



# Westie Sounds

West Highland White Terrier Club of Puget Sound — Spring 2023

## President's Message



Dear Club Members,

Spring is on the horizon, although you would never know from the cold temperatures. However, the trees are budding and there are more opportunities to get outside with our Westies. Soak in the sun and get your pups out for a walk in preparation for a spring Westie Walk.

The Mardi Gras party was amazing. So many dogs, cute costumes, fun games, and great prizes. I want to thank Lesley Wilson for her amazing organization skills and all those she rallied to assist in making this a great party, including all of the great donations for the raffle prizes. What amazing prizes.

I also want to thank all of you who took pictures and posted them for all to see. Here is a link:

[Facebook Westie Mardi Gras photos](#)

We look forward to a couple of Spring Walks, the Highland Games, and our next party or perhaps a grooming clinic or rally obedience clinic. Let us know what you would be interested in by sending an email to me [ccorbley@comcast.net](mailto:ccorbley@comcast.net).

Looking forward to seeing you at our next event.

Sincerely,

***Christine Corbley and Bailey***



Mardi Gras King Chowder with owner Jackie Jones  
& Queen Coconut with Lois Briscoe Kimball

# WESTIE WALK

## AT AUBURN DOG TROT 3K/5K

**Saturday, May 20, 2023**

**Game Farm Park**

**3030 R St SE Auburn, WA**

**9:30 to 11:00 AM**



A family-oriented fun run event that takes place prior to Auburn's Petpalooza festival. Participants will follow a 3K or 5K route. The course is flat, easy, and enjoyable for all ages and ability levels. Water will be available on the course for both dogs and human participants. The race is 'chip-timed' by BuDu Racing.

### **REGISTRATION FEE:**

- Early Registration (on or before March 31) - \$20/person
- Late Registration (April 1 - May 16) - \$25/person
- Sorry, no registrations May 17 - May 19
- On-Site Registration on May 20 - \$30/person

### **ON-LINE REGISTRATION:**

<https://anc.apm.activecommunities.com/auburnwa/activity/search/detail/7199>

### **Auburn Petpalooza info:**

<https://www.auburnwa.gov/workspaces/one.aspx?contextid=13102510&objectid=13588295>

**Coordinator for WHWTCOPS: Merrill Cohen, [merrillanncc@msn.com](mailto:merrillanncc@msn.com)**

# WESTIE WALK AT FURRY 5K

Sunday, June 11, 2023, Seward Park, Seattle

Check-In/Registration: 10:00 AM

Runners Start: 11:30 AM; Walkers Start: 11:40 AM

Furry 5K Fun Run & Walk

Gather your two-legged and four-legged friends to enjoy a lap around beautiful Seward Park. Then stick around for post-race festivities - awards, giveaways, food trucks, and even a dog costume contest! Join us at the Furry 5K in support of the Help the Animals Fund at the Seattle Animal Shelter, which supports medical care for pets in need. When the race is over, stick around for our Pet-a-Palooza, which includes entertainment, pet costume contest, awards, sponsors, and vendors.



Registration Link: <https://www.furry5k.com/Race/Register/?raceId=125379>

Early Bird Registration: \$40.00

Registration after April 7: \$45.00

Day of Race Registration: \$50.00

Coordinator for WHWTCOPS: Merrill Cohen, [merrillannc@msn.com](mailto:merrillannc@msn.com)

# Westie Mardi Gras Party, March 18<sup>th</sup> at the AOCB!!!



# More Mardi Gras Moments...



# HOW TO WALK A HUMAN

## ~ A DOGS GUIDE ~

*Humans need exercise. If they don't get it, they become "chubby." It's up to you to save them.*



1. Allow your human to tether themselves to you. This keeps them from wandering off or running away.
2. Your human probably needs breaks. Be considerate, stop and sniff often.
3. Bark frequently. Humans have a short attention span.
4. When you do your business, walk away. If you have trained your human correctly, they will pick it up. Good aerobics.
5. Periodically drag 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. 🐕

# How to Create a Fitness Plan for Your Dog

Excerpted from: [AKC / Expert Advice / Health / Fitness & Exercise](#)

As a responsible dog owner, you're always looking to keep your pet in good health. One way to do that is by creating and keeping up a fitness plan. Maintaining appropriate canine exercise levels can help prevent injuries, lessen the impacts of age-related issues like arthritis, and help them stay physically active for longer. Here's how to create a dog-safe and goal-oriented fitness plan.

Make sure the [exercise](#) goals you set are safe and appropriate for your dog's age and physical condition. Strenuous exercise isn't good for [young puppies](#), and it's important to be cautious about how much exercise adolescent dogs receive while their joints are still developing. Large- and giant-breed dogs can still be physically maturing until they are two years old. If you have a puppy, talk to your breeder and veterinarian about what kind of exercise (and how much) is appropriate.

Similarly, not all fitness plans are suitable for dogs with a history of orthopedic injuries or senior dogs with age-related health conditions. Some forms of high-impact exercise might aggravate these underlying issues. Before setting any new exercise goal, take your dog in for a check-up with your veterinarian to evaluate your dog's overall health. They will also determine if your dog has any medical conditions that would prevent your pet from being more physically active or limit certain exercises.

Depending on your dog's veterinary history, you may be referred to a veterinary physical therapist or rehab professional to assess your dog's overall muscle tone and fitness; they would develop the best kind of conditioning or rehab routine for your dog.

## Teach Doggy Push-Ups

This gentle warm-up is a fun way to practice basic Obedience skills and increase your dog's muscle tone. Ask your dog to move between the stand, sit, down, and stand positions. If your dog doesn't yet know how to change these positions on cue, use treats to lure them into the varied positions while they are learning those cues independently.

## Teach Figure-Eight Stretch

Before you go out and exercise, you may spend some time stretching. The same should be true for our dogs. A gentle figure-eight stretch can also be a fun trick. Not only is this a great simple stretch for your dog, but you can also use it towards Trick Dog titles.

1. Your dog can start out either in front of you or behind you. Get your dog's attention with small treats in each hand.
2. With your dog focused on the treats, slowly lure them through your legs and around one leg. Focus on keeping your movements slow and fluid as your dog follows the treat and wraps their body around your leg. As your dog follows you, give them the treat held in that hand.
3. Reach your other hand between your legs and get your dog's focus on the second treat. Using that treat, lure your dog back through your legs and around your other leg. As your dog's body wraps tightly around you, give your dog the second treat.
4. After a few repetitions, your dog will begin to understand and anticipate the motion. You can begin to introduce a verbal cue of your choice, like "eight" or "weave."

5. When your dog is consistently following your lure and weaving tightly in a figure-eight pattern around and through your legs, you can begin to slowly fade the treat lure. To do this, start by luring your dog without treats in your hands, and then give a treat after your dog has finished the figure-eight movement. With practice, you'll be able to stop luring, and just use a smaller hand signal or verbal cue.

## Participate in AKC FIT DOG

Consider adding some fitness titles to your dog's resume by getting involved in the AKC FIT DOG program. Beginning in 2023, AKC offers three FIT DOG titles: Bronze, Silver, and Gold. These structured and individualized fitness plans are designed for healthy adult dogs.

Walking is a safe way to increase the amount of exercise while improving circulation and muscle strength. To earn a FIT DOG magnet, walk your dog at least 15 minutes per session ten times a week for three months (ideal for senior dogs and dogs that are just starting to build their exercise routines). Or you can walk 30 minutes five times a week for three months. Keep track of your walks on the log form.

Alternatively, consider signing up for a six-week canine fitness class with an AKC FIT DOG instructor, either in person or online. Completion of one of these courses also can count towards titles.



## Video: Do Dogs Love Us or do They Just Want Treats?

It's time to learn the truth once and for all. Science has an answer to this question for the ages. Click on the link to view the video.

[PBS Nova video: Do dogs love humans or just want treats?](#) (4 minutes)

<https://www.pbs.org/wgbh/nova/video/dogs-love-humans-just-want-treats/>

## Video: Dog Tales

Follow the epic journey of dog domestication and see what science says about dogs' love. Click on the link to view the video.

Dogs have long been dependable companions by our sides. But it wasn't always that way, and a look at their closest living relative, the wolf, makes it clear why. Research into dog domestication and intelligence offers clues into what the human-dog relationship is all about. And analyzing dogs' brain activity and genes may even help answer the question of whether dogs are in it for the food—or if they really love us. (Premiered February 12, 2020) (53 minutes)

[PBS Nova video: Dog Tales](#)

<https://www.pbs.org/wgbh/nova/video/dog-tales/>

**Coordinator for WHWTCOPS: Merrill Cohen, [merrillanncc@msn.com](mailto:merrillanncc@msn.com)**





## Looking for Westie Health Resources?

The **Westie Foundation of America** has a free, downloadable PDF file that you can access for comprehensive coverage of Westie health issues. The URL is:

[https://westiefoundation.org/files/galleries/WFA Westie Health Ebook.pdf](https://westiefoundation.org/files/galleries/WFA_Westie_Health_Ebook.pdf)

Have questions about allergies, nutrition, dry eye, spaying or neutering? These topics and more are covered by authorities in the field. Brief overviews cover general health and disease in Westies. Specific diseases are covered in depth with illustrations and references.

# Club Officers, Directors and Contacts

## Upcoming Events



**President  
Christine  
Corbley**



**Vice President,  
Webmaster,  
Newsletter  
Editor  
Lesley Wilson**

**Westie Walk at Auburn Dog Trot 3k/5k**  
May 20th  
9:30-11 AM  
Game Farm Park  
3030 R St SE  
Auburn, WA



**Treasurer  
Dee Thompson**



**Secretary,  
Membership  
Chair,  
Rescue  
Representative,  
Karin Parish**

**Westie Walk at Furry 5K Fun Run**  
June 11th  
10-1 PM  
Seward Park  
Seattle, WA



**Past President  
Jeannette  
Melchior**



**Director  
Kathy Reed**



**Director,  
Rescue  
Representative,  
Vicki Ray**



**Director,  
Melinda Heller**

## New Members

Phil Vogel, Seattle, WA

Carol & Mark Snorteland, Puyallup, WA



**Director  
Lois Briscoe  
Kimball**



**Photographer,  
Robin Ryan**

## New Member Applications

Bruce & Christy Nelson, North Bend, WA

Lisa Jones, Kirkland, WA

Visit our website:  
[www.whwtcops.org](http://www.whwtcops.org)

