

## The Shelite Spin

 Newsletter of Northern Virginia Sheltie Descue ${ }^{\circ}$ Giving Shelties a New Leash on Life"

Training Happens by John Marlette

With our dogs, training can be a two-way street. Ideally, we humans are the teachers and our dogs the students. But unless we bipeds take the reins and guide the training process, our dogs are more than happy to pick up the slack and teach us what they need (want) us to do. Every pack has its leader, and Lassie or Laddie is happy to assume that role if nobody else is up for it. So, fellow humans, it seems that wed be wasting a valuable opportunity if we leave the canine/human education process entirely to the dogs.
"Training" has a very simple definition ... it's the art of communicating to our dogs in a consistent and predictable way what we want them to do and then rewarding them for doing it. Whether the focus of our training is house manners, safety, tricks, agility, or obedience, it's all about communication. A dog who understands what is expected of him or her is a happier dog and certainly a better housemate than one who doesn't. Training our dogs strengthens our relationship and tightens the bond we share with them.

Dogs, like people, have huge potential for learning, but


Shelby learns
to sit and wait whether we stick to the basics (come-sit-stay-wait-leave it) or launch into more complex behaviors, we owe it to our furry friends to give them the means to understand the world they live in (our world) and to live in it safely and happily. There are so many ways to accomplish this objective. We can attend classes, consult the how-to books, or get advice from knowledgeable trainers. However you choose to approach training your canine buddy, the time and effort invested will pay dividends for you and your dog for years and years to come.

One last thought ... in every home that houses people and dogs, there are teachers and there are students. Learning will happen and somebody will be trained ... we get to choose our role in that process.

Now, if you'll excuse me, I think my dog just called me.

## Dog Training Resources Throughout the NVSR Area

The following training groups are businesses or not-for-profit groups or clubs. They all use only positive reinforcement-choke chains or prong collars are NOT allowed in these classes-and their trainers keep their knowledge of training methods current with advances in the behavioral sciences, in particular, operant conditioning. Good trainers know that they are not training a dog but are training people to understand and communicate with their dog to build a strong bond. All would agree with Canine Campus, which says "a wellmannered dog has more fun in life!"

Most have a wide range of classes, including basic to advanced manners (including levels classes-in which you move to the next level at your own pace); classes for reactive and rowdy dogs; and games such as agility, rally, and nose work. Some include classes for families and for junior trainers. The not-for-profit training clubs are often less expensive because the members are the trainers.

Many offer one-day workshops and seminars that focus on training particular skills or games, or teach humans to replace common undesired or desirable behaviors with good behaviors, such as teaching attention and reliable recalls.

Visit the websites for these groups to see all that training has to offer these days! To search for certified trainers in your area, go to the website of the Association of Professional Dog Trainers, apdt. com/trainer-search/

## Maryland <br> Your Dog's Friend

12221 Parklawn Drive • Rockville MD www.yourdogsfriend.org

## Washington, DC

Washington Animal Rescue League
71 Oglethorpe Street, NW• Washington DC 20011 (202)726-2556
www.warl.org/training

# Virginia Northern Virginia Arlington, Alexandria, Springfield, Woodbridge 

All About Dogs

Woodbridge, Springfield, and Annandale VA www.allaboutdogsinc.com

Woofs!, Shirlington Campus
WOOFS! Dog Training Center, LLC
4160 S. Four Mile Run Dr. • Arlington VA
703-536-7877 • www.woofsdogtraining.com
Fur-GetMeNot
4120 S Four Mile Run Drive • Arlington VA www.furgetmenot.com

Fredericksburg
Positive Touch Dog Training through White Oak Animal Hospital 10 Walsh Lane • Fredericksburg VA
(540) 374-0462
www.woahvets.com/training.php
Winchester, Leesburg area
Blue Ridge Dog Training Club training room at Body Renew Fitness (formerly called Sportsplex)
221 Commonwealth Court • Winchester VA www.blueridgedogtrainingclub.com

## Dulles Gateway Dog Training Club

 at Blue Ridge Veterinary Associates120 East Cornwell Ln. • Purcellville VA and other locations in Purcellville www.dgdtc.org

## A Click Above LLC, Leesburg

19277 Evergreen Mills Road • Leesburg VA (540) 955-9987 • www.aclickabovellc.com

## Richmond area

Richmond Dog Obedience Club (AKC)
2004 Tomlyn St. • Henrico VA
(804) 278-9032 • www.rdoc.org

Richmond SPCA
Robins-Starr Humane Center
2519 Hermitage Rd. • Richmond VA
(804) 643-6785 • www.richmondspca.org/classes

## All Dog Adventures

4111 W. Clay St • Richmond VA (804) 355-7737
www.alldogadventures.com/mannersclasses

## Harrisonburg, Waynesboro area <br> Love on a Leash <br> 3225 Harpine Hwy. • Harrisonburg VA <br> (540) 833-8118 • www.loveonaleash.org

Commonwealth Dog Obedience Training Club
Crimora Community Center
1648 New Hope Rd. • Crimora VA
www.commonwealthdogtraining.com
Charlottesville
All Things Pawssible
1201 Stoney Ridge Road • Charlottesville VA
(434) 972-7297 • www.allthingspawssible.com

## Canine Campus

440 Westfield Rd. • Charlottesville VA
(434) 218-0951 • www.caninecampus.com

South Central Virginia
Hi-D-Ho Dog Training Rosie Higdon (owner/trainer)
Christiansburg Park and Recreations Building, 1600 N. Franklin St.
Christiansburg VA (and Blacksburg) www.hi-d-ho-dogtraining.com

## Vicki King

Appomattox VA • (434) 390-1553, aisinapps@mindspring.com e-mail for info

Chance Helps Find Homes for Other Shelties dictated by Chance Foreso to his mom, Cindy


When I came to NVSR in December 2007, I arrived at Aunt Martha's house for fostering, and I was really scared, not knowing what was ahead for me. I had had a pretty tough time - my first family didn't want to keep me. They thought I couldn't be housetrained. Aunt Martha helped me find a home with a nice lady who had another Sheltie, Jack, who became my best friend. I had a big fenced backyard, but I was scared to go out in the yard. I thought my new Mom might leave me out there all day. (Well, she didn't.) She let Jack and me back inside whenever we wanted! Jack usually stayed outside longer because his job was to rid the yard of squirrels. I watched.

The first few weeks in my new home, I stayed in my Mom's bedroom most of the time. When her son and his wife visited, I was afraid of them at first, but they liked me and petted and kissed me. So, I started to relax. But I got scared again when I had a couple of accidents in the house. It wasn't my fault. You see, I have a paralyzed tail and can't always control when I am going to "poop"! I was sure I was going to be left outside all the time like I was in my old home.

Luckily, my Mom figured out that because of my paralyzed tail, I needed to go outside 30 minutes after my breakfast and my dinner. I go outside in my big backyard or Mom takes me on a long walk to do my business. No more accidents in the house!

Mom volunteers with NVSR, and we go on home visits together to find nice homes for other Shelties. I was really nervous about this at first. Would I come home again? Or go to another new home? One time, Mom and I visited a nice couple who gave me a treat and petted me. But I was still nervous and when I get nervous ... oops, here comes the poop! Luckily, it happened in the kitchen and the people were really nice about it ... the man asked Mom if this was a test to see how they reacted to accidents. Mom said "Why, yes, it is!" and explained my little problem. They were super people, gave me another treat, and eventually adopted not one but two NVSR Shelties! So, I felt really good about helping out my Sheltiebuddies. After that "adventure," Mom walks me around the neighborhood of a home visit before we go in - and no more accidents.

Many of us Shelties looking for new homes have some issues to deal with, but once we feel safe and comfortable, we can overcome anything! We learn fast (we are very intelligent!), and we always try to please. I will keep doing my part to help find new and loving homes for my Sheltie brothers and sisters at NVSR. I hope you will do your part, too. Donate time, money, and love to give a Sheltie a new start.

On July 11, 2006, I picked up "no name stray" from the King George VA shelter. According to shelter staff, this dog had been sighted for three months. After a month of trying, they finally trapped him. They said he was 1-2 years old and "feral." Dirty, very matted, smelly, with a sun-bleached and dry coat, flea and tick infestations, and long nails, he was morbidly malnourished. At $16^{\prime \prime}$ tall he weighed only 17 pounds. He was HW negative but positive for Ehrlichia. He was very scared and skittish and growled when approached or handled. I had to take the top off the crate to get him out, because he would not come out and threatened to snap when I reached in to get him.


Dylan at Intake
I named him Dylan and assumed would be like my other foster dogs, quickly rehabilitated and off to a new home in a month or two. As August rolled around and I still could not get him to go for a walk, I knew that this would not be the case. Little did I know that he would become a 7-month project. He bit my husband twice. Once because he tried to push Dylan away from another dog's food bowl. The second time when a neighbor's off leash dog ran up to him, and my husband got between them. For the first two months, Dylan had to be muzzled for grooming, bathing, and vet visits.

It took four months to get Dylan to walk on a leash, and for three months he hid under the deck when let out because he was so afraid. I took him to a doggie manners class for six weeks, good exposure for him. We had to stay far away from the other dogs, because he would get defensive if they came too close. He came a long way because he was starting to function, for the most part, like a normal dog in the house. He became house-trained, crate trained, loved to go for walks, would come running to be brushed (no more muzzle), loved a bath, rode calmly in the car, and loved to cuddle and give Sheltie kisses.

Because he'd been in foster for several months, I was asked to take him for a behavioral assessment to determine if he was adoptable - and I regret this decision to this day. In this kind of assessment, a dog is pushed way past its limits, and for a fearful dog like Dylan, of course he will show defensive behavior. The assessment did not relate to real life in a secure environment. He was assessed as having very low social drive. The resource guarding test was particularly upsetting to me because this dog had to eat 'road-kill' to survive. They put down food and then took it away with a fake hand. Dylan bit that fake hand multiple times. (I wanted to bite the evaluator myself at that point.) This all seemed pointless and antagonistic. In another part of the evaluation, a stranger came into the room wearing a hood and stared at the dog. That was a no win situation, too. The final test was bringing another dog into the room. Dylan's kill or be killed behavior emerged. By the way, the dog was big and very intimidating.

Based on this evaluation, Dylan was determined to be unadoptable; if he were in a shelter, he would have been put down. After seven months, I did not want to give up on him. He was still food aggressive so I didn't try to take his food away. But, I could take away bully sticks, toys, stolen socks, and my eyeglasses case that he liked to snatch from my purse. I could hug him and clean his feet when he came inside. He was fine with my dogs and knew his place, and he had even learned to co-exist with cats. He eventually felt secure in the yard and would run, bark and play with my dogs. In the house, he would either play with his multitude of toys or just lie quietly at my feet. Amazing! The person doing the assessment stated that Dylan had no desire to interact with people, yet he was always near me wanting to be petted.

After all this, Dylan had to go to another foster for a couple months because I had too many work obligations and didn't have enough time for him. During this period, another NVSR person (who is no longer with NVSR) suggested he be put down because he had been with NVSR too long. But, in walked Holly and Richard Lipski, two wonderful angels! They adopted and truly rescued this dog. We have so many wonderful dogs come through NVSR and most are easy placements. Holly and Richard took the path least traveled and adopted a dog who was deemed "unadoptable."

Reflections from Holly and Richard:
When we first met Dylan at his foster home in 2007, he barked at us almost the entire time. We were briefed on his history and knew he was going to be a challenge. But we also knew that if he continued to display this kind of behavior to a potential adoptive family, he would never find a home. We felt very strongly that Dylan needed a chance to become part of a loving family. So we took him home to our 12 -acre farm, our horses and cats. In the first few years, Dylan barked aggressively whenever the oven was on, the microwave or dryer beeper went off, or aluminum foil was used. But with time, he changed dramatically. He became familiar with everyday sounds (even thunderstorms) and learned to trust again. Today, Dylan is an extremely loving and loyal fellow who takes part in family activities. He enjoys car rides, walks in the country, and playing in the snow. He has become close to our cats and will often share a bed with Charles, a loveable Maine Coon who adores Dylan.

A true rescue story! Patience and hard work paid off for Dylan, who is now a very happy boy.

## Dylan Now




Max at Intake

Many of us are unwittingly killing our dogs with kindness by allowing them to become overweight or even obese. Most Shelties have mastered the skill of wheedling a few more treats from their humans and gradually packing on pounds. And those long fluffy coats can conceal the excess pounds very easily. But excess weight dramatically shortens lifespans in our beloved dogs by causing diabetes, osteoarthritis, cardiopulmonary disease, decreased liver function, and hypertension. Overweight dogs are also more susceptible to various cancers and to an assortment of skin and hair coat problems. Their immune systems are weaker, they suffer heat and exercise intolerance, and all surgeries are higher risk for them.

## Here are some questions you might have:

(1) How can I tell if my Sheltie is concealing excess weight under that luxuriant coat? Wet him down and check the following:

- Ribs should be slightly prominent, easily felt, and have only a thin fat cover.
- Viewed from above, you should see a very obvious lumbar waist.
- Viewed from the side, dog should exhibit a sharp abdominal tuck.
- Viewed from behind, dog should show clear muscle definition.
- Tail base bones should be slightly prominent and easily felt.
- Tail base should be covered with only a thin fat cover.


Shadow at Intake
(2) I feed my dog exactly what the dog food package suggests. Why is she overweight?

Dog food labels nearly always overstate the amount of food needed. Feed your dog the amount needed to maintain the right weight and be sure to include all treats and table scraps in that amount.
(3) How many calories a day does my dog need?

Caloric requirements depend on age, activity level, and metabolic rate, so they will vary from dog to dog. But a typical 25 -pound middle-aged Sheltie at his ideal weight might need about 550 calories a day. That's not many.
(4) If my dog is overweight, should I buy special reduced fat or weight-loss dog food for him?

Probably not. It's better to feed very high quality food but in smaller amounts. Supplement with lots of veggies to fill him up. Most dogs quickly learn to love canned no-salt green beans, canned pure pumpkin, squash, broccoli, and carrots. A tablespoon or two of plain non-fat yogurt can also be added. Remember dogs are omnivores, not carnivores like cats.
(5) But my dog is ALWAYS hungry. He gives me these imploring looks any time I eat something. That's normal canine behavior. Most dogs think they're hungry all the time and will beg constantly if encouraged. Don't give in. Remember a small bite of steak for a Sheltie is like a big hamburger for you. Clip on his leash and take him for a walk instead.


Skye
(6) What about treats?

Here's where many of us go wrong. We forget how many calories each of those little treats we hand out contains. Save the high value treats for difficult training sessions. For routine treats, try baby carrots, frozen green peas or beans, or a slice of apple.
(7) My dog inhales his food. Any way to slow him down? He might feel fuller if he ate more slowly.
Try putting his kibble in a kibble dispensing toy like the Contempo Tessa or the Magic Mushroom available at many online pet supply stores. Then in his food bowl, put only a little chopped chicken or a spoonful of reconstituted dehydrated food like Honest Kitchen, plus lots of veggies. Meals may then last 30-40 minutes. Or try one of the cool "go slow" bowls on GTTSD.com that make the dog work harder for his food.
(8) Can exercise alone slim down my dog?

Probably not, but it can sure help. Several good walks each day plus active play sessions will burn more calories and give your dog something besides food to think about. And those walks will be good for you, too. But you'll still need to keep a close eye on her food intake and limit treats.

Obesity is the fastest growing canine health problem today. But it's also one of the easiest health problems to solve. After all, a dog's humans completely control his calorie intake. Help your dog enjoy a longer, healthier life by keeping her slim and trim. You'll minimize your vet bills, too.

To keep your dog slim and trim, skip the commercial treats, most of which are high in sugar, fat, and calories and low in nutritional value. Instead, give him some of the following "natural" treats, which are low in calories and high in vitamins, minerals, and/or protein:

| Treat | Calories |
| :--- | :---: |
| 10 kernels of unbuttered popcorn, popped in oil | 8 |
| 1 slice of apple | 10 |
| 1 medium baby carrot | 4 |
| 1 slice of banana | 10 |
| 1 thin slice of lowfat string cheese | 5 |
| $1 / 2$ sardine packed in water | 12 |
| $1 / 4$ cup canned no salt green beans | 9 |
| $1 / 4$ cup canned pure pumpkin | 20 |
| $1 / 4$ cup cooked broccoli, zucchini, cauliflower | 8 |
| $1 / 4$ cup plain nonfat yogurt | 25 |
| 1 tablespoon chicken or turkey breast-no skin | 15 |
| $1 / 4$ scrambled egg (no butter) | 20 |
| $1 / 4$ cup melon | 12 |
| 1 tablespoon cottage cheese | 15 |

## BFI Risk Chart



20
15-25\% Body Fat
Ribs
Slightly prominent. Easily felt, Thin fat cover.
Shape From Above Well proportioned lumbar waist. Shape From
the Side
Abdominal tuck
present.
Shape From Behind Clear muscle definition, smooth contour.
Tail Base Bones Slightly prominent. Easily felt.
Tail Base Fat
Thin fat cover.

| $30$ |  |
| :---: | :---: |
| 25-35\% Body Fat | 35-45\% Body Fat |
| Ribs | Ribs |
| Slightly to not | Not prominent. |
| prominent. | Very difficult to feel. |
| Can be felt. | Thick fat cover. |
| Moderate fat cover. | Shape From Above |
| Shape From Above Detectable | Loss of lumbar waist, broadened back. |
| lumbar waist. | Shape From |
| Shape From the Side <br> Slight abdominal tuck | the Side <br> Flat to bulging <br> abdomen |
| Shape From Behind Losing muscle definition, rounded appearance. | Shape From Behind Rounded to square appearance. |
| Tail Base Bones | Not prominent. |
| Slightly to not prominent. | Very difficult to feel. |
| Can be felt. | Thick fat cover. |
| Tail Base Fat Moderate fat cover. | May have a small fat dimple. |

"Other" Sheltie Rescuers

## Evolution of a New Sheltie Rescue Group

 by Mary KleinCoincidence? In the June "Sheltie Spin," the first article on other Sheltie rescue groups noted the sad loss of Juliann Canzoneri, founder and president of Tri-State (New York, New Jersey, and Delaware) Sheltie Rescue. For this issue, I contacted Michael LaMont of Western Pennsylvania Sheltie Rescue (WPASR). Mike revealed that Julie was his mentor and sounding board as he struggled to establish WPASR. Julie's spirit of love and dedication for rescuing Shelties lives on in WPASR's work, and Mike is truly grateful to her. Mike offered insight into the evolution of WPASR in this interview.

## When was your group established?

WPASR incorporated January 6, 2014, and we received our 501(c)(3) IRS designation last October 10.

## Why did the group get started?

I have worked with rescue as a volunteer for many years, have cared for Shelties since the 1990s, and was very discouraged that a large metropolitan area like Pittsburgh - and all of western PA - had no dedicated Sheltie Rescue. Thus the institution of WPASR.

## Who started the group?

I had worked on the groundwork for WPASR for a couple of years prior to 2014, developing contacts with other rescues, and developing a structure based on other rescue groups and their success. In 2013, while operating unofficially, we had many new volunteers and dedicated coordinators to provide structure and growth. We received counseling and advice from some of our sister Sheltie rescues as we assembled our core team and worked towards our corporation standing.

## How are you organized?

After incorporation in January 2014, the dedicated coordinators were appointed to the Board of Directors to further provide structure and assure sustainability.

## What is your geographic coverage?

Our original goal was to provide Sheltie rescue for the greater Pittsburgh area and western PA. Now that we have more volunteers and structure, we cover the entire state. While we have some weak coverage areas and volunteers are always needed, we are working hard to provide rescue to any Sheltie in need in PA.

How many Shelties are rescued annually by your group?
This is our first official year of operation and so far we have taken in more than 35 Shelties, most of which have found their forever homes.

## How many volunteers participate?

Outside our Board, we have a dedicated core team of 10 "hands on" volunteers and fosters. In addition, approximately 15 volunteers help out when they can.

What are your most popular fundraising activities?
Social media provide an excellent avenue for us to reach out for support and funding. Online auctions have been the backbone of our 2014 fundraising.

What is your most memorable rescue?
After only a month as an official non-profit, Jasmine, Casey, and Ricco needed us. I received a call about three and possibly more Shelties in an abusive situation, including starvation and abandonment. I met with the sheriff the day before we were scheduled to get the dog. As he was posting the final eviction notice on the door of the vacant home, he expressed his great
 concern for the dogs that remained there. The owner had moved out with his girlfriend, and we later learned the three Shelties were crated, locked in the basement, and left in the pitch black to suffer. Upon removing the dogs the next day, we quickly realized the severity of the physical and emotional trauma these pups had been through. The smallest, weighing only 5 pounds, was just days from death. It took many months of careful nutrition, vetting,
and gentle socialization in foster to begin to see any improvement. These three Shelties are still with us. Casey and Ricco are long term fosters as their emotional damage continues to be so severe. We are looking for a wonderful home for Jasmine that truly understands rescue and will provide her with the love and understanding to help her overcome the horrors she suffered through the first four years of her life. We have monthly sponsors in place for Casey and Ricco for their long term needs. All three now have hope, love and wonderful care, and this is what rescue means to our group.

Anything else to share with NVSR?
Seeing a strong Sheltie rescue here in the Pittsburgh area, western PA, and now throughout the state has been a dream for many years. I am very proud of our Board members, foster homes, volunteers, and all the folks who have worked tirelessly to make this 'dream of rescue' a reality and provide HOPE to so many Shelties in need here in our area. Rescue is "Team"... a network, and the selfless giving to make a difference. To be the voice for the ones that have none, we will not be silent in our endeavors going forward. I am blessed in many ways. To know we have the support and the encouragement of so many others who share our passion in Sheltie rescue continues to inspire our group to never give up hope and to make a difference, one life at a time.

Note - Gregg and Nancy Bender, NVSR volunteers, adopted one of WPASR's Shelties, Trevor, this year.



Just a few 2015 calendars left \$18 each plus shipping
We also have many polo shirts, sweatshirts and other items. See our website page "Sheltie Shop" for details.


GAM Printers of Sterling, Virginia, and the Grant Family dedicate this
issue of the Sheltie Spin
in honor of Spirit
who passed away on March 2, 2013 and the other Shelties who passed away in 2013.


Thank you to our picnic sponsors!
We had many very generous businesses and individuals who gave all kinds of items to us for our September picnic. We want to thank them and encourage you to patronize these businesses:

All About Dogs (allaboutdogsinc.com)<br>Dominion Pet Center, Arlington VA (dominionpetcenter.com)<br>Four Dirty Paws, Woodbridge VA (703-680-2669)<br>Gower's Feed, Inc. (gowersfeed.com)<br>Harpers Ferry (WV) Outdoor Adventure Center (harpersferryadventurecenter.com)<br>LevelBest Embroidery, Frederick MD (levelbestembroidery.com)<br>Loudoun Golf \& Country Club, Purcellville VA (loudoungolf.com)<br>Martin's Food Stores (martinsfood.com)<br>Philip Carter Winery, Hume VA (pcwinery.com)<br>Pro Feed of Belle View, Alexandria VA (profeedpet.com)<br>Red Robin (redrobin.com)<br>Rivers Run Boat Tours, Deltaville VA<br>Staples, Martinsburg WV (staples.com)<br>Up Country (upcountryinc.com)<br>Weber's Pet Supermarket (weberspetsupermarket.com)<br>Werner Jewelers, Arlington VA (wernerjewelers-va.com)<br>Wild Birds Unlimited, Winchester VA (winchester.wbu.com)

And from these individuals:
Joseph Heisel
MaryEllen Jones
Sandy Kemp
In addition to these businesses and individuals, our volunteers gave an untold amount of their time, talents, and creativity to our picnic efforts. They provided food, prizes, photos, demonstrations, microchipping, materials, dog supplies, computer expertise, and so much more. Many thanks to all for a fabulous 15 th anniversary picnic!



## Tribute to Cody

## November 1, 2012 - December 2, 2014

Cody was a bright Sheltie star whose light went out far too soon. He came to NVSR as a one-year-old and an early vet exam identified a serious heart murmur. He was diagnosed with a very rare congenital heart condition. After several consultations with canine cardiologists, we decided surgery was not an option because it was too dangerous. So, we decided to find him a home that could accept that this dear little fellow would not live a long life.

We found such a home for Cody with former adopters who loved him immediately. Cody fit right in with their three little dogs, one of which has a pacemaker. He was careful playing with them and enjoyed sleeping with them. Cody attended obedience class and recently passed his Canine Good Citizen test on the way to being a certified therapy dog. He was the star of his classes and enjoyed every minute of them.

Cody's life expectancy was estimated at three to five years, but it was not to be. He collapsed and died while he was playing joyfully in the yard, something he loved. This little dog lived fully every minute he was alive, and he'll live on in our hearts.

Cody's adopter said: "I can't tell you how much Cody meant to me. He was such fun and I felt like a kid again. Having a working dog like an energetic Sheltie requires a lifestyle shift, and I truly enjoyed that. I could take him on walks when it was too cold for the others; he had his very own coat. Last Saturday Cody and I had the best walk. Going to class with him was the highlight of my week. We worked like a team, and I loved "crewing" with him. Every day was a great day for Cody. He was fully engaged, and it brought me a ton of satisfaction knowing that each day was spent to its fullest."


Virginia is for Sheltie Lovers!
The 2015 National Specialty Show of the American Shetland Sheepdog Association (assa.org) will be held at the Fredericksburg (VA) Expo and Conference Center, April 18-25. It will feature a full week of gorgeous Shelties doing what they do best - everything from herding, agility, obedience, and rally, to being beautiful in the conformation events. A big Sheltie rescue booth will feature "Sheltie Stuff" from rescues across the country.

Following is the basic schedule of daily events. We'll give you more information about the week's activities closer to the dates. For general information about the specialty show look at: assa.org/national/ schedule.html. Put it on your calendar! NVSR will be there!

April 18 - Herding Trial, Berryville, VA
April 19 - Agility Trial
April 20 - Futurity Judging; Parade of Veterans and Titleholders
April 21 - Obedience \& Rally Trials; Parade of Performance Rescues
April 22, 23, 24, 25 - Conformation Judging and Awards

Important note: The Potomac Valley Shetland Sheepdog Club holds an annual local specialty show. In 2015, it will be on March 14th at Havre de Grace MD. You will see lots of beautiful local Shelties at this conformation event. They also sponsor Obedience and Rally Trials on January 31 and February 1 at Point of Rocks MD. In addition, they sponsor herding trials. For more information: potomacvalleyssc.org. Lots of opportunities to see Shelties in action!


NVSR Mission Statement
NVSR will take in any Sheltie in need regardless of age, except those with histories of repeated, unprovoked biting. Dogs accepted into rescue will be evaluated in foster homes, receive veterinary care and necessary resocialization, and ultimately be placed in homes where they will be loved, protected, and well cared for. We support efforts to reduce pet overpopulation; all of our Shelties will be spayed or neutered prior to adoption or, if not yet at a safe age to be neutered, placed on a spay/neuter contract at the time of adoption. NVSR is a 501(c)(3) organization.

