



# Westie Sounds

*West Highland White Terrier Club of Puget Sound — Summer 2019*



## **President's Message — Linda Gray**

The Board and members have been very busy this year organizing events for our club. Please thank the chairs, Karin Parish and Dee Thompson for a successful Cherry Blossom event April 13 at the Academy of Canine Behavior (ACB), Bothell. We followed with the Spring Westie Walk at Seward Park on May 18 chaired by Annette Loy and Colleen Brazil. June 8 Jeannette Melchior, Laurie Stack and Colleen Brazil covered for chairs Karin Parish and Linda Gray with a fantastic Clash of the Clans at the ACB. This last event included an opportunity to take the AKC recognized Canine Good Citizen test. All of these activities have been very well attended providing an opportunity for members to socialize, relax and enjoy what brings us together – our Westies.

Thank you again to Jeannette Melchior for chairing our participation in the All Terrier Specialty event July 5-7, Puyallup fairgrounds. We had a great showing with nine entries. Please

see page 5 for pictures and the results. Jeannette has been very busy. Her next event was the Scottish Highland Games, King County Fairgrounds, July 27-28 and was very successful. We provided a meet the breed event where volunteers brought their Westies, answered questions, enjoyed the atmosphere and had an opportunity to experience the 6th oldest Scottish festival in the US featuring the North American Scottish Athletics Championship, US West Coast Drum Corps Championship, individual pipers and drummers, colorful pipe bands, Highland and National dancers competing before judges of worldwide renown and so much more. Pictures will be up on Facebook and the club site shortly.

Check out website or Facebook for more events including:

- August 10 – Summer Westie Walk, Ruston Way Park, Tacoma
- November 9 – health lecture by member Dr. Melinda Cumming, DVM location TBD

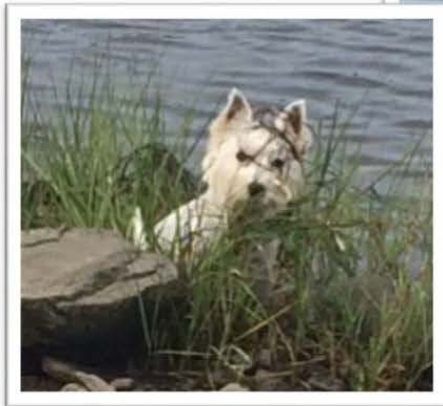
Remember we are always looking for members to provide articles for the newsletter and we need your photos for our 2020 calendar. Please send both to Dee Thompson. Additionally, please take note of the article we've included for a second time in a little over a year on Dilated Cardiomyopathy (DCM). This one is from the AKC and identifies particular grain free dog brands. I took heed after last year's article. Please see your veterinarian to discuss related concerns and your pet's diet.

Thank you as always for your support.

# Summer Westie Walk

Saturday, August 10 at 10 am

Point Ruston,  
Tacoma



Nothing is better than a  
summer day near the water

## Details

- Hosts** : Colleen Brazil and Linda Gray
- Meet** : At the fountains next to Wild Fin American Grill
- Parking** : First hour free, and \$2.00 per hour after, but validation available with purchase or if dining (license plate number required for retailer validation)
- Lunch Options** : You can bring your own and sit on the steps enjoying the view. There are several restaurants as well with take-out food
- Directions** : <https://www.pointruston.com/about/directions/>

## Stories from the Board (and their first mates)

In re-reading the results of the last club member survey, the Board of Directors found the suggestion to include a bio of each board member in the newsletter. We thought a more interesting route would be to share stories of life, work and our Westies as a way of sharing who we are, what we do, and where our road of life has taken us. Throughout the year, we'll tackle various questions from our lives. Here's our first installment.

**Question: We love our Westies for their personality. They are curious, a wee bit willful, and so full of themselves. What's one of your favorite "Westie moments"?**

### Jeanette

OMG. I was birthing a Westie, and I had to take the placenta off one of the puppies. This puppy came and his mother got him out. We got the sac off, except for his head. It was like it was glued to his face! The whole time I'm working on this puppy and the whole time his tail is going bap bap bap bap bap bap, so I knew he was alive. I finally got the sheath off his face, suctioned out his mouth, He still wouldn't squawk, but his tail was going like gangbusters. I put him with his mother and he started squawking. Live puppy! I was so grateful.

### Laurie

I named my first Westie, "Tuffy MacTavish". She was absolutely adorable, and at the same time, she lived up to every bit of her tomboyish name. My favorite Westie move was Tuffy's "the great sneak". It went like this... I'd fake throwing a tennis ball down the hallway, and Tuffy would tear off after it. When she realized there was no ball dropping down from the sky, she'd whirl around and spot the ball still in my hand. She'd crouch down as low as she could and carefully lift one paw at a time, then softly place it every so quietly on the ground before carefully lifting the next paw as she snuck soundlessly back up the hallway. Tuffy would keep her head low to the ground throughout her epic sneak, but always kept her eyes lifted up toward that ball. About 5 feet before she'd reach me, her epic sneak slowed and her paw would hover in midair for 2 or 3 seconds. Then suddenly she'd break into a dead run towards me as I did another fake throw... and around she'd go tearing down the hallway again. We'd play for hours. She never grew tired of demonstrating her stealth.

### Colleen

Our Westie's name is Cassie. Every evening after dinner, Cassie absolutely has to have a greenie. She will not stop. If we forget about it, she starts jumping around, circling, and hopping around. So we get a greenie, throw it down the hallway. She's racing down, brings it back, and does this dance for about 5 minutes before she eats it. She also does the funniest thing, we call it the "poop dance". We've never seen this before. Every single time, she does this intricate dance... circling this way and circling that way before she gets down to her business.

### Dee

My favorite Westie was my dog Tex. He loved dogs, but he loved people more. He loved going to the Westie events at the Seattle Kennel Club. He would sit on the table and give out Doggie Kisses. And if Tex wanted to get your attention and you were sitting, he would lift his paw and wipe your leg to let you know he wanted you to

pet him. When he had had enough, he would walk away. He was done, but he just wanted you to know he was there and he wanted your love. He was the best Westie ever.

### Annette

We have two Westies. One is Kelli (Book of Kells), and she is very quiet. Kelli is 6. Our other Westie, Bonnie Lass is 4 and she is the total opposite. I think we got her from Sharon and Sandy. Her job is to guard our yard, make sure there are no birds or squirrels, and scan the trees. She's always dirty as she goes up and down, up and down the hillside in Bothell. Bonnie Lass is a digger. We probably have 12 holes in our back yard. When we first got Bonnie Lass, Kelli spent about 2 weeks digging for a mole right by the back porch. Bonnie Lass is very impressionable and because of Kellie's quest for that mole, I think it just got imprinted on her brain that "my job is to dig holes" and then stick her nose in and get these animals. I go over to other people's houses, like Linda Gray's, and I'm like... "where are your holes?" And she's like... "mine don't dig holes!" I feel bad for my husband. He spends so much time making our lawn look beautiful, and here comes Bonnie Lass to dig her holes!

## Sneak Peek at the 2020 WHWTCOPS Calendar Still looking for your photos!



The club will publish a member photo calendar for a fund-raiser again this year. Please send you photos to [dee.thompson@gmail.com](mailto:dee.thompson@gmail.com). We expect to have the calendar available for sale at the Halloween party.

WHWTCOPS DESIGNATED SPECIALTY – JULY 5, 2019



Westie Table set up and ready for the day's Show



Ring Finals



Christine Corbley with Bailey – Bailey just keeps getting better.



Sharon Mork of Mork Isle Kennel's dog "Kodak"

Won: Winners Dog, Best of Winners, and Best of Breed

Sandy Campbell's girl won Best Opposite Sex, Bred by Exhibitor and Winners Bitch

# What Dog Owners Need to Know About the FDA's Grain-Free Diet Alert

By Anna Burke

Jun 28, 2019 – Reprinted from AKC.org in its entirety

The FDA is investigating potential links between canine heart disease and diet — specifically grain-free dog food diets. We've compiled the information you need to know to understand this ongoing investigation.

## Why is the FDA Investigating Grain-Free Dog Food?

It is easy to panic anytime we see an FDA headline about pet food. After all, keeping our dogs healthy is essential to us, and we know that diet can make a big difference in a dog's well-being. We reached out to Dr. Jerry Klein, the Chief Veterinary Officer of the AKC, to hear his thoughts on the ongoing FDA investigation.



“The FDA is investigating a potential dietary link between canine dilated cardiomyopathy (DCM) and dogs eating certain grain-free dog foods. The foods of concern are those containing legumes such as peas or lentils, other legume seeds, or potatoes listed as primary ingredients. The FDA began investigating this matter after it received reports of DCM in dogs that had been eating these diets for a period of months to years. DCM itself is not considered rare in dogs, but these reports are unusual because the disease occurred in breeds of dogs not typically prone to the disease.”

Between January 1, 2014 and April 30, 2019, the FDA received 524 reports of DCM (515 dogs, 9 cats), and most reports were submitted after the FDA's first public alert in July 2018. The total number of pets affected is greater than 524 because some reports included multi-pet households.

## What is Canine Heart Disease or Dilated Cardiomyopathy (DCM)?

Dilated cardiomyopathy (DCM) is a type of canine heart disease that affects the heart muscle. The hearts of dogs with DCM have a decreased ability to pump blood, which often results in congestive heart failure.

Some breeds, especially large and giant breeds, have a predisposition to DCM. These breeds include [Doberman Pinschers](#), [Great Danes](#), [Newfoundlands](#), [Irish Wolfhounds](#), and [Saint Bernards](#). While DCM is less common in medium and small breeds, [English](#) and [American Cocker Spaniels](#) are also predisposed to this condition.

The reports submitted to the FDA span a wide range of breeds, including many without a known genetic predisposition. When early reports from the veterinary cardiology community indicated that recent, atypical cases in breeds like [Golden Retrievers](#), [Labrador Retrievers](#), [Whippets](#), [Bulldogs](#), and [Shih Tzus](#) all consistently ate grain alternatives in their diets, the FDA took notice.

## Should you be Concerned About Grain-Free Dog Food?

In the [FDA's July 2019 update on diet and canine heart disease](#), they examined labels of dog food products reported in DCM cases to determine whether the foods were “grain-free” (defined as no corn, soy, wheat, rice,

barley or other grains), and whether the foods contained peas, lentils, chickpeas, beans, or potatoes (including sweet potatoes). Their report states that more than 90 percent of foods reported in DCM cases were grain-free, 93 percent of reported foods contained peas and/or lentils, and 42 percent contained potatoes/sweet potatoes.

According to Dr. Klein, “At this time, there is no proof that these ingredients are the cause of DCM in a broader range of dogs, but dog owners should be aware of this alert from the FDA. The FDA continues to work with veterinary cardiologists and veterinary nutritionists to better understand the effect, if any, of grain-free diets on dogs.”

The FDA’s July 2019 update includes the names of dog food brands that were named 10 times or more in reports submitted through April 30, 2019. Most reports were for dry dog food, but raw, semi-moist and wet foods were all represented.

- Acana (67 reports)
- Zignature (64 reports)
- Taste of the Wild (53 reports)
- 4Health (32 reports)
- Earthborn Holistic (32 reports)
- Blue Buffalo (31 reports)
- Nature’s Domain (29 reports)
- Fromm (24 reports)
- Merrick (16 reports)
- California Natural (15 reports)
- Natural Balance (15 reports)
- Orijen (12 reports)
- Nature’s Variety (10 reports)
- Nutrisource (10 reports)
- Nutro (10 reports)
- Rachael Ray Nutrish (10 reports)

In the Dec. 1 version of the [Journal of the American Veterinary Medical Association](#), Lisa M. Freeman, DVM, Ph.D., DACVN, provided an update to the research on DCM and emphasized the issue is not just grain-free diets. She calls the suspected diets “BEG” diets (boutique companies, exotic ingredients, or grain-free diets).

“The apparent link between BEG diets and DCM may be due to ingredients used to replace grains in grain-free diets, such as lentils or chickpeas, but also may be due to other common ingredients commonly found in BEG diets, such as exotic meats, vegetables, and fruits,” Freeman wrote.

Freeman emphasizes that although there appears to be an association between DCM and BEG diets, the relationship has not yet been proven, and other factors may be equally or more important.

The FDA encourages pet owners to report cases of dogs and cats with DCM that they suspect to be linked to diet by using the [Safety Reporting Portal](#).

As a general rule of thumb, the best thing you can do for your dog’s dietary health is to consult your veterinarian. Together you can weigh the pros and cons of your dog’s diet and, if necessary, monitor your dog for signs of DCM.

**Addendum from Linda Gray:**

When I read our article last year, I changed Duncan and Lucy from Zignature to FirstMate Pacific Ocean Fishmeal small bites. I also add a small amount of their canned food FirstMate Salmon formula. Another reason I chose FirstMate was because of its low protein content - 23% vs nearly 43% for Orejen. Duncan has IBD so a low protein count is very important. This diet is wonderful.

**More on FirstMate**

<https://dogfood.guru/firstmate/>

FirstMate is a family-owned and operated manufacturer. They have complete product and quality control over their products. We did not find any recalls for FirstMate. According to information we found online, the company has never had a pet food recall. FirstMate has CFIA, USDA and European Union certification.

**Clash of Clans Photo Gallery**

For more photos see <http://www.picturetrail.com/sfx/album/view/24837770> or the club site on Facebook





# Club Officers, Directors and Contacts

## Upcoming Events

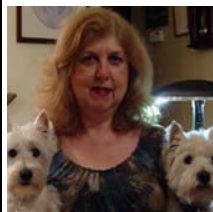


**President  
Linda Gray**  
lgn899a@gmail.com



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

**August 10 Westie Walk**  
Point Ruston, Tacoma  
  
**September 7, 10 am**  
**Board Meeting** Bellevue Library



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



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

**Halloween Party –  
October 26**  
Academy of Canine Behavior, Bothell



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



**Director  
Laurie Stack**  
laurie.stack@hp.com



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



**Director  
Kathryn Watanabe**  
Kwatanabe.wa@comcast.net



**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 Members

Jordan/Brittany Entler  
Carolyn McKernan  
James/Barbara Dibble  
John Rose/  
Ileana Calinoiu  
Richard Columbare  
Raymond Ma  
Caroline Wood

## New Member Applications

Sandy Hendricks

**Visit Our Website**

[www.whwtcops.org](http://www.whwtcops.org)

