



# The Sheltie Spin

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

SUMMER 2022

## Shelties Everywhere Enjoy Summer



**Cady:** I'm a sheepherding expert!



**Bayley:** So, here's the water; where's the beach??



**Buddy Two Shoes:** When do we eat, anyway?



**Max:** I'm keeping an eye out for monsters.



**Mattie:** I feel lazy. Were you talking to me, Mom?



**Ruffy:** Ah! Relaxing on the shores of Indian Lake in the Adirondacks. Is that barbecue ready yet, Dad?



**Jack:** I call this "Downward Human" pose!



Here’s your Summer issue of *The Sheltie Spin*. Shelties love the new experiences of summer and all the “people time.” We hope you are planning some new adventures with your Sheltie, family and friends. Even a barbecue can be very exciting for a canine.

We’ve compiled an interesting issue for you with several articles about adoptees and their adventures. One of them is even written by “Zozo” herself. Shelties are so smart, though typing with paws is difficult! We also include articles about living with Shelties, young, old or in-between, helping them be even better companions and keeping them safe and healthy.

This year, we are happy to announce that we will have a **PICNIC!** We’ve missed seeing all our friends since our last picnic in 2019. On October 1, join us to celebrate Shelties and all their wonderful traits. We’ll meet at our favorite picnic place, Curtis Memorial Park near Hartwood, Virginia (just up Route 17 from Fredericksburg). Watch our website and Facebook page for information as the date gets closer. We look forward to seeing you and your Shelties there.



Another of our favorite projects will start soon – putting together our gorgeous annual calendar. If you have great photos of one or more rescued Shelties, please submit them for consideration for the 2023 calendar. Remember that they should be high resolution photos and can’t include people. We especially love photos that show Shelties in action. Send photos to [calendar2023@nvsr.org](mailto:calendar2023@nvsr.org). Deadline: July 31.

Stay cool and have FUN this summer – Your friends at Northern Virginia Sheltie Rescue.

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### Watermelon Yogurt Frozen Treats

Ingredients:

- 2 cups chopped seedless watermelon
- ½ cup water
- plain Greek yogurt

Put a dab of yogurt in each space of a multi-section mold or ice cube tray. Blend the watermelon and water in a blender or food processor. Fill each section with watermelon/water mixture. Freeze for at least 4 hours. Store the treats in a closed container in the freezer after unmolding them.



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**"Dogs sniff the ground; it's how they keep abreast of current events. The ground is a giant dog newspaper, containing all the late-breaking dog news items, which, if they are especially urgent, are often continued in the next yard." -Dave Barry**





## Zoe Finds Her “Forever Home”

Hi, Sheltie friends. My name is Zoe but my family calls me “Zozo!” They adopted me about nine months ago and we all love each other very much. I get cuddles and kisses from so many people!

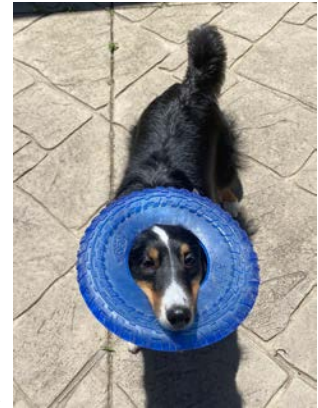
My favorite things to do are running in the backyard and playing with my older sister



Minnie and new brother Freddie. We make up games, play and wrestle everyday. We also play “monkey in the middle” where I’m the monkey and Minnie and Freddie try to tag me. Freddie and I play “tug,” too. It’s sooo much fun!



I have learned a lot of commands. I show all my tricks one after another to make sure I get a treat! I am really good at catching the Frisbee and have started agility training. I must say... I’m VERY agile.



I am getting better on the leash, and we walk a three-miles everyday. Sometimes I get a bit scared on walks when I see another dog (I’ll admit ... I freak out a bit sometimes), but my parents help me calm down to enjoy the rest of my walk.



Otherwise ... I’m an angel on walks! That’s me in the photo – in the lead, as usual. Freddie’s on the left and Minnie is in the middle.

My parents say I am a “busybody”... not sure what that is but I protect my family by inspecting the rooms, people, yard, windows, upstairs and downstairs—and then protecting them from things outside like squirrels, bunnies, leaves and other dogs walking by the house. That takes me less than a minute so I repeat many times to be sure all is safe. (Sometimes they tell me to chill out on my bed if I get too excited). This is a full time job so when I go to bed ... I sleep good!

It’s been an exciting time. I love my family and they love me! I really love my pup siblings, too. We all get along so well it’s like we have been together forever!

Here’s a picture of us all when we adopted Freddie. He’s in my mom’s lap, and I’m in my dad’s arms, rarin’ to go, as usual. Minnie is in front.

Hey, all you hopeful Shelties who are looking for great homes. Don’t worry – you’ll find yours like I found mine – Love, Zozo





## Training – The Art of Shaping Behavior

*By John Marlette*

So many of the dogs that come to us at NVSR arrive with months if not years of experience under their collars: experience that has taught them how to survive and hopefully thrive in the company of humans. For the less fortunate of those dogs, survival sometimes meant defending what was theirs, avoiding what seemed “scary” and remembering what worked in their best interest in their former homes. In other words, they come with a set of “skills” that may or may not fit our idea of a great companion. Some of those skills invite the label of “behavior issues” and often are the reason the dog was relinquished for adoption.



Each prospective foster dog starts his/her NVSR experience with a “rap sheet”- a list of virtues and vices provided by the relinquishing owner. These rap sheets can provide useful insight into the dog’s past **with that owner**, but it is so important to remember that this is not “who the dog is” ... rather, it is a reflection of what the dog has learned in his quest to survive and thrive in a specific home and with specific human companions. As foster care providers, we have the opportunity to reshape behavior based on new experiences and gentle guidance before placing them in a forever home that will reinforce positive reactions and relegate undesirable habits to the past.

This is where “training” enters the picture. The term “training” conjures up images of formal classes, obedience trials and tricks. It implies a basic knowledge of technique, and bit of skill. In reality, training is something we do both intentionally and more often, inadvertently as we interact with our dogs throughout the day. It’s not limited to classes and dedicated sessions. So, that “untrained” foster dog isn’t untrained at all. He’s been trained to be exactly the dog he is ... and we can shape what that means by gently and consistently showing him how to get what he wants and needs through behaving in ways we prefer.

Where to start? The title of this article is “the art of shaping behavior” because despite the enormous amount of scientific behavior modification resources available to us, we must remember that every dog is unique and requires an approach that reflects that uniqueness. Age, breed, life experience, gender issues and more are factors that help us find the right approach with the dog in front of us.

Whether our goal with a particular dog is to modify an undesirable behavior or to instill some new skills, a few basics apply every time.

First among them is trust. This means that the dog must first understand that you are the source of good things, always consistent and always clear. Remember that dogs don’t get “sometimes” or “just this once,” whether it’s access to the couch or a treat at the dinner table. Consistent behavior on your part tells the dog what he can expect from you each and every time. Consistent language solidifies trust. We tend to use similar terms for concepts such as “down.” If we want our dog to lie down and we use the command “down” for that purpose, we cannot then use that



word when it's time for him to get down from the couch. "Off" might be a better term, especially if we use it consistently. Using the same terms for the same desired behavior **every single time** builds not only compliance but more important, it reinforces the trust that serves as the platform for all our training efforts.

Once our dog learns to trust us, we can move on to other priorities, especially those that are geared toward safety. After trust, our dog's safety from the dangers inherent in living with humans is of paramount importance. Impulse control, whether it's the impulse to bolt through open doors, pounce on anything that hits the floor, or jumping on family and friends, needs to be a top priority for any dog owner. There is more to say about teaching impulse control than one article can address but it is worth emphasizing that this general behavioral category is a TOP priority for the safety of our dogs. The importance of teaching a reliable recall and solid impulse control just can't be overstated ... it is often a matter of life or death for our dogs!



Shaping a dog's behavior is one of the most important things we can do as owners or foster providers. Acceptable behavior is the single most critical factor in a dog's chances of getting and keeping a forever home. Most shelter dogs are not there because of medical issues ... it's behavior. Sadly, many of them pay the ultimate price for not having been educated and socialized by the people they lived with. We can't save them all but with patience and consistency, we can certainly save the ones that come our way.

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### **Do you subscribe to *Whole Dog Journal*? If not, you should!**

We dedicated Sheltie lovers at NVSR are always looking for new ways to care for and understand our Shelties. We recommend *Whole Dog Journal*, a monthly periodical filled with advice about health, training and welfare of dogs. No advertising! Just their detailed comparisons of the huge variety of dog foods are worth the subscription price. And, subscribers are privileged to access all their past articles in the WDJ archives. The July issue just out has articles on diet add-ons, vet check-ups, safe rubbery dog toys, different tail wags, barfing (yes!), and much more. [www.whole-dog-journal.com](http://www.whole-dog-journal.com). Here's one of their summertime frozen dog treats.

**Surprise Cubes** – In half of each section of an ice cube tray, put some salt-free broth or water mixed with unsweetened coconut milk. Freeze the tray, then put a blueberry, strawberry or banana piece or small dab of peanut butter in each section. Fill the tray to the top and freeze for four hours.

Yum! Try one yourself!





## Louie: The Best Years of His Life

By Martha Heisel, foster mom, and Evelyn Manteris, adopter

**Martha, foster mom, begins Louie's story ...** In my 20 years with Sheltie rescue, I have fostered a LOT of Shelties. Each was different and each needed the perfect home. And some were extra-special. It could be a certain look, recovering from a difficult background, needing some behavior modification, unusual medical needs or something else. Louie was one of those very special dogs.

Six-year-old Louie came to NVSR from a caring person who had taken him from a dying friend, but her apartment wasn't the right place for an active Sheltie. So, in August 2018, Louie arrived at my home. I noticed right away that large areas of his face were bare. The symmetry of the hair loss was a symptom of "DM" (Dermatomyositis) which had been untreated for several years. Despite his "scarface" look, he was a simply delightful dog.

I fostered Louie for eight months taking him to numerous vet visits to get his DM under control. I knew he'd need a special adopter who would appreciate his unique look, medical challenges and loving temperament, yet realize that he might live only a few more years.



**Evelyn, adoptive mom, continues Louie's story ...** Through a quirk of fate I found Louie about 9:30 one night. NVSR popped up on my computer, and there was Louie! He looked so handsome, playful and happy that I fell in love with him and his story of living with DM. It tugged at my heart until I finally filled out the application to adopt! Finding Louie changed our lives forever, bringing more joy, laughter, kindness and love to our family!

Louie was an extraordinary little fellow - quite the charmer! DM, a hereditary immune-mediated disease, affects the skin, muscles and blood and usually shortens the life span. Martha had done a wonderful job maintaining his health for eight months in foster. When my husband Greg and I met Louie all we saw was how handsome and complete he was and his love of everything and everyone. Even knowing his medical condition, we wanted to be Louie's Forever Family and welcomed him into our home and hearts.



*My new Mom and Dad*

At adoption day, Louie bounced in and made himself right at home. Martha came prepared with information about his DM. I had researched it and was prepared to continue his care for as long as Louie needed it. Our vets were also eager to meet him. I still chuckle remembering when Martha showed me how to brush his teeth. She handed me the toothbrush and asked me to show her how I would brush his teeth. I am a retired CDA but never was so nervous as I was to brush Louie's teeth for the first time. Every night after that we had "brush teeth" time.



*Just 'chillin' after a very playful day!*

Louie loved his bath time and brushing time. Every other Sunday we clipped his nails. “Treats” helped! He slept at my side, rolling onto his back with all four feet in the air. If I ate apples, so did he. If I got tiny animal cookies, so did he. And tiny pieces of carrots. He sat patiently for everything. When I made smoothies, he got pieces of the fruit and a teaspoon of yogurt. Then we sang, “Smoothie in Louie’s tummy!”

He became great friends with our Labrador, Gabbee, and Collie, Skyla. One favorite daily “Duty” was to check on the Silkie chickens and Guinea hen and jump at them in their coop to make them fly! After they flew around and Louie was satisfied that they were all “OK”, we walked the field. Louie trotted along and sat at each corner for a treat with Gabbee. He encouraged older Skyla to make a lap around before she stopped to enjoy the sunshine. He taught Gabbee Tug of War with his rope, and Gabbee taught him figure-eight chasing. He enjoyed napping near Skyla, who was like a mother to him, and he loved all three of our cats.



*Handsome me with my two new girl friends!! Being the charmer that I am has great benefits like getting extra treats, hugs, and kisses from my new forever Mom!*



*My new jacket fits me just right!! My Mom knew just what to get me for my 8th birthday!*

In January 2021, our family celebrated Louie’s ninth birthday. He had a big doggie biscuit with a little yogurt icing on it and we sang Happy Birthday to proud, excited Louie. He got new toys and ropes and a favorite double-sided jacket - raincoat on one side and flannel on the other. He pranced around whenever he wore it.

Louie loved people and filled any space with his love, joy and charm! He became part of our family literally overnight! It was impossible not to be overcome by his love and joy! After only two years, Louie left us on March

19, 2021, falling asleep in our arms for the last time. Our family misses him terribly, especially Gabbee, who still looks for him every day.

The sadness we felt losing Louie was replaced with knowing that he won’t have to take all those pills, visit the vets so often and deal with pain. He is in a place with all the dogs that have gone before him and has surely charmed all of them. He will always be with us in our hearts, tons of photos, and all the glorious stories we will remember and tell forever. We will meet him again someday, but for now, Louie ... go be a healthy puppy again! Happy trails, Louie!



*This window seat is a great thing to have! I really like sharing it with you Gabbee. Look at all the wildlife outside and where Dad parks his truck! My legs are shorter than yours and this seat is just right for me!*



*I just want my 'Forever Family' to know that I love you all and have had a great time with all of you. Aunt Martha, I love you too.*

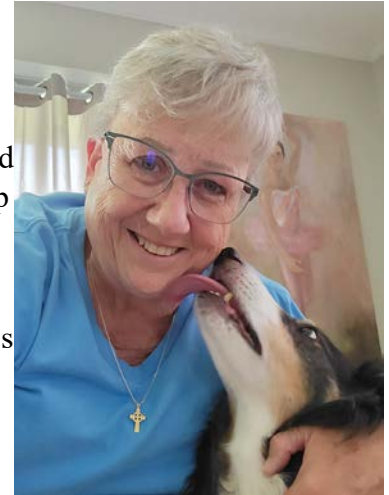


## You and Your Senior Dog

*By Cindy and Bernard Foreso*

We've all heard it - aging is not for the faint of heart and no excuse to be a couch potato. That goes for our dogs, too! As I age at what seems like a rapid pace, I discovered, thanks to my personal trainer, that I need exercise to keep muscles toned, joints protected and mind sharp.

When my Bernard turned 12, we determined to work harder at keeping fit. Neither of us can run far or catch a Frisbee very well (I never could!), but it's important for us to exercise daily. Bernard can no longer jump high to catch that Frisbee or romp with buddies for long periods, then do it again after a short rest. Now, when he romps, he needs a longer rest.



Since I was embarking on my exercise program, I also met with our veterinarian, Dr. Kay Young, to discuss what exercise Bernard and I could do together. She said, "The important thing with older dogs is keeping to a routine ... exercise every day. Find something convenient, that you will stick to and build up slowly." Swimming? (Nope - Bernard hates water ... I have to drag him outside when it rains!) Walking? (Yes!) Playing with other dogs? (Sure, but can't do it every day.)

We started with walking a few blocks at first, then progressing to a couple of miles daily. On my vet's advice and from the literature I amassed, the key is NOT to overstrain your pet. He will want to please you and might exercise beyond his limits. Make sure he doesn't become dehydrated, overheated or too tired. In hot weather, I test the sidewalk ... if it's hot for my bare foot, it's too hot for Bernard. So we go early in the morning or late in the evening.

Obedience and trick training is another option to get senior dogs moving. What dog doesn't enjoy a round of treat training? If your older dog excels at this, consider pet therapy training.

Both physical and mental stimulation help keep your dog active and feeling youthful. Dr. Heidi Lobprise, DVM, DAVDC, spokesperson for the International Veterinary Senior Care Society, recommends fun toys that dispense kibble or treats in small amounts to improve both physical and mental function and promote weight loss in heavier pets. If your dog can go up and down stairs, have her do so slowly to keep joints and muscles loose. If she has physical challenges, limit intense playing. Observe her sensitivity to hot or cold temperatures. In hot weather, keep her hydrated and in the shade. Dr. Lobprise also advises that your senior dog still needs regular vet visits and grooming. Before embarking on an exercise program, consult your vet to learn what your dog can tolerate. If you know your dog's likes and limitations you can develop an exercise regimen so both of you can enjoy fun and good health for years to come.

Note: The Grey Muzzle Organization ([GreyMuzzle.org](http://GreyMuzzle.org)) has loads of information from experts like Dr. Lobprise about keeping your aging dog in tip-top shape. Also, at NVSR, we have a team of volunteers who can give you more insights about older dogs; email: [agingdogs@nvsr.org](mailto:agingdogs@nvsr.org).





## My Thoughts on Having an Older Dog

By Sandy Kemp

I love old souls. They have been through so much and yet ask for nothing. Maybe because I am in that age bracket myself, I can relate. Fortunately, NVSR does not turn its back on even the most compromised of dogs. That would describe my Mick, the 13 year old Sheltie I adopted two years ago. He had been in the roughest of shape but had a strong will to survive. Last winter he was x-rayed and the vet showed me an area at the bottom of his ribcage where the bones were misshapen. Her opinion was he had suffered being kicked or some other form of abuse, yet he never showed any signs of aggression. That made me love him all the more.

A few years back I adopted a senior Sheltie, Finn, from a rescue in Delaware. They told me he had been picked up off the streets of Philadelphia and needed someone with experience. He was classified as a "hard case adoption", meaning he had a heightened mistrust of people. I began our relationship very slowly, with me handfeeding him. He eventually did come to trust that I would never hurt him.

Dogs like this are the most amazing creatures. Even though some have been to Hell and back, they still are willing to open their hearts to us in the hope that this may be their chance to know the comforts of feeling safe, having a warm bed, nutritious meals, regular health care, a loving owner and even true happiness.

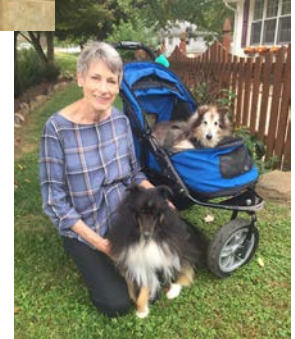
I hope to be able to keep taking in seniors as time goes on and circumstances allow. Thank you, NVSR, for saving them.

*One reason a dog can be such a comfort when you're feeling blue is that he doesn't try to find out why.*



*Finn enjoying a chewie as big as he is*

*Sandy with Seth and Mick in his "dune buggy"*



*Mick soon after arriving at Sandy's house*



**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, Spirit, Shelby, & Tigger and in honor of Ace, Cady, Joe, Maddie and Rose.**



## Dogs can teach us new things if we only listen to them

*By Marta Miranda*

I've fostered about a dozen Shelties, some of whom stayed short periods of time before they were adopted by other families, and others made it clear that they had found their "forever" homes with me. While I'm not as experienced as many NVSR foster volunteers, I've discovered that the dogs I adopt usually have something to teach or show me if I just pay enough attention and listen to them.



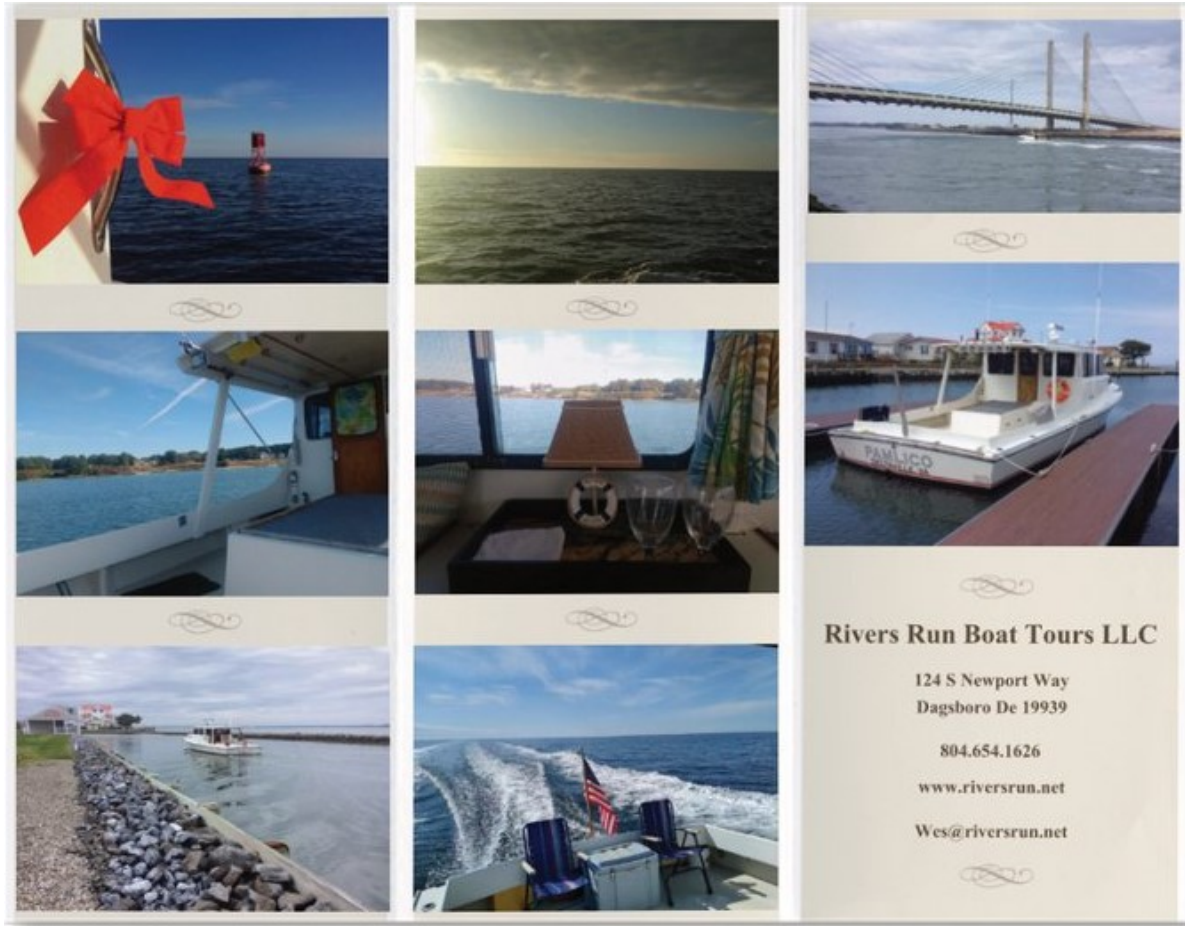
Usually, I have something in mind when I am looking for a new companion, and while my dogs have met my requirements, inevitably, I develop interests that the dog couldn't share with me because they just weren't "that dog." For example, I discovered that Anneka, who I had adopted as an apartment dog, loved herding all creatures we encountered on our walks. So, when I moved to Seattle to complete my training as a psychologist, I found a sheepherding farm appropriately called "Ewe-topia." Never have I seen a dog so in her element as when Anneka took on the largest flock of sheep under the guidance of the handlers. I was squealing in delight just as much as she was barking and rounding up "her" herd; we both had a wonderful time!

Anneka was great at herding, but by the time she died, I was working long hours, and she wasn't the best candidate to accompany me to my office. That was when I found Roxie, who wanted nothing more than to sit on the couch next to my clients. She was as docile and accepting of all people as Anneka had been passionate about herding, and she and I worked together in training until she had earned her CGC title.



As much as Roxie was good at sitting next to my clients, she wasn't the best dog for camping and hiking. She accompanied me on many outdoor adventures in the Pacific Northwest, but I think she would have rather stayed inside on a couch. Roxie left me in October 2021, and Annabelle came into my life in February this year. She is all that I wanted in a new companion—affectionate, playful, wants to sleep with me, can join me on hikes, and best of all, she can introduce me to something I've always wanted to try—agility!

Many people say that their dogs rescued them, but I wonder: what if we humans took to heart what dogs can bring out in us? Each of my dogs has introduced me to something new, which I might not have tried, had I not listened to the dog.



Looking for a great summer idea? How about a cruise on the "Pamlico" with Rivers Run Boat Tours. Captain Wes Marks is our own NVSR director. Wes would be your tour guide for a lovely trip from Delaware to waterside points north and east. You can design the cruise that interests you. Your Sheltie is welcome aboard!

[www.RiversRun.net](http://www.RiversRun.net) and [Wes@riversrun.net](mailto:Wes@riversrun.net)

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**NVSR 2023 Calendar Submissions Accepted NOW!**

A team of NVSR volunteers is ready and waiting for great photos of rescued Shelties for the 2023 NVSR calendar. This is one of our fundraising efforts every year, and our calendars are always filled with gorgeous Shelties. If you have photos to submit, please send them to us **before July 31**. Remember, no humans in the photos. We also need photos that are digitally "large" so that they will reproduce beautifully. Send them to: [calendar2023@nvsr.org](mailto:calendar2023@nvsr.org). We will have copies of the 2023 calendar for sale by late September and at our picnic October 1.





### Northern Virginia Sheltie Rescue Directors and Coordinators

Directors .....Martha Heisel, Wes Marks, Nancy Tisdale  
 Treasurer ..... Wes Marks  
 Intakes, Foster Care Assignments & Adoptions .....Lisa Fox  
 Shepherd Team .....Donna Martin, Cindy Foreso, Karin Trice,  
 Marta Miranda, Louise Kenny, Sharon Daussin, Anne Burke,  
 Jessica Baggarley, Magdalena Kowalewska, Tara Slesar  
 Calendar Distribution ..... Cindy Foreso & Melinda McKenzie Hall  
 Events ..... Kathy Kelly  
 Newsletter ..... Martha Heisel  
 Facebook Pages..... Theresa Jackson, Kathy Coffelt,  
 Joan McGregor  
 Sheltie Shop..... Wes Marks  
 Foster & Adoption Supplies.....Chris Sokol  
 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

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### I would like to make a donation to the Northern Virginia Sheltie Rescue

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

#### Donation Amount:

\$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.