
The MewsPaper for Instagramming Pets, Plushies and their People

#plushiesbuildbridges

Welcome

Hello Dear Friends.

Happy New Year. Welcome to the first issue of Pets' Mews of 2018. It's a brand new shiny year, and I know you've already been busy exploring, doing great things, and keeping (ahem) your New Year's Resolutions. To help you along, and inspire you somewhat - or a lot - we've got a super duper exciting Pets' Mews takeover by the brilliant @ginger_ned who magnificently charts the A to Z of Charity Trekking, and who I'm sure you agree with me,, along with his accomplice, deserves a huge round of apawse, not just for the amazing trek, but for the great write-up. We've also got a couple more brilliant examples of how our plushie community is so great at reaching a paw across the globe to those in need, and of course, we've got some fab photos to round up what's been up on insta. So, happy reading.

Love,

Tipsy Cat Bose xxx



#plushiesbuildbridges

Also inside

- ◆ Keep your paw on the pulse of fashion with Dušana's Eye on Style.
- ◆ Catch up with your fellow-plushies photos.

A-Z of Charity Trekking

by @ginger_ned



Alzheimer's Society

is the charity which organises the 26-mile charity walk my accomplice signed us up for without so much as a, "do you think we can get hiking boots in your size?" I quickly forgave her when I started to read about dementia and the valuable work the society does supporting those affected by dementia and raising money for research. You can learn more at <https://www.alzheimers.org.uk>.



Bananas

You will need several of these. They are a great source of energy and of course come in their own handy packaging.

Canterbury

is where our charity walk took place. You can sign up for charity walks all over the world, but the Canterbury Trek is a marvellous option for little legs as the terrain is not too challenging and there is also a half marathon option.

Doctors

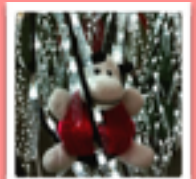
accompany the walkers and bring up the rear to make sure everyone is safe and well.

Elephants

You will not see any elephants on the Canterbury Trek. Oh wait. Eggs: an excellent, pre-packaged source of protein. Yes, let's go with eggs.

Благодаря

@doyka_supercow
газеты Pets' Mews
теперь
можно читать на
русском -



Feet

I cannot emphasise enough how important your little feet are when walking long distances. Mine are of course baked hard, but all my plushie friends and your hoomans with soft feet should make sure to have appropriate footwear, which has been worn in before you set off on your big walk.

Germolene

is an over-the-counter antiseptic cream with local anaesthetic. My accomplice swears rubbing it into her feet before a long walk makes the world of difference. Now, I am not a medical professional and I can't speak to the clinical benefits of such a bizarre habit, but it does seem sensible to have a cream with antiseptic and anaesthetic in your first aid kit when you walk, along with a blister pack and painkillers.

Hands

It is easy to forget the other appendages when focusing on one's feet, but the hands can suffer during long walks too, most notably from the dreaded condition known as... SAUSAGE FINGER! Be sure to keep those paws and hands moving. Using walking poles also helps to keep the hands elevated.

Ice-cream

The Canterbury Trek takes you along the beach at Herne Bay, which is a perfect excuse for an ice-cream stop. Even if you get there at breakfast time!

Jogging

The Canterbury Trek does not have the capacity to support runners, which is fantastic news for those of us who do not like to run. If you have running legs, there are however plenty of alternative events you might be interested in.

Knees, high knees

Walking on mostly flat ground for long periods can be unexpectedly uncomfortable because you are not using the full range of leg muscles you would if you were walking up and down hills. I thoroughly recommend you encourage your pets and hoomans to try the old 'high knee' walk when their legs become stiff. Not only will it get their muscles moving, they will look utterly hilarious.

Locals (and by locals, I mostly mean the animals)

Beware the overly interested bovines, horses and sheep. Whilst such creatures pose little danger to

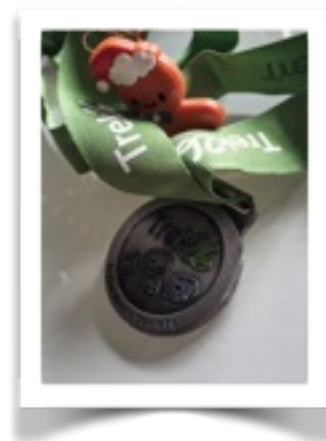
your hoomans (unless they walk past the kicking end without paying sufficient attention), they are a potential risk to tiny biscuits and plushies. Of



course, it is also imperative to be mindful we are the visitors. Close gates. Respect farmers' crops and fields you walk through. Say hello to the caterpillars.

Medal

Of course these charitable endeavours are about challenging yourself, supporting worthy causes and doing exciting things with friends, but it doesn't hurt to have a pretty medal at the end, does it?

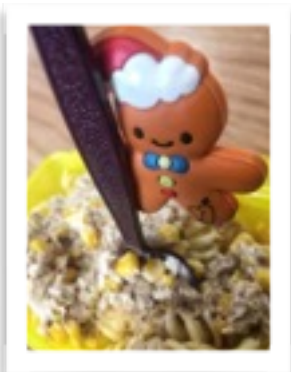


Nails

I don't have any toenails, but my accomplice assures me you must cut them short if you do. If you do not, they can go black and fall off! Which sounds horrific!! Plushie pals, tell your hoomans to trim their toenails.

Outdoors

Oh the great British outdoors, what surprises you hold for us. Whenever you are attempting a challenge that will keep you outdoors for the best part of the day, it pays to be prepared. I suggest sun lotion, waterproofs and a hat for all eventualities!



Pasta

An excellent source of carbohydrates. Particularly yummy when combined with mayonnaise, tuna and sweetcorn... with a dash of balsamic vinegar.

Questions

Don't be afraid to ask someone who has done a long walk or the organisers any questions you have. You will receive regular emails from the Alzheimer's



Society to update you and remind you about training after you sign up. No question is too silly. It is better to be prepared.

Route

The Canterbury Trek is a most marvellous route across fields and orchards, along the sea front and through historic Canterbury. It is extremely well signposted with bright orange triangles; so if your accomplice struggles to read a map, do not fret!



Snacks, sponsorship (and social media!)

Make sure you take snacks. And make sure you tell all your friends what you are doing on every social media account you have access to, so they will be suitably impressed (or even glad they are not doing it themselves) and sponsor you. The combined sponsorship effort of the walkers for

the 2017 trek was a gigantic £97,000!

Training... or talking

I am fairly sure the sole reason my accomplice and her friend signed up for the walk was to give them a reason to spend miles and miles of time together catching up on gossip. This included all our training walks. Those two sure can talk!



Underwear (and indeed, outerwear)

If you wear such garments, they most definitely must be comfortable. That scratchy label, too-tight knickers or sock with a hole will become mighty painful after 10 miles, which brings me to...

Vaseline

Because, chafing. The horror.

Water

I suggest you have your pet/hooman/accomplice/minion carry this for you, because it is quite heavy. However, the Canterbury Trek is very well supported with plenty of water stops, which of course brings a whole other W issue. Weeing.

X is the Roman numeral for 10

The Canterbury Trek is not a race. However, most people will complete the full marathon in approximately 10 hours (faster walkers may finish closer to 8 hours, while other may take 12). There is a cut-off point at which the support can no longer be provided, but there is plenty of time and help along the way to get you to the end.

Y

“WHHHHHYYYYY?” is something you might find yourself asking along the route, which frankly is a sensible question and demonstrates you have not completely lost your marbles. I certainly recommend doing a walk like this with people you actually want to spend 26 miles with, but you will also meet and chat to people along the way. Try to have fun, enjoy the beautiful scenery, make funny wigs in the corn, be thankful for the feet that carry you the distance and know your efforts are making a contribution to a worthy cause.

Zzzzz

is what you will be doing lots of after your walk. Be sure to have a lovely bath or shower. Try rubbing some homeopathic oil into those achy feet and muscles (because whether you agree it has magical healing properties or not, it smells quite lovely), hydrate and get plenty of rest to allow your body to recover.

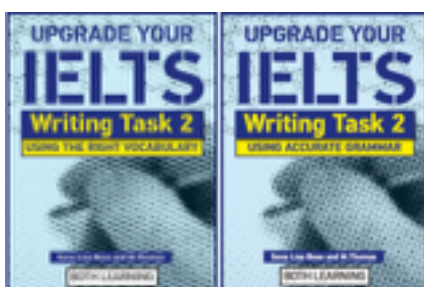
I do hope you found my little guide helpful and now want to take part in your own charity walk!

[@ginger_ned](#)

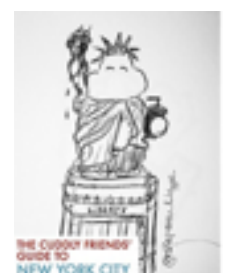


Advert

Is your pet studying for the IELTS? Then, why not buy them an interactive iBook for iPads, iPhones and Macs? Available to download from the iBookstore.



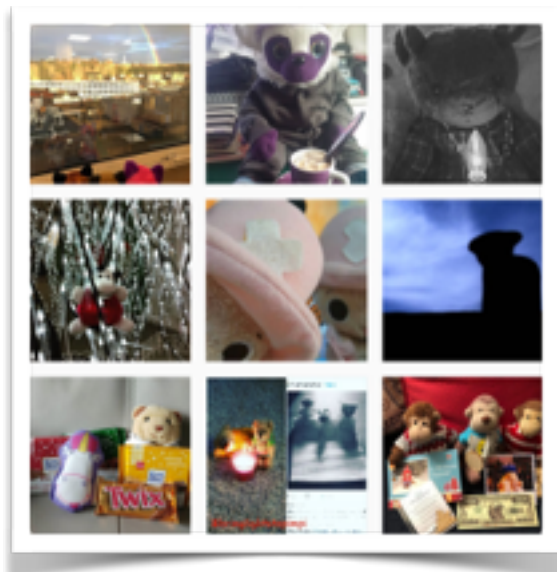
Did you know that there's a Travel Mascot's Guide to New York City written by some of your very own plushie-pals? Check it out on the iBookstore, and here for iBooks Russian and on Amazon, or Lulu for the Russian ebook version. Part of the profits will go to charity.



#PlushiesBuildBridges

They've been some great campaigns recently which show **#plushiepower** in action. We've been involved with one ourselves, to help the homeless.

We'd noticed an increase in the number of rough sleepers, or homeless people out in the streets of London in recent years, and felt it quite acutely when we were wandering round the amazing Lumiere festival in London. It was so sad to see so many out on cold and wet winter nights, when others were having fun watching the lights, so we wanted to do a little bit to spread a little light into their lives. We therefore decided to donate 50p for every post that used the hash brown **#plushiesbuildbridgeshomeless2018** up until the end of January 2018, up to the value of £50. As I type this with my little paws, we've had 77 entries, and we'll let you know if we reach our target (of course I'm sure we will!) next time. The money will go to **@providencerow** - a charity helping the homeless in East London, and to **@streetvetuk** who are an **RCVS** registered led group of volunteers providing veterinary care to the doggies of the homeless who provide so much comfort and support to their homeless human pets. Right, are some of your entries so far. A big thank you to all who've entered and, of course, to the charities helping the homeless. ***** STOP PRESS***** we made our target! Hip hip hooray! More on our insta!



#bringlightstopimpi



There's also been another most amazing and generous plushie initiative going on started by sweet **@nenebearnyc** to help **@pimpibear** who lives in Puerto Rico. Did you know, that Pimpi and her and other human pets in the town are still without consistent power? Hurricane Maria devastated their island back in September 2017, and Pimpi reached out her paw to ask for prayers and positive energy from her plushie pals.

Then, the rather brilliant **@nenebearnyc** decided to take matters into his own paws. Like a knight in shiny armour, he has started a gofundme campaign to pool money to buy a solar powered generator to get endless, green energy for the town. Isn't that fab? The lovely Hope, **@honeygrovebears** sums it up rather nicely:

"I know we may not have much monies, but if we all pitched in even \$1-\$5 we can help #bringlightstopimpi (use this hashbrown (#) to post to if you

repost or post your own photo in a dark room to help spread the word.) Our #redthreadoflove is natural for us plushies. I know we are generous. We believe in helping, doing good deeds, loving each other... here is an opportunity to put love into action."

And the call to action has been answered, with many plushies getting involved, donating a little, or a lot, and spreading the word. So far, \$875 dollars has been raised. There's a target of \$2,000, so let's see if we can smash it. Here's the link:

<https://www.gofundme.com/endlessenergyforpimpi>



Eye on Style by @altravelbunny



"Plushie Fashion is an ever expanding enterprise, with many new and exciting trends coming into play. One of these is the plushies modelling world.

After traveling the plushie fashion scene for the past few months, we finally managed to meet the exclusive Japanese model 'Milk', @milk.rabbit.tea.

Very few words were exchanged, however they say a picture is worth a thousand words and we were able to do a fashion shoot for all occasions" 'Milk' models fancy dress for special occasion. In the photos far left with the blue frame are a western style bridesmaid dress by Alexander

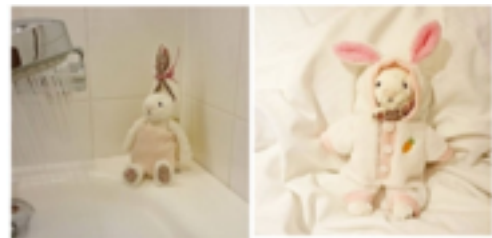
McRabbit at the top, and below is a traditional Japanese style by Bunji Yamamoto.

The red frame sees; 'Milk' model a western style festive dress, modelled on a 'Red Riding Hood' design by Bunelsa Schiaparelli.

Below: 'Milk' models the relaxation & sleep designs by a new western designer on the fashion scene in Australasia, a Rabeter Alexander.

And in the green frame below: 'Milk' models comfy yet fashionable outdoor French haute couture by Bean-Raul Gaultier (left & right) and Bunouis Féraud (middle).

**All photos provided by 'Milk' & her exclusive photographer.



And here's a round up of some of your cute photos to make you smile.

@_lida_n (top left) found a cute procession of penguins. @yashabear (bottom left) brings a little sunshine into our lives. @au_thefox takes (top right) part in #eisiscookiechallenge with extreme talent in biscuit balancing. Rudy the dog @gnme_rudy_jennie (bottom right) continues to be a heart and shot-stealer in their entry in the #tag_youre_it_selfie game. And a round of apawse goes to @loris_the_monkey (bottom centre), who is not only an expert snowflake-catcher, but was featured by craftholic!

