



Westie Sounds

West Highland White Terrier Club of Puget Sound — Fall 2020



President's Message — Linda Gray

It's hard to believe 2020 is almost over. What a year filled with learning, changes and new challenges. In January I will pass the torch after completing four wonderful years as president. It all went by so fast, too fast. I learned so much from the Board, members, events, other clubs, AKC, etc. I can't tell you how much I appreciate the dedication, willingness to jump in, mentoring and selfless volunteers who made this experience so rewarding.

We're Zoom experts now. 26 people attend Melinda Cumming, DVM's June 26 presentation on what veterinarians look for during a physical exam. She shared what visual review, physical contact, palpitations, watching their walk, etc. tells her about their health. She also conveyed the importance of an ECHO in determining the severity/next steps in diagnosing/treatments for heart murmurs. This was important to me because Duncan was diagnosed with a potential murmur two months later. I listened to her lecture again and scheduled the ECHO. It confirmed his murmur was minimal and required no medication. Had I not seen Dr. Cumming's lecture I might not have realized how important this follow-up can be.

Our next Zoom event inspired many to apply for the AKC Tricks Title. Colleen Brazil secured an expert for us. We were honored to have Margaret Hughes, AKC Trick Evaluator, 20 years training experience and owner of Go-Get-Em' Agility provide a tricks demonstration July 25th. This presentation was also recorded so members who missed the event could view via link we provided.

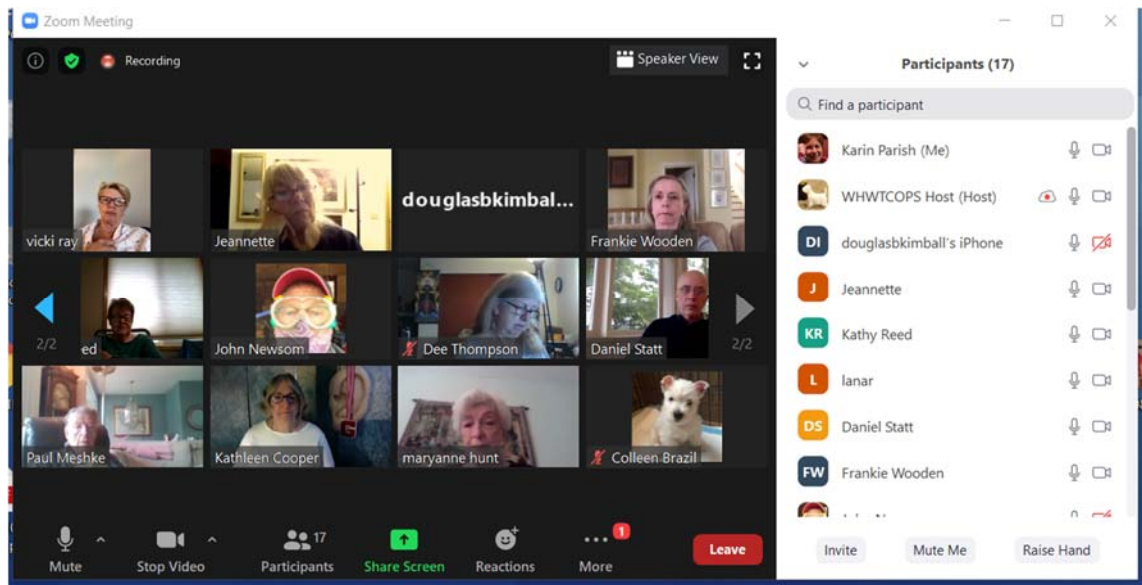
We amended our Bylaws via member vote October 3 to use Zoom in compliance with Washington State law. The State allows teleconference/video conference meetings and electronic balloting as long as it is allowed in our bylaws. We also used Zoom polling to support secret ballot voting. All voting members were invited to participate. We exceeded our quorum of 12 with 19 passing the amendment unanimously.

We hope to enjoy on site activities next year. This of course depends on Federal/State restrictions, but barring any changes, plans are being finalized for our Designated Specialty Dog Show January 15, 2021 at the Puyallup Fairgrounds. We hope to have a better idea of our schedule for February at the Academy of Canine Behavior (ACB) by mid November 2020. We also thank ACB and our luring vendor for honoring our 2020 deposits by agreeing to reschedule Westie Fun Daze to June 12, 2021 and Halloween to October 30, 2021. Arnie's Christmas party has been moved to December 4, 2021.

I hope everyone is doing well, is safe and enjoying their Westies. Please be sure to send in your articles for our next Newsletter. Thank you for your support.

We are Zooming now!

Even though we're not able to get together in person due to the pandemic we can now get together virtually via Zoom. Here's a screenshot from our October 3 meeting.



If you are not yet familiar with Zoom or have not yet downloaded it to your computer or phone, take a few minutes to do so prior to our Spookie Ookie Halloween party. Here's information on how you can get started using Zoom <https://biz30.timedoctor.com/how-to-use-zoom/>.

In addition to attending Westie meetings and events you will be able to Zoom with friends and family.

Beyond Facebook, Special Support Groups

(adapted from the Washington State Scottish Terrier Club Club Clarion, October 2020)

Love it, hate it, social media is ever present. Facebook has a number of special interest groups for dog lovers. Name your special interest or hobby and there's usually a Facebook group organized around it. There are Facebook pages, like the one WSSTC has, that require you to "like" the page to follow it, there are others that are forums where members post questions and receive answers/advice/support. The best of the groups require you to request to join and agree to the rules created by the moderators, who carefully monitor the posts and replies made by members. To find a group, open Facebook and click on the magnifying glass icon in the upper left hand corner of the page. Type in the name of the group, it should show up beneath the icon, click on it to navigate to the page and then follow the directions to join the group.

The following are pages and groups that may be helpful for those seeking information:

- NW Dog Events - this group posts announcements about every dog sport in Oregon and Washington that you might want to participate in, conformation, agility, barn hunt, obedience, etc.
- Breeder Friendly Veterinarians List - this list will help you or others find veterinarians who include canine reproduction in their practice.
- Puppy Culture Discussion Group-while this is specific to Puppy Culture, a for-purchase program, it's really valuable in helping those who want to raise well-socialized puppies.



Get ready for our Spookie OOKIE Halloween Celebration

Since we have been going a little stir crazy in the house, we thought we'd come up with a fun celebration for everyone. See info on the flyer. We will be having a Halloween party via zoom.

HOW TO? If you do not have Zoom, please go to the Google play store for PC or Apple Store for Apple. Download and open the app. It will have you register (this is to id you as a user and when you log on we see you). On the flyer is a link. You grab that link and click on it and it will automatically open Zoom and send you to the party. We will send you a reminder link in the mail. Just click on that link and VOILA. If you are still apprehensive, just go onto YouTube and do a search on how to use

Zoom. It is very user friendly.

THE BIG PARTY? We will have a few interaccional games.

1. Spooky Cocktail contest. This can be alcoholic or non alcoholic (tomato juice makes blood and put some paper fangs on the glass) Use your imagination Give it a spooky name, too. Cranberry juice and 7 Up is one idea – there is also food coloring. We will vote on the best looking cocktail. You can go to internet or Pinterest to find ideas.
2. We will have a Canine Trivial pursuit so get your pencil and paper out.
3. Big surprise to be unveiled at game #3
4. We will dress our dogs in costume then hold them up to the camera... and take a group photo.



We are very excited about our party, it's going to be a pumpkin smashing time and lots of laughs. We can also just hang out and chat during happy hour.

Put us on your Calendar!

Hosted by your fun Goblins (Dee and Karin)

Annie's story

(as told to Judy Lane)

Hi I'm Annie and I'll be 15 on Oct 27. I came to my new home when my Papa John became too sick to care for me, I was with him for 13 ½ years. Papa John was the best Daddy and I miss him.

But he found a wonderful place called Westie Rescue and they put him in touch with my new parents, Judy and Lyle. They came to meet me and Papa told them all about me. They love us senior pups and they were so happy to have me come home with them.

I gave him lots of Westie kisses and told him to not worry I could tell I was going to be loved as much as he loves me. Even though I missed my Papa, I love my forever home. Before Papa John went to the Bridge, he got to see pictures of me on my new adventures and approve of my cut.



Before



After ♥♥♥

This is my new brother Ryleigh, we had so much fun together. He got sick and went to the Rainbow Bridge last year. I miss him too but know Papa John is taking care of him there.

Papa John used to take me to Arizona for the winter, now I get to go camping and meet new friends all year long!

Here are some of the adventures I've been on with my new family:

Fishing in Eastern WA. What the heck is that thing?



We went to the Westie Valentine Party! Now that was so much fun!



Off to Reno to the Air Race school! And look we have our own golf cart!



There are many more places we have been since I came to live with my new family! They say I'm the best traveler!

Mom always tells me Westies are the best, rescues rule and the seniors rock! Wait who did she call a senior?

Thank you for all you do to support us rescues! And don't be afraid to open your heart to one of us older pups, we're pretty fun!

Westie kisses,

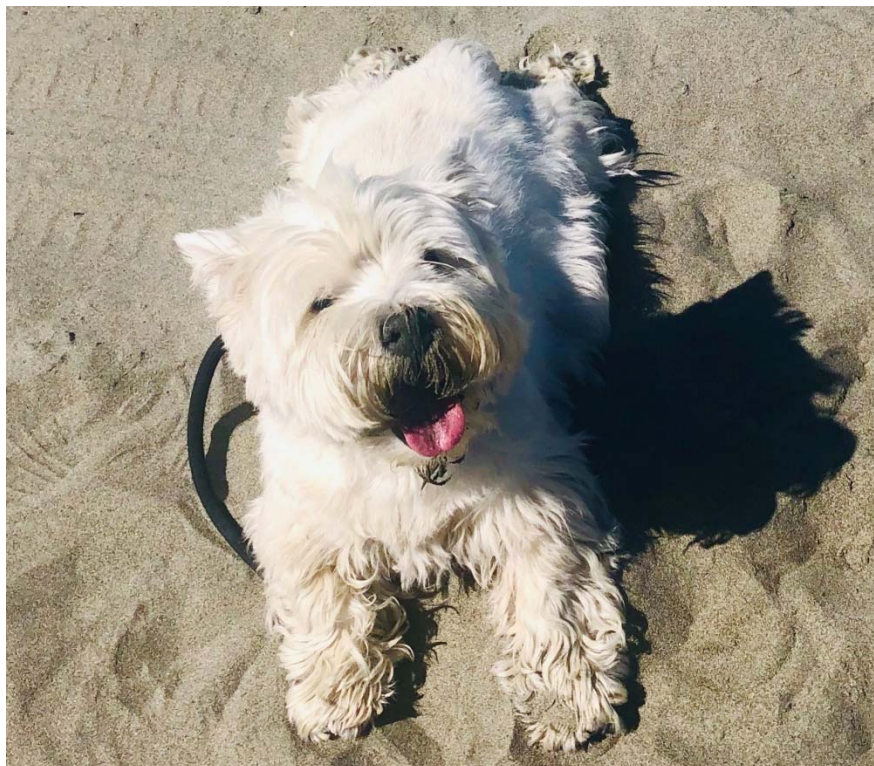
Annie

Mayday and Zestie's Summer Fun

Submitted by Julie Redd



Photo Op with a friend



Mayday at Ocean Shores



ZOOM it Baby!

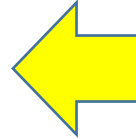
FROM OUR HOUSE TO YOURS OOKIE
SPOOKIE BRAIN BENDER PARTY
Games and costumes

OCTOBER 24, 2020

TIME: 3pm – 4:30 pm

Zoom LINK.. see Arrows below

Hosting: Dee and Karin



Dear Members...

We've come up with an outrageous ZOOM party and we would love you to join in. We will have a Dog Trivial Pursuit, we will have a cocktail hour (alcoholic or non alcohol.) Concoct your best spooky cocktail – pinterest has loads of them, (or scout around google) we'll see who wins. I don't want to spoil all the special things we have in store for you. We will dress up dogs for a group photo on zoom. Just tune in. If you do not have **Zoom** and need to download it go to your app store (google or apple) and down load it.



Zoom link -

<https://zoom.us/j/95695219132>

Meeting ID: 956 9521 9132

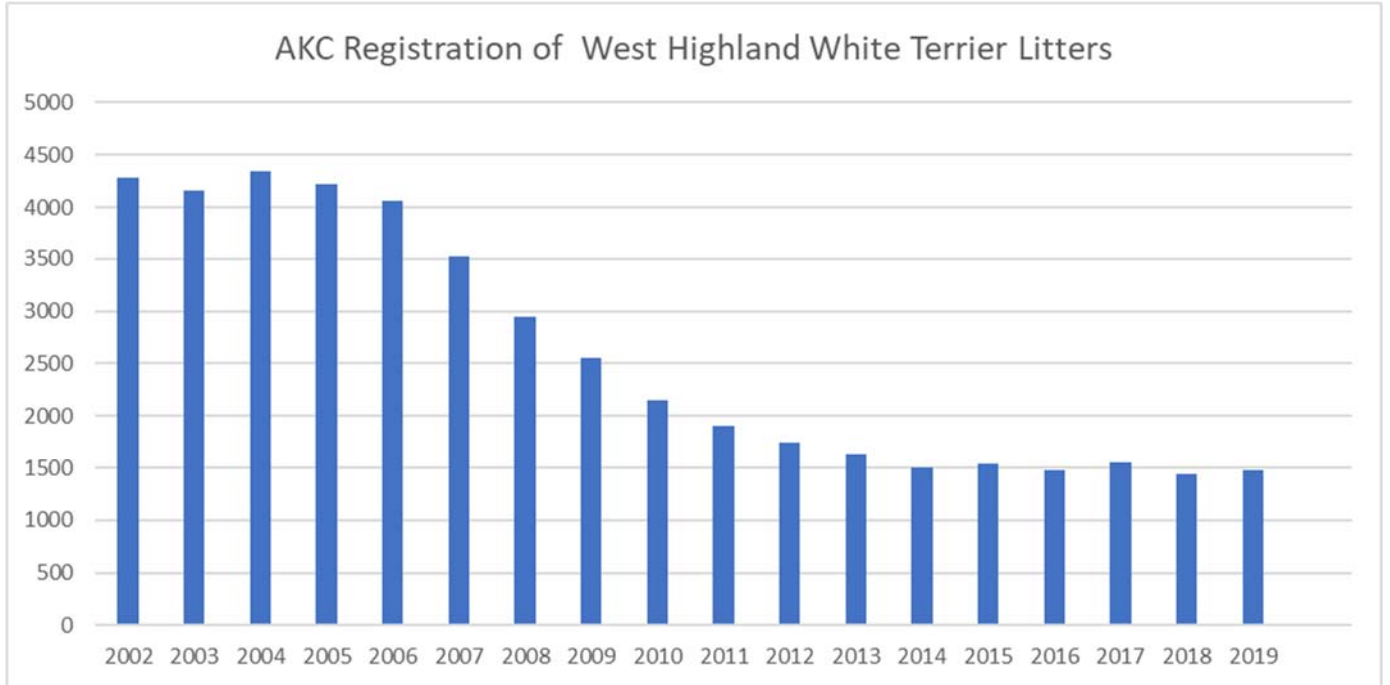


Westie Breeding Trends

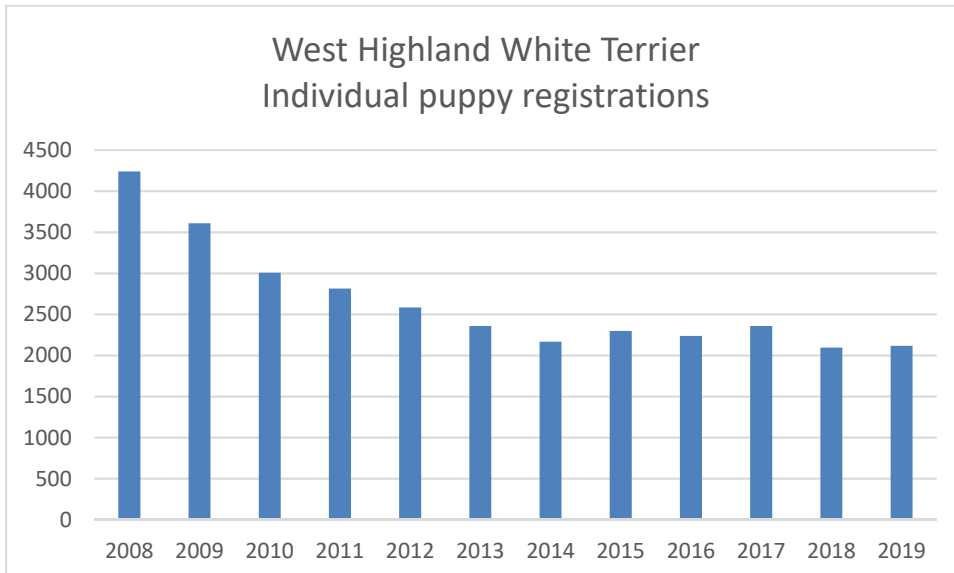
The AKC encouraged us to share these data.

West Highland White Terrier AKC information

Litter Registrations 2001-2019



Individual puppy registrations 2008-2019



Anesthesia-Free Dental

By Linda Gray first printed July 2018



My recent experience with Anesthesia-free dental cleaning at All the Best Pet store was fantastic. This shop hosts K9 Dental Service. They are a traveling canine/cat dental cleaning service who visit each store location one time/per month. I stopped in last week and made an appointment on Saturday for Duncan.

I've used anesthesia-free dental cleaning numerous times with my previous Westie, Maggie. My experience with this service was always good, understanding it is not for severe decay. Maggie did well, was calm and her teeth looked beautiful when the technician was finished.

The service with Duncan included a quick vet exam, review of any current issues, then Scott (canine hygienist with over 20 years' experience) worked his magic. Wow, in less than 10 minutes Duncan had brilliant white teeth for far less, was totally calm and he didn't have to be knocked out.

Please note if the veterinarian or technician finds loose teeth, gingivitis or decay they will recommend you go through your vet instead of using their service. I've included the following website if you are interested at K9DentalService.com. If this store is convenient for you please check their schedule at <https://www.allthebestpetcare.com/dental-cleaning/>

Inflammatory Bowel Disease

By Linda Gray

Duncan turns eight in November. He's been dealing with Inflammatory Bowel Disease (IBD) for most of his life. My Journey in search of a way to manage (IBD) is encapsulated by - it works until it doesn't.

However, I've gone longer with better results than ever before. I now believe I have an answer I want to share. Duncan is happy, rarely sits in the corner with a gurgle-y stomach refusing to eat, hasn't vomited yellow bile in I can't remember how long and he now loves to eat. Yeah!!! When he rarely does have a gurgle-y stomach in the morning, I give him ½ tab of Pepcid in a little yogurt. After I take him for a walk he will eat no problem.

So my regime for 2020 is - I cut the protein content in his diet from 40+% to 23% by moving from Orijen to Firstmate Fish dry food small bite. I top each meal with a little Real Meat venison and most importantly – K9 Natural 100% New Zealand Grass-Fed Lamb Green Tripe Booster. The Tripe is advertised as a daily natural supplement to support Digestive Health. I didn't start using the Tripe for each meal until this year. Previously I'd depended on Dr. Marty's probiotic. That worked for a while but stopped after about six months and he never had the interest in food like he does now. It doesn't change things overnight, but I believe the Tripe is the key.





From the Library of the

West Highland White Terrier Club of America, Inc.

Inflammatory Bowel Disease (IBD)

By: Dr. Kay McGuire DVM

Inflammatory Bowel Disease (IBD) is a condition of digestive system of the dog involving the stomach, small intestine and /or large intestine. Most often the condition is due to unknown causes or unknown etiology (Idiopathic). The syndrome involves a hypersensitivity reaction to antigens in the bowel lumen or mucosa. Implicated antigens have included parasites, bacteria, dietary constituents, and drugs.

The most common symptoms are characterized by chronic small bowel diarrhea, weight loss, and flatulence and odor of stool. Vomiting may also be the only sign seen in IBD. With chronicity of symptoms, large bowel diarrhea, halitosis and anorexia may develop.

The most common tests done initially on a vomiting, diarrhea dog are fecal flotations and stained fecal smears. Parasitic evaluation is necessary and many times the veterinarian may broad-base deworm the dog on initial presentation whether or not evidence of parasites are found. Whipworms and **Giardia** are sometimes very difficult to detect and prophylactic treatment is frequently initiated.

Food antigens frequently play a major role in this disease, especially in the Westie. The veterinarian may suggest a food of a novel protein and carbohydrate source that the dog has never been exposed to. A food trial of approximately 4-8 weeks may be appropriate before further diagnostic tests are done, depending on the condition of the animal. The definitive diagnosis rests on identifying the inflammatory infiltrates in the intestinal mucosa with biopsy. This is accomplished by endoscopic exam and endoscopic biopsies or exploratory/laparoscopic surgery and full thickness intestinal and stomach biopsies. The disease is characterized by the type of cells found in the intestinal mucosa (Lymphocytic-plasmacytic, eosinophilic, or granulomatous infiltrates).

Lymphocytic-Plasmacytic Inflammatory Bowel Disease is the most common IBD and thought to be due to allergic reactions within the bowel and throughout the digestive tract. The wall of the large intestine is invaded by the individual's own inflammatory cells in response to some triggering antigen. The antigen may be initiated by food hypersensitivity, insect stings, and even vaccines.

Depending on the severity and the waxing and waning of the symptoms, many dogs do well on just an alteration of the diet. Others may require short-term or long-term treatment with immunosuppressive drugs and antibiotics. Prednisone is used most commonly to suppress the allergic response in long-term decreasing doses. Stronger immunosuppressive drugs like Azathioprine may have to be initiated if the Prednisone or Methylprednisolone has no effect. Antibiotics like Metronidazole or Tylan may be initiated to suppress bacterial overgrowth of the intestine. Motility modifiers like Sulfasalazine and other anti-inflammatory like glucosamine have also been shown to have some effect on the intestine.

There are many variations of the severity and symptoms of the disease noted as IBD. Please consult your veterinarian with as complete of history as possible if your Westie should present with either persistent vomiting and/or diarrhea or recurring vomiting and/or diarrhea. Diagnostics may absolutely be required for correct treatment.

*****Disclaimer*****

Any information contained on this site relating to various medical, health, and fitness conditions of Westies and their treatment is for informational purposes only and is not meant to be a substitute for the advice provided by your own veterinarian. You should not use the information contained herein for diagnosing a Westie's health - you should always consult your own veterinarian.

For additional information and articles, please visit www.westieclubamerica.com.

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For more information, see <http://www.westiefoundation.org/westie-e-book.html>



WEST HIGHLAND WHITE TERRIER CLUB

Membership Renewal 2021 Due by January 31, 2021

Dear Current Member:

- We are now offering two types of membership – Household or Individual
 - If you want to remain individual its \$20 for the year
 - If you want to switch to household its \$30 for the year

Please fill in the info below and mail to our Treasurer. Remember to put in your email or phone # or residence if they have changed since January 2021.

Name/Names: _____

Address: _____

City _____ State: _____ Zip _____

Phone _____ Cell _____

Email _____

Names of your dogs _____

Volunteers are always needed, and it's fun. Let us know if you'd like to help in any of the following:

_____ Newsletter _____ Help with hospitality table at dog show

_____ Photography ___ DJ skills? _____ Planning dog walks

_____ Creating flyers for events Other ideas? _____

Include this form with dues. Check or money order payable to WHWTCOPS

Mail checks to Treasurer: Dee Thompson, 4511 153rd Place SW, Lynnwood, WA 98087

Thank you — Karin Parish, Membership Chair

Club Officers, Directors and Contacts

Upcoming Events



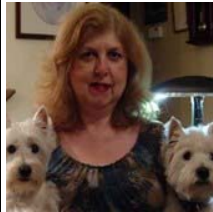
**President
Linda Gray**



**Vice President
Jeannette Melchior**

Zoom Halloween Party
October 24, 3 pm (see Zoom link on flyer)

Zoom Board Meeting
November 7; 10- noon
Meeting ID 990 7563 1849
Passcode 878169



**Treasurer and
Newsletter Editor
Dee Thompson**



**Secretary
Sharon Newsom**



**Director
Colleen Brazil**



**Director
Laurie Stack**



**Director
Annette Loy**



**Director
Sandy Cross**

New Members

**John Crowder
Melinda Heller/
Sam Orallo**



**Membership Chair,
Webmaster
Karin Parish**

**Rescue
Karin Parish and
Vickie Ray**
pugetwesties@gmail.com

New Member Applications

None



**Robin Ryan
Photographer**

Visit Our Website

www.whwtcops.org

