



# TIGGER CLUB NEWS

THE NEWSPAPER FOR THE ANIMAL COMMUNITY.. BY ANIMALS - FOR ANIMALS

VOLUME 1, ISSUE 3

NEWSLETTER DATE: OCTOBER 2017

## REVERSE SNEEZING

Reverse sneezing or Pharyngeal gag reflex to give it its proper name, is a involuntary thing dogs and even cats do.

It does not occur very often which is why most humans that have not seen it before may find it distressing to watch, especially if they have never seen a reverse sneeze before.

A reverse sneeze is very sudden, explosive and accompanied by a lot of loud snorting and snuffling which is why it gets the more common name of reverse sneezing.

The main reason for it is an irritation to the soft palate or throat. You may see your humans doing

this when they have a sudden coughing fit for no reason. It is similar except we have a much more dramatic and loud reaction.

Causes of reverse sneezing could be eating or drinking too quickly, rushing around and getting too excited, dust or pollen or in my case lying down in a sort of failed flat pack position that restricts the airflow a little bit too much.

Still talking about normally healthy dogs, this is more often associated with short faced animals, although if you are a pointy nosed sighthound like me you will be very used to reverse sneezing.

You need to explain to your humans how to help, not that help is always needed, but it makes

the humans feel more comforted at the time. Tell them to raise your head and open your mouth to allow more air in, or gently hold your nostrils for a few seconds which will cause you to open your mouth and allow more air in. Or just gently rub your throat from the jaw downwards.

In most cases reverse sneezing does not require medical assistance but if you are a dog or cat that has a medical condition, especially a respiratory condition reverse sneezing may be more that just an isolated event.

If at any time your human is not sure or is concerned then please tell them to seek advice from your veterinarian.

## AS THE COLDER WEATHER STARTS

As the cold weather starts to make an appearance and your humans begin to bring out the thicker blankets tell them not to throw out old blankets , bedding and towels.

Instead of throwing them out tell them to donate them to local shelters and rescues for all the animals, all animals, not just dogs.

Rescues and shelters are al-

ways in need of bedding.

Shelters may also take other things your humans may not be aware of such as unused animal food and used toys. Not shredded ones but ones that may no longer squeak or may be looking a bit faded but still safe to play with.

Some shelters and rescues rely on funding by running bric a brac stall and tombolas, so any unused household goods may

be useful.

Before landing at the door of the rescues and shelters with arms full of items contact them to make sure they are in need of the items you have put to one side.

Your human may have nearly thrown these items out, but a lot of shelters will be grateful to receive them.



You, my readers are so paw-some.

I am starting to get readers letters, Dear Tigger questions and even some requests for future articles.

So here is your moment. If you have a story, poem, recipe or you have an interesting job or hobby you would like to see published in my newspaper,

### A MESSAGE FROM TIGGER

my website... or both - contact me!!  
Ways to contact me are on page 16 of this newspaper.

(I reserve the right to edit or refuse to print if any content sent breaches any of my rules which are available upon request)

The printed version of my newspaper is proving very popular in the coffee shops and tearooms that stock them. Cadwaladers are the latest to stock my newspaper woo hoo!!

The feedback I am getting is

that customers love to read them while enjoying a drink. Most of the customers are leaving the newspapers for the next visitors to enjoy too.

If you have read my newspaper and enjoyed it please remember to let me know and shout out about it as I am self published and am hoping as many animals and their humans get to enjoy it too.

Thank you for reading

Nose bump to you  
Tigger

### TIGGER'S STUDY OF HUMANS



#### Repeating themselves

I have noticed, usually more so when they are trying to communicate with me, that they repeat themselves a lot.

They will stand and repeat themselves with somewhat endless repetition.

I do not know why they do this as it is most frustrating.

I know if I did not do something after the first five times they said it, why do they insist on repeating the word over and over again as if it is going to have a different outcome?

**So with this in mind, after this month's research I have concluded:**

Humans seem to like some words so much they will repeat them with unlimited enthusiasm.

[TIGGER CLUB](http://tigger.club)  
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## DEAR TIGGER.....!

**Dear Tigger.. our Sammy won't let mum clean his teeth. She brushes ours regularly. What do you suggest?**

- Toothless Kai!

Hi toothless Kai, have you tried explaining to Sammy he will end up toothless like you if he does not let your mum brush his teeth?

Perhaps your mum should try making a game of it and have everyone around so they can take turns getting their teeth

brushed. Getting Sammy used to the tooth brushing game will hopefully help

**Dear Tigger, my favourite game is going outside at 2-3am to sniff around garden for at least 20 minutes, ignoring calls to go outside. This has been the way since night one. However, the past 5 nights, mum has ignored me and refused to let me go outside. Should I tiddle in hallway to make a point that it's my right**

**to go outside at anytime I choose?** Yours faithfully, Strawberry

Dear Strawberry, you are old enough to manage sleeping throughout the night now. Waking your mum at that time every night will just create a grumpy mum during the day. I suggest as a compromise you should allow your mum to sleep most nights with only the occasional 2 - 3 am wake up, just to keep her on her toes.

## NEWS FROM DORIS - THE ROVING REPORTER



So after five months on the road I requested a totally dog based

activity, well it is my travel adventure too Tigger!

Being an altruistic kind of hound I suggested spending a week or so volunteering at a dog rescue centre. Years back I was in one myself and remember the long (not really, four months) wait for my furever home. I thought it would be nice to cheer those up still waiting.

So off we toddled to Shrewsbury to some dogs in the care of the Finding Furever Homes charity, a small but hard working team that Elaine knew. We

were assigned to a block of twenty kennels, some housing two dogs, to socialise, entertain and exercise. The lady called the kennels 'bedrooms' which rather liked.

Every day we took a lead and worked along the kennels, some dogs I played with, some left alone to sniff. I loved it Tigger, despite being homeless all the dogs were jolly and friendly. Only one was painfully sad but he was new and had been badly treated. I told him it would all be ok.

Most days new unwanted dogs came in, including an adorable puppy which herself couldn't stop cuddling. Most days no one came to adopt a dog but I know kind folk do visit. Some dogs are rehomed quickly,

some take over a year but you know what Tigger, all are loved in the meantime.

It was an emotional but hugely enjoyable seven days. We laughed a lot and played a lot. More amazingly herself hasn't filled the motorhome with dogs ... sure it will happen sometime!

Until next time when the humans take over the travel reigns again, Dozza.

<https://dozontour.blog/>



## INTERVIEW WITH JEMIMA PUDDLED OG

### **Jemima Puddledog Tell me a little bit about yourself:**

My name is Jem, or Jem-IM-a if I'm in trouble!

### **How many humans/siblings do you have and long have you had them?**

I live with my Human Beans, Has Bean and Broad Bean in South West Essex. They're prehistoric - she's 507 and he's 532 (they do multiply by 7, don't they?) but that means they're retired so have lots of time to entertain me. I came to live here when I was 8 weeks old, in January 2014.

I used to have a Sisfur, Kizzy, who was the best role model any girl could have but she went OTRB last October, age 15 1/2.

### **Do you work? If so where/what**

### **do you do?**

WORK!!? No four letter words here please!

### **If you could choose your name what would it be?**

If I could choose my name I'd be 'WouldYouLikeATreat'

### **What is your favourite food?**

Anything edible and a few things that aren't!

### **Where is your favourite place to be?**

Nearest the mayhem!

### **What is your favourite way to entertain yourself (annoy) with your humans?**

Play with my squeaky ball when they're watching a really interesting TV programme.

### **If you could be/do anything for a day, what would it be?**

If I could be anything for a day I'd be big enough to reach something exciting - there's nothing interesting at Cavachon height.

### **Finally and most importantly...What was your human's most embarrassing moment?**

My Beans most embarrassing moment. When the v\*t went to take my temperature only to find I'd been eating the long grass.....I'll leave the rest to your imagination in case you're eating



## FIREWORKS

October means Halloween, which is usually the start of fireworks.

Although there is always a lot of reminders about dogs and Halloween all animals need to be remembered and looked after during fireworks.

Humans may forget about cats, horses in fields, rabbits in hutches and even fish in ponds.

Any and all animals may get stressed to the point of harming themselves if scared by the flashes and bangs of fireworks.

Fish are a very much forgotten victim of fireworks. The vibrations of the bangs, the sudden flashes or even a spent firework landing in their water and poisoning them.

Whatever animal type you are please remind your humans to take extra care of you and check you are safe.

If you are indoors, get your humans to shut the curtains and turn the television or radio up to try to reduce the noise outside.

You can get your humans to make you a nest somewhere you feel safe. Either in your crate (if you use one), in a corner of a room or in the not allowed bed.

Try a tight fitting jumper to mimic being hugged will calm you down.

If you are outside get your humans to put you in your stable, cover your hutch with extra protection or check your pond for fireworks.

Get them to check on you at regular intervals, so if nothing else you can see they are near by.

Make sure your microchip is up to date and if you are a cat or dog that normally live in the house without a collar on, get your human to put your collar on. As a moment of panic in a normally secured garden can cause us to leap tall fences or even crash through them.

If after everything you still are too stressed out because of fireworks get your human to speak to your vet as you may need medical help to remain calm.

Above everything else ... stay safe out there furlpals.

## AFTER THE RAINBOW BRIDGE

### After the Rainbow Bridge...

There is now a space in the human's heart where we lived. It may be the huge space that was once our bed, the now clean floor that used to be cluttered with toys and half shredded goodness knows what, the sofa that now seems too large to sit on or the meals they eat that no longer have to be guarded or eaten in such a way as to make sure there is enough to share.

The human now yearns for one more spilt cup of coffee, shredded newspaper they had not read yet or another moan at walking in the rain.

They say life goes on.... but in reality it does not. It is frozen in time with the human's mind reliving the last moments they saw their companion, their rock, their friend.

Whether it was expected, sudden or a long slow process to the final moments, the feelings are still there, the vast cold emptiness inside and the huge knot in their stomach.

Humans without animals do not understand but those that have suffered loss of an animal do understand.

They sit and quietly mourn at the fear of being told they are being silly as it was JUST an animal.

We know we were more than JUST an animal. We were their companion, their muse, their best friend and most impor-

tantly we were family.

We need to also think about other animals mourning about our passing over the Rainbow Bridge. All animals know and understand loss and mourn too. Mourning animals can stop eating, cry and in some cases act out in frustrated bereavement.

It is a difficult time with a lot of difficult decisions. Does the human get another animal? Mourn and go on without another animal?

One thing they must not do, is to try to replace the animal that crossed the Rainbow bridge. They can replace the gap in their life, but never replace what they had with that animal.

How long should a human wait to get another animal? That depends on the human. Some can carry on and decide to wait before getting another animal. Some cannot function, move forward or even eat with the space in their lives and get another animal as soon as possible.

Whatever the human decides, there are no right or wrong answers as it is all down to how the human feels.

One thing to consider if a human gets another animal after we have crossed the rainbow bridge is that a few days after getting the new animal they may feel they have made a huge mistake and even for a split second almost reset the new animal. Even the mourning animals may

attack or try to reject the new animal.

The human and mourning animals need to know these are false feelings and it is part of the mourning process.

They may push the new animal away but the new animal can feel their loss and will try to comfort the human.

The new animal never met previous animal but they know they were there.

The humans and mourning animals need to bring the new animal closer and start building a bond like they had with us.

Whatever the circumstance tell the humans and mourning animals that have suffered a loss or are preparing for a loss of an animal – speak out.

They are not being silly. They have lost a member of their family and need a shoulder to cry and a sympathetic ear to listen.



**If you have suffered the loss of an animal and need to talk to someone..**

**Call your local Veterinary Surgery as they should have contact details for local support, grievance groups and professionals.**

## TIGGER INVESTIGATES - DEAF DOGS

As I am not deaf I have enlisted help from a great furlpal of mine Deafie, who is a dog that is deaf.

### **Deaf dogs are aggressive and cannot be trained or re-homed**

Humans are reluctant to re-home a Deaf dog as they think they will take longer to train and can't communicate with them. Deaf dogs learn sign language and most hearing dogs also respond to the visual commands given by humans, so why are humans so worried about Deaf dogs? Deaf dogs learn to focus on the humans for commands and reassurance so it's more that Deaf dogs are easier to train so humans should give them a chance.

### **Deaf dogs bark funny.**

True. OMD! is this true! That's because their deafness affects their ability to adjust the way in which they bark, deaf dogs tend to have a funny sounding bark. If a deaf dog does have any residual hearing, it tends to be isolated to higher pitched sounds. Taken together, deaf dogs do tend to have a unique bark! Spend some time with several deaf dogs and you'll quickly learn their unique sound.

### **All deaf dogs are easily startled**

Deaf dogs, depending on his or her individual personality and their personal life experiences may be more prone to startling when touched. The circumstances of being touched also plays a big factor into any startling behaviour. That said, any dog- hearing, deaf or blind- can be startled so the human must be respectful to the dog and when being introduced to them.

### **Deaf dogs must live with another hearing dog OR deaf dogs can't live with other dogs**

This kind of absolute statement is sometimes seen on re-homing adverts for Deaf dogs can be unfair as each dog irrespective of any hearing, visual or no impairment may need company or not, this should be assessed by the humans for the Deaf dog. That's why fostering is so essential, as it allows a dog to experience family life. Deaf dogs as a generic group are not more or less likely to need to live with or without other dogs. In fact, relying on a hearing dog can mean missing out on vital check-in training for the Deaf dog. The focus should be on building a great relationship with the deaf dog, rather than relying on another dog to mediate this. Deaf dogs can also go on to provide support and guidance for other dogs in the future and be foster dogs to others that have been left in pounds or kennels.

### **All deaf dogs are white**

Deafness in dogs occurs for various reasons including hereditary, acquired, conductive, sensorineural, late onset, but hereditary deafness is most commonly linked to the genes which influence pigmentation of the coat and eyes. If the inner ear is unpigmented then development can be interrupted resulting in deafness. White, merle and piebald coated dogs are most prone to this, and since the same genes influence eye colour, many have blue eyes. Non-white dogs can also be prone to deafness due to hair cell loss such as Dobermans. Unfortunately realising a dog is Deaf is not always apparent to humans at the beginning as all puppies are born Deaf and usually

react to light or movement. During this time (around the first 14 days) a dog can develop these senses which may hide the fact that they are Deaf as they appear to act the same as the rest of the puppies in the litter.

### **All Deaf dogs are more aggressive**

This is false. Can you imagine what it's like to have someone just tap you on the side when you are fast asleep? it would make anyone grumpy. Humans need to be aware that when approaching a sleeping Deaf dog that they make sure they wake them gently by either using vibrations (stamping on the floor, slightly away from the dog), turning the light in and off or gently waving your hand close to them (not too close though) so they can use their smell sense.

A sleeping Deaf dog is no different to a sleeping hearing dog, care must always be given if you approach them. Deaf dogs like Deaf humans use their other senses to help them in the world. If the Deaf dog is startled it can, like any dog, respond in a negative way. Humans need to let the Deaf dog know they are there.

### **Deaf dogs are cannot socialise with Hearing dogs and they cannot pick up on the sound part of communication.**

Dogs use body language for their social queues. Deaf dogs play and meet other dogs just the same by sniffing to say hello a deaf dog can also go off lead to play. This is dependent on the dogs having good recall skills. Deaf dogs can't hear the barking and may bark different to the other dogs.

## TIGGER INVESTIGATES—DEAF DOGS (CONT.)

### A human has to learn sign language to have a Deaf dog.

There isn't a universal doggy sign language but there are common signs and as with all things, when a dog and human bond they develop their own signs and words between them. When you realise that a puppy or even a rescue, is Deaf then the first thing to do is to get the human and dog to learn "checking in" training. Get the human to have loads of treats in their pocket and decide how often the "checking in" happens. If they are out for a walk then every 20 steps, the human stops and waits for the dog to look at them, the human can smile and give a sign and a treat. Once the dog and human learn to keep "checking in" with each other that is when better communication and training can start. Another thing to know is that even though a dog is Deaf, it helps if the humans still talk to the dog as if it is

hearing because the Deaf dog uses facial expressions within their communication.

### Deaf dogs are no good for doggy sports or work

Deaf dogs do well at agility training and even canicross too. Deaf dogs also make amazing PAT dogs also.

### Dogs that are not born Deaf cannot cope.

Older dogs that become deaf due to age or illness can be helped in the same way, although it may take longer as they have to adjust to losing their hearing.

If you would like to find out more or are interested in fostering a Deaf dog, contact Deaf Dogs Network

ter me.

A little charity locally to where I am now took me in.

I am about 6 or maybe 7 we don't know my exact age but I celebrate my gotcha day in April.

Since last January I have been a foster mum for greyhounds and staffies that are looked after by BGP.

I have made lots of friends through that. Hobbies include squirrel and pigeon watching, which is a very important job, and going on sponsored walks and tweet ups.

I am a honorary greyhound and a #HoundsofTwitter member.

I was foster mum to BB Belle who now lives with grandma bobbins and Blue. I like running around with my pals off lead I have been with my hoos now for nearly 4 years.

Here is a picture of me, on the right, and Vito (that I call Rodders coz he's a plonker) that I am fostering and helping on his way to his own forever home.



### Deafie's Story:

Hi, I was born Deaf, my humans at the time didn't realise I was Deaf and thought I was naughty and wouldn't listen to them.

They hit me and I have a bit of a funny lower jaw where they hit me when I was really young.

They then made me have puppies to sell as they thought they could make money from me.

After a while they didn't want me anymore, I was just over a year old. They were going to put me to sleep and the deaf dog network and others tried hard to find me a rescue to take me in and look af-



## INTERVIEW WITH TREVOR

### Tell me a little bit about yourself.

I'm Trevor an English bull terrier, just turned 2!(30/06/14) living in the southwest of England

### How many humans/siblings do you have and long have you had them?

I live with my human mum & Tiggs the cat(she wasn't keen on me moving in!), I came home with them when I was 10weeks old.

### Do you work? If so where/what do you do?

erm not sure I've got the attention span to be a working dog! but I do go to puppy school once a week at Happy Dogs ([www.happydogs.uk.com](http://www.happydogs.uk.com)) they've taught me lots of things about how to be a well behaved pup!

### If you could choose your name what would it be?

mum has lots of names for me, Trev, Trevie, wiggle worm, captain snuffles. but if I could chose my own it'll be Lord Fuzzyboots von Puppy-trap!

### What is your favourite food?

anything I'm not allowed! the best things are the bits I find & snuffle up before mum can stop me. but I do like sardines in my food or a banana now & again

### Where is your favourite place to be?

I love zoomies in the garden or days I get to go to puppy play school & play ALL day! I also like lying in the big windowsill & watching the people walk by

### What is your favourite way to entertain yourself (annoy your humans)?

anything squeaky keeps me happy ...but those toys don't last long. also the classic bulle run & spin across the lounge!

### What is your greatest accomplishment?

I won 1st place in best pedigree at the local fun village dog show! another great accomplishment was killing the squeaky pheasant toy, he had it coming!

### What is your next goal in life?

hmm I'm determined that one day if I try hard enough I WILL fit through the catflap

### If you could be/do anything for a day, what would it be?

I'm a very happy go lucky pup so don't think I'd be anything other than me. but I wish I could non stop play for the whole day with all my puppy pals, including my online friends I've not had the chance to meet yet

### Finally and most importantly...What was your human's most embarrassing moment?

probably while walking me! I was just about under a year old & a very friendly puppy, I needed to say hello to EVERYONE! while walking past a group of 5 or so people I ran across in front of mum to say hi to them & she tripped & fell over me breaking a toe..!



If you would like to be interviewed [Contact Me](#)

## INTERVIEW WITH WILF THE WHIPPET

### Wilf the Whippet Tell me a little bit about yourself.

Me name iz Wilfred but me humins call me Wilf, amongst uffer fings! I iz a blue n' white party colour whippet. I lives in Tamuff witch iz in Staffordshire. I waz born on November de 5th n' am now 8 munffs old. Iz a bit like a firework, a norty rocket!

### How many humans/siblings do you have and long have you had them?

I lives wiff me mummy n' daddy n' Izz. I also haz a brofur, Ernest, a black cat who I chases sumtimes if iz not asweep.

### Do you work? If so where/ what do you do?

Me mummy humin iz a university lecturer n' also runz a social enterprise. Me daddy humin iz self employed. & Izz will graduate frum Norwich Uni next week.

### If you could choose your name what would it be?

I fink if I cud haz anuffer name it wud be Dimebag, but den I wuddn't be a part of #teamwilf

den n' I likez me name. Wilf de whippet haz a ring to it.

### What is your favourite food?

One of me favoorite foods is a tripe stick. I woofs dem. All stinky n' delishous. & I like pigs ears too. Oh & chickens feet!

### Where is your favourite place to be?

My favoorite place to be iz off me lead anywhere where I can haz a good sniff n' zoom. I woofed de beech n' only yesterday I jumped in de river. Oh.....& me bed.

### What is your favourite way to entertain yourself (annoy your humans)?

I woof playin wiff me toys n' chewin me bone. I woofs chasin me football outside n' enyfink else dat moovs.

### What is your greatest accomplishment?

Me greatest accomplishment iz lookin soo cute wen me mummy n' daddy seen me fur de furst tyme.

### What is your next goal in

### life?

My next goal in life iz to re-dig de hole in de gardin now dat daddy humin has filled it in n' seeded it again! It will be de third tyme iz done it!

### If you could be/do anything for a day, what would it be?

If I cud be anyfink I wud be a Golden Eagle soaring on de fer-mals fur a day, huntin wabbits.

### Finally and most importantly...What was your human's most embarrassing moment?

Me humins most embarrassing moment waz when he waz bein introduced to a girlfriends parents. Dey had a Labrador n' it kept sniffing n' nudgin his.....errr.....bits!



# VOICEMAIL

## The Mobile Phone Specialists



20 Bowes St, Blyth NE24 1BD Tel: 01670 362333

## MAKE YOUR OWN...

### Sock Monster

#### Materials:

5 socks - can be odd socks

#### Equipment:

Scissors

#### Assembly instructions:

Roll two socks into a sock ball.

Place sock ball into the toe of the third sock.

Then put the whole thing into another sock, with the third sock trailing out of the fourth sock.

Snip a small hole in the fourth sock near to the sock ball and

pull the trailing third sock through the hole.

Repeat with the fourth sock but snip at both sides to pull trailing sock three and four.

Finally you can either tie knots with the trailing ends to keep everything together or plait the trailing ends together and sew the ends to keep the plait

#### Variations:

You can add different material socks to add effect or add more socks to add more monster legs.



## RECIPE - DEAFIE'S MAGIC BISCUITS

**I call them Magic Biscuits, coz houndies that eat them get their appetite back I hope you enjoy them** - Deafie

#### Ingredients:

1 sweet potato cooked then mashed

1 chicken breast cooked then cut up

1/2 cup of strawberries

1/2 tablespoon parsley

1 cup rice flour

I use a mix of brown and white but can be just brown rice.

Water up to 1/4 cup

#### Preparation:

Turn the oven on to 350 degrees Fahrenheit

Mix all the ingredients (bar the water) in a big bowl

Add water until a nice dough is formed.

Make 1/2 inch dough balls .

Place on a tray lined with baking parchment or a silicone mat or something to stop them sticking to the tray.

Squish the dough balls to make flattened biscuits

Bake for 10 minutes

Turn off the oven and open

the door to let the biscuits cool in the oven.

Once cool, and if you haven't already raided the cooling oven...enjoy your biscuits.



## HISTORY OF A ..... DRAGONFLY



Fossils of very large dragonfly are found from 325 million years ago which had wing-spans up to about 30 inches. There are about 3000 species of dragonfly are in the world today.

A dragonfly is an insect and characterized by large compound eyes, two pairs of strong, transparent wings and an elongated body. Many dragonflies have brilliant metallic colours and an adult dragonfly's eyes have nearly 24,000 cells each.

Dragonflies are predators, both in their nymph stage where they live in water and as adults.

Several years of their lives are spent as nymphs living in fresh water; the adults may be on the wing for just a few days or weeks depending on species.

They are fast, agile fliers, sometimes migrating across oceans, and are often found near water.

They are powerful and agile

fliers, capable of moving in any direction, and changing direction suddenly. In flight, the adult dragonfly can propel itself in six directions: upward, downward, forward, back, to left and to right. They have a maximum speed 22–34 mph with average cruising speed of about 10 mph.

Adult dragonflies hunt on the wing using their exceptionally acute eyesight and strong, agile flight eating a wide variety of insects ranging from small midges, mosquitoes, butterflies, moths, damselflies, and smaller dragonflies. They are hunted by falcons, swifts, flycatchers and swallows.

Dragonfly eggs are laid inside plant tissues are usually shaped like grains of rice but the size of a pinhead. A clutch may have as many as 1500 eggs, and they take about a week to hatch into aquatic nymphs who moult between six and 15 times as they grow. Most of a dragonfly's life is spent as a nymph, beneath the water's surface. Where they eat any animal that is smaller than themselves.

When the nymph is ready to metamorphose into an adult, it stops feeding and makes its way to the surface, generally at night.

It remains stationary with its head out of the water, while its respiration system adapts to breathing air, then climbs up a reed or emergent plant, and moults.

Anchoring itself firmly in a vertical position with its claws, its skin begins to split at a weak spot behind the head.

The adult dragonfly crawls out of its larval skin, arching backwards when all but the tip of its abdomen is free, to allow its exoskeleton to harden.

Curling back upwards, it completes its emergence, swallowing air, which plumps out its body.

Dragonflies are used in traditional medicine in Japan and China, and caught for food in Indonesia. They are symbols of courage, strength, and happiness in Japan, but seen as sinister in European folklore.

### READER'S STORY

#### FROM RACER TO THERAPY

#### DOG –by Bertie

My name is Bertie, aka Pantone Deal (racing name), I was retired from the track at the age of three, having raced at 54 meetings (mainly in Newcastle).

I won a lot and was well placed in the others.

I am an Irish hound, I was sent to the Scottish Borders branch of the RGT (Retired Greyhound Trust) to await adoption.

In May 2013 I was adopted by my humans, or perhaps I should say that I adopted them as I definitely chose them.

Since finding my "forever" home I have never looked back.

I am such a calm, well mannered boy (as most greyhounds are) that my humans decided to have me assessed to become a therapy dog.

I passed the tests with flying colours and for the past three and a half years have been visiting the residents of two Care Homes in the local community.

Nurse Fiona Williams said "His visits bring so much pleasure to the residents. He is such a gentle dog and never flinches when getting gentle and sometimes not so gentle pats! It is such fantastic tactile stimulation for people with dementia and triggers happy memories of much loved pets. It's amazing for us to see some residents who can be withdrawn becoming animated and interacting with Bertie."

And it's not just the residents who look forward to my visits but the staff too. I have befriended the chef in one of the Homes and know exactly how to get to the kitchen where a nice bit of ham has my name on it!

As well as being ideal therapy dogs, greyhounds make fantastic additions to a family and, contrary to the myth that we need lots of exercise, two 20-30 minute walks a day are all we need.

We love to lie in sunbeams and snooze a lot, so it's no surprise we are called "40mph couch potatoes" and this makes us the perfect dogs for older people too.

If you've ever doubted that a greyhound might be for you, doubt no longer and get yourself along to your nearest greyhound rescue.




**CANINE CAMP**

Canine Camp - Dog Daycare  
 Tel: 0191 2909938  
 Website: [www.caninecamp.co.uk](http://www.caninecamp.co.uk)

Reader review  
 your newspaper is Pawsome!



**Lilymoo Canine Couture**

Website: [www.lilymoo.co.uk](http://www.lilymoo.co.uk)  
 Email: [hello@lilymoo.co.uk](mailto:hello@lilymoo.co.uk)

## WAG AND COMPANY - WALK FOR WAG

Wag and Company North East Friendship Dogs is a North East charity that enables professionally assessed teams of dog and human volunteers to visit the elderly in care homes, hospitals and even their own homes as a way to provide friendship and a connection to those who are no longer able to have dogs of their own.

From a visit to put a smile on someone's face, to a visit that may provide much needed friendship and communication, to people experiencing the various stages of dementia, Visiting Wag Teams are making people smile across our region.

Their office is based in Hexham but their volunteers cover the region from Yarm up to Berwick, across to Halwhistle and everywhere in between.

On the 23<sup>rd</sup> of September Wag and Company had their second annual sponsored 'Walk for Wag' dog walk set in the beautiful Northumberland Kielder water and forest park.

The sponsored walk was set with two distances of 3k and

10k starting and finishing at the Kielder Waterside in the Kielder Water & Forest Park along routes beside the lake-side.

133 walkers, 27 children and 96 dogs gathered at the start to 'Walk for Wag'.

There were other activities on during the day such as the sale of Wag pom pom hats, face painting where everyone had painted doggie faces, which was great to see. There was a grand raffle which had some great prizes, including a box at the Newcastle Falcons, a Barbour Jacket, Arco and other shopping vouchers and several doggy prizes.

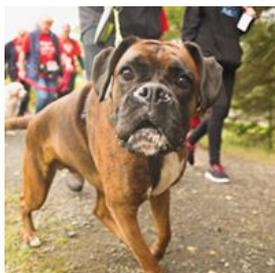
One special guest was Opati Fonua from Newcastle Falcons rugby team said "It's been a pleasure to be part of Walking for Wag. What a great day in Kielder Water and Forest Park".

The day went without a hitch and was enjoyed by everyone that attended. There was a lot of happy but tired doggie painted faces by the end of the event and tired dogs, although

their faces were not painted.

Wag and Company would like to thank everyone for Walking for Wag as every step they took has helped raised much needed funds to recruit, assess, equip and deploy more and more Visiting Wag teams across the region.

A special mention to the businesses that helped to make the event possible - Northumbrian Water who hosted the event, Arco who were the main supporter, plus Sodexo, Barbour, Arden Grange, Hills, Feelwells, Nestle Chocolate Factory, Nestle Purina, Nestle Pure, John Paul Pets who all provided raffle prizes, or refreshments for walkers and dogs or goodie bags to take home.



**Wag & Co**  
 North East  
 Friendship Dogs

Tel: 01434 611801

[www.wagandcompany.co.uk](http://www.wagandcompany.co.uk)



## OUT AND ABOUT

### READER'S REVIEW—NORFOLK BROADS DIRECT

by BollyBoltLurcher

I've just spent a week on the Norfolk Broads on a cruiser. We do this holiday each year so I'm a seasoned sailor! We hire our boats from Norfolk Broads Direct -if you check out the website, you might recognise the hound promoting dog friendly holidays!

There are lots of hire companies but we have used this one a few times now. This year we went on Fair Jubilee. This is a lovely boat and very accessible to hounds. The boat has everything you

need, including a comfy sofa! We spent the week cruising the rivers, stopping at pubs and tea rooms.

The hoos drank and ate so much, I'm surprised we stayed afloat! The Broads is very dog friendly and I was allowed in most pubs, even the tapas restaurant!

There are plenty of super walks from the moorings and if you are lucky you might see herons, otters, dragonflies and lots of swans!

Our favourite mooring places are St Benets Abbey, Ranworth Staithe, Salhouse Broad and Neatishead. There

are good walks from all these spots as well as eateries galore!

This holiday is great for hoos to relax and hounds who like to explore! One day the hoos say we won't leave!



If you know of a great place to visit with your humans and want to share it.  
Email me with the details [tigger@tigger.club](mailto:tigger@tigger.club)

## ALLEN BANKS AND STAWARD GORGE

### Allen Banks & Staward Gorge

Hexham **NE47 7BP**

Open: Dawn to Dusk

#### About:

The site is a deep gorge created by the river Allen, this wooded site is the perfect place for walks.

With 617 acres you could visit several times and still have a new path to follow.

The area does have a good wildlife population and as it is a dense woodland, dogs need to remain on lead or be under strict control off lead.

#### Facilities:

Pay and display parking is available at Allen Banks 10am to 6pm

Toilet by car park

#### Accessibility:

Mobility toilet in main toilet block

Natural paths have been made and there is some level ground, but primarily it is uneven and steep in places.

#### Contact:

Website:

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**Tel:** 01434 321888

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I hope you enjoyed it  
Let me know what you thought of this publication.

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- \* Cupcake Lane - Wolverhampton
- \* Brown's Salthouse - Cullercoats
- \* The Copper Kettle Tearooms - Bamburgh
- \* Voicemail Mobile Phones - Blyth
- \* Woodbridge Emporium - Woodbridge
- \* Cadwaladers (7 stores)

Contact me at [tigger@tigger.club](mailto:tigger@tigger.club) if you are interested in becoming a stockist



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