



# GAP E-News



January 2008 Volume 2, Issue 1

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## Special points of interest:

- GAPSA gets a write up in the December edition of the Messenger News.
- Not 1, but 2 editions of Princess Pretzel Diaries in this issue!
- Pet Care—Aromatherapy for your Animals. Pt 1.

## Letter from the Editor



### A new year promising great achievements!

Welcome to the new year! It promises to be a fantastic year for GAPSA and the new Committee have been working extremely hard over the past few months, making great achievements and implementing various changes. Some of these include:

- A whole new merchandise line with some more exciting goodies soon to come,
- A new website design which is still evolving, and
- Developing ways to promote and encourage communication with all members in the GAPSA community.

We still have much to achieve, so these are exciting times for us all.

On a more serious note, I would like to express a big thank you to Angela Webb who was the previous Newsletter Editor. Sadly, she is unable to continue this role due to her commitments as Coordinator. I know you will all agree she produced many fun and informative newsletters in the past and I have some very big shoes to fill!

There will be a couple of small changes— the newsletter will now be published bi-monthly and with a new look, however it will of course still have the famous Pretzel Diaries! Distribution will continue to be by post, email, uploaded to the website and for download in PDF format.

There is lots of information in this edition that I hope you enjoy.

Kind Regards

Kylie Mancini  
Website Manager/Newsletter Coordinator  
GAPSA Committee Member

## A Big Thank You to our Sponsors

GAPSA is a non profit organisation that relies heavily upon sponsorship which allows us to continue to achieve our goals of finding new homes for retired greyhounds.

We would like to take this opportunity to express our deepest appreciation to our Sponsors who have continued to support us and provide us with valuable,

assistance, products and services.

### Our Sponsors include:

- Toledo trailers
- Advance Dog Food
- Greyhound Racing South Australia
- Bayer Health Care

- Gawler South Small Animal Hospital
- Petwares
- Dr Condon from Chiropet

Thank you for your support!

## Princess Pretzel Diaries (Nov-Dec)

Hello to all of you wonderful hounds and your families.

We have been really busy up here with the most amazing thing happening. Mum had a phone call at work on Monday asking if we were available on Tuesday night. Crowded House (who Dad just loves..) wanted to know if there were any greyhounds who would be comfortable enough with noise, lights, people and general chaos to run across the stage at the end of their concert, just before the encore. They have done this at each concert around Australia. Well of course we put our paws up, so did Snowy, Whiskey, Wally, Ted, Tess and Roger. We had a wonderful night meeting the band and chasing a bunny across the stage. Vixen turned around and went back on and checked out the drum kit and Snowy played with Nick Seymour on stage. The audience naturally went wild and we managed to make some money for GAP from donations. They even had a sign on our door saying "Greyhound Dressing Room". Finally people are starting to realize what star treatment we Greyhounds deserve.

This last weekend we also took part in the Noarlunga Christmas Parade. Mum was concerned about the weather but it was not too hot and we had the best time. We had our friends there with us which just makes it even better; Kate, Phantom, Kofi,

Rebel, Klim and of course the three of us. People were waving and smiling. There was excitement and people shouting "Look, here comes the Greyhounds!" Mum and Dad had spray bottles with them and they kept spraying all of us if we looked hot and then the best part was at the end of the parade we all went down on to the beach and played in the water to cool off. It was a terrific day. At the other end of Adelaide in the evening our other friends from GAP were in the Christmas pageant in Port Adelaide and we are very reliably informed that just as much fun was had down there.

It's getting warm and if I am not mistaken that means it's getting close to that fabulous time of year, Christmas. Christmas trees, parties, yummy treats and presents. Speaking of which; our Christmas party is on the weekend and I cannot wait to see all of you again.

What a wonderful Christmas party. We had games and competitions with prizes and so much fun. Being as watchful as we are of Mum's figure we were able to help her eat her lunch and we sold lots of the merchandise goodies. There were other people who came to see what was happening and stayed around to see the competitions and the fancy dress parade. They were just as excited at we were. Paul Marks and his family were invited to

judge the entire goings on and they all had a greyt time. The Marks family all seemed to enjoy the day if they were a little bemused and amazed at some of the competitions. The cheekiest greyhound, best legs, cleanest teeth and longest tail to name a few. Once they all got over laughing that is. The fastest eater is a favorite of Lady Vixen's, with Lord Jaydyn being a bit slow and I had to help him eat his plate of goodo's. (It was the least I could do...)

Well now it is time to get Mum moving as we need our biscuits before we settle down for the night.

Have a wonderful Christmas and may you and your families enjoy all the special times that bring us all together

*Lots of love,  
Princess Pretzel, Lady Vixen and Lord Jaydyn  
PP Mum and Dad wish you all a very Merry and Greyt Christmas as well.*



## Laughs and Giggles



**"I can train any dog in 5 minutes. It's training the owner that takes longer."  
Barbara Woodhouse**

### Favourite Dog Quotes:

- "The reason a dog has so many friends is that he wags his tail instead of his tongue" -Unknown
- "A dog is the only thing on earth that loves you more than he loves himself." - Josh Billings
- "I've seen a look in dogs' eyes, a quickly vanishing look of amazed contempt, and I am convinced that basically dogs think humans are nuts." -John Steinbeck
- "The ideal dog food would be a ration that tastes like a post-man." -Unknown
- "You can't keep a good man down -- or an over affectionate dog." -Unknown
- "A well-trained dog will make no attempt to share your lunch. He will just make you feel so guilty that you cannot enjoy it." -Helen Thomson

## Princess Pretzel Diaries (January)



**Mum (Jacquie) with Princess Pretzel, Lady Vixen and Lord Jaydn.**

Well hello and Happy New Year to you all.

Now I don't know about you but I really do not understand what the attraction of these noisy things that they call fire crackers is. Really, they are quite horrible and none of us in the Royal Household like them. Luckily, Mum and Dad must feel the same because they were at home with us to make sure we were not frightened. Of course being Royal, we are not frightened so much as disdainful of such goings on.

We are looking forward to this year with all the new friends we will have to meet and new places to go. We love going to the Expo each year and introducing ourselves to new people who naturally fall in love with all of us and our friends. They then decide that they would like to adopt a Greyhound themselves and we make another friend.

We have had a funny time up here lately. There is a cat that has moved into the neighbourhood and she wears lots of bells. She also has no fear and enjoys sitting just outside our fence or sitting on the front lawn. Each time she moves the bells ring and we go mad trying to find her. Even at 3.00am and 4.00am we can hear the bells and we go looking for her. Mum and Dad were getting just a bit tired with getting up three and four times a night. Finally her bells must have been lost because we don't hear her any more, but occasionally she sits just outside the fence again and all the fun starts once more.

It has been quite hot this year hasn't it? Mum and Dad have put in a paddling pool for us so that we can cool down while they are at work. Of course, I am not at all sure that the Royal toes need to go into water, I should be inside in the air-conditioning (sigh) but I guess they have to go and earn bone money for us. Lord Jaydyn is not at all sure about getting into the pool, just in case someone jumps out of nowhere to give him a bath but Lady Vixen loves water and dabbles about in it quite happily. We have been down to the beach a few times to cool off and we only go to the straight track at about 6.30am when it is really cool. Kofi even came down with us one night just to see if he liked it, but he didn't want to run; he was too busy checking out all of the smells. In the end Lady Vixen was allowed to have a run just to show Kofi what to do and then when she had finished Lord Jaydyn took over. They both showed him what fabulous racers they used to be... Then Kofi, Lindell and Terry came back and had coffee and biscuits with us. Kofi really enjoyed Yoyo time and then we settled down to have a well deserved sleep while our people talked.

Well speaking of Yoyo time I had best go and see what is happening, I certainly don't wish to miss out on my share.

Lots of love to you all and your people. Isn't being retired just grey??

**Princess Pretzel, Lady Vixen and Lord Jaydyn**

Oh, and Mum and Dad xxx xxx xxx

## Aromatherapy for Animals (Part 1)

### Article by Gritman Essential Oils

*This is a really informative article on Aromatherapy for Animals.*

In the early 1900's, Rene Maurice Gattefosse fathered modern aromatherapy. He was interested in using essential oils, the aromatic or volatile part of a plant, as medicine. Before he began using these oils on people, he tested them on dogs and horses. He was pleased with the results, and began working with people. His studies on horses and dogs combined with those of his contemporaries formed

the beginning of modern aromatherapy. To date, most aromatherapists have concentrated on humans. In the nineteen-nineties, aromatherapists, like Nelly Grosjean and Kristen Leigh Bell, did research involving essential oils and animals. A lot of the information in this handout is based on their work. This is still a new field and we are all pioneers.

The term aromatherapy can be very misleading. Products in

stores with labels like mango shampoo, strawberry candles, honeysuckle bubble bath, and others, profess to be aromatherapy products because they have a scent. An aromatherapist would question the ingredients. Mostly they are fragrances, not essential oils. Fragrances are synthetic materials made in laboratories. Essential oils are not synthetic, and come from plants, usually through steam distillation.

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***“Essential oils are not synthetic, and come from plants, usually through steam distillation.***

## Aromatherapy for Animals - Part 1 (continued)

### Essential Oils vs. Fragrances

How do you tell if an oil is real or synthetic? It is synthetic if it comes in a clear bottle, is inexpensive, has a powerful scent, and a fruit name such as: apple, banana, cherry, coconut, grape, watermelon, or has a floral name such as: lily of the valley, hyacinth, sweet pea, or wisteria. This is a dead give-away that the oil is not real, but cooked up in a lab. True essential oils are always in a dark bottle with varying degrees of prices. A bottle (10ml) of true, steam distilled rose oil is over \$100. Some oils can be inexpensive, like peppermint at \$5 for the same amount of oil. Essential oils come in a variety of scents. They can be very pleasant to smell, as well as medicinal, and there are some that do not smell good at all. Usually essential oils are sold with common and scientific names so you can easily identify the plant source. The country of origin is a way to distinguish between fragrances and essential oils. Fragrances come from laboratories, not countries. Essential oil should have information on how they were processed. Usually this will be through steam distillation. I would ask the supplier those questions if any of this information is missing from the label.

Essential Oils are highly concentrated. It takes pounds of plant material to make small amounts of essential oils. An animal may not have problems with the plant, but can have a bad reaction to the oil. Natural does not always mean it is safe for an animal. In the wild, animals instinctively go to plants to help them. Essential oils can be used the same way. In the beginning, you want to dilute the oils. Using one (1) drop for 25 pounds of body weight is a good guide to follow, or seven (7) drops for 1 oz of water or carrier oil. You may use less. This ensures the safety of sensitive animals. So far cats and birds are the only animals we know of that need more special attention. Here is where you may find that one (1) drop of essential oil per one (1) ounce of water or carrier oil is better for a cat. Also, individual animals may prefer some oils over others. Even if an oil is listed okay for that species, this does not mean it is right for your animal. Always check in with your pet to make sure that the oils you are using are okay with them.

### Emotions and Animals

There is one thing that has become clear with our work on essential oils and our pets. Animals are extremely sensitive creatures to emotional energy. As a part of your family, they tend to want to take care of everyone around them. The problem is that they do not release it. So little is known about this. We have literally witnessed animals run in front of cars or just run away because the emotional debris that they carry is too strong and overwhelming for them. This is when energy work and noticing where the animal holds the emotional debris becomes helpful to their well being. Essential oils are wonderful tools to help clear emotional debris from your animals.

### Using the Oils on Dogs and Horses

Dogs and horses are similar to humans and tend to handle a variety of essential oils well. Animals appreciate the essential oils you introduce to them. Our pug, Winston, will ask for oils if he feels he needs them. He goes into the oil room and stays until we get the message to follow him. When mosquito season is bad, Winston will not go outside until he has been sprayed with his personal diluted lemon eucalyptus in water spray.

There are three ways to choose essential oils for your animals:

1. Kinesiology - Muscle testing for each blend or each essential oil.
2. Smelling - Rub a few drops of essential oil onto the palms of your hands, offer your hands to the horse or dog, and notice their reaction. Do they inhale deeply? Does their tail wag or sway? Do their nostrils flare? Or do they walk away or turn their head? Never force an oil on your animal.
3. Pendulum - Using a tool to test for each blend or essential oil similar to kinesiology.

***Part 2 to be continued in next edition....includes easy to make recipes***

## GREYHOUND ADOPTION PROGRAM—SA

Greyhound Racing South Australia  
P.O Box 2352  
Regency Park SA 5942  
Phone: (08) 8243 7124  
Fax: (08) 8268 2870

### Website/Newsletter Coordinator

Kylie Mancini  
Email: info@gapsa.org.au  
Phone: 0417 074 694

### GAP Coordinator: Angela Webb

Email: coordinator@gapsa.org.au  
Ph: 0437 527 633

### Secretary: Mick Launer

Email: secretary@gapsa.org.au

Visit: [www.gapsa.org.au](http://www.gapsa.org.au) for full  
contact list.



*Finding permanent  
loving homes for  
retired greyhounds*

We are on the Web!

[www.gapsa.org.au](http://www.gapsa.org.au)

## Coming Events

**January 19th:** The "night of Nights" **Greyhound of the Year Awards** will be held at Chasers Restaurant & Function Centre, Angle Park. Costs is \$60 per head and ensure to book through GAP.

**January 24th:** The Greyhound **Adelaide Cup** is on! Gates open at 5.30pm and we will be holding our merchandise stall with a fantastic raffle basket up for grabs, tickets just \$1 each.

**Contact our Events Coordinator Leanne on  
0434 364 047 for more details.**

## January 2008

Mo	Tue	W	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Recent Events—Thank you for your help!

November and December of 2007 were jam packed full of events. We attended the Nova Night at Angle Park, the Bunyip Cup in Gawer, Noarlunga and Port Adelaide Christmas Pageants and held our annual Christmas get together at Bonython Park. We were also invited to the Crowded House Concert at the Adelaide Entertainment Centre and operated our merchandise stall each Thursday Race Night during December in the lead up to the Christmas Holidays.

It was certainly a very busy time for us all and we would like to give a big thank you to all the Fosterers, Adoption Families and their wonderful greyhounds who attended these events. Your participation helps promote the Greyhound Adoption Program and our goals. This was achieved by your public attendance which provided another avenue of educating others on how wonderful retired Greyhounds are as pets. Not to mention these events are a great way for other members to meet!

Thank you again, and we look forward to seeing you at future events.

## Note to Fosterers— Muzzling Requirements

Fosterers: Please ensure that any greyhound in your care who has NOT passed the final testing ( i.e. not been issued with the green GAP collar and Cat and Dog Management Board ID number) must remain muzzled in public at all times. This most importantly includes when they are brought in to be tested.

Only dogs that have suitably passed their assessment and have the appropriate approval are permitted to be un-muzzled."



**Snowy lounging under  
the shade of a tree.**

## GAPSA featured in the Messenger Newspaper and on Channel 7 News!

Who says "No news is good news?", We were actually in the news... and it's great!!!

During the month of December, we had some fantastic exposure—the Messenger News wrote not one, but several articles relating to GAP and included a rather comical account from a cats point of view, on cat testing during final assessments.

Snowy who is owned by Angela (GAP Coordinator) was also mentioned. He was again cat tested after failing that part over 5 years ago. He passed with flying colours! Well done Snowy!

Even better! Statistics show that those articles on GAP generated the most hits from the general public!

After the articles came out—we then were featured briefly on Channel 7 news which followed on from the Cat Testing—again giving a comical account from the cat's perspective.