

Pet Life - Magazine Issue 14.
WINTER 2020
CELEBRATE YOUR PET

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**WINTER
FISH CARE**

(CITIZEN SCIENCE

**EQUINE ASSISTED HUMAN
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COVID-19

How lockdown affected our pets

Pet Life

New Zealand



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Every pet deserves



Letter from the Editor



Welcome to our winter issue of Pet Life and we hope it finds you safe and well after we emerge from Covid-19 Lockdown. Well Lockdown was a new experience for us and we are sure many pets loved having us all at home. Although sometimes I wondered if we were cramping Fred's style and he wasn't able to get up to his usual mischievousness. Companion Animals New Zealand surveyed pet owners to see how lockdown affected our pets. While 80% of owners noticed at least one positive result and 40% noticed at least one negative effect.

During Lockdown Wellington's celebrity cat Mittens was awarded the highest honour, the key to the city. For our Wellington readers we suspect you know who Mittens is otherwise read on to learn about this real character. Have you ever had a cat that doesn't like being patted? Fred is one of these cats, he will tolerate pats on his terms and when he has had enough without warning he will attack. So this was of great interest to me, and I have now started implementing some of the tips listed in the article.

In this issue we have quite a bit of equine content for our horsey people. Sacking out or desensitization is one of the best things you can do for your horse to ensure they are not scared of objects that will not harm them. My old horse was petrified of bicycles, we desensitised her by putting the bike in the paddock with her and eventually over time she realised it wouldn't hurt her. Making sure you do this correctly and safely for you and your horse is important, so if you are unsure how to sack out your horse then leave it to the experts. We learn about equine assisted human development which is a program run by Changing Horses and cover a great story about Jinx's the pony that spent 4 years with the SPCA before finding her forever home.

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We have some great canine articles too, starting with Citizens Science. We also cover off is your dog eating too fast I know for some breeds this can be a problem which leads to bloating full stop learn why they eat fast and what causes this behaviour and what you can do in this article. During the covid.

Many rescue & welfare groups have found it hard work fundraising amidst the Covid-19 fallout. The Black Sheep Animal Sanctuary has found a unique way to raise money to help care for their animals. So if you want to see some dancing with pigs then head to their Givealittle page and donate, big or small it all makes a difference and gets us all one step closer to seeing some dancing pigs!

Remember, with the cooler whether it's important to ensure your pets have warm bedding, draft-free kennels and runs. Don't forget that your fish may also need a little bit of winter care so be sure to check out David Cooper's article on how to care for your fish this winter.

Enjoy your read and until next time take care, be safe and stay warm.

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ANGEL

Angel weighs about 2kg and she's 5½ yrs old - Anne Lawton

If you would like to see your pet in our next issue of Pet Life email a photo and bit about them to info@petlife.co.nz.

Arise His Floofiness



Wellington's celebrity cat, Mittens, was awarded the highest honour when Mayor Andy Foster gave him the Key to the City at a small Covid-safe ceremony last month.

Mittens, who has made his name by taking casual strolls through the busy streets of Te Aro and making himself at home wherever he pleases, received a certificate outlining the honours bestowed on him and a miniature key for his collar.

Mayor Foster dressed up in full regalia for the auspicious occasion which recognised Mittens (His Floofiness) for bringing happiness, laughter and coolness to the capital – and putting the city on the map internationally with his feline antics.

The award was originally planned for March but delayed by the lockdown.

"The past few months have been some of the most difficult we've encountered, so we're pleased to be able

to provide some light relief during this challenging time," says Mayor Foster.

"Mittens is famous for roaming the CBD, visiting businesses and homes, bringing his brand of coolness wherever he goes – the Key to the City pretty much acknowledges his daily routines."

His Floofiness was accompanied by owner Silvio and Roelf Bruinsma (4 years-old).

"It's a great community story at a time when Wellington needs it most, and reflects the positivity he has brought to the people he encounters on his adventures," says Silvio.

Mittens has his own Facebook page on which he posts numerous selfies, and he featured in the Wellington Advent Calendar.

During lockdown he captured the heart of the city and kept smiles on the faces of many of his fans, both here and abroad.

WINTER FISH CARE

Winter is here, or nearly here, depending on where you live in New Zealand. And for those of us who keep fish, we need to take notice.

Ornamental fish generally fall into two main categories: tropical fish and coldwater fish. Now it may seem a bit weird to think that winter matters when tropical fish live in heated aquaria and coldwater fish like, well, cold water, but it's a very important time to be on the ball as a fish owner.

If you keep tropical fish, the onset of colder weather is often when you discover that the heater/thermostat in the aquarium has failed over summer. This is when the temperature in your tropical aquarium will drop significantly enough that you may notice your fish becoming sluggish, going off their food, or sitting in one spot "shimmying". You may also see small white spots like grains of salt on some of the fish. This is white spot disease, commonly brought on by a drop in temperature. White post can be cured but not if you don't fix the chill in the water.

Make a point of checking the thermometer regularly as the weather cools. If the water cools, it is time for a new heater/thermostat unit. They don't last forever!

With coldwater fish, the vast majority are goldfish and these can be kept in both indoor aquaria and ponds. If in an aquarium, it is unlikely that you will have to do anything different than normal care during winter. Goldfish will stay alive at very low temperatures. In fact, they can survive in a pond that is frozen solid on the surface, at least for a while. If the pond does freeze then it is a very good idea to make a hole in the surface ice to allow gas exchange. However, a word of caution, do not make that hole by smashing the ice with a hammer or axe. The reverberations may harm or even kill the fish. It is far better to use a floating pond heater to keep an area open. These are available at better pond and water garden suppliers and are regarded as an essential piece of kit in the United Kingdom and other places where ponds regularly freeze over.

As the water temperature drops, your fish will slow down which means they will eat less food. You will need to adjust the amount of food you usually feed them to avoid polluting the pond. The easiest way to avoid this (at all times, not just winter) is to use good quality floating fish pellets – this means if you do inadvertently overfeed your fish you will be able to easily remove the surplus food or reduce the amount next time.

At water temperatures below 10 degrees Celsius, goldfish should be fed a special winter feed that is lower in protein and usually based on wheatgerm. If you cannot source any, then certainly feed less of what you would normally give. Goldfish will not feed in water temperatures below 5 degrees Celsius, so do not give any feed at all.

Now for the really bad news. Winter is the best time to drain and clean garden ponds, at least from the pond's point of view! The fish will be less active and so easier to house temporarily; plants such as water lilies and irises will have died down and be easier to remove, trim and repot; biological filters will be dormant or operating minimally therefore easier to clean out safely; and if the sludge on the bottom is left until spring it may well pollute the pond as the water warms. Remember to use a water conditioner if using chlorinated water to fill your pond.



As always, you are welcome to contact me by email (aquarium@xtra.co.nz) if you have any ornamental fish related problems.

David Cooper
Fish and Aquatics Ambassador
Pacific Coast Technical Institute



BREED PROFILE

JACK RUSSELL



Jack Russell is a breed of the terrier group of dogs, originally bred to hunt foxes and badgers. Owing to their hunting background, they require a good amount of physical and mental stimulation through exercise to stay healthy and happy. This type of dog breed is perfect for people who are active and love exercise.

History of Jack Russell

Jack Russell has a long history. It is named after a fox hunter and student of Oxford divinity, Jack Russell (1795-1883). Jack owned and trained an English White Terrier; a breed of terrier which is now extinct. He groomed this breed of terrier in Devon, England, his birth town. Jack taught his dog to chase and hunt foxes. These dogs could chase foxes even into their underground dens. Like Jack Russell (the dog), the English White Terrier was a small dog with great attitude and abilities. Its anatomy was also in favour of hunting. It was lean, muscular, with strong and lengthy legs suitable for hunting through deep dens. When Jack Russell died, Blake Heineman, a breeder, continued to work with the breed. In 1894, he initiated the first breed standard for Jack Russell terriers. Jack Russells were used for hunting until World War II when the practice of fox hunting declined. The aftermath was the adoption of the breed as pets and home companions.

Appearance

Generically, the Jack Russell is a small dog of compact build. They have small, stocky heads, and dark eyes shaped like almonds. They are typically white with black or brown markings. This dog breed has three types of coats: smooth, broken and rough coat. The average Jack Russell is 25-38 centimetres tall and weighs 6-8 kilograms.

Personality

Jack Russells are happy, energetic, loyal, enthusiastic, tenacious, fearless and sometimes stubborn dogs. They are also intelligent, and can follow instructions. However, they are often troublesome and hostile, especially to dogs of the same sex. With this in mind it is best to ensure early obedience training.

Grooming

Grooming your Jack Russell involves simple steps. First, strip the dog of its coat. They always shed their coats,

and stripping means removing the shed coat with a special brush. Bath your Jack Russell regularly with dog shampoo and warm water. Brush their fur at least once a week. Cut their nails when they get too long. Finally, for a happy Jack Russell, allow him to exercise for at least 40 minutes a week.

Health care

Jack Russells are generally healthy dogs with a life span of 13-16 years. Research shows they have a very low risk of developing health issues. However, they may be prone to ailments like hip dysplasia (hip problems), deafness, ectopialentis (displacement of eye position), among other issues. If you notice any health anomalies in your dog, visit your vet hospital immediately.

THE JACK RUSSELL AT A GLANCE

Weight range: males 5.8-7.7kg; females 5.8-7.7kg.

Life expectancy: 13-16 years.

Eye colour: dark almond shaped eyes.

Coat length: smooth, broken & rough (3 types).

Coat colour: white **MUST** predominate with black, tan or brown markings.

Grooming: low.

Shedding: medium.

Affection level: high.

Friendly: high.

Social needs: medium.

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Biting the hand that pats you

Most cats will simply walk away when they have had enough attention. Others, however, might nip or grab at your hand with their paws. Why do they do this? It isn't like you are hurting them, just patting, so it can be quite confusing.

Some cats become easily overstimulated. For these cats, stroking can wind them up and biting relieves some of that tension. In other cases, perhaps cats have never learned that biting is inappropriate behaviour. There is no consensus on exactly why some cats bite and others don't, but there are some warning signs you can look for that may help you stop petting your cat before it attacks.

Watch your cat's tail. If the end begins twitching, this is a sure sign the cat is getting irritated; unlike dogs, cats do not wag their tails. Another sign to look for is ear movement. Most cat owners are familiar with the flattened ears of an angry cat, but by that time it is too late and you are already nursing a bite or scratch. Watch for your cat's ears to start turning to the sides. This indicates your furry friend is getting agitated and it's time to stop stroking.

If your cat has a tendency to bite, it is good to follow the seven stroke rule. Allow yourself to stroke your cat only seven times to begin with and then stop. This is usually a short enough period not to create agitation or to

overstimulate your cat. Eventually you can add another stroke and then another, but do it slowly over time giving your cat time to build up to being stroked.

Just as some people prefer not to be touched, some cats are also this way. Learning to recognise the warning signs will help prevent anger on your part and irritation for your cat, making you both happier.

SIGNS OF CONTENTMENT

- Tail held upright
- Kneading your lap
- Purring
- Head bunts or nose nudges
- Relaxed posture

SIGNS OF DISLIKE

- No purring or kneading
- Moving away from you
- Bursts of grooming
- 'Wagging' tail
- Twitching

If your cat previously enjoyed being stroked and suddenly doesn't, be sure to take your cat to the vet for a thorough checkup to rule out illness or injury.



WHAT'S NEW

Olive's Kitchen, the makers of popular Doggy Daily, launches an all-new nutritional boost for cats.

Just like humans, the immune system of a cat is intrinsically linked to their gut; great overall health requires great gut health. Moggy Daily is an all-natural nutritional boost that protects and restores immunity in cats to keep them fighting fit and well.

Harnessing the goodness from the key ingredients of kelp, coconut, inulin and turmeric, Moggy Daily naturally assists in the reduction of inflammation and works on advancing gut health, immunity and healthy skin and coat.

Available for purchase online at oliveskitchen.co.nz.



Olive's
Kitchen

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OUCH! ARTHRITIS IN PETS!

Any animal that presents with chronic lameness and stiffness may have arthritis. Wear and tear can induce this inflammation over a lifetime in older animals, but injuries, infections, developmental disorders or nutritional deficits can contribute to the development of arthritis in younger animals.

Sometimes pain from arthritis is obvious; other times an animal can hide their discomfort.

Some of the signs that an animal is experiencing pain

- Lameness, stiffness, hesitation/reluctance to move or get up.
- Discomfort when being touched, restlessness – not being able to settle.
- Aggression, depression or personality changes (e.g. anxious or withdrawn).
- Whimpering, trembling, vocalisation and crying.
- Licking and biting the joints (sometimes swelling is evident).
- Poor appetite.
- Muscle wasting – atrophy.

Up to 20 per cent of dogs can be affected by arthritis, with inflammation involving one or many joints. This can affect the quality of your pet's life significantly.

Some simple steps which can help to slow the progression of arthritis

- Do not allow your pet to become overweight – obesity puts a strain on the joints and muscles, potentially inducing injuries and arthritis.
- Ensure a consistent exercise regime (always start with low impact exercise such as swimming or gentle walks).
- Good diet.

It is important to reduce discomfort but to also try and correct the underlying problem and prevent further deterioration. Make sure you get a clinical evaluation/ diagnosis from your veterinarian.

Supportive complementary options for the arthritic patient

- Supplements such as omega-3 fatty acids (natural anti-inflammatories such as fish oil), green lip mussel extracts, antioxidants, NRF2 activators (nutrition affecting gene expression to reduce oxidative stress), glucosamine, chondroitin, certain vitamins and minerals can be great aids in supporting arthritis.
- Herbal treatments – herbs can potentially support inflammation, pain, oxidative stress, muscle spasms, improve circulation, support anxiety and aid with many other symptoms. (Many herbs are now supported with evidence based research.)
- Stem-cell treatments.
- Complementary therapies such as chiropractic support, acupuncture, homeopathy, trigger point



therapy and massage. (Registered practitioners should work alongside your veterinarian.)

- Conventional pain relief in the form of non-steroidal anti-inflammatories, pentosan polysulfate (a human made glycosaminoglycan similar to chondroitin) and other drug options.
- Gentle massage.
- Warm soft bedding, heating pads and pet electric blankets can support general aches and pains.

The most common feedback received from clients is that their pet has gone back to 'being a puppy/kitten, playing again, doing what they did years ago'.

The aim is to improve the wellbeing and quality of life of your pet by having a comprehensive treatment plan that reduces pain and inflammation.

It is important to note that not all supplements are equal. I advise that supplements are prescribed/recommended by a registered veterinary practitioner who dispenses products that adhere to good manufacturing practises are sourced ethically and are not contaminated or adulterated. This will also ensure accurate dosing for weight, and any potential side effects will be discussed.



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NZ CANNABIS PRODUCER LAUNCHES INTO ANIMAL HEALTH

A medicinal cannabis product range will be available for New Zealand pets in the near future.

Helius Group has established Helius Animal Health to run alongside its medicinal cannabis company Helius Therapeutics at its East Tamaki headquarters in Auckland.

Helius Animal Health managing director Leila de Koster says the country's new Medicinal Cannabis Scheme, which allows for local cannabis production, provides opportunity to develop therapeutic cannabidiol (CBD) products for pets.

Non-psychoactive CBD can be used to treat common health conditions in companion animals such as anxiety, stress, nausea, skin conditions, arthritis and seizures.

"CBD is highly effective for treating the likes of pain and inflammation in humans, and it's no different for animals. They have an endogenous cannabinoid system just like us, meaning cannabis therapeutics work in a similar way for pets," says Ms de Koster.

Paul Manning, chief executive of Helius Therapeutics, says the medicinal cannabis pet products industry is experiencing rapid growth globally and the opportunities are untapped in New Zealand.

New Zealand has at least 1.1 million dogs and 1.5 million cats. Pet owners are spending \$1.8 billion on pet products and services each year, and demand is increasingly shifting toward natural health products.

"We're thrilled to be the first licensed cannabis producer in New Zealand to launch in the animal health category," says Mr Manning.

"This is an incredibly exciting development for us and pet owners. Having established ourselves as an industry leader in medicinal cannabis, expanding into animal health builds on the capabilities we've developed.

"To have high-quality, locally-produced therapeutic cannabis products readily available in New Zealand will be a game changer for many Kiwi pet owners who

are desperate to alleviate their companion's pain and suffering naturally."

Helius Animal Health's immediate focus is on getting off-the-shelf nutraceutical products in vet clinics and pet retailers across New Zealand, while conducting extensive research into CBD-based medicines for veterinarians to prescribe.

"We'll be starting with a range of premium supplement products made from natural ingredients, then we'll be moving to deliver cannabis focused products, including clinically-proven animal medicines," says Ms de Koster.

"Our range of premium pet supplements will enter the market shortly ... (and) we will continue to work with regulators to gain ACVM [Agricultural Compounds and Veterinary Medicines] registration for New Zealand's first prescription medicinal cannabis products for animals," says Mr de Koster, managing partner of Helius Animal Health.

The first product submitted for clinical trials and approval is expected to be a CBD extract for osteoarthritis pain management in dogs.

Future products by Helius Animal Health could include cannabinoid chews to help with pet anxiety, and shampoos and conditioners to help with skin conditions.

"As medicinal cannabis is set to become more widely accessible for human patients, we're delighted that New Zealand's many suffering companion animals are set to benefit from this plant's extraordinary potential," says Mr Manning.



How lockdown affected our pets

The impacts of COVID-19 on most people's lives has been significant. For some, it has very sadly meant the loss of loved ones, of jobs and of financial security. For others, it has changed the way they socialise, exercise, entertain themselves and work. No one's lives have been completely unaffected. But what has the impact been on our pets?

Their lives, too, have looked quite different during this time. For some, this has meant going from spending 10 hours or more alone each day to suddenly having somebody at home almost all of the time. For others, a house that used to be quiet during the daytime was suddenly filled with loud children; while others may have noticed that their human was spending a lot more time in the home office and any attempts to get attention, such as jumping up on the desk and walking across the keyboard, were not met with cuddles but being unceremoniously closed out of the room.

At Companion Animals New Zealand (CANZ), we wanted to learn about the impacts of lockdown on pets across the country. So in the last week of Alert Level 4, we surveyed nearly 700 Kiwi pet owners about the effects of the previous four weeks on their furry family.

Overall, respondents felt the lockdown had had a positive impact on their pets' wellbeing. Fifty-five per cent felt that their pets' wellbeing was a little better or much better during the lockdown, with only 7 per cent stating that wellbeing was a little worse or much worse.

When asked about what positive benefits pets had experienced from the lockdown, owners were eager to share all the things their pet had been loving about the change in lifestyle. The most commonly mentioned benefits were more company, more attention and less time alone. As one dog and cat owner put it, "they have constant cuddles and are never on their own".

Some owners shared how spending more time with their pets benefited them as well. "He plainly loves having us around. It's mutual," was the response of one cat owner. Not all cats were so impressed though. "I think the dog likes having me home, but the cat couldn't care less," says the owner of an indifferent feline. Still other clever kitties found ways to use the situation to their benefit. "My cat high fives for treats so has been taking advantage of us!"

However, the lockdown wasn't all good news for pets. The most commonly expressed concern by dog owners was that their pooch missed the company of other dogs and people. "He loves dogs and people and spending his day at the gate greeting passers-by. He was very depressed the first few days because no one came past, no one stopped to pat him and we had no visitors," says one owner.

Many dog owners also felt the new restrictions around exercise were getting their dogs down. Under Alert Level 4, owners were encouraged to always walk dogs on leash, and to walk from home rather than driving to

Effects of lockdown on pets



"Infinite belly rubs"



"The chook house has been cleaned and sprayed more regularly"

Over **80%** of owners noticed at least one positive effect



"They have gained 40h a week more attention and care"



"More rides in the bike basket"



"Can't get my fish fresh oxygen weed"



"My dog has missed outings in the car; I know because he got so excited yesterday, I took him just to get petrol..."

Over **40%** of owners noticed at least one negative effect



"The cats would like us to be gone more ... very annoying for them to have to share the furniture with us"



"4x kids in the house now, makes her really stressed"

their favourite exercise spots. As one dog owner put it: "No doubt the dogs have missed going to the beach and getting out and about in the car."

Some cat owners reported their felines missed time alone. "Sometimes I do think my cat would love to be by herself again. Sometimes in the last few days she's been going off to a quiet room away from us to sleep during the day."

The survey asked pet owners about the level of exercise their pet had during lockdown. Unsurprisingly, 45 per cent reported that their pets had a little more or a lot more exercise compared to before lockdown, with only 13 per cent reporting a little less or a lot less exercise.

Pet owners were asked about the amount of time they'd spent playing with their pets during lockdown. These results were even more impressive, with a massive 62 per cent playing a little more or a lot more, and only 2 per cent playing a little less or a lot less.

During the lockdown, veterinary care was classified as an essential service. However, some non-emergency services were less available, and a relaxation in the telemedicine regulations meant that consultations and prescriptions were sometimes available online or over the phone. The survey found that, despite the restrictions, 86 per cent of owners who sought veterinary consults were able to access them during the lockdown, either in person or via telemedicine; 44 per cent of the consults were done via email or over the phone.

CANZ was also interested in whether owners fed their pets differently during lockdown. The survey results showed that 33 per cent of owners changed feeding in at least one way. Easily the biggest change was feeding more treats, by 18 per cent of owners. "The easy-to-con adult is home so they receive treats during the day," said one pet owner. The consequence of this change was not lost on respondents either. "She is becoming fat, having weight gain from too many treats," was one response.

During Alert Level 4, veterinary care remained widely accessible. 85.6% of owners seeking veterinary consults were able to access them during the lockdown, either in-person or via telemedicine.



44%

of veterinary consultations during Alert Level 4 were done using telemedicine

With so much change in many pets' lives, it was unsurprising that this manifested in behavioural change in some cases. In fact, over 40 per cent of owners noticed at least one behavioural change during Alert Level 4. Some were positive: "He's old, and I thought he was on the way out before but he's completely changed – he's so happy, like a puppy again," said one dog owner. Others had time to invest in training and reaping behavioural rewards. "She finally mastered toilet training!" exclaimed one happy dog owner.

Not all behavioural changes were positive. The most frequently noted change was pets being more clingy and needy. "He hates being in a room alone. He'll follow me everywhere, even from one chair to another," said one dog owner. Another dog owner said: "They are clingier than usual; they are by our side all the time. If we put them outside for an hour or in a separate room, they whimper and complain. I think they used to be more independent before the lockdown."

Such changes can be indicative of a separation-related behaviour, where the animal becomes distressed in the absence of people or of one particular person. This can manifest as vocalisation, elimination and destructive behaviour directed at objects in the environment or even at the animal's own body when left alone.

Separation anxiety and pets being lonely or bored on their own was the most common concern about after lockdown. Fortunately, there is a lot of help for these issues available. Many animal behaviour consultants in New Zealand and worldwide have produced free content to help owners avoid and manage separation-related behaviour. Or you can talk to a veterinarian or a welfare-friendly CANZ-accredited animal behaviour consultant. Some even offer consultations by phone or email if you're not in their immediate area. For a list of accredited consultants, visit <https://www.companionanimals.nz/canz-accredited-professionals>.

The survey also asked respondents whether they had concerns about the wellbeing of Kiwi pets in general after lockdown. Even more people responded with worries about separation-related behaviours, but a number of social concerns were also raised. With the COVID-associated economic downturn, respondents were concerned that owners would not be able to afford to care for their pets, and that rates of animal surrender, abandonment and abuse would rise. CANZ subsequently spoke with the SPCA about these concerns and were relieved to learn that no spike in rates of surrender, abandonment or welfare complaints had been recorded at the time of writing. How the recession will impact animals remains to be seen, but now is a great time to give money or your time to an animal charity.

Companion Animals New Zealand aims to promote 'A Good Life' for New Zealand companion animals (pets). They are a charity that owns the NZ Companion Animals Register, a database that stores pets' microchips in order to get lost pets home. Funds from the register are used to support rescue charities, undertake research and provide education for pet owners and industry.



Sacking out, AKA systematic desensitisation

The best thing you can possibly do for your horse, no matter their age, is sack them out. Sacking out is a vital training tool and when done well creates a desensitised horse; done poorly it can cause lifelong problems.

Sacking out simply means slowly and calmly introducing your horse to things they regard as scary – and some things which you wouldn't think are scary but are. We don't think like horses for the most part, and there are times when they just go right off the rails over something they've seen hundreds of times before. So this is why you do your best to try and sack them out as well and as thoroughly as you possibly can.

Is sacking out a lot of hard work? It can be, but the rewards are well worth the time you'll put in. The main premise behind sacking out is that once the horse realises the object that scares them is harmless, they will overcome their fear. This is a good theory and for the most part does work, but there are always exceptions to the rule, particularly in really tense situations. It's always best to realise that and then you won't get a nasty surprise.

The thing to remember with sacking out is that every horse learns at a different pace. Some may take several sessions to accept a blanket on their back, and some might accept it on their heads in no time flat. Pace your sacking out to their learning curve.

You might like to start your sessions by giving your horse some exercise in the round pen, just to capture their attention. This will also calm them down so you can work with them.

When working with your horse, make sure they have a halter and lead on, but keep them untied. They need to know that if things get too scary, they can leave. This reduces anxiety. If you tie a horse and introduce scary things, the only thing they learn is they cannot get away. That is scary. Tying up a horse and sacking out are counterproductive.

You can start your sack out with the saddle pad. Let your horse smell it and see it first before you start tossing it about. In most cases, if your horse sees the object first it helps them relax. However, with some horses, it can upset them further. Gauge what you need to do by your horse's response.

Smelling all done? Then start swinging the saddle pad all over the place and don't worry if your horse side steps at first. That's natural. The pad should be moved around their body without touching their body – work where they can see the movement well. As they get more and more relaxed, move the pad in closer until you can rub it all over them – on their neck, legs, belly, back end, chest and head.

Even make sure you throw it on the ground, so they get used to things being down there. This may take a few minutes or longer, depending on your horse. When you think they have this lesson aced, fling the saddle pad onto their back and wait. They may step a bit and then stand still. If so, great job! If your horse starts to panic then remove the pad immediately and start from the beginning. Work with your horse until they quietly accept the saddle blanket on their back.

Once you've mastered sacking out with the saddle pad, move on to a rope. Make sure your horse is happy to have a rope all over their body, head, ears, rump, under the tail (yes, under the tail), around the legs, on the belly, the chest and withers. As an extension to this lesson, you can also teach them to stand still with rope tied to their feet. While this sounds scary, it is beneficial for your horse – if they ever get caught in wire or something else, they will know to stand still. Sacking out with a rope is important because most of what you use to ride a horse has something that will bump, slap, slide down or get

tangled in legs and feet (long reins, cinches, etc). Your horse needs to learn a rope will not harm them, and that anything else under their belly or tangled in their feet (like a saddle that has slipped under them) is no cause for a rodeo. Teach this lesson well. It may save your life and that of your horse.

Use a long soft cotton lead rope if you have one. When you first start using this rope, the horse may think you are asking him to move off. Stop them and quietly start over. Start swinging it all over the place just like you did with the saddle pad. You might be at this awhile, but patience will pay off in the long run. Once again, do not quit this lesson until the horse quietly stands while the rope is all over them. Then call it a success with praise and rest.

Once you have accomplished sacking out your horse with the saddle pad and rope, you can then move on to the worst thing ever invented in a horse's mind: plastic. Plastic blows across fields when horses are walking along minding their own business; it makes crinkly, scrunching noises that scare the bejeebers out of them.

To sack your horse out with a plastic bag, hang one on the end of a whip or longe/lunge whip. Let your horse

look at it for a while, then shake it. Be prepared for them to take off. It may take some time for your horse to settle; to be able to stand still while you shake the plastic bag. Once your horse has decided they can handle it, bring the bag closer to them and let it lightly touch their back. Just quietly stand for a short while until they feel comfortable with the bag on their back, then let it touch their belly, sides, legs, rump, withers, head, ears and chest. If you do this for long enough, you might even find your horse will let you put the bag on their head. How long it takes will largely depend on your horse and their personality.

Always remember to work safely, carefully and calmly with horses. Getting upset with your horse when working with them does not help either one of you, and will actually short circuit the learning process. Like children, horses like to learn in a calm, loving and encouraging environment. Horses do not come with manuals. It is your job to train your horse to the best of your ability and help them become calm, quiet and relaxed companions. Teach them you will never harm them and will always treat them with respect. End each session on a good note, with praise and rest – that's reward for doing a good job.





CHANGING
HORSES
CHANGING
LIVES

PERSONAL GROWTH THROUGH HORSES

EQUINE ASSISTED HUMAN DEVELOPMENT

What is Changing Horses?

Changing Horses provides equine facilitated therapy and personal development. We are a business of passionate personnel who believe in the power of horses to support people, discover their own solutions and work through their distress.

How did Changing Horses begin?

Changing Horses was born when Renee Keenan and Jane Weggery travelled to Arizona to begin their Eponaquest apprenticeship with Linda Kohanov. Both women discovered they were passionate about human growth and development supported by horses. They decided to work together to improve the health and wellbeing of their communities.

What services do you provide?

We provide individual and family therapy sessions, work with corporate groups on team building and workplace cohesion, hold two-day wellbeing workshops, run women's groups, and work with children, young people and adults.

Who comes to Changing Horses?

Usually, people who are seeking something more. Perhaps support with some aspects of their lives, improved wellbeing, or solutions to difficulties they are encountering. Also people who are curious; people who are curious about themselves and who want innovative ways to discover new solutions.

Do you work with agencies?

Changing Horses is ACC registered and works with numerous government agencies.

What do horses offer that other animals don't?

Horses evoke response and engagement. Our clients respond to horses, no matter their background or experience. The horses' receptivity and response to our clients, in turn, gives information about them. This dynamic, coupled with the natural, experiential settings of equine facilitated therapy, helps people move beyond the inherent restraints of talk-only therapy and office visits.

The unique qualities of a horse speed up emotional breakthroughs. This is especially true for those suffering from trauma. That's because horses are highly attuned animals. They offer safe reflection and compelling feedback for the fears and anxieties that our clients may be facing. In the hands of a skilled treatment team, a horse's unique sensitivity can help our clients

understand their own internal processes more readily than hours of talk.

Herd dynamics can help our clients understand their own lives. Observing the dynamics within a herd of horses can help them better understand the dynamics of their own family, team and community, providing a positive model for collaboration, support and trust. Horses are living, breathing metaphors and stand-ins for the client's greatest life challenges and their most important systems of support. (Eagala brochure 2016.)

Where do your horses come from?

Our horses come from a variety of backgrounds. Some are rescue horses, and this work is their last chance corral. Others are well loved family members who generously volunteer themselves for the work. To be successful, horses just need to be themselves and enjoy the work.

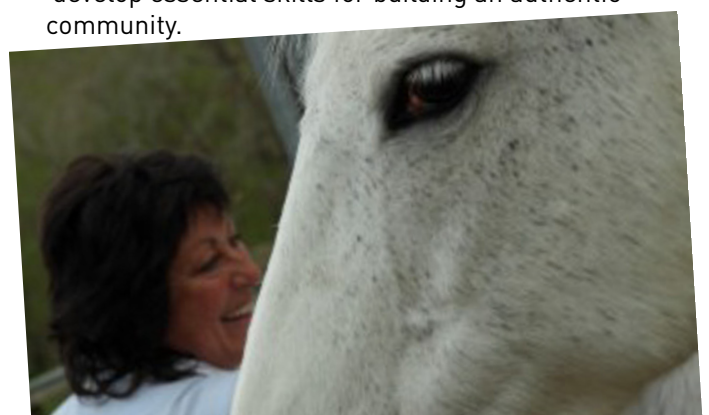
Horses live in the moment and are always grounded in the here and now, aware completely of their surroundings on a metaphysical and intuitive level. Interacting with horses allows you to become more centred and mindful; when you become aware of yourself and others in a conscious way, you are able to evoke innovative solutions to life difficulties and challenges. Horses are majestic beings who will support us in our transformational process where we can experience our deeper authentic self. When we interact with the herd, we learn about connection to self and others and will experience a deeper heartfelt connection.

Our horses will support people to move towards their real selves, where they experience themselves on a deeper emotional, physical and mental level.

Is there anything else you would like to add?

We teach how to use emotion as information to:

- access a more authentic self
- recognise and move beyond conditioned behaviours and thought patterns
- set boundaries to establish and maintain clear and consistent personal space
- learn the body scan and how to utilise your body as a sensory device
- develop deeper connections
- develop essential skills for building an authentic community.



GOOD FORTUNE COMES TO JINX

Jinx the pony spent four years with SPCA but is now living it up large in her forever home. We speak to her final owner Nicola Carvey about how she heard about this beautiful girl and why she wanted to offer Jinx a home.

Nicola was in Hamilton for a holiday and decided to pop back to the motel to drop off some goodies she had purchased at Equidays. While there, she checked the weather forecast on Stuff and saw a video of Jinx.

"I watched the video about three or four times and then made the decision to enquire about her," says Nicola.

When Nicola called the SPCA she was told Jinx already had a new home. But luckily for Nicola, and Jinx, three weeks later she got a phone call to say Jinx's arrangement had fallen through.

An invite to meet Jinx quickly followed and the rest, as they say, is history. In December, Jinx made her way from Helensville to Ohariu Valley near Johnsonville to live out the rest of her life.

Nicola can't think why it took so long for Jinx to find her forever home.

"My only thinking is that maybe people thought they would not be able to handle her and do everyday tasks with her."

While Jinx is only 12 this year, her teeth are very worn down; more like that of an 18-20 year old pony, which Nicola suspects is from neglect.

Apart from her teeth, there's just one vice that lingers from past trauma, which gets Jinx nervous. She gets very anxious when the rug is put on her.

"I have found that doing up the back straps is the worst for her, especially on the left side."

But Jinx has definitely settled into her new home.

"She knows how the driveway works, with cars going up and down it; she even has her own spot where she likes to stand and watch everything that is going on around her," laughs Nicola.

Jinx loves carrots, they're her number one food, and she also loves horse treats and has tried a few already.

"She is very excitable when it comes to feedtime. She neighs out to me when I head out to give her hard feed; everyday she calls out without fail.

"She is a very sweet girl who just wants to please. She isn't nasty at all and tries very hard with everything you ask her to do.

"She is a smart pony who is very respectful of your space and always turns her hindquarters away from you!"



If you have a heartwarming story like that of Jinx and Nicola then get in touch and share it with us. Email info@petlife.co.nz.

Yawning - the difference between us and dogs



Ever find yourself yawning after seeing someone else yawn? Well it may be disappointing for dog lovers everywhere to learn scientists have found dogs don't yawn at the same time we do because of any special human-canine bond.

Contagious yawning is well documented in chimpanzees, but the evidence is much more mixed for other non-human mammals, including man's best friend. While some studies suggest that dogs engage in contagious yawning, other studies have found no effect.

In humans, many scientists think contagious yawning is the result of what they call the perception-action mechanism which, in our case, is connected to our ability to empathise – to match the emotional or mental state of another person. Empathy is key to human society, allowing us to co-operate and to care about others.

Could contagious yawning be a similar signal of empathy in dogs?

In a new study, researchers from the University of Auckland's Clever Canine Lab in the School

of Psychology tested contagious yawning in dogs by doing a study of studies of previous research from around the world involving 257 dogs, followed by an experiment involving 32 dogs in the lab in Auckland.

The experiment used different scenarios to test dogs' yawning response, including having handlers behave differently towards them. In one scenario, the handler was very friendly, playing and stroking the dog, but in the other scenario the dog was ignored and, when it obeyed a command, the handler ate the treat instead of giving it to the dog. In each case, the handler stood in front of the dog and yawned at set intervals to study its response.

In the data analysis, the researchers also investigated whether there was any difference in dog response to a yawner who was familiar to them to one who wasn't, and any difference between female dogs and male dogs.

Both parts of the study came up with the same answer: dogs do engage in contagious yawning but were no more likely to yawn if they knew their handler or if the handler had been friendly. The Clever Canine Lab also did not find a difference between female or male dogs.

"Contagious yawning does not appear to be a reliable signal of empathy in dogs or other mammals according to our work," says doctoral candidate and study author Patrick Neilands.

"Sadly, there appears to be no shortcuts in untangling the mystery of the evolution of empathy in humans but by studying other species we hope to one day solve the puzzle of when and why empathy first emerged."

Clever Canine Lab



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DON'T LET YOUR DOG WALK YOU

We have all seen dogs striding out in front of their owners, pulling on their leads, some even choking themselves because they are so excited. Having your dog walk you is not enjoyable for you or your dog so remember to remind your dog who is walking who.

BE UNPREDICTABLE

Make quick and abrupt turns in the opposite direction any time your dog starts to get ahead of you. This will teach him to pay attention to where you're going. Praise lavishly when your pup returns to your side and even reward him with a small treat if he is food motivated.

The idea is to stop the pulling before it even starts by catching him off guard, but remember to be calm. You may turn around 40 times in the first session and barely make it halfway down the driveway, but don't worry, it will get better the more you practise. Many dogs catch on quickly to this game and start to watch their owner closely to see what they'll do next. A dog that's paying attention to you isn't pulling on the leash.

SET THE RULES

And stick to them! Decide once and for all that you will not allow your dog to pull you and react anytime he tries to move ahead of you. This means you'll have to watch him closely during the first couple sessions.

Allowing your dog to pull sometimes but not all the time will only confuse him. Look at your next couple of walks as training experiences, not exercise. Once your dog gets the hang of it then you can start to plan on moving beyond the driveway.

PRACTISE, DISTRACT AND PRACTISE SOME MORE

Teaching good leash walking skills is an ongoing process. You may need to be 'unpredictable' every once in a while even after your dog understands what you expect. Keep him on his toes and keep practising. Don't be stingy with the praise. Let your dog know when he is doing the right thing and you'll start to see more of that behaviour.

UP AND COMING

Want great photos of your pets or business products?

Rebecca Pitt is an up and coming photographer. Just 15 years old, her photos are beyond her years. They've been included in New Nature magazine and she has been working with businesses, photographing their products. Check out Rebecca's photos on Instagram [@everything_photogra_phy](#).



Citizen Science

New Zealand dog parents now have the opportunity to contribute to the largest pet citizen science project in the world. Kathleen Crisley, a self-confessed science geek who regularly follows research on dog health and wellness, interviewed the founder of Darwin's Ark.

Darwin's Ark, funnily enough, is named after founder Elinor Karlsson's cat, Darwin, and of course Charles Darwin, the famous scientist who studied evolution.

It's known as the largest pet citizen project in the world, and it uses information on genetics and behaviour, given by pet owners, to advance the understanding of complex diseases in dogs, and even humans.

As the basis is about genetics, Elinor wanted a data set that was international and not just based in the United States.

She started the massive research project, which so far has 26,200 dogs registered and 2.6 million surveys completed, in 2016 at the University of Massachusetts Medical School.

"Genetics is a complicated field of study; you need lots of data to enable more robust analysis," says Elinor, who was born to a Kiwi mother and lived briefly in Havelock North as a child.

But it's also an expensive area of research, which means most studies involving dogs had, at that point, only ever used small sample sizes because of the costs involved.

"I had to ask how can we develop a much larger data set? The internet was the platform for us to achieve this. There are tens of millions of dogs living with people around the world who can tell us about their pet."

Being a not-for-profit project, costs of DNA testing can be paid for by dog parents as a donation to support the research. Kiwi dog owners are being encouraged to take part.

Darwin's Ark has two components:

- A series of 22 online surveys all about your dog asking about various aspects of their physical nature and behaviour.
- A DNA test, performed by taking a swab of saliva and sending it in for analysis so your dog's genetic sequence can be added to the project's database.

Dog owners can join a waiting list for a 'free' DNA test kit, funded by donations and which could take years to reach the top of the queue, or choose to pay for a DNA test at the current price of approximately US\$150.

Once signed up, the online surveys can be completed at your own time and at a pace that suits.

One of Elinor's favourite surveys is the one about shapes and colours.



We had to create generic shapes when asking owners about the shape of their dog's head, length of their legs in proportion to their body, etc, because if you use a photo of, say, a greyhound, to indicate long legs in relation to the body, an owner of a Great Dane isn't going to select that photo."

The research team also sought the input of members from IAABC, the International Association of Animal Behaviour Consultants, for the questions on dog behaviour and traits. "It's the animal trainers – not the veterinary behaviourists – that spend the most time with dog owners. They know how to ask owners questions."

The data gathered will help the researchers to understand the interaction of genetics with environment, disease and behaviour.

"A breed is a genetically defined thing," says Elinor. If the dog's parents were Golden Retrievers, then their offspring will be a Golden Retriever. Contrary to what is believed, breed is not a physical or a behavioural definition.

Elinor and her team have just finished their first academic paper on mixed breed dogs.

"No one ever looks at mutts in terms of genetic research. We want to ask 'what does breed tell you about what the dog will be like?' by analysing the survey data against the genetic test results.

"Once peer review is completed and the paper is published, we expect to have a lot of publicity about our research."

Elinor is also interested in the genetics of working dogs, with the Huntaway being a unique New Zealand breed.

"It's their ability to do the job of sheep herding that's the most important selection criteria for breeding. When you consider the intersection of genetics and behaviour, the breeding of the working dogs is about the closest match you can get with traits such as chasing, herding, retrieving and pointing."

The genetics research study will also provide the opportunity to develop therapies applicable to both dogs and humans. Dogs suffer from a number of the same disorders that humans do, says Elinor. Obsessive-compulsive disorder (OCD) is one example.

"There's a genetic basis for psychiatric diseases and, currently, there are few therapeutic drugs or behavioural interventions that work effectively for OCD sufferers because we don't understand the underlying causes of the disorder. We are probably going to find the genetic basis for OCD a lot easier in dogs because we can select our data set for dogs exhibiting compulsive behaviour."

Elinor's sister adopted a dog with terrible anxiety.

"Beskow would tour the house all night every 5-10 minutes looking for changes and checking on every corner of the house. She was constantly worried that something was changing.

"This is where therapeutic medication and training intersect. It was pointless to try to train a dog when the



Darwins Ark participant

anxiety was so bad that she could never concentrate.

It really highlighted for me how important effective medications are for people and dogs living with anxiety.

"Our type of genetics research is a win-win for dogs and humans. And the nature of Citizen Science is to build robust data that is open for use by other researchers. We are not in competition and there is much that we have not discovered yet."

Kathleen Crisley
Principal Therapist
The Balanced Dog
www.balanceddog.co.nz

**Do you want to become involved?
Register at www.darwinsark.org**



Puppy swabbing



Sustainable Healthcare

It's becoming commonplace these days for people and businesses to become environmentally responsible and minimise the impact they make on nature.

Sustainability is a vastly important factor in the way we all conduct our activities if we are to provide future generations with a healthy planet.

As vets, we have an added responsibility to consistently review and refine our practises to encourage long-term health and wellbeing, as opposed to simply treating and managing symptoms. One of the greatest investments an animal owner can make towards their animal's health is provide good quality nutrition. Vets have come to rely on various commercial foods to provide the balance carefully evolved through science to ensure all the nutrients important for health are included in the correct quantities. Thankfully, with more and more people recognising the impact of poor nutrition on their own health and becoming acutely aware and responsible about what they eat, there has been a resurgence in understanding what incredible value there is in eating food that is fresh and wholesome.

Animal owners are beginning to think about what their pets consume. Over time, we have seen more and more health conditions in our domestic animals. They are multifactorial in nature and very difficult to cure with traditional methods, i.e. allergies, cancers, auto-immune conditions, resistant infections, etc. As vets, our strategies for treating these conditions have been aimed at managing symptoms and often prescribing more drugs to help alleviate the negative effects of the medication an animal has become dependent on.

There are times where we end up between a rock and a hard place – for example, a dog with auto-immune disease is treated with immuno-suppressive drugs and acquires a urinary tract infection sensitive to an antibiotic such as gentamycin and then develops drug induced renal failure. As scientists, we strive to quantify and qualify, manipulate and control natural systems to ultimately arrive at a point of no return, a place where our healthcare systems are not sustainable for the many conditions our animal patients can suffer from.

With our background of scientific dogma it can be difficult to take a step back and give credence to the body's inherent healing wisdom and to revere natural balance. We need to remember that veterinary practice is not just about science but also about the art of healing. As health professionals providing value to our clients and working towards the wellbeing of our patients, we need to move even more from merely treating disease to a discipline of healing and prevention.

Mounting evidence and my personal experience with difficult cases suggest that a substantial contributing

factor is what our animals eat. The presence of chemicals and preservatives, as well as fillers, and a deficiency of optimal amounts of vitally important nutrients such as omega-3 fatty acids, vitamins and antioxidants all play a large role in the development and progression of most of the disease conditions that prevail today.

It never ceases to amaze me that when the body gets the nutrients it needs, it works wonders to restore health. When an animal's diet is changed to include natural (wholesome, and with optimal amounts of bioavailable nutrients), well balanced foods, they generally show a remarkable improvement in condition, their working performance is enhanced and, often, chronic ongoing health problems begin to resolve.

Our clients are increasingly aware of this and additionally they are prepared to take the time and energy to invest the love and care required to feed their animals with food that is nutritious and full of natural goodness. They are reliant on us, as vets, to give them quality information and to assist them in supporting their animal's optimal health and sustained wellbeing.

Guiding animal owners in this direction need not be laborious. An ideal diet for dogs and cats includes raw meat, ideally from animals which have been well nourished and raised in a wholesome environment.

Meat should be free of chemicals and preservatives and contain optimal amounts of nutrients. Meat should be fresh, pre frozen or air dried to minimise the risk of disease from pathogens. Cats and dogs, however, have a greater tolerance for organisms such as salmonella and *E.coli* than humans, especially if they have healthy a immune system (which of course is supported by the quality of the nutrients they consume). Additional components include plant matter to simulate the gut content of prey consumed in the wild; phytonutrients, vitamins and other nutritive substances important for vitality.

Encouraging the use of unprocessed food, so farmed as naturally as possible, assists in embracing a culture of environmental sustainability and also reduces our impact on the planet.

Nature knows best. By respecting natural principles – feeding our animals the food they evolved to eat over thousands of years – we will be rewarded by our loyal friends living long and happy lives and have peace of mind knowing that we are contributing to the wellbeing of our environment and helping to sustain a healthier planet.

Dr Liza Schneider
Veterinarian
www.holisticvets.co.nz

IS YOUR DOG EATING TOO QUICKLY?

Some dogs are notoriously fast eaters, barely having time to breathe as they scoff down their meals. This can make mealtime even harder if there are multiple dogs that eat at a different pace, allowing for competition come between them.

WHY IS EATING FAST SO BAD?

Not only can it allow the dog inhaling their food to put on weight easier as they will eat as much as possible before they realise, eating too quickly can lead to a life-threatening condition called Bloat (Gastric Dilatation and Volvulus). Early signs of bloat are excessive breathing, drooling and vomiting which can lead to your dog collapsing. Therefore it is imperative to call your vet as soon as you notice any of these signs.

Other reasons why eating too fast needs to be controlled is that it can lead to choking or gagging as they are not stopping to properly chew the food. The dog may also become possessive over food which can lead to aggression to anyone that stands between them and their food. In households with small children or other dogs this can become extremely dangerous as they will attack anything when around food.

WHAT CAUSES THIS BEHAVIOUR?

Some dogs learn this behaviour from a young stage as they may have come from a rather large litter, meaning that mealtime was a competition to eat as much before it ran out. Other reasons may be due to medical conditions such as parasites that affect the body's ability to absorb nutrients.

An easy fix solution could be that the food itself is not giving the dog enough nutrients and it is constantly feeling hungry. By switching the food you are feeding them to something more nutritionally beneficial, you may be able to change your pets eating behaviour and allow them to slow down.

SOLUTIONS

It seems to be that a lot of owners have their own solutions to this problem; many of them can be easily done. By placing a large ball (big enough so they don't swallow it) in the middle of the bowl will mean they will have to move it around and out of the way as they eat. This will slow them down just enough so that they begin

to chew their food and don't start choking or gagging during feeding time.

Similar to the method above, you can purchase feeding bowls that are designed to slow down the pace of eating. These can range from cheap and simple to more expensive and advanced feeding bowls. Some will have pieces that only allow the dog to eat small bit at once, while others can be programmed to feed small amounts of food and specified intervals.

If none of these seem to be working, there are puzzle bowls and balls that can be introduced to feeding time that will take a bit of time for your pet to figure out. These can include sliding plates that have to be manoeuvred before getting to the food while others involve the treat inside a ball or play toy and the dog will play as it tries to get the treat from inside.

In the end, it is up to you to take control of the feeding of your pet. If you feel as though none of these techniques are working, you will have to feed your pet small amounts throughout the day instead of in big portions. If they are still eating exceptionally fast, see a vet so your pet can be checked for any underlying medical conditions.



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Email: jay@adoptable.org.nz
Website: www.adoptable.org.nz

PAWS 4 LIFE

Phone: 021 246 8978
Email: rachael@paws4life.co.nz
Website: www.paws4life.co.nz

NEW LIVES ANIMAL RESCUE

Phone: 027 649 9088
Email: newlivesrescue@xtra.co.nz
Website: www.newlivesrescue.co.nz

PAWS AWHILE ANIMAL SANCTUARY

Phone: 021 102 9977
Email: anna.dahlberg@hotmail.co.nz

DOG PROTECTION LEAGUE

Phone: 027 535 8930
Email: dogprotectionleaguenz@hotmail.com

L.A.R.A ANIMAL RESCUE & FARM SANCTUARY

Phone: 07 974 9024
Email: larafarmrescue@gmail.com
Website: www.littleacresfarm.co.nz

DC RESCUE

Phone: 021 041 4108
Email: dc_rescue@yahoo.co.nz

HAWKE'S BAY

HASTINGS & DISTRICTS SPCA

Phone: 06 878 8733 (shelter)
Email: committee@spcaghastings.org.nz

GOAT WELFARE NZ

Phone: 0211 602 329
Email: goatwelfarenz@hotmail.com

MANAWATU/WHANGANUI

POPPELLES KITTEN RESCUE

Phone: 027 438 7913
Email: poppelles@clear.net.nz

ALL PAWS RESCUE

Email: rescueallpaws@gmail.com
Website: www.allpawsrescue.org.nz

HAVEN BULL BREED RESCUE

Email: havenrescue@yahoo.co.nz
Website: www.havenrescue.org.nz

WELLINGTON/KAPITI

HUHA – HELPING YOU HELP ANIMALS

Phone: 04 392 3232
Email: enquire.huha@gmail.com
Website: www.huha.org.nz

KITTEN INN

Phone: 04 565 1193
Email: info@kitteninn.org.nz
Website: www.kitteninn.org.nz

WELLINGTON AMPHIBIAN AND REPTILE RESCUE

Phone: 027 840 6064 or 027 318 3840
Email: wgtn.rescue@gmail.com

THE OUTPAWED RESCUE TRUST

Phone: 021 644 538
Email: outpawed@gmail.com
Website: www.outpawed.wordpress.com

WAIARAPA COMMUNITY KITTIES

Phone: 027 882 9518
Email: wairarapakitties@gmail.com

CATS PROTECTION WELLINGTON

Phone: 04 389 9668
Email: catsprotectionleaguewgtn@hotmail.com
Website: www.cpl-wellington.org.nz

WELLINGTON RABBIT RESCUE

Email: Info@wellingtonrabbitrescue.org
Website: www.wellingtonrabbitrescue.org

UPPER HUTT ANIMAL RESCUE

Phone: 04 526 2672
Email: info@animalrescue.org.nz
Website: www.animalrescue.org.nz

LOOSE LEASH CAT RESCUE

Phone: 021 197 5990
Email: Looseleash.catrescue@gmail.com

WEST COAST

GREYMOUTH SPCA

Phone: 03 768 5223
Email: greyspca@xtra.co.nz

CANTERBURY

CAT RESCUE CHRISTCHURCH CHARITABLE TRUST

Email: catrescue.chch@gmail.com
Website: www.catrescue.org.nz

CHRISTCHURCH BULL BREED RESCUE

Phone: 021 296 7389
Email: chchbullbreedrescue@hotmail.co.nz
Website: www.chchbullbreedrescue.org.nz

TURTLE RESCUE AND REHOMING

Phone: 021 202 0185
Email: turtleinfo@paradise.net.nz
Website: www.turtlerescue.co.nz

CAT CARE INC

Phone: 021 149 9903
Phone: 03 313 3851
Email: info@catcare.org.nz
Website: www.catcare.org.nz

OXFORD BIRD RESCUE & CANTERBURY RAPTOR RESCUE

Phone: 021 292 7861
Email: obr@xtra.co.nz
Website: www.oxfordbirdrescue.org.nz & www.canterburyraptorrescue.org.nz

CATS PROTECTION LEAGUE CANTERBURY

Phone: 03 376 6094
Email: cplcats@xtra.co.nz
Website: www.cats.org.nz

DOG WATCH SANCTUARY TRUST

Phone: 03 981 4708
Email: info@dogwatch.co.nz

THE NEW ZEALAND RAPTOR TRUST

Phone: 027 448 9044
Email: admin@nzraptor.co.nz

ŌTAUHI RABBIT REHOMING

Email: rabbitrehomingotautahi@gmail.com

AXOLOTL RESCUE

Email: axolotlrescuechch@outlook.com

OTAGO

CAT RESCUE DUNEDIN

Email: catrescuedunedin@gmail.com
Website: www.catrescuedunedin.org.nz

ONE BY ONE RESCUE NZ

Email: onebyonenz@gmail.com
Phone: 03 926 9325 (Trina)
Phone: 027 857 9379 (Jaimee)

SOUTHLAND

SOUTHERN CROSS GREYHOUND ADOPTIONS

Phone: 027 201 6812
Email: debbie.branks@sit.ac.nz

SOUTHLAND GREYHOUND ADOPTION

Phone: 027 511 8894
Email: southlandgreyhoundadoption@gmail.com

FUREVER HOME

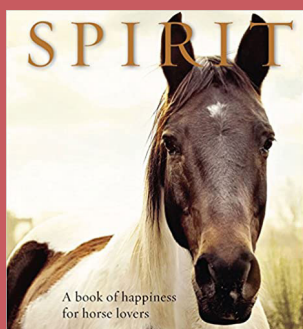
Email: info.fureverhomes@gmail.com
Website: www.fureverhomes.org.nz

Pet Life is not associated with any group listed within. This list has been put together to assist our readers with finding suitable rescue and welfare groups within their area.

If you would like to see your rescue/welfare group listed here, email info@petlife.co.nz.

WIN!

SPIRIT: A book of happiness for horse lovers (Animal Happiness)



By Anouska Jones

RRP \$29.99

Spirit is available from exislepublishing.com and wherever great books are sold.

Horses are the epitome of grace, power, and freedom. They also have an ability to touch our souls and connect with our hearts in a way that few other animals can. From a little girl's first pony to a gnarled cowboy's last quarter horse, they can offer us some of our deepest friendships and inspire us to be the best version of ourselves. Spirit: A book of happiness for horse lovers is a compendium of enduring quotes that capture the essence of our affection for these magnificent animals. Some are by famous people (Winston Churchill, Nathaniel Hawthorne, William Faulkner, Dale Carnegie, Ralph Waldo Emerson), others not; some are philosophical, others light-hearted -- all are

memorable. Accompanied by beautiful photography, and presented in a high-quality gift format, this is a collection of quotes to treasure.

Pet Life has two copies of SPIRIT to give away. Enter at petlife.co.nz/competitions.

Competition closes 31 August 2020.

MOGGY IMMUNITY BUNDLE

RRP \$69.99

Moggy Immunity Bundle is available from oliveskitchen.co.nz.

Right now, New Zealanders are focused on boosting their immunity and staying happy and healthy in their bubbles. Olive's Kitchen wants to make sure that your pet's immunity and wellbeing are being taken care of too.

What's included in the Moggy Immunity Bundle:

- Moggy Daily
- Hemp seed Oil
- Herbal Cat Happiness
- Love Is A Four-Legged Word Quote Book

Pet Life has two Moggy Immunity Bundle's to give away.

Enter at petlife.co.nz/competitions. Competition closes 31 August 2020.



RESCUE SUPER STAR



DANCING WITH PIGS TO SAVE A SANCTUARY

Kate Waghorn and Coces Verkehrsschild at the Black Sheep Animal Sanctuary are donning their finest op-shop ball gowns and hoofing it up with Gherkin the pig to raise funds for the Ōtaki-based haven for rescued animals.

With over 250 hungry mouths to feed, the registered charity consumes small mountains of haybales, pellets, straw and complementary feed every week.

Due to the COVID-19 lockdown, the sanctuary's Opportunity for Animals fundraising charity stores closed their doors for over two months, and the customers are only starting to return now. Funds are tight and it's getting urgent. Unless the sanctuary can raise a desperately needed \$10,000 to tide their cherished rescued animals over until spring, the Black Sheep is in dire straits.

This is no ordinary fundraiser however. 'We realise times are tough for all our communities,' Verkehrsschild explains. 'So we wanted to give back to our supporters. When we reach a milestone on the way to our ultimate

goal, we will entertain you with some creative animal care and delight, and hopefully put a smile on your face!'

There's something to delight everyone, with livestreamed pony walks, cockatoo games, goat feeding, an animal look-alike competition, and a promise to paddle in the pig wallow. 'It'll have to be a fine day for that one,' Coces comments.

On reaching \$10,000 the caretakers will dress in formal ballgowns and waltz through the goat paddocks. The big question is - will any ballgown be left intact?

The cute and poignant animal moments will be shared online. Anything is considered, providing it's animal friendly, and the Black Sheep welcomes creative suggestions.

Verkehrsschild encourages supporters to 'tell us what you want to see and we might just make it happen!'

Donations in kind are also sought - from building nails, to plywood and gumboots. 'We'd also just be really grateful if people share the fundraiser link with their friends and networks.'

Everyone is warmly invited to follow progress with the fundraiser, as the sanctuary caretakers kick up their heels and dance with the pigs.

If you can help or would like to see their milestone videos head to <https://givealittle.co.nz/cause/dancing-with-the-pigs>

CAN YOU HELP?





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