



# Westie Sounds

West Highland White Terrier Club of Puget Sound — Winter 2022



## President's Message

From Jeannette Melchior

Helloooooo, 2022! We are eager to greet the new year with hope and positivity. We closed out 2021 at the Annual Westie Christmas Party in Woodinville at the "Hacienda Guadalajara". After not being able to celebrate in 2020, it was a wonderful relief to catch up and party with our many Westie friends. The gift exchange was exciting as always. Do check [Facebook](#) for photos of all our fun prizes, if you haven't already.

Sadly, MaryAnne and Ed Hunt announced that they will say goodbye to the club since their girl Lassie has crossed over the Rainbow Bridge. The Hunts joined in 2003, and I came onboard in 2004. That adds up to 18 years of them hosting many Westie walks, managing sales tables,

volunteering, and assisting with games and events.

But most important to me was the Westie Q&A Board that MaryAnne built for our Meet the Breed Booth at the Scottish Highland Games. MaryAnne did some research and put together answers to the most-asked Westie questions. Digging through my files, I found this picture taken when we won a prize for Best Booth at the games. Yes, that is Paul Meshke (who built the booth) holding the ribbon, and with the Westie Q&A Board in the background. MaryAnne & Ed will always be welcome to join us at any time and any event when they need a Westie fix.



As in accordance with our By-Laws, the Westie Board for 2022 will remain in office for another year. The 2022 Westie Board members are: President, Jeannette Melchior; Vice-President, Cyndee Lockwood; Treasurer, Dee Thompson; and Secretary Karin Parish. The Directors are Paul Meshke, Vicki Ray, Kathy Reed and Lesley Wilson.

In January, we will have the WHWTCOPS Designated Specialty at 1:00PM on Friday, January 14<sup>th</sup> at the Western Washington Fair Grounds in Puyallup.

In February we will celebrate Valentine's Day at the Academy of Canine Behavior with our I ❤️ **Westies** Party. Save the date for February 12<sup>th</sup> from 1 to 3pm. We are planning a photo op spot for you, plus games, contests and prizes.

This summer is the **40<sup>th</sup> Anniversary of WHWTCOPS** so we will be putting ideas together and working on them. If you have any suggestions, don't hesitate to contact Lesley Wilson ([lpw98075@comcast.net](mailto:lpw98075@comcast.net)) to let us know your thoughts.

We have lots of plans in 2022 for you and your Westie in the works! If you haven't already done so, please renew your membership.

May we all embrace the new year with the zeal of a Westie!

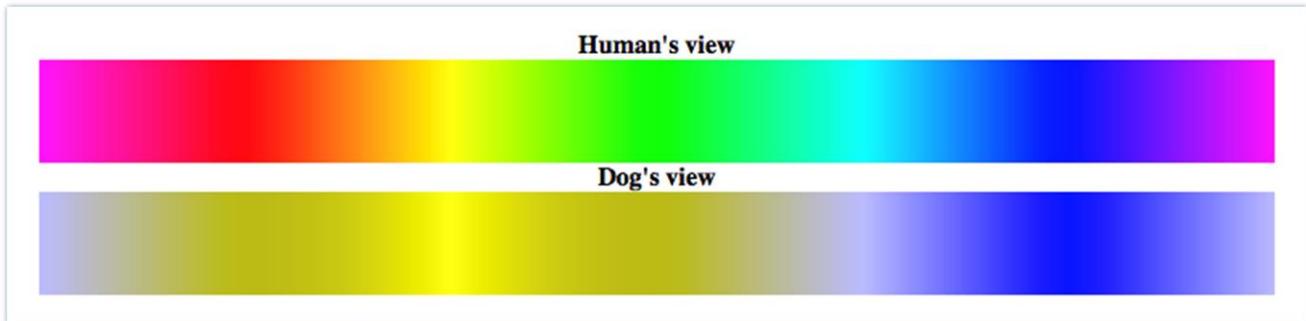
*Jeannette*

#### Websites of Interest:

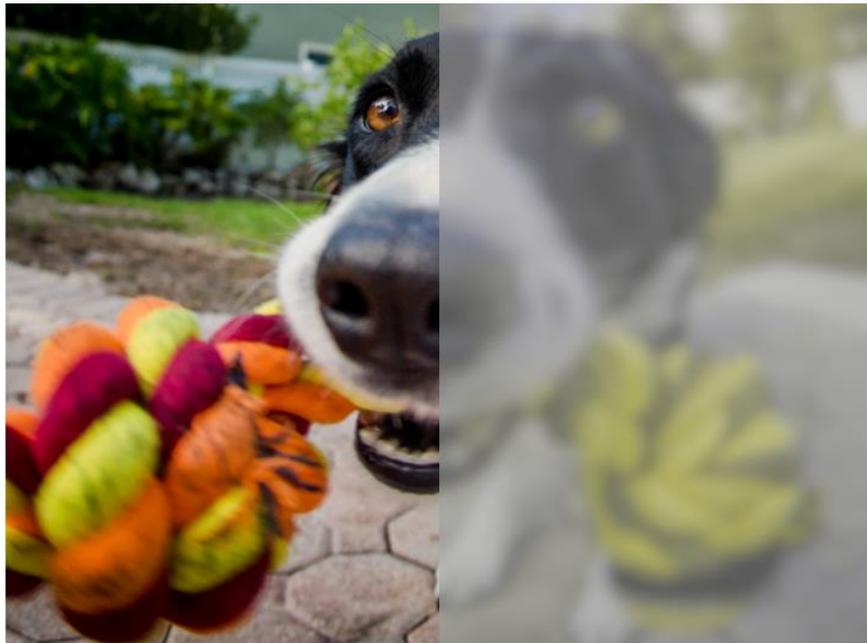
- [AKC Museum of the dog.com](http://AKCMuseumofthedog.com) Largest repository of dog art in the world, and they have a great online store. Neat stuff!
- [Tug-e-nuf.com](http://Tug-e-nuf.com) Fabulous dog toys for playing tug. Look at their website or watch the video at: [Tug-E-Nuf 7 Steps to Successful Play](#)
- [Puget Sound Earthdog Club](http://PugetSoundEarthdogClub.com) For those interested in earthdog work. Holds practice events and 3 weekend tests a year.

## What Three colors Can Dogs See?

People can see a rainbow of variations including violet, blue, green, yellow, orange and red. Dogs can only see **blue, yellow and some shades of gray**.



For hunting in the dark, canine eyes have a larger lens and corneal surface and a reflective membrane, known as a tapetum, that enhances night vision according to AKC's chief veterinary officer, Dr. Jerry Klein. They also have more rods, which improves low-light vision, in the retina.



Source: [akc.org/expert-advice/health/can-dogs-see-color/](https://akc.org/expert-advice/health/can-dogs-see-color/)

# Paint Your Westie \*IN STUDIO\* Event

Sunday, Jan. 23, 2022, NOON - 3:00 pm



These paintings were created by Westie members with no painting experience.

**Location:** Paintings With A Twist, 920 15th St SW Auburn, WA 9800. Across from the Super Mall Outlet Collection

**Cost:** \$57 - \$68 depending on size of canvas you select

**Come and Paint Your Westie!** This fun class has limited seats and fills quickly, so don't delay in registering. **Hand-Sketch of your dog provided:** After you register, you'll email this company a picture of your Westie. When you arrive for class you will find a professional hand-sketch of your dog, so it makes painting your Westie much easier.

**Class Instructor:** Studio artists will guide you through all the steps and details needed to leave with a masterpiece of your dog! **Helpful hints:** Only one animal per canvas. Head and shoulder shot, as clear as possible, facing straight-on works best. Just select the canvas size and email the Westie photo you'll paint.

**To Register:** <https://www.paintingwithatwist.com/studio/seattle-auburn/event/2916148/>

**Questions?** Call Paintings with a Twist, (253)735-0308

Event organized by Robin Ryan (who painted a westie above) – RR@RobinRyan.com

## Christmas Luncheon

By Cyndee Lockwood

What a great turn out we had for the Christmas Luncheon! Nothing keeps this group down and it was pretty evident when everyone arrived in their Christmas finery. Yes, we had to come in with our 'masks' on but as soon as we were in our colorful, comfortable, spacious room, off they came. The restaurant gave us free rein. The booths were roomy, and they allowed for more intimate conversation when folks weren't walking around greeting one another.

Robin Ryan was right there for all the pictures of the annual gift exchange and gift "stealing."



Karin Parish brought boxes of individually hand-painted ornaments that she gifted us with. (Photo at left.)

We played a couple of corny Christmas games while waiting for our lunches and handed out a few prizes to the winners. Two and half hours went by rather quickly.

I received many calls after the lunch thanking me for the time and trouble spent in finding a new place for our change the venue, but it was no trouble. Change is always good.

On a sad note, two very special members, Ed and Maryanne Hunt, said their goodbyes as they are leaving the club, and this was their last event. I don't think I can remember a time in the last 15 years when Ed and Maryanne weren't a part of the group. They are two of the classiest and nicest people in the dog world and will be dearly missed.



Maryanne with her Secret Santa apron

Next year: Who knows, Chinese Food?

All the Best,

*Cyndee*

# Save the date for....

# I Westies!

Date: Saturday, February 12, 2022

Time: 1 – 3 PM

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



Come  your Westie and party with us!

- ♥ Dog games and prizes
- ♥ Raffle baskets
- ♥ More details to come!

We will follow county protocol for COVID the day of the event

## Thanksgiving Westie Walk at Lake Sammamish State Park

Though it was only just over a month ago, the rainy, blustery November weather seems like ages ago. Here are a few scenes from our November 26th Westie Walk in Issaquah, on the shores of Lake Sammamish. If you would like to lead a Westie Walk, contact any board member, and we will assist you.



**Puppies, puppies**



**Ready to go, go, go!**



**Nice raincoats**



**Photo ops everywhere**

## KEEPING MY DOGS HEALTHY

By Karin Parish



Through the years I have observed my dogs' longevity. I purchased my first dogs from a backyard breeder, then bought one from a pet shop that was sourced from a Missouri puppy mill, and yet another from a show breeder. Then add in two westie rescues, one of which had so many health issues and allergies that it was like having a fulltime maintenance job.

All my dogs lived to be 14 to 15 ½ years old. Fifteen and a half for a Scottish terrier is a miracle, as their life expectancy is about 10 years. My westies' lifespans were 14 and 15 years.

### Activity is Key

People have asked me, "How do your dogs live so long?"

Here is what have I learned. The dogs who get into sports at a younger age and until about 9 years old just live longer. It's more than a dog walk (although dog walks are also great). I have observed that it's also mental stimulation. You can include hiking as well as walking a few miles. I don't believe a dog park is the whole answer, because most dogs just hang out and aren't really using their brains. Again, that is my own opinion.

A fat dog's life expectancy is about 50% less than thinner dogs. And the only reason they get fat is us. Dogs don't open the refrigerator or the dog treat bag. Giving treats, more food or human food doesn't mean they will love us more.

But, you say, we are old, and we can't go crawling around on our knees or running on an agility course. Guess what? There are several senior citizen-friendly dog sports. You can do lure coursing, rally (at any training facility), nose work, and barn hunt. You don't have to be crawling around in the dirt.

If you are more active and flexible, include hiking uphill or try agility course work. Consult the [AKC Events Calendar](#), and it will tell you what sports are in your area.

When you try a sport, you must give your dog the ability to figure out the game. They aren't all instantaneous starters. My first Sealy girl I took to barn hunt. OMG! Well, she would rather go visit with spectators and kiss the trainer. We even tried putting cheese on top of the rat tube. Nope, she wanted to kiss the judge. Dogs need to mature so that terrier instinct can kick in. My Sealy is now 7 years old, and she will tear up a deck to get to a rat underneath. Heck, she can catch a bird in flight! Her inner "Sheena Queen of the jungle" has appeared. So, dogs need time to mature and learn.

## Treat Sizes

It's important to not continually giving your dog treats. Obesity cuts a dog's life expectancy in half. If you are familiar with Charlee Bear dog treats, give one, not a handful. Dogs don't know larger or smaller. They know **lots**, so three Charlee Bear treats that are 3 calories each are more exciting than one giant biscuit. Most of these treats are made for a Retriever or a Labradoodle, and they are supposed to get just one. Even by breaking the giant treat or patty size treat into smaller pieces, you are still feeding the dog too much. Treats should be about the size of your finger nail.



## Super Foods

Cabbage, broccoli, and blueberries are cancer fighting for both humans and dogs. In the summer I put in about 7 or 8 blueberries with dog food or sometimes use frozen ones in winter. I also buy shredded broccoli slaw or plain shredded coleslaw and put a palm-full in their food at dinner. So far, knock on wood. Carrots have too much sugar, and they do not digest. They just go in one end and out other. The nutritional value of two baby carrot fingers is almost zero and with relatively high sugar content.

## A Caution About Table Scraps

The real role of fats: keep in mind that your dog requires healthy fats as part of a balanced diet. A high-quality, complete, and balanced diet should provide those fats, along with protein and other nutrients in the right amounts and proportions. Ideally, your dog's diet will provide fats in the form of fresh, lightly cooked food. But do be careful about doling out high-fat table scraps as extras (think: bacon, fat trimmings from your roast) as these "treats" could trigger pancreatitis, or a recurrence of the condition in the future. As for sharing holiday food with my dog, no chicken or turkey skin, gravy, or fatty meats.

Have a wonderful New Year!

*Karen*

## Candid Moments from Our Halloween Party....



At the family photo bench



The raffle table



Dog tired



Goody bags and prizes



Covid & Halloween: masks, masks, masks



Matching costumes for mom, dad & dog

## 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**

### **All Terrier Club of Western Washington Dog Show**

January 14, 1 PM  
Western Washington Fair  
Grounds, 110 9<sup>th</sup> Ave SW  
Puyallup, WA



**Treasurer  
Dee Thompson**



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

### **Paint Your Westie**

January 23, Noon – 3PM  
Painting With a Twist  
920 15th St SW  
Auburn, WA



**Past President  
Linda Gray**



**Director  
Kathy Reed**

### **I ♥ Westies Valentine's Party**

February 12, 1-3PM  
Academy of Canine  
Behavior  
Bothell, WA



**Director,  
Rescue  
Representative,  
Vicki Ray**



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

## New Members

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



**Director  
Paul Meshke**



**Photographer,  
Robin Ryan**

## New Member Applications

Merrill Cohen, Renton

**Visit Our Website**

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

