



AUTUMN NEWSLETTER  
MARCH 2021

# Bowral Veterinary Hospital

## Head Vet Nurse, Renee Masters-Gilroy celebrates 10 years at BVH!

Our wonderful Head Vet nurse, Renee, started with Bowral Veterinary hospital back in January 2010. With a year off for maternity leave, she has now been with us for 10 years.

Renee is an integral part of our hard working nursing team, providing leadership and organisation as well as her incredible nursing skills. Plus she always does this with a smile and a sunny disposition which makes the workplace a happier place to be.

As well as managing the nursing team, Renee manages her family of 2 children, Addie and Harrison, as well as her husband Jason. Renee also has a rather large dog called Lulu and a python called Saffi.

We would encourage you to join us in congratulating Renee on her 10 year anniversary.

Thanks Renee!



## What's in this seasons newsletter?

1

Nationwide vet shortage

2

Pet activities

3

Meet .....

### Bowral Veterinary Hospital

78 Station Street Bowral NSW 2576

Phone: 4861 1444

Email:

[info@bowralvethospital.com.au](mailto:info@bowralvethospital.com.au)

### Opening Hours:

Monday—Friday 8:30am-5:30pm

Saturday: 9am-1pm

Sunday: 10am-12pm

### After hours service:

Veterinary assistance is available 24/7 at Bowral Vets. To contact the on call veterinarian simply phone the clinic and a message will provide you with the on call veterinarians mobile number.

### Our Vets:

- Dr Grant Poolman BVSc, MVSc
- Dr Angus Hayes BVSc, MVSc
- Dr Kate Eppleston BVSc (Hons 1)
- Dr Lucy Parker BVSc (merit)
- Dr Sophie May BVetBiol, BVetSc
- Dr Stephanie Gan BVSc

### Our Support staff:

- Practice manager—Angela Ireland
- Reception—Emma D'Arcy
- Nurses—Renee Masters-Gilroy, Shanay Toth, Madison Porter, Teresa Harvey, Margerita Pietilainen, Melissa Rees

## What is happening with the Veterinary industry?

All of our vets are extremely hard working and caring. They work very long hours, including weekends and providing an after hours service. Mounting pressure from a shortage of vets in the workplace is causing burn out, stress and eventual leaving of the profession. At Bowral Vets, we strive to meet all your expectations even as this is becoming increasingly difficult in light of the current employment climate. Thank you for your continued support.

*Following are some excerpts from an article on the ABC from 26 December 2020:*

### A nationwide shortage of vets

Figures from the Federal Government show there has been a shortage of vets for the past three years, despite a record high number of people completing vet courses.

With a suicide rate higher the national average, research shows 30 per cent of vets are considering leaving clinical practice in the next 12 months due to stress, anxiety and poor work conditions.

Dr Chris Richards (managing director of Apiam Animal Health) said Federal Government support is needed.

"We'd like to see some incentives from the government to attract vets into regional and rural Australia," he said.

"And we'd like to see vets added to the priority skills list as a result of the increased demand since COVID."

A lifeline needed, for all creatures great and small.



**Did you know?**

- A snail can sleep for 3 years
- Slugs have 4 noses
- Nearly 3% of the ice in Antarctic glaciers is penguin urine

What to do with your pet as the weather cools down

1. Go for a walk. Walk around the local neighbourhood or take your dog somewhere different to experience new smells and sights. Dogs love a change of scenery!

2. Stay in and play. If the weather is not ideal for outside activity, stay in and play some games with your pet to keep him or her occupied and mentally stimulated. Food dispensing puzzle toys are a wonderful way of providing mental stimulation for dogs during inclement weather.

To prevent weight gain, your pet's meal can be delivered in the toy. There are a variety of food puzzle toys on the market now. Be sure to start with simple toys and gradually increase the complexity as your dog learns."

3. Romp around in the back yard. Pets enjoy frolicking and especially spending time with you, which can be combined with any outdoor chores that you may need to complete.

4. Recharge together. If your pet seems stressed from constant busyness, have a safe place for him away from activity, and take a note of your own stress level. Your animal's presence is good for you! Cats should be provided with a quiet, comfy spot to sleep with food, water, toys, and a litter box. Dogs should have a soft area for sleep, a toy or two, water, and food available.

5. Get some fresh air. Find a dog friendly park or beach before the weather gets too cold and enjoy the outdoors.

6. Take agility or obedience classes. Taking a class with your dog is another way of spending quality, active time together.

Positive reinforcement obedience classes are enjoyable for dogs of all ages and skill levels.

7. Have a pet playdate. Allowing your pet to play with other animals that he gets along well with is good for his social skills and gives him much needed stimulation when outdoor activities aren't always possible. It also allows you to spend some quality time with other pet-owner friends.

**Staff Pet Profile**

**Name:** Frankie and Gracie

**Owner:** Mel

**Breed:** Mini lop and  
Netherland Dwarf

**Age:** 5 months & 6 months

**Hobbies:** Eating grass

**Bad Habits:** Chewing their hand made hay feeder

**Interesting Facts:** Frankie and Gracie were rescue bunnies that came in separately and are now inseparable



We're on the web!!  
[www.bowralvethospital.com.au](http://www.bowralvethospital.com.au)

