Bertha and Teresa scoop Aldi prizes

CONGRATULATIONS to Bertha Winstone and Teresa Laurie who won The People's Pet Food Competition.

Pensioner Bertha, 81, said her pet dog Patch deserved to win a month's supply of Aldi's animal feed because the 10-year-old Collie is a constant companion for her since

And she also suffered further loss when her son Jamie was killed in an

He is my companion and friend. I cannot imagine being without Patch."

Animal lover Teresa scooped a month's supply of Aldi cat food after telling us how she has looked after

strays for 25 years. Teresa, 60, of Hanworth, Middlesex, said: "My life is my cats - I love them to bits. And I am lucky enough to have a very sympathetic vet em for regulating their mperature. If a dog is hot hey will pant to cool the blood in their tongue



worker Lisa Caldwell, 21, who orked for Edinburgh Cat and Dog Home, admitted neglecting her own German shepherd

the death of her husband. who helps me with the bills. "My eldest cat is 16-yearsold and I nursed her back to health all by myself." Bertha, of Morecambe, Lancs, said: "He comforts me whenever I feel down. A spokesman for Aldi said: "Congratulations to them both. **PEOPLE** Reader Offer Mobility

Deluxe Super Lightweight Aluminium TRI-WHEELED FOLDING

ONLY £79.99 inc. p&p

Walk with confidence. So much easier to walk with than a walking stick, this Tri Wheeled Folding Safety Walker encourages a flowing walking pattern whilst allowing you to maintain the correct posture. The swivel front wheel allows excellent manoeuvrability especially in space restricted areas. Suitable for both indoor and outdoor use, it can be folded for storage or transportation.

On offer for only £79.99 inc. p&p - order today!

FEATURES INCLUDE:

- · Super lightweight frame only 3.8 kg · Adjustable Silver finish aluminium frame
- · Easily operated lockable hand brakes Swivel front wheel
- · Maintenance free tyres

0_FA_CtP-3_1st_xxx_025-032

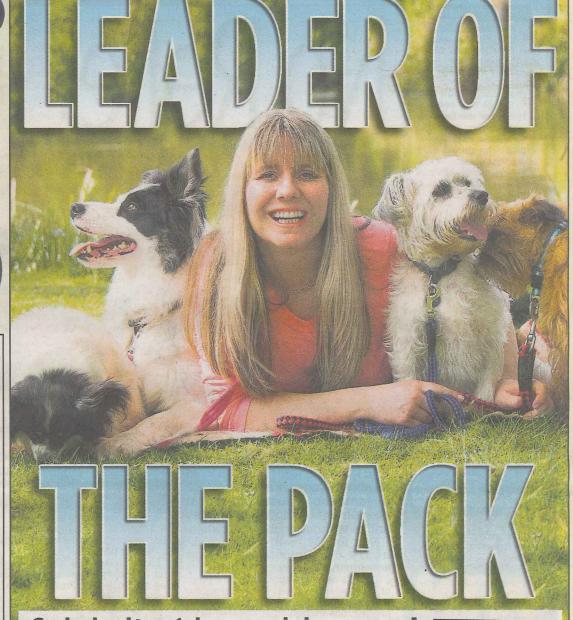
- · Supplied with Velcro fastening
- detachable shopping bag
- · Ergonomic grips on handles
- · Maximum user weight 115 kg



Telephone: 0844 811 6720 quoting SPF12831

ALTERNATIVELY COMPLETE THE COUPON IN BLOCK CAPITALS AND SEND IT TO:
The People, Aluminium Tri Walker Offer (SPF12831), JEM House, Littlemead, Cranleigh, Surrey GU6 8TT

POST TO: The People, Aluminium Tri Walker Offer (SPF12831), JEM House, Littlemead, Cranleigh, Surrey GU6 8TT	PLEASE SEND ME	400	PRICE	TOTAL
	Super Lightweight Aluminium Tri Walker	3	279.99	
ide (Mr/Mrs/Miss/Ms)InitialSumame				
address.	I enclose my cheque/PO for the am	ount of £.		
	crossed and made payable to "MG	N SPF128	831"	
ostcodeDoB/	NAME AND ADDRESS ON THE BACK PLEASE.			
mail (delivery tracking)	Or debit my credit/debit card for the	sum of £	Ε	-
el No (for queries only)				
Card No.		Maest	tro 16-	- No
			100	
3 Digit Security No. Valid Valid	Expiry Ma	aestro Iss	sue No.	
MGN Ltd, other Trinity Mirror group companies or selected third parties may contact you with details of goods and services you may be interested in				
Please tick the box if you do not want your details to be shared with selected third parties.	Signature			



Celebrity 'dog whisperer' Sharon's training secrets

CANINE carer Sharon Bolt warned her male pups would be trouble reckons she has become Britain's top Dog Whisperer after helping a host of celebs with problem pets.

Sharon says she first learned to communicate with animals five years ago and has a novel approach to dog behaviour - she teaches YOU not your pet.

Single Sharon, 42, has helped hundreds of owners including dozens of telly stars and says success is easy. She explained: "Dogs are pack

animals who look for strong leaders. Learning about pack mentality and dog psychology is the answer to stopping unwanted behaviour. This includes pulling on the lead, incessant barking, separation anxiety and aggression.

Sharon picked up her skills when she struggled with her own Parson Terriers in 2004. She was PROBLEMS: Emma

so she went to seminars on dog psychology and non-verbal communication. She explained: "I used my skills as a confident leader to show them who was boss and now they're my best friends.

She ditched her job as a complimentary therapist and became a full time dog behaviourist in East Grinstead, West Sussex.

Among the celebs she has helped is former Spice Girl Emma Bunton, 33, who struggled to train her two labradors. Sharon revealed: "Emma was great to work with. She really loved the philosophy that she was the pack leader – that she had the power above the dogs.

Sharon usually sees families for one or two sessions - offering them advice on how to

She added: "A dog who feels comfortable in human leadership is happy, calm, relaxed."

When walking your upright body, this means your chest is forward, your head is held high. When saying 'No' do so in a calm and

authoritative voice. A soft or frustrated tone will not be effective.

The walk is a main area in which dogs look for leader ship. When leaving the house, ensure you go through the front door first which shows you are in

charge.

O Avoid eye contact when meeting a new dog as it is confrontational.

9 When a dog yawns he is demonstrating overwhelming or is creating anxiety, the yawning is a way of calming himself down

DO YOU HAVE A WONDERFUL STORY ABOUT WILDLIFE OF OWN AN AMAZING ANIMAL? EMAIL YOUR TALES TO: PETS@PEOPLE.CO