

pets AND THEIR people

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 the death of her husband.

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

Bertha, of Morecambe, Lancs, said: "He comforts me whenever I feel down.

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 who helps me with the bills.

"My eldest cat is 16-years-old and I nursed her back to health all by myself."

A spokesman for Aldi said: "Congratulations to them both."

DOGS' sweat glands are between their paw pads but they don't use them for regulating their temperature. If a dog is hot they will pant to cool the blood in their tongue with saliva.

KENNEL worker Lisa Caldwell, 21, who worked for Edinburgh Cat and Dog Home, admitted neglecting her own German shepherd puppy while at work before JPs last week.

LEADER OF



THE PACK

Celebrity 'dog whisperer' Sharon's training secrets

CANINE carer Sharon Bolt 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

warned her male pups would be trouble 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 talk to their pets.

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

PROBLEMS: Emma

5 STEPS FOR EASY WALKIES

① When walking your dog do so with an upright body, this means your chest is forward, your head is held high.

② When saying 'No' do so in a calm and authoritative voice. A soft or frustrated tone will not be effective.

③ The walk is a main area in which dogs look for leadership. When leaving the house, ensure you go through the front door first which shows you are in charge.

④ Avoid eye contact when meeting a new dog as it is confrontational.

⑤ When a dog yawns he is demonstrating that the situation is overwhelming or is creating anxiety, the yawning is a way of calming himself down.

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