



Westie Sounds

West Highland White Terrier Club of Puget Sound — Fall 2019



President's Message — Linda Gray

This year is going by too fast. The final summer outing was another Westie Walk at Ruston Park, Tacoma. Thank you, Colleen for organizing this activity. The walks are our most popular events. This was another success with beautiful scenery and perfect weather. Entertainment for us as well as other park visitors was provided by Colleen's puppy Archie and Sharon's son's dog Dunkin. Pictures are included in this newsletter but don't do their rollicking justice. It's too bad we couldn't attach a video. Tacoma has also opened another portion of this park we will have to investigate next year.

Please be sure to mark your calendar for our Westie Halloween spectacular scheduled for October 26, 1-3:30 pm at the Academy of Canine Behavior, Bothell. We are set to celebrate the event with costumes, games, pictures and a potluck lunch. For those of you who've not been there before it is perfect. They have a huge

indoor area attached to a large double fenced yard. The dogs can be free of leashes to go in or outside as necessary. (please see the flier for more)

We are privileged to have Dr. Melinda Cumming, DVM PhD provide a lecture for us at the Fairwood Library in Renton, Nov 9 from 10:30 – Noon. Her topics will be Westie specific genetic screening, routine ER care you can do at home and what to include in an emergency kit. If you haven't done so, please RSVP now to Colleen Brazil, collbraz@gmail.com. The first 30 to do so will receive a prize. For more information, see the flyer later on in the newsletter.

Finally, we will round out the year with our annual Christmas party Dec 7th, 11:15-1pm. Again, there is a flyer with more details later in this newsletter.

Thank you to all for your time and support. We love our Westies and it shows. Send articles to Dee Thompson for our next Newsletter please!!!

West Highland White Terrier Club of Puget Sound



Date: October 26, 2019

Time: 1pm-3:30 pm

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

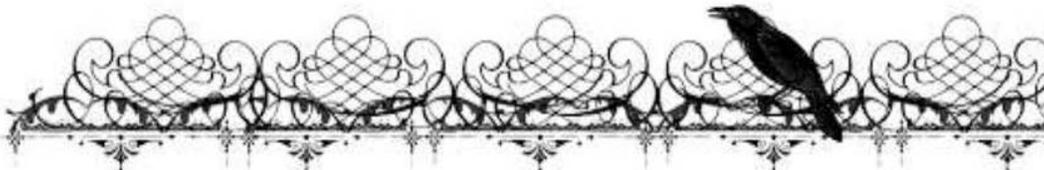
Admission - \$5 pp (children free)

Bring:

- Appetizer to Share
- Your own chair & poop bags
- Costumes (*contests)
- Spooky Selfie Photo Ops

NO FLEXI LEASHES PLEASE

Come and enjoy good times with friends!



Ruptured Cranial Cruciate Ligaments in Dogs

Wendy Brooks, DVM, DABVP

Date Published: 04/11/2005

Date Reviewed/Revised: 08/16/2018

Web Page: <https://veterinarypartner.vin.com/doc/?id=4952244>

Note: When you visit the above link, you will see the complete text of the article including images, handouts and/or links to related articles.

Description:

The ruptured cruciate ligament is the most common knee injury of dogs. Chances are that any dog that suddenly has rear leg lameness has a ruptured anterior cruciate ligament. The history usually involves a rear leg suddenly so sore that the dog can hardly bear weight on it. If left alone, it will appear to improve over the course of weeks but the knee will be notably swollen and arthritis will set in quickly. Dogs can be presented in either the acute stage (shortly after the injury) or in the chronic stage (weeks or months later).

Comments by Linda Gray

This article was very helpful for me to better understand this syndrome and how to proceed with next steps for Lucy. I did not have it when my Westie, Mollie experienced this injury in 2015.

However, the decision was easy since Mollie was 14 at the time of her injury and we felt too old for surgery. Dr. Cumming recommended I keep her quiet and restrict her activity. Within a week she stopped limping on her own. Dr. Cumming stated this might be possible citing a study (referenced in this article) that identified 85% of dogs under 30 pounds who experienced near normal recovery after a period of four months. I just needed to restrict her activity during this time. It worked.

At 14 years it was easy to restrict Mollie's activity. This was not the case with Lucy. At three Lucy was a wild fearless girl. She'd race from our side yard, barreling through the house to my office where she slammed onto a sofa where she could follow anyone who happened to walk by our house.

I don't know what she did to injure her right hind leg one snowy afternoon in February. I took her in to Dr. Cumming right away. They said it might be a tear, but to wait to see if it resolved by restricting her activity and giving her pain meds as needed. I was not very successful so she was still limping after a couple weeks. Dr. Cumming took Xrays and recommended I check with surgeons for next steps. This is also when she sent me this article. By the time I finally got in to see a surgeon, Lucy's limp was beginning to resolve. The surgeon checked her and recommended waiting four months. If the limp did not return, she should be fine. Essentially her body would form scar tissue over the tear mimicking the surgery that would be required if she had continued to limp. To date Lucy is totally fine, no limp or restrictions. I am very lucky.



An Update from Cherrybrook



Newsletter – August 27, 2019

An Ongoing Look at DCM and our Recommendations regarding the recent FDA DCM Update:

We are continuing to dig into the recent FDA update on the possible connection of certain diets to a rise in the incidences of DCM.

To recap, the FDA DCM update provided some quantitative data that helped bring perspective to the issue. Although the update answered some questions, and perhaps allayed some of our fears and misconceptions, many questions remain unanswered. In the weeks since the update it seems that everyone with an opinion has offered one. We have heard from the pet food companies, veterinarians, the media, social media groups, neighbors, family members, friends at the dog park, etc.

Here is What We Know

DCM IS NOT NEW

Many large breeds are known to have genetic predispositions to DCM. Our team at Cherrybrook, as experienced pet owners and breeders, have experienced the pain of untimely loss from DCM.

DCM is not new, it existed long before grain-free foods.

We are all concerned that the rates of DCM appear to be rising, but it is important to point out the FDA investigation has found no causal link between grain free diets and DCM. We are encouraged that the food companies, veterinarians and the FDA are working together in the spirit of collaboration. Hopefully this will lead to actionable solutions.

GRAIN FREE DIETS ARE NOT EVIL

We go to great lengths to ensure that the foods we carry are healthy options for all pets, including our own. We believe that most grain, particularly corn, wheat and soy are not appropriate sources of nutrition for a carnivore.

Many years ago, we decided to remove foods containing corn, wheat and soy from our shelves and began offering grain free and raw options.

Grain free and raw diets are helpful in alleviating food sensitivities which cause digestive issues and hot spots. In addition, grain free and raw diets are beneficial in mitigating and combating a host of chronic health conditions and diseases including obesity, diabetes, kidney disease and cancer. We all understand that these health conditions are sharply on the rise. We have seen health conditions improve when pets are fed grain free diets.

GRAIN INCLUSIVE DIETS ARE NOT EVIL

While grain free diets are helpful to many pets, they are not a solution for every pet. Though we do not carry foods containing corn, wheat or soy; but we do have many grain inclusive foods available on our shelves. The grain foods we carry contain wholesome grains such as oatmeal, tapioca, millet, rice, brown rice, quinoa and other whole grains. Many of the brands we carry offer both grain inclusive and grain free options.

WHERE TO GO FROM HERE: OUR RECOMMENDATIONS

ROTATE

When we looked closely at each of the DCM cases in the FDA Investigation, we observed that many of the formulas fell into the Limited Ingredient or single animal protein diets. This brings us to our first recommendation: rotate the formulas you feed your dog. This will allow your dog to have access to a broader amino acid profile from different animal proteins, and animal-based proteins provide the best source of amino acids and taurine.

Rotating formulas, including rotating proteins, is particularly important if you are feeding a limited ingredient diet.

GIVE FREEZE DRIED HEART, LIVER & TRIPE AS A TREAT

Pack some amino acid power into your dog's day by incorporating freeze dried organs like duck heart, chicken liver or mussels as a treat. Organ meat provides a rich source of taurine.

CONSIDER FEEDING OR ADDING RAW TO YOUR PET'S DIET

This may be the right time to consider raw. We have several raw frozen and freeze-dried food options available in our stores. These foods contain the highest percentage of animal-based protein and are an excellent source of nutrition for your pet. If you don't want to make a full transition to raw food, you can supplement your pet's diet with a raw or freeze-dried patty added to their current diet.

TO GRAIN OR NOT TO GRAIN

If your vet has recommended, or you think you would be more comfortable on a grain-based diet, we encourage you to come in and talk to us. Once again, there is no "one-size fits all" solution. We have a large selection of both grain and grain free options and additional resources available in our store to help you make the best choice for you and your pet.

For your convenience, we've compiled a directory of responses from our brands on this issue. Find your brand below to learn more

ORIJEN

ACANA

ZIGNATURE

TUFFY'S

MERRICK

FROMM

TASTE OF THE WILD

NATURAL BALANCE

As we dig deeper into the FDA update, Cherrybrook will be providing more information in the coming days and weeks. We will continue to update you with any developments, updates will be posted via our Facebook page and sent via our weekly emails. Our Store team members are always available to help answer your questions regarding pet food choices.

New Supplements I've Tested — Karin Parish



I wanted to share a few supplements I have tried and tested. One is a powder you can add to dog food and it stops diarrhea in a snap. Lots of dog show folks use it. When you are in another town, in another state with different water and in a hotel room and WHAMMO. This stuff is cheap and portable and works great. You can get it on amazon, chewy or google search and I think they even have it at Petco and Walmart. It's called FIRM UP! One to two teaspoons on top of food and the dogs love it. You only need the small bag.

Girls with orangey stained hair on their private parts. I figured out my girls have a PH imbalance in their urine, and so I gave them three weeks of the chewables (at Petco as well) and it whitened them up in the "crotch" area in two weeks. They love them. I used to use plain cranberry tablets, but they then became capsules and they wouldn't swallow them. These are chewable. They also work well if your girls are doing a lot of licking and it is probably annoyance from PH balance being off in their urine. It was an easy quick fix and it supports them for a healthy bladder. I wouldn't use it constantly – but a good three-week bout did the trick for me! Five STARS on Amazon.



The 55th Annual Heather Tartan Ball & Silent Auction

NO-HOST BAR,
SEMI-FORMAL,
RESERVED SEATING
MEAT PIES AVAILABLE FOR
PURCHASE

DUE TO WASHINGTON
STATE LIQUOR LAWS
ALL ATTENDEES
MUST BE 21 YEARS
OF AGE

FEATURING
PIPE BAND
PERFORMANCES,
SILENT AUCTION,
SCOTTISH
COUNTY DANCING
& THE MUSIC OF
BOTTLEROCKIT



TO BENEFIT
THE 74th ANNUAL
PACIFIC NORTHWEST
SCOTTISH
HIGHLAND GAMES
& CLAN GATHERING

SEATTLE LATVIAN CENTER
11710 - 3RD AVENUE NE
SEATTLE, WASHINGTON

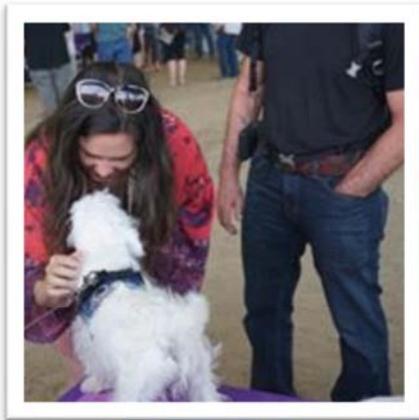
TICKETS: \$20 / \$25 AT THE DOOR

November 2, 2019

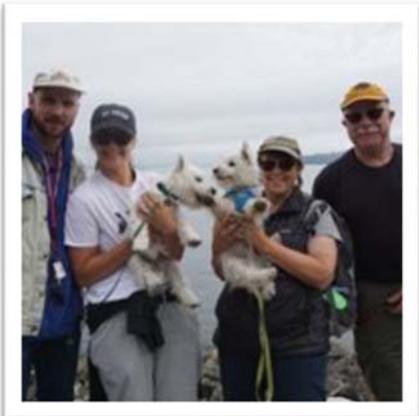
FOR MORE INFO: VISIT WWW.SSHGA.ORG & ORDER TICKETS ON-LINE!

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Highland Games Celtic Kennel — Enumclaw, July 27-28



Westie Walk — Point Ruston, Tacoma, August 10



AN INVITATION TO YOU

SEMINAR - Triple Header

- ❖ Genetic Health Screening (focus on WHWT)
- ❖ Review of Common Emergencies (such as eye injuries, cuts, rashes, diarrhea, etc.)
- ❖ What is in a good First Aid Kit?

Guest Speaker Melinda Cumming, DVM

WHEN: November 9, 2019 10:30 - Noon

WHERE: Fairwood Library
17009 140th Ave SE, Renton, WA 98058

COST: FREE



NOTE: First 30 people who **RSVP** will get a free first aid gifts!

Dr. Cumming has been in practice for 20 years at Spring Glen Veterinary Hospital in Renton, WA. She is also a member of our club! Dr. Cumming graduated from WSU College of Veterinary Medicine in 1995 after a career in education and electronics (IBM). She also has a PhD in Neuroscience. She says "I am currently owned by a Westie (Doc), a Yorkie (Oliver), and a doodle (Anna) as well as three cats (Zazzle, Eggs, and LillieAnna)."

**RSVP Limited Seating (50 people)

**Email: collbraz@gmail.com

➔ please put "seminar" in the subject line



Sponsored by the West Highland White Terrier Club of Puget Sound



WHWTCOPS ANNUAL HOLIDAY PARTY

Saturday, Dec 7th at 11:15 am
Arnies- Mukilteo
714 2nd St, Mukilteo, WA 98275
(425) 355-2181

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

Please RSVP to Linda Gray
lgn899a@gmail.com
by Nov 29th so she can confirm space

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

Gift Exchange: Bring wrapped gift
between \$15 and \$20 (not white
elephants)

Check out Menu
<http://www.arniesrestaurant.com/index.php>



Club Officers, Directors and Contacts

Upcoming Events



President
Linda Gray
lgn899a@gmail.com



Vice President
Jeannette Melchior
melchior323@centurylink.net

Halloween Party –
October 26 , 1 – 3:30 pm
Academy of Canine Behavior, Bothell



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



Secretary
Sharon Newsom
Sharonsnewsom@gmail.com

Board Meeting –
November 2, 10 am
Bellevue Library

Seminar on Dog Health
presented by Dr. Melinda Cumming, November 9,
10:30 – noon
Fairwood Library, Renton



Director
Colleen Brazil
collbraz@gmail.com



Director
Laurie Stack
laurie.stack@hp.com

Christmas Party –
December 7, 11:15 am
Arnie's, Mukilteo



Director
Annette Loy
bunnywestie@comcast.net



Director
Kathryn Watanabe
Kwatanabe.wa@comcast.net

New Members

Sandy Hendricks



Membership Chair, Webmaster
Karin Parish
kparish@whidbey.com

Rescue
Karin Parish and Vickie Ray
pugetwesties@gmail.com



Westie Foundation Liaison
Cyndee Lockwood
jclock4@comcast.net



Robin Ryan
Photographer

New Member Applications

Alan and Becky Rencowski

Derek and Denell Reeve

Visit Our Website

www.whwtcops.org

