



Greymatters

Greyhound Pets of Atlantic Canada's Information Source



Photo by: Belinda Gurnham

Say Cheese

Max !

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Happy St. Patrick's Day



May all Greyhounds find the Pot of Gold at the end of the Rainbow.

www.nashvillegreys.org/events.htm



Editors Note

No blarney this month, just lots of goodluck for our greyhounds.

This month I found the article on Pg. 9 to be of particular interest; thanks Cheryl. The proof that a racing Greyhound does indeed support all it's weight on one leg is shown below. If I remember correctly, Tiagh is just starting to slow down when the picture was taken. The faded picture on the bottom of the page is Tiagh in full gallop.

...Susan Locke

See Page 9 - Track Contact



Photo by: Greg Locke

The Fire Hydrant

BUY & SELL...If you have dog related items you would like to buy or sell this is a grey't place. Send the information to the submission address with the heading The Fire Hydrant and it will be posted.

DONATIONS...GPAC would also be very grey'tfull for any donations. Things like blankets, kennels, kennel supplies, etc. Contact gpacmcs@hfx.eastlink.ca if you have items for donation.



Do you have a photo of your grey that you would like to share? A bit of greyhound advice? Or a grey't website? Send your submissions to greymatters@straylight.ca

Advertise in Greymatters

For advertising rates and inquiries please contact Sue at greymatters@straylight.ca



Photo by Greg Locke

VRP Update

Volunteer Recognition Program

VRP - WHAT IS THE VOLUNTEER RECOGNITION PROGRAM?

THE VRP WAS INITIATED IN MARCH 2003, TO SHOW GPAC'S APPRECIATION FOR OUR OUTSTANDING VOLUNTEERS. OUR MISSION STATEMENT IS TO PLACE RETIRED RACING GREYHOUNDS INTO LOVING HOMES IN ATLANTIC CANADA, AND THAT WOULDN'T BE POSSIBLE WITHOUT VOLUNTEERS. THEIR TIME, DEDICATION AND PERSONAL SACRIFICES DO NOT GO UNNOTICED. WHAT IS UNIQUE ABOUT THIS PROGRAM, IS THAT THROUGH FEEDBACK FROM OUR VOLUNTEERS WE ARE ABLE TO RECOGNIZE THE OUTSTANDING EFFORTS OF OTHERS.

WE ARE VERY PROUD OF OUR VOLUNTEERS AND WANT TO SHOW IT. SOME ARE VISIBLE, SOME ARE BEHIND THE SCENES, BUT WE ALL SHARE A COMMON BOND, OUR LOVE OF THE HOUNDS.

A SPECIAL LETTER OF THANKS

A letter and token of our appreciation was given to **Heather Fleming** after it was brought to our attention that through her recycling efforts she has raised some much needed funds for GPAC. We commend her for this, and all other volunteer work she has done for our organization over the years. Every effort helps to get the Greyhounds adopted, and is very appreciated.

AUCTION

The 3RD Annual GPAC AUCTION is coming soon. Therefore we will need lots of items to make this even more of a success than last year. We will also need people to attend the Auction! You are what will make it Grey't. If you have anything to donate or can solicit anything (please, approach your bosses, business owners etc.) please let us know. Last years Auction brought in \$2,009.00 to GPAC and this years goal is \$3,000.00! There is no overhead for this fund-raiser, all proceeds go to GPAC!!! Please help us to make a Greyhounds dream a reality.

PS. We hope to have a date and venue in the near future.

If you need letters to request donations (many businesses require them for tax purposes) on GPAC's behalf, they will be available once the date and venue are in place.

Belinda & Stephen Gurnham
6 Nelson Ave.
Halifax, NS
B3P 1V8
902-477-8714
gurnhams@gov.ns.ca

SPARKLE CUP

The annual "Run For The Cup" is now underway! The sparkle Cup that is. If you know of anyone you feel deserves the "Sparkle Cup Volunteer Of The Year Award", please feel free to nominate them. Is there anyone that volunteers that stands out? Everyone of us knows someone that deserves recognition of this award. Please fill out a ballot to nominate the person of your choice. They deserve it! Let them know!

You can submit your ballot in one of three ways;

- 1) Drop your ballot in the nomination box which will be available at "Hound Days"
- 2) Send via e-mail to gurnhams@gov.ns.ca
Subject = Sparkle Cup Ballot
- 3) send via mail to;
Sparkle Cup Ballot
att. B Gurnham
6 Nelson Ave
Halifax NS B3P 1V8

Previous Recipients

2002 - Alan Smith, Dartmouth
2003 - Judi Mallinson, Yarmouth
2004 - Ian "Robie" Robertson, Fall River



Announcing - "Paw Prints for Grey't Pals"

Announcing - "Paw Prints for Grey't Pals"

Thanks to those who have purchased paw prints to honor their hound(s). We are pleased to announce the following paw prints are now in place;

Reynolds - Tegger, Indy, Eden, and,
In Memory of Megan, Beauty and Blue

To order your Paw Prints for Grey't Pals please complete the order form.

Now is your chance to honor your Greyhound(s) and help support the Sparkle Fund. For a mere donation of \$12.00 we will place a stamp of an actual custom Greyhound Paw Print within the interior of Houndmart. Each paw-print will include the family name as well as the name(s) of your Greyhound(s), to a maximum of 3 Greys per print. If you have more than 3 greyhounds (Bless you), any additional paw prints are available for a donation of \$8.00 each. Should you have space left on your print, future adoptions will be added at no extra charge. We can provide gift certificates.

For those who wish to remember their dear departed Greys through a paw-print, we will do separate "In Memory" prints. Donations at your discretion.

To order your Paw Prints for Grey't Pals please complete the order form.

Please... if you have organized or are planning on organizing an event in another province or city, please forward the information to Susan Locke (greymatters@straylight.ca) for the monthly newsletter and also to Cheryl Sinnott (gpacmcs@hfx.eastlink.ca) so she can spread the word to the members.

PAW PRINTS FOR GREY'T PALS - ORDER FORM

Family Name

Hound Name 1

Hound Name 2

Hound Name 3

PLEASE PRINT CLEARLY - STAMP INK WILL BE PERMANENT

Please include cash, check or money order payable to GPAC

Send to:

B. Gurnham -

6 Nelson Ave.

Halifax, NS

B3P 1V8

All Proceeds to the Sparkle Fund

Dear Megan



I love to eat at the Poopery Café'. It tastes sooo good after a great meal. However, when my humans catch me, they freak. What is their problem? Do you think they want some, but I ate it all? I like leftovers. Besides, what's wrong with recycling?

Love - Brown Lips.

Dear Brownie,

No points for you! Yuck! Gross! Don't breathe on me! Either cut out the outside crap buffet, OR, as my Mom would say -Your humans are right to be upset. Did you know that eating poop can cause seizures. They need to take you to a Vet to determine if your problem is behavioral or nutritional. If it's a health problem, they'll have a solution for you. However, if it's your attitude, I have a few suggestions for an "Attitude Adjustment".

1 - They can give you an occasional Certs. It contains Retsym which makes the meals at the "Poopery Café" smell bad and you won't want to dine there.

2 - The ever faithful Muzzle is another solution, especially if it's fitted with a liner. (We sell them at the Kennel).

3 - And lastly, your humans can clean up after you, immediately after you have made your deposit to the "Greyhound Bank of Poop".

Hope this helps to change you from Stinky Breath to Sweet Breath!

Love Megan

Pee s. - Always remember, if you ate it once, it ain't lunch

**May the luck of the
Irish be always at
hand, And good
friends always
near you.**



**May each and every coming day
Bring some special joy to cheer
you.**



**Dedicated to client service.
Dedicated to the community.**

*25% of every commission is donated to
charitable organizations.*

**Sandy Miller
223-4064**

www.SandyMiller.ca
SandyMiller@royallepage.ca



Let VRP know!

We of the VRP urge all Volunteers of GPAC to contact us of any Volunteer activities; be it a parade, Meet & Greet, Above and Beyond, Sparkle Cup Nominees, visits to hospitals, schools, museums, nursing homes, exhibitions, libraries, or anything you do to promote our wonderful hounds. We want to know! This includes all chapters in all provinces within our organization. Based on everyone's enthusiasm and the venues booked so far for 2004, it's going to be an awesome year. You are making a difference. Thank-you.

Belinda & Stephen Gurnham
VRP Coordinators
6 Nelson Ave.
Halifax NS
B3P 1V8
902-477-8714
belgurnham&ns.sympatico.ca

P.S. - we would appreciate it if you send names you also include phone numbers for the people participating.



"Charity Begins at Home"

~Update~



25% of EVERY commission is donated to various charitable organizations.



\$5988 was donated in 2004



Dedicated to client service.
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25% of every commission is donated to charitable organizations.

Sandy Miller
223-4064

www.SandyMiller.ca
SandyMiller@royallepage.ca

ROYAL LePAGE
Atlantic

Recipients included:

Canadian Breast Cancer Foundation, IWK, Foster Parents Plan, Parkinson Society, Canadian Diabetes Association, Bedford Community Church, Catons' Island Share-A-Wage, Greyhound Pets of Atlantic Canada, World Vision, Red Cross, Franklin Graham Festival

I am confident 2005 will prove to be an even better year.

My hope is that those devoted to charitable organizations such as myself, will want to deal with a professional who not only volunteers on a weekly basis but also gives back financially to so many worthwhile causes.

I welcome opportunities to advertise in your newsletters. I would hope that this would lead to your organization being selected by the client for a donation.

If you wish additional information or cards, please feel free to contact me at anytime.
 I can be reached at 902-223-4064 (cell) or 902-832-1596 (home).

I appreciate the opportunity to share this with you.

Volunteer Positions:

2003-present
 Metro Food Bank
 Salvation Army Kettles
 Red Cross Emergency Response Team Leader
 American Red Cross Hurricane Relief Florida Sept'04
 Stairs United Church Food Bank Cooking Demos
 Companion Animal Rescue Coalition (foster family)

1998-2003
 Quinte Regional Hospice Palliative Care
 Clubhouse Leader
 Sparks Leader
 Host Family--Up With People
 Host Family--Quinte Children of Chernobyl

Meet Our Greyhound



Submitted Photo: Mary Bucci

Catrina

It is my pleasure to introduce to you my second gorgeous Greyhound, Catrina. Her racing name was Fuzzy's Katrina but as she likes to race everyone, everywhere, including our cat, Norma-Jean (who doesn't take too kindly to it!) I changed the spelling.

Sierra was my first gorgeous girl whom, after six short years, was taken from me by a cruel and evil disease called cancer. It stole her health but not her dignity or her courage. Sierra taught me that there is life after death. That is to say, that even a heart battered and broken by the sadness of such a loss can continue to beat and if you're truly blessed (and really, really, good) a group of people like Jeanette, Stephen, Belinda, and others will make it possible for you to once, again, be privileged enough to share your life, and your love, with a glorious breed of dog called a Greyhound.

Like the best book I've ever read, I know each chapter with my funny, smart, red, goofy-eared girl, will be better than the last. Here's to a happy ending!!

Mary Bucci & Family
Halifax, N.S.

Two Exciting Events Coming up in Nova Scotia Sponsored by Good Dog Works!

May 8th Bach Flower Remedies for Dogs & Cats with Don Hanson BFRP. Includes analyzing an animal's need, thorough discussion of each Remedy and their application and small groups discussion of case studies.

May 14 and 15 Turid Rugaas on Recognizing and Using Calming Signals.

For anyone who loves dogs! What your dog tells you about: Avoiding Conflict, Lowering Stress and Getting Along. Events will be held at Derbert Hospitality Centre, Derbert, NS. For more information info@gooddogworks.ca or call 902-485-4279 www.gooddogworks.ca or www.carolark.com

Registration Form on Page 11

Nova Scotia Hound News



GPAC Recycling Program (Fundraiser) - NS

People may or may not know that your cans & bottles can raise money for GPAC. For the last several months, there has been accounts set up at 3 different recycling depots throughout the HRM. We also encourage any of the branches to follow suit if they are not doing so already. All you have to do is contact your local recycling center and ask them to set up an account. Then anyone can designate that their recycling return can go to GPAC. In Dartmouth we have raised over \$60 so far. It could be a lot more!! The following locations have accounts set up. Please consider donating your recycling to GPAC.

Karen's Recycling 805 Highway #7, Dartmouth, NS
435-7811

Fader's Bottle Exchange, 15 Sackville Cross Road,
L Sackville, NS 864-4343

Tanners Recycling, 6393 Lady Hammond Rd,
Halifax, NS 454-4888

Enviro Depot, Water Street, Yarmouth

Enviro Depot, 12A Rosedale Ave, Dartmouth
Nova Scotia

PRANCER doesn't look like he's ready for much prancing ...or maybe it was just too much.

Photo submitted by:
Judi Mallinson



Newfoundland Hound News

Newfoundland GPAC Website

Vanessa Stockley has built us a new local GPAC website, which is amazing! She's looking for photos of our Newfoundland greys to be included on it, so if you have any to send, her e-mail address is listed below. This is your chance to show off your grey!

granitestudios@nl.rogers.com

Meet and Greet Dates to circle on your calendar

March 5

April 16

June 4

The Village Shopping Centre
430 Tospail Road
St. John's, NL

SPARKLE CUP NOMINATION BALLOT

I NOMINATE _____ OF
_____ TO BE THE NEXT SPARKLE CUP VOLUNTEER
OF THE YEAR. I BELIEVE THAT THIS PERSON IS DESERVING OF
THE AWARD BECAUSE;

And You thought they were JUST another DOG.....

By John Konkhe

Acceleration Speed

- At maximum acceleration, a greyhound reaches a full speed of 70 kmh within 30 meters or six strides from the boxes, traveling at almost 20 meters per second for the first 250 meters of a race. The only other animal that can accelerate faster over a short distance is a cheetah that can reach speeds of 109 kmh over 3-4 strides from a standing start.
- The greyhound can maintain an average speed of 16.45 meters per second over a 500-meter race, decreasing to around 14.6 meters per second as it crosses the finish line.
- A thoroughbred racehorse can achieve a maximum speed of around 49 kmh or 13.6 meters per second. An elite human sprinter can reach 40kmh in a 10 second sprint race at an all out speed of 11 meters per second.
- The muscles of a greyhound generate 75-80% of their power from anaerobic metabolic pathways during a 30 second race.
- In distance races, or coursing trials in excess of 40 seconds duration, 80% of the total energy in the final half of the race or gallop is metabolized using oxygen.

The Heart

- In a racing greyhound, the heart output increases from about 200mL per kg body weight per minute at rest to over 1000mL per kg at the full gallop.
- A greyhound circulates up to 15 liters of blood around its body, or half its own body weight in a 30-second race.
- A racing greyhound circulates its entire blood volume between 4-5 times during a 30-second gallop.
- These figures equate to a greyhound pumping its entire blood volume of around 3.4 liters up to 4-5 times around its body during a 30 second gallop.
- A greyhound's heart weight ranges from 1.18 to 1.73% of body weight, or 270 grams to 519 grams for a 30kg greyhound, which is higher than an elite race horse at 1.0-1.3% of its body weight. Other breeds of dogs have a heart weight equal to 0.77% of their body weight, compared to 0.5% for humans.
- An average 70kg human athlete has a heart size similar to a 30kg greyhound, but the greyhound's heart delivers blood at almost twice the rate, beating at 310-340 beats/minute at the gallop, compared to humans at 170.210 beats/minute.

Blood Volume

- A fit greyhound has the highest blood volume of any athlete, relative to its body size, with blood contributing 11.4%, compared to 10.5% for a racehorse, 9.5% for a human sprint athlete and 7.2% for a normal pet dog.
- A greyhound has around 35×10^{12} red blood cells in its body, producing around 5 million replacement red cells per second in its bone marrow and spleen.
- A fit greyhound has about 3 liters of blood consisting of around 2 liters red cells, or about 6.6% of its body weight or a PCV of 60% of blood volume. A race horse has a blood volume of around 55 liters, but a PCV of around 40% when fit, or 4.4% of its body weight.

Track Contact *[see pictures on pg. 2]*

- At a gallop, a racing greyhound is only touching the track surface for 25% of its stride distance, and during the remainder of the stride, it is suspended above the ground until the next limb hits.
- Up the straight, a greyhound carries 2.26 times its body weight on the weight bearing front limb at each stride, increasing to 5 times (or roughly 150kg) in downward weight force on its left inside front limb when leaning over around a sharp bend on the track.
- A greyhound has a stride length of around 5 meters making 4 strides per second as it accelerates from the traps, decreasing to 3.25 strides per second up the home straight, with each limb touching the ground for about 0.11 seconds.
- The forelimbs have a flight distance (off the ground) of 1.23 meters, and the rear legs 2.45 meters or double the distance.

Wrist/Bone Joints

- The wrist joint bones on the front limbs sustain pressure of 500 psi (or 20,000 newtons per square cm) when cornering at the gallop. The wrist and lower limb structures withstand up to 150kg of downward pressure when galloping around a corner, which is created by the centrifugal force in proportion to the speed of the greyhound and the radius of the track circle. This sideways force is imposed on the greyhound's front limb on the second stride into the corner and if the track surface is unstable or shears, the outward flinging force causes increased sideways pressure on the joint, which can result in injury to the wrist.

Cont'd on page 10

Respiratory & Blood Pressure Dynamics

- A greyhound draws in 60-90 liters of air in 50-90 breaths in a 30-second gallop, extracting 1500 mLs of oxygen from the air to metabolize the energy in its muscles.
- During the gallop, the blood pressure in the lung arteries increases from 7 mm mercury pressure units at rest, to 40 units at the gallop, similar to the pressure peak in a human athlete, but only one third of the maximum pressure in a racehorse's lung artery, which reaches 120 mm mercury pressure, or roughly 2.1 psi of pressure.

- A greyhound produces around 100Kcal or 100,000 watts of waste heat energy during a 30 second race, sufficient to bring 600mL of tap water to the boil in around 2 minutes.
- After a race, the gut function is restored over a 30-minute period to digest food, but the immune system is depressed for 30-120 minutes after a hard gallop.
- Loading stress placed on the limb bones is repaired over a 7-10 day period after a race.

The full article can be found at www.fastdogs-fastfriends.com and was submitted by Cheryl Stacey.

Newsletter Submission Deadline Dates & Information

The Deadline for Submissions is: the **20th of each month** for the next issue. Any late submissions will go in the next issue.

The following are a list of technical requirements for e-mail submissions:

I can accept:

- .jpg JPEG image format
- .tif Tiff image format (2 Meg max file size)
- .pdf Adobe Acrobat format
- .doc MS-Word files (without embedded images)
- .wpd Wordperfect file (no embedded photos or graphics)

- .doc Lotus Word Pro file (no embedded photos or graphics)

CANNOT ACCEPT COREL DRAW FILES
or IMAGES EMBEDDED IN WORD DOCUMENTS.

Send your submissions to:

E-mail greymatters@straylight.ca

Or snail mail to:

Greymatters
c/o Susan Locke
4 Meighen St., St. John's, NL
A1A 2M4

I Want to Make a Difference

1. I have enclosed my donation of \$ _____

To help Greyhound Pets of Atlantic Canada place ex-racing greyhound s into adoptive homes and promote public awareness of greyhounds as pets.

To the "Sparkle Fund" to help pay veterinary costs for dogs that are returned to our program or those dogs coming off the track that need extra medical attention.

To the "Kennel Fund" to help GPAC realize their dream of a kennel to hold dogs coming off the track.

To the newsletter to help defray the costs of postage, copying, and supplies.

2. I am interested in more information on volunteering in my area.

3. I am interested in fostering a retired racing greyhound.

Name _____

Address _____

City _____

Prov. _____

Postal Code _____

Phone # _____

E-mail _____

Send to: Greyhound Pets of Atlantic Canada. PO Box 38203, Dartmouth, NS B3B 1X2

Please make cheques payable to "Greyhound Pets of Atlantic Canada." Tax receipts issued for all donations of \$10.00 or more.

Meet & Greet Schedule

All Meet & Greets are scheduled from 10am – 4pm except where noted. We are always looking for volunteers to come out and donate a couple of hours of their time to educate the public on these wonderful dogs. A lot of people are not aware that a greyhound adoption program exists in the Atlantic Provinces. The more exposure the dogs get, the better the chances will be of placing more dogs. The malls are a great way to get that exposure. Mall meets are the number one source of new adopters. So if anyone who would like to come out and help, here are the contacts:

Meet & Greet Schedule

March 5 - Village Mall, St. John's
March 26 - Halifax Shopping Centre, Halifax

April 16 - Village Mall, St. John's
April 23 - Mic Mac Mall, Dartmouth
April 23 - Yarmouth Mall, Yarmouth

May 7 - Village Mall, St. John's
May 14 - Bedford Place, Bedford

June 4 - Village Mall, St. John's
June 18 - Sunnyside Mall, Bedford

July 23 - Village Mall, St. John's
July 30 - Halifax Shopping Centre, Halifax

August 20 - Mic Mac Mall, Dartmouth

September 3 - Village Mall, St. John's
September 24 - Bedford Place, Bedford

October 15 - Village Mall, St. John's
October 15 - Yarmouth Mall, Yarmouth
October 22 - Sunnyside Mall, Bedford

November 19 - Halifax Shopping Center, Halifax

Contacts

For Halifax Meet & Greets:

Please call Cheryl Sinnott at Home: 435-1099,
Fax: 435-0415, Cell: 471-6973 or e-mail fast-dog1@ns.sympatico.ca

For Yarmouth Meet & Greets:

Please call Judi Mallinson at 648-2717 or e-mail judi_mallinson@yahoo.ca

For Newfoundland Meet & Greets:

Please call Lauren Cheeseman at (709) 368-3973 or e-mail lauren@nl.rogers.com

The Canine Bill of Rights

I have the right to give and receive unconditional love
I have the right to a life that is beyond mere survival
I have the right to be trained so I do not become the prisoner of my own misbehavior
I have the right to adequate food and medical care
I have the right to socialize with people and dogs outside of my family I have the right to have my needs and wants respected
I have the right to special time with my people
I have the right to only be bred responsibly-if not at all
I have the right to some time and space all my own
I have the right to be foolish and silly, and to make my person laugh
I have the right to earn my person's trust and to be trusted in return
I have the right to be forgiven
I have the right to die with dignity
~~ Carolyn Krause

www.showdog-magazine.com/Poems

Registration Form
**“Calming Signals with Turid Rugaas”
Nova Scotia 2005**

Saturday, May 7 Practical Applications of Calming Signals with Turid Rugaas
Sunday, May 8 Bach Flower Remedies for Dogs and Cats with Donald Hanson
May 14 & 15 Recognizing and Using Calming Signals with Turid Rugaas

Dogs By Invitation Only

Sorry no refunds. A receipt will be supplied in your on-site handout package
Prices are in Canadian Dollars and include lunch, handouts, certificates, coffee breaks and tax.

Please print clearly and tick appropriate boxes.

Yes, Please register me

Name _____

Address _____

City/town, Postal code _____

Phone _____ email _____

Per person per seminar

Bach Flower Remedies for Dogs and Cats with Don Hanson CPDT, BFRP \$144.

Practical Applications of Calming Signals with Turid Rugaas \$160.

Recognizing and Using Calming Signals with Turid Rugaas \$240.

Register one person for both Turid Rugaas events pay \$350.

Register one person for one or two Turid Rugaas events and pay \$120. for Bach Flower Seminar.

\$160. + \$120. = \$280. \$240. + \$120. = \$360. \$350. + \$120. = \$470.

Dinner with Turid Rugaas 6 pm Friday May 13, Debert Hospitality Centre
add \$35. —\$25 for CAPPDT members

These workshops will fill quickly register early to avoid disappointment.

A few private consultations with Donald may be available throughout the week at \$150. per consult. Please indicate your interest here.

I have enclosed Cheque or money order payable to Carolark. Send to: Good Dog Works! RR#2 Scotsburn NS B0K 1R0 with registration form.

Please charge my VISA/MasterCard Total _____

Name on card _____ Signature _____

Card # _____ Expiry date _____

To register by phone with VISA or MasterCard call 902-485-4279.

For further information contact Alex Keir, Good Dog Works! (902)485-4279 info@gooddogworks.ca
www.gooddogworks.ca www.carolark.com