



APRIL

THINGS TO LOOK FOR IN APRIL:

An influx of migratory birds like swallows and warblers.
Blooming bluebells and wood sorrel.
Emerging butterflies such as orange-tips and peacock.
Lambs in the fields.
Wild Garlic.
Rabbits among the wildflowers (Cowslips & violets).



CHAIR'S CHAT

At last, it feels as though spring has decided to make an appearance. The days are getting longer. The daffodils have been and gone, and the tulips are making a welcome appearance. Some of us may even have ventured out without a coat – briefly and cautiously of course!

April is a good month for getting out and about again and as always there's plenty happening across our u3a groups. Whether you're learning something new, enjoying a nice meal with the Wine & Dine group, a glass of wine with the Wine Appreciation group or just simply meeting with friends at any of our many other groups, there's a lot to look forward to.

This month's newsletter has the latest news and activities so do have a browse and see what takes your fancy. And if the sunshine continues, you might even be able to read it in the garden. 😊

Jean

It may be useful for members to know that they can set up a standing order with their banks for payment of the annual u3a membership fees of £15 or £20. Doing so will ensure you don't forget to renew when the time arrives. The details are as follows:

Bank: Nat West.

Sort Code: 54-41-05. Account Number: 32986734. Higham & Rushden u3a.

If you are unsure or in any doubt please contact any committee member.



Queen Elizabeth II: Her Life In Style

This exhibition is being held in the Kings Gallery, London and is a collection of the clothes worn by Queen Elizabeth II throughout her reign, including (I'm told) her Coronation dress. This is proving a very popular trip, but I do still have a few more places available. The cost is £65. to include coach into London and entry to the Exhibition. Please see me at our next monthly meeting if you are interested.

Boat Trip (Saturday 8th August)

This is a riverboat trip on the River Nene starting and ending at Northampton Marina. The cost of the river boat trip is £17.50. We will be stopping on the way to have lunch at the Britannia restaurant, which everyone will pay for separately. There are just 20 places left for this trip, so please let me know as soon as possible if this one appeals to you. Jean Mole

Turkey & Tinsel

I do need another 15 - 20 members to sign up to this five day/four night event to ensure it's both feasible and cost effective. The cost is £389 per person to include coach to & from the North Devon Resort, Ilfracombe. Accommodation there is in modern, ensuite units with comfortable beds and kitchen facilities. Tea or coffee & mince pies on arrival. Dinner, Bed and Breakfast on each day with first class entertainment every evening, and games and quizzes during the day. In addition Tuesday 24th is designated "Christmas Day" with traditional Christmas dinner , crackers and presents . Single accommodation is available as an additional £15 per night. However, if two friends wish to share (without paying a surcharge), I can arrange for a two bedroom apartment but sharing a bathroom .

Please see me at our next monthly meeting so I can add your name to the list and make this popular event happen again this year. Alternatively, if you don't get to the meetings, give me a call on (07736) 445658. Jean.

Dine at Home Suppers:



I currently have one space available on Wednesday 22nd of April, and two spaces available on Thursday, the 23rd of April. The menu for this month is Tomato Soup or Poached Pear and Stilton/Chicken in Mushroom Sauce or Fish Pie/Oranges in

Caramel or Summer Fruit Crumble. The cost is £15 per person for three course meal to include a glass of wine and a cup of tea or coffee.

Always an enjoyable evening with good food and lots of chat Please see me at Monday's meeting or give me a ring on 0773644 5658 for more information.

Jean Mole



Rock & Blues Group: Our next meeting is at 14.00 hours on 30th April. The topic is the letter "W." Currently the group is full & there is a waiting list.

Jim Morrison



Bookmarks Again: The 39 Steps by John Buchan

The reading group sometimes decide they would like to go back and rediscover a classic or famous book as we decided with this novella and famous story that has always been popular. It has been the inspiration for several films. What can be described as a fast paced, quick moving, page turning spy and adventure story was a bold, cracking tale which delighted us all. The scenery of the Scottish borders was beautifully described as the hero Richard Hannay searched for places to hide as he tried to escape his pursuers in time to return to London. Several country characters help to conceal him, and we are told how solid and loyal they are.

Written over a hundred years ago the rigid class system was very evident with characters sometimes making remarks which would be seen as offensive today.

A friend who is member of the John Buchan society had kindly sent us a biography of the author who was a prolific writer of both novels, propaganda in the First World War, as well as a history of the conflict as it progressed. He became the Governor of Canada gaining respect from both the Indigenous Peoples and the Canadian Government as he travelled through the country. A delightful detail was that Alice, his daughter, while on holiday in Broadstairs in 1914 was, as children do, counting the steps to the beach and announced there were 39 and this became the title of his book.

Watching or reading spy stories today John Buchan left an excellent example of how to construct a similar tale which continues to still enthrall.

Ann Hart



Garden Group:

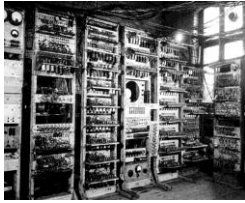
Garden Group now enter our season of garden visits starting with Bosworth House on May 14th, this trip is fully booked.

June 11th will see us going to Delapre Abbey and bookings are being taken with full payment at time of booking.

All visits are self drive.

Look forward to seeing you soon

Lorraine



Computer Group: New Details

We have changed our meeting date – we now only meet once a month on the first Tuesday of the month from 10:00-12:00, still in the Waitrose Community Room.

The next meeting will be on 5th May 2026 when we will be looking at formatting and setting out business and personal letters in Microsoft Word..

We cover Windows 10/11 & most office applications for all levels of computer knowledge & are happy to help Group Leaders with all aspects of Beacon.

Anyone who dropped out of the group when it changed to Saturday may reconsider rejoining, so why not come along, & try it out, who knows, you might just learn something, All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



Country Dancing

We continue to meet at the Hensman Hall in Higham Ferrers at 2 o'clock on alternate Mondays. The next meeting being on Monday 23rd March at 2 o'clock.

The group continues to grow, welcoming new members (we have no waiting list), No previous experience is needed, & it is suitable for people of all ages. A good way of keeping active with gentle exercise & meeting friendly people.

We are also very fortunate in being supported by three very experienced callers who take it in turns to walk us through the dances before calling out the moves to the music.

Richard Coles 07709737308



MMFC (Monday Morning Football Chat).

We have resumed our sessions on Monday Mornings at 10am in Waitrose Cafe. A wide range of clubs & views are represented from AFC Rushden & Diamond to Ipswich to Chelsea & all stops in-between! Insightful punditry at its very best! MOTD eat your heart out!

Mike Gibbons



Art for Fun

Art for Fun dates are as follows:

The meetings are held every two weeks in the Waitrose Community Room from 2.00-4.00pm.

The next 2 months are as follows:

April – 27th

May – 11th.

May 25th is a public holiday so there is no meeting.

I will be available at the Monthly Meetings in the Group Leaders' Room after the meeting.

Brian Lawrence.



History Group:

The meeting in August will be a visit from Henry V111 and a talk about his wives. The venue will be different: It will be at Chichele College in Higham Ferrers which Henry dissolved. When he appears, we are expecting an appropriate reaction!!!. There will also be a barbeque in the grounds and we will need some volunteers to help out. Please bring your own drink as Henry is very mean with his mead.

May 7th will be Pork Pie Heaven. The History of the Parson Family in Irchester. Be prepared for a treat.

The visit to Drayton House in Lowick is now full and the visit will start with a buffet at the Germain Rooms in the village at 12.30 Prices will be advised before Monday's meeting by email. Food will be optional.

The cost of coaches for visits is becoming a concern and we will talk about this at the next meeting when we will discuss the option of car sharing.

We thank you for your continued support and would welcome any ideas.

John Holdom-Eyles



Chatterbox:

Chatterbox has broken away from WALT. It is a group that focuses on female-friendly chatter & discussions over a cup of coffee. We offer social outings too. We meet in the Community Room at Waitrose every Monday morning 10 till 12. If you are interested in trying us out please feel free to come along. You are assured of a warm welcome. Chris Murdin & Jenny Robertson.



Canasta

We meet at my home in Stanwick on the 1st & 3rd Thursday of each month from 10 am until 12 noon for a friendly game (or two). Further information is available on the website if you would like to join us. There is always cake.

Jean Mole



Handicrafts

The Handicraft group meets every 4th Thursday of the month at Rushden Bowls Club. . Kathy & Jenny.



Greetings Cards

Our next meeting will be on 6th May. Why not come along & try making 3D cards for special people or events. We have an infinite number of designs available from which to choose.

All materials (including envelopes) are provided at a very small charge.

Please contact me at my new email address: tesscards@myself.com or 07899 695822 for details if you are interested in joining the group.

Tess Pratt



Ten Pin Bowling:

We continue to regularly have over 26+ bowlers each session who enjoy two games of friendly competitive bowling on a Friday morning, we are always able to accept and welcome new members as more lanes are available to us if required.

The group restarts after the Easter school holidays with our first bowl on the 17th April continuing every alternate Friday.

The calendar on our HR website will show details of the future dates until the end of June.2026.

Latest scores are always available to be seen on the HR website group page.

If you would like to know more about this group or advise us that you would like to join, then please get in touch via the website contact page.

Group Leaders – Alan Collinson, Martin Cromwell, or Alan Nixon

Alan Nixon (Group shared leader).



Wine Appreciation:

March tasting was about the Cabernet Franc grape,

The first was from Uruguay by the river, with a picture of Teru Teru the national bird on the label.

The second was from Bulgaria, also by a river and has some Syrah in it.

Both went down well with a 50/50 split on favourite. If you would like to join us, please phone me. 01933 356784.

Cheers Steve



Scrabble

We meet on alternate Tuesdays @ 2:00 pm in the Waitrose Community Room for friendly matches to keep our brains operational.

For details contact John Ellingham on 07833 017855



Non Fiction Book Group, truth is stranger than fiction.

Our small friendly group reads Biographies, History, Travel, Memoirs & Nature. etc. We are open to suggestions from members. New members to u3a are very welcome. We meet monthly at various members' homes.

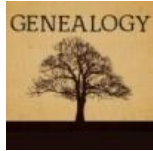
New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com



Sunday Lunch Group Again:

We usually meet on the last Sunday of the month. New members are welcome to join us.

Please contact Linda Walker 07384 601603 or preferably email spidar.girl@btinternet.com to book or for more information.



The newly formed Genealogy group has decided to go ahead with communicating mostly through a WhatsApp group, with face-to-face meetings every few months only.

If you have an interest in this subject, but get frustrated & unsure how to proceed, feel free to join us & get hints & tips from other enthusiasts.

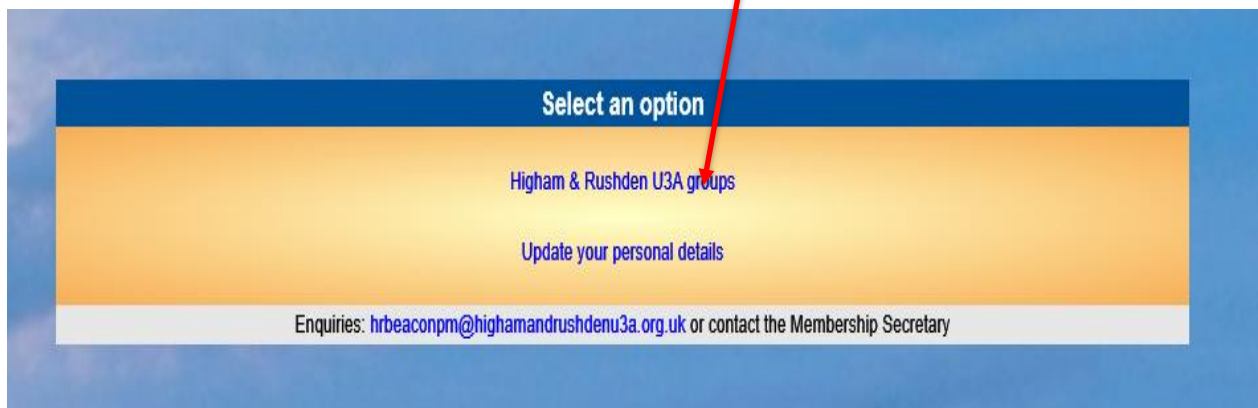
Please text in the first instance to – Janet 07488351136 or Ken 07725055865

GROUP LEADER CONTACT DETAILS –

In accordance with GDPR we don't publish contact details for group leaders on a publicly available website or newsletter. There is a contact form on the website which can be used to email group leaders & u3a officers.

If you wish to telephone a group leader you will need to log into Beacon at <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>. You will need to create a password the first time you use the members' portal & full instructions are available on our u3a website.

Clicking on the Higham & Rushden u3a groups link opens a page listing all our current groups & gives telephone numbers for each leader.



GROUP DETAILS	VENUE	DAY/TIME
<i>There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added & the group leader should contact you.</i>		
Check the group calendar on the website for further details		
Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 14.00-15.00
Intermediate Badminton	Pemberton Centre	Every Tuesday, 10.00 to 11.00. £2.50 per session
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1st Monday of the month*
Canasta	Leader's Home	1 st & 3 rd Thursday of the month
Card Making	Leader's Home	1 st Wednesday/month.1000-1200
Chatterbox	Waitrose Community Room	Every Monday 1000-1200
Computing	Waitrose Community Room	1 st Tuesday of the Month 1000-1200
Country Dancing	Hensman Hall. NN10 8HT	Alternate Mondays 2 00-3.30pm
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2nd & 4th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2nd Thursday 10.30-12.30
Genealogy	WhatsApp group. Face-to-face meetings every few months. Please text in the first to Janet 07488351136/Ken 07725055865.	
Golf	Various	1 st Wednesday & 2 nd & 4 th Friday monthly
Guitar	Rushden Windmill Club	Tuesday 4pm.
Handicrafts	Rushden Bowls Club	4 th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1st Thursday monthly 14:00
Home Dining	Leader's Home	Three times per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Cafe	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4th Monday 10.30-12.00
Continued		

GROUP DETAILS	VENUE	DAY/TIME
Play Reading	To be advised	1st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm Alternate Tuesdays
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Spanish	To be advised	
Special Events	Various	Various (see website for details)
Sunday Lunch	Various	Various (see website for details)
Table Tennis	Pemberton Centre	Wed 13.00-14.00
Ten Pin Bowling	Hollywood Bowl, W'boro	Alternate Friday 1100-1300
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tues 10.00-12.00
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

u3a MONTHLY MEETINGS		
<i>Please note there is a small charge for non-members. Details can be found on our website or call 01933 522934 for further information. If you, or a friend, have experience as a speaker at other groups on topics which you think would be of interest to our members then please contact the Speaker Secretary.</i>		
2026		
20 April	Roger Prescott	Juke Box Jury – 70s
18 May	Dave Pinion	Antarctica
15 June	Dr Nick Barrett	Family History - various
20 Jul	Neil Hanson	Champagne Breakfasts & Flying Pigs: How not to have a career.
17 Aug	Damien O'Dell	Chicksands Priory
Sep	TBA	
Oct	TBA	
Nov	TBA	
Dec	TBA	



EDITORIAL:

I have recently had interesting talks with friends on how we manage our daily life and deal with all the problems that are thrown at us. I did some research and found some good advice which I would like to share with you. Here goes

We all encounter small frustrations and stresses daily. Sometimes we experience bigger upsets, failures, unexpected changes, and challenges. Many of us will also face traumatic events at some point, like the loss of someone we love, an accident or serious illness. But being strong and resilient doesn't mean we won't ever feel pain, upset, hurt, sadness, fear, or anger during difficult times. It means that we find ways to cope constructively, accept what has happened, adapt and eventually move forward at those times.

Continuing research shows that resilience isn't a rare quality only found in a few, extraordinary people. A leading expert in resilience, describes it as 'ordinary magic' comprising many factors, internal and external, including our everyday capabilities, relationships, and resources. It's not a static characteristic – it is different for all of us. We can each be naturally resilient in some situations or times in our lives and not in others.

Importantly, many studies from psychology, neuroscience, medicine, and other fields show that we can learn skills, practices and ways of thinking that help to boost and build resilience. So although we may face twists and turns, we can develop our skillset and nurture our internal/external resources to help us respond flexibly, to effectively deal with challenges, recover more quickly and even learn as a result. This can lower our risk of depression and anxiety. What's more the same skills can help us manage the fear of taking on new opportunities and so help us develop and grow in other ways too.

Resilience is not a "nice-to-have" skill- it's a necessity, especially when you consider the often endless demands of modern living. Whether it's adapting to new technologies, navigating challenging economic circumstances, changes in dealing with the need for medical assistance, or dealing with day-to-day pressures, building resilience is essential. It is the ability to recover from difficulties and adapt to change while maintaining a sense of balance. It's about developing the mental, emotional, and physical stamina needed to face challenges, manage stress, and continue to grow even in the toughest of circumstances.

The good news? Resilience is not an innate trait; it can be cultivated through deliberate practices and mindsets. There are many different elements in building resilience. Here are a few:

Perspective

This expands choices or options. The act of gaining perspective allows resilient people to focus their efforts on those things they can change and accept those they cannot. Essentially we need to go for the positive and not the negative.

Strengthening Emotional Intelligence

Being aware of how we react, respond, and behave in times of stress is so important in allowing us to manage our own emotions well while at the same time circumnavigating the emotions of others.

Do you acknowledge your own feelings and express them appropriately?

Are you able to change your mood when you need to?

How positive are you about providing support to others?

Reverting to purpose

Purpose gives stability during times of change. It centres us and reminds us why we do what we do. It helps us answer the question of 'why should we keep going?' It provides long term perspective.

Building connections

People who are able to stay positive in challenging times are able to draw on their ability to get things done and can provide support to others. Connections are not only one way, however, and there is a great deal of evidence to support the strength that helping others benefits us.

Maintaining our physical and mental health

Energy for the road ahead is super important. Keeping physically fit, eating well, and giving ourselves time away from chores to engage in activities that bring us pleasure all help.

Do you make time to exercise regularly?

Do you get enough sleep?

Do you make sure you eat a healthy diet?

Do you make time in your schedule for the pursuit of activities that give you joy and/or help you relax?

Developing problem-solving skills

Resilience is about facing problems head-on and finding solutions, even in difficult or uncertain situations. When people try to be proactive problem solvers they tend to experience less stress because they feel more in control.

Are you solution-driven or do you tend to get stuck in the problem?

Are you able to face fully negative information whilst not dwelling on it?

Conclusion

Investing in resilience is long-term and will help you become better equipped to navigate the inevitable ups and downs in life. By developing a mindset and toolkit that helps you adapt to challenges, to bounce back from setbacks, and to thrive under pressure ultimately equips you to face uncertainty with more confidence.

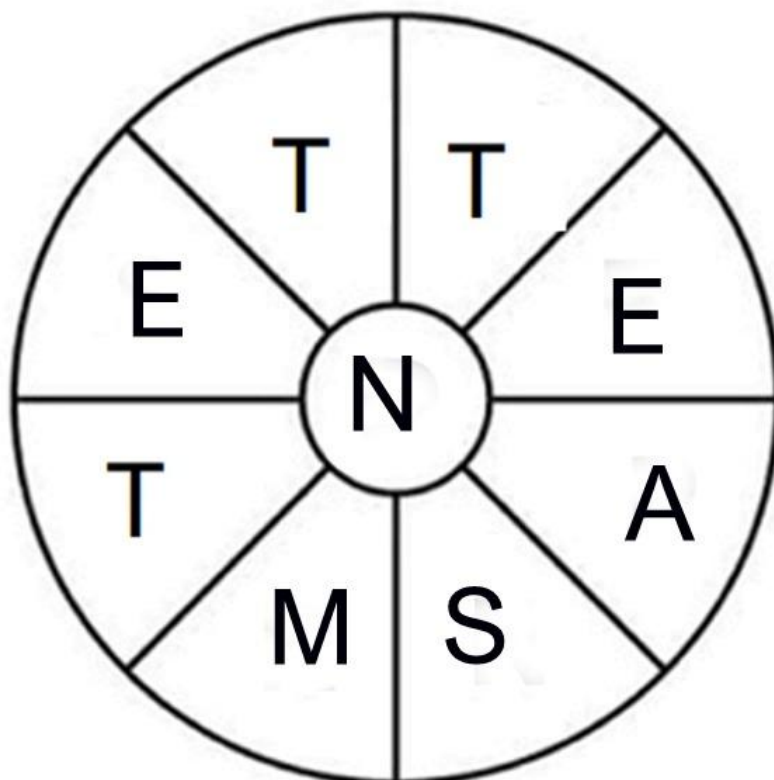
Sorry this was a bit long-winded, but I hope at least some of you found it interesting.

CROSSWORD ANSWERS

K	I	L	N		R	E	P	R	I	S	A	L
A		E		P		V		E		T		U
T	H	E	A	T	R	E		M	O	I	S	T
Y		R		E				U		L		Z
D	I	S	C	R	I	M	I	N	A	T	E	
I				O		I		E		O		I
D	U	D		D	O	N	O	R		N	U	N
S		A		A		C		A				V
	U	N	A	C	C	E	P	T	A	B	L	E
V		G		T				I		L		N
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O	B	S	E	S	S	E	D		L	I	A	R

WORD WHEEL

Can you find words of 4 letters or more which must contain the letter "N"?
 15-21 is the average, 22-29 is good, 30-39 is very good and 40+ is outstanding. There is one 9-letter word.



APRIL QUIZ QUESTIONS	
What are April showers said to bring?	
But what month was it in the early Julian calendar?	
How many days did April have in the early Julian calendar? What did the Romans call April?	
What are April's two zodiac signs?	
What is April's birthstone?	
What are April's two birth flowers?	
April is the first full month of what in the Northern Hemisphere?	
What meteor shower happens over 10 days in April running from approximately April 16-26?	
In France, April 1 is called Poisson d'Avril. What trick do people play on each other?	
What happened in the North Atlantic on April 14, 1912?	
"Houston we have a problem" is a misquote from Apollo 13. What was really said on April 11, 1970?	
What happened in the Soviet Union on April 26, 1986?	
What famous car did Ford unveil in April of 1964??	
What began on April 19, 1775	
Which US president was inaugurated on April 30, 1789?	
In April 1998, a federal judge dismissed a sexual harassment case against this American politician. Who was it?	
Who claimed Florida for the Spanish in April of 1513?	
Which US Mint was established in April of 1792?	
Argentinian troops invaded what British colony on April 2, 1820?	
The Pony Express started in the American West in April of 1860. How long did it last	

VEGETABLE BULGUR (TABBOULEH) SALAD

Ingredients

2 cups bulgur (coarse)
2 tbsp olive oil
1 large onion diced
3 cloves garlic minced, or 1 tsp garlic paste
1 green pepper diced
1 red pepper diced
3 tomatoes chopped (or 1 can chopped tomatoes)
1½ tbsp tomato puree
½ tsp salt
½ tsp black pepper
3½ cup water



Method:

Place bulgur in a bowl and rinse a few times. Set it aside. Heat the olive oil in a pan over medium heat. Sauté the onion until translucent and then add the minced garlic. Cook for a minute. Add in the diced peppers and cook for a few minutes until softened. Add the chopped tomatoes and stir well. Cook until they start releasing their juice. Add the tomato paste and stir well so it combines with the other ingredients. Add the salt and pepper and add in the rinsed bulgur. Stir well. Turn the heat to medium high and add the water. Once it comes to a simmer, lower the heat to medium, cover with a lid. Cook for about 20-25 minutes until the water is almost completely evaporated. Turn the heat off, wrap the lid in a clean tea towel and place it on the pot this keeps the steam in. then let the bulgur sit for 5 minutes untouched, Fluff it with a fork and serve. Can be eaten warm or room temperature. Fridge cold tabbouleh loses its flavour until warmed up to room temperature.



WHO SAID WHAT AND WHY - HELP WANTED.

I thought I would write about odd writings and sayings that have puzzled and intrigued me over the years, and with your help perhaps we can solve a few.

For instance how we greet each other in the different regions of Britain.

In Scotland its **"Hi Hen."**

in the midlands its **"Hello Me Duck."**

in London's East End its **"Ello Sweetheart,"** the letter H does not exist in the old cockney (region of my youth).

in Devon and Cornwall its **"Allo My Lovely or My Lover"**

And so it goes on, but without me, because I am stuck. Can anybody out there help me with the few I have listed below? Do you know how you would address someone, let's say 40 years ago, in those counties and cities and are they still in use today?

Liverpool

Newcastle

Birmingham

Yorkshire,

Manchester

Norfolk

Suffolk

Now let's have a look at some of the everyday sayings from the past. Here's a good one; **"Well I'll Go To The Bottom Of Our Stairs."** What in the world is that all about, why would you go to the bottom of the stairs, and what would you do once you got there. (anybody know)?

What about this one. **"She's No Better Than She Should Be,"** I have been trying to work this one out for years, any ideas out there?

Here's another one. If someone were told something very surprising or shocking they would say **"Gawd Blin A Frog"** now as far as I can make out this equates to God blind a frog, but why would God want to blind a frog, it makes no sense, Yet I do know that this was in fact a well known saying in the East End of London. Many years ago my mother and others of her ilk used it all the time.

Here's another strange one. **"Less Harm Than A Lot,"** I think this is Yorkshire but I'm not sure so again, help please, it seems they tended to say things in a funny roundabout way back in the past. Today we would say "he/she is harmless. Would you agree?

Now I will really blow your mind with this one it comes from Elizabethan England. Here goes, **"That's a Load of Codswallop."** Now what does Codswallop mean in this instance? I will leave the men to work this one out, Just think about how men were dressed from the waist down in Elizabethan England. They wore something called a codpiece just below the waist that should give you a clue, but nobody likes a clever dick so let keep this respectable shall we, don't want our lady readers to blush, or go all unnecessary do we?

Now here's a good one. "**It Makes No Never Mind,**" I think this comes from the southern states of America, but again I am not sure. I think I heard this saying in an old black and white American film I saw some time ago, any ideas anyone?

I will shut up and end this now as I know there are hundreds of these old sayings knocking about my space is limited. However I would like answers to some of the above I have mentioned.

Are any of you willing to help, and, if so, the author would like your answers not on a postcard but an email to the news editor, Maggie at news@handru3.org who will pass your suggestions to me.

Depending on your response any answers will appear in next month's issue with or without your name. It would be nice to know what some of them mean; don't you agree?

THOUGHTS ARE POWERFUL THINGS, THEY CAN LIFT YOU UP OR BRING YOU DOWN, ALWAYS TRY TO LET THEM WORK FOR YOU SO ALWAYS LOOK FOR THE POSITIVE IN EVERYTHING YOU DO

Tata

Talk next month.

GG.

HOW TO WALK A HUMAN A Dog's Guide

Humans need exercise. If they don't get it they become "Chubby".

1 Allow your human to tether him/herself to you. This keeps them from wandering off or running away.

2 Your human probably needs breaks. Be considerate and stop and sniff often.

3 Bark frequently. Humans have a short attention span.

4 Once you have been to the bathroom, walk away. If you have trained your human properly, they will pick it up. Good aerobic exercise for them.

5 Periodically run your human as fast as you can. This is called Interval Training.

6 Do not allow your human to shorten the walk. They are being lazy. Sit in protest if you must.

7 Once you are home allow your human to remove their tether, then lick their face many times. This is positive reinforcement for a job well done.

