



The Sheltie Spin

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

Winter 2019



Dobby



Pebbles



Wyatt and Chandler



NVSR's new banner



Dixie Doodle and
Lightning Mike

Shelties Celebrate Scotland and the Holidays at the Scottish Christmas Walk

by Joan McGregor

A sunny, chilly December 7th brought out enthusiastic folks to mark the 49th Annual Scottish Christmas Walk Parade. Coming from all over the area, Old Town Alexandria was host to hundreds of Scots dressed in their clan tartans, bagpipe and drum bands, as well as many Scottish dog clubs and rescues, including the fan favorite of all of them—the Shetland Sheepdogs. Or, as we call them—the Shelties. (Did you know there are no less than 20 dog breeds that originated in Scotland?) Each year NVSR marches with the Potomac Valley Shetland Sheepdog Club to show off our beautiful pups. Thousands of happy folks cheered along the beautiful Old Town parade route.

With the mere mention of a parade, NVSR Shelties and their humans are all in. Excited Shelties dress in their festive holiday attire or their family tartans and prance along the parade route. I don't know who gets more excited, the Shelties or their humans. Sharing our beautiful Shelties with smiling children, families, and elderly folks is special for all. And there is candy sharing (humans only) along the way, Sheltie kisses, and people fawning over the Shelties. Shelties love being fawned over and the most exciting part is hearing the joyful glee of parade goers yelling ... **HERE THEY COME—THE SHELTIIEEEES!**

If you missed the parade this holiday season, we'll be back in the lineup next year. Come out and join us in celebrating the season with NVSR and your Sheltie.

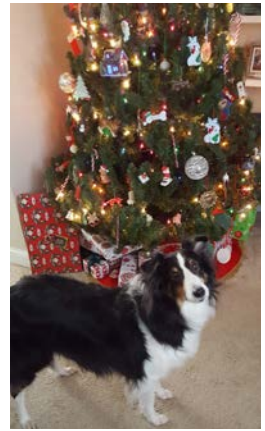


Happy Holidays from Your Sheltie Friends



*Laci photo-bombs
Santa*

We're looking forward to a wonderful holiday season and a nice cold winter with some snow. After all, we have those wonderful warm coats, and we love to have snowflakes on our noses. We got our human Sheltie rescue friends to put together this winter issue of the Sheltie Spin (we LOVE to spin!) so you could enjoy some of the things we're up to. We hope you'll include our favorite Northern Virginia Sheltie Rescue in your year-end giving plans. Or think of us anytime during the year. Those wonderful rescue volunteers take care of every needy Sheltie that comes their way, and some of them are VERY needy.



Bernard

We wish all our Sheltie-loving friends a very happy holiday season and a peaceful, doggie-friendly New Year full of Sheltie spins! – Love from all the rescued Shelties

Two Volunteers Develop Popular NVSR Fundraisers

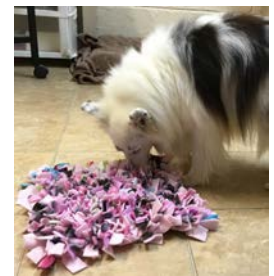
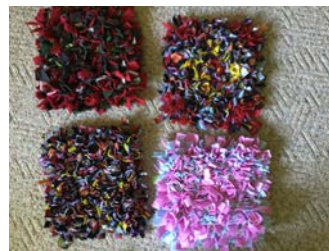
by Lisa Fox

As NVSR takes in more older Shelties with complex health issues and badly neglected teeth, our outlays for dentals and more extensive medical treatments have soared. Two of our more creative volunteers have found innovative ways to bring in more revenue for NVSR while also providing products that you, our supporters, really want to buy.

Melinda McKenzie Hall is one of NVSR's most prolific foster parents, having fostered nearly 70 Shelties—including some particularly challenging dogs that took many months to place. Melinda is an equestrian and makes and sells saddle covers at equestrian dressage events. Over the years, she has donated \$6,400 to NVSR from sales of these covers. At \$25 each, that's a LOT of saddle covers—256 according to my calculator! We appreciate Melinda's hard work—as a seamstress as well as a foster mom. Here are two photos of the Melinda-made covers and one of volunteers Martha Heisel and Susanna and Faith Grant selling them while Melinda competes in the equestrian event.



Mary Mounts, who has also fostered many Shelties for NVSR over the years, produces a very popular dog toy known as a "snuffle mat." Made of strands of brightly colored fleece firmly tied to a sturdy frame, these mats function as mini nose-work games. You hide a handful of the dog's kibble deep among the strands and then watch the fun as your Sheltie sniffs out the hidden kibbles one by one. Here are photos of several colorful snuffle mats and of Patches engrossed in her mat.



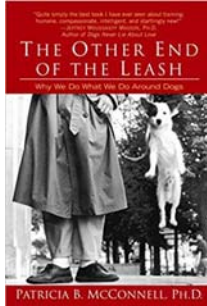
These snuffle mats are machine washable, hang to dry, and work well for dogs who gobble their food or pups with separation anxiety who need distraction while their caregivers depart. To order a snuffle mat for your favorite canine, send your order to shop@nvsr.org, including your name and address. Send a check (noting it is for a snuffle mat) for \$25 (shipping included) to: Northern Virginia Sheltie Rescue, 977 Seminole Trail, PMB 314, Charlottesville VA 22901. And get ready for fun!



Dog Books for Giving and Receiving

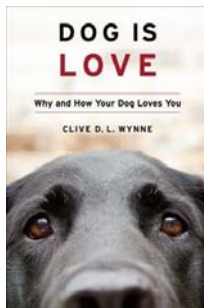
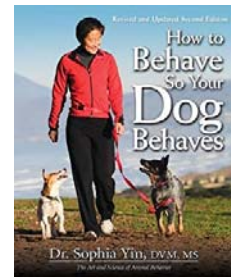
by Kathy Kelly

Grab your favorite beverage, put a Sheltie on your lap, and look at a few of our favorite books. To find more books (and videos), check out DogWise.com).



In this classic, *The Other End of the Leash* (2003), applied animal behaviorist and dog trainer Patricia McConnell considers why we behave the way we do around our dogs and how dogs might interpret our human behavior. Even the slightest change in voice and posture helps your dog understand what you want. Once you think about your own behavior from your dog's perspective, you'll understand why much of what appears to be intentional disobedience is simply a case of miscommunication. You'll learn why "getting dominance" over your dog is a bad idea and why most dogs want to live with a benevolent leader rather than an "alpha-wannabe." More: PatriciaMcConnell.com

How to Behave So Your Dog Behaves (2010), by Dr. Sophia Yin, takes a scientifically sound yet practical approach to explaining dog behavior and training theory, then shows how to apply these concepts in practical training exercises with easy-to-follow steps so you can train your dog to be well behaved. If folks have only one training book, this is it!



Dog Is Love: Why and How Your Dog Loves You, by Clive Wynne, draws on studies from his lab and others around the world to explain what biology, neuroscience, and genetics reveal about dogs and love. Wynne shows that affection is the very essence of dogs, from their faces and tails to their brains, hormones, even DNA. This scientific revolution is revealing more about dogs' unique origins, behavior, needs, and hidden depths than we ever imagined possible.

Play With Your Dog, by Pat Miller, reminds us that play is essential to our dog's well-being and for developing sound social relationships (dog-dog, dog-human). Mind games, chase games, contact games, and games with toys—you'll learn ways to make routine games more interesting and rewarding...and fun, while socializing, stimulating, training, and enjoying your best friend.



Whole Dog Journal has well-researched, in-depth articles about all aspects of dog behavior and training, health, feeding, care, and lifestyle. Supported by subscribers rather than advertisers, it is an unbiased source for information on natural care, diet, health, and training; complementary therapies like chiropractic, massage, acupuncture, and homeopathy; and other advice from experts. Besides the monthly newsletter, blog, and good links, a subscription to Whole Dog Journal gives you access to their huge online archives of articles (www.whole-dog-journal.com).



Chloe's Journey Across the US

by Chloe Speed

Intro by Chloe's parents, Claude and Sandy ... Off on another adventure with Chloe to Arizona to visit friends. Chloe's two-year anniversary with us is coming up soon. We have trouble remembering a time when she wasn't with us. And she loves to travel!

October 2019



Mom saw a demonstration on Facebook about a Sheltie solving a puzzle to get treats so she got me one. It's pretty interesting but she has trouble getting the covers off the treats. She pulls on them with her fingers and lets them fall down and then does it over again. I keep thinking at her to use her tongue like I do. It works a lot faster and easier. Sigh. I guess she'll figure it out eventually.

We launched out on another cruise last week. This time it's a land cruise to Arizona in our little trailer. Here I am in my hammock in the truck. See the white rope that attaches to my harness to keep me from being ejected from the truck if we have an accident? My ears are down because I tolerate riding in the truck better than I do our boat, but I prefer staying in our house with the big backyard.



Here's a picture of me and Dad hanging out at a state park. That's our "home away from home" behind us.

What I didn't include in my last entry was that the first stop was in the Virginia mountains with warnings about bears! We were really watchful on walks. Dad shone his flashlight around looking for bright eyes. I asked him what color bear's eyes are and he said we would avoid any shining eyes. I thought it would be exciting to see a bear, but we didn't see any. We also stayed in a campground in Texas that warned us about bears, coyotes, panthers and snakes. Fortunately, we didn't see any of those either.



Mom and Dad visited the Grand Canyon and I was went with them! We visited Indian ruins and I explored in the desert but had to stay out of the rocks so I wouldn't find any snakes. Here are me and Mommy in front of a tower. Mommy has on her down parka—it was -2 degrees this morning! Didn't bother me with my thick Sheltie coat!

November 2019

Santa Barbara, California. Mommy said we can't come all this way without getting our feet wet in the Pacific Ocean, so here I am at the beach getting my paws wet. Dad walked me into the surf and I got my tummy wet when a wave came in. I wasn't very happy about that so I watched from higher up on the beach.



At the Santa Barbara Mission, here I am kissing Mommy.

I've never been comfortable riding in the car. I think other Shelties are the same! I pant a lot and don't look out the windows. I enjoyed the visit to the Grand Canyon so much because Mommy and Dad drove a little and then explored a little, and I got a little excited about the routine. Here I am resting my chin on the edge of the hammock so I could see out the front. I liked it! So, now I spend about half my time looking out the front. Mommy is happy to have me sharing the experience by looking over her shoulder.





Claude interjects... Chloe continues to have a great time on our trip. I've been working with her regularly with sit, down, and stay. She has always known these commands among others, but we hadn't been practicing regularly which made taking pictures a challenge. I feel like an old dog learning new tricks. [Chloe says – I already knew that!]

Here we are in an RV park in Indio, California. Dad says it's a little oasis in the middle of the desert and mountains. I liked the dog park with a fountain in the middle. You can see the desert and mountains beyond the fence. While we were walking this morning, the sprinklers came on. Didn't bother me but sure made Dad jump. I haven't seen him move that fast since a wasp chased us at the marina.



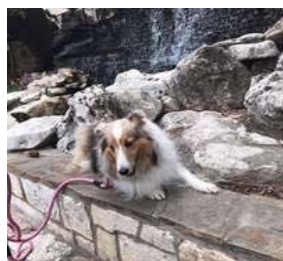
Now, we're in Tucson, Arizona. Our Aunt Dana back home collect rocks for her rock garden from wherever she travels, and she asked Mom and Dad to find "a special" rock for her. Well, that opened Pandora's box! Mom remembered her long-lost rock collection from a hundred years ago. Dad says a rock garden is a good use for a flower bed that won't grow anything. So, we went to some rock shops and they went absolutely nuts. Since he worries so much about the weight of the trailer, you'd think they would collect small rocks. But no! Dad says he's added 75 pounds of rocks to the truck and he isn't finished yet. Some of these rocks weigh almost as much as I do. He says he'll try to find a nice rock wherever we go. I hope we will be able to get over the mountains to get home.



Dad found this cool plant arrangement in the Fort Clark Springs RV Park in Texas and took my picture. We've been practicing sit and stay every morning. I hopped up on the bench and he told me to sit and stay. Then he backed up, crouched down with his iPhone, and said, "OK. Attention!! Ears up!!" Well, this was the first time I ever heard that! Then he jumped up and down saying "Ears up, ears up." I got worried that he might be having a conniption so I got off the bench and ran over to check on him. He was OK so I went back to the bench and sat. He finally got the idea and took the picture. I thought I'd trained him better than this – I don't learn stuff without treats. It is a pretty good picture though.



Thanksgiving in San Antonio, Texas – on the Riverwalk. I got to meet some dogs and lots of children. Dad was so proud of me because I was calm and didn't bark at anyone – except for once at Mom when she sneezed.



The first photo is me sitting in front of a fountain.
In photo #2, Dad wanted to be in one of my pictures, so here he is.
The third picture looks like a longhorn cow sniffing my rump.
The final picture is of me practicing my Sit-Stay-Smile. Pretty good!

Chloe's journal will continue in a later *Sheltie Spin*. She was still "on the road" when we went to press. Keep on travelin', Chloe!



FAQs: Pet Therapy with Your Sheltie

by Lisa Fox

Q: How do I know if my Sheltie would make a good therapy dog?

A: I recommend you and your dog sign up for a **Canine Good Citizen course (CGC)**, offered at most training facilities. In this course, your dog will learn the simple commands and routines needed to become a CGC as well as pass the Therapy Dog certification process. Your dog will get practice interacting with all kinds of people, walking through crowds, being around people in wheelchairs, crutches, elevators, and noisy meal carts—all the things a therapy dog might encounter on visits to hospitals and nursing homes. Your dog will get used to being petted and hugged by strangers of all ages and will learn to greet other dogs politely. A test is given at the end of the course. It can be retaken many times if the dog fails the first time.

Q: How do I get my dog certified as a therapy dog?

A: There are several organizations that certify therapy dogs. One of the largest is Alliance for Therapy Dogs Inc. (TherapyDogs.com)

The website explains how the evaluation of your dog will be done. By typing in your zip code, you can locate a tester/evaluator in your area. The evaluation is not difficult—much easier than the CGC test. If you and your dog pass, you will then visit a nursing home facility a couple times in company with the tester so she can observe your team with actual patients. You will then submit your application, test results, and membership fee to TDI and receive your card and TDI dog tag. If you wish to do pet therapy in a hospital, you may have to do another round of visits with a hospital employee. Many hospitals have therapy dog teams.

Q: Why does my dog need to be registered as a therapy dog?

A: Many nursing homes and all hospitals and schools require a dog doing pet therapy to be certified so they know that the dog's temperament and vaccination status have been evaluated. The fee you pay (\$30) also covers insurance when you visit, in the event there is an injury resulting from the visit.

Q: What is a typical pet therapy visit like?

A: At my hospital, each dog/owner team is assigned a "Pet Rep." This volunteer enters each hospital room first, inquires if the patient would like pet therapy, checks for allergies to dogs, examines the floor for dropped pills or other safety hazards, and then invites the team in for a visit with the patient. Some patients like to have small dogs cuddle with them in bed; others just want to pet the dog and talk about their own dogs. The length of the visit depends on the patient; the team must be sensitive to the patient's needs. Our visits always bring a smile to each patient's face and take their minds off their pain and suffering for at least a few minutes.

My hospital prints up cards with the dog's photo and story to give to each patient; the therapy dogs are enormously popular and in great demand. Dogs must have been bathed and brushed within 24 hours of the visits. The number of patients visited each day depends on the dog's tolerance. Staff and visitors enjoy the therapy dogs as much as the patients do.



*Tess "on the job" at
Fauquier County Hospital*

YOU CAN'T BUY
LOVE
BUT YOU CAN
RESCUE IT



*Hannah & Bentley at Anne
Arundel Hospital*



Bailey and the Squirrel

Here's a report from one of our adopters, now the proud parents of Bailey, who never stops surprising them ...

We've discovered that Bailey is a tree climber—among his many other surprising features! The other day I followed him (and the rest of our troupe) around the house and found him in the dogwood tree. At the top of the tree was a terrified squirrel. Bailey stayed up there (about 3.5 feet off the ground) until the squirrel took a flying leap to the ground (about 30 feet). The squirrel made it—but just.



Bailey's foster mom adds her experience: He is a well behaved, happy, energetic love bug. I believe he is a King Charles/Sheltie mix. He played with our Bubba and Pepper and he has this silly blue alligator that he

claimed as his. He was so proud of that alligator and wanted to carry it everywhere and show everyone. It went to his new home with him.

We've had a couple other Sheltie mixes that were tree-climbers, but as herding dogs, the vast majority of Shelties know to stay on the ground. There are no sheep in trees!

Thank you!

Our 20 Anniversary Reunion and Picnic last September was the biggest and best ever. We had a perfect day for 165 humans and nearly 100 Shelties to help us celebrate two decades of rescuing Shelties. We have so many folks to thank for supporting us over the course of all those years. We had a lot of them help with putting on the picnic, too. Here they are:

Companies

Dogma Dog Bakery
Weber's Pet Supermarket
Pro-Tick Remedy (SCS, Ltd.)
Giant
Starbuck's
Harris Teeter
Dunkin' Donuts

Individuals

Joseph Heisel
Janie & Al Robertson
Nancy Hansbrough
Robin Bennett
David & Donna Martin
Joyce Miller
Wes Marks
Cathy Skoog
Susan Hendrix
Sharon Daussin
Melinda Mc Kenzie Hall

Samples

Avoderm
Earthborn
Fromm
Small Batch
Stella & Chewy
Vital Essential
Ziwi
Doggie Walk Bags

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 and Tigger.



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 TreasurerWes Marks
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 Foster Care..... Lisa Fox
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 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
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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.