



# The Sheltie Spin

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

Summer 2015

"Summer is for Shelties!"



Love (2007)



Kirby (2002) and buddy Max



Briana (2010)



Biscuit (2011) and Tyler (2010)



Smoke (2014)



Calli (2013)



Dixie Doodle (2008)



Bandit (2014)



## Meet the NVSR Board of Directors By Marta Miranda, NVSR West Coast Correspondent

Have you ever wondered who is on NVSR's Board of Directors and what they do for our Shelties? We thought it was time to introduce them to you and tell you about their roles ... from their Shelties' perspectives! After all, Shelties love to work, and they have a unique perspective on their owners' jobs.

### Martha Heisel, Director



**Martha with Skip (L) and Skylar (R)** household duties. Here is what they had to say about their mom's duties as an NVSR director:

"Our human mom joined [NVSR] back in 2002 before we were even a gleam in our dads' eyes. As director, she coordinates all the intakes and adoptions, helps with foster advice, puts together the e-newsletter and hard copy Sheltie Spin, reviews the finances, works with the other directors to keep things running, and handles all kinds of odd (that's her word) inquiries. She stares at that thing on her desk for hours a day while we sleep under her desk."

When asked how they help their mom, Skip responded that he is an "ambassa-dog," doing home visits, teaching new fosters "where to pee and poop," bringing his leash when it's time for a walk, and reminding Martha to stop "staring at that screen-thing." Skylar replied that he is simply "beautiful" and helps out by reminding Martha that it's time to brush him.

Skip and Skylar are both rescues living at the Heisel "Camp Barks-a-Lot." Martha fostered both when they were youngsters and fell in love with them. At nine years old, Skip competes in agility, while his more introverted "brother," three-year old Skylar is "in charge" of

household duties. Here is what they had to say about

According to Skip and Skylar, Martha loves working as a "professional volunteer" for NVSR. Although she does not get paid in those green pieces of paper that humans treasure, Skip and Skylar enjoy the meals that come regularly and other benefits of living at Camp Barks-a-Lot. Martha has fostered 95 dogs so far and adopted six of them over the years. She loves fostering and "seeing" her dogs off to their new homes. She told Skip and Skylar that the hardest part of her job is saying goodbye to the dogs who were too sick or old and had to cross The Bridge. For their part, Skip and Skylar "pay" Martha "with love and kisses," and are very happy that she will be with them right to the very end.



**Martha from her Shelties' point of view**

### Nancy Tisdale, Secretary



**Nancy with Scottie (R) and PJ (L). Maria is in front - she was supposed to take a photo but decided to roll in the grass instead.**

The Tisdale household includes PJ, Scottie, and Maria. "Spokes-dog" PJ responded to my questions about his mom's duties for NVSR. PJ, or Piedmont's Jazzmaster, as he is formally known, has been living with Nancy the longest of the three. Scottie was brought to Nancy's home by "aunt Mary Ellen," and Maria first came to live at the Tisdale home as a

foster. All are graduates of basic obedience at All Things Pawssible, and PJ used to compete in agility until his joints "got too tired."

Nancy is a licensed veterinary technician and registered nurse. As such, she provides medical



advice, liaises with veterinarians about treatment for NVSR foster dogs, and reviews veterinary records. As Secretary, she is also responsible for taking notes and writing up meeting summaries, but PJ notes: “She’s pretty slack about that and frequently needs reminding.” Additionally, Nancy performs various office duties, such as picking up mail, tracking donations, sending thank you notes to donors and, in PJ’s words, “using some kind of machine that makes funny noises that we don’t care for.”

When asked how they help their mom, PJ stated that he and his “siblings” are often in the room with their mom to provide support. PJ takes special pride in “being the document shredder,” a task in which his mom would rather he not engage. Each dog also has his/her own role: Maria is younger and accompanies Nancy on errands to the post office. Scottie stays home to help new fosters learn the household routine, a job he earned after opting out of agility with PJ on the grounds that it was “stooopid” and he’d rather not “jump over stuff.” As “spokes-dog,” PJ makes sure everyone else is doing their jobs and answers questions from reporters. According to PJ, he and his siblings are paid in kibble and treats. He added that his mom “said she didn’t care for those, so she doesn’t get paid.”

### Brian Marks, Treasurer



**Brian as Tazley sees him**

Tazley is a nine year-old rescue Sheltie who joined the Marks family in 2009. Tazley also lives with her “siblings:” Bonnie, a seven year-old rough Collie, and Ruffy, an eight year-old NVSR alumnus. Tazley convinced Brian and his wife to get more involved with NVSR. In 2011, Brian assumed the role of

Treasurer on the Board of Directors.

Tazley explained that her dad is “something called retired,” but that he still works part-time and runs

a boat charter business. Brian takes on various financial tasks for NVSR, such as running the Sheltie shop, bookkeeping, paying bills, and



**Brian with (L-R) Bonnie, Tazley, Ruffy, and foster Cane**

entering data in QuickBooks. According to Tazley, during certain times of the year, “dad is stressed out with lots of boring papers all over and something called ‘spreadsheets.’” The hardest part of Brian’s job is “sorting bills from ‘the-doctor-who-shall-not-be-named’ that don’t have dog names or numbers on them.” She added, “humans can be so careless sometimes.”

Other than being Brian’s shadow and constant companion, Tazley helps out by keeping her dad’s feet warm when he answers email, overseeing reports, and making sure the resident foster dogs learn the rules of the house, dinner-time etiquette, and boundaries.

When asked how her dad was compensated for his work, Tazley didn’t think her dad saw any “green stuff,” but she explained that Brian is paid in feeling good about what he does and seeing Shelties adopt needy humans. He also enjoys watching the vet bills get smaller as sick Shelties get the care they need. For her part, Tazley is proud of her dad and all the work he does for NVSR.

As their Shelties can attest, NVSR’s Directors work tirelessly behind the scenes on behalf of Shelties in need. From tracking and paying for vet visits to opening their homes to needy Shelties to checking the mail and communicating to Sheltie lovers, this trio of dedicated volunteers forms the backbone of the organization. Of course, they couldn’t do it without the support and assistance of their own Shelties, who make sure the humans stay focused and dedicated to their tasks. After all, isn’t that what Shelties do best?



## Could You Be Part of the “Fat Dog Gap?”

By Lisa Fox



The majority of the nation’s dogs and cats continue to be overweight, and most pet owners aren’t aware of the problem, according to new research from the Association for Pet Obesity Prevention, a group of veterinarians whose goal is to educate pet owners about this increasingly serious health problem. The study found a significant “fat dog gap,” in which 95% of owners of overweight dogs incorrectly identified their dog as being at a normal weight.

Dr. Steve Budsberg, veterinary orthopedic specialist and Director of Clinical Research for the College of Veterinary Medicine at the University of Georgia, says, **“The sad truth is that most people can’t identify an obese dog or cat. Whenever their veterinarian tells them their pet needs to lose weight, they often can’t believe it because they don’t see it.”**

**“We’re seeing an increasing number of obese dogs and the diseases that accompany excess fat,”** reports Dr. Julie Churchill, veterinary nutritionist at the University of Minnesota College of Veterinary Medicine. **“Type 2 diabetes, osteoarthritis, high blood pressure, and many forms of cancer are associated with obesity in animals. It is critical that pet owners understand an overweight dog or cat is not a healthy pet.”**

Dr. Ernie Ward, veterinarian and a co-author of the new study, writes, **“Obesity is the number one health threat dogs face. The most important pet health decision owners make each day is what and how much they feed. Dog owners know being overweight is unhealthy; they just don’t know their own pet is too heavy.”**

Please take a good look at your Sheltie today and see if you can clearly feel his ribs when you run your hands along his sides. You should also be able to feel his hip bones. If you can’t, ask your vet what the ideal weight for your dog should be. Then cut back kibble, wet food, and treats and add more vegetables to his diet. The best way to help your dog live a long, healthy life is to keep him or her slim.

For more help in assessing your Sheltie’s weight, consult this link:

<http://www.peteducation.com/article.cfm?c=2+1659&aid=661>



## The Joys - and Challenges - of a Multi-Sheltie Home by Janie and Al Robertson

“You have HOW MANY SHELTIES?” We hear that question often. Another frequent one is, “How do you remember all their names?” to which we ask, “If they were your children, wouldn’t you know each one’s name?” They answer, “Well, yes, I guess I would.” One of our favorite questions is, “Where do they all sleep?” We reply, with a twinkle in our eye, “Wherever they want to,” which is true. Some sleep in their crates because they always have, some on the bed, others on a rug by the bed. They have worked it out, with our guidance, and everyone is happy with the arrangements.

Years ago, we raised human sons and daughters who now have families of their own. Janie, as an only child, now has the huge family she always wanted - without teenage pleas for the car keys, a bigger allowance, or attitudes. Just kidding. Sure, we did Little League, Scouts, karate, music, horseback riding and driving lessons. Now it is agility, obedience, Rally, Rally trials, and tricks classes. We are also therapy dog trainers/testers and teach Canine Good Citizen classes. With all of that, plus a multitude of therapy dog visits, our car is on the road more now taking dogs to their activities than when we drove our children around. We love it!!

What are the challenges of being a multi-Sheltie family? Think of it this way. Whatever you do for a single dog is multiplied by the number of dogs you have. A friend told us when her one Sheltie comes in with dirty feet, she carefully wipes each of his four feet with a towel. If we did that every time our Shelties come inside on a rainy day, we would be wiping feet all day. So, we keep small rugs inside and outside the door. After the rain, we have several loads of rugs to wash.

Toenail cutting time ... teeth brushing time. Lots of toes and many teeth. And bath time! We use a whole shelf of towels on bath day. In our bath assembly line, Janie pre-bath brushes them, Al washes them

in a dog bathtub on legs (great invention – saves the back) and towels them, then Janie dries and brushes them again on the grooming table. That takes a whole day!

After their veterinarian visit for checkups and vaccines, we tell the

receptionist when she hands us the bill, “Don’t say the total. Just take this credit card.” We never look at the bill until later.

Need we mention how quickly the vacuum canister fills up with Sheltie fur? (If you need a recommendation the best vacuum cleaner for a Sheltie family, let us know!)

Barking ... We don’t know how we lived before the wonders of a cable DVR box. We wore out several remotes rewinding part of a show and listening again because someone barked just at the moment when something important was said. And, isn’t it funny when they are all barking because they are excited about something and we are jumping up and down, waving our arms, saying, “Quiet, Quiet!!” They think we’re joining in the game! Will we ever learn?

Do they ever squabble with one another? Of course. Have you ever known a family that didn’t have disagreements once in a while? But disagreements get settled quickly, and we all return to status quo.

So, by now you must be thinking, “I thought this was an article about the JOYS of a multi-Sheltie family. All we have read so far are the challenges. Where are the joys?”

There is so much joy seeing how our Shelties relate to one another, watching them sort out who is best at what, and sitting in the yard to watch these beautiful creatures run from one end of our large fenced yard to the other. Misty keeps the outdoor space cleared of any birds or planes that fly over. She trained Petey to be backup as she is older and likes to stroll



**Lots of doggie  
toothbrushes!**



around smelling the flowers. Bella is border patrol, running the entire fenceline, checking for whatever she thinks is important. Bonnie, our youngest, is our tennis ball helper, stopping them when we toss them back toward the basket in which they are kept after a rousing game of ball-chasing. Murphy is the activities director. Sunshine has her own agenda, constantly running, barking, and doing her happy dance.

The important thing to remember when you have multiple Shelties is that they are all individuals. It would be easy to just let them entertain one another. But we spend time with each of them to discover his or her unique personality and gifts. We look for the traits that best identify each Sheltie and build his or her activities around that. Some are good at agility, others Rally, others tricks, and all of them are wonderful therapy dogs. Even with therapy dog visits, we match the dog's personality to where we visit. Some like to get in bed with the patient, curl up and take a nap. Others are more athletic and do tricks for their audiences of patients, their families, or staff. You never know when you will see that unique personality come out in your Sheltie. I would have never guessed it, but Murphy is our most compassionate Sheltie when he sees me upset, putting his sweet head on my knee and looking up at me with soulful eyes.



**Breakfast is ready!  
Each with a "Slo-Bowl."**

Each one runs to his or her spot and does a "prancey dance" waiting for the bowl.

And the barking? – they are our supplemental alarm system. When the door bell rings, the Sheltie Early Warning System goes into action.

Our Shelties are known by so many people, and around Halloween every year we start getting questions about what we plan for this year's Christmas photo. After so many years of these photos, our creative juices are running dry. We welcome suggestions. It is fun to be on a therapy visit and take our photo album with all the past Christmas photos. The expressions on patients' faces are priceless. So funny!

We could never have had this big family of Shelties when we were younger and fully engaged with our family and careers. But that is one of the joys of retirement, finding that special something that gives you purpose and joy in this season of life. In the evening when we are watching TV, and one Sheltie is in Al's lap, another is in Janie's, and the rest are scattered around the room, one of us will say to the other, "Could it get any better than this?"

Yes, we "flunked" fostering several times, and our precious, rambunctious, demanding, loving, and wonderful furry family has added years to our life and life to our years. We are eternally grateful for each one and for NVSR which has brought so much joy to so many through their dedication to rescuing Shelties and placing them in forever homes.

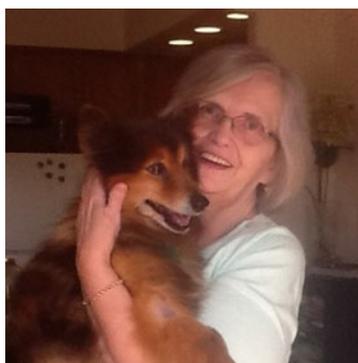


**Merry Christmas 2014!**  
**First row: Sunshine, Bella**  
**Middle row: Petey, Misty, Murphy, Bonnie, Kayla**  
**Top row: Savannah, Gracie**  
**The sheep sneaked in there somehow.**



## Older Folks Adopting Older Dogs By Wade Miller

The Sheltie Spin wanted to determine why older people (dare we say “seniors”?) adopt older dogs. More important, we wanted to find out how some of these matches are working out. So we interviewed three individuals who adopted senior dogs. Here’s what they had to say.



**Jamie and Robin on adoption day**

*Robin MacArthur* “adopted” *Jamie* a few months ago. Jamie is a 12-year old former stray who has lost most of his vision and hearing. Jamie is a “permanent foster” dog, meaning that NVSR retains his ownership and pays for his medical bills.

We interviewed Robin and first asked about her decision to care for Jamie. She had not had a dog for five years, but wanted one and definitely wanted a rescue. Robin says she is slowing down and wanted a dog whose energy level would match hers. Jamie fit Robin’s criteria; she describes their relationship as “matching lives in harmony.” Robin is cognizant of the fact that she and Jamie will not have as much time together as she would with a younger dog, but she is content with the hope that they will have 3-4 years of happiness together.

Jamie is definitely “challenged” due to his poor vision and hearing. To handle these challenges, Robin discovered a book entitled *Through a Dark Silence: Loving and Living with Your Blind and Deaf Dog*.



**Jamie enjoying his daily walk**

It has given her insights into how to deal more effectively with Jamie’s vision and hearing problems. For example, if she swipes down the left side of his face with her hand, that means food. Sometimes Jamie doesn’t know whether Robin is home or not. So she leaves treats on the corner of his bed as a signal that she’s going to be out.

Robin reports that, even with Jamie’s challenges, the delights--and benefits--are plentiful. She says it is just nice to have Jamie around. She believes older Shelties “need a soft place to land,” and she intends to give Jamie some good years.

When asked what message she would like to impart to other people who are considering adopting a senior dog, Robin emphasized that one shouldn’t focus on the age of the dog, but rather to value the good years they can have together. Adopting an older dog, even one as challenged as Jamie, can be a great experience, and Robin’s hope is that others will come to this realization.

*Jim Kenna* adopted *Harley*, a 10 year old, several months ago. He wanted a younger dog, but NVSR convinced him that a younger dog might not be a good match. Now that Jim has Harley, he agrees that an older dog is a better match for him. He thinks Harley was abused in his former home, because he is still “in his shell” and very subdued. Jim describes him as a “couch potato” who doesn’t play with toys. Harley does love to walk, and Jim walks him 7-8 times every day.



**Harley and Jim on adoption day**

With regard to challenges, Jim said that Harley is fearful of everything and everybody. When Jim



**Harley in his very own backyard**

Harley. Jim says the two big challenges with Harley are getting him out of his shell and dealing with his arthritis.

When asked about delights/benefits, Jim said that Harley is a good companion and the “sweetest dog I’ve ever had.” Although Jim would adopt another senior dog, he noted that health issues can be more of a problem with an older dog as opposed to a younger one. Another issue is keeping Harley’s weight down.

*Anne Burke* adopted *Cubby* (a/k/a “His Cubbiness”) a year ago when he was 12. Anne was looking for an older dog, 7-10 years old, who would match her lifestyle. Anne says she “looked into Cubby’s eyes and couldn’t say no.”

Anne’s challenges with Cubby are primarily his health issues. He has arthritis--and so does she. Cubby has a problem with his hip, likely from hip dysplasia earlier in life. Cubby also has a heart murmur. He cannot walk up steps, so Anne carries him. They walk very slowly together--with both having arthritis, their pace matches.



**Cubby and Ann at the NVSR picnic**

first brought Harley home, he let him loose in his fenced yard only to discover that he couldn’t catch him. After a long night outdoors with Harley avoiding him, it was the next day before a neighbor using treats was able to catch

When asked about delights, Anne says Cubby has been so sweet. She says he has “brought an incredible amount of joy to my life.” She values his companionship; he is very much in tune with her.

The message Anne would like to convey to folks who are considering adopting a senior dog is that age doesn’t matter. None of us knows how much time we have. We should, therefore, value the quality of time, not the quantity.



**Cubby enjoys a vacation at the beach**

She reiterated that an older dog brings so much joy to one’s life. Cubby is Anne’s third Sheltie. She noted that “I don’t think I’ve ever known a dog more grateful to have a home; Cubby is so very loving.”

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Even with only these three stories, a theme emerged from the adopters interviewed. All receive much joy and companionship from their senior dogs. They recognize the health challenges in older dogs because humans experience the same phenomena. In each case, the senior dog adopted matches the lifestyle of his owner. The messages that the adopters have for those who are considering a senior dog are: that quality time matters more than quantity; these dogs need a “safe landing place”; and older dogs match the lifestyles of older people and bring much joy to their adopters.

NVSR has always endeavored to match persons with the appropriate dog. If the three interviewees are any indication, the program of matching senior people with senior dogs, initiated a few years ago, appears to be a whopping success.



## Should You Take Your Sheltie to a Dog Park? By Lisa Fox



A properly managed dog park patronized by responsible dog owners and their well-mannered dogs **could** be a great experience for dogs that love to run free and play with other dogs. Yet dog parks receive a great deal of bad press. The problem is that many dog parks are not managed at all, dog owners who visit them are not responsible, and too many of their dogs are overly aggressive and out of control.

Given the number of complaints we receive from volunteers and adopters, we are not inclined to recommend a dog park for a Sheltie unless you know the park very well and are sure there are no aggressive dogs there. It seems that owners most likely to use dog parks are those who have very aggressive, poorly trained dogs, and the owners are desperately trying to get rid of their excess energy. A Sheltie can have a traumatic experience and even a fatal injury if one of these bullies picks on him. A pack psychology can often set in with numerous dogs jumping in for the attack.

But if you decide to try out a dog park, always visit first without your dog to see if it's likely to be a good experience for your Sheltie. Look for:

- Two separate fenced areas, one for small dogs (like Shelties) and one for large dogs. Ideally, four separate areas would be even better to isolate those with body-slammng inclinations from those who just want to play chase.
- A clear list of posted rules for dog and human behavior (e.g., No treats and No small children in off leash area).
- An attendant on duty to monitor dogs' behavior and enforce the rules.
- Dog owners who are carefully watching their dogs rather than texting, checking social media, or involved in conversations with others.
- Owners who quickly intervene if the play gets too rough and don't subscribe to the "just let the dogs work it out" notion.
- A sturdy fence with no possible areas for escape.
- An entrance with an "air-lock" two-gate system.
- Evidence that owners pick up poop immediately—no piles lying around. A can for poop disposal.
- Grass and groundcover that are well-maintained.



If you think your Sheltie might like to experience a dog park you've checked out, first take her there and walk around the perimeter outside the fence. Watch your dog carefully to see if she's interested and seems to want to play or, at the other end of the spectrum, is afraid. You might take her back a few times outside the fence so you can see if it's a



good idea. If you decide to try it, go at a “down time” when there are fewer dogs there. Your dog should also have good recall (coming when called) before you turn her loose inside the park.

We strongly discourage anyone from taking a shy, fearful, or under-socialized dog to a dog park. As animal behaviorist Pat Miller argues, “A dog park is for socializing, not for socialization.” Dogs that go to dog parks should already know how to play well with others.

Animal control officers often check the dogs in the park for current rabies tags and will give out fines for infractions, so be sure to have ID tags on your dog.

A dog park is right only for dogs who like group play—and Shelties are often not among those dogs. If your dog needs more interaction with other dogs, arrange a play date with a nice dog in the neighborhood.

Mercola.com includes a lot of excellent advice about dog health and behavior. Their article on dog park manners is very informative. Please read it if you're considering using a dog park with your Sheltie. <http://healthypets.mercola.com/sites/healthypets/archive/2015/05/25/dog-park-safety-tips.aspx>.



## Carrot & Spinach Dog Cookies

Here's a low-calorie treat for your well-behaved Sheltie.

Oven at 350°. Spray a baking sheet with non-stick cooking spray (or use parchment paper for no-grease-needed)

- 1 cup whole wheat flour
  - 1 cup rolled oats
  - 1/8 cup Parmesan cheese
  - 1 2/3 cup frozen spinach
  - 1 cup grated carrot
  - 1/8 cup chicken broth, low sodium
  - 1 tbsp extra virgin olive oil
1. Mix flour, oats and cheese.
  2. Place the spinach in a microwave safe bowl with 1 tablespoon water. Cover and cook for 2 minutes. Drain excess water.
  3. Puree the cooked spinach, carrots, and chicken broth. Mix thoroughly with dry ingredients. Add olive oil and mix in.
  4. Using a tablespoon measure, place spinach balls on the prepared sheet.
  5. Dip the bottom of a drinking glass in water and flatten each dough mound. Bake for 20 minutes.

These homemade dog cookies will keep fresh in the refrigerator for up to two weeks. Keep them for up to 6 months in your freezer. Makes about 24 dog cookies.



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



## Submitting Photos for NVSR Annual Calendar

Attention, calling all shutterbugs. Does your Rescued Sheltie have Star Potential? Does your Foster Sheltie exude charm? (Don't they all?) NVSR puts out a calendar each year, and it's time to start getting our next calendar ready for publication. We need your help making it another success. We're inviting all volunteers and adopters to submit their precious Sheltie photos for consideration for inclusion in our annual Calendar.

### Deadlines and Addresses for Submission

- Deadline for submittal is June 30!
- Questions/digital submittals should be directed to: [calendar@NVSR.org](mailto:calendar@NVSR.org)
- Hard copy photographs should be mailed to:  
Northern Virginia Sheltie Rescue  
C/O Julie Henderson  
13 Emanuel Drive  
Hot Springs Village AR 71909

### The Rules for Photo Submission

No professional photographs. (Sorry, too many copyright issues.)

2. The focal point of the picture must be of a rescued Sheltie, adopted or foster (after all this IS a rescue organization.) However, 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 as long as they're pictured with a Rescued Sheltie.
3. Sorry, no humans in the photographs.
4. You may submit either regular or digital photos. However, no photos will be returned as they will become the property of NVSR and may be used in future calendars, publications, and/or other related media.
5. If submitting hard copies, landscape orientation should be a 5X7 and portrait orientation should be a 4X6 size.
6. Please include a brief bio of your Rescued/Foster Sheltie; this information will be included on the calendar if your photo is selected.
7. Color Photos only.
8. Themed Pictures are encouraged - Halloween, Christmas, Valentine's Day, Winter, Spring, Beach...
9. All submissions should be in focus (not fuzzy), and not exceptionally dark. Photos may need to be enlarged significantly and will show any imperfections. Please keep in mind that the quality of the photos used will affect the overall quality of the calendar. We ask that only good quality photos be submitted.
9. Digital photos should be at least 4.0 Mega pixels to be considered for a Cover or full page layout.
10. If you send a hard copy finished photograph, it must be glossy. (Matte finish reduces the quality of the scan).
11. If you submit a copy of a photograph, please make sure the copy is made from a negative. Copies made from the self-service reproduction machines are of poorer quality.
12. So that your photo(s) can be properly identified and so that we have your contact information if needed, please mark the name of the dogs(s) on the back of the photo and clearly print your name, e-mail address, complete mailing address and home phone number starting with the area code. (It's best to use a label as to not damage the picture. Do not use a ball point or felt tipped marker, as it will bleed through and damage the picture). If submitting digitally please include the information in your email.

