



# Westie Sounds

*West Highland White Terrier Club of Puget Sound — Fall 2021*

## President's Message

From Jeannette Melchior



How did this happen? Summer came in with a hot blast and now even before the leaves turn and fall, we are pelted with rain, wind and thunder (power outages) – gosh, my guys hate thunder, except for McDougal. He charges out onto the patio challenging every boom. Ah, the lightning is a different matter. He scoots in and safely barks on the inside of the slider. The girls just tuck into the couch and let him do all the defending.

We were able to actually get a Westie Walk in during August. The gals on the Board (Lesley Wilson, Cyndee Lockwood and Dee Thompson) and I cleaned up the club locker, and we have started planning the upcoming Halloween Party.

Lesley Wilson took on the task researching and developing the new website for [www.whwtcops.org](http://www.whwtcops.org), which has been refreshed and rehosted on GoDaddy. Our thanks to Karin Parish who previously maintained the site. Time moves on, and Karin suggested that the website had to get a long overdue update and the ability to work with the latest technology.

Of course, the holidays are closing in and I look forward to the Halloween party on October 30th. We are planning a day after Thanksgiving Westie Walk (button up, Westies grab your new sweaters) on November 26th. Then we'll close out this year with the Christmas Westie club luncheon on December 4th – don't miss that because we plan to party.

Have any cute pictures? I'd like to see them on Facebook, so why not take one of your cutie and send it to us so we can do a pictorial layout of our Westie newbies and seniors – it's my challenge to see who will be first to impress.

Be safe and stay well. Looking forward to seeing everyone this season!

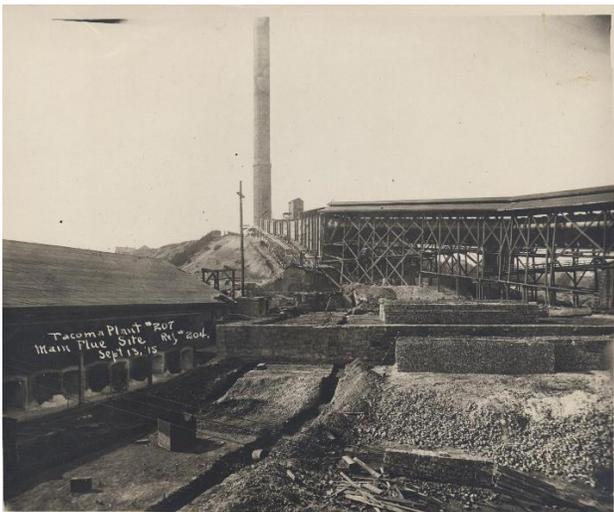
## The First Westie Walk of 2021 – Defiance Park, Tacoma

**Look at those Westies!** OK, not everyone wants to pose, but here we are at the first Westie Walk of 2021, Dune Peninsula at Tacoma's Defiance Park August 22nd. It was our first since 2019, but we finally were able to shed our masks and have a great time.



Everyone was so excited with this meet up and naturally we had those who saw us and joined in. A young couple with an excited Westie asked about our group and were delighted to get acquainted. They live in the area and when I asked them what the name of their Westie was, well naturally his name was "Ruston" for Ruston Way. Hope we see more of them in the future.

As you can see below from the historical photo, the area has changed into a fantastic place for walking with new condos and restaurants nearby. It was a marvelous NW day and arrivals from as far as Bellingham arrived eager to get reacquainted with old and new friends. The areas are well maintained and beautifully designed with beach grasses and large metal art decorations.



**This historical picture is grim, and the area remained so until recently.**



**What a renewed and spectacular space for all of us – we'll be back!**

**West Highland White Terrier Club of Puget Sound**



**Date:** Saturday, October 30, 2021

**Time:** 1pm-3pm

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

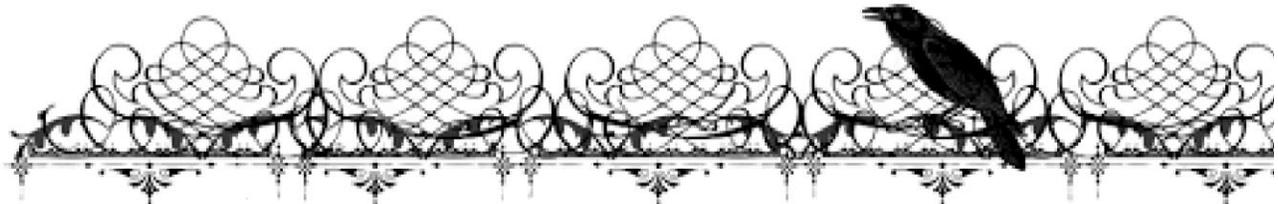
Hosts: Jeannette Melchior / Lesley Wilson

**Admission - \$5 pp/\$10 Family**

- Bring poop bags
- Costumes Parade
- Spooky Games and Contests
- Selfie Photo Area

**NO FLEXI LEASHES PLEASE**

**Come and enjoy good times with friends! To help ensure safety, we will observe social distancing and follow recommended COVID protocols.**



# THANKSGIVING WESTIE WALK

When: Friday, November 26, 2021  
Time: Noon  
Location: Sunset Beach, Lake  
Sammamish State Park  
Host: Lesley Wilson

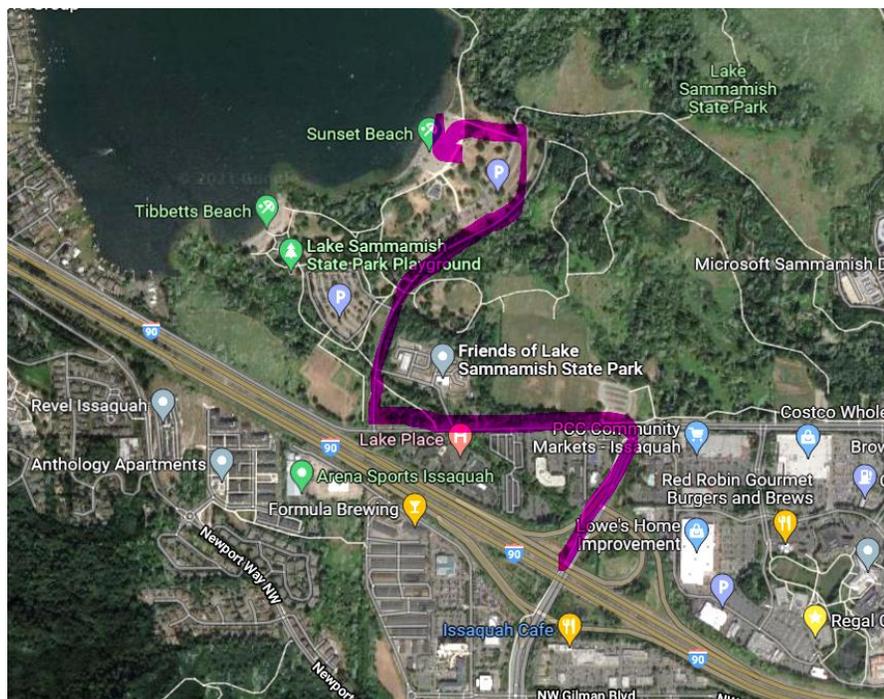


**Directions:** Go to Issaquah, WA, I-90, Exit 15. Go north. Turn left on NW Sammamish Road. Park is about ½ mile west at 2000 NW Sammamish Road.

Let's walk off that turkey, candied sweet potatoes and pumpkin pie together! Lake Sammamish State Park is very walkable and accessible for everyone.

For detailed instructions, use Google maps and enter your destination as: **Sunset Beach at Lake Sammamish State Park**, 2000 N.W. Sammamish Road, Issaquah, WA 98027. Parking is free on this date, so no Discover Pass is required. Choose a parking space near the Sunset Beach bath house. Rest rooms are located there. Parking is plentiful, and the park has several flat, paved paths to enjoy.

**We will meet on the water side of the Sunset Beach bath house** at noon for yappy hour, socializing and a group photo. As always, bring poop bags and water for you and your Westie.



## Barn Hunt Competition: 2 Minutes to a Find Rat in Straw Bales

By Jackson McTavish (Westie) as told to Paul Meshke (Dad)

At a recent Westie Club event, the dogs had an opportunity to try their 'paws' at Barn Hunting. As it turned out, I, Jackson McTavish, have the natural Westie instinct to hunt the Rat. My Dad, Paul, had a conversation with the Barn Hunt teacher and I enrolled in classes. I could hardly wait for the first one. That day finally arrived, and Dad and I drove to Snohomish to learn the skills of Barn Hunting. At first, the Rat was easy to find. Then my instructor added 2 more cylinders. One cylinder was empty, one had bedding from the rat cage, and one had the Rat. I was so excited that I went after the one with the bedding. My teacher said, 'Leave it', and I finally realized it was to trick me into thinking the Rat was there, so I learned to ignore them.

Each class I learned more. Besides finding the Rat, I had to put all four paws on a straw bale. No big deal, I love to climb on things. I also found out I had to run through a tunnel made up from the bales. I was not too sure about that, but soon mastered it. The next step: my teacher said she was going time me with a stopwatch. I was not sure what that is, but I figured it must mean I needed to go fast. I showed I could do everything in less than a minute! She was impressed and told my Dad I should do a Trial. I did not do anything bad so why go to a Trial? Dad explained it was to compete against other dogs. I was excited, considering I only had five lessons.

The Trial Day arrived. When we got to the event, there were many dogs of all breeds, big, medium, and small like me. My Dad signed some paper and then we had to wait our turn to go show the Judge what I could do. We went into a closed off area to wait. They called "Jackson," and I was ready. The Judge said I could go when ready; I began hunting and quickly found the Rat. Dad called "Rat", but the Judge said, "No Rat". Darn, I had found the cylinder with the Rat bedding. I got to try again, and this time I would do better. I did my hunting, and finally found the Rat. Dad called, "Rat" and again the Judge said, "No Rat". I had bypassed the Rat and found the bedding again.

Everyone said I did good. I just need more practice. Dad said it was OK, we would continue with class, and I could do another Trial. I promised to work hard and do better next time. 🐾🐾



# Academy of Canine Behavior's "Basic Behavior and Obedience Class"

By Lesley Wilson

It had been 15 years since I last brought a puppy home, and I knew I needed an obedience class refresher. In-person classes work best for me, and the [Academy of Canine Behavior](#) in Bothell offers a 7 week series called **Basic Behavior and Obedience** that seemed perfect for me and Skye, my Westie girl.

Looking around the room in the first class, there were 8 dogs, and only two of them were under 20 pounds. Skye is super friendly, and she wanted to play with all the other dogs. Sitting quietly was not in her nature, so our work was cut out for us.



**Skye, Proud AOCB Graduate**

In class, Skye bounced around the room and forgot all the things we practiced at home. The instructor suggested I try a Martingale collar or the highly recommended prong collar. I thought the prong collar was barbaric-looking, so I tried the Martingale collar for a couple of weeks. That had little effect. By week 6, I could see that we were not making progress, and I asked the instructor to help me fit a prong collar on my precious little darling. The result? Instant success. No more pulling or ignoring my commands.

Today, I continue to use the prong collar for training walks and whenever I walk both Skye and our senior Westie, Angus. We flow down the sidewalk, mostly.

Our instructor, Russell Nelson, used a comprehensive approach to training. Some of the topics we covered:

- Conditioning markers
- Word list (Good, No, Okay, Leave It, Come Here, etc.)
- Proper sequence of commands (Ask: Fido, sit. Get: No, sit. Praise: Good sit!)
- Communication and respect
- Behavior modification (identify the new behavior to replace unwanted behavior)
- Leadership (yes, you are your dog's Leader!)
- Management techniques (provide a dog den, confinement & supervision, Go To Your Rug)
- The "Colors of Dog Training" concept, developed by Colleen McDaniel. (Blue: relaxed; Green: calm, focused energy; Yellow: happy energy, tuned-in to handler; Orange: wild energy; Red: fear, aggression)

The Colors of Dog Training concept applies to handlers and their dogs, and I have found it very useful. If Skye taps into her wild inner puppy, I think about how to manage my behavior to calm things down.

I look forward to enrolling in the next class, **Beyond Basic**, later this year.

# 5 Tips to Calm your Storm Stressed Dog

From Dee Thompson, excerpted from the Good-Dog-Blog

Where my Westies Tex and Callie took thunderstorms and the Fourth of July (it's a war zone here, folks!) in stride, my Westie Roy is a sensitive boy. Here are some tips I found on the internet that might help your dog. Hemp oil DOES help Roy, and he loves to pose for the camera!



KENDALL ABBOTT

Reprinted from SitStay.com

Good-Dog-Blog

Since the weather is not always reliable, it can be hard to prepare and help your dog with their storm phobia and can be just as stressful for the owners as well. This article will provide you with 5 tips to help you calm your dog during the coming storm season.



## What are the symptoms of Storm Phobia?

The technical name for this is called Astraphobia. This is when your dog has a fear of and/or gets an anxiety thunderstorm occurs. Veterinarians believe that there are some triggers like thunder, lightning, wind, barometric pressure changes, and even low-frequency rumbles before a storm that humans can't hear, that cause distress. Often, they will show signs of nervousness, such as pacing around the house, panting, and chewing or drooling more than usual.

They can also exhibit behavioral signs as well. These include hiding, trembling, vocalizing, and owner-seeking. Some will even go as far as to try and escape or cause destruction, which can be even more upsetting to their owners.

## Keep your pet home and locked inside

Some pets try to escape by clawing through the screen door or break through a window to run away. In these circumstances, pets can potentially seriously injure themselves. So, if there is a storm or you know one is coming, try to be home with your dog. If you can't, then ask a friend who the dog knows to be home with them. This will help calm them down knowing they won't be alone; it will also help you keep an eye on them to make sure they aren't being destructive or trying to escape.



## Play Music or Noise in the Background

One reason dogs tend to get so frightened is that dogs have much better hearing than humans and are therefore more sensitive to loud noises like thunder or lightning.

Another way to help is to first try closing all windows and doors to muffle the noise. Then try to compete with the noise going on outside. Play a calming CD, use a white noise machine, or sit down where they are and watch TV. Even holding your dog in your lap and watching a YouTube video on your phone may help distract them from the loud noises going on outside.

## Create a Calming Environment

A strong way to help your dog stay calm during a storm is to be there for them and show them you care. A common myth is that you would reward anxious behavior by comforting them. An anxious dog has a hard time learning due to being overstimulated and extremely emotional. Comforting your dog is a way to de-stress them, it will not reward any poor behavior caused by fear.

Other ways to calm your dog are to create a safe space for them. It could either be in a closet, a room with no windows, or in their crate. If they have a crate be sure to leave it available during a storm - but always leave the door open. This is very important. If you lock your dog in their crate and they start getting anxious, this could lead to them trying to bite or claw their way out which could break their teeth or claws in return. Try putting a heavy blanket or sound-deadening cover over the crate to help muffle any noise.

There are some products that can be used to help calm an anxious dog during storms or any other type of situation that might create anxiety for your dog. Many pet parents can find CBD products for their pets to suppress an over-stimulated dog. There is the liquid that can be put on food or given directly, or there are treats that can be given. Anti-anxiety blankets can be a good option as well.

## Distract Them

A good way to distract your dog from the loud storm noises is to play with them. Find their favorite toys and/or play your favorite game of hiding and seek to help take their mind off the storm that is happening around them. If you have another pet that doesn't have storm phobia, be sure to include them in the playtime.

## Train your Dog to Adapt to the Storm

Another good option is to train your dog to adapt to a storm. Playing thunder noises over time will help desensitize your dog to the sounds of a storm. To do this, play a soundtrack of a thunderstorm (or a siren/ or other loud noise if your dog has noise aversion) on a low volume to not upset your dog.

If they stay calm and settled, give them their favorite treat or chew as a reward. This will help associate them with a positive reward for the negativity they associate with the storm sounds. Over the next few weeks (using 5–10-minute sessions), gradually increase the sound of the storm noises and continue to reward them for good behavior. Keep in mind, if the root of the problem lies elsewhere like with the barometric pressure or another anxiety, then consult your vet for additional therapies.



# All Terrier Club Dog Show

By Lesley Wilson



Seems like ages since I was at a dog show, so I asked WHWTCCOPS President Jeannette Melchior about attending one. Next thing I knew, I was signed up to work at the [All Terrier Club of Western Washington](#) dog show on August 19<sup>th</sup> at the Enumclaw Expo Center.

From my ringside seat, I watched dozens of terrier breeds compete for best of breed and best of show titles.

I talked with handlers, breeders and terrier people about the breeds and the many competition events going on that day. In addition to the breed conformation “beauty” contests, there were obedience and rally events. Westies ruled in conformation that day, though few were entered. The Westie Champion Arbroath’s Sagacity won the best in show title.

To learn about dog shows in our area, go to [www.barayevents.com/show-calendar](http://www.barayevents.com/show-calendar) or to [www.infodog.com](http://www.infodog.com) and click on Show Info. You’ll be amazed at how many events there are in the Puget Sound area. The next Westie show is planned for January 14<sup>th</sup> in Puyallup with the All Terrier Club.



**Terriers competing for Best of Show at the August 19th All Terrier Club Dog Show**



**Best in Show Champion Arbroath’s Sagacity**

# The ONEISALL Grooming Tool

By Cyndee Lockwood

Over the years, I have struggled with loud vibrating grooming tools on my puppies and dogs until I happened on the ONEISALL small pet hair trimmer. I saw the YouTube video first demonstrating the tool, then saw the price (\$21.99 on Amazon), and I was sold. This small handheld clipper is cordless and rechargeable; easy to hold, use and clean; is quiet with low vibration, and is safe for puppies. The clippers, of which there are two—a small one and a bit larger one—are great for pads, ears, rumps, etc. Try it and you will not be disappointed.



## Looking for Westie Health Resources?



Westie Health

Research Projects

News & Hot Topics

About Us

Get Involved



The **Westie Foundation of America** has a free, downloadable PDF file that you can access for comprehensive coverage of Westie health issues. The URL is:

[https://westiefoundation.org/files/galleries/WFA\\_Westie\\_Health\\_Ebook.pdf](https://westiefoundation.org/files/galleries/WFA_Westie_Health_Ebook.pdf)

Have questions about allergies, nutrition, dry eye, spaying or neutering? These topics and more are covered by authorities in the field. Brief overviews cover general health and disease in Westies. Specific diseases are covered in depth with illustrations and references.

# Club Officers, Directors and Contacts

## Upcoming Events



**President  
Jeannette Melchior**



**Vice President  
Cyndee Lockwood**

**Halloween Party**  
October 30  
Academy of Canine Behavior  
Bothell, WA



**Treasurer  
Dee Thompson**



**Secretary,  
Membership Chair,  
Rescue Representative,  
Karin Parish**

**Westie Walk**  
November 26  
Lake Sammamish State Park  
Issaquah, WA



**Past President  
Linda Gray**



**Director  
Kathy Reed**

**Christmas Luncheon**  
December 4, 11:15-1P  
La Hacienda Guadalajara,  
Woodinville, WA



**Director,  
Rescue Representative,  
Vicki Ray**



**Director,  
Webmaster,  
Newsletter Editor,  
Lesley Wilson**

## New Members

Ella and David Panther,  
Seattle  
Terry Floyd, Wenatchee



**Director  
Paul Meshke**



**Photographer,  
Robin Ryan**

## New Member Applications

Sally Rick and Hannah Zalac, Gig Harbor  
Susan L. Killen, Seattle  
Michael and Lyssa de Hart, Bainbridge

**Visit Our Website**

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

