



The Sheltie Spin

Newsletter of Northern Virginia Sheltie Rescue
"Giving Shelties a New Leash on Life"
Summer 2019

Giving Shelties "A New Leash on Life" for 20 Years

by Martha Heisel

2019 is a very proud year for Northern Virginia Sheltie Rescue. It marks 20 years of rescue work for our favorite dog breed, the Shetland Sheepdog, fondly called the Sheltie. Throughout those two decades, we've seen some changes, but our focus has never changed. We are committed to taking in every needy Sheltie that comes to us or that we find. We have provided more than 1,300 Shelties with loving foster homes and excellent veterinary care, then found each one its "forever" home.

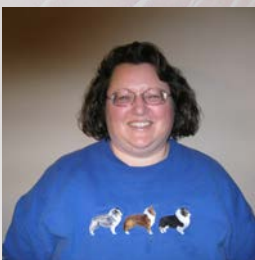
Making NVSR successful all those years has taken many, many dedicated volunteers. They foster, transport, plan big events (like the picnic!), answer the phone, arrange intakes, do home visits, follow up on adopted dogs (for years!), pay the vet bills, pick up the mail, put together the annual calendar, write donor thank you notes, register microchips, maintain official documents and registrations, keep the budget on track, order supplies, write newsletter articles, keep the Facebook pages and website up to date, and answer questions from volunteers, foster providers, adopters, applicants, and interested folks. Those are just the usual tasks. Tasks harder to define but just as important are things such as: developing ideas for getting out the word about rescue, thinking of ways to help a foster dog overcome unadoptability, talking with sad surrendering owners, and looking ahead for opportunities to do our work better.

NVSR is part of a large network of Sheltie rescues that work cooperatively to provide rescue for needy Shelties in the US and Canada. The National Sheltie Rescue Association was founded to enable communication among and about Sheltie rescues as well as provide funds to needy rescues. Sharing our expertise has brought NVSR many friends across the continent.

You can help us celebrate our 20th anniversary and planning for the years ahead. Perhaps you can send us a special donation (every dollar goes to help the Shelties), or write up your experience with your adopted Sheltie, come to our big 2019 picnic and reunion (not to be missed!), or even volunteer and share your talents.

NVSR's early years...

Lynn Neumann, NVSR's initial founder, purchased her first Sheltie from a breeder member of the Potomac Valley Shetland Sheepdog Club. In early 1999, she heard of a stray Sheltie to be euthanized in the Nelson County shelter. She left work to adopt the dog but didn't get there in time. Lynn was so disappointed that she reached out on a Yahoo list asking if anyone could help start a dog rescue group in Northern Virginia. Elaine Wymer, NVSR's second founder, replied.



Lynn

With no lawyer, no website designer, and no start-up funding, Lynn and Elaine using a how-to book, "stumbled through" the process of writing up articles of incorporation and bylaws. Once these were approved, NVSR was on its way. Next, they reached out to other rescues for examples of adoption contracts, relinquishment and foster agreement forms.



Elaine



(L-R) Pat Wilson, Susan Bailey, Julie Henderson, Elaine Wymer, and Debbie Kerns at the 2002 picnic



Off to a new home



Volunteers learning about good dental care, May 2019



Representing NVSR at the Reston Pet Fiesta

By June 1999, Lynn and Elaine had a starter website and were getting word to shelters that NVSR was open for business. Sonny, their first rescued Sheltie, was a 10-year-old owner surrender that came to NVSR in October 1999. Elaine couldn't resist him and became the first NVSR "foster failure." She adopted eight more in the next few years. Sadly, Elaine passed away in February 2008.

Susan Bailey was the next volunteer to join the group. Then, more volunteers came aboard, and NVSR started to grow. In 1999, just eight Shelties were rescued; in the second year, the number grew to 73! Northern Virginia Sheltie Rescue was establishing itself as a significant rescue group covering most of Virginia and the edges of West Virginia. Funds were slowly coming in, but many times, volunteers reached into their own pockets to pay vet expenses for foster dogs.

Reminiscences from two long-time volunteers ...

Lynn Neumann – I remember our first adoption. A young woman asked about a small Sheltie for her mom who had just lost hers. They applied, and we did our first home visit. She was a very nice lady with a nice house, big fenced backyard, and lovely landscaping. She missed her Sheltie so much and wanted one just like her ... small, female, young. Big order for a burgeoning rescue! Before long, a shelter called about a puppymill-released Sheltie, a small female four years old. Elaine picked her up right away. We had her spayed and vaccinated and named her Chantilly Lace. When we informed the applicant that we had a Sheltie for her, she wanted her right away. On Christmas Eve 1999, Elaine and I took Chantilly Lace to her—love at first sight. "Lacey" lived happily with her until she died of old age 10 years later.

Susan Bailey – My clearest recollections are of picking up Scout, my very first foster, on December 9, 1999 (some dates just stick in my head, unlike most other stuff). [Lynn Neumann adds: *And I remember wild man Luke, another early intake! He went to a couple who had a Sheltie and wanted another. Luke needed some serious training which the adopter showed he could do, and it worked out really well.*]

Even more vivid was April 1, 2000, when GRREAT (Golden Retriever Rescue, Advocacy and Training) offered to teach us to tattoo (for ID purposes). I volunteered, thinking it should be easy, and it was—on big calm Golden Retrievers, one of which fell asleep on the table. Shelties, however, did not appreciate the attention! The grooming salon where Lynne Dunham (another early volunteer) worked offered us the facility for the day, and we had a Dog Wash, microchipping, and tattooing event. I remember asking Lynne, "Does this hurt?" She said to try it on my own hand, that it would wash off in two or three days. Almost 20 years later, I still have a very distinct black spot on my left palm.



NVSR through the years ...

As the years went by, more and more Shelties needed rescue, most of them coming from owners who couldn't keep them for various reasons. Many Shelties have come from shelters and also from breeders who retire their dogs or need to rehome a dog that came back to them. The highest numbers of intakes were in the years from 2004 to 2013, when we took in between 75 to 95 Shelties a year. Occasionally, it was 7 or more at once! That sure made us scramble!

In the last few years, the advent of social media has affected the number of intakes, especially youngsters. Folks with Shelties to rehome are using social media to advertise and place them themselves. However, we are still taking in at least 25-30 dogs a year. Every one of them receives our love and care before being placed in the right home. Because there are fewer youngsters coming in, these recent intakes stay with us longer, often needing more vet care.

Through all our years, we have been very fortunate to have a strong base of generous donors. In addition, our volunteers have come up with creative ideas for raising funds: gift wrapping at the holidays, offering unique items at events, even making and selling saddle covers. As a result, we have always had funds to provide thorough, excellent veterinary care for each dog. This includes spay or neuter, vaccines if needed, dental cleaning and care, surgery and rehabilitation if needed. Our foster volunteers provide excellent food, appropriate exercise, and some basic training for each foster dog. Some of our dogs never leave our care if they are unadoptable for various reasons. We have both permanent foster and hospice programs for these dogs. Our adoption fees are kept as low as possible, and they are a small fraction of the amount we spend on each dog.

We hope you will help us celebrate this 20th anniversary year. Please come to our big Picnic and Reunion on September 21. We would love to see many of our long-ago adoptees with their happy families. And, of course, we want to see those who were adopted more recently, as well! Everyone is welcome! We hope you will keep in touch with us through the years. If there is even one needy Sheltie out there, we'll be ready to help.

YOU CAN'T BUY
LOVE
 BUT YOU CAN
RESCUE IT



Hoping for a new home



Three beauties



Zoey and Kyla mix it up





Announcing ... the big, one-of-a-kind, celebration of rescued Shelties!!

Before we know it, vacations will be just a memory, school will be in session, evenings will be cooler, days will grow shorter, and it will be time for the ...

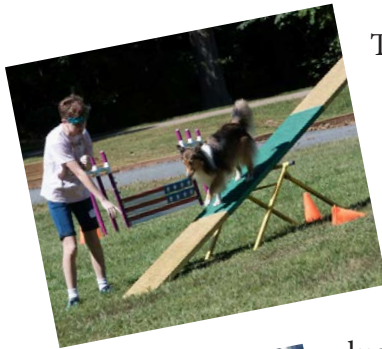
20th Anniversary

NVSR Picnic and Reunion!

Date: Saturday, September 21, 2019

Time: 11:30 am to 3 pm

**Place: Curtis Memorial Park, Hartwood VA
(part of the Stafford County Park Division)**



This year the picnic will be a truly special and memorable day.

We would love to see as many adopted Shelties as possible at the picnic ... after all, it's a **Reunion!** Come out and see what our Sheltie Shop has to offer (how about one of those "snuffle mats"?), bid on silent auction items, bid on a couple of live-auction must-haves! There will be demos on agility, grooming, teeth-brushing, Sheltie health, and more plus a photo booth and doggie massage. Try your



luck at the fun games or the 50/50 raffle. Our 2020 calendar will be on sale with photos of gorgeous rescued Shelties having fun and looking fabulous. You can even get your NVSR Sheltie microchipped FREE. Prizes for Sheltie garb and gear, so dig out those Sheltie t-shirts!



Get there early for the delicious FREE(!) lunch prepared and served by our Master-Chef Volunteers! Pick up your goody bag (lots of surprises in there) at registration. Stay late for all the fun.



It's a wonderful day to reacquaint yourself and your Sheltie(s) with NVSR. We are looking forward to seeing you all there!
(Please, no flexi-leashes.)





A Very Reactive Little Dog Finds Her Niche

by Lisa Fox

The young couple called late one Sunday afternoon to say they had a five-year old Sheltie they needed to relinquish to NVSR right away. An hour later they appeared at my door with an adorable tiny Sheltie with a very sweet face. Tearfully, the couple told me that Tess created terrible stress in their home and kept their colicky baby awake. Super energetic, she barked constantly at anything and everything night and day. For years, they had left her in their small apartment 12 hours a day while they were at work, and neighboring apartment residents had reported her many times. When they were home, her barking was continuous and they were too tired to exercise her.

I sympathized but thought privately that we would have no trouble correcting this barking problem and placing Tess in the right home. But we quickly saw the challenge ahead. Tess barked when a drawer was opened, an appliance used, a glass taken out, a shade closed, a car passed blocks away—at absolutely everything. She was hypervigilant indoors and out, never calm for a moment. My many books on dog training offered much advice, but none worked.

We finally adopted two strategies: intensive exercise and finding a job for Tess. With 15 acres, two fenced yards, and no close neighbors, our first strategy was easy to implement. In addition to long walks, Tess ran the fences for hours barking at squirrels, deer, rabbits, falling leaves. When she barked inside, we immediately placed her on the screened porch leading down to the fenced yard with a firm “Outside!” She eventually got the idea that she could bark all she wanted outside—but NOT inside.

Meanwhile, I enrolled her in an obedience class, and she was the star. Next came a Canine Good Citizen class where she again was at the top of her class. A tricks class came next and finally a Pet Therapy class, where the instructor was impressed by her ability to take in stride crutches, wheelchairs, alarms, noisy food carts, etc., and tolerate many strangers cuddling her for hours at a time. Tess was very calm in all these classes—no barking, no hypervigilance. Her herding dog instincts kicked in once she returned home, however. This was the secret: on what she considers her property, she feels strong protective instincts and the need to warn the “shepherd.” But off her property, she is a calm little angel.

Tess is now 11 and has been a certified Therapy Dog at Fauquier Hospital for five years, much loved by patients, staff, and visitors. This year, she received a huge round of applause at the hospital award ceremony when she won “Pet Therapy Dog of the Year.” Holding her in their arms while she curls calmly against them, countless patients have told me, “If I could only have such a sweet, calm, well-behaved little dog!” I smile, thinking of the barky little dynamo she will turn into when she gets back home.



Tess's official hospital ID photo



(L-R) Tess, Lisa, and Chad Melton, CEO, Fauquier Hospital



I'm Doin' Great!

by Foula Bradford (NVSR 2017)

Hello! Foula here. You may remember me as “Fluffy”—which I certainly wasn’t when the shelter named me that to be funny. Here’s me when I arrived at NVSR (it’s a tad embarrassing).



It’s been more than two years since I was rescued by NVSR who helped me find my new human. And here’s what I look like now. So, to anybody who didn’t think I’d make it: I WON!



My human and I moved to a new home, an apartment with no steps—much easier for me. I can wander anywhere inside as I’ve memorized where everything is. There are steps to get outside, but I have a personal elevator—my human, who carries me up and down. I could physically manage the stairs, but I’m almost totally blind now. I do fine, though, if I’m on a level surface and there’s enough light. I can still follow a scent! There’s a lake here and I can walk around it pretty easily. I have lots of new friends, too. Walking around our new neighborhood, I meet lots of people and dogs, though I avoid the younger, rambunctious ones.



I still need to take many pills for all my medical conditions, but my vet is very happy with how I’m doing. My human says my vet is also enjoying the new car we bought her, but I’m not sure what that means. I also have a second vet to take care of my eyes.

My only project now is the continual training of my human, but she is educable and I mostly get what I want when I want it. So, it’s all good here. Thanks and love to everyone at NVSR who believed in and helped me.

Tagged!

by Mary Klein

Your contact information on your Sheltie’s collar is even more important than the NVSR identification tag, but both are necessary! Check out the Dog Tag Art company. They are prompt, have reasonable prices, and have lots of pretty fabulous tags—or you can create your own. The information side allows up to four lines of text. On my Dakota’s tag, “Dakota Klein” is on the first line, my cell number is on the second line, and “Microchipped” is on the third line. I didn’t use a fourth line so the lettering could be larger.

I purchased both large and small sizes and prefer the smaller ones. Dog Tag Art also sells a glow-in-the-dark protector to put around the tag which also keeps the tags quiet. Pictured are the three tags for my Farrah and Dakota, and one for a foster dog. The foster tag says “Foster Klein” and provides my and NVSR’s phone numbers. Look for Farrah, “Miss November,” in the 2019 NVSR calendar. She is modeling the large tag.

Contact information for Dog Tag Art is below. The discount code shown might not be valid, so check their website for frequent sales. Even if you don’t buy any tags, you’ll have fun seeing what’s available.





Toys and Games for Senior Shelties

by Lisa Fox

Has your senior Sheltie lost interest in fetching a ball or chasing a frisbee? Or maybe your adopted dog never learned to play with balls, stuffed animals, or squeaky toys? Don't give up on the search for new ways for your Sheltie to have fun. If your dog is food-oriented, here are some ideas that might entice him or her to play.

- (1) Made of tightly packed strands of washable fleece tied to a frame, a **Snuffle Mat** provides a miniature “nosework” game for dogs. Simply hide your dog’s ration of kibble in the many crevices of the snuffle mat and watch her go to work. This toy works better than a “slo-bowl” for dogs that gobble kibble. Dogs are foragers by nature and most love following their noses to food. The mat can also relieve separation anxiety. Look for snuffle mats at the NVSR picnic on September 21 or online.



- (2) The **Megalast Megabone** is popular with Shelties of all ages. Made of very sturdy hard rubber, the bone has 12 slots. You can stuff a kibble, a tiny piece of cheese, or a very small slice of chicken into each slot. In his efforts to extract the goodies, a dog also gets plenty of chewing and removes some of the plaque from his teeth. Available online for about \$5 each.



- (3) The **IQ Treat Ball** invites the dog to roll it around and grab the kibbles that fall out of an adjustable opening. The small size works for most Shelties, and these come in packs of two balls online. **Contempo Tessa** is a similar concept but it bobs back and forth instead of rolling. Choose toys of this sort that have adjustable openings so you can make the game very easy in the beginning, then narrow the opening as the dog becomes more skilled.



- (4) **“Find it!”** is a fun game for any dog that loves food. Simply stuff many megabones and similar toys with kibble, cheese bits, baby carrots, frozen green beans, or unsalted popcorn. Put the dog in a sit/stay. Let the dog watch you “hide” two or three of these toys within easy view—behind doors, in back of table legs, etc. Then release the dog with the command “Find it!” As the dog learns the game, gradually hide the food-stuffed toys farther away and in less visible places. Gradually increase the number of toys you hide and extend the game to rooms all over the house. This is a good game for multi-dog households where competition adds to the excitement.

- (5) To play the **Popcorn Game**, pop 1/4 cup of popping corn in one tablespoon of oil—no butter, no salt. Toss one popped kernel at a time into the air and command your dog to “Catch!” Or place 10 kernels on or under furniture around the room while dog is in a sit/stay. Count how many she finds when released from the stay. Or stuff kernels into a Kong Quest and let her try to extract them. (10 kernels popped in a little oil amounts to only 8 calories.)





Interview With a Star

by Janet Knotts



Whimsy and the cast of Annie

I was lucky enough to attend the last show of *Annie*, performed by an incredible cast at the Reston Community Center. That said, the star of the show, an actor that captured the hearts of the audience, was the amazingly talented and beautiful Sheltie, Whimsy. He played “Sandy,” a stray that Annie finds, saves from the dog catcher, and keeps as her loving companion. (The part about loving companion sounds just like a Sheltie.)

Whimsy enchanted the audience with his talents: remaining calm during audience cheers, responding to cues such as heel, stay, bark, roll over, jump, and go look for Annie. I interviewed the star after the show and got the most entertaining responses!

Whimsy, you have the energy of a puppy. How old are you?

Apparently, I’m 7 years old. That’s what my mommy tells everyone. The energy of a puppy? My parents say I was a horrible booger as a puppy, but I’ve grown up. Being Sandy is a lot of work. When I’m not onstage, I do tricks for the orphans backstage. I even named somebody’s hamster! One of our Annies had a friend with a hamster that was nameless, so I touched letters with my nose and named the hamster Kyp.



Whimsy with adoring fans

Your name seems to fit you perfectly. How did you get it?

My Sheltie predecessors were named after Musketeers, but my mommy and daddy wanted something different for me. They decided they needed a little Whimsy in their lives. My full name is Professor Whimsical G. T. Cheddarbean. The G is for Grover, from Sesame Street. My underbite reminded my mom of the blue monster. The T is for Tigger, from Winnie the Pooh, because I’m bouncy. And Cheddarbean, because as a puppy, my underbite made it look like I was always saying, “Cheese,” like posing for a picture.

Have you always liked being in the limelight?

Limelight? What is that? [*Whimsy’s mom whispers to him.*] Oh, I’m just me. My three Sheltie predecessors did theatre, parades, and such. My parents didn’t think I’d like that, because I’m too “Whimsy-brained.” But I listen well and know a lot—more than Mommy and Daddy realize. I like doing things and being around people. I don’t even think about people watching me. And I like it when people tell me I did a good job.

The first big thing I did was a bank commercial last February. There were five other dogs I didn’t know, and we had to sit really close together. The dog next to me kept stepping on my long fur and I’d pop up and ruin lots of takes. But overall, I did a good job. I took classes to get used to other dogs, where I excelled and got all of my AKC trick titles, whatever they are. It was fun. Then my mommy, daddy, and I did a little play called, “Captain Jack’s Treasure Adventure,” where I played Captain Jack and got to sword fight (my mommy is a fight choreographer). Someone at AKC saw it and invited us to perform it at their National Show in Florida. Too bad we couldn’t go. I am also in a couple of Long Fence commercials, and I will be in *A Midsummer Night’s Dream* with The Endangered Species Theatre Project for a short summer run in Frederick, Maryland. Mommy says I have to learn to bark in iambic pentameter. I hope she’s kidding. I prefer Dactyls.

You have a beautiful coat. How do you keep it looking so nice?

I do? Thank you, but I don’t do anything. Mommy and Daddy brush me. Sometimes my trick instructor grooms me. That way, I’ll get mad at her instead of them. I don’t like it, but I don’t hold grudges.

In *Annie*, I’m a stray dog, so I wore hair extensions painted to look dirty and matted. So, my real fur didn’t get messed up. Then, they took them out, gave me a quick brush, and put a pretty red bow on me for the final scene.

Aside from acting, what big things are you working on?

I’m a therapy dog, but I haven’t done visits since April because of rehearsals and shows. I will be getting back to that soon. I will also become a R.E.A.D dog. After working on *Annie*, I feel well prepared to have kids read to me. I will also be working on new trick skills and rear-end awareness. Oh, I could also name things for people like I did for Kyp the hamster. Anyone need a nickname? A name for your baby or pet? Does your car need a name? I’m your dog!



Be totally honest. Who do you have wrapped around your little paw more—your mom or dad? What? Humans have such silly ways of saying things. Not sure if this answers your question, but when Mommy says something I almost always listen. If Daddy tells me to do something, I might look at Mommy to see if I really have to do it. We're a team.

Tell me one thing about yourself that you want your fans to know.

I am delicious! At least I think so. I always want to eat the fur in my brush, or my clipped toe nails, or my eye boogers, but my parents won't let me. So, it's only an unconfirmed theory right now that I'm delicious, but I believe it with all of my heart. My favorite line from *Annie*, which is in the book—and, in my opinion, should be in the play—is at the end when Annie says, hugging the dog to her, "Look, Sandy, tomorrow is here."

Talented Whimsy lives with and entertains Bette and Chris Cassatt in Frederick, Maryland. Although he is not a "rescued" Sheltie, he hopes that all our Shelties find a home as great as his. He encourages NVSR Shelties to perform, either on a stage or just in their own living rooms.



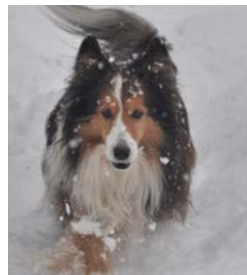
Whimsy and Janet



Whimsy and "Annie"



Show biz is very tiring!



Send in Your Sheltie Photos for the 2020 Calendar

Is your Sheltie a rock star? Help NVSR celebrate our 20th anniversary! Submit your best SHELTYE photographs for the 2020 calendar.

GUIDELINES FOR PHOTO SUBMISSION

- Deadline is **July 26, 2019**
- Send questions and photo submissions to calendar@nvsr.org
- Focal point must be a rescued, adopted, or fostered Sheltie (need not be an NVSR dog)
- Action and themed photos are highly encouraged
- Color images only
- Electronic files must be at least 4.0 MB (for a cover or full page layout)
- Include a brief bio; to be included if your photo is selected
- No professional photographs (copyright issues)
- No humans in photos
- Photos become the property of NVSR and may be selected for future use

TIPS FOR PHOTOGRAPHING YOUR DOG'S PERSONALITY

See some sample photos and more tips on our website (2014 Summer issue of *The Sheltie Spin*)

- Get down on the dog's level
- Get up close
- Use props
- Engage in play
- Take action shots
- Consider the background and lighting

BE PATIENT! Pet photography requires a lot of practice and patience. Your best shots will always come when you capture their behavior rather than forcing them into unnatural poses.

Thank you for participating and good luck to all of you!



Three Myths About What You Should Feed Your Dog

by Lisa Fox

We at NVSR try to stay on top of research about dog nutrition, dog behavior, and canine medical issues so we can keep our volunteers and adopters up to date. Here are three myths that have recently been debunked about proper dog nutrition.

MYTH 1: You should pick a highly nutritious type of dog food and feed your dog that food consistently.

Wrong, says Dr. Jean Dodds, renowned canine endocrinologist and veterinary nutritionist. “Like humans, dogs should be eating a variety of nutritious foods, and not living on just one specific formula. Single formula diets set the stage for a sub-par digestive system.” She notes that even the best commercial dog foods have flaws. Choosing 3 or 4 good dog foods and rotating among them provides more assurance that any deficiencies in one food are compensated by other brands.

MYTH 2: If you switch your dog’s food frequently, you will upset his stomach.

“This myth almost surely originated from pet food companies decades ago; they were trying to build consumer loyalty to their brand while offering a solution to a problem that they had created,” says Nancy Kerns, editor of *Whole Dog Journal*. “The fact is that you can upset a dog’s digestive tract if you feed him the same diet and nothing else for months and months and then suddenly give him something very different.” What they failed to tell dog owners was that feeding their dogs different foods on a regular basis is more natural for dogs and prepares their digestive systems to accept new foods without problems. No one dietary formula, no matter how “complete and balanced” it is, can meet all an animal’s nutritional needs over an extended period. Furthermore, veterinary nutritionists argue that the increasingly serious problem of dog intolerance to beef and chicken is due to the heavy reliance on those two proteins on the part of dog food manufacturers. Fed a wide variety of protein sources throughout their lives, dogs are less likely to develop sensitivities to particular proteins.

MYTH 3: People food is bad for dogs.

Well, we can all agree that potato chips, fatty meat scraps, and chocolate cake are clearly bad for dogs. But there are many fresh people foods that are very good for dogs and should be added in modest amounts to their dog food rations. Some examples include plain, non-fat yogurt, cooked egg, steamed broccoli, baked winter squash, no-salt green beans, small amounts of baked or boiled (not fried) poultry or fish. Supplementing with fresh foods helps produce a healthy gut biome and relieves problems caused by over-dependence on highly processed commercial foods. In general, cooked veggies are digested better than raw ones, but a chunk of raw cucumber or a baby carrot will be welcome as a treat. Avoid salted or fried people food or sweetened items and hold the butter on your dog’s veggies. No onions, grapes, or raisins—these are toxic for dogs.

In conclusion: To provide your Sheltie with a strong digestive system and good nutrition, consider feeding her a dehydrated food like Honest Kitchen for one of her daily meals. Then, for her second meal, feed a premium kibble supplemented with cooked veggies and a small amount of yogurt or cooked egg. Consult DogFoodAdvisor.com for ratings of a wide range of kibble, wet food, and dehydrated food. Check out *Whole Dog Journal* for tips on how to choose a good food and a list of their recommended wet and dry foods. Buy dry food in modest-sized bags and rotate the brand each time you buy a new bag.

**GAM Printers of Sterling, Virginia, and the Grant Family
dedicate the printing of the Sheltie Spin in memory
of their Shelties and Honorary Shelties
Cody, Cookie, D.O.G., Dutchess, Duncan, Heidi, Hunny, Lynus,
Rocky, Sassy, Shelby, Spirit and Tigger.**



Things You Need to Know

Need a stopover on your car trip? Here's some advice from NVSR volunteer Joyce Miller.

Driving to/from Northern VA/Wintergreen, we usually stop at Plow and Hearth in Madison to stretch our legs. Plow and Hearth is very dog friendly, in both the outlet building and regular store. Buddy Two Shoes (NVSR 2016) now rushes into the outlet building, goes right behind the counter, and sits in front of the salesperson to get his dog treat. They also have peanut samples for humans, and Buddy is happy to clean up any that fall on the floor. For those who want to shop, the outlet has great deals.

The NC State College of Veterinary Medicine, with the help of the University of Wisconsin-Madison School of Veterinary Medicine, is **screening dogs for a bladder and prostate cancer** called urothelial carcinoma or transitional cell carcinoma (UC/TCC). Investigators will screen dog urine for a UC/TCC marker using the CADET® BRAF Mutation Detection Assay to try to diagnose UC/TCC before dogs develop signs of cancer. **Shelties are one of the breeds requested for this study.** Dogs must be healthy, at least 6 years old with no signs of urinary tract infections. If you want to participate, e-mail UCClinicalTrials@ncsu.edu.



Be extra careful to check your Shelties frequently for ticks. With our warmer winters, ticks are active year-round. The lone star tick is a newer one showing up all over Virginia, and it carries ehrlichiosis, as well as other tick-borne diseases including the very strange mammalian meat allergy.

NVSR is an affiliate of the **National Sheltie Rescue Association**, and we are very pleased to work cooperatively with other Sheltie rescue groups nationwide. Individuals can be members of NSRA, as well as rescue groups, so please consider joining and supporting Sheltie rescue across the continent. NationalSheltieRescueAssociation.org.



A really, really easy way to help NVSR is to **sign up for Amazon Smile and designate NVSR**. You buy stuff from Amazon, right? So just click through the Amazon Smile link before you shop, and a percentage of your purchase goes to our Shelties! It costs you nothing. Easy Peezie! Just remember to start your shopping on Amazon Smile every time at Smile.Amazon.com



Summer is here! Treat your Sheltie to some doggie “ice cream” ...

32 oz vanilla yogurt

1 mashed banana or one large jar of baby food

2 T peanut butter

2 T honey

Blend all together and freeze in 3 oz paper cups or ice cube trays. Microwave for a few seconds just before serving.





Northern Virginia Sheltie Rescue Directors and Coordinators

- Directors . Martha Heisel, WesMarks, Nancy Tisdale
- Treasurer. Wes Marks
- Intakes. Lisa Fox
- Foster Care. Lisa Fox
- Adoption . Lisa Fox & Martha Heisel
- Follow-up . Donna Martin, Barb Gardner,
Marta Miranda, Anne Burke, Jessica Baggarley
- Calendar. Linda Hill
- Events . Kathy Kelly
- Newsletter . Martha Heisel
- Facebook Page. Theresa Jackson
- Sheltie Shop. Wes Marks
- Vet Committee. Sharon Daussin,
Dana Greenwood, Mary Ellen Jones, Nancy Tisdale
- Website . Martha Heisel

Special thanks to the many volunteers who foster, transport, and contribute their time and talents to help the Shelties who are brought to or found by NVSR.
 Newsletter submissions to sheltiespin@nvsr.org
 Website www.nvsr.org • E-Mail: shelties@nvsr.org

Northern Virginia Sheltie Rescue
 977 Seminole Trail, PMB 314
 Charlottesville VA 22901

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\$25 \$50 \$75 \$100 Other \$ _____

Make checks payable to Northern Virginia Sheltie Rescue. Mail to Treasurer, NVSR, 977 Seminole Trail, PMB 314, Charlottesville VA 22901

Northern Virginia Sheltie Rescue, Inc., is a nonprofit, 501(c)(3), tax-exempt corporation. A financial statement is available upon request from the Commonwealth of Virginia Division of Consumer Affairs, P.O. Box 1163, Richmond, VA 23218-1163.

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.