



The Sheltie Spin

Newsletter of Northern Virginia Sheltie Rescue
"Giving Shelties a New Leash on Life"

Summer 2017

Patriotic Shelties



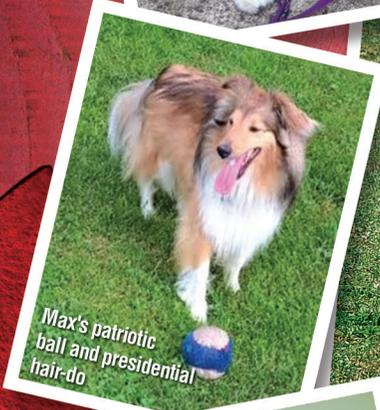
Lacie and Lucy Graves - ready to celebrate!



Emma displays her personal flag



Laci poses beautifully with her bow and flag



Max's patriotic ball and presidential hair-do



Dixie Doodle and Cory off to the parade



Ebbly says, "Vote every time you can."



Laddie - handsome in his patriotic garb



Smoke enjoys the breeze on a boat trip



Bentley and Murphy dress up for the Fourth



Adopting Rescues Through the Years

by Joe Bauer

Adopting mostly senior or needy dogs - usually two at a time - is something most adopters would not contemplate when considering a rescue dog. There are a few people who trek into that realm, but not many. Recently, I had the distinct privilege of speaking with a delightful couple, Gail Robertson and Gene Shooter, about their long term, multiple dog rescue commitment. Gail and Gene have adopted 11 dogs over the course of many years, the last 9 of which have come through Northern Virginia Sheltie Rescue.

Shelties were not new to Gail. When she was a child, she had an uncle and aunt who raised Shelties. On one occasion she was given a Sheltie puppy that did not meet show quality standards, so that became her first real exposure to the breed. As an adult, Gail was given another puppy by her husband, Gene. When that Sheltie ultimately crossed the Rainbow Bridge, Gail and Gene took a break as they needed some time before feeling ready to bring another Sheltie into their lives. Fortunately for several lucky dogs, they did bring more Shelties into their lives. Many of these dogs were "needy" in one way or another. Here are the highlights of my conversation with Gail.



Who was your first Sheltie as a couple?

Gene gave me a Sheltie puppy for our first Valentine's Day after we were married. She was named Hale Na Pali after our two favorite places in Hawaii where we spent our honeymoon and later lived for 10 years.

How many Shelties have you had at one time?

Never more than two at a time. We both travel, so whoever is left at home needs to be able to take care

of whatever comes up. Walking two dogs in the snow, juggling bags of poop, and dodging traffic is about all either of us can handle at once.

What drew you to adopt needy dogs?

After Hale died at 13 years old, it took us three years before we were ready for another dog. But when we were ready, a co-worker showed me rescue organizations online. I came across a picture of a little blind, older Sheltie who was with Triangle Sheltie Rescue (NC) and fell in love instantly. That was Mali (we changed the spelling of her name to a Hawaiian spelling). NVSR's Susan Bailey did our home study, and Mali became our first rescue.



We don't have children and knew that we could afford the costs of a senior dog with special needs. Since our work hours could be long, we knew we couldn't give a puppy the attention it would need. Plus, we are getting older and see it as a way of building karma, that someone will be nice to us when we need help.



Roxie & Jill (2008)

Did you have a favorite dog over the years?

That's like asking if you have a favorite child. We had Roxie the longest, so she became more embedded and bonded with us than some of the others. She was the youngest Sheltie we ever adopted as well. She was five years old when we got her.



**Ralphie
(2014)**



Which dog has been the most challenging?

Ralphie from a behavioral standpoint. He is a mixed breed, small in size, but not in attitude. Even after three years of working with him, he still demonstrates aggressive behavior on occasion – even with us!

From the viewpoint of health-related issues, both Frosty and Roxie were challenges due to seizures. It is scary seeing dogs experience seizures and not being able to help them. We've also had quite a few with cancers.

What happy or sweet memories can you recall of any of them?

Many, many – too many! Mali was a nuzzler, a cuddle bug. Isabel wanted to run and play all the time, but could not due to a heart problem. Max had a crooked rear leg that stuck straight out when he sat. Gracie wasn't with us long and was so frail and fragile. Tux and Frosty were brothers, and Tux was Frosty's rock. Frosty's seizures left him in a kind of permanent "spacey" state of mind. Jill found her a spot on the end of our bed where she felt safe to watch whatever was going on. Natalie never met anyone she didn't charm. Roxie kept pushing the boundaries of trying to get us up earlier and earlier so we would feed her. (Keep in mind we get up at 3:45 am anyway, but she would start her "talking" as early as 2:00 am.) Ralphie lets me pick him up only when there is a loud thunderstorm. Nora spends the day on the back of the couch looking out the window. Just thinking about them makes me tear up from the flood of memories – wow! Each one was unique and special, and we wouldn't trade anything for them.



Isabel (2002)

Mali was a nuzzler, a cuddle bug. Isabel wanted to run and play all the time, but could not due to a heart problem. Max had a crooked rear leg that stuck straight out when he sat. Gracie wasn't with us long and was so frail and fragile. Tux and Frosty were brothers, and Tux was Frosty's rock. Frosty's seizures left him in a kind of permanent "spacey" state of mind. Jill found her a spot on the end of our bed where she felt safe to watch whatever was going on. Natalie never met anyone she didn't charm. Roxie kept pushing the boundaries of trying to get us up earlier and earlier so we would feed her. (Keep in mind we get up at 3:45 am anyway, but she would start her "talking" as early as 2:00 am.) Ralphie lets me pick him up only when there is a loud thunderstorm. Nora spends the day on the back of the couch looking out the window. Just thinking about them makes me tear up from the flood of memories – wow! Each one was unique and special, and we wouldn't trade anything for them.



Max (2004)



Frosty & Tux (2006)

Natalie (2011)



Nora (2015)



Do you have any special advice or suggestions for our readers?

- Appreciate the relationship you can have with dogs – it's better than with most people. For us, life without dogs is impossible to imagine. Actually, it never crossed our minds not to have them. I can't actually put a finger on it, but it's there ...
- Don't yell; it doesn't work.
- Accommodate the needs of the dog rather than the other way around; it just works better. (There are worse design issues than carpeting your house with puppy pads.)
- Be there with them at the end of their life if you can. A few of our dogs passed away while we were both traveling, and the sense of loss is amplified even more.
- Everyone loves puppies and gravitates to them. The older ones with issues need us more, and since they have been through hard times themselves, they are grateful for every little kindness. We all get older and are all going to need help some day. Bank a little karma by taking in an older dog.
- Even though you may have less time with an older dog than with a puppy, consider the positive impact you can have on that dog's remaining years. When they do die, you can take a lot of comfort in knowing you made their last years secure, comfortable and happy.

Gail and Gene will retire in the not too distant future, so their travel time will likely increase. I believe that any Sheltie fortunate enough to be adopted by Gail and Gene will experience wonderful adventures as well as the best care possible far into his or her "golden" years. Many thanks, Gail and Gene, for your commitment to providing a happy, safe, loving home for so many needy dogs.

Joe Bauer and his wife, Marion ("Woody"), volunteer for NVSR and live with seven Shelties on a farm in Chestertown, Maryland. They are the proud adopters of three NVSR alums: Bonnie (2012), MacDuffie (2013), and Charlie (2015).



Lawn Chemicals Can Cause Cancer in Dogs

It's a ton of fun to see an athletic Sheltie sprinting across a sprawling lawn of thick green grass – but could this be dangerous to the dog's health? A 2012 study concluded that exposure to professionally applied lawn pesticides was associated with a significantly (70%) higher risk of canine malignant lymphoma (CML). The data came from the owners of 266 dogs with confirmed cases of CML and 478 dogs in two control groups (non-CML cases).

The concern was that the CML cases were more likely to live in homes that use professionally applied pesticides and herbicides. There was an increased risk for dogs who live in homes where owners applied lawn-care products containing insect growth regulators – substances that inhibit the development of insect eggs and larvae like grubs. (Moles are lawn pests that no one welcomes, and moles eat grubs.)

Exposure to lawn care products is different for canines than it is for humans. We can avoid a treated lawn and take care handling chemicals. Our pets' unprotected bodies come in direct contact with the environment. They see an enticing outdoor carpet, perfect for rolling around on, running across, playing fetch and wrestling with playmates on, and even ingesting. Dogs have their mouths on everything: themselves (grooming), their playmates, their toys and sticks lying in the grass, and the grass itself. And those mouths can be the conduit from external to internal exposure. You can reduce your dog's risk through the following:

- Don't use pesticides on your own lawns used by your pets.
- Don't use lawn care products that contain insect growth regulators.
- Prevent your dog from walking on (or rolling on, eating, etc.) any lawns, unless you know that no pesticides are used to maintain them. (Most municipalities are required to make their chemical lawn-care regimens available to the public. NOTE: their use is prohibited on most public school grounds.)

This article is excerpted from Whole Dog Journal, April 2012. More information about canine lymphoma from Clear CanineCancer.com.



Kibbles & Bits ... of information (don't feed your Sheltie that stuff)

The NVSR Annual Picnic is in the planning stages. We'll have lots of fun planned, so mark your calendar for September 16, 11:30 am to 4 pm, at the same location as previous years - Curtis Memorial Park, Hartwood VA (just up Route 17 from Fredericksburg). We hope to see you there.



We're also looking for **donations for our picnic silent auction**. Are you a crafter, an artist? Do you have a business that others might want to partake of? Can you donate something special for our fundraising efforts? Drop an e-mail to Picnic@NVSR.org if you can help. The Shelties would appreciate it.



Looking for a great summer water trip? Check out **River's Run Boat Trips in Deltaville**. Beautiful and relaxing tours of the Chesapeake Bay and Rappahannock River, captained by our own volunteer and foster dad, Wes Marks. He might even take one of his co-captains along: Ruffy (NVSR 2009), Tazley, or Bonnie. RiversRun.net or Wes@RiversRun.net. On the Spin first page, you'll see Smoke McGregor (NVSR 2014) on a River's Run trip, and here he is with his mom.

Check out the **Bathe-Your-Sheltie-and-Make-a-Donation** (to NVSR, of course) from July 17 to August 5 at Weber's Pet Supermarket, Herndon VA. Here's how it works ... Bring your dog in for a self-wash; Weber's provides the bathtub, water, shampoo, dryers. NVSR gets \$10 for every dog washed during this period. Tell all your friends to take their dogs there, too. Then, on August 5, the final day, we'll have volunteers and Shelties at Weber's for Meet & Greet from 11am-3pm. Join the fun, get a clean Sheltie, and help NVSR, too!



Need something to add to your summer garb? Here's a new apparel item we're adding to our Sheltie store. Watch for an announcement about how you can get **your very own NVSR hat or visor**.

Do you have a very special adopted Sheltie? (Aren't they all?) Would you like to write about your life with this wonderful dog for The Sheltie Spin? We're always looking for articles. We publish our paper copy Spin in June and December, and our readers love to hear from adopters about their Shelties. Send your ideas to SheltieSpin@NVSR.org. If you don't want to write an article length story, our shepherd volunteers always want to hear your news. **Reach them at Shepherd@NVSR.org**.

*Some people talk to animals. Not many listen though. That's the problem.
A.A. Milne in Winnie-the-Pooh*



The Word None Want to Hear

by Gregg Bender

Trevor is our 12 ½ year old sable merle Sheltie, adopted from Heart's Promise Sheltie Rescue a few years ago. He has been very healthy while he's been with us, albeit a bit nervous at times. Things change as our pets grow older, though. Sometimes in very frightening ways.

No one likes to find odd lumps or bumps on their pets. Many times they are harmless cysts or fatty tumors (lipomas). Sometimes, they're not. We first discovered a lump when it pushed out from under Trevor's collar. It was about the size of an adult's fingernail, colorless, and very squishy and mobile. We decided to keep an eye on it and see what happened. Older dogs tend to accumulate odd, harmless lumps and bumps as they age and this one seemed no different. Trevor never seemed to notice it at all.

However, after monitoring it for a few weeks, we became alarmed at the speed at which it grew and the terrible purplish color it soon took on. It quickly resembled a large red grape. It also became very vascular in appearance [see photo]. It grew to the size in the picture over five to six weeks. Our vet, Dr. Virginia Yarrington of Hillside Veterinary Hospital, was very concerned when she examined Trevor. The speed at which it grew was the most worrisome factor, and we immediately agreed to have it surgically removed and sent to Pathology.

A week later, Dr. Yarrington removed Trevor's lump under general anesthesia. It was more difficult than a normal lumpectomy because it was almost directly over his trachea and near many blood vessels. "A very complicated place," was how she put it. She was able to remove it with clear margins and was optimistic about what she saw during the operation. The incision was two inches long, stapled shut to heal. Once Trevor came home, he completely ignored the incision and within a few hours was back to his normal self.

Two weeks later, the pathology report came back that the tumor was a soft tissue sarcoma, a type of cancer of the skin, smooth muscle, and nerve tissues. Sarcomas can be very invasive but have a low chance of spreading. We had a few treatment options. The first was to wait and observe to see if it came back; there was a good chance it would not return. The other choice was chemotherapy and radiation treatment. This would significantly decrease the chances of it returning, but because Trevor is a senior, the treatments would be harder on him than on a younger dog. After discussing the options at length with Dr. Yarrington, we decided to wait and watch for further developments.

So now we wait and watch, checking weekly for any sign of recurrence. Given what could have happened, we'll take it. As of this writing there has been no recurrence, and Trevor is his usual happy self.

Gregg and Nancy Bender have been Sheltie rescue volunteers for more years than they want to count. They live with Trevor and three other well-loved Shelties, Sweetie (NVSR 2012), Beagin and Max.



Trevor's Tumor

Trevor





Suggestions for taking good photos of your Sheltie - or any other dog ...

by Gary Hall

1. Get down to the dog's level.
2. Portraits are generally more pleasing to the eye if the subject is not in the center of the photograph (offset to one side or the other).
3. Since you can't control depth of field when taking photos with a smartphone, make the background less busy. Consider what is in the background so it won't compete with the dog.
4. Better to shoot on a cloudy day to even out the light.
5. If it's sunny, don't shoot under a tree to avoid speckles of light on the dog.
6. Don't have the subject in shade with a sunny background OR with a sunny foreground.
7. If the dog's face is very dark, use a flash or a homemade reflector (white poster board) to reflect more light on the dog's face. The latter works better to avoid getting those "devil eyes."
8. If you have a digital SLR, shoot with the aperture anywhere from 2.8 up to 6.3. This will blur the background somewhat and put the focus (literally and figuratively) on the subject.

Gary Hall takes gorgeous photos of our Shelties, especially those fostered by his wife, Melinda McKenzie Hall. Melinda and Gary have one Sheltie, Miles.





**Now that you have some great photos of your Sheltie(s),
send your best one(s) for consideration
for the 2018 Sheltie Rescue Calendar.
Here's how ...**

- Deadline for submittal is July 14!
 - Questions/digital photos should be sent to: calendar@NVSr.org
1. No professional photographs. (Too many copyright issues.)
 2. The focal point of the picture must be of a rescued Sheltie, but it does not have to be an NVSR dog. Dogs obtained from breeders, pet shops, or purchased from individuals do not qualify unless they're pictured with a rescued Sheltie. Other critters/non-Shelties are also welcome if they're pictured with a rescued Sheltie. And no humans in the photos.
 3. Color photos only.
 4. Include a brief bio of your rescued Sheltie; this information will be included on the calendar if your photo is selected.
 5. Themed pictures are encouraged - Halloween, Christmas, Valentine's Day, Winter, Spring, beach, vacation, Shelties at play, dog sports, etc.
 6. All photos must be in focus (not fuzzy), and not exceptionally dark. Photos may need to be enlarged and imperfections will show. Digital photos should be at least 4.0 Mega pixels to be considered for a cover or full page.





It's Summer! Here's Why You Shouldn't Shave Your Sheltie

Double-coated dogs like Shelties have two layers of fur. The undercoat is fine, fluffy hairs that are closest to the skin. It's the fur that sheds. This layer is excellent at trapping air and insulating the dog. It keeps him warm in the winter, cool in the summer. The outer coat is guard hairs that shed less than the undercoat. These protect Shelties from the sun's harmful rays and bug bites. It also insulates them from the heat.

What this means is: do not shave your Sheltie. It's a mistake to think you're helping him stay cool when evolution has provided him exactly what he needs to survive. When you shave your dog, you could be doing more harm than good. Unlike humans, dogs do not cool themselves through their skin. Only their paw pads sweat. Their cooling comes from panting.

Shaving a doubled-coated dog will not stop shedding. Pooches with undercoats shed, no two ways about it. ("Shed Happens!") But even after a shave, while the hair may be shorter, it will still shed.

"It'll grow back." Sometimes it will, sometimes it won't. The older the Sheltie, the less likely the outer coat of guard hairs will grow back, or it may grow back to be quite different or sparse. This leaves him with the undercoat, giving him a patchy, scruffy look. Shaving can alter the coat for the rest of the dog's life. Not only does it look bad, but you may have to shave the dog from then on.

In conclusion, when you shave a Sheltie, you may irreparably impair his ability to properly heat/cool himself and protect his skin. The best way to keep a Sheltie cool and comfortable is to bathe and brush him regularly. If you take your Sheltie to a groomer, be sure to choose one who does a thorough (and time-consuming) job of removing the shed undercoat and doesn't just smooth down the outer coat and leave the matted undercoat close to the skin.



Lionheart when he came into Rescue and Lionheart after his coat grew out.



**The View from the Other Side
of the [Exam] Table:
An Interview with Shelley Hoffman, DVM
by Martha Heisel**

I've known Dr. Shelley Hoffman as a veterinarian



and a friend for 10 years. I've always been impressed with her "table-side" manner – an introductory "Hello" to me, then a thorough look down at my dog before she kneels down to his level to start the exam. Who is most

important, anyway? The animal there for a check-up or treatment, of course. But her outstanding manner also included me in deciding next steps for treatment.

Dr. Hoffman received her DVM degree from Virginia Tech 20 years ago. She has been with Animal Medical Center of Frederick County, Stephens City, VA, for 10 years and previously worked with Seven Bends Veterinary Hospital, Woodstock, VA. Her wide range of knowledge includes not only comprehensive western veterinary medicine but also acupuncture and herbal treatments. She lives in Woodstock with her husband, daughter and a menagerie of dachshunds, cats, and guinea pigs.

I thought it would be interesting to get the perspective of a veterinarian from her side of the exam table. We rarely think about "a day in the life" of the doctor who treats our animals. Veterinary practice is very demanding, not only in knowing the best treatment protocols and handling the wide variety of conditions presented, but also the communication, understanding, and general hand-holding that vets must do so that our animals can receive the best treatment. Here are the highlights of our conversation.

How long have you worked with NVSR Shelties?

Elaine Wymer, one of the founders of NVSR, brought her dogs to me - both her own and her fosters. All the local foster homes have found their way to my clinic, and I've seen most of them. That is 108 NVSR Shelties who have come to AMC ... so far! I have a high regard for how your rescue handles its foster dogs and the care you give them.

Is there anything in your job that you didn't expect, considering what you thought it would be as a newbie vet?

When I started out with my veterinary medicine degree in hand, I knew a lot about animals and how to treat them. (I originally thought I'd want to work with birds, but I gave that up early.) I thought I'd be really good at solving the medical issues of animals. What I didn't expect was the level of gratitude I found in the human guardians of the animals I treated. It was humbling and also so thrilling. I saw the unit of the people and the animal, and I wanted to be part of that right up to the end of the pet's life. Early on, I didn't appreciate the effect my skills would have on people.

Do you like working in a larger practice?

There are a lot of pluses working with several doctors and lots of techs and assistants. It's an opportunity to expand specialties, and there is always another professional to consult with right under the same roof. It is an art to read x-rays, and even though I may see something there, it is very reassuring to have it confirmed.

How do your view your priorities when dealing with clients and their animals?

I see myself as an advocate for the animal. I also appreciate the considerations the animal's human guardian may have including emotions, finances, and other stresses. This is an added demand on the vet, but something very important to consider.

How can we clients make your job easier?

Please come to your appointment with all the information you can collect about your animal and your concerns. If a condition has been developing, keep a contemporary journal about what you



observe, what else is going on, time, day, and anything else that might be helpful. If the clinic doesn't have vaccine records for a new dog, please bring all you can find. Bring any medications your dog is taking. When you bring all these things with you, then I can put the real brain work into solving the presenting problem, not collecting information. When you make the appointment, explain why you need it so an adequate amount of time can be scheduled. It's really hard for a vet to stay on schedule if the client brings up an additional concern when the original appointment was simply for vaccines.

What is your favorite part of your job? What's your least favorite part?

Surgery is empowering, and I really enjoy it. C-sections are my favorite. There's nothing like delivering live little creatures with helpers around, each holding a squealing little bundle of life.

On the least favorite side, vet work can be extremely unpredictable. I have a family, and they are very understanding when I don't get home on time. Often I'm halfway out the door to go home, but an important phone call comes in – perhaps a consult I've been waiting for all day – and I have to take it.

What changes have you seen in your profession in the last 10 years?

More clinics are offering a wider range of treatment options like acupuncture. Veterinary medicine is progressing right along with human medicine in areas like drugs, procedures, nutrition. The Internet has made information and advancements immediately available. I have to complete at least 15 continuing education credits every year, and the accessibility of studies and other materials make this much easier.

Have you seen changes in animals' conditions you treat over the last 10 years?

Just like human health, our animals are reflecting adverse environmental factors. We see lots more allergies, diabetes, obesity among house pets than we saw even 10 years ago. I encourage clients either work to have a healthy, long-lived pet versus the

"this minute thrill" of feeding the pet whatever you want. Disease is dis-ease.

What final advice do you have for those of us on the other side of the clinic table?

Align yourself with a vet you can work well with and do your part to develop a good relationship. Ask questions. Prepare for your appointment so the time can be used effectively. Remember that your vet has many demands on him or her. Your old dog may be near the end of her life, and the vet will want to help prepare you for the inevitable. Then, she may have a bunch of puppies to vaccinate in the next appointment and also be monitoring a critical case in the treatment room.

Martha Heisel is a director of NVSR and has fostered 101 Shelties (7 of them got to stay with her). She is a "professional volunteer" assisting other nonprofits and lives in Woodstock VA. She has three NVSR Sheltie boys: Skip (2007), Skylar (2014), and Max (2016). All her dogs for the last 10 years have had Dr. Hoffman as their "personal vet."

We give dogs time we can spare, space we can spare, and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made. - M. Facklam



GAM Printers of Sterling, Virginia, and the Grant Family dedicate the printing of the Sheltie Spin in memory of Cookie, Spirit and Lynus.



Ideas for Slimming Down Your Overweight Sheltie

by Lisa Fox

Most Shelties have mastered the skill of wheedling a few more treats out of their humans and gradually packing on pounds. And those long fluffy coats conceal the excess pounds very nicely. You should be able to clearly feel your dog's ribs, even through all that fur. If you can't, she's overweight. 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.

How can you slim down your Sheltie without making his life miserable? Here are some ideas:

(1) **Introduce your dog to kibble dispensers.** In her food bowl, put only a little chopped chicken or a spoonful of reconstituted dehydrated food like Honest Kitchen, plus lots of veggies. All the kibble goes in a kibble dispenser. Once she figures out how to use the dispenser, she'll love it. Her meals will take 30 minutes instead of 30 seconds, and she'll feel more satisfied with less food. Dogs like to work for their food.

(2) **Remember ... it's the number of treats** -- not the size of treats that matters. Buy a small bag of Solid Gold food for small breed dogs and use these tiny kibbles for training treats.

(3) **Stop buying commercial dog treats.** These are expensive, not very nutritious, and fattening. Instead, give your dog baby carrots, tiny slices of string cheese, apple chunks, blueberries, or unbuttered, unsalted popcorn. He will quickly learn to enjoy these just as much as the commercial treats.

(4) **Don't give your dog dental bones.** These are usually full of junk ingredients, supply lots of calories, and are not a substitute for teeth brushing. Instead, buy a tasty chicken-flavored toothpaste and brush her teeth every night.

(5) **When your dog gives you those "I'm starving" looks, give him a Megalast Megabone** with tiny kibble stuffed in the slots instead of handing down table scraps. This works well for separation anxiety, too.

(6) **Cut back her regular wet or dry food and add plenty of steamed veggies to her food bowl.** She may resist at first, but just like human toddlers, if exposed to veggies many times, dogs will eventually acquire a taste.

(7) **Make sure your dog doesn't have access to the cat's food dish or litter box**—both supply calorie-laden snacks.

(8) **Never free-feed a dog.** Always measure the food carefully and ignore quantities suggested on dog food containers (which are usually appropriate only for highly active dogs).

(9) **Exercise.** At least one vigorous walk every day is good for you both!

Obesity is the fastest growing canine health problem today. More than 60% of U.S. dogs are overweight or obese. But it's also one of the easiest health problems to solve. After all, a dog's human completely controls his calorie intake. Help your Sheltie enjoy a longer, healthier life by keeping him or her slim and trim. And by the way, you'll minimize your vet bills, too.



You want your Sheltie to look like the one on the right!



Top Kibble Dispensing Toys

Looking for ways to slim down your Sheltie? Tired of watching him "hoover" up his food in 10 seconds and look around for more? Kibble dispensers make mealtime more challenging and fulfilling. He'll have fun and feel more satisfied at the same time. My four Shelties get only veggies and a bit of egg, meat, or yogurt in their food bowls; all their kibble is delivered in kibble dispensers. Although we have a large collection of them, these three get our top ratings because each one can be adjusted to accommodate different kibble sizes and difficulty levels.

The Contempo Tessa is the all-time favorite. Kibble is inserted in the lower compartment; slots allowing kibble to enter the upper compartment can be adjusted to make the toy difficult or easy and can accommodate kibble of all sizes. Dog uses his nose and paws to bat and spin the toy around, gradually mastering better technique over time. We have had two of these for ten years with no breakage.



The Magic Mushroom has slightly less flexible features. Openings under the mushroom's cap can be adjusted to fit small or large kibble and enable both more and less skilled dogs to enjoy the toy. This toy can also be easily carried around by the dog if she needs to work on it in privacy. It comes in large and small sizes. Again, technique improves over time.



The IQ Treat Ball has an adjustable slot that permits kibble to enter the upper half and out the top of the ball. The dog rolls the ball around the room, collecting one kibble at a time. This



toy is a bit noisy on hardwood floors. Get a big enough size so your dog can't pick it up and toss it.

If your dog is new to kibble dispensers, help him at first and adjust slots to their widest openings so he gets quick gratification and doesn't get frustrated.

Lisa Fox volunteers with NVSR in several capacities including Intake Coordinator and Foster Coordinator. She has fostered many dogs, and she and her husband, Jim, have four Shelties, three of which are NVSR alums: Galen (2005), Luca (2011), Tessa (2014) and Toby.

No matter how little money and how few possessions you own, having a dog makes you rich.
Louis Sabin



IMPORTANT DATES TO REMEMBER

Calendar Submission Deadline
July 14

Fundraiser Bathe-Your-Sheltie
July 17- August 5

Sheltie Picnic
September 16



How My Sheltie Got Healthy

by Gwyn Whittaker

I lost Kenzie, my Shetland Sheepdog, to kidney cancer when she was only seven years old. She was the most lovable, sweet dog. We did Pets on Wheels for years, and there was no person or dog that she didn't love to meet. Watching her battle cancer was heartbreaking. It began when she suddenly stopped eating, and an x-ray showed a large tumor on her kidney; I realized then that the dreaded diagnosis of cancer was going to change our lives. The only chance for a cure was a kidney removal, but the biopsy after surgery indicated a fast growing cancer that soon spread to her lungs and other kidney. She was gone three months after the diagnosis. I searched for anything about how to protect my surviving Sheltie, Duncan, eight years old, from a similar fate. I looked at food, cleaning products, lawn pesticides, anything that I could think of to ensure Duncan would live a long and healthy life. I knew that someday he too would die, but I didn't want it to be my fault.

I upgraded products in my home to those with only organic ingredients and stopped using lawn chemicals. I switched Duncan's food to organic-certified Organix; still, it was in cans and bags and could last up to a decade. And I read books on pet food and its self-regulating industry. With the advent of the pet food industry, cancer, allergies, and obesity have sky rocketed. Diseases that were once unheard of, like heart disease, arthritis, and diabetes, became more common place in our canine companions, just as in the human population. I have come to believe that, as Dr. John McDougall says, "It's the food." Pesticide ridden, GMO, dead food with added preservatives, supplements, and salt, fat, and sugar to make it palatable to dogs, are packaged in "high quality" (read "high price") packaging with labels to make the owners believe they are doing their best for their beloved animals, all the while the food is making them sick.

Eight years ago, I lost a partner to heart disease. Tony was only fifty years old, a handsome blue-eyed IBMer and naval aviator I met while consulting. He lost both parents to heart disease and was from South Carolina, where most food was barbecued or fried. I assumed at the time that his death was due to genetics. Several years later, I happened to watch "Forks Over Knives," about how a heart surgeon and a cancer researcher, Dr. Caldwell Esselstyn and T Colin Campbell, discovered that diet causes most of the chronic illnesses in the United States. They found that a diet based in whole plant foods – fruits, vegetables, whole grains, beans, nuts, legumes and without added salt, oil, or sugar – could prevent and even reverse heart disease, high blood pressure, type 2 diabetes, and breast, prostate, and colon cancer. I believed in this lifestyle after working with T Colin Campbell on a project where 45 people in Reston, Virginia, changed their diet for only 10 days and experienced a 20% drop in cholesterol.

Dogs were domesticated more than 10,000 years ago because they could thrive on a human diet. In the 1960s, the pet food industry came along selling convenience, as well as fear, uncertainty, and doubt. The frequent admonishment, "Don't feed your dog people food," is due to the fact that a lot of people food makes people sick, too. Most veterinarians, like medical doctors, have very limited knowledge of nutrition, and the fact that many of them sell prescription diet foods is actually a conflict of interest. As with the food industry, the \$30B supplement industry leverages the same buttons. The logic goes: if you have a poor diet, take a pill, which has never shown any positive (and in many cases harmful) impact on chronic deficiencies.

At 11, my surviving Sheltie, Duncan, was overweight, sluggish, with severe allergies, and on a liver medication that I was told he would need for the rest of his life. Nutrition had changed my life and I decided to shift Duncan to an organic, whole plant diet, along with Sally and Dillon at 4 and 2 years of age. I worked with my progressive, open-minded vet, who did bloodwork on all three dogs and watched



as changes began to happen. Duncan lost about 8 pounds, Dillon put on 5, and Sally stayed the same. In six months, Duncan was at a healthy weight and his red blood cell-making numbers quadrupled; his energy level made him act like a 3 year old dog. His allergies disappeared and bloodwork showed he no longer needed medication. A year and a half later, he is still thriving and acting like a very young dog. The diet is easy; they eat mostly what I eat, with the exception of onions and garlic, from the four food groups twice a day.

1. Fruit (they love berries, cantaloupe and watermelon)
2. Vegetables (sweet potatoes, steamed broccoli, carrots, cauliflower)
3. Whole grains (quinoa, rice, oatmeal, couscous, pasta)
4. Beans and legumes (sweet peas, tofu, black eyed peas, lentils, tempeh).

I add chia and ground flax meal to oatmeal and add peanut butter for flavor. Before I go away, I make large batches of these foods, mix them together and freeze; the petsitter just has to warm up. The nutritional density and complexity of this variety of real organic plant foods provide them with all the calories, fiber, and nutrition necessary for their range of ages. Spices add additional nutrients and flavor, and the dogs wolf it down. Stay tuned for my upcoming book with recipes and in the meantime, add organic whole plant foods to your dog's meals and watch the transformation begin!

After a successful IT career, Gwyn Whittaker opened GreenFare Organic Café in Herndon VA in 2015, an innovative USDA Organic Certified restaurant. GreenFare offers healthy eating classes, documentaries, books, and lectures on Food as Medicine and the effect of food on our environment. Every month, GreenFare holds a PCRM Kickstart Your Health weight loss program to help people transition from the Standard American Diet to whole plant food. More than 200 people have completed this program, including a dozen medical professionals, many of whom recommend this program to their patients. Gwyn is a

Food for Life Instructor, a third year Master Gardener, and is certified in Plant Based Nutrition through Cornell's Center for Nutritional Studies. She is on the board of the Humane Rescue Alliance and lives with three Shelties: Duncan, Sally, and Dillon. Her book, How My Sheltie Got Healthy will be published later this year. Find GreenFare Organic Café on Facebook; subscribe to the newsletter and learn about book details at www.greenfare.com. gwyn@greenfare.com

Duncan, Sally, and Dillon



A sample meal - Looks delicious!



***Here's a great site for first aid for pets:
peteducation.com.
Be prepared for an emergency
with your dog or cat.***



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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.