



Westie Sounds

West Highland White Terrier Club of Puget Sound — Fall 2018



President's Message — Linda Gray

We certainly had a beautiful Summer. This has been the most action packed year yet. Fall won't be any different since we've planned to help you enjoy the rest of the year with your Westie.

In July we enjoyed a meet the breed event at the Celtic Kennel Annual Highland Games, King County Fairgrounds, Enumclaw July 28-29. Jeannette Melchior was the chair organizing this event perfectly. Working with Bob Davis they moved his trailer to the grounds Friday night. This provided a place for our Westies to relax away from the crowds and for Jeanette to spend the night. The weekend was spent educating the public about Westies. As volunteers we also had time to enjoy the activities including more than 500 bag pipers/drummers from all over the US, highland dancing, plays, log tossing, etc. If you've not had a chance to attend, please try to come next year. Colleen Brazil chaired our next events - two Westie

walks. The first was our summer walk, August 4 at the UW Arboretum. The fall walk was at Point Ruston, Tacoma, Sept 29. The weather came through for the events and both were great places for a walk. Thank you to Colleen for arranging these activities. Westie walks are our most popular events.

We amended our bylaws this summer to include a new membership category – household (two members) where each will be able to vote/hold office. For those of you interested in including your partner by changing your membership from individual to household, please note the following. During membership renewal, individual members need to notify Karin Parish, Membership Chair they'd like to convert to household. Karin will ask for information about your partner and the dues will be revised from the individual rate of \$20/year to the family rate of \$30/year. I also want to say thank you to all members for your patience as we went through this amendment process.

Please plan to attend and if possible volunteer for the following events. For more details, please see the fliers included in this newsletter, Facebook and our Website.

- Halloween Party, Academy of Canine Behavior, Bothell, WA Oct 27 at 1pm, Linda Gray and Dee Thompson Co-Chairs
- Canine Reproduction, Whelping Seminar & Puppy Intensive Care Seminar, presented by Myra Savant Harris, RN, Brightwater Education Center, Woodinville, November 3 from 9am-4pm, Cyndee Lockwood Chair (cost \$125/person)
- Christmas Party/Gift Exchange (no Westies), Arnie's Restaurant, Mukilteo, December 8, 11:15am-1:30pm

Thank you for your support.

West Highland White Terrier Club of Puget Sound



Date: October 27, 2018

Time: 1pm-3pm

Where: Academy of Canine Behavior
4705 240th St SE
Bothell, WA

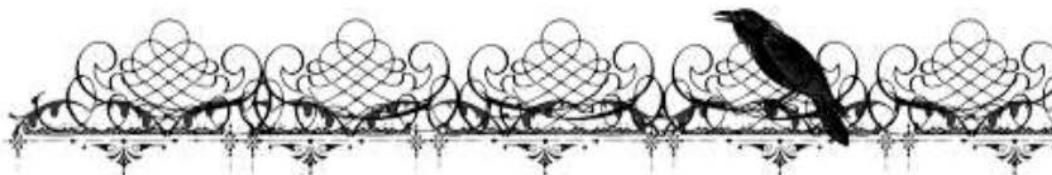
Admission - \$5 pp (children free)

Bring:

- Appetizer to Share
- Your own chair & poop bags
- Costumes (*contests)

NO FLEXI LEASHES PLEASE

Come and enjoy good times with friends!



FDA Investigating Potential Connection Between Diet and Cases of Canine Heart Disease

July 12, 2018

The U.S. Food and Drug Administration is alerting pet owners and veterinary professionals about reports of canine dilated cardiomyopathy (DCM) in dogs eating certain pet foods containing peas, lentils, other legume seeds, or potatoes as main ingredients. These reports are unusual because DCM is occurring in breeds not typically genetically prone to the disease. The FDA's Center for Veterinary Medicine and the Veterinary Laboratory Investigation and Response Network, a collaboration of government and veterinary diagnostic laboratories, are investigating this potential association.



Canine DCM is a disease of a dog's heart muscle and results in an enlarged heart. As the heart and its chambers become dilated, it becomes harder for the heart to pump, and heart valves may leak, leading to a buildup of fluids in the chest and abdomen. DCM often results in congestive heart failure. Heart function may improve in cases that are not linked to genetics with appropriate veterinary treatment and dietary modification, if caught early.

The underlying cause of DCM is not truly known, but is thought to have a genetic component. Breeds that are typically more frequently affected by DCM include large and giant breed dogs, such as Great Danes, Boxers, Newfoundlands, Irish Wolfhounds, Saint Bernards and Doberman Pinschers. It is less common in small and medium breed dogs, except American and English Cocker Spaniels. However, the cases that have been reported to the FDA have included Golden and Labrador Retrievers, Whippets, a Shih Tzu, a Bulldog and Miniature Schnauzers, as well as mixed breeds.

Diets in cases reported to the FDA frequently list potatoes or multiple legumes such as peas, lentils, other "pulses" (seeds of legumes), and their protein, starch and fiber derivatives early in the ingredient list, indicating that they are main ingredients. Early reports from the veterinary cardiology community indicate that the dogs consistently ate these foods as their primary source of nutrition for time periods ranging from months to years. High levels of legumes or potatoes appear to be more common in diets labeled as "grain-free," but it is not yet known how these ingredients are linked to cases of DCM. Changes in diet, especially for dogs with DCM, should be made in consultation with a licensed veterinarian.

In the reports the FDA has received, some of the dogs showed signs of heart disease, including decreased energy, cough, difficulty breathing and episodes of collapse. Medical records for four atypical DCM cases, three Golden Retrievers and one Labrador Retriever, show that these dogs had low whole blood levels of the amino acid taurine. Taurine deficiency is well-documented as potentially leading to DCM. The Labrador Retriever with low whole blood taurine levels is recovering with veterinary treatment, including taurine supplementation, and a diet change. Four other cases of DCM in atypical dog breeds, a Miniature Schnauzer, Shih Tzu and two Labrador Retrievers, had normal blood taurine levels. The FDA continues to work with board certified veterinary cardiologists and veterinary nutritionists to better understand the clinical presentation of these dogs. The

agency has also been in contact with pet food manufacturers to discuss these reports and to help further the investigation.

The FDA encourages pet owners and veterinary professionals to report cases of DCM in dogs suspected of having a link to diet by using the electronic [Safety Reporting Portal](#) or calling their state's [FDA Consumer Complaint Coordinators](#). Please see the link below about "How to Report a Pet Food Complaint" for additional instructions.

Additional Information

- [Questions & Answers: FDA Center for Veterinary Medicine's Investigation into a Possible Connection Between Diet and Canine Heart Disease](#)
- [How to Report a Pet Food Complaint](#)
- [Veterinary Laboratory Investigation and Response Network \(Vet-LIRN\)](#)

Contact FDA 240-402-7002 or 240-276-9115 FAX

Issued by: FDA, Center for Veterinary Medicine 7500 Standish Place, HFV-1, Rockville, MD 20855

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\$20 per set of
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envelopes
postpaid

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WESTIE CHRISTMAS CARDS

Greeting inside reads "Oh What Fun It Is To Ride! Happy Holidays"

Chesapeake Artworks

Order online at www.chesartworks.com/breaddogs

We realize we're giving some conflicting information in this newsletter. Please note that for every study naming something that is good for your dog there's another cautioning against it. Read, be informed, use moderation.

CAN DOGS EAT PEAS?

From the AKC WEBSITE

We're talking about green peas, specifically: snow peas, sugar snap peas, and garden or English peas. You can feed your dog fresh, frozen, or thawed peas, but do not give him canned peas. Like many canned vegetables, canned peas typically have a lot of added sodium, which is harmful to dogs (and humans).

As far as pea pods go, as a rule of thumb, if humans can eat the pod, so can your dog. Garden peas, of course, must always be shelled.

But be cautious with pods, because they can get stuck in your dog's throat and cause choking. And as with any new food, watch for adverse reactions, such as diarrhea or vomiting.

The good news is that peas are among the healthiest human snack for your dog. They're a great source of vitamins, including A, K, and the B vitamins. They're packed with minerals like iron, zinc, potassium, and magnesium. They're also rich in protein and high in fiber. Peas contain lutein, an anti-oxidant good for skin, heart, and eye health.

Of course, as with any human food, peas can have drawbacks. Don't give them to dogs that have kidney problems. Peas contain purines, a naturally occurring chemical compound, also found in some food and drinks. Purines produce uric acid that's filtered through the kidneys.

Too much uric acid can lead to kidney stones and other kidney conditions.

Dogs don't need fruits and vegetables in their diet the way humans do. They're carnivorous in the wild, eating vegetation when meat sources are scarce. But as an occasional snack or treat for your dog, peas are a healthy low-calorie option. So, both you and your canine pal can enjoy them while they're fresh and abundant.

10 More "People" Foods You Should Share with Your Dog

Can my dog eat that? Read on for a list of human food you can share with your dog

By Laura Scott and Elizabeth Pask — Reprinted from ModernDogMagazine.com

"Can my dog eat that?" To help you answer this question, we've put together a list of dog-approved foods. If you are looking to add a bit of excitement to your dog's mealtime or for new treat ideas for tasty treats, read on! Here are ten more people foods that will give you just what you're looking for and will help boost your dog's nutrition:



1. **Rice** is good to feed when your dog has an upset tummy and needs a bland meal. There are a variety of different types of rice. Brown rice is a little higher in protein and a little lower in fat when compared to white rice. White or instant rice is an easily digestible carbohydrate which makes it a good source of energy when your dog has an upset tummy or if you are feeding an older dog.



2. **Squash**, like pumpkin, can be added to bulk up his stool and is a good source of betacarotene (provitamin A). Hint: remove the seeds and then slice and freeze the squash to make it a fun, crunchy snack for your dog.



3. **Popcorn** that has been air popped with no butter or salt is a great low calorie treat for your dog. Popcorn contains potassium as well as the bone-building minerals phosphorous, magnesium, and calcium. So snuggle up and share that popcorn with your furry friend next time you watch a movie.



4. **Lean meat (chicken, beef, or pork)** with no visible fat and no added sauces or seasonings can be a great training treat or can add a bit of good-quality extra protein to your dog's diet. Lean meat is an excellent, balanced source of amino acids, the building blocks of muscle in your dog's body. Meat is also a great source of B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid, Pyridoxine, and Cobalamine). These vitamins are involved in energy metabolism in the body.



5. **Liver** is available freeze-dried in most pet stores and it is a great training treat. You can also buy it fresh in the grocery store to feed at home. Fresh liver can be cooked and then baked to make your own liver treats. Liver is an excellent source of B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid, and Folic acid), Vitamin A, and Vitamin K. It is also a great source of iron. Warning: Too much liver may be toxic to dogs because of its high vitamin A content. Therefore, it is best to limit the amount of liver fed to your dog to not more than 1 g of fresh liver/Kg body weight per day.



6. **Pineapple** can be a special treat for your dog. Pineapple contains mostly sugar but it also contains calcium and potassium. Frozen pineapple can be a fun summer treat for your dog.



7. **Cottage cheese** is high in protein and calcium and it's fairly bland, so it can be a good way to add some extra protein to your dog's diet. Cottage cheese is a dairy product and some dogs don't do well with dairy, so make sure you start with just a small amount.



8. Parsley has long been thought to improve doggie breath, so next time you are baking treats for your dog, try adding a few tablespoons of chopped parsley for added flavour and colour. Parsley can also be a good source of calcium, potassium, and beta-carotene.



9. **Peanut butter** is a healthy, high-protein treat for dogs. Try smearing some inside or on one of your dog's toys, or let him lick out the container when it's almost finished.



10. **Peas** can be added right to your dog's food, frozen or thawed. Peas are a good source of the B vitamin Thiamin, phosphorous, and potassium.

WHWTCOPS Attends the Annual Celtic Kennel

By Jeannette Melchior

Participating Terrier Celtic Dog Breeds:



Cascade Cairn Terrier Club
Coord.: Nancy Delyea



Dandie Dinmont Terriers
Coord.: Janis Machala
(woman in photo not Janis)



Glen of Imaal Terriers
Coord.: Jeff Dairiki



**United States
Kerry Blue Terrier Club**
Coord.: Sharon Burnett



**Washington State
Scottish Terrier Club**
Coord.: Kaleen McWilliams



**West Highland White Terrier
Club of Puget Sound**
Coord.: Jeannette Melchior

Every year I give you a report on the Westies at the Celtic Kennel. But what about those other Terriers — our cousins! The fun actually starts in January, yep, planning, coordinating and supporting each other. As you can see Terrier Coordinators play a large part in welcoming and greeting at the Celtic Kennel. The focus is on what these breeds were bred to do, we (Westies) didn't get to show off our skills at Earth Dog — but did participate in agility, breed

show and the Clan parade. Best of all our Westies were affectionate, welcoming hosts to all.

Visitors asked so many questions and we enjoyed responding with more about our breed. Of equal importance is to be receptive to the many delightful stories they have to tell about their Westies and how they played or are playing a part in their lives. Once I was speaking with someone at the National level about how conversations can get off track and how frustrating it can be trying to get them back. He responded "that's why we call it a 'Dog Show.'" That really put it into perspective for me.

This year was no exception... it was a "Dog Show!" We plan, and things change. My support person responsible or getting our spot at the Celtic Kennel arranged had to cancel. I couldn't do it alone so immediately called Paul Meshke (he's an old hand at this). He made it work for me even though he was under a time crunch. The club bought a new tarp this year sharing it with our Glen of Imaal and Scottie neighbors. This meant all of us had less dirt to deal with. I also want to thank Robert Davis for moving his trailer onto the grounds so we were set and ready for the weekend.

Saturday – Volunteers – Daniel Statt, Anne Marie Rose, Linda Gray, her husband Tom and sister-in-law Thorne, Laurie & Spencer Stack started the morning. Later the afternoon volunteers arrived They included Sandy & Steve Cross, Diane Hover, husband Alan, and Katherine Watanabe. Sharon Newsom manned the trailer all



Steve and Koa

weekend. It provided a cool place for the Westies to rest after their “work” greeting crowds; and allowed their people to enjoy the festivities.

After the clan parade the morning crew left. We went back to business, competing in events and talking to our many visitors. By the end of the day I was done. I just wanted to head back to our campsite and sit in the air conditioned trailer. Did I mention temperatures were in the high 90’s?

Sharon was wrapping up at the trailer as well. She packed her stuff, waved goodbye and said, she’d see me around 10 on Sunday. Anne Marie thankfully volunteered to work the full two-days with me. She asked where we were going for dinner. We fed and crated the Westies in the trailer where they could enjoy the A/C and we went off to find our own dinner.



Katherine and Buddy

Sunday – Volunteers – I headed down to our show position early, expecting to pick-up, sweep up and set up. To my astonishment everything was neat as a pin. All I had to do was set up a sign. Wow! This was better than Christmas morning. I really am spoiled because the same thing had happened the previous day. Saturday’s afternoon crew including Sandy, Steve, Diane, Alan and Katherine made sure everything was ready for the Sunday crowds. We are hands down just a great club with great members who take the initiative to get stuff done. Nine A.M. came quickly. I met Julie & Hal Redd, ready for the morning visitors. This was another long hot day ahead of us. But Colleen & David Brazil, Anne Marie, and Pam Coogan & Ken

made it happen.

Everyone was done by 3:00PM. My girl Summertime was resting with her head over the edge of the table. I put Snow (sound asleep) in the x-pen inside our area. Colleen, David, Pam and Ken were wonderful volunteering to help me pack up. Let it be known this was the first time I have broken down, packed up and able to leave the Celtic Kennel in 30 minutes – a new record.

We handed out membership applications, club business cards and several breeder referral sheets. We were asked about groomers and dermatologists too; I hope we were able to help. This is a great way for folks to learn about our breed. It is not the easiest event to plan for, set up and manage. Though a challenge, I love it! Excellent Westie Volunteers Welcome!



Diane, Alan and Keoki





Ileana and John



Be sure to send in your articles. We are always looking for stories for the newsletter. This is a great way to document an issue you resolved, honor a pet you've lost, add more on a physical/training issue, include a cute picture, etc. Please contact Dee with your article.

WEST HIGHLAND WHITE TERRIER CLUB OF PUGET SOUND



PRESENTS



MYRA SAVANT HARRIS, RN

Canine Reproduction & Whelping and Puppy Intensive Care Seminar

Saturday November 3, 2018 - 9:00 am - 4:00 pm

Brightwater Environmental Education and Community Center
22505 WA Route 9
Woodinville, WA. 98072

Whether you are experiencing your 1st or 20th litter, have ever lost a puppy, lost a bitch, or had a breeding that did not take, this seminar is for you. Saving the life of just one pup, or that one special bitch will make this seminar a worthy investment. Myra teaches techniques that have helped save countless pups and bitches. Things you just don't think of without having lived it.

Myra's excellent book "*Canine Reproduction and Whelping*" covers the basics of breeding. Myra explains the characteristics of sperm and egg, the role of diet in whelping and how to whelp pups. The seminar is intended to assist you to get your bitch in whelp, get her to stay in whelp, and to deliver healthy pups; she devotes time to stuck-puppy, breech puppy and post-partum care.

Another book by Myra "*Puppy Intensive Care*" shows breeders how to set up an intensive care unit at home for delivering the support that a sick or weak pup might need. Myra also teaches how to tube feed, use sub-Q fluids, how to deliver oxygen, etc. All techniques to keep your puppy losses to a minimum.

Myra also focuses on sperm in every conceivable way including counts and how to maximize your stud dog's capabilities. It includes the bitch's reproductive system from first heat to spay and includes all the information you will need to coordinate the stud dog with the bitch's timing for breeding(s).

TOPICS TO BE COVERED AT THE SEMINAR

- Common misconceptions about conception
- How to maximize sperm viability and protect your stud dog's virility
- How to care for your bitch and ensure her health
- How to recognize pups in distress, assess their problem in order to save their life
- Progesterone testing
- How to get bitches in whelp
- How to deliver healthy pups
- Stuck puppy, breech puppy
- What you need to have on hand for intensive care nursery.

Myra will also have her books available for sale and complete warming kits.



REGISTRATION FORM

Myra Savant Harris, RN Seminar

SEMINAR COST PER PERSON \$125.00*

****Early Bird Discount! Register by September 1 and pay only \$115.00 per person***

Space Limited to 50 seats/No Refunds

Lunch \$12 per person or bring your own
Snacks, coffee, water provided

LUNCH: Catered by Panera

Cafe Sandwich Box: served with whole sandwich, bag of chips, pickle spear and cookie.

Turkey _____ Ham & Swiss _____ Veggie _____ Tuna _____

Cafe Salad Box: Served with a whole salad, small baguette and cookie.

Caesar: _____ Greek: _____ Seasonal Greens: _____

Please make checks payable to: WHWTCOPS

Name: _____

Address: _____

City: _____ Zip: _____

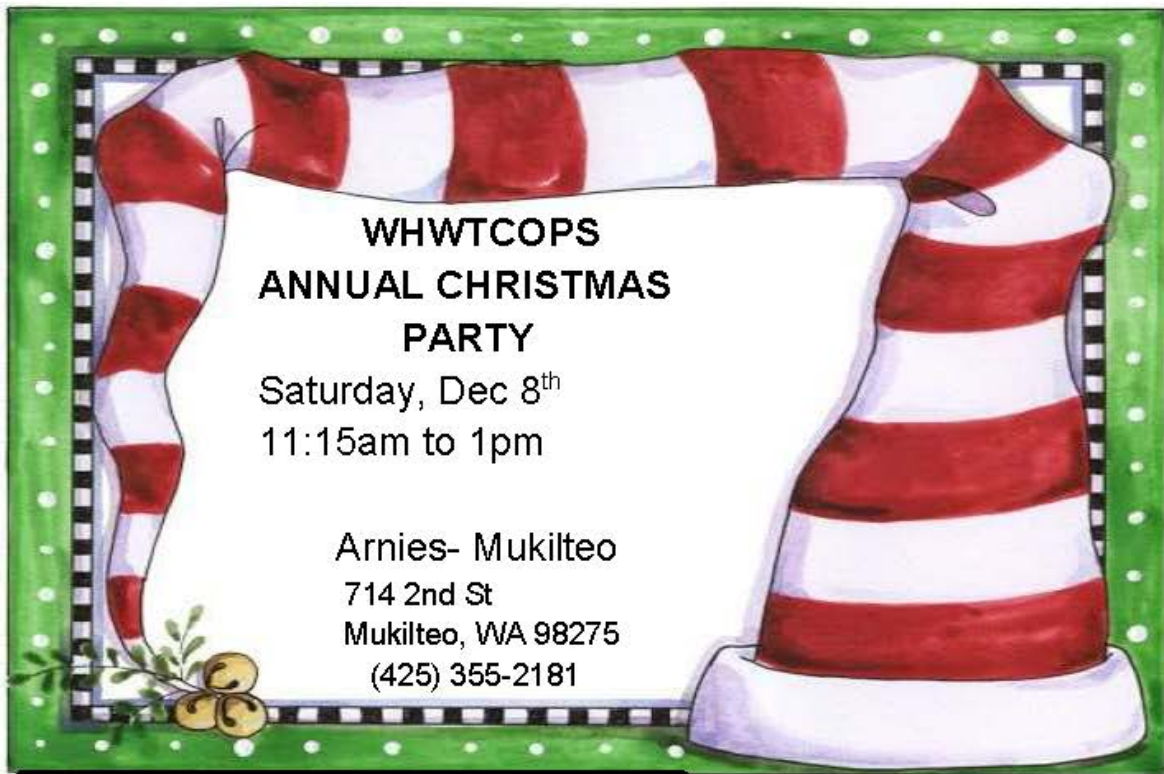
Email: _____ Phone: _____

Make check payable to WHWTCOPS

Send registration with check to Chairperson:

Cynthia Lockwood, 18932 194th Avenue NE, Woodinville, WA. 98077

PH: 425 788 6795 Fax: 425 788 4355



Please RSVP to Linda Gray
by Nov 28th so she can confirm space
lqn899a@gmail.com

Everyone will be billed individually and can order anything off the menu.

Gift Exchange: Bring new wrapped gift between \$15 and \$20



Handicap Parking & Wheel Chair Access
Note: limited parking – please Carpool
*No dogs at restaurant

Menu <https://arniesrestaurant.com/>

Club Officers, Directors and Contacts

Upcoming Events



**President
Linda Gray**
lgn899a@gmail.com



**Vice President
Jeannette Melchior**
melchior323@centurylink.net

**October 27, 1 – 3 pm
Halloween Party**
Academy of Canine Behavior



**Treasurer and
Newsletter Editor
Dee Thompson**
dee.o.thompson@gmail.com

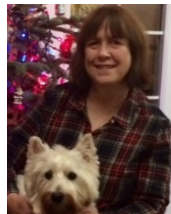


**Secretary
Sharon Newsom**
Sharonsnewsom@gmail.com

**November 3, 9 am – 4 pm
Whelping Seminar**
See flyer for info



**Director, Membership
Chair, Webmaster
Karin Parish**
kparish@whidbey.com



**Director
Colleen Brazil**
collbraz@gmail.com

**November 17, 10 am
Board Meeting**
Bellevue Library



**Director
Annette Loy**
bunnywestie@comcast.net



**Director
Sandy Davis**
lanark@comcast.net

**December 8, 11:15 am
Christmas Party**
Arnie's in Mukilteo

New Members

**Ann Marie Rose
Kathryn Watanabe
Steve Nicholas
Alene Burnett/
Heather Kohl**

**Westie Foundation
Liaison
Cyndee Lockwood**



**Robin Ryan
Photographer**

New Member Applications

**Tracy (Jeff) Goldberg
Linda Hagemeyer**

Visit Our Website

www.whwtcops.org

