

Pet Life - Magazine Issue 5.  
SUMMER 2017  
CELEBRATE YOUR PET

# PET PARTIES

## Pets also like a party

FREE

### SADDLE FITTING

WHAT YOU NEED TO KNOW

### CAUSES OF DRY EYE EXPLAINED

### SUMMER WALKS FOR YOU & YOUR DOG

PetLife  
New Zealand





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# Letter from the Editor



A few years ago, we were given a couple of turtles that needed a new home as their owner was going overseas. When they were pulled out their box, it was a bit of a “what the heck” moment!

They looked nothing like our turtles that have been living outside in a pond for many years. The colour of their shells were dull and grey, not bright and green. The big girl, well she was incredibly round – and I mean upwards! They came with their food, some flimsy, dust-like dehydrated shrimps – hardly a satisfying meal for two fully-grown turtles. She pooped stones for months on end in our care, showing how hungry she had been. Today, both turtles are both nice and bright green, thanks to the sun on their backs. And she’s spread out sideways a bit, now having more room in the pond, looking less like a beach ball. This Pet Life issue’s Rescue Superstar is Christchurch’s turtle lady, Donna Moot. Because she lives on another island to me, we talked on the phone for well over an hour while she was running a hose through her house cleaning turtle tanks. Donna is one awesome lady, and I was well captivated by what she had to say. I mean, who on earth has 65 turtles? Crazy! But it wasn’t until I got off the phone and started trawling through her Turtle Rescue and Rehoming Facebook page photos that it really struck me what a good heart Donna has. She is more than awesome, but of course she wasn’t going to tell me that! I guess it’s true when they say a photo is worth a thousand words, and Donna’s photos really hit home how badly neglected turtles can become as pets, mostly as a consequence of ignorance. Some of the turtles on her page made my two rescues look positively healthy. I thought a round shell looked weird; well,

Donna is caring for turtles with all sorts of bumps, twists and rotten bits to their shells. There’s a turtle that has been hit by a car, turtles with weird abscesses, turtles with shell rot, turtles that have been fed the wrong food, kept in too small tanks, haven’t had correct lighting, haven’t been able to get out of water ... the list of neglect is endless. And Donna takes them all, and loves them all, and names them all, and fixes what she can. I challenge you to look through Donna’s Facebook photos and not feel anything. I’ve included Donna’s bank account details for donations. She gets bugged all, and laughs that most of the time when she’s rehoming turtles the \$20 fee is forgotten about in her strict setup process – but she deserves a helping hand! I hope you enjoy our latest issue. It’s our one-year anniversary and we’re pretty excited about that!

*inger*

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**XMAS  
GIVE AWAY**



# PETS ALSO LOVE A PARTY!

**Sally Hibbit inspires children and young people to appreciate animals by holding pet parties. Pet Life editor Inger Vos, although only young only at heart, can't resist crashing an 11th birthday party to see what they are all about!**

When Sally Hibbit holds a pet party, there are just two rules! One: no cuteness explosion! You have to be nice and quiet, she tells the group of children gathered to be entertained and educated by her bevy of pets for an 11th birthday party.

**"I know it's really hard not to be noisy when things are really cute – you just go argghhhhhh at the top of your voice. But the animals go arrrgggghhhh, too,"**

she explains to the accepting giggles of the kids. "Does anyone know what the second rule is?" The hands fly up – clearly it's not the first time some of the youngsters have been treated to Sally's menagerie. "Yes, you can hold some of them but you have to be gentle," affirms Sally. "Except for the chinchillas, they don't like being held. Anyway, you don't so much hold a chinchilla but have a wrestle with it. We are going to watch them have a dust bath, though."

Sally has been holding pet parties for schools, families, community organisations, holiday programmes and work events for since early 2000.

"I've never not been into animals," she says. With her parents encouraging her and her brother to have lots of pets when they were young, and her dad, a builder, making all their cages, there's never been a time when all creatures great and small have not been a part of Sally's life.

With a degree in zoology and environmental sciences, Sally first owned a pet shop in Ponsonby with a classroom attached, where she did holiday programmes for kids. She has since sold the shop but "carried on with the educational side of it",

now hosting parties at her home, a live/work unit, in Stanmore Bay.

Sally lives upstairs, with white fluffy Pomeranian-cross Spitz dogs Margo and Badger, who are full of tricks.

Downstairs lives two bearded dragons, two blue-tongue lizards, two rats, two leopard geckos, two tortoises, two stick insects, two chinchillas ("I'm starting to sound like Noah's

Ark"), one cockatiel, one water dragon, one gala, four rabbits, eight guinea pigs, "I don't know how many mice, lots, no, actually, six, 10, 10 mice", four turtles, hundreds of fire-bellied newts, an African lung fish, and African leaf fish, an angel fish and golden bell frogs. Phew!

"I pretty much have everything I can have. I pretty much have got it covered," Sally admits, her bright blue eyes twinkling with delight.

It's a huge task, taking care of them all, "but luckily it's also

something I love".

"Daily cleaning and feeding is required, and I pay particular attention to environmental enrichment, which is really important in captive animals, whether it's an elephant or a mouse. I use zookeeping principles to care for all the animals, and even the less 'exotic', such as mice are given a constantly changing environment that offers choices and complexity to avoid boredom behaviours all too common in pets and other animals in captivity."

Sally's enthusiasm is engaging, and it's clear that she really loves what she does. Her pet parties are all about inspiring children and young people to appreciate animals. "Understand them, find out what's special about each one, and develop a sense of responsibility around animals and wildlife in general. "For very young children, I focus

mainly on how they need to be around animals and the importance of kindness to them – it's all about respectful behaviour and empathy with them. With older children, I focus on things like what's involved in caring for pets, caring for animals in the wild, careers with animals, that sort of thing.

"I am not a petting zoo and I cringe a bit when people refer to it as that."

One of her activities with the kids is the guinea pig hairstyle challenge, where the kids shape their fur into mohawks or spikes.

"Some people say 'oh those poor animals' until they see a guinea pig relaxing on a cushion on someone's lap, munching happily on the snacks a child has carefully selected for them, and having his fur gently brushed."

Tortoises Tortellin and Gerald love their part, the pea eating race ("cheer them on with a whisper. Warning: cuteness alert!"), and the bearded dragons can't wait to be fed either a live wriggly mealworm – "you can't scream at mealworms" – or a pea by the children.

Sally runs a tight ship, ensuring children don't over enthruse, and when she gets out the leopard geckos and mice they're told to go into "stealth mode", "you can't lean on the table and create earthquakes". "Mice are delicate creatures so you have to make a basket with your hand," she says, preparing the eager children for holding Officer Cheeseford (named by a



police officer). "He may leave you a present, but don't scream!" There are lots of really nice moments for Sally at her pet parties, such as hugs from the kids afterwards and their comments, such as "this is the best day of my life" and "I never want this to end".

"Someone once made a birthday cake in the shape of Gerald the tortoise and as we photographed cake and tortoise, Gerald plowed into the cake," Sally laughs. "It didn't stop anyone from eating it, though."



## ANIMAL SQUAD – KIDS CARING FOR ANIMALS

A group that teaches children the importance and value of taking care of animals was launched by New Zealand animal charity SAFE in October.

Animal Squad is an online resource that gives 8-14 year olds a chance to make a difference in the lives of animals and each other.

It fosters positive values, such as compassion, empathy, fairness and social justice, and teaches children the importance and value of taking care of animals in a fun and active way.

Nichola Kriek, the head of education for SAFE, says the Animal Squad website allows young people to get involved and make a difference for animals, including creative play, social action, fundraising, social connections and school and community youth campaigns.

"It's about building empathy and recognition that animals are sentient beings.

"We want to build empathy. You can't take for granted that children will have that."

"A lot of the time, our relationships with animals are about what we get out of them and not what their experiences are like."

Nichola says Animal Squad ambassadors have helped petition against caged hens and crate sows.

"Many young people care and want to help animals in distress. This national group gives them the opportunity to take part in activities, get in touch with like-minded children, and allows them to learn from their own home or schools.

"Any child that likes animals can join."

[www.safeanimalsquad.org.nz](http://www.safeanimalsquad.org.nz)



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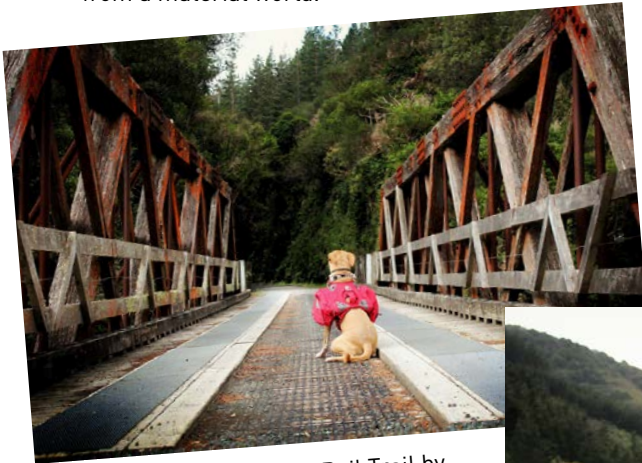
# SUMMER WALKS

Nothing beats a long walk in summer with your dog by your side. Here are three of my top walks in the North Island, where you can do just that. I love adventuring so it was hard to narrow down to three choices, but these three that cater to a range of abilities, time restraints and walking preferences.

## RIMUTAKA RAIL TRAIL

This 18-kilometre track is nestled in the Rimutakas and stretches from Upper Hutt to Cross Creek in the Wairarapa. This is a family friendly walk as it is flat for majority of the way until you hit closer to the end of the trail. The path itself is wide, giving lots of room for walkers, dogs and bikes to happily co-exist, as well as being suitable for more durable prams.

Due to this being 18km one way, it's up to you to decide how far and for how long you want to walk. I often do my daily hour walk there, and in weekends spend more time going on for longer. The walk itself offers some beautiful views, which range from farmlands to hills. You can even stop off for a dip in the river – there are multiple access points along the track. This is a great off leash walk and although it is popular it is never crowded, allowing you to get the feeling of being disconnected from a material world.



Photos of Rimutaka Rail Trail by TheAdventuresofFinn\_NZ on Instagram



## KARANGAHAKE GORGE

This historic site is the perfect day out for the whole family and, luckily enough, the pooches are welcome also! Just outside of Waihi, this area offers a lot of different walking options, as well as the opportunity to learn more about our gold mining past. The gorge features a 1-kilometre tunnel, and there's a range

of equipment left over from when this area was an active gold mine.

The walk is bike and pram friendly, and there are multiple tracks ranging from under an hour to eight hours. The main walk runs along the Ohinemuri River, and there are points where you can jump in to cool off. I personally have explored this area twice, both times for upwards of four hours, and always found new things to see and discover. It is the perfect place to get truly lost and immerse yourself in history. There are also lots of photo opportunities, but mind that dogs do have to remain on leash.



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## WAITAHINGA TRAILS

Outside of Whanganui, the Waitahinga Trails offer a wide range of hikes which cater to a range of abilities. This place is well and truly in the middle of nowhere – for all the eye can see there is bush. This is not pram or bike friendly, and would not suit younger families as it is a physical track. However, much to my surprise, it is one of the best signposted hikes I have ever been on. There are triangle indicators every few metres, making it easy to know exactly where you are going. There is a range of hikes from one hour to eight hours. I do recommend going on the one-hour walk.

It gives great views of Mt Taranaki and Mt Ruapehu on a good day. Most of the trails are under tree cover, so if it is sunny you won't overheat too much. This is one of the areas that I will keep coming back to because it is a beautiful spot, and a great place to adventure and explore. This has less photo opportunities, apart from the views of the mountains, so I wouldn't bother lugging a DSLR camera up with you. Dogs are allowed off leash on this walk, but be aware that there are wild goats, pigs and fowl in this area that you can cross paths with.

Morgan Healey



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# KEEPING FISH - what you need to know

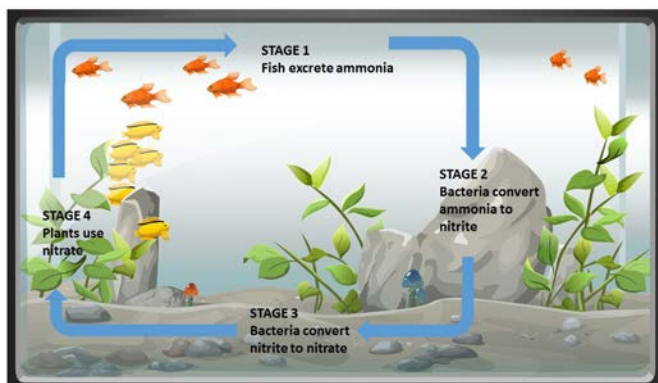
Owning fish can be a fun and rewarding experience, however, understanding the amount of work that is involved is important. The key to successfully maintaining healthy fish is knowing what you are doing before you start. It may sound obvious, but it's astonishing how many people think fish keeping is just a matter of filling an aquarium with water and adding fish.

**The first basic questions you need to ask yourself are:**

- **What size tank can I afford and accommodate?**
- **What sort of fish do I want?**
- **Can I achieve the specific requirements of the fish I want?**
- **What types of plants should I incorporate into the aquarium?**

The most common aquarium setups are cold water and tropical, and the basic setup requirements are gravel, plants, ornaments and getting the water chemistry just right. When setting up your aquarium, you should rinse everything thoroughly, checking for any rough edges while you do so. An easy way to clean gravel is to place it into a clean bucket and run water over it while you mix the gravel with your hand. Once the water runs clear, drain the gravel and add this to the aquarium. Place your plants, ornaments or rocks in and make sure there is an area where the fish can hide if they get scared. It's up to you whether you prefer live or artificial plants. A couple of things to consider is that live plants need suitable lighting and can harbour parasites, but they also can keep the growth of algae down. Artificial plants don't require any care and can be positioned anywhere in the tank – however they usually don't look natural.

Once the aquarium setup is completed, add the water. If you use chlorinated water from the tap then you will need to age it by setting it aside for the chlorine to dissipate. Or you can purchase a water conditioner. If you decide to use a water conditioner, make sure you follow the manufacturer's instructions. Once you have aged the water and have tested it to ensure it is the correct temperature, add a couple of fish and start cycling your aquarium. Many people have not heard of the cycling process but it is a good idea to familiarise yourself with the nitrogen cycle.



Fish tank nitrogen cycle has four stages

Cycling your aquarium is a good method to establish a beneficial bacterial colony inside your filter. These bacteria convert ammonia released by the fish into nitrite. The nitrite is converted to nitrate by nitrobacter bacteria, which is then either used by plants or filters and put back into the nitrogen

cycle. "Fishless" cycling can also be performed. This is done by adding ammonia, however, care needs to be taken when handling pure ammonia. Cycling with a couple of fish can take anywhere from six to eight weeks. You will know your tank has cycled when your test kits give you an appropriate reading for both ammonia and nitrite. Then you can start adding more fish, but remember not to overload your aquarium as this will increase the ammonia levels and disrupt the delicate nitrogen cycle.

Once your aquarium is set up and running it is important to maintain it by cleaning and making water changes. Changing about a third of the water every two to three weeks (or as you see fit) causes the least amount of disturbance for your setup. Make sure the water being added to the aquarium has been aged and is within 2 degrees Celsius of the tank water. Regular scrubbing of the glass will remove algae buildup. Remember to check that the filters are working correctly, that they are clean and not blocked. Water management is essential in any setup and should be closely monitored once you have established your aquarium environment, especially for tropical fish.



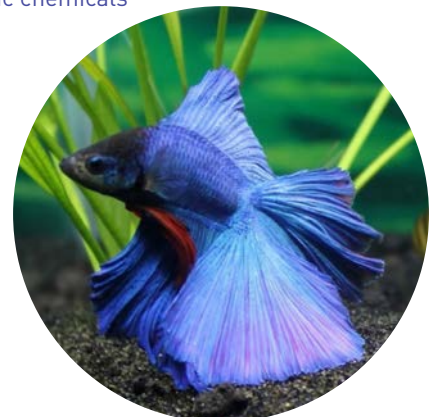
## Cold water fish

Cold water setups are generally the first option for many and require less maintenance than tropical aquariums. Goldfish tend to be the fish of choice for a cold-water set up and there are a variety of goldfish on the market. Many are suitable for aquarium life, such as shubunkins, and others can also live outside in ponds. Common goldfish and comet goldfish are suited to pond life as they are very hardy and able to survive winters outdoors in many New Zealand locations.

In general, goldfish have a life expectancy of five to 10 years if you look them well. Aquarium goldfish live at room temperature and are quite comfortable at 20-26C, however, it is best to try and minimise large room temperature fluctuations. When setting up your new aquarium, consider putting a thin layer of gravel on the bottom as goldfish can be messy eaters and this makes cleaning the aquarium easier. Feed your goldfish a small amount of food twice a day, watch them feed and only give them as much as they will eat in two to three minutes. Any uneaten food will sink to the bottom and rot – this will cause a buildup of toxic chemicals that can kill your goldfish.

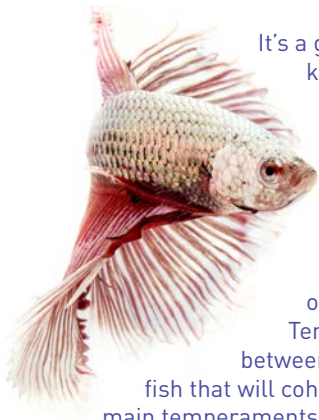
## Tropical fish

There is a lot of responsibility involved with tropical fish compared to the cold water variety. The location of a tropical tank is important as it needs to be in a position where the





light and temperature of the tank won't be affected by external sources such as windows, drafts and heaters/fires. Keeping the water temperature at a stable temperature is essential and therefore so is the purchase of a quality water heater. Glass is a bad insulator, so if the power goes out the aquarium water will become the same as the room temperature. Make sure you have a backup plan in case that happens! You can wrap the tank in blankets to help slow the reduction of temperature, and when the power comes back on don't increase the temperature rapidly as this will stress your fish.



It's a good idea to have in mind what kind of tropical fish you want to keep before you purchase an aquarium. Considering the size and the temperament of the fish is important when setting up your fish community. Some tropical fish only grow to be a couple of centimetres long, whereas others can grow rather large in length. Temperaments can vary tremendously between species and it is important to pick fish that will cohabitate well together. There are three main temperaments associated with tropical fish:

**Social breeds.** These breeds of fish will get along with any other type of fish. Some of the most common fish to fit in this category are danios, tetras, guppies, swordtails, mollies and corydoras.

**Semi-social breeds.** These breeds can comfortably be kept along with other fish that are of equal size without them showing signs of aggression. Think of fish like barbs, angelfish

and gouramis.

**Aggressive breeds.** These breeds of fish must always be kept by themselves or in pairs of the same breed. An example of these type of fish would be male bettas, oscars and jewelfish.

## Illness

Aquarium fish fall ill just like any other pet. The common diseases that affect aquarium fish are mostly stress induced. The micro-organisms which cause these diseases may be present in the water as part of the normal microfauna, grabbing the opportunity to infest or infect a fish when it is stressed and its normal defence systems are weakened.

**There are a number of ways aquarium fish suffer from stress:**

- **any change in environment like physical damage or the introduction of a new fish that has not been quarantined**
- **water quality is another cause of aquarium fish stress, so it is important to maintain healthy water**
- **general handling of the fish can also stress them immensely**
- **a lack in nutritional requirement, leading to a poor immune system.**

There are some warning signs to look for if you are worried your fish is stressed, such as gasping at the top of the tank, hovering in a corner, heavy breathing or any other strange swimming patterns such as brushing its body against objects. To reduce stress to your fish, learn all you can about your species, feed them the correct food, keep their aquarium clean and quarantine any new fish prior to addition to the tank.

## Why dogs chew and how to save your shoes!

Dogs have an urge to chew. It's strongest in puppyhood but carries on throughout life. Chewing develops and exercises jaw muscles, provides relief from irritated, teething gums, removes dental plaque and relieves boredom. When dogs chew animal parts such as bones and tendons, they are following a basic instinct and gaining natural nutrients.

To manage chewing indoors, a "toybox" containing items the dog is allowed to chew is useful. Play with these items and encourage him to fetch them from the box and chew them. If the dog chews something not from the box, gently tell him off, then direct to the box and its correct chewy things.

A very safe, appealing chew you can use in a toybox is a venison tendon! Other suitable items may include second-hand soft toys (cut off any buttons, etc, and get ready for a big mess!), cardboard inners of paper towel rolls, and plastic bottles – but ensure your dog doesn't swallow pieces of man-made items. If your dog simply can't resist chewing shoes, you may find that putting an old shoe in the toybox directs this behaviour towards just that shoe (an old jandal may do, is cheap and relatively hazard-free). Keep all other shoes out of range, initially. This method possibly risks creating a shoe-eating monster, but not in our experience – instead it has prevented any further shoe losses.

Over the last 12 years, Happypet has supplied vast numbers of natural New Zealand venison tendon chews. Feedback is that these are the very best chews of all. Canines love them, they are clean to feed and don't splinter like a bone can. They are made of strong collagen fibres that clean teeth and supply natural protein for skin, tendons and muscles. They contain no additives.

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# STUDENTS HELP SAVE DOGS LIVES

## YOUNG ENTERPRISE TRUST 2017



King's College students are helping the Humane Society to save the lives of beloved furry friends by donating some of the profit from their startup company, 'Treated'.

The group of five students, who are taking part in the Young Enterprise Scheme (YES), have developed a new superfood treat to help dogs stay healthy.

They believe the treat is the healthiest, high-quality dog treat on the market today.

"They're made from 100 per cent natural products and dogs absolutely love them", says the managing director.

The students intend to develop the product even further with a wider range of healthy dog treats.

But it's not just the company that's important to them. They want to see dogs get treated right!

Treated will donate 10 per cent of its profits to the Humane Society of New Zealand, a charity that protects dogs, ensures they are treated kindly, and finds new homes for mis-treated pups.

### Why is Treated giving so much support?

"My dog, Cody, was rescued by the Humane Society when he was just a pup in 2012," says the managing director. "Ever since I adopted him, I have always wanted the best for him, just as most dog owners do for their own. Now I have the opportunity to give something back by helping all dogs get treated with love by providing them with a healthy diet. Cody certainly loves the treats and I know your dog will too."

Check out Facebook @treatednz and Instagram @treatednz to keep up to date with when Treated will be selling at Farro in Orakei village.

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# THE HOWLS OF HUSKIES

The excited howls of huskies and hounds can be heard echoing through the Cardrona Valley as sled dog teams converge at Snow Farm for the annual Wanaka Sled Dog Festival.

The event, held over three days, is the one opportunity that mushers (dog team drivers) and their dogs get to race on snow instead of the usual dryland forestry trails.

This year, the official part of the event began on Wednesday, 16 August, with a Mushers Meeting to cover the details of the trail, a bib draw to determine the starting order of the first day of racing, and a talk by race marshall Michael Herbst from Australia.

After the meeting, some of the teams, who came from all over New Zealand and Australia, took advantage of the lovely sunny day and headed out for a test run before race day.

There were 32 teams competing in various classes, from novices and juniors to those more experienced who had returned for another snow experience on the superb cross-country ski trails.

The weather gods didn't perform for day one of scheduled racing. Persistent rain all night had turned the trails to a slushy mess – the trail boss almost needed a jetboat instead of a skidoo to check them.

Race organisers made the decision to cancel racing that day to protect the trails for the next day and to prevent the risk of dogs getting injured in the slushy conditions.

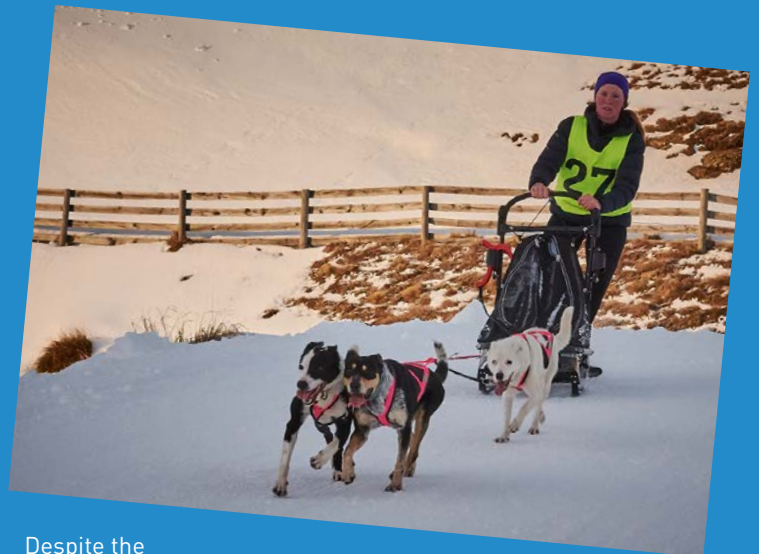


In lieu of racing, dogs and mushers alike rested and played, enjoying an enforced day off.

The next morning was met with more challenging conditions: fresh snow was falling and a very foggy morning made for limited visibility.

But the fun began, any way. At the scheduled race start time of 7am, the dogs were howling up a storm as the timekeeper counted down – 5-4-3-2-1 – for the first two dogs teams to go.

The double and single dog teams started first on their 4.5 kilometre trail, followed 10 minutes later by the six, four and three dog teams running an 8.5km trail.



Despite the trying conditions everyone enjoyed their run and returned pleased with how well their dog teams had performed.

Much to the delight everyone, the final race day dawned to a lovely, clear, cool morning. Out on the trails, mushers were able to admire the outstanding scenery Snow Farm has to offer. All the teams had much quicker finishing times given the better conditions, and looked extremely happy crossing the finishing line.

The event finished with prize giving, and some mushers stayed on for some more time on the snow!

## Interested in this sport? Here's what you need to know:

### Can any dog take part in sled dog sports?

Yes, any breed of dog with a desire to pull or run can take part in sled dog sports. While it is mainly associated with Siberian Huskies, Samoyeds and Alaskan Malamutes, we have a wide variety of breeds taking part from pointers, border collies, labradors, huntaways, etc.

### How many dogs do I need?

Just one (to begin with, anyway – but it can be addictive and you may want more!)

### Where?

There are sled dog clubs throughout New Zealand. See the New Zealand Federation of Sled Dog Sports' website [www.nzfss.org.nz](http://www.nzfss.org.nz) for a club in your area.

### When?

The season runs from late May to early September, however clubs have training and other activities throughout the year.

### Is it just snow racing or are there other activities?

There are many classes on offer, including: rig (three-wheeled type cart) for six, four, three and two dog teams; scooter for two and one dog teams; canicross, which is running with your dog and bikejoring, which is biking with your dog. And there are also the sled and skijor classes mentioned in the story.

Having an event? Need goodie bags or magazines for your guests? Email [info@petlife.co.nz](mailto:info@petlife.co.nz)



# ENHANCE YOUR HORSE'S PERFORMANCE – ENSURE A CORRECTLY FITTED SADDLE

If your horse has not had a saddle fit in the last six months, it may be hurting. Most riders are simply unaware of the importance of a correct saddle fit, yet wonder why their horse is not performing or losing top line.

Have you done your 15 saddle fitting checks to see if you're due for a saddle fit? Saddle fitting is not just for the riding professionals – it should be done by all riders, from beginners to advanced.

## 5 BEHAVIOURAL CHECKS

1. Does your horse wince when you touch his back, try to kick or bite, or is generally not happy when you groom him or saddle him up?
2. Is he cold backed when mounted?
3. Does he generally resist your aids or does he go with false collection?
4. Does he have muscle loss, dry spots, broken or white hairs?
5. Is he difficult to shoe or resists raising his legs?

## 5 SADDLE CHECKS

1. Does your saddle tip you off balance either forwards, backwards or to one side, or does the saddle not feel right?
2. Is there less than two fingers' clearance along saddle panels to his spine?
3. Does the saddle seem to have uneven pressure through the panels down behind your horse's shoulder or along his back?
4. Is your saddle new and not been fitted?
5. Has it been more than six months since your last saddle fit?

## 5 GENERAL CHECKS

1. Has your horse recently come into work?
2. Has your horse's diet recently changed?
3. Has your horse recently recovered, or is recovering, from an injury or illness?
4. Is your horse new?
5. Are you sharing a saddle with other horses?

If you have answered "Yes" to any of these 15 questions, it's time to book an appointment with your local accredited saddle fitter. Your accredited saddle fitter is trained to recommend other specialists if the problem goes beyond a poor saddle fit.

The shape of a horse's back is in a constant state of change, and this impacts on the way the saddle fits. A horse's back muscles change every time their feed is changed or they are brought back into work after a break or injury. As a horse's shape changes, the saddle needs to be adjusted to ensure they

can move comfortably under saddle without pain.

An ill-fitting saddle can inhibit performance, but it can also cause damage to a horse. Many riders have been riding for years and have never considered that their horse's difficult behaviour can be directly related to back pain. Unfortunately, horses cannot verbalise that they are in pain. However, if you take a closer look at behaviour, they may actually be communicating that. We are often too quick to say our horse is "naughty", when in reality they may be telling us they are in pain!

Most riders are unaware that their horse may be in pain due to an ill-fitting saddle. Most horses are saddle sore because horses were not designed to be ridden. Fortunately, once saddle soreness is recognised, many horses can be rehabilitated. Once rehabilitated, a horse's saddle should be correctly fitted and the owner may find they are riding a new horse. It's important that owners become more aware of the importance of getting regular saddle fits.

### Do I have to have more than one saddle fitting?

Yes. It is an ongoing process. Every time you change your horse's diet or feed, their back muscles change shape. To ensure a good fit, it is recommended that a saddle be fitted at least every six months to accommodate these changes.

### Do new saddles need to be fitted?

YES! There are two important considerations when buying a new saddle. The first is to find the right saddle for you and, equally as important, ensure the saddle fits your horse. It's important that you have your saddle refitted after around six months as it will settle as it breaks in, which will impact the fit.

### Can I put a front or back riser in to make the saddle fit?

Risers are really a temporary solution while you sort out another saddle and have it correctly fitted. There is no way to ensure the risers are in exactly the correct place every time and they won't have the same durability as having a correctly fitting saddle. Risers often cause pressure points (due to "steps" in the foam construction) and restrict and add pressure to the spinal processes.

### Can I just put extra saddle pads under an ill-fitting saddle to alleviate the pressure on his wither?

If you put more pairs of socks on does this make shoes that are too small fit? The principles of saddle fit are the same. The pressure will just carry through onto the wither and there will be less clearance than before.

### When do you know flocked saddles need to be re-stuffed?

If the panels are hard or lumpy they need to be assessed in context of a saddle fit and adjusted as required.

### How do you know if the saddle fits the rider?

The key is to find a saddle that encourages the correct riding position and that is comfortable for the rider. It's recommended that there should be 4 inches in front of the rider and 4 inches behind the rider when the rider is sitting in the centre



of the saddle in the correct position (line from shoulder, hip to heel for dressage; shoulder, knee, toe for jumping position). A key exception to this rule is for tall, thin riders in small seated saddles, which forces the rider to sit too far back in the saddle. This creates increased pressure on the back of the saddle for the horse, levering the panel on the horse's back



#### Can I get one saddle to fit a couple of horses?

It depends. Horses are all different shapes and sizes like us, which makes it difficult for a saddle to fit two horses. I can assess a saddle for two horses and advise whether one fit would be satisfactory – a main horse would need to be selected with a compromise for the second horse. However, it's really important that you understand that any changes in horse work, feed, etc, will impact the saddle fit and both horses need to be assessed to ensure the fit is still appropriate.

#### How often should I get my saddle fitted?

It is a different answer for new and older saddles. A new saddle takes time to settle and needs to be refitted between three and six months, depending on the scenario. Older saddles need to be refitted every six to 12 months to accommodate changes in work regime, diet and exercise.

#### My horse is really girthy – what should I do?

Girthiness is caused by many factors, and that can include saddle fit. If you know the saddle fit is good then there may be an issue with learned behaviour, or there may be something else going on with the horse's anatomy such as ulcers or old skeletal injury. It's important that girthy horses are girthed slowly, and it can help to lunge them first with a slightly loose girth and then tighten it. If a horse tends to turn to bite, negative and positive reinforcement can help control the behaviour. Give licorice for not biting and a tap behind the lower front legs when biting to distract the horse and take the focus off the game.

#### My horse has back pain – what should I do?

The first step is to have the saddle fit assessed to see if that is

the problem. Your ASFA accredited fitter is trained to identify whether the issue is fit, or they may recommend that you see an expert in bodywork, an acupuncturist or physio, etc, if it seems there may be something else going on.

#### Is it possible to change short girth points to be long girth points and vice versa?

It's important to understand why we have short and long points before making any changes. Short points are used primarily for jump saddles to position the buckle behind the knee and therefore out of the way for jumping. In dressage, the buckles are lower and away from the leg.

#### Can the gullet be changed to make the saddle fit every horse?

Easy Change enables alteration of the gullet to fit the horse's wither and shoulder. Gullet changes and panel adjustments can aid in making saddles fit a variety of horses, however, not every saddle fits every horse. Eg, saddles with a narrow gullet will struggle to fit a horse with a wider-than-normal back.

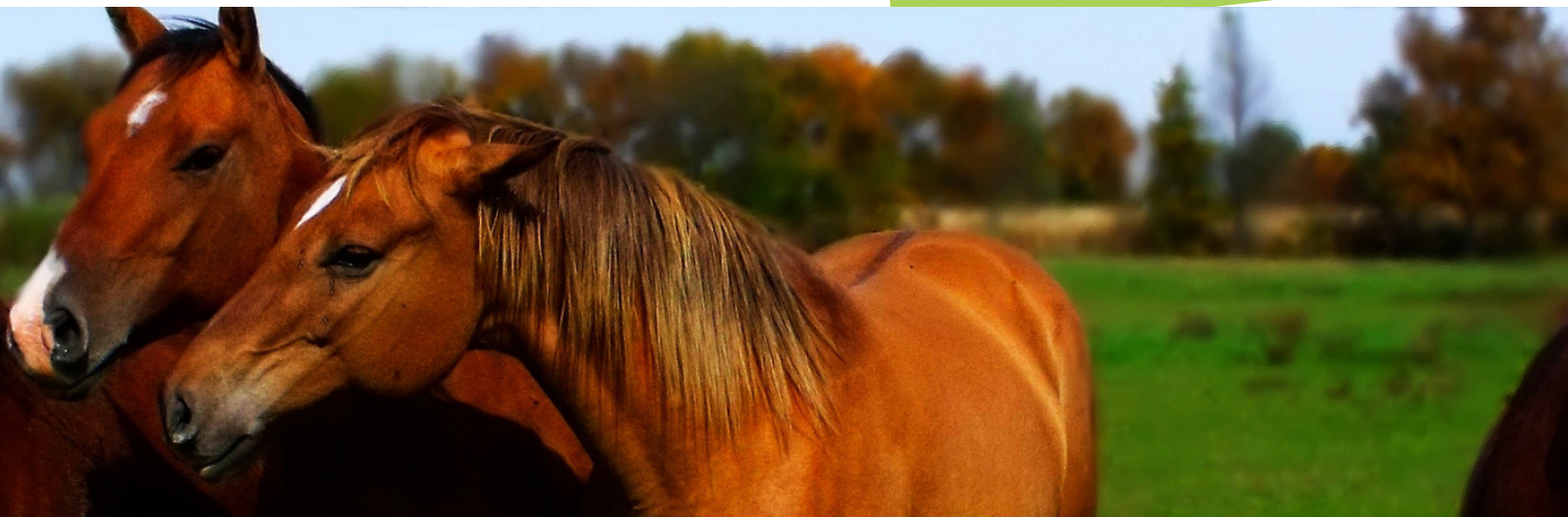
### ABOUT NASH

From a young age, Nash has loved horses and everything about their care. From caring for and training race horses in Ireland (Darley and Irish National Stud) to traveling to the UK to embark on a scholarship in race management with highly accomplished trainer Brian Meehan at Swettenham Stud to finally arriving on our shores here in NZ to manage a boutique stud farm, Nash has seen and done it all.

Nash realised that, just like human athletes, performance animals require physiotherapy and preventative care in order to remain in top competitive shape. After noticing a distinct lack of musculoskeletal care practitioners for animals here, Nash undertook additional training to become a specialist care-giver.

Nash is based in the Waikato region, and her clients range from some of NZ's most well-known racing stables to Grand Prix performance and eventing horses, to RDA horses (Riding for the Disabled) and general riding ponies.

Nash  
021 265 4522  
Email: [nash@animal-mrt.com](mailto:nash@animal-mrt.com)





# SORE EYES

Eye disease and injuries can be very painful and may progress rapidly, occasionally resulting in irreversible damage. Sometimes this can lead to the loss of vision and even the loss of the eye itself. For this reason, it's always a good idea to have your pet checked by a vet and to get the appropriate treatment to ease pain and prevent complications as soon as possible. Depending on the problem, a visit to a veterinary eye specialist may be recommended for more detailed insight into the problem.

Some breeds are predisposed to certain problems because of their genetics or breed conformation (the way that they are built), eg Cocker Spaniels are prone to getting dry eye, some Sharpeis have eyelids that roll inwards and rub on the eye surface which is called entropion, and breeds with squashed-in faces, like Persian Cats, often have poorly developed tear ducts. There are also certain types of pathogens (disease-causing organisms) like herpes virus in cats that cause eye problems, including weepy eyes and eye ulcers. Because herpes virus persists lifelong in the body, these cats can be prone to having eye problems throughout their lives. Some of the more common eye problems that we see in veterinary practice are the following:

## TRAUMA

The eye is a complex structure and is often protected from injury by the bony orbit of the skull (less so in breeds whose eyes bulge outward abnormally, like pugs), the eyelids and the third eyelid, which is a membrane that protrudes across the eye from the inner corner.

One of the most common eye concerns that we find in veterinary practice is patients with sore eyes due to trauma. This can be because of a scratch to the eye, a foreign body like a seed causing damage or even a blunt blow to the eye.

The result of trauma can be inflammation of the conjunctiva (conjunctivitis), which is the pink mucous membrane inside the eyelid, ulcers of the cornea (outer layer of the eyeball), infections, bleeding inside the eye and even glaucoma (a swollen eye because of fluid build-up inside the eye), which is a very painful condition.

In most cases of trauma, it is best to have a veterinary checkup to ensure that problems are treated effectively early on. Vets use an ophthalmoscope and sometimes a special stain and other equipment to assess the injury. Often ointments or drops are prescribed and sometimes surgery is needed depending on the problem.

## EYELID PROBLEMS

The eyelids protect the eyes. Sometimes they fold inwards and rub on the cornea causing ulcers and pain. This condition, called entropion, can be corrected with surgery where we roll the eyelid outwards and stitch it in place so that it no longer causes problems. Most animals recover beautifully from this surgery and it's very rewarding to do.

**Ectropion** is the reverse of entropion, where the eyelid folds outwards exposing the eye, making these animals more prone to eye irritation. Corrective surgery can be done to help these cases. With surgery for entropion and ectropion, achieving a perfect result is not always easy and sometimes repeat surgery

is needed.

**Dystichia** are short and sharp eyelashes that protrude into the eye causing irritation, pain and sometimes ulcers on the cornea. These fine hairs need to be removed under anaesthetic. In some dogs they regrow and the procedure needs to be repeated.

The eyelids can develop lumps. Sometimes these are cysts or benign lumps and occasionally they are cancerous. If they are growing quickly or rubbing on the eye it is important to have them checked as soon as possible.

**Cherry eye** is the prolapse (sticking out) of the gland of the third eyelid. If caught early it can be massaged back into place. Medication may also be used, and surgery to tuck it back in place is needed for cases that don't respond to conservative care.

## TEAR DUCT PROBLEMS

**Dry eye** (KCC or keratoconjunctivitis sicca) is a condition where not enough tears are produced causing the eyes to become dry which leads to damage of the surface of the eye or cornea. The underlying reason is often because of an immune mediated reaction causing the glands to stop producing tears. Certain medications can help to retard this process and improve tear production. Some animals need maintenance on these medications, as well as regular management with tear replacement drops.

**Watery eyes** (epiphora) is usually an indication that something is causing irritation to the eyes. This can be due to allergies, irritants in the air, foreign bodies and other reasons. If it persists, and especially if there is a yellow or green discharge or the animal is sore or unwell, a checkup at the vet is a good idea.

Sometimes it appears that the eyes are watery but what is actually happening is that the tear ducts that drain water from the eyes into the sinuses are blocked or underdeveloped and tears then drain outside of the eyes along the side of the nose bridge. Under anaesthetic we can flush the tear ducts and help to restore normal function in many animals.

**Brown tear staining** is relatively common and may indicate an imbalance in the microbial population of the eye. Sometimes treatment with medication is necessary. From a holistic perspective we question why the imbalance is there and do what we can to get to the root of the problem. I often find that correcting an animal's diet to include a wholesome, well-balanced, biologically appropriate diet with optimal amounts of omega 3 fatty acids, probiotics, appropriate herbs and superfoods like chlorella helps to improve this.

## BLINDNESS

Blindness can be due to damage of the retina, and cats with high blood pressure are especially prone. Where blindness occurs suddenly it can cause severe distress to animals.

Other reasons for blindness are the lens luxating or cataracts forming, especially in diabetic animals. Often in these cases, veterinary eye specialists can operate to restore vision.

As a normal part of the ageing process, the lens in the back of the eye changes and becomes more hazy which makes vision blurry, especially at night. Because this process happens slowly, most animals gradually adapt to this loss of vision and manage to cope well.

Eye health can be supported by providing optimal amounts of certain nutrients like omega 3 fatty acids, vitamin C, lutein, anthocyanidins and other phytonutrients.



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# New LostPet.co.nz site

## Leading the world in lost pet recovery

LostPet.co.nz is an initiative by the New Zealand Companion Animal Register (NZCAR), New Zealand's largest dedicated repatriation database for companion animals.

The goal is to bring together as many lost pet agencies and technologies as possible into one location. The advantage of one FREE location for all lost and found pets is everybody will know where to look. Overseas experience has shown when there are multiple databases, it is very easy for owners and finders to miss each other if using different systems.

LostPet.co.nz is not a replacement for microchipping and registration, but it is a huge step forward for ensuring that both chipped and non-chipped pets have a much greater chance of getting home.

NZCAR Manager, Nygllhuw Morris says "The NZCAR is extremely pleased to partner with the SPCA, NZIAM, Pets on the Net, and Neighbourly, so we can all work together" He added that "More partners will be added as more organisations sign up to use LostPet.co.nz."

One of the first to join LostPet.co.nz was PetsontheNet.co.nz, a leading lost pet portal since 2002. Pets on the Nets founder, Kim Buchanan, will also write a Lost Pet advice blog and helping manage social media.

10 years. The SPCA is the only animal welfare charity that serves the whole country and many owners turn to them for help when they lose their pets.

LostPet.co.nz will also work with the NZIAM to list lost pets and to promote responsible pet ownership. If dogs are registered with their local Council it increases the chances of getting home.

Neighbourly, the online community tool, has also come on board. Whenever a lost or found pet is listed on LostPet.co.nz, it is automatically notified to Neighbourly users in the locality.

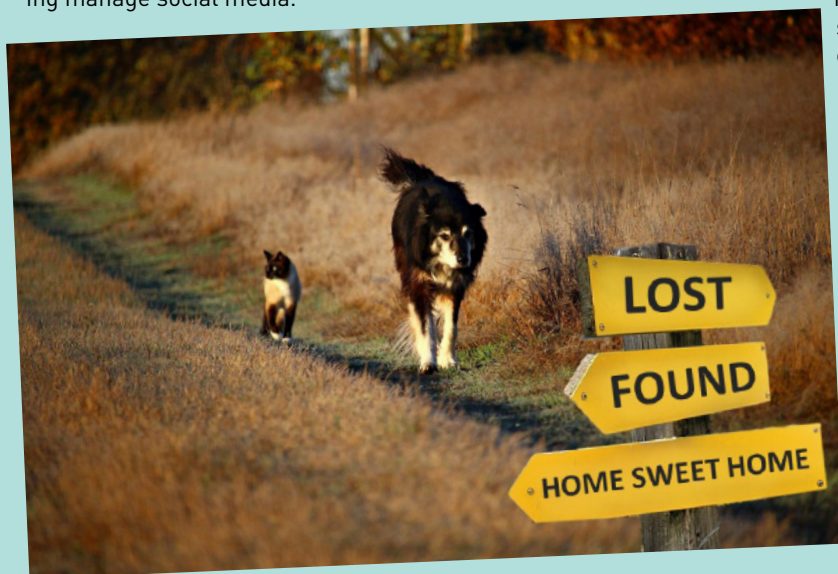
The NZCAR is also leading the way by bringing new technologies to New Zealand. In 2015, Scanner Angel was introduced and since then over 650 free microchip readers have been given away. This smart scanner network allows Halo microchip readers to download and display chip numbers of missing pets to allow quicker identification.

In early 2018, the NZCAR is launching New Zealand's first facial recognition system for animals. This advanced software can take the image of a found pet and compare it against hundreds of thousands of images to identify the animal in a few minutes. 'Good Samaritans' can upload images of found animals by phone, expanding the lost and found network into the public arena.

Nygllhuw Morris, says "Overseas experts have suggested that when fully up and running, LostPet.co.nz will give New Zealand, one of the most, if not the most, advanced lost and found pet network in the world."

LostPet.co.nz is a free tool for use by anyone. It is funded by the New Zealand Companion Animal Council.

For more information on this exciting new venture, visit [www.lostpet.co.nz](http://www.lostpet.co.nz).



The SPCA is also supporting LostPet.co.nz. As a founder of the NZCAR, the partnership to help lost pets has existed for over

 **LostPet.co.nz**

**A FREE website to list Lost and Found Pets**

Provided by the New Zealand Companion Animal Register - helping lost and found pets get home

Hi, we are  
Chip the Dog  
and Reg the Cat...

... and our  
free tools  
are really cool!





# Karaka berry toxicity in dogs

## A happy ending to a potentially lethal story

Lulu the 4-month-old black Labrador puppy recently survived karaka berry poisoning due to the quick thinking of her owner, Kayla Cumiskey, and a timely Facebook post.

The pair were staying with a friend on Auckland's North Shore when Lulu came inside with a paste-like substance around her mouth and a cracked kernel husk. A day earlier, Kayla had been tagged in a Facebook post about the dangers of karaka berries. Thinking she may have seen overhanging branches of a karaka tree in her friend's backyard she went outside to investigate and found it was so. Lulu began vomiting, so Kayla rushed her to the emergency vet where she was made to vomit further, placed on a fluid drip and given activated charcoal. By morning Lulu's condition had improved and so she was able to go home. Other dogs around New Zealand have not been so lucky.

Last summer, vets reported an alarming rise in the number of cases of dogs being poisoned by karaka berries, including multiple deaths. There is no antidote for the toxin so the only treatment is hospitalisation to provide supportive care for the symptoms and use of activated charcoal to absorb the toxins. The karaka berry is a major source of food for the wood pigeon, so it is easy for pet owners to assume that it is safe.



Lulu the lab



However, it is very toxic for dogs and other animals, and initial signs of consumption include vomiting, diarrhoea and pacing, followed by neurological problems such as limb stiffness, weakness, paralysis and seizures, often leading to death.

Karaka trees are widespread in the North Island and top of the South Island. They produce a fruit during the months of January to April, which turns from green to orange when ripe and contains the alkaloid poison karakin within its kernel. The poison levels are variable and can remain active within the fruit for long periods of time after it has dropped from the tree and turned black.

For reasons unknown, the toxicity levels seem to be much higher this year. As dogs are opportunistic foragers by nature, vets are warning that they should be kept on leads when being walked in areas with karaka trees.

Dr Graeme Ashby from Vets North Kumeu says "Humans and dogs are particularly sensitive to karaka berry toxins and bees can be poisoned by the blossom. Pigs and cattle, however, seem to be relatively impervious to the toxins. If you see your dog eat some berries and/or seeds, contact your vet as soon as possible."

As for Kayla, she's now extra vigilant when walking Lulu, especially around Devonport where the trees are prevalent.

Michelle Irwin



"These women are amazing. They genuinely care about the dogs that come through their doors and go above and beyond. They do everything with kindness, earning the dog's trust. I'm positive they have greatly improved the quality of life of my dogs." Lynne

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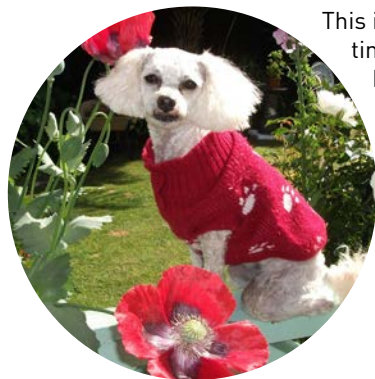
### Auckland Canine Massage

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# Meet our readers

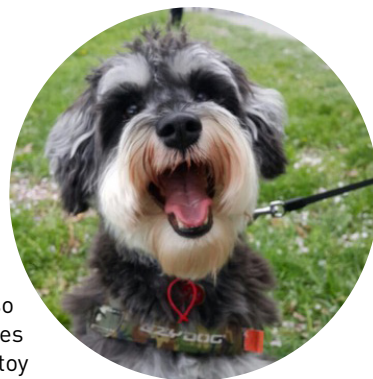


This is poppy our 5-year-old star, sitting next to the flower that gave us her name. She's cute! She's cuddly! She also loves playing a ball game and going for walks on the beach! Poppy has also got an Instagram! @poppydaltonx

**Sonja Hafsteinsson**

Hi Pet Life readers. I am the owner of Rico, a cute and fluffy Miniature Schnauzer. We don't cut Rico like a schnauzer because we prefer him fluffy and teddy bear-like. That's why when we walk him, some people can't tell what breed he is!

We want to hear from you, send us a photo and tell us about your pets. Email [info@petlife.co.nz](mailto:info@petlife.co.nz)



Rico is a dark salt and pepper schnauzer. He likes chasing birds (although he never catches them), barking at strangers and eating. He is such a good guard dog because he has a fierce bark, but he's very small so he's not that intimidating. He loves playing and always brings you a toy when you walk in the room. He's very easy to train and has a good nose for hidden treats when we play treasure hunt. Every month or two, we give Rico a bone. He loves these and hides them in the most obvious places!

Whenever Rico sees another dog, he immediately runs towards it and barks at it, regardless of size. This is funny because one time he was barking at a Great Dane which is so much bigger than him but was still so scared that it had to hide behind its owner. Barking at other dogs is just Rico's way of saying "hello".

Rico has a crate but he doesn't sleep in it anymore because he's too big for it. He now sleeps on the sofa because he's not allowed on our beds! He turned 2 October 24, and we celebrated his birthday with a doggy cake for him and some toys. He's a very lucky and much-loved dog!

**Bianca Manzano**

## Sweet As Christmas Dessert Contest

The 'Sweet As Christmas Dessert Contest' is open from 10 December to 31 December.

Simply take a picture of your vegan versions of pavlova, trifle, Christmas cake or other scrummy dessert and upload a picture to Instagram using the hashtag #sweetasdessertnz.

The contest will be judged by Masterchef and SAFE Ambassador, Aaron Brunet and food and nutrition writer, Niki Bezzant in the first week of January.

SAFE are giving away a luxury Christmas hamper chock-full of delicious foodie goodies from Aldershot Sauces, Angel Foods, Eco Store, Fry's, Like Licks, Little Bird, Little Island, LIVELY Desserts, LUSH, Mary's Sauces, Opawa Wines, Smoups, Tio Pablo, Trade Aid – and more to make the holidays that much sweeter.

For more information visit [www.safe.org.nz](http://www.safe.org.nz).

EAT  
KIND



*the*  
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*Christmas Dessert Contest*

Dust off your apron and enter your  
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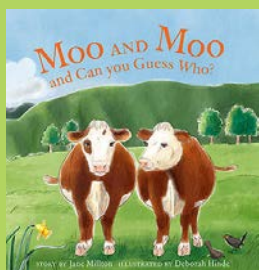
WIN!



### Bandana or Bow Tie (small dog or cat) (RRP \$5-15NZD)

Maree from Lil Paws enjoys making unique accessories for your fur baby. 90% of Lil Paws business is custom made to your pets individual size so they feel comfortable and happy in it.

Email [competition@petlife.co.nz](mailto:competition@petlife.co.nz) with Lil Paws Bandana or Lil Paws Bow Tie in the subject line.



### Moo and Moo and Can You Guess Who? (RRP \$19.99NZD)

Jane Millton and Deborah Hinde

What have they been up to since they were rescued after the huge earthquake in Kaikoura?

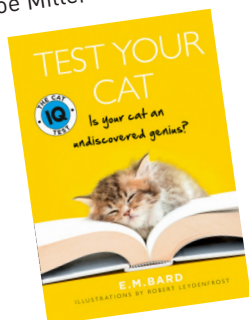
Nine months on from that tumultuous time, Moo and Moo are about to embark on yet another remarkable

adventure.

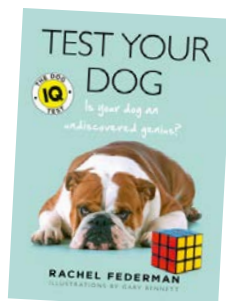
Another great story from the stars of the massive bestseller Moo and Moo and the Little Calf too.

Email [competition@petlife.co.nz](mailto:competition@petlife.co.nz) with Moo in the subject line.

Barbara Godfrey - Kaiapoi  
Tracey Gray - Hawarden  
Shirley Osborne - Timaru  
Danielle Woolley - Remuera  
Chloe Miller - Christchurch



Bronwyn Hughes - Dunedin



Rebecca Pitcher - Kaikoura  
Chog Hamilton - Winton  
Sara Le Comte - Napier  
Katie Mitchell - Napier  
Rose Garratt - Onehunga



Christina Rock - Wyndham  
Cameron Gillespie - Palmerston

SPRING  
ISSUE  
WINNERS

Kay Hamilton - Tauranga



## SUMMER ISSUE GIVEAWAYS



### New Zealand Sheepskin Pet Mat (RRP \$55NZD)

NZ Fur & Skin have a long tradition in New Zealand of giving our babies cuddly sheepskin mats to crawl on. Why not give the other cuties in your life the same treatment? We're talking, of course, about your beloved furry friends. These gorgeous New Zealand Sheepskin Pet Mat's are the perfect fit for pet baskets and beds, with the comfort and security of their own slice of paradise your pet will love you for it.

We have 4 New Zealand Sheepskin Pet Mats to give away.

Email [competition@petlife.co.nz](mailto:competition@petlife.co.nz) with Pet Mat in the subject line.

All other subscribers can use PETLIFE to get 30% off sheepskin pet mats (expires June 2018)

All competitions close 28 February 2018, with winners details published in our autumn issue.

Competitions drawn using random number generator

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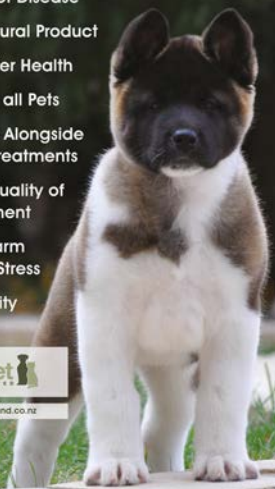
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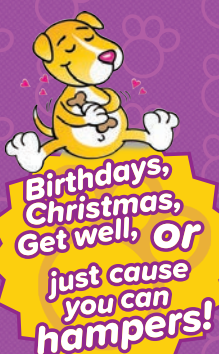
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# WELFARE RESCUE GROUPS

## NATIONWIDE

### KITTYCAT FIXERS

Location: National charity - based in Auckland  
Phone: 021 059 5863  
Email: info@kittycatfixers.org.nz  
Website: www.kittycatfixers.org.nz

### ROTTWEILER RESCUE & REHOMING NEW ZEALAND

Location: Servicing all New Zealand  
Phone: 021 022 006633  
Email: rottierescuenz@gmail.com

### NZ RAT RESCUE

Location: New Zealand  
Email: office@nzrr.org  
Website: www.nzrr.org

## AUCKLAND

### CRAZY CAT LADY CAT RESCUE SOUTH AUCKLAND

Location: Papakura  
Phone: 027 248 0577  
Email: cclcr@hotmail.com

### FRANKLIN CAT RESCUE

Location: Pukekohe, Auckland  
Phone: 027 901 2244  
Email: franklincatrescue@gmail.com  
Website: www.franklincatrescue.co.nz

### 9 LIVES ORPHANAGE

Location: Auckland  
Phone: 021 210 0051 or 021 208 2486  
Email: 9livesorphanage@gmail.com  
Website: www.9livesorphanage.co.nz

### HOPE RESCUE SOUTH AUCKLAND

Location: South Auckland

Phone: 027 686 2778 or 021 0200 8791  
Email: hope.rescue.south.auckland@gmail.com

### PASSION 4 PAWZ

Location: Auckland  
Phone: 021 126 1031  
Email: passionforpawz@gmail.com

### NORTH SHORE TURTLE, REPTILES & AMPHIBIAN RESCUE

Location: Birkenhead, Auckland  
Phone: 021 140 9491  
Email: nsrescues@gmail.com

### AUCKLAND FISH, TURTLE & REPTILE RESCUE

Location: Auckland  
Phone: 021 113 3469  
Email: reptilerescuenz@gmail.com

### AUCKLAND PUPPY RESCUE

Location: Auckland  
Email: Admin: puppyrescue@outlook.com,  
Fostering: puppyfoster@outlook.com,  
Adopting: puppyadopt@outlook.com  
Website: www.aucklandpuppyrescue.com

### AUCKLAND CAVY CARE

Location: Auckland  
Phone: 021969301  
Email: jrpetkeeper@gmail.com  
Website: www.aucklandcavycare.org

### CHAINED DOG AWARENESS

Location: Auckland  
Email: info@cdanz.org  
Website: www.cdanz.org

## BAY OF PLENTY

### WHANGAMATA CAT

Location: Whangamata  
Phone: 021 252 7002  
Email: whangamata.cat.adoption.team@gmail.com

### FREE AS A BIRD BATTERY HEN AND POULTRY RESCUE

Location: Mamaku, Rotorua  
Phone: 021 212 4788  
Email: freeasabirdrescue@outlook.co.nz

### ARRC WILDLIFE TRUST

Location: Tauranga  
Phone: 07 579 9115

Email: info@arrc.org.nz  
Website: www.arrc.org.nz

## WAIKATO

### ADOPTABLE

Location: Hamilton  
Phone: 07 390 0529 or 021 263 5652  
Email: jay@adoptable.org.nz  
Website: www.adoptable.org.nz

### PAWS 4 LIFE

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

### NEW LIVES ANIMAL RESCUE

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

### PAWS AWHILE ANIMAL SANCTUARY

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

### DOG PROTECTION LEAGUE

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

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

Location: Te Akau, west of Ngaruawahia  
Phone: 07 974 9024  
Email: larafarmrescue@gmail.com  
Website: www.littleacresfarm.co.nz

### SOUTH WAIKATO BRANCH RNZSPCA

Location: Tokoroa  
Phone: 07 886 7722  
Email: swspca.reception@xtra.co.nz

### DC RESCUE

Location: Waikato  
Phone: 021 041 4108  
Email: dc\_rescue@yahoo.co.nz

## HAWKES BAY

### HASTINGS & DISTRICTS SPCA

Location: Hastings  
Phone: 06 878 8733 (Shelter)  
Email: committee@spcahastings.org.nz



## GOAT WELFARE NZ

Location: Central Hawkes Bay  
Phone: 0211 602 329  
Email: goatwelfare@hotmail.com

## MANAWATU/WANGANUI

### POPPELLES KITTEN RESCUE

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

### ALL PAWS RESCUE

Location: Manawatu & Taranaki  
Email: rescueallpaws@gmail.com  
Website: www.allpawsrescue.org.nz

## WELLINGTON/KAPITI

### HUHA - HELPING YOU HELP ANIMALS

Location: Otaki & Kaitoke (Upper Hutt)  
Phone: 04 392 3232  
Email: enquire.huha@gmail.com  
Website: www.huha.org.nz

### KITTEN INN

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

### WELLINGTON AMPHIBIAN AND REPTILE RESCUE

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

### THE OUTPAWED RESCUE TRUST

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

### WAIRARAPA COMMUNITY KITTIES

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

## WEST COAST

### GREYMOUTH SPCA

Location: Greymouth  
Ph: 03 768 5223  
Email: greyspca@xtra.co.nz



## CANTERBURY

### CAT RESCUE CHRISTCHURCH CHARITABLE TRUST

Location: Christchurch  
Email: catrescue.chch@gmail.com  
Website: http://catrescue.org.nz/

### CHRISTCHURCH BULL BREED RESCUE

Location: Woolston, Christchurch  
Phone: 021 296 7389  
Email: chchbullbreedrescue@hotmail.co.nz  
Website: www.chchbullbreedrescue.org.nz

### TURTLE RESCUE AND REHOMING

Location: Christchurch  
Phone: 021 202 0185  
Email: turtleinfo@paradise.net.nz  
Website: http://www.turtlerescue/

### CAT CARE INC

Location: Rangiora  
Phone: 021 202 0185  
Ph: 03 313 3851  
Email: info@catcare.org.nz  
Website: www.catcare.org.nz

### OXFORD BIRD RESCUE & CANTERBURY RAPTOR RESCUE

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

### CATS PROTECTION LEAGUE CANTERBURY

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

### DOG WATCH SANCTUARY TRUST

Location: Christchurch  
Phone: 027 319 2411  
Email: info@dogwatch.co.nz

## OTAGO

### ANIMAL RESCUE NETWORK NEW ZEALAND

Location: Dunedin  
Email: arnnz.enquiries@gmail.com  
Website: www.arnnz.org.nz

## ONE BY ONE RESCUE NZ

Location: Dunedin  
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## SOUTHLAND

### SOUTHERN CROSS GREYHOUND ADOPTIONS

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

### SOUTHLAND GREYHOUND ADOPTION

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

### FUREVER HOME

Location: Invercargill  
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](mailto:info@petlife.co.nz).





## Donna Moot takes the time, while hosing off a turtle tank, to tell Pet Life about her turtle rescue operation in Christchurch.

When I was about 17 I went to Singapore and everywhere I went there were turtles. I thought they were so cool, they were in the parks and markets; they were everywhere. When I was about 24, turtles started popping up in the pet trade in New Zealand.

I got a couple of turtles, both males. One of them is still alive, in his 30s now. The other I lost in a pond. He got pneumonia, which was really sad. He would follow me around and try and climb up my leg, sit on my feet. He was such a cool dude.

Both of them had deformed shells because I fed them ox heart and cat biscuits. I didn't know any better then. I got another turtle because the owners went to the Chatham Islands. So I had one female and two males. Again I learnt a lot from that. My males used to fight with her around. I didn't realise I should separate them, you just didn't know. No one had turtles at the time, and Google certainly wasn't around. Terri came from a magician. She was covered in green algae; she had never been out of the water. Part of her shell had rotted. I had to figure it out. Basically, it all started when a vet who worked for the SPCA said I knew about as much as he did about turtles and would I foster turtles that came through the SPCA. That was about 11 years ago. My first rescue was Avon, out of the River Avon, who was deathly unwell. I tried antibiotics and things. A little old lady had found her on her lawn. She had

come from a creek in her backyard. I remember being in a supermarket and buying shrimps or something, I was talking to the supermarket girl: "I have 13 turtles". I thought jeepers, that's huge ... and the way she looked at me, as though I was mad.

I currently have 64 in my house. They're in the lounge, in the garage, a few are in the ponds outside, in the conservatory. There are over 100 in my care. The others are in foster homes at rest homes or primary schools, with people who can't have a turtle for a long time. I also have some in a big 10m x 15m pond that belongs to a couple I once helped with their turtle. They have a lot of my long-term turtles. I send turtles out there to hibernate. I regularly have 18-20 turtles out there.

I'm getting the number of tanks down. I have a 6-foot tank and a 4-foot tank in the lounge. I have a number of black 500 litre ponds that are freestanding – four of these are in use at the moment. One is in the conservatory. I have four big tanks and a pond in the garage, and there are ponds outside. It is insane. In winter, I have 15 tanks and the ponds. You need to change the water in turtle tanks every week because they pee and poo in it. Every seven to 10 days I clean the glass and change the water, one tank will take 20 minutes. I have a very flexible garden hose that comes inside. Sometimes I think: when will it stop? When will I be back to just me and my turtles. I have a dozen that I call my

own, but when you have 64, that's quite a lot.

Many are found. I had one pulled out the Cashmere Stream this spring, it had started waking up, had been abandoned. She looked OK, not very pink from septicemia, but not moving. She died on the third night, had no interest in food, just full of infection. She had probably not been brought up with correct food and light. Red meat can cause gout and liver problems.

I get turtles that come in because people have heard of me. "My son has left home, I have to look after it; it's too much work!" You have one turtle! I have 64, and a fulltime job. I suss out if I feel the turtle is in a safe place, and if it is I say "ring me in a month, it's winter, my power bill is over \$1000".

Four turtles have come in because owners have killed themselves. In Christchurch, the suicide rate is high because of the quakes.

At the time of the quake, I had, I don't even remember ... the quake happened on Tuesday and by Friday I had 45 turtles here. I had no water. The tanks had exploded, there was broken glass everywhere. Even the tanks that were intact were full of glass and I couldn't clean them. I was running on one tank. Ten days without water. I had a lot in large plastic containers, they were on the floor in the lounge. The turtles took turns in the water. There were towels and turtles all over the floor. People would turn up at the door, the





car outside with the whole family in it, a turtle in a box. "We have no home left, can you help?"

I photograph the underneath of turtles so people know which is theirs. It's turtle ID. The underneath pattern is unique to every turtle. I get a piece of paper, put the turtle's name on it, the date in. I also photograph their backs and face, so that if people say they have lost a turtle they have to prove to me it theirs.

I won't just give my turtles away to anyone. When I adopt out my turtles people have to sign an agreement that they won't sell them on Trade Me – they must come back to me. Only a small handful come back because I vet them so well and make it very clear you have to be committed to this.

My biggest turtle is about 26 centimetres long and weighs 2.5kg. Heffalump is her name. They all have a name, most I can recollect, and with that name I remember their story. It's usually a road or a street name.

I have long necks, red-eared sliders, Reeve's and three painted turtles – they are new in the trade, have only been around for about three years. They are

very bright underneath. They are lovely, have a pretty face, but are quite vicious. All the turtles I have, their shells are totally different because of time spent in tanks. Some of the shells have rotted. If the tanks are too small that causes the shells to turn up. It's all caused by the humans that look after them, and just because they didn't know. Didn't have a clue. It's a real problem – people don't realise this turtle is going to need care for 30-50 years.

I encourage people to think, what would the turtle be eating in a natural environment? Fish, oxygen weed, water snails, watercress ... Kale is completely wrong for a turtle. Silver beet inhibits uptake of vitamin D and calcium. The Hot House turtle food is very good. I can spend \$150 a week on turtle food. It is expensive but the cheap stuff is no good.

Most of it comes out of my own pocket. I have one or two turtles that I look after that the owners pay me a certain amount. And when I rehome turtles I ask for a \$20 donation.

I give a lot of advice or help. I get a lot of people ringing, "I have just got home and the turtle is caught in the filter".

It's a very typical story, people don't realise they can get their head or feet stuck in the filter, and caught in rocks.

I learned how to do turtle CPR before I knew what it was. You hold the turtle flat in your hand with its neck between your fingers, and lift your hand up and swing it down really fast a number of times, it's to clear the airways of water. I have given mouth to nose on occasion. You keep doing it until you get some kind of response.

Turtles will eat stones. I have had turtles pass glass, open staples, bits of plastic. I don't have stones in my tanks for that reason. Nor plastic plants. Ornaments should be flat and smooth, not rough. I only use driftwood.

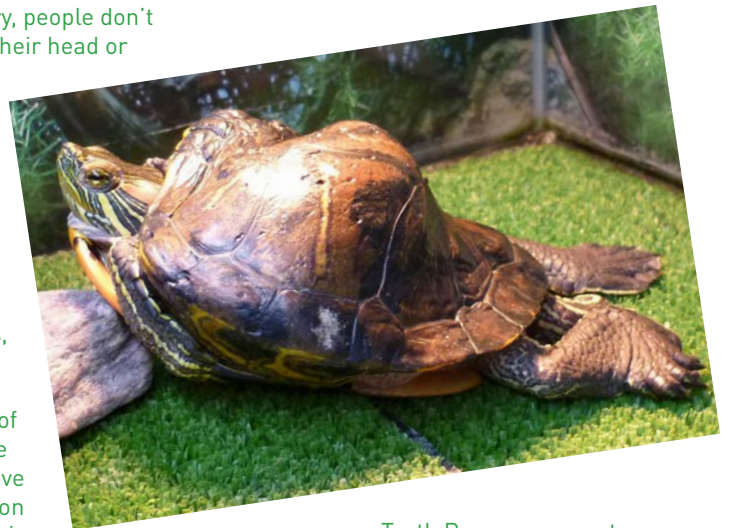
One of my boys, Jeffrey, when he came it looked like someone had tried to saw his shell off with a hacksaw. He had been stolen from a pond while the owners were away. It was really traumatic; they were in tears on the phone. It was almost right through the shell. That has taken over a year to heal. Jeff has been here for years but will go home.

So anyway, where was I going with this? Oh yes, Jeff is besotted with an ornamental bridge. He flirts with this bridge, flutters his legs at it. He sits on it and swims under it, so when he goes he has to go with a bridge.

Some turtles love to play. Akai used to throw a clamp in the water and dive in and fetch it. I kid you not. When he left he went with his clamp.

All turtles have their personalities.

Turtle Rescue and rehoming gratefully receives donations. Donations (with a tax receipt) can be made to Nature by Design Ltd, reference



TurtleRescue, account number 02-0828-0091088-083 (please email Donna with your name and address to receive a receipt). Donate to ANZ "Turtle Rescue" 010798 0096119 00 if you don't need tax receipt, or via [www.totallytanked.co.nz/turtle-rescue](http://www.totallytanked.co.nz/turtle-rescue) for pay pal account.



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# INSTAFAMOUS



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Rocky and Cocoa. Hi, I'm Rocky with my little friend Cocoa I like to patrol outside while Cocoa lives the high life inside. Come follow our adventures in N. Z.

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astrothejspitz



Astro the Japanese Spitz puppy born 06.06.2017. Living in Christchurch, New Zealand



spencercavoodle

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