



Dear friends,

'Tis the season to be merry and for snuggling down with our pets as we look forward to some festive fun. We've got a bumper packed winter issue with advice on ensuring your four-legged friend stays safe over the festive period and we meet fitness guru Andi Vincent-Jones, who shares her top tips for avoiding injury from dog walking - advice we follow at Walk the Dog. Plus, we're delighted to launch our very own cartoon series created exclusively for Walk the Dog by artist and illustrator Ellen Tozer. And, we have all our news and a great Christmas recipe for your furry friends. Thank you for your support this year, we've had a blast working with you and your pets. We wish you a Merry Christmas and a very Happy New Year for 2011.

Hanne & the WTD team x

Have yourself a very safe Christmas



As the countdown to Christmas begins, we take a look at some very un-merry festive hazards that lurk within our homes.

Dangerous dinners - Leftovers from the Christmas meal, such as turkey bones shouldn't be given to your pet. Bones can splinter easily causing damage to the intestine and can cause choking if they get stuck in your pet's throat. Christmas stuffing often contains onions and garlic both these ingredients contain the toxic ingredient **thiosulphate**. This can cause haemolytic anaemia, where the pet's red blood cells burst while circulating in its body. Symptoms include Laboured breathing, liver damage, vomiting,

diarrhoea, and discoloured urine. Mushrooms should also be avoided as certain types can be fatal. Avoid giving your pet any fat trimmings too, as this can cause **pancreatitis**. 'Pigs in blankets' (sausages wrapped in bacon) are a delicious addition to any Christmas plate, but the high levels of salt can cause a dog to drink too much water, which can develop into a life-threatening condition called bloat.

Nasty nibbles - Entertaining guests typically brings with it platefuls of nibbles such as nuts, raisins, grapes and clementines. However, Macadamia nuts, walnuts along with most varieties of nuts contain high amounts of **phosphorus** which can lead to bladder stones. And, as little as six nuts are enough to cause some dogs to develop muscular tremors and paralysis in their legs. Raisins and grapes are toxic and in large quantities have proven fatal, so keep the mince pies to yourself. Clementine pips and the kernels of plums, peaches and apricots are easily dropped onto the floor, but these contain a type of **cyanide** compound that can poison a dog if it eats enough, resulting in dilated pupils, breathing difficulties, hyperventilation and shock.

Ghastly gifts - Pets, especially dogs, are particularly curious of mystery packages so, make sure you keep any edible treats stored safely away. Chocolate is bad for dogs as it contains a compound called **xanthines**. Ingestion of chocolate can cause muscle tremors, difficulty in breathing, irregular heartbeats and in some cases it can be fatal. Once you've opened your gifts, make sure you safely dispose of the wrapping, especially plastic bits such as bows and ribbons. Fake snow, tinsel and foil are all potentially dangerous. These can make your pet very sick and can cause serious, if not fatal, digestive problems or lacerations in their throat and mouth.

Terrible tipples - Most of us enjoy a tippie during the festive season, but remember that alcohol should be strictly kept in the hands of humans and away from furry paws! Dogs are much more susceptible to the poisonous effects of alcohol and ingestion can lead to laboured breathing, behavioural changes, hypothermia, seizures and cardiac arrest.

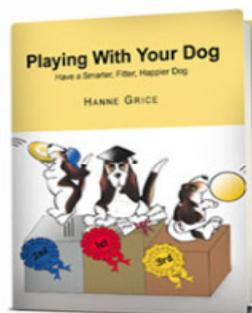
Poisonous plants - There's nothing better than a kiss under the mistletoe, but make sure your pet doesn't eat any. Mistletoe and holly berries are **very poisonous**, as are poinsettias, a favourite plant to spruce up your home at this festive time. Be aware of your pets drinking any Christmas tree water; the stagnant water can be very toxic to our four-legged friends, especially to cats.

Outdoor encounters - Make sure you keep antifreeze for your car out of your pets reach. Every year many pets are accidentally poisoned by it. The substance tastes sweet to pets, which encourages them to drink. As a precaution, don't allow your pet to drink from any puddles particularly while out on a walk, as it may contain antifreeze.

Have a happy and safe Christmas with your pets!

For more help and advice visit our behaviour site www.doglistener.tv

Great reviews coming in!



Hanne's new book has been receiving great reviews from journalists and pet owners alike. **Playing With Your Dog** looks at dog's natural senses, how you can hone your pet's natural behaviours in a positive way through play, creating a more intelligent, fitter and overall happier dog. The book is divided into sections from puppies to pensioners with game ideas as well as tricks for all ages. Available to buy from Amazon, Tesco Books, Waterstones and other online resellers. WTD clients can get their copy for less from us priced £6.99.

WTD pets on Flickr...

For regular readers of our newsletters, you'll know we welcome new WTD pets every month. However, now you can see our fabulous furry, feathery and scaly clients on our new Flickr gallery. Simply go to **Walkthedoguk** to view all the latest images from WTD. See below 'shout outs' to our latest clients



...and new faces to WTD

This month we give a warm welcome to; **Tigger, Rex, Buddy, Woody B, Brody, Darcy R, Charley, Obi, Darla, Roscoe, Ollie, Bella, Autumn, Basil, Smudge, Harvey, Coco, Roxy B, Jess and Trigger, Max and Hugo, Ruby, Teddy, Wally, Willow, Fleur and Blanche**. If your pet isn't on our picture gallery yet, please send us their picture, so they can join our animal hall of fame. Email us at info@walk-the-dog.net

Walk the Dog Couture – coming to the 2011 catwalk

Stella McCartney beware! There's a new collection all the sophisti-cats are talking about. Walk the Dog is launching its very own bespoke pet collection **Walk the Dog Couture** in 2011. Modelling our exciting new range are WTD pets Lottie, Vinnie, Harley, Marley, Norman, Toby and Howard. Our exclusive collection features a range of hand made designs from Christmas and Halloween ideas to great accessories including Cool Britannia waistcoats, ties and leg warmers! We'll keep you updated on our official launch for 2011. See below for a sneak preview.



In the news...

WTD at Ministerial meeting

Hanne Grice represented South of England's female rural entrepreneurs at a recent Ministerial visit made by Mark Prisk MP, Minister for Business & Enterprise. The Rural Business in Action Day organised by Women In Rural Enterprise (WiRE) was attended by representatives from the Commission for Rural Communities, the Princes Rural Action Programme and the Plunkett Foundation. Hanne was invited to present on the successes of WTD and challenges faced by women in business. Hanne said, "It was a fantastic opportunity to talk about my business to the Minister and the Directors about the positive impact we've made to the community and the successes and challenges also faced. I'm delighted all the hard work has been acknowledged by fellow female entrepreneurs and to get a 'pat on the back' from the Minister for Business and Enterprise is the icing on the cake!"



WTD and Oscar pet food join forces



We're delighted to announce that from 2011, WTD will be joining forces with Oscar, pet food manufacturers to share knowledge about nutrition and behaviour. Jan Millington and Sally Callaghan will be joining our WTD Puppy School to provide insight into canine nutrition during our courses. We're also launching workshops on How to Speak Dog & Understand Nutrition in 2011. Watch this space!

WTD Events and dates for your 2011 diary

Date	Event	Details
4 th Jan '11	WTD Puppies Stage 1 WTD Puppy Progress 2	2011 classes kick off for the year at Leverstock Green Village Centre. Tuesdays from 6.30pm.
1 st Feb-25 th Apr '11	Dressed to the K9's 2011	Enter our 3 rd annual dog fancy dress photo competition for a chance to win some fantastic prizes, in aid of Every Chance Rescue.
12 th -27 th Mar '11	WTD Spring Break	Closed for business.
28 th May '11	How to Speak Dog & Understand Nutrition	Learn how dog's communicate and the importance of nutrition in this fun workshop, at Leverstock Green Village Centre.
18 th Jun '11	Animal First Aid Workshop	Would you know what to do if your pet was injured? Join our workshop in conjunction with Animal Aiders at Leverstock Green Village Centre.
29 th Jun-3 rd Jul '11	RSPCA/PDSA/CP Action Days	WTD joins the charities around Dacorum sharing knowledge and best practice about petcare and behaviour.
9 th Jul '11	Meet the Team & Walk	Our 2 nd annual walk around the Ashridge Estate open to clients and friends, children and dogs welcome.
3 rd -18 th Sept '11	WTD Summer Break	Closed for business.

How to contact us: Tel: 01442 878628 / 07976 743 031. Email: info@walk-the-dog.net
Visit us at: www.walk-the-dog.net and www.doglistener.tv

Tips for avoiding injury for dog walkers

Did you know that the WTD team walk up to 10 miles a day? As a result of long distance walking and dealing with dogs that pull on the lead, we often suffer with back pain and other injuries. Fitness guru, **Andi Vincent-Jones** specialises in flexibility and overcoming injury.

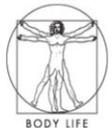
Name: Andi Vincent-Jones
Job: Fitness & Lifestyle Trainer
Company: Body Life
Pets: Dolly the Bischon
X rabbits
1 gecko



We asked Andi to share her top tips for avoiding injury from dog walking.

1. Always wear walking boots or trainers - wellies do not give support to the ankles and back.
2. Always take water to hydrate you and your dog if your walk is longer than 30 mins.
3. Avoid letting your dog overly pull on the lead, this can easily cause the shoulder and neck to be out of position and cause tight sore muscles.
4. If you do strain a muscle, use HOT and COLD water at 30 second intervals. Shower treatment on the sore area will help release the muscles.
5. Use your dog walks as part of your fitness programme; walk briskly and get your heart pumping to warm your muscles which will prevent shin pain.
6. Stretch before you begin your walk, this helps warm the muscles and prevents strains. Muscle groups to work on include; legs, back, calves, shins, hamstrings, quads, knees (hugs and rolls), shoulders and neck.

Contact Andi for a free walking stretching exercise sheet on 01442 230040. For more information about how BODYLIFE can transform your body, visit www.bodylifeuk.com



Christmas Recipe Apple Crunch Dog cakes

- 2 3/4 cups water
- 1/4 cup unsweetened apple sauce
- 2 tablespoons honey
- 1 medium egg
- 1/8 teaspoon vanilla extract
- 4 cups whole wheat flour
- 1 cup apple, dried
- 1 tablespoon baking powder
- paper muffin/fairy cake cases

Instructions...

Preheat oven to 180 degrees. In a small bowl, mix together water, apple sauce, honey, egg, and vanilla. In a large bowl, combine flour, apple chips and baking powder. Add liquid ingredients to dry ingredients and mix until well blended. Pour into greased muffin cases, Bake 1 1/4 hours or until a toothpick inserted in the center comes out dry. Store in a sealed container.

Christmas & New Year bookings

Ensure you book in your pet care requirements over the festive period before the booking deadline **Monday 6th December**. WTD will be operating on a skeleton crew from Thurs 24th December to Monday 3rd January '11. So, secure your petcare by contacting us today.



Have a won-dog-ful Christmas!