/coffee/juice/sandwiches etc as well as our own GRF merchandise stand.

This year Helen and Dave will be running a "white elephant" stand (similar to a car boot sale) with all proceeds going to the kennels. Therefore they have asked people to look through their garages and attics for any items that you no longer need. If you have any items please contact Helen on [helen.taylor019@onetel.com](mailto:helen.taylor019@onetel.com) or at future dog walks.

We are also pleased to announce that last year's judge Job Geever has agreed once again to do the honours. This is much appreciated by everyone involved as what most folk do not know is that Job no longer lives in the UK and is flying over just for the event, such is his admiration for our cause. Once again thank you very much Job.

If you think you can contribute to the dog show in any way the please get in touch with Alex or Lynne at the dog walks or by e-mailing [alexmorrison1965@btinternet.com](mailto:alexmorrison1965@btinternet.com)

We will also be at each of the walks between now and the show with our "green box" to collect donated items for our tombola/raffle.

### **Alternative Medication**

Our alternative therapy this month is EFT (Emotional freedom technique) the extract below is taken by permission from Catherine O'Driscoll's web page

(<http://myweb.tiscali.co.uk/k9health/wwwchc/Catherine/OD%20Home.htm#Top>)

### ***Background***

Your dog is certainly on your List of People Who Matter - but are you on it?

Our dogs are so connected to us. They are monitoring our emotional state on a

continuous basis. Even though dogs can't talk, people who are close to the animals know that dogs care more about how their human friends feel than they do about anything else. Are you happy? They want to know. Are you relaxed, confident, comfortable, safe and secure with yourself and others? Are your relationships and your career fulfilling? Is your life filled with health, love, joy, peace and celebration? Do you love, honour and respect yourself? Do you give loving attention to yourself at all? Even if these questions have never really crossed your mind, I believe that they cross your dogs' minds - if not on an intellectual level, then certainly on an energetic level (just like children who might not understand why mummy is upset, but they do know that mummy is upset).

Do you think it possible that your dogs pick up on your emotions and thoughts, and that your emotions and thoughts have an effect on them? I personally believe that they do. I'd go one further: I believe that our animals are deeply spiritual beings who often take on our emotional and mental suffering, and seek to transmute it. And some dogs take on far more than they can cope with.

Many people notice and understand that their dogs mirror, or act out, their owners' emotions. If you're nervous and anxious, you might also see that your dog is nervous and anxious, too. If your dog is aggressive towards strangers, you might also realise that you don't trust strangers either! If your dog is highly strung and excitable . . . do you see that in yourself, too?

Humanity is beginning to realise that their thoughts and emotions have a direct impact on the world around them. If you're in the company of someone who is at peace with themselves, you soon feel infected by their 'peace virus'. If you share space with someone

who is bad tempered or who easily takes offence at things you say, you're looking for the exit - fast.

And yet our dogs don't have that choice. They live with us for better or worse.

Emotional Freedom Technique (EFT) is a fast-track tool for personal growth, bringing peace and harmony into our lives in direct proportion to the amount we use it. From personal experience of using EFT, I know that when we use EFT on ourselves, we are taking care of ourselves and the animals in our care. After all, we can't give our dogs anything that we ourselves do not have.

Emotional Freedom Technique works on the energy body, and is used to release emotions and thoughts which cause problems in our lives, and which can lead to ill health. EFT is great for behavioural problems in animals, too. It has been shown to work powerfully for both humans and animals.

### ***What is EFT?***

EFT is similar to acupuncture, but instead of using needles, you stimulate well established energy meridian points on your body by tapping them with your fingertips. The process is easy to memorise and you can do it anywhere.

EFT is based on time-honoured Eastern discoveries that have been around for over 5,000 years and, more recently, Albert Einstein, who told us back in the 1920's that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western healing practices and that is why EFT often works where nothing else will.

For some reason, animals respond very powerfully to EFT. We have seen it produce positive results, or even alleviate totally, issues like dogs fighting with one-another,

chasing livestock, being terrified of fireworks or thunder storms, fear of other dogs, and many more behavioural issues. It has also been shown to provide relief for many physical ailments such as skin problems, hot spots, arthritis and vaccine damage.

### ***Possible EFT limitations***

We're not saying that EFT is perfect. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will.

Also, you will find that EFT is usually quite gentle and you can often achieve substantial relief with little or no pain. This is not true for everyone, however. Some people's issues are so intense that the mere mention of them causes emotional or physical pain. Although truly serious instances of this (sometimes called abreactions) are most likely to occur in seriously emotionally challenged people (best estimate is less than 3% of the population), newcomers to EFT are advised to exercise common sense in this regard and not go where they aren't qualified. It must also be remembered that you are not legally entitled to treat any animals except your own unless you are a qualified vet or you have been referred by a vet. We would also add, for the sake of the animals, that you need to work with your vet and any concerns should be taken to your vet.

### ***Examples of the Power of EFT***

#### ***Arthritis and Neglect***

Bonnie contacted me in November 1999 after reading the Canine Health Concern web page, which describes the wonders of EFT (amongst other things).

Bonnie's female dog, Cassie, had only been living with her for four weeks. Cassie was eight years old and had been used as a breeding dog, but she was no longer of use to her original owners. When they moved in together, Bonnie took Cassie to the vet for a check-up. He diagnosed her with kennel cough (dog flu) and spinal damage (which he wanted to operate on) and he began a vaccination programme.

Bonnie wrote, *"Cassie seems to have arthritis in her spine, and her left front and back legs. She has been sadly neglected these past years and has bad plaque build-up on her teeth. I have scheduled her for teeth cleaning, blood tests and an x-ray."*

Bonnie told me that Cassie seemed to sparkle after the first three weeks with her, but became melancholy and distant after Bonnie had to go out of town for a few days. She also had a pronounced limp. Bonnie asked for long-distance EFT healing. I agreed, explaining I had never tried it before so couldn't guarantee a result.

Obviously, dogs can't talk - so it's difficult for them to tell us about their emotions. Neither could I see her. So I "communicated" with Cassie.

Obviously, communicating with animals is not part of EFT, so I'll cut to the treatment! I treated her (surrogately with EFT) for grief: losing her puppies and friends. I also treated for low energy levels, vaccine damage, central nervous system damage, and aching bones.

I asked Bonnie, with her vet's consent, to postpone the x-ray and teeth cleaning, but to feed raw meaty bones which act as Nature's toothbrush for our canine friends. I also suggested she put a hold on the vaccines as you need a healthy immune system to come through the vaccine challenge intact, and Cassie had clearly been through enough

stress in the previous few weeks (incidentally, vaccines are licensed for use in healthy animals only).

The next day, Bonnie sent me an e-mail. She said that Cassie's rear left leg, which had appeared decimated and seemed to be causing pain, was now in perfect condition. She was energetic and happy, and woke Bonnie several times in the night with doggie kisses. Bonnie cancelled the remaining vaccine shots and postponed the x-rays indefinitely as Cassie's spine was no longer "jaunting through her back."

I received another e-mail from Bonnie some nine months after the once-only treatment. She said, "Cassie runs around like a youngster now and is having great fun with her life. She is giving Eros, my three year old Akita, the time of his life. He is a happy playmate. I can't thank you enough." She never did need the spinal operation.

### ***Learn EFT for yourself***

We host regular EFT workshops at our home near Perth in Scotland. These are fully residential with comfortable accommodation and delicious food. If you're travelling by car, we are only five minutes away from the M/A90, which connects Edinburgh and Dundee. If you're coming by train, we're close to Perth railway station and we're happy to collect you.

I believe our EFT workshop are unique in that we teach you how to use the therapy on yourself and other humans, and we also teach you how to use it for the animals. To assist you in this, we also cover animal communication.

\*\* If you can get a group of six or more together, we are happy to travel to locations within the UK.

### ***EFT by phone***

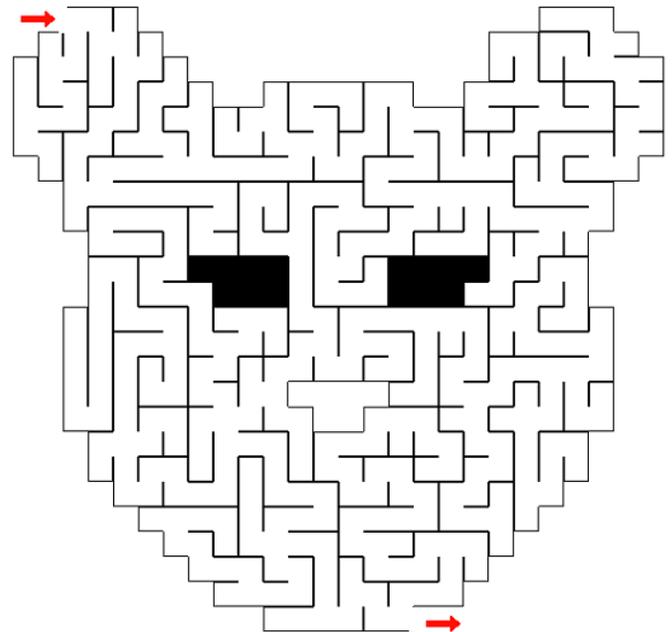
If you can't make it to one of our workshops (although you'd be doing yourself a big favour by learning the technique thoroughly yourself), I will send you a diagram of the EFT tapping points, and lead you through the process over the phone. Once mastered, this is a highly efficient method. If you are working on your animal friend, then you can either post or email a photograph for me to tune into.

Phone EFT is particularly useful for people in different parts of the world, or who are unable to travel. Although I cannot offer a 100% guarantee, I can say that we have had many successes using EFT at a distance.

For further information Catherine can be contacted by e:mail [Catherine@Carsegray.co.uk](mailto:Catherine@Carsegray.co.uk)

### **Fun Zone**

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



### **And finally.....**

Dog show tickets are now on sale priced £3 for adults (children 16 and under go free).

Next dog walk will take place on Sunday 1st March at Beveridge park Kirkcaldy 11:00.

***Fast fact -  
A greyhound can accelerate  
faster than a formula 1  
car / so watch out  
Lewis Hamilton /***