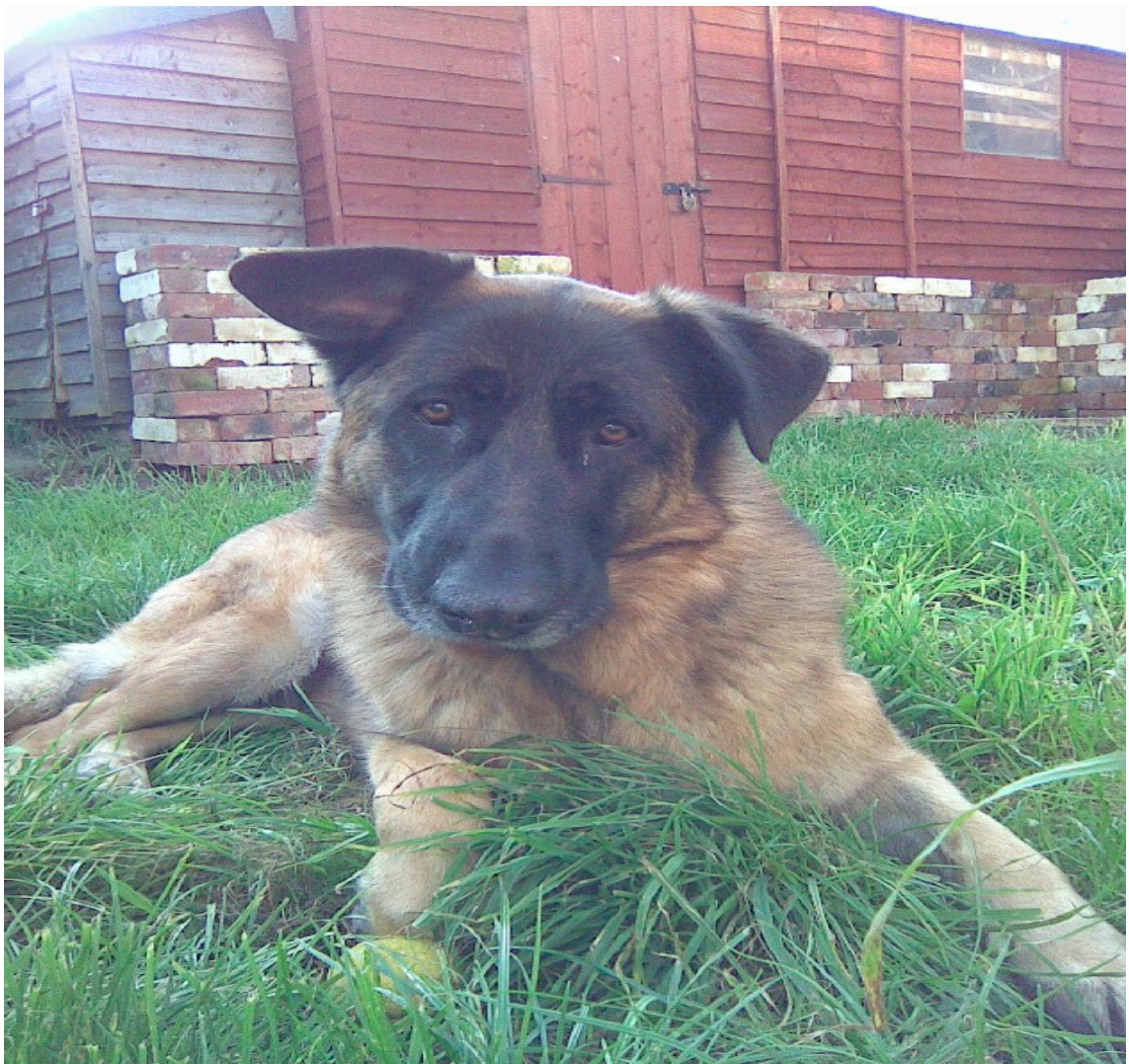


GERMAN SHEPHERD DOG RESCUE SPRING NEWSLETTER.



2012...HERE WE COME.....

**WELL AS PREDICTED WE HAVE HAD
RECORD NUMBERS OF DOGS
ARRIVE ON OUR BOOKS,
UNFORTUNATELY IT DOESN'T LOOK
LIKE IT IS GOING TO CHANGE FOR
THE FOR SEEABLE FUTURE EITHER.
AS EVER AT GSDR WE AIM TO HELP
EACH AND EVERY DOG WHO ASKS
FOR IT IN ONE WAY OR ANOTHER. AT
THIS POINT I WOULD LIKE TO
THANK EVERYONE FOR PLAYING
THEIR PART IN MAKING ALL THIS
POSSIBLE.**



Based on Dr Ian Billinghurst 'Give your Dog a Bone' (BARF)^[1] & 'Raw & Natural Nutrition for Dogs', Lew Olson, PhD

To substantiate a balanced diet, incorporate all the food types over a 2 - 3 week period, job done! This means that you do not aim to make every meal a balanced diet, ie it really is not natural for a dog to have a 'complete' diet in each meal (*as suggested by commercial food PR*).

It is wise to change over gradually, perhaps start with a couple of ounces of tripe or raw chicken mixed with current food. Foods to incorporate into your dogs' diet include:

1. Fruit/Vegetables
2. Oils
3. Animal products
4. Miscellaneous..

1. Vegetables/Fruit to include: (liquidise to enable dog to digest)

- ❖ Fresh green leafy vegetables eg spinach, cabbage, spring greens, outer lettuce leaves, cauliflower, broccoli, brussel sprouts, herbs, etc., - best fed raw
- ❖ Corn, (*must be cooked*), pumpkin, squash, marrow, mushrooms, peppers, cucumber
- ❖ Root vegetables eg potatoes/sweet potatoes (both should be cooked), carrots, radishes, turnips, celeriac, parsnips, swede etc., (*never onions*)
- ❖ Legumes - peas, beans, baked beans etc. (*always cook legume family*)
- ❖ Fruit – to include apples (no pips), pears, oranges, kiwi, peaches, mango, banana, avocado, plums, berries, pineapple etc., (not grapes)
- ❖ Whole grains including brown rice (cooked), oat flakes, wheatgerm, wheat bran, oat bran, wholemeal bread
(Personally I rarely feed grains at all, occasionally give oat bran and brown rice, but never wheat)
- ❖ Food scraps can be incorporated into the diet eg pasta, pulses (cooked), cooked egg, rice (brown is best).

Grains are not necessary in our dog's diet, despite what the dog food manufacturers have us believe. Our furry four footed friends are able to manufacture carbohydrates from fats within the body. In many cases where dogs suffer allergic reactions, a high proportion are cured when carbs are omitted from the diet. The only carbs that can be beneficial to them are vegetables and they should not amount to more than 20% (or less) of an entire meal.

Dog food manufacturers put a high proportion of carbohydrates into dried food, because it is cheaper and because if they increased the amount of fat in dried food, it would decompose more quickly. This is even if they added MORE preservatives (necessary where there is a high fat proportion), but this could amount to danger levels and could kill, putting enormous strain on the liver and kidneys.

2.Oils - Salmon oil (excellent supply of Omega 3) , cod liver, corn, soya bean, wheat germ oil, safflower, sunflower Omega 3 & 6 are essential, but Omega 3 is not found in many foods, I feed salmon/oily fish and salmon oil.

3. Animal Products

- ❖ Raw meaty bones from chicken, lamb, beef, rabbit & pork
- ❖ Muscle meat from chicken, turkey, lamb, rabbit, beef, pork, tripe (www.landywoods.co.uk)

[1] BARF – Bones And Raw Food



(WWW.LANDYWOODS.CO.UK)

- ❖ Organ meat - liver, lung, kidneys, heart, brains (Landywoods' economy mix includes lungs/hearts)
- ❖ Raw eggs, especially the yolks
- ❖ Cheese, cottage cheese, probiotic yoghurt, milk, butter
- ❖ Seafoods, fatty fish eg herring, mackerel, salmon (off-cuts from fishmonger), sardines etc., (we also give white fish on occasions).

4.Miscellaneous - Brewer's yeast (pasteurised), Kelp powder (found in Dorwest 'Keepers Mix), Molasses and/or local honey, Vitamin C.

THE DIET in BRIEF..

We order between 4 -5 different meats from www.landywoods.co.uk eg beef tripe, lamb, beef & kidney, lamb tripe, turkey, rabbit, chicken mince etc., but do acquire chicken backs/carasses/wings, lungs, heart, liver, bones from the local butcher. An example of Pippa's diet for a week: (She weighs 35kgs, 2.5% of body weight per day):

DAY	BREAKFAST	DINNER	DAILY WEIGHT - ish
1	150 gms Beef tripe/ox liver with liquidised carrot/peppers + beef bone	350 gms beef tripe with liquidised carrot/peppers with garlic/rosemary	875 gms
2	2 x chicken backs/carasses (400gms) + whole raw egg	350 gms lamb mince with mashed cooked sweet potato/potato peelings/mint	875 gms
3	150 gms lamb/ mince + probiotic yoghurt + salmon oil + lamb bone	350 gms heart/lung mix with liquidised cabbage/apple/sage + salmon oil	875 gms
4	150 gms turkey mince with raw egg and cottage cheese +200 gm chicken back/carass	350 gms turkey mince with squash /parsley + probiotic yoghurt	875 gms
5	150 gms lamb tripe + 200 gms chicken back/ carcass	350 gms lamb tripe with liquidised broccoli/cauli/pear + probiotic yoghurt	875 gms
6	150 gms beef/kidney/raw egg/olive oil + beef bone	350 gms beef/kidney/oat bran with liquidised cooked pulses/chopped mint	875 gms
7	150 gms mackerel and/or sardines/oily fish + yoghurt/oat bran + 200 gm salmon head	350 gms rabbit with mashed parsnip /swede + salmon oil	875 gms

Please note that over a period of 2-3 weeks Pippa has a wide variety of fruit, vegetables and herbs, as follows:

- ❖ Vegetables above ground eg cabbage, cauliflower (outer leaves as well), spring greens, squash, marrow, sprouts, celery, runner beans, peas, spinach, French beans, pulses (always cooked)
- ❖ **VEGETABLES BELOW GROUND EG POTATOES/SWEET POTATOES (COOKED), CELERIAC, TURNIPS, SWEDE, CARROT, PARSNIP**
- ❖ Fruit eg apple, banana, pineapple, kiwi, pear, strawberries, blackberries etc.
- ❖ Variety of Herbs – parsley, mint, rosemary, basil, sage, marjoram, thyme, basil, oregano etc., (whatever I have)

Guideline for meat/bone combined quantities are between 2 – 3% per day of your dog's body weight (adjust according to age, weight etc.), - to include additional bones and raw chicken:

In addition:

- ❖ 1 tbsp of oil eg cod liver oil, sunflower oil, salmon oil or olive oil etc., each day
- ❖ Raw egg every 2nd day - often give a whole one which Pippa plays footie with on the lawn, so funny 😊
- ❖ Lamb bones once or twice a week
- ❖ Beef bone once or twice a week – these are much harder bones so be careful with older dog because they can easily damage (chip) teeth on marrow bones
- ❖ Chicken backs/carcasses/wing - many butchers supply them free
- ❖ Fruit – incorporated into vege eg cabbage and apple, kiwi and spinach etc.
- ❖ Oily Fish – give fish once or twice a week, raw. Sometimes give Pippa white fish and for some reason she prefers this cooked, but will eat oily fish raw eg mackerel, sprats, salmon off-cuts
- ❖ Kelp mix supplement – can recommend Keepers mix from www.dorwest.co.uk – 3 x week
- ❖ Brewers' yeast (pasteurised) - from Holland & Barratt, a tbsp 2–3 times a week
- ❖ Vitamin C tablet – 4 x week
- ❖ Oat bran – twice a week and/or porridge oats occasionally
- ❖ Honey (and/or molasses) – 2 x week
- ❖ Once a week crush a garlic clove and chop some fresh rosemary and incorporate into meal (twice a week in July/August), to keep fleas/ticks away
- ❖ Offal essential for health 4 x week eg heart, liver, kidney, lungs, tripe. We find our friendly butcher will supply ox heart, liver, kidney and lungs at little or no cost.

Tend to have fruit, garlic, honey, oils, herbs (grow in the garden), oat bran in anyway, so the extra store cupboard requirements are a kelp mix supplement, cod liver oil and brewers' yeast.

NB - If your dog's has an upset tummy, give him/her a bone and/or root vegetables (eg cooked potato/sweet potato) as a mixer the next day and if stools are hard, give vegetables above the ground the next day, eg cabbage, spinach, spring greens, to address the balance.

This diet is really easy once you get into the swing of it, honest!

ADVANTAGES of FEEDING A NATURAL RAW DIET

1. In most circumstances BARF diet alleviates sensitive tummies, so easy to pick up well formed stools
2. Dogs have a short digestive tract, as their forefathers, wolves and other wild dogs (now shown to be related by latest DNA research). *Canis familiaris* is designed to eat a raw natural diet of predominantly meat, fat and bones. Teeth are designed to tear and chew on raw meat and bones, they do not have molars to grind grain
3. Dogs require 9 essential amino acids (they are able to produce the other 15 in their own systems). There are many essential amino acids that are destroyed by the intense heat used to manufacture processed foods
4. Processed food contains preservatives in order to give them a very long shelf life
5. All processed food contains flavour enhancers that are not conducive to healthy, happy dogs, sometimes making them 'hyper' like children on junk food
6. There is insufficient fat content in processed foods to sustain a dog, due to the amount of preservatives that would be necessary if the correct % of fat was added. The preservatives requirement to support the necessary fat content, would prove dangerous

1. **THERE IS STRONG EVIDENCE SUGGESTING THAT FEEDING DRIED KIBBLE PUTS THE LIVER AND KIDNEYS UNDER ENORMOUS STRAIN AND IN SOME CASES CAUSES DISEASE AND KILLS YOUR BELOVED GSD**
2. There is also evidence suggesting that dogs are more likely to suffer from contortion when fed kibble
3. When you feed your dog a natural raw diet, you know exactly what he/she is eating
4. Dogs really do get bored of kibble, but my girlie never gets bored with her food
5. Dogs fed on a raw natural diet love their food and it is pure delight to see how much they enjoy it
6. You know every ingredient that is in your dogs' food
7. Manufactured pet food contains a high proportion of carbohydrates (cost effective), not a requirement for a dog. Dogs are able to manufacture fats into sugars and unlike us, it is essential that they eat fat in larger proportions (40% for a healthy dog) than we do, for this purpose
8. No more upset tummies
9. Happy, healthy dog.

Suppliers of Natural Raw Meat for Dogs..

www.raw2paw.co.uk : delivers south west mainly, high delivery charge/ no minimum order.
www.raw2go.co.uk : delivers Nationwide, but high delivery charge/no minimum order
www.landywoods.co.uk : - necessary to ring to check which areas they deliver to. min order of £30
www.daf-petfood.co.uk
www.bulmerdogfood.co.uk
www.albionmeatproducts.co.uk/
<http://www.martinsmeats.com/index.php>
www.naturalinstinct.com/
www.thedogfoodcompany.co.uk/
www.tpms.co.uk/
[www. honeysrealdogfood.com/index.php](http://www.honeysrealdogfood.com/index.php).

**I HOPE ALL YOU RAW FANS HAVE
ENJOYED THIS FEATURE, THANKS
TO ANGIE AND PIPPA FOR SENDING
IT IN..XX**

THE NEW PROVIZOR WHICH YOU CAN NOW BUY DIRECT FROM GSDR!

PROVIZOR

GSDR are the sole UK distributors for the Novaguard and the OPTivizor. The Optivizor which in our opinion are far more humane than the old fashioned Elizabethan Collars but are not so wide which means less stress for the dogs as they tend to bump into doors or furniture. The OPTivizor offers dogs that suffer with eye problems such as Pannus protection from sunlight or protect dogs faces if they have failing eyesight and keep bumping into things.

Novaguard from £20

Optivizor from £25

OPTivizor with mesh from £30

All prices include postage

For a size guide and more information then please visit the website

<http://www.germanshepherdrescue.co.uk/provizor-optivizor-novaguard.html>





**HOW SEXY DOES OUR OWN TOMMY
LOOK IN HIS!!!
ANYONE INTERESTED IN BUYING
ONE SHOULD CONTACT PAULA OR
JAYNE.**

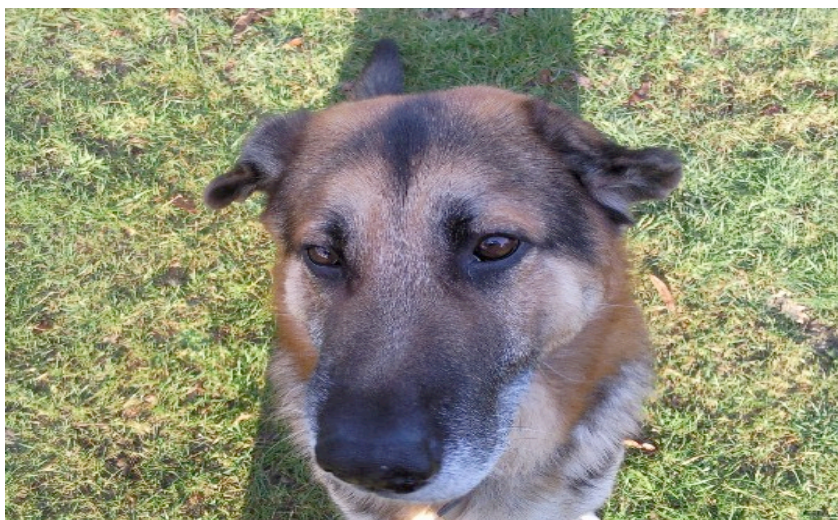
MACK

It was a very sad start to the New Year as I had to make the decision to let Mack run to Rainbow Bridge on the 6th January, I just wanted to let everyone know who may have read his story on the website or donated money towards his much needed medical treatment..... I wont go into all the details but his full story can be seen on the website

<http://www.germanshepherdrescue.co.uk/mack-ear-canal-ablation.html> I had just adopted Tommy and he and Jess were still getting to know one another when I received a call from Allison to see if I could take in an urgent foster – the long and short of it was that I agreed and a few days later he arrived! What can I say, this lanky dog that looked like Scooby doo got out of the car (back seat), knowing that he didn't travel well, I asked the vollie what the journey was like and she said he was great he laid across the back seat and only awake, when she opened a bag of crisps which he then shared with her! Well food really was what Mack loved best apart from his teddy bear. After a few fraught moments whilst, Jess, Tommy and Mack settled in together (bearing in mind that Tommy and Mack didn't like other dogs) they all started to rub along together.....Unfortunately I then lost Jess aged 13 on the 18th January 2011, so then 3 became 2....Mack suffered many times with recurrent ear infections but always bounced back but it was to be his back legs which proved something that he couldn't bounce back from however much I tried to change his routine, he wasn't happy to be left indoors whilst Tommy and I went down to the stables so it became a quality of life issue and a decision that was the hardest that I've ever had to make as apart from that he was a strong fit dog. There is so much that I miss about him – being woken up by banging as he decided to have a scratch and his big thumping tail hitting the radiator, after meals as soon as I finished and went to get up he would race me to the utility room because he thought he might get a scrap of food then in the morning before going out for a pee he would always sit and give me his paw and have a head rub – almost like he was thanking me for having another day in a loving home.

We only had just over 3 years together and however sad I get I never once regret the time together or the decision to foster which later turned to adoption. He loved life and people and he gathered a fan club where ever he went! We think that he was 11 so everything considered he wasn't a bad age.

R.I.P. Mack – miss you everyday xx



If YOU ever receive an Allison call then if you possible can please help it really is so worthwhile!





I LOVE YOU MUM...ALWAYS!!

**IF YOU THINK YOU COULD BE A
PAULA AND FIND A LITTLE EXTRA
ROOM IN YOUR HOME AS WELL AS
YOUR HEART PLEASE LET US KNOW
AS THE NEXT MACK IS JUST
WAITING FOR THE NOD AND CASE
WILL BE PACKED AND HERE I COME.**

MERCHANDISE

I would just like to remind everyone that we have many great items available on the merchandise page of the website – everything sold helps raise much needed funds to help pay the kennel and vets fees, which are already mounting up this year.

All the merchandise that we stock has been tried and tested for quality and usability – so that it doesn't fall apart on the first wash!

The green t-shirt with GSDR logo has already proved very popular and for just £12 including postage it's a must for your summer wardrobe! The full zip fleeces are very warm and snug, which with the cold snap that we've had, has again been very popular and at just £28 is well worth the money. New this season will be the Hoodie which will soon be added to the website and available for £34 – please also remember that all prices include postage!

For more information and other merchandise available please click on the link below

<http://www.germanshepherdrescue.co.uk/german-shepherd-rescue-merchandise.html>

**Please note: You will need to
Collect your own dog hairs
As those shown in the photo
Are mine!**



HAVE A READ OF THIS LETTER SENT IN BY A LOVELY GENTLEMAN WHO ADOPTED ONE OF OUR OLDIES, HOW NICE IS THIS:

From Basingstoke to Birmingham and back again there to find a wonderful friend. He was sad because his owners were travelling far far away. He had never seen me before April 2010 - but when he did he gave me his paw.

From that moment on I knew I must rescue him - for almost ten years with the same owners - and now he must leave.

So on the train and noise and bustle to another home it must have been for him confusing, his routine gone - from the people he loved after so many years it must have hurt.

When I got home and went to bed - he lay down beside me and went to sleep - then I woke he was still there on the floor alongside the bed, that was almost two years ago.

Basingstoke to Birmingham and back again - but I would travel it ten fold - because I know, now, he is such a wonderful friend. He loves his walk and a game with his ball - not so long these days and why is that:-

The shifting whispering sands of time - it silvers our hair - in some it falls out - it really is a thief on the wing. And the law of cause and effect is inexorable, a perfect law - because you cannot have one without the other.

Love that mighty force - at times it can make us cry.
My love for him will never die.

Gordon Pyle

January 20 2012



HARVEY HIMSELF!!



ABSOLUTELY STUNNING!!

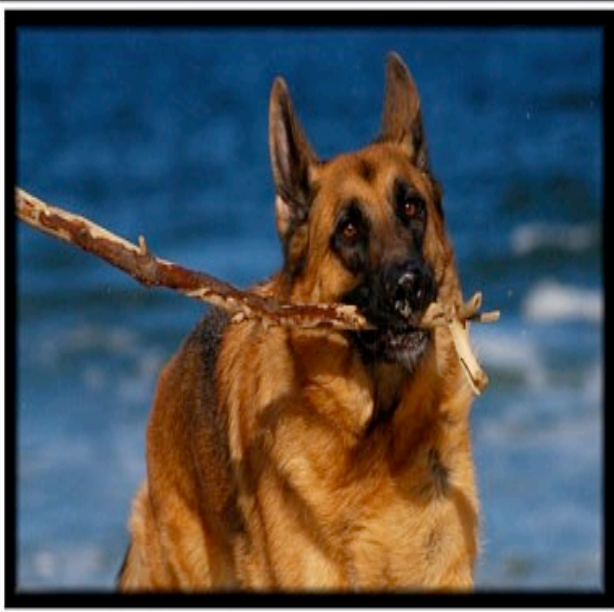
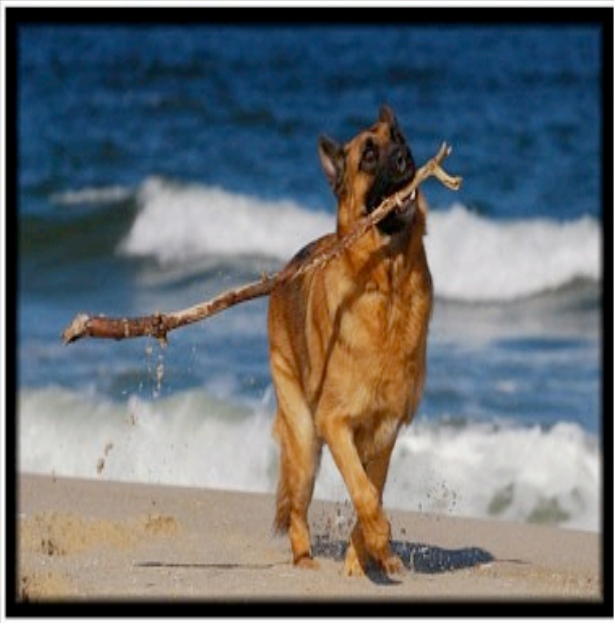
HOLIDAYS, HOLIDAYS, HOLIDAYS!!

German Shepherd Dog



**HOW MANY OF US THINK OF A
HOLIDAY BUT NEVER GET ANY
FURTHER BECAUSE OF OUR HAIRY
FRIENDS. WE ARE HOPING TO PUT
TOGETHER A GUIDE TO PLACES YOU
AND YOUR HAIRY FRIENDS ARE
WELCOME, IF ANYBODY KNOWS OF
SUCH WONDERFUL PLACES PLEASE
CAN YOU SEND ALL THE DETAILS TO
OUR PAULA WHO WILL START TO
COMPILE A LIST AND I WILL PUT IN
THE NEXT NEWSLETTER. ANYTHING
YOU FEEL WOULD BE OF INTEREST
PLEASE EMAIL TO:**

PAULA@PAULACROW.PLUS.COM



GERMAN SHEPHERD DOG

©Angie M.

HI EVERYONE, MY NAME IS JACQUI AND I ADOPTED MY BEAUTIFUL SHEBA FROM GSDR JUST BEFORE CHRISTMAS, AFTER SEEING ALL THE GOOD WORK DONE BY THE VOLUNTEERS I DECIDED TO BECOME ONE MYSELF. I'VE SEEN SOME OF THE WONDERFUL FUND RAISING IDEAS AND THOUGHT ABOUT WHAT I COULD DO TO HELP. SO BEING A CONSULTANT FOR JAMIE OLIVER @ HOME I DECIDED IF ANYONE PLACES AN ORDER WITH ME I WILL DONATE 10% TO GSDR, ALL YOU NEED TO DO IS LET ME KNOW YOU ARE CONNECTED TO THE RESCUE WHEN YOU EMAIL OR PHONE ME YOUR ORDER.

I've set up a page on Facebook called Jamie Oliver @ Home Virtual Party where you can see links for special offers for customers and hostesses.

You can order single items or get together with friends and order as a group, postage is £5 whatever you order but free if order is over £100. If you are local to me (I live in Raynham, Kent) I can come to your home and do a party for you or a bag party where I give you some catalogues and order forms, then give you two weeks to get some orders and then I will go over the order with you. If you have achieved enough sales there are some great hostess products you can purchase.

If anyone is interested in looking at the latest brochure please let me have your email address and I will sent you an electronic copy by return, or if you prefer I will post a brochure out to you, just give me your home address.

You can contact me by email on jacquiwillmott@aol.com or call me on my mobile 07508 142711.

In addition to the contact numbers that appear on the website you may find these contact details useful if you have any additional queries or questions.

Volunteer Co-ordinator s – Angie Roberts and Angela Burden

If you feel that you would like to help further with volunteering or maybe take on more of a role within the rescue please email janpam@live.co.uk and one of the co-ordinators will contact you.

Events Co-ordinator – Ali Lowerson

If you would like to help on the GSDR stand at a show or have information on a show that you feel will benefit the rescue then or if you can't attend but could sponsor classes or supply some raffle prizes please email Ali on amlowerson@aol.com

Merchandise / Fundraising – Paula Curtis and Eva Rogers

If you have any Merchandise or further fund-raising ideas then please email paula@paulacrow.plus.com or eva.rogers1@virgin.net

Please note: Queries for items purchased via the website need to be sent to info@germanshepherdrescue.co.uk



**WE ALL WON THE LOVE LOTTERY
AND FOUND OUR FOREVER HOMES!!**





LACEY.



RILEY..



SHARLA...



BOOTS!!!



ADI...



BLADE...



**BEST OF FRIENDS.....THEY WERE
THE CATS WORDS !!**



WHAT DID YOU JUST SAY TO ME???

**THAT'S ABOUT IT FOLKS, IF
ANYONE HAS ANYTHING THEY
WOULD LIKE TO PUT IN THE NEXT
NEWS LETTER PLEASE EMAIL ME AT
ALLISON.CLARKE2@NTLWORLD.COM**

**I AM NO PRO AT THIS BUT HOPE YOU
HAVE ENJOYED IT AND I AIM TO GET
ANOTHER ONE OUT IN JUNE SO ALL
PICS AND STORIES WELCOME.**



JUST AS WE LIKE IT!!!!