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Welcome to our newsletter ...

££££££ Donations ££££££ Donations ££££££ Donations ££££££

Because everyone is so generous with their donations at the walks each month, and we are committed to helping needy Essex greyhounds, we approached the local rehoming kennels to see if we could help any of their dogs on a monthly basis as sponsors. As we usually collect a minimum of £40 each month we'll be donating £20 on a monthly basis to two special dogs ... so please meet ...

Our Sponsor Dog—Trigger



Visitors to the webpage and forum will know about **Trigger**. He's a 2 year old boy who was at Castledon Kennels.

When they arrived one morning they found him with his back legs paralysed. Somehow he had suffered an accident in the night. They called out their vet who didn't give Trigger a good prognosis but the team at Castledon were determined to give this boy a chance. He went off to the Royal Veterinary College for specialist assessment and treatment.

Against the odds Trigger has started to make huge progress and although still unable to walk unaided he has a sling to support his back legs letting him move around. He's been fostered by a nurse from the college so that he can continue to receive the care and facilities he needs. Add to that she had fallen in love with a very special greyhound!

Trigger is now having hydrotherapy twice a week and our sponsor money will help towards these costs.

Visit www.greyhoundrescueuk.co.uk for the full story.

Our Sponsor Dog—Millie



My name is **Millie** and I live at Clarks Farm. I was born in October 2001 and my racing name was 'Smiling Millie'.

I used to race at Crayford Stadium and after I finished racing in 2005 I came to Clarks Farm to find a 'Forever Home'.

I am very shy with new people and don't have much confidence in new situations so I found it very unsettling when I went into a home. That didn't work out for me and even though I was tried in another home, that didn't suit me either so everyone decided that I should stay at Clarks Farm.

I love everyone here and they are working hard with me to help build up my confidence and I know that I will be able to find a home with a very special person one day.

When you get to know me I am very playful and live up to my name by giving a proper 'greyhound grin' but to start with I can be a little stand-offish and will back away from people I don't know.

While you are sponsoring me it would be lovely if you could visit me if you can.

Fun Greyhound Show ...

Get your diaries for 2008 out ... we need to make a date!

Very much in the early planning stages is a Fun Greyhound Show to be held at Pear Tree Cottage Barnston near Dunmow, (formerly Dunrinnin Kennels.) We're looking at April 2008 and looking for anyone who can offer help in any way.

Contact Janet if that person is you!

janet@greyhoundwalks.org.uk / 07983 430352

www.greyhoundwalks.org.uk & Greyhound Walks Forum

The website is under reconstruction so there won't be such frequent updates, however the walk calendar will always be kept up to date.

There is also now a Forum where we put the full details of the walks, directions facilities etc. and where you can post any questions about the venues.

Click the link to the forum on the website.

What's going on?

Greyhound Walks are going to be quite busy through the Summer! Apart from the twice monthly walks we are also going to be at ...

Harlow Greyhound Show and Funday Sunday 10th June at Harlow Stadium — gates open at 11am and showing starts at 12.30pm, so time for the walk before heading off to the show!

Great Notley Village Fete Saturday 7 July
Countess of Warwick Show Little Easton Sun/Mon 26 & 27 August

Please let Janet know if you can help at any of these events or if you can bring along your greyhound.

If anyone would like to do a **car boot** to raise money for greyhounds at **Blake End Craft Centre in Braintree** (late risers boot sales every Saturday), And Sew On (01376 346532) can arrange a free pitch. Contact Eddie.

Collections and Donations—Thank you Everyone

Since 1 January we have collected £382.26 and have made donations of £355.00 If you know of any other Essex greyhounds that need help, if you can think of any fundraising activities or would like to get involved in the walk organisation, then please contact Janet.

Castledon Greyhound Rescue:
 £70 for paper bedding
 £100 for Triggers vets bills
 £20 1 months sponsor for Trigger

Clarks Farm Greyhound Rescue:
 £70 gates for outside runs
 £75 for mounted bowls
 £20 1 months sponsor for Millie



Old Towels?

If you have any old towels looking for a good home please bring them along to one of the walks and we'll make sure they get distributed around the Essex rehoming kennels.

STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS
 Chelsea's Little Book of Liver Cake now has a further 6 recipes, copies always available at the walks. We also have some Greyhound Walks car stickers, donation of £1 would be appreciated. And if you're really sad there are some Greyhound Walks notelets, 20p each including an envelope!



There will be a **Cartridge Recycling Bin** available at the **Braintree** walks for dropping your used printer cartridges into. **Clarks Farm** can then turn them into cash!



Calendar June—October

June 10th - 10am
Notley Country Park, Braintree

June 24th—10am
Admiral's Park, Rainsford Road, Chelmsford. Meet in Tower Gardens car park

July 8th - 10am
Notley Country Park, Braintree

July 22nd—10am
Hainault Forest, Chigwell
Meeting Point car park off Furrowes Road, off A1112 (great place for a picnic if you want to stay on and make a day of it!)

August 12th - 10am
Notley Country Park, Braintree

August 26th—10am
Hatfield Forest, Takeley
Meet in the main car park (within the forest)

September 9th—10am
Notley Country Park, Braintree

September 30th—10am
High Woods Country Park, Colchester
Meet in car park off Turner Road

October 14th—10am
Notley Country Park, Braintree

October 28th—10am
Dovercourt Seafront
Meet in West End Lane by the Civic Amenities

(Call 07983 430352 for full details)

Chelsea's Column



Thoughts from my duvet ...

When you reach mature years like me, you need to take life nice and easy.
 Not difficult for a greyhound you might be thinking, but, things can be made easier.
 Food bowls for one, and don't worry owners, this isn't going to be expensive. It's a long way down from your head to the floor to reach that special chicken dinner the mistress has made for you. So just ask them, especially if they don't want to buy one of those expensive stands, to use an up-turned waste paper basket to drop your bowl into so that you don't have so far to lean.
 It might not be elegant but it sure does the trick. That's of course if you can be bothered to get up off your duvet!



Focus on Notley Country Park

We use this facility every month and over the year that we've been walking you can see it growing and developing into a very attractive area. The management team who care for the park are striving to improve the standards all the time and are aiming for a Green Flag Award. They want it to be a welcoming place, safe and secure, well maintained and clean and to have community involvement.

The 100 acre park was set out in 1990 when Notley Garden Village, a 2000 unit residential development was started. It is now becoming well established, as a combination of open grassland, some of which is managed for a variety of recreational uses, whilst other areas are managed as wildflower and hay meadows; wooded copses, ponds, artificial lakes and hillocks. The amphitheatre and mounds throughout the park were formed with the topsoil and sub-soil excavated from the housing development.

The A131 from which we access the park is as you know undergoing major works during the 2006/07 period which has impacted the entrance to the park. But as a result of this there will be improvements! Improved road signage, increased parking bays, hard surfacing and increased landscaping!

The park is busy throughout the year and not just with the Greyhound Walks! They host the Braintree Race for Life, Green Gym & Practical Conservation Days, Summer Activity Days for Children, and the Essex Hot Air Balloon Festival. Then of course there is the sports field and all weather pitches who host the local sports teams that we bump into most Sundays when we're there!



The Discovery Centre which houses the cafe and toilet facilities etc. and also Braintree District Council departments was designed and constructed to minimise its global footprint. The design includes sound energy and environmental systems that conserve energy and resources, minimise waste and are designed for low maintenance and a long life.

Great Notley Country Park is also home to the purpose-built outdoor adventure playground and indoor resource centre, where children with disabilities can enjoy themselves while their carers have a break. PARC was the initiative of a group of parents who have disabled children who realised the need for such a facility.

There is of course a lot more to the park and if you want more information do go into the centre and look at their booklets.

Rainbow Bridge



For Jed (12yrs) who ran to Rainbow Bridge in April.

By the edge of a woods, at the foot of a hill,
 Is a lush, green meadow where time stands still.
 Where the friends of man and woman do run,
 When their time on earth is over and done.

For here, between this world and the next,
 Is a place where each beloved creature finds rest.
 On this golden land, they wait and they play,
 Till the Rainbow Bridge they cross over one day.

No more do they suffer, in pain or in sadness,
 For here they are whole, their lives filled with gladness.
 Their limbs are restored, their health renewed,
 Their bodies have healed, with strength imbued.

They romp through the grass, without even a care,
 Until one day they start, and sniff at the air.
 All ears prick forward, eyes dart front and back,
 Then all of a sudden, one breaks from the pack.

For just at that instant, their eyes have met;
 Together again, both person and pet.
 So they run to each other, these friends from long past,
 The time of their parting is over at last.

The sadness they felt while they were apart,
 Has turned into joy once more in each heart.
 They embrace with a love that will last forever,
 And then, side-by-side, they cross over... together.

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Also thoughts and best wishes for ...
 Pringle in Chelmsford undergoing treatment for cancer.