



Westie Sounds

West Highland White Terrier Club of Puget Sound — Spring/Summer 2020

President's Message — Linda Gray



I almost don't know where to start — how about, what a difference a year makes! I hope each of you is sheltered safely with your Westies, and taking them for as many walks as possible. As MaryAnne Hunt said this pandemic makes all of us appreciate our Westie companions. On that note, please be sure to check out the list of parks Colleen Brazil put together for this newsletter. It includes all of the information you need to prepare for the walk and any restrictions, etc., you might encounter.

Though COVID-19 has our sport and events on hold, we were able to at least start this year with our Specialty in January, the Seattle Kennel Club dog show also in January and our Valentine's Day event February 8. Our Valentines party was quite a celebration held again at the Academy of Canine Behavior. Ileana and John outdid themselves. The decorations were beautiful, the cupcakes were spectacular, everyone had a great time and the group of four Westie puppies just never seemed to tire of chasing each other the whole time. I think Robin and I took over 100 pictures. So be sure to check out some favorites in this newsletter and the rest on Facebook.

The Club has settled on Zoom as our teleconferencing tool. We had our first of many, I think, Zoom Board meetings May 2nd. It went so well we plan to use it for our next general membership meeting. We are honored to have Dr. Cumming, DVM, PhD offer her third veterinary presentation for us. This third presentation will be our first Zoom engagement on June 28 at 1 pm. She will cover two topics (to be finalized soon) with an opportunity for questions. The event will last a little over one hour with a RSVP sign up sent to you under separate cover. We will provide resources to help those who don't currently use Zoom come up to speed. We will also record the sessions and provide a link to the replay for those who have trouble getting Zoom configured on their systems.

Please consider writing an article and/or sending in pictures of your activities during this pandemic for our next newsletter to Dee Thompson (dee.o.thompson@gmail.com). There are so many areas of interest that we would love to read about. What a great opportunity to come closer together too. Moving forward we will continue to monitor the Washington State and federal guidelines regarding the pandemic to determine when/if we can participate in events this year. I am hoping for late summer and will keep you informed. Be sure to check the calendar portion of our website for updates. The status of each event is listed separately for you.

Keep your Westie Active During Quarantine

Colleen Brazil

Isolation is tough on everyone including our dogs. We all have different situations and space for our dogs to romp and play in. For many of us, not being able to access our favorite trails or parks has been a hardship. Our routines have changed and that can be especially difficult for our Westies who need both mental and physical stimulation.

Here are a few ways I have found to keep my guys happy and active. Working these into your daily routine at the same time can give your dog something to look forward to each day.

1. Most likely your dog already knows sit, stay, down and maybe a few other basic tricks. Set aside some time each day to run through a few of these exercises. Make stay or wait even more fun by going into another room before calling them to you. Have them sit or down in every room in the house. Not only does this give them your attention, it is something they are good at and they will love your praise and recognition. Don't forget to pay them though! Treats are essential for a job well done.
2. Play a game of "Find it". Hide treats around a room under a pile of toys, in the side of a doggy bed or behind a chair. Walk around the house with them saying, "Find it!" and if need be, give them a little clue. They will soon catch on.
3. Puzzle games can be a great way to keep your Westie happy and challenge their brains for a while. I have a couple of games made by Nina Ottoson (see picture). Most sell online for under \$20 from Amazon, chewy.com or petco.com (who is also doing curbside pickup).
4. Work their noses. Collect a few small cardboard boxes like the ones that hold a case of dog food cans. Scatter the boxes around and toss a treat into each box. Change up the box configuration each time to keep it interesting.
5. Did you stock up on toilet paper and paper towels? You have a goldmine of doggy toys. Save those cardboard rolls and use your imagination. Make a pile of them and flatten the ends of some to hold a treat. Then ask them to "Find it!"
6. Dig out your muffin tins and find some old tennis balls. Put a treat into some of the cups and cover with the balls. Then watch how they figure out how to find the prizes.

You see a trend here? Everything involves treats. Chop up those treats to make tiny nuggets, because just like us, we don't want to emerge from this stay at home time with too many more pounds than we started.



I've made small treats by slicing up Oscar Meyer 100% beef hot dogs into small bits. They don't have as many chemicals as most hot dogs and they have an aroma dogs love. In a microwave bowl, cook for about 5 minutes. After each minute of cooking, drain off the water and stir. They lose most of their water and oil but smell delicious according to the resident expert. Keep refrigerated.

If your pup is still bored after all those games, there is always DogTV. You can find the channel on Direct TV, Roku, Sling and some episodes on YouTube. Be ready for possible barking though. Our dogs thought we had made a new window in the house and let strange dogs in our yard. Be forewarned!

Many of you no doubt have your favorite dog games and have found ways to keep the pooches happy and occupied during these stay at home days. Send your game ideas, homemade treat recipes and photos to me at collbraz@gmail.com and I will compile them into an article for the next newsletter. Have fun and stay safe!

Pumpkin Gelatin Gummy Dog Treats

Karin Parish – reprinted from dalmationdiary.com

Treat Ingredients:

- 1/2 Cup cool low-sodium unseasoned chicken stock (or water)
- 3 Tbsp gelatin
- 1/2 cup cooled cooked pureed pumpkin * See *alternative recipe combination below.*

Making the Treats:

Measure the stock/water into a small saucepan. Sprinkle the surface with gelatin powder and let sit for approximately five minutes or longer for the gelatin powder to bloom/gel. Once your gelatin is bloomed and ready, gently stir the bloomed gelatin mixture over low heat until the gelatin is completely dissolved. Remove from heat.

Measure the pureed pumpkin into a suitable container. *Tip: I like using a coffee milk jug when I make gummies — stain resistant, heat safe, easy pour, and dishwasher-friendly.* Add the prepared gelatin mixture, and stir to thoroughly combine. Pour/spoon into silicone molds (or a suitable pan for cut and slice). Chill to set thoroughly.

This gummy making approach works with many different dog-friendly vegetables, fruits, or just about anything you might like to puree for a gummy treat. Pumpkin is delicious and nutritious, and we like to keep some cooked cubed pumpkin on hand in the freezer for quick and convenient use in baking/cooking for both humans and dogs. If you're cooking veggies for a meal, you can also set some aside (or save the leftovers) as long as they're unseasoned. Fresh or frozen fruits work nicely as well, although for chunkier purees you may need to use our little trick for suspending solids (see our [Cranberry Gelatin Gummy Dog Treats](#) for details). For even quicker treats, you can use a ready-made puree, like our [Spiced Apple Gelatin Gummy Dog Treats](#). Just make sure that all of the ingredients are suitable for dogs — many ready-made purees contain sweeteners, salt, or seasonings that aren't appropriate for pets.





Isn't it time you go back to work, Karen?



RASPBERRY GOAT MILK DOG SMOOTHIE

Author: Sarah Lukemier of lolathepitty.com (more recipes)

Ingredients

- Cup goat milk (canned available at Walmart — cheapest — Meyenberg Evaporated Goat Milk — Note cow's milk is too much dairy)
- ½ Cup frozen raspberries
- 1 Tbsp. peanut butter (without added sugar or salt)

Instructions

- Combine all ingredients in a blender.
- Blend until smooth.
- Serve!

Notes

This equaled 4-5 servings for our dogs. Store unused smoothie in an airtight container in the fridge (up to 3 days) or freezer.





TESTING TESTING 1, 2, 3

WHWTCOPS is preparing for our first ever
WEBINAR

YOU'RE INVITED — MEMBERS ONLY

Presenter: Melinda Cumming, DMV, PhD Neuroscience

Please join our test pilot program

Event Date: June 28, 2020

Event Time: 1:00 – 2:00 pm

On the day of the event, Join the Zoom Meeting: <https://zoom.us/j/99602480112>

Schedule

- Welcome to the virtual world – Linda
- “How To” for online meetings – Laurie
- WHWTCOPS Business Meeting
- Westie Exams from a Vet’s point of view – Dr. Cumming
- Q&A (5-10 min)
- Quick bio break
- Cleaning your Westie’s ears – Dr. Cumming
- Q&A (5-10 min)
- Show and Tell – Westies, Westies & More Westies

In preparation for the best experience during the virtual event, we suggest you download the **Zoom client** and install it on your device well ahead of the event. Download the application from here: https://zoom.us/download#client_4meeting

If you'd like to practice joining a Zoom event, we will open a Zoom room on the following dates and times. To join either event, click on the link any time during the session and bring your Westie for a little video time! Its very easy and only takes a short amount of time.

Zoom Practice Sessions:

- Tuesday, May 26, 2020 07:00-8:00 PM Pacific Time
Join Zoom Meeting: <https://zoom.us/j/91484857122>
- Thursday, May 28, 2020 05:30-6:30 PM Pacific Time
Join Zoom Meeting: <https://zoom.us/j/94689879743>

The software is free; you need to create an acct with your email (see above). We are very excited about this. Many of you may already have a zoom account and are using it for talking to your vets and medical doctors, as well as friends and family. As a reminder we will send the log on link (shown above) a couple of days before the meeting.

WE NEED YOU TO TEST THIS EXPERIENCE. PLEASE JOIN IN!

Puppy Tales or Survival Tactics from the Trenches

By Colleen Brazil

When I first saw Archie's sweet Westie puppy eyes and nose, it was love at first sight. Is there anything cuter than a Westie puppy? Not much. Is there anything sweeter? Well, OK, maybe. My boy is 90% sweetness, but the remaining 10% devil does emerge now and then. I could see early on that this adorable fluffy pooch had his own ideas of what good behavior meant. I was determined to prove that 'Terrier' and 'well behaved' was not an oxymoron.

We are 10 months into this journey together and in hindsight, I see now what worked and what didn't in my attempt to have an honor student puppy dog. If you have ever had a puppy or you are contemplating getting one, you will either nod your head in empathy or you can get prepared now.

I won't go into all the details of forever changing wee pads and the miracle of hydrogen peroxide for floor cleaning, or the chewed up shoes and missing socks (still happening), or the shock at learning that he WILL eat ANYTHING. But I will share with you what I have learned during this journey of becoming best pals.

Here are the Seven best things you can do to help your puppy get off to a great start.



1. Socialize with humans early and often.

There are charts published that tell you a puppy's week by week development and how critical it is to get them out into the world to meet men in hats, babies, great-grandmas with walkers, tall women, toddlers, men with beards, short women in uniform — the list goes on and on. The trouble was the chart didn't correspond with the schedule of shots they need to strengthen their immunity. Necessary socialization is needed before they are old enough to be fully immunized.

Of course, the first essential task is to visit your veterinarian, discuss this tricky dilemma and assess the risk. I learned that if I was careful, we could take Archie to Home Depot, to the garden stores and any place I could carry him where he would only have contact with humans, and not other animals. Being the cute magnet that he was, human socialization was not a problem.

2. Enroll in a Puppy Socialization class

Find a dog training facility with a good reputation for positive training. A reputable facility will require at least the first, if not second round of immunizations and fecal exam results. We were so lucky to find a class we could enroll in, but it is something you would want to look for as soon as you get your puppy as classes fill up fast and you want to catch that short, yet, critical window of time when it will benefit them most. Of course, you can do this yourself but if you can, a professional trainer is well worth it.



In Archie's class he encountered wheelchairs, strollers, see saws, uneven surfaces, noisy things and most of all just being in the same room with lots of people and dogs. This was one of the most valuable things we could have done. This experience in a safe environment gave him confidence and allowed his fearless Westie-tude to develop early on.

3. Find play dates.

We are so lucky to have an excellent dog training facility near our house that sponsors outdoor playgroups for immunized pups. Attendance is limited and a trainer attends to make sure the pack stays under control. This further developed his socialization with other dogs.

Our playgroup is small dogs only so he had to learn to not play rough with dogs that didn't appreciate being tackled. The other massive advantage is that playgroup totally wears him out. A solid hour of running and playing burns up that puppy energy and ensures a quiet evening for our household.

4. Enroll in training classes.

Maybe I went overboard, but we enrolled in basic obedience, intermediate obedience, Terrier-specific obedience and so far up to level two in Agility, all in his first year. It was time well spent. He knows the rules now. But it does not mean we are done. Maybe it is because he is a Terrier or all dogs are like this, but all that training he's had required treats and constant reinforcement. He is more than happy to test me to see if I forgot the rules. And all bets are off on remembering lessons should we encounter a bunny or squirrel when we are on a walk. The single most important thing we learned was recall. I have only had to use it in a serious situation once, but when I yelled "ARCHIE, COME" that boy ran straight to me. Whew!

5. Bribery works.

It is all about the hand that holds the treat. If you are lucky to have a food motivated dog, bribery is easy. Not all dogs are, so you may need to have a special toy reserved for your bribery. I am concerned that I have created a treat addict and that my 16 pounder could easily turn into a 300 pound Westie, but I have learned that he is just as happy with a crumb as a full size sausage treat.

When we were desperate to get him potty trained I started giving him a treat every time he did his business. It worked! Except now, every time he goes piddle he looks up at me in expectation of a treat. Whatever it takes is my motto.

6. You scratch my tummy, I'll lick your nose.

Who doesn't love to cuddle a warm, fuzzy sleepy puppy? If you have doubts about all the work required to raise a puppy, cuddle time with your pup will give you all the payback you can imagine and more. I learned in our puppy socialization class that rubbing the top of his head and ears has an almost immediate melting effect. The bond Archie and I have formed through training, playing, treating and cuddling is something I will always cherish. The unconditional love he gives back to me is priceless.

7. Walk, walk, walk

I have found that the most rewarding experience I have had with Archie is from our walks. I started him out as soon as I could get a collar on him and his immunizations were complete at a little over 3 months old. We have walked almost every day since. Not only is this our buddy time, but I have incorporated practice and training on every walk. He's learned to walk 'right here' and to wait at the crossings as a routine, but I will do a spontaneous 'down' or 'sit' at random intervals to keep him on his paws.

OK, have I convinced you yet? Is a puppy in your future? I hope so, but I am afraid I must come clean. We have not reached honor student status. We have had less than a year together and while my best buddy and I are quite pleased with our progress, I know that there are still challenges ahead. We will probably take another obedience class someday as a refresher and we will try to get the AKC Good Citizen certificate. We have just begun Agility training and have found it immensely rewarding. Not only does it reinforce our bond, is loads of fun, but it also allows us to practice so much that we've learned in the past year such as sit, wait, stay and his release word 'OK'.

Here are the five things that I still find most challenging:

1. Confusion over commands.

My fault, not his. Sometimes I confuse 'Wait' with 'Stay' or 'OK' with 'Come' and I find I way overuse the word 'OK' at random times. This lack of consistent use of terms is confusing for him. He gives me a look that says, "Just what do you want?"

2. Barking

We have too many windows in our house and too many trees with squirrels right outside those windows. This means we have a barking dog. Saying no doesn't work. Covering some of the windows doesn't work. Distracting with toys doesn't always work. Maybe as he gets older this will not be such a problem? Maybe we will move to a





concrete, windowless house in the middle of the desert? One trainer suggested joining in with the bark to acknowledge that I was aware of the killer squirrel in the yard, but that didn't work either (and I felt pretty ridiculous, but I was desperate).

3. Constantly sniffing the ground and consuming anything he encounters

Our trainer suggested shuffling my foot under his nose to make him lift his head up, but that is impractical and temporary. When on a walk, I must be constantly aware of what is on the ground ahead and fortunately he has learned the command 'Leave it'. But just yesterday on our walk, he grabbed a big bite of horse poo on the fly before I could stop him. Sigh.

4. Chewing, shoes and socks

Maybe this is something he will grow out of but he has left his marks on one desk and a couple of dining room chairs that seem to be irresistibly tasty. My husband's slippers and one pair of my shoes hold endless fascination for him. When we forget to put them out of his reach, he grabs one and gleefully prances around the house shaking them back and forth with head held high. I have given up trying to resolve sock issues.

5. Big dogs

Archie has had great socialization with small dogs and other Westies. I thought this would naturally carry over to big dogs. He has terrorized our friend's sweet Labrador and in our obedience classes with Shepherds, Huskies and Doodles he has gone full Tasmanian Devil on them as they walk by, much to my embarrassment and horror. We are working on that.

It has been an amazing year's journey that I would not trade for anything. Those qualities that make Terriers, and Westies in particular, so unique and charming will never get them the best behaved dog in the universe award, but if you spend the time during that first year, whether it is with a professional trainer or learning from books or YouTube, your investment of time will pay off. I think back to that tiny little white fluff of a baby that I could easily hold in the palms of my hands less than a year ago and my heart melts and I think, "Good job buddy. You've got this!"

Special thanks to numerous WHWTC of Puget Sound members who have shared their Westie wisdom and experience with me in the past year. Yet another valuable benefit of being a member of our wonderful club.



"Hello. I would like to introduce myself. I am Ragnar, formerly of Walla Walla. I now live with Doug and Lois and Coconut. I can't wait to meet everyone in the club!"

In Memoriam

Merrilyn Lindgren



On Monday, February 10, 2020, Merrilyn Lingren, passed away unexpectedly of heart failure. Merrilyn was a breeder, owner and exhibitor of West Highland White Terriers and in 1982 joined with eight other local Westie breeder/exhibitors and became the founding President of the West Highland White Terrier Club of Puget Sound. Merrilyn was the driving force that guided our small group to meet all the requirements to be accredited by the American Kennel Club. It took five years of hosting fun matches, grooming seminars, training classes and all submitting breeding and show

records to the AKC for final approval/accreditation. Once the AKC gave approval, the WHWTCPS was chosen to host the 1988 Roving Specialty. Merrilyn also designed our club logo.

Through all of the challenges, she never lost her sense of humor or her beautiful smile. As her daughter commented in a Facebook post, “the world will be a sadder place without her in it, but heaven has gained a new angel.”



Howard Aoyama

Howard Aoyama passed away on Christmas day, 2019. He was a long-time member of WHWTCOPS and during his membership served as Board secretary. He and his wife Gwen helped with the Club’s annual Westie Specialty for several years then decided that they wanted their own show dog. They purchased a male puppy they called Hamish from Sandy Davis. Hamish finished his American title by the time he was two years of age. Howard and Gwen continued to be active in the club; Howard designed and had printed a club informational pamphlet. He also helped provide a variety of Club Specialty prizes for several different shows. Some of the most prized trophies were Westie Embroidered folding chairs, Blankets and accessory bags. Howard and Gwen later bought a Show bitch from England named Britney who also showed to her championship. Britney had one litter of four puppies in 2011. One of those puppies is Sharon Newsom’s Fiona, who showed to her American Championship. Though he remained in the club, Howard’s interests changed. He bought a Ukulele and both he and Gwen learned to play. They joined a local Ukulele group that often played at small events around this area.



Self Guided, Socially Distant Westie Walks for the Stir Crazy

(All information was current as of May 6, 2020.)

Since we had to cancel our May Westie Walk, here are a few ideas of places where you might want to take a walk with your dog and easily socially distance yourself. Many of these locations are where the club has led Westie Walks in the past.

As of May 2020, we are in Phase 1 of reopening the State, so you may want to wait until Phase II, which is expected to begin June 1. See SafeStart information https://www.governor.wa.gov/sites/default/files/SafeStartWA_4May20_1pm.pdf before visiting these sites unless you live nearby. Restrooms and more parking lots may re-open when we enter Phase III. Check out each park's websites before visiting to see current status.

So get your walking shoes dusted off, grab a pocketful of treats, leash up and breathe deep into your mask. Remember at minimum, keep a 6-foot distance from others.

If you park on the street since many parking lots are closed, be considerate of the residents in the neighborhood and park in areas where you will have minimum impact.

Tacoma Point Defiance Park

This grand park is always delightful and it is a superb place to walk your dog whether on the beach or on one of the beautiful old growth forest parks. Park is open for walking, but parking lots are closed so you need to park on the street and walk in. Restrooms are closed as of May 6, 2020. Maps and updates

<https://www.metroparkstacoma.org/place/point-defiance-park/>

Point Ruston — Dune Park

A club favorite is to walk along the waterfront starting at Point Ruston. But the new trail system at Dune Park is well worth checking with open space and unlimited water views. Parking may not be free if you park at Point Ruston. You can also access by walking into Point Defiance Park off Pearl Street and walking over the pedestrian bridge. See map on their website. Restrooms are closed. Maps and updates

<https://www.metroparkstacoma.org/place/dune-peninsula/>

Seattle Washington Park Arboretum

Wide trails and beautiful trees and shrubs. Parking lots and restrooms are currently closed but trails remain open. Maps and updates

<https://botanicgardens.uw.edu/washington-park-arboretum/>



Seward Park

Another club favorite. The wide trail allows plenty of space to step off to the side to keep your distance but this park can get busy. Parking lots are closed and there is minimal street parking. Restrooms are closed. Maps and updates

<https://www.seattle.gov/parks/find/parks/seward-park>

Magnuson Park

Wide open trails. There is an off leash dog park here, but might be advisable to steer clear of that for now. Parking lots and restrooms are closed. Maps and Updates

<https://www.seattle.gov/parks/find/parks/magnuson-park>

Redmond Farrel-McWhirter Park

This park has a delightful trail system with mostly flat terrain but a few ups and down. Trails are not paved, so hiking shoes recommended. It appears that free parking is still open at the barn near the farm area. Restrooms are closed. Maps and updates

<https://www.redmond.gov/Facilities/Facility/Details/FarrelMcWhirter-Park-61>.



Snoqualmie River Trail

I love this trail. You can go for as short or long as you want. It is not paved, but the flat surface is easy walking and very wide to accommodate social distance. It is reopening on May 8th but restrooms remain closed. Free parking at the Duvall Police Station. Map

<https://www.duvallwa.gov/DocumentCenter/View/500/Snoqualmie-Valley-Trail-Map>. Check out their news release page for reopening information. Updates

<https://www.kingcounty.gov/depts/dnrp/newsroom/newsreleases/2020/May/5-Parks-recreate-responsibly.aspx>

Lake Sammamish State Park

A few years ago we had a fun Westie Walk here on the State Parks Free Parking Day. The park will re-open on May 5. A few of those free parking days are coming up June 6, 7 and 13. Here is a link that lists all the free days <https://www.discoverpass.wa.gov/>.

Even if you go on a paid parking day, there is a nice system of trails to explore. Dogs can't go on the beach though. Map and updates

<https://parks.state.wa.us/533/Lake-Sammamish>



Woodinville/Duvall area Brightwater Nature Center

Another great dog walking trail system with free parking. It can get busy on weekends and sunny days, but there is plenty of open space to keep your distance. Re-opening May 8, but restrooms remain closed. Map

<https://www.kingcounty.gov/services/environment/brightwater-center/trails/map.aspx>

Check out their news release page for reopening information. Updates <https://kingcountyparks.org/covid/>

Cottage Lake Park

This paved loop trail is not long, but it is a pleasant location on the lake so why not do the loop twice? Free parking and restrooms closed. Map

<https://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cottagelake.aspx>

Re-opening May 8. Check out their news release page for reopening information. Updates <https://kingcountyparks.org/covid/>

Everett Everett Waterfront

We were thinking of having a club sponsored walk here this summer, but if that doesn't happen you might want to check it out yourself if you are in the area. You can find a good map on the link below that shows you where to park to access the sidewalk trail. Map

<http://www.portofeverett.com/recreation/waterfront-trails>



Valentine's Party!



Club Officers, Directors and Contacts

Upcoming Events

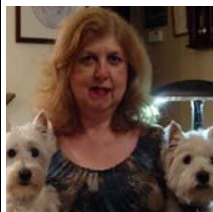


**President
Linda Gray**



**Vice President
Jeannette Melchior**

Westie Seminar via Zoom teleconference
June 28, 2020, 1 pm
(see flyer in this issue)



**Treasurer and
Newsletter Editor
Dee Thompson**



**Secretary
Sharon Newsom**



**Director
Colleen Brazil**



**Director
Laurie Stack**



**Director
Annette Loy**



**Director
Sandy Cross**

New Members

**Natalie/Jasen Samford
Bruce/Penny Beane
Devon/Becca Newsom
Vicki Campbell**



**Membership Chair,
Webmaster
Karin Parish**

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

New Member Applications

**John Crowder
Melinda Heller/
Sam Orallo**



**Robin Ryan
Photographer**

Visit Our Website

www.whwtcops.org

