



The Sheltie Spin

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

Winter 2015

"Shelties Dress Up for the Holidays"



BENTLEY (2009)



ANNEKA (2008)



DELLA (2014)



DAKOTA (2014)



JAZZY (2014)



DUNCAN (2004)



BLISS (2010), FARRAH (2013),
 PATCHES (2011)



CUBBY (2014)



My Lucky Life ... So Far

by "Bentley" Hendrix, NVSR 2009



Wow! I can't believe it's been almost seven years since I came to live in my forever home! A lot has happened since that snowy day when two humans arrived

at the home of my foster mom, Melinda. They watched me zoom around with the other Shelties then put me in the car to ride to my new home. My new mom sat with me but I threw up! I was embarrassed, but they told me it was OK. I was anxious, but man, I didn't have anything to worry about because I got a really sweet deal!

My forever home had two Shelties waiting for me! Cool! My new brother, Elvis, and new sister, Sassy, gave me a tour of every room in the house. Then we went out to the fenced backyard to check that out. Can you believe that they have an area with "pee" gravel just for us to potty on?! I tucked that away in the back of my head so I could impress my new humans by going in the right spot. Elvis, Sassy, and I played tag in the snow, taking turns being "it." They were fast, but I was faster (they were a little older).

After a nice long play session, we went back in the house to see my new bed. My mom and dad had a crate just for me, but told me I could sleep any place I felt comfortable. I chose the crate for a while, but then I decided the human bed looked pretty comfy, so I jumped up, picked a spot, and have been sleeping there ever since.

I was very sad when Elvis and Sassy went to the Rainbow Bridge. I loved playing with them, but they got sick and we had to say goodbye. Mom and Dad said that all of us will be together again one day – humans and their fur kids – so I'll see them again in a beautiful place where we can chase each other,

nap, eat extra treats and never get fat!

These days, I stay slim by playing fetch with tennis balls and doing this goofy, fun thing called "agility" (I'll explain later). I love to chase the tennis ball inside and out. When it isn't raining (I've never liked to get wet) Mom and Dad throw the tennis ball in the backyard. Man! Is that fun! I've learned to catch the ball in the air, bring it back, and put it right in their hands so they can throw it again! When it does rain, they throw the ball down this long hallway, so I still get plenty of exercise.



Oh! I forgot to mention that Mom and Dad brought me two sisters and a brother! Zoey, the crazy blue merle, came to live with us in November 2009 when she was eight weeks old. Murphy came to us from Northern Chesapeake Sheltie Rescue in January 2011; he's nine years old now and sort of lazy. Hannah, my little 12-pound sister, arrived in August 2012 from the same rescue as Murphy. Mom and Dad were just going to foster her, but they failed – she's a permanent, yappy fixture now.

Now about agility, which I really, really love! At first I couldn't understand why I was supposed to jump over bars and run through tunnels, but I didn't care

– I got a treat every time I did it, and it was fun! Then I found out that I'm supposed to do these "obstacles" in a certain order. Dad is my "handler" and it's a good thing I can count because he's a little slow and I get ahead of him sometimes. I don't





always “Q” as he calls it, but he always tells me I did great and gives me hugs and kisses. I’m doing Elite Tunnelers and Jumpers and Novice Hoopers, Touch N Go, and Chances. I haven’t quite mastered the weave poles – they don’t make much sense to me. Why run back and forth through a bunch of poles when you get there quicker by running straight? Must be a human thing.

Another awesome thing that we do together is attending “fun-raising” events. Mom and Dad call it “fundraising,” but I’m pretty sure they’re wrong. I get to meet lots of other Shelties (and other, less superior dogs, but I still like them) and lots of humans. I do tricks and they give me treats! Score! People come and give lots of money to help other Shelties that need homes. Score again!

My next endeavor (Hey! That’s a pretty big word for a Sheltie!) will be to take my Canine Good Citizen test. I’m already a good citizen, so it will be piece of cake. Mmmm, cake.

I’ve been busy these past seven years. I eat great food, chase squirrels and chipmunks out of the backyard, get my regular vet checks, and even go the dentist, because Mom and Dad want me around a long, long time. I guarantee that I’m not going anywhere – I hit the jackpot in my forever home!



The Joy of Senior Shelties

by Jenni Frock

I have a reputation with Sheltie rescue folks ...”a softie for the seniors.” My first older Sheltie was Buddy, a Northern Chesapeake Sheltie Rescue fella who was taken in as a stray – so we never knew his



exact age. My vet guessed him to be around 9. Sadly, I shared only a few short years with Buddy before kidney failure sent him to the Bridge. But in those years, I developed an intense love for senior dogs. (More on why they’re so amazing below.)

After Buddy, I fostered several Shelties in their “Golden Years.” I figured each time that the dog would be with me for a while, as most people overlook older dogs – they don’t want to deal with #1: potential health problems, and #2: their time with the dog may be brief. Those two issues have never concerned me. Seniors deserve the same happy, loving homes as younger dogs. When NVSR dog Spike was returned to our group in 2014 at the age of 13 ½ because his owner was “moving and couldn’t take him along,” I said to myself, “couldn’t” – or “wouldn’t”? Through no fault of his own, a sweet, loving Sheltie was abandoned, perhaps because of his age. I took one look at Spike and felt an instant connection. I knew he was destined to be ours. So we gladly added him to our family.

From the beginning, Spike had difficulty getting around. His hips were weak, and his toes were splayed from years of not having his nails cut. He hobbled from room to room. Steps weren’t an option – neither was jumping up on the couch (allowed at our house). But it didn’t matter to Spike or to us... we were just happy to know that he would be with us for the rest of his days. Despite his mobility issues, there were wonderful highlights...like the time we saw him run a bit, trying to play with the other dogs. And the day we put him in our pool with us...he



swam like he was in the Olympics – what a fast little guy in water, if not on land!

Spike had spirit...but that spirit couldn't stop the hands of time. He began to have more serious health issues - with his kidneys, pancreas and gall bladder, and at one point he lost almost all mobility. We were able to restore that, then received a promising ultrasound result. Naturally, we began to have hope that he would remain with us longer. But a few weeks later came the day I wasn't prepared for: the morning when we woke up...but Spike did not. He had passed during the night. My vet suspected a heart attack or stroke and assured me that Spike didn't suffer. But I did...because I wasn't able to say goodbye, to hold and kiss him, and whisper words of love and gratitude into his ear as he began his journey to the Bridge. We lost Spike on July 17, 2015...exactly one year to the day we adopted him. It's as if he knew the significance of that day and fought to give us one full year with him. He would often gaze at me so intently, as if trying to say with his eyes, "Thank you for taking a chance on me." Spike, the pleasure and joy was ours.

There is something so special about loving a senior Sheltie. They still have so much to offer – and ask for so little in return. With a senior, what you see is what you get: a mature animal who's housetrained and has long since mastered the basics. (Contrary to popular belief, you CAN teach old dogs new tricks. They are just as smart as younger ones, with a greater attention span, making them that much easier to train.) Seniors demand less attention than younger dogs, so they are content with their own company for longer periods. With a lower energy level, senior dogs are easier to care for and make wonderful companions for the elderly. And they're also friendly and gentle playmates for children. The benefits are many, for you and the senior dog. Every senior deserves a "best friend until the end" who can see past possible health issues and limited life span.

Won't you be a friend for an older dog who just wants to be loved? Open your heart and home to a senior dog...he or she will show you such devotion...and

you'll be able to take comfort in the fact that you've made a senior's final months or years the very best of that Sheltie's life.

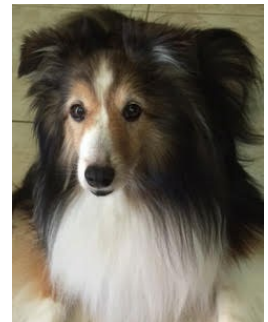
Cody

by Brian Duffy



We adopted Cody this year fully aware that he is 13 years old with a heart problem which requires daily medication. We're seniors ourselves, and Cody is a perfect match to our lifestyle and energy level. It makes us smile every time we three take our morning and evening medicine at the same time! Cody has a relaxed temperament and calm demeanor, content to laze around the house. However, he will rise to the occasion and chase balls with his four-year-old sister Sumi (NVSr 2012) with whom he gets along very well.

Serving in his role as elder brother, Cody exhibits much patience with the rambunctious young Sumi, neighborhood kids, and other dogs, remaining mellow and undisturbed. Accidents are never a problem with adopting a senior dog who by this time, is trained, socialized, and past the destructive stage. The biggest joys of owning this senior are his loving disposition, kisses galore, and he's always ready to snuggle, cuddle, and share our bed! His big beautiful eyes look adoringly at us, seeming to be full of gratitude for giving him a home. The joys and pleasures Cody gives us outweigh the challenges and worries about his health. We are vigilant of his heart status, watching out for the nature of his cough and any breathing difficulties which could shorten his time with us. However, we remind ourselves not to focus on the length of time he has, but on making his life comfortable and safe and giving him lots of love for however long a time he has with us.





*'Twas the night before Christmas and on top of the bed,
Lay nine Shetland Sheepdogs, their prayers all said.*

*Their lists sent to Santa for treats and for toys,
Like Frisbees and cookies for good girls and boys.*

*They stopped for a moment and then they felt sad,
'Cause they knew that some shelties had no Mom or no Dad.*

*So they made a decision to share what they could
To rescue some shelties and that would be good.*

*Somewhere in Heaven shines a bright evening star
As their donations were made to NVSR.*

Merry Christmas

*Al and Janie Robertson
Misty, Kayla, Murphy, Gracie, Savannah, Petey,
Bella, Sunshine, and Bonnie Blue Skye*



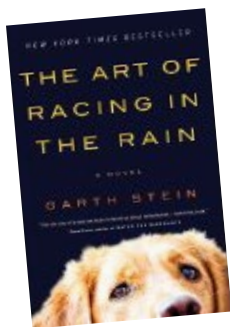
Winter Fireside Reading to Enjoy - Books By and About Dogs

by “Skip” and “Skylar” Heisel,
NVSR 2007 & 2014

“Outside of a dog, a book is man’s best friend. Inside of a dog, it’s too dark to read.” -- Groucho Marx

Our mom, who spends a lot of time helping to rescue Shelties, also reads a lot. We keep her company, holding down the rug, and she asked us to tell you about some books that she really liked. You will like them, too. She read us parts of each one, and we agree!

Here are a couple of books written by dogs ...



***The Art of Racing in the Rain* by Garth Stein.** Okay, it’s not by a Sheltie, we’ll admit that right up front. It’s written by a retriever-terrier mix named Enzo who has already died. Sounds morbid, but it’s not. He tells all about the family he loves, especially his dad who races cars and Enzo got to ride with him once. The parts we liked the best are when Enzo navigates the blurry area between human-like emotions (we see those a lot) and his basic animal instincts. We can relate!! It’s a great book for folks who know their best friend walks beside them.

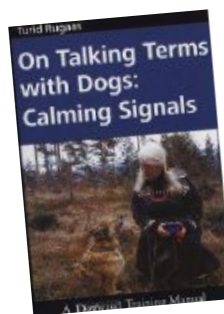
***Final Thoughts from a Dying Zen Dog* by Richard I. Kaye.** This one IS written by a Sheltie - an old Sheltie, “Julia,” who looks back on her life and her loving family and offers her perspective on everything from Facebook to dog parks to karma. We’re not ready to say goodbye to our mom yet, but this book was really interesting. We agreed with a lot that Julia had to say. We just wish humans paid attention better. We’re not here for very long compared to you humans, and we have a lot to teach you! Like ... enjoy every day for just what it is.



Now, for some books about dogs and the way that

you humans can relate to us better ...

***Bones Would Rain From the Sky* by Suzanne Clothier.** Mom said we had to add the “subtitle” (whatever that is): Deepening Our Relationships with Dogs. Sounds pretty darn good to us. We love our human friends, and this book helps them understand US better. Some people say this book is like *The Man Who Listens to Horses* by Monty Roberts. (What is a “horse?”). It covers areas from changing dogs’ “misbehaviors” and habits that upset you humans all the way to seeing the world from OUR perspective. You ought to read this book. We thought it was one of the best our mom read to us. Right on!



***On Talking Terms with Dogs: Calming Signals* by Turid Rugaas.** Our mom teaches training classes for humans and their doggie friends, and she says that most people just don’t spend enough thought and time understanding canine language.

We know that for a FACT! You humans spend so much time talking to each other - and to us. (Did you know we don’t really understand all those words?) If you would read this book, you’d be able to see what we’re trying to say to you and to other dogs. We use our bodies and our eyes to communicate. It’s easy if you learn the language! This author also has a book called *Barking*, but we’re not interested in that one.

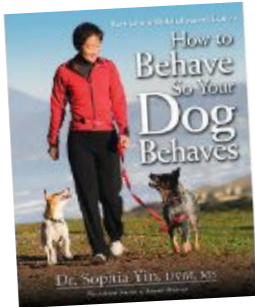
***The Diary of Lucy Blue: A Puppy Mill Survivor’s Story* by Janice Mitchell.** If you came to the picnic (we were there!!), you got a copy of this wonderful book in your gift bag. Many of the picnic folks told us they enjoyed the book and could understand so much better what might have happened to their Shelties before they came to NVSR. Get out the





Kleenex and settle down for a really heartwarming story. You will remember this one!

Mom wanted us to add one of her favorite dog training books ...



***How to Behave So Your Dog Behaves* by Sophia Yin, DVM.**

Mom says this is a “great book.” She didn’t read much of it to us, but she gets it out often, looks up something, and nods her head. Then, the treat bag comes out and we get to “work” (as she calls it). We call it fun. She says

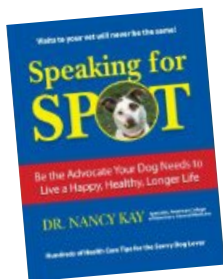
this book puts a lot of emphasis on how you humans need to act so that your dog friends can be the best they can be. And get lots of treats for “working.”

Here’s one for fun ...

***101 Dog Tricks* by Kyra Sundance and Chalcy.** Subtitle: Step-by-Step Activities to Engage, Challenge, and Bond with Your Dog. Mom says that everything we learn is a “trick,” and this book goes a lot farther than we’ve gone so far. Since Mom can’t do the handstand trick, we skipped that one, but we’re working on many others, like “peekaboo” and “sit in the box.” There are lots of very clear photos in the book, so teaching each trick is easy. (Don’t forget the rewards!) By the way, Chalcy isn’t a Sheltie - just thought you’d like to know.



These are the best dog health advice books ...



***Speaking for Spot and Your Dog’s Best Health* by Nancy Kay, DVM.**

Get both these books! You don’t have to sit down and read them, but we bet you will. They are full of great information about keeping your canine friends healthy and how to

work with your vet to achieve that. There is a December special on right now to get both these excellent books for one price. Here’s the website: speakingforspot.com. Dr. Kay also writes a regular

e-newsletter and has a website full of interesting information about dog health. Check it out! Also, NVSR has these books for sale (shop@nvsr.org).

And, for those little humans ...

***Sashi, the Scared Little Sheltie* by**

Linda Greiner. This is a story we can really relate to. Sashi was abandoned, then found by a Sheltie rescue group and adopted by a wonderful family. She was very scared at first at all the strange things that happened to her,

but she found out that the love of her family helped her so much. There is another book that follows this

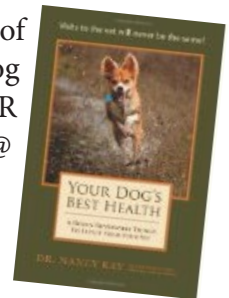
Sashi Adopts a Brother.

We’ll let you guess what that one’s about now that Sashi is a well-adjusted princess ... NVSR has both these books for sale, so you can get them from our NVSR friends and donate some \$\$ at the same time! Just write to shop@nvsr.org.

Last thoughts from Mom ...

If you don’t get **Whole Dog Journal**, you should! It’s only \$20 a year (\$30 for 2 years!) and jam-packed with excellent articles and advice about canine nutrition, training, behavior, and other dog-related items. No advertising, just great advice. Subscribers have access online to all their past articles - a wealth of outstanding information. whole-dog-journal.com

One of the nicest rescue magazines I get is from the **Best Friends Sanctuary** in Angel Canyon, Kanab, Utah. This place is truly remarkable for its dedication to saving dogs and cats and other domesticated animals. It’s the last stop for many of them, but Best Friends also does hundreds of adoptions every year. Join and get their magazine. You’ll enjoy it! bestfriends.org





How to Donate to NVSR



NVSR is usually reticent about asking for money, but we never turn it away. This is the time of year that folks are looking for charities to help. We'd love to be on your list. Here are

several ways for you to help needy Shelties return to health and find wonderful new homes. Every dollar that comes to us is used only for that purpose.

A strong foundation of our donations has been the many generous folks who give on a monthly basis. For many years, we were listed with CFC, which provides payroll deduction to federal government employees. We are ineligible for CFC for the 2015-16 year because we don't have a "substantial presence" in one location. Protesting that our dogs are fostered in our volunteers' homes didn't convince CFC, so we have suggestions for other ways that our wonderful donors can give on a recurring basis.

Our **PayPal** account offers recurring donations - click the appropriate button and fill in the "how much" and "how long" fields. PayPal will then automatically debit your bank account or credit card (your choice) and send the funds to the NVSR account. We pay 2.75% in fees for credit card giving, but the donation is free if debited from your bank account. Some **credit card** companies provide for recurring donations. In a random sample, we found about half of them offer planned giving. Contact your credit card provider(s) for details.

There are other ways to donate to NVSR that are equally painless. Do you shop online? Of course you do! Go through one of the portals below and name NVSR as your preferred charity, then click that button when you make a purchase. We'll get a small percentage of what you spend - at no cost to you. Here are two of them: **iGive.com** and **GoodShop.com**.

Many **online stores** offer donations - **AmazonSmile (smile.amazon.com)**, for example. Sign up before

you shop, and a percentage of what you spend will come directly to NVSR. Here's another one: **HelpingUdders.com**. If you've found others, let us know, and we'll share those links in our e-newsletters.

And as always, you can **send your one-time check** to us at: NVSR, 977 Seminole Trail, PMB 314, Charlottesville VA 22901. No matter how or how much you donate, your help is deeply appreciated by the Shelties. Woof! Arf! (That's "thank you so much" in Sheltie-speak.)

Can You Help Max?

Max, our 10 month old foster pup, came to us with a chronic limp on a rear leg. He had been carrying his leg probably for months, could not run far, and chose to lie down every chance he got. He needed surgery soon to relieve his pain and help him live a normal life.



On December 1, Max had an "FHO" (femoral head ostectomy) in which the head of his femur (the "ball") was removed. It was rough and had torn up the cartilage in the joint socket. In the first few days after surgery, Max felt pretty bad with a very sore hip and leg. But in just a few more days, he's beginning to put a little weight on his leg. With no bone in the hip joint, he has to develop muscles and scar tissue to hold that leg in place. In 60 days, he should be tearing around like any other pup, using all four of his legs.

Max have rehab over the next two months: daily slow walking, stretching exercises, and practice going up and down steps. We'll post updates on his progress on our website.

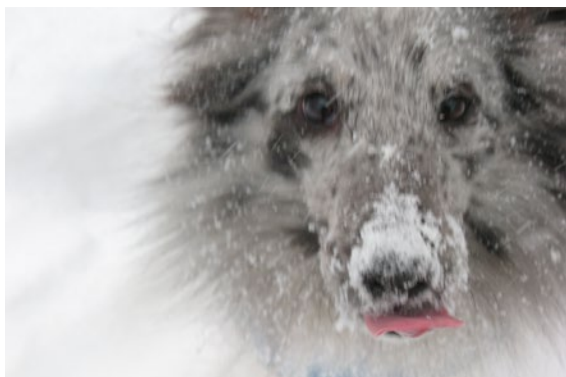
Would you like to help with the expenses for Max's recovery? We're looking for sponsors for him - any amount is helpful. You can use PayPal or send us a check. Max is on his way to being a normal pup!



Have a Canine First-Aid Kit on Hand

Keeping the following things on hand can really help in an emergency. You may be able to forestall complications in a dog who has to be rushed to the vet clinic. Sometimes the right supplies can even avoid an emergency. Here are the first-aid materials every dog owner should have in the house (or car if you're traveling, hiking, etc.):

1. Gauze, sterile pads, and "vet wrap" (a self-clinging elastic wrap) - all can be used to wrap a wound prior to transport to the vet.
2. Scissors (leave them in the kit - don't try to find them in your "junk drawer").
3. Styptic pencil or powder to stop a nail from bleeding.
4. Tweezers or forceps.
5. Triple antibiotic ointment (apply to wounds upon direction by vet).
6. Antiseptic to help prevent infection in minor cuts.
7. Hydrocortisone cream to reduce itching from insect bites.
8. Diphenhydramine (antihistamine) for allergic reactions.
9. Cold pack to reduce swelling.
10. Eye-wash to rinse out foreign objects or dust.
11. Hydrogen peroxide (10% strength, available over the counter) to induce vomiting in case of poisoning. Your vet or poison control center can tell you the correct dose. Also, they will tell you whether vomiting should be induced at all.
12. Antiseptic wipes.
13. Alcohol prep pads to clean scissors and tweezers before use - not to be used directly on a wound.
14. Muzzle or enough gauze strips to fashion a temporary muzzle. A scared and hurt dog may bite.
15. Latex gloves.
16. A ready list of emergency health-care provider numbers, including poison control center.

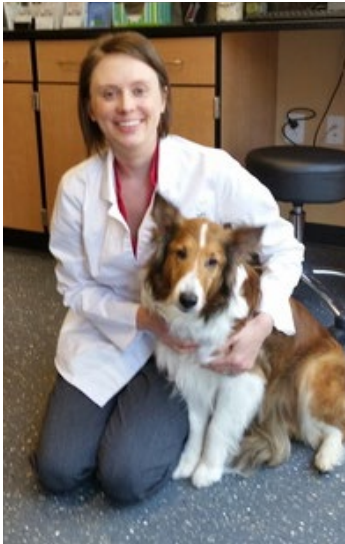


GAM Printers of Sterling, Virginia, and the Grant Family dedicate this issue of the Sheltie Spin in honor of Spirit who passed away on March 2, 2013 and to all the Shelties who have passed away.



Maria's Journey to Health

by Nancy Tisdale



NVSR was contacted about "Rhiannon" in October 2014 by her owner who could no longer afford her care. She described her as loving and obedient, but with severe skin issues that first appeared when she was about 3-4 years old and had worsened as she aged. She bathed her 2-3 times a week and could no longer

afford her treatment. I offered to foster since I was working in a veterinary clinic and had immediate access to medical care as well as a veterinary dermatologist at a local specialty care center.

I met Rhiannon and her transporter in Staunton, and she was truly a sight for sore eyes, with emphasis on "sore!" Her skin looked red and angry, and large patches of fur were missing from her legs and rump. The skin on her belly and genitalia was so swollen she looked to be in heat or had recently delivered puppies. Rhiannon also had evidence of scarring around her left eye that resembled lesions left by skin erosions and ulcerations caused by DM (see explanation in adjacent box). She had a peculiar smell that was both sweet and pungent. Her physical condition also affected her personality; she held her head low and appeared "defeated."

On initial evaluation by veterinarians at Old Dominion Animal Hospital Rhiannon was found to have a severe skin infection as well as bacterial and yeast infection in both ears. Skin scraping was negative for mites. She was started on a long course of antibiotics, strong doses of steroids to decrease the itching, and medicated baths. During the winter months she wore sweaters and pajamas - she was so cold her teeth would chatter. I'll never forget the

first night she wore her PJ's to bed and slept like a baby because she was finally warm.

Two months later Rhiannon was still experiencing problems with infections, and daily ear cleaning was added to her treatment regimen. To rule out the possibility of mange she was started on biweekly dips of a horrible smelling solution. I also started her on local honey after I noticed that she would consistently sneeze 4-5 times each time we stepped outside for our evening walk. After two months of treatment without significant signs of improvement, I took her to Virginia Veterinary Specialists to see Dr. Elizabeth Toops, a veterinary dermatologist.

Dr. Toops diagnosed flea allergy, allergic dermatitis, as well as DM, based on physical exam and history. She felt the possibility



of food allergies had to be eliminated, and Rhiannon was placed on a very strict diet for eight weeks. She was allowed only one type of food, one type of limited ingredient treat, and no oral heartworm preventative. She was also started on pentoxifylline (Trental) three times a day for the DM. The steroids, medicated baths, and ear cleanings continued. Two months later, showing signs of improvement, she still had evidence of bacteria on her chest, and a topical antibiotic mousse was added to her treatment regimen.

By March this year, she had improved enough that she could be spayed. The surgeon said her skin was still so itchy that her leg twitched like she was scratching when the incision was made, even under complete anesthesia.

In May, Rhiannon returned to see Dr. Toops as a new dog. She now had a full coat of fur, and her demeanor had completely changed. She was so proud of her new appearance that she would prance and bark with enthusiasm. The likelihood of food allergies was now lower, and I could begin changing her



diet and decrease her steroid dosage. By that time, Rhiannon and I had been through so much together, I decided it was time to adopt her. She continued to be very obedient as her owner indicated and she was also very food motivated, so I had her evaluated by a trainer for the possibility of an agility career. I also decided that the name Rhiannon was much too cumbersome and she needed a more dignified name to match her personality. At first, I called her Rhea (“Ree-ah”) and later changed it to Maria - far more fitting. Maria was enrolled in a basic obedience class that she completed with honors. She won the game of “musical bath mats” on the last day of class.

Maria returned to see Dr. Toops this October. I had been able to reduce her steroid dose to 5 mg every other day, but by the end of the second day she would start to scratch and chew her feet. Concerned about the long term effects of steroids, Dr. Toops transitioned her to a new drug called Apoquel. This drug works by blocking enzymes that play an important role in the processes of inflammation and itchiness. Neither a steroid nor antihistamine, it works rapidly, usually within 24 hours. The change was dramatic! Itching was reduced by 80% overnight and now it’s almost non-existent.

One year later, Maria has been transformed from an ugly duckling into a beautiful swan. Her facial scars aren’t battle wounds, but evidence of kisses from angels. The excitement she displays every day when I return from work is the highlight of my day. She has made me realize that sometimes the less-than-perfect dogs make the best pets and can be the most appreciative of the love and care you provide.



Canine Dermatomyositis

Dermatomyositis (“DM”) is a hereditary condition of the skin (“dermato”) and muscle (“myo”) resulting from an unknown inflammatory (“itis”) process. It was first recognized in Collies, Shetland Sheepdogs, Beaucerons and Corgis, but the list of breeds affected continues to grow. The condition usually appears early in life, and reaches maximum severity by one year of age. It can also appear later in life.

The first signs of DM are redness, scaling, fluid-filled vesicles, hair loss, and crust formation. Eroded skin, ulcerations, and scarring can result if the dog is severely affected. Symptoms range from mild to life-threatening. The areas most commonly affected are the face, tail and ear tips, and boney prominences of the legs. The condition also causes inflammation of the muscle which is usually identified after the skin lesions are recognized. The muscles of the face are most commonly affected, and severe cases can result in muscle wasting, problems eating and drinking, and difficulty swallowing. Secondary infections such as mange and bacterial infections are common.

The cause of DM is unknown but the heredity component has been confirmed. It is likely that the condition involves heredity and the immune system as well as other factors. Treatment is based on symptoms. Vitamin E and Omega 3 fatty acids can decrease inflammation and scarring. The use of steroids is controversial because it can worsen atrophy of muscles and increase the occurrence of secondary infections. The preferred treatment is a drug called pentoxifylline (Trental), which works by decreasing the “stickiness” of the blood and increasing blood flow through small blood vessels. The drug also has beneficial effects on the immune system.



A Life From A Different Perspective

by “Merrick” Bauer

We met purely by chance. The couple was shopping for clothing, and as she went into a store, he wandered into the pet shop to look at the tropical fish. As he walked past my little compartment, he lingered to look at me. I was very young, scared to pieces, having come to this strange place a few weeks earlier. Lots of people walked past me everyday, making comments about my “blue fur coat.” They didn’t know I was a blue merle Sheltie with a perfect coat.



When she joined him, he said, “Come look at this little guy; kinda cute and handsome at the same time.” She agreed and said, “We should look at him.” He immediately said, “No, we do not need another dog in the house!” But

she convinced him to take a little look at me. The three of us went into a “play room” to meet. I did my best to convince the couple that I was a young man worthy of greater consideration. They appeared to be very nice and “Sheltie smart” doing nothing to scare me. After a short time he said, “Okay, we looked, now let’s go. Besides, you should never buy a puppy from a pet store.” (I didn’t like to hear that!) But he told the pet store lady that they would “think about it” over lunch. I was devastated. I had been there a long time with no one interested in me. To my joy, the couple returned and took me home with them. I was overjoyed and also worried since I really wasn’t sure what was going to happen next. But one thing was for sure – I was out of that little cage I had been in for so many weeks! Later Mom told me she convinced Dad by telling him I might be chosen by someone who would not treat me kindly. From that day on, we were a real family. When my dad

would “go to work,” Mom held me in her lap while she studied. When Dad came home, we would greet each other, play, have dinner, and play some more. Life was great!

We had many exciting adventures, consoled each other in difficult times, and went to neat and fun places. One day, Dad said it was time to stop the work thing and move to a farm in Maryland. That meant even more space to roam and explore – great! I was only four years old. Once we got settled, we ventured into a different style of life. Dad rarely left for more than a few hours, and Mom was home most of the time. Time continued to move forward and the months became years. My vision became a bit cloudy at the age of 14, and my hind legs didn’t allow me to get up as easily as before. That slowed me down a little.

A year ago, when I went for my annual physical, Dr. Patty, my vet, said that my heart was getting bigger, causing me to have trouble getting my breath every so often and that I also had a heart murmur. The three of us agreed that I should take a heart medication to ease the breathing and coughing, and for a time it helped. Also, my hind legs continued to give me more trouble so Dad carried me up and down steps. We could still take our walks, but at a more gentle pace. I was now 15!

Over the last six months my ability to see and hear diminished to the point that Dad or Mom had to touch me so I knew where they were and what to do next. I also had occasional nose bleeds, so we checked again with Dr. Patty. An “x-ray” showed nothing specific in the inside of my nose, so if I had a nosebleed, Dad wiped my nose with a tissue, and told me that he will always be there for me. I also lost interest in food so Dad fed me by hand.

Sometimes I saw Dad looking at me with a worried look. He didn’t know what I knew - that I was approaching the end of my journey with him and Mom after 16 wonderful years together. He worried because I spent more time near him. I knew Mom understood though.



Yesterday Mom and Dad decided that I should visit Dr. Patty to see if we could help me be more comfortable. Dad and I agreed that I would stay in the back seat of the car since that is my special spot for traveling – it's comfy and safe. (The vet's office scares me, plus it's cold on that shiny table.)

When Dad came back to me, he explained that with my age and health problems, our most responsible and caring option was to help me to the Rainbow Bridge, quietly with dignity. I could tell that was not an easy decision for Dad because his eyes were red and watery and his voice was different. Dad had come to understand how he needed to help me one last time with so much love and understanding. So we sat in the back seat telling stories from our past 16 years together and reliving our many wonderful times. Finally, Dad whispered in my ear that he loved me, and Dr. Patty injected something that helped me take my trip to the Bridge.

As I left my dad, I promised him that I would be waiting for him there when it is his turn for us to be together once again. It was difficult leaving my family, as I know it was for them to let me go. I miss them, but I am now whole, healthy, and visiting with the earlier members of our clan. I had a long wonderful life, well lived with a loving and kind family. Until later... Merrick Bauer



How It All Got Started

by Joe Bauer

We never intended to have seven Shelties share our life, but that is where we happily are today. It started with a very small tri-color named Kelty (Kelty the Sheltie!) who joined us 20 years ago from a breeder at the tender age of eight weeks—just a silly, squirmy fluffball, winning our hearts in an instant. Through the years we had other dogs, a great Boxer, Meg, and a feisty Papillon, Peter. But we always also had a Sheltie or two. Both Marion and I have come to be champions of the breed. Their attentiveness is one of their most enjoyable traits combined with their real desire to be companions in all that we do each day—a wet nose is never far behind.

One of our most fulfilling relationships is with NVSR. We are blessed to have adopted Bonnie, MacDuffie, and most recently, Charlie. Can having this many dogs be difficult at times? You bet!! There are days when I feel like a hotel doorman with all the “I just HAVE to go out – now!”, and “When's dinner? –it's 30 minutes before we eat – you didn't forget, did you? We're worried we may never see food again.”

Life can be trying with so many teeth to brush, feet to trim, and fenders to brush particularly when wet or muddy. But it's more than a fair trade for their company and companionship. Will we continue to have Shelties? Yes, without a doubt, but probably fewer as we age along with them, but... We are fortunate to have enough land around us to not have neighbors comment (complain?) about how vocal our clan can be at times.

We have no clothing without fur on it; we don't have “dust bunnies,” we have tumbleweeds; and we always look before putting a foot down or moving from a chair – and we love it, unconditionally. Life would be empty without them.



Sponsor Spotlight: River's Run Boat Tours

By: "Laci Grace" Hill, NVSR 2014
(typing on her mom's computer)



On a beautiful October morning, Mom woke me at 6am, saying we were going on a new escapade. I was amused (that she was actually awake) and excited at the same time! Where exactly could we go this early in the morning? After a long drive in the car, Mom opened the door, and there was my foster family. Yep, that's right, John, Joan, Bella, and Smoke McGregor. Now I'm really intrigued; why in the world are we getting in their SUV? Finally, after another drive with the McGregors, we arrived at the Chesapeake Cove Marina in Deltaville, Virginia.

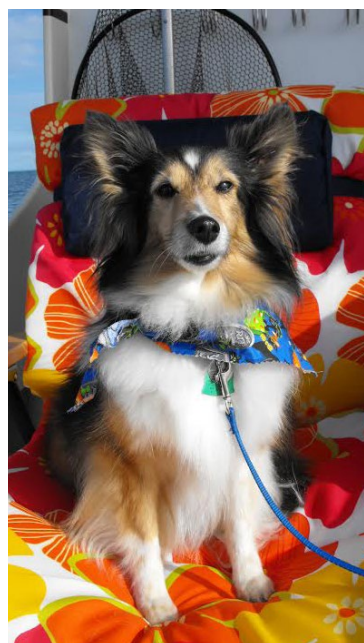
We located Slip 32 and were greeted by Captain Wes (you guys call him Brian, and he's one of the NVSR directors). He is a really nice man who allowed me, Bella, and Smoke to JUMP onto a "boat" (a first for me). We decided the humans could join us. There was something really unusual-smelling about both the air and the water at this "dock" in Deltaville.

After boarding the "vessel" (named Sable), Captain Wes educated us on proper boat operation and safety. (A boat is not a place to fool around.) As we departed the "marina," the hum of the engine and warm sunshine made me want to take a nap. However,

I looked up and saw what looked like a whole world of fluffy beds. And THEN I was surrounded by the biggest bathtub I had ever seen. Oh, this is just too captivating to fall asleep!!

We cruised from Broad Creek into Chesapeake Bay and then Rappahannock River. Captain Wes offered Mom, Joan, and John beverages and a beautiful tray of fruit, cheese, and crackers. Bella, Smoke, and I also enjoyed yummy treats.

The coolest thing ever...NO dog-free zones aboard the Sable! We saw big boats, little boats, fishing boats, house boats, and even dolphins - awesome! After touring for several hours, we returned to the "marina," bid Captain Wes farewell, and drove back to West Virginia.



I may be a dog (only on paper) and not understand all this human stuff, but I DO know fun and relaxation. River's Run Boat Tours provided both. Thank you, Captain Wes, for the tour and for all you do for NVSR. I can't wait to "cruise" again. Mom said we will spend the night on the boat next time; life sure is good as an NVSR



alum!! If there is such a thing as a picture-perfect day, I experienced it on board the Sable!

PS: Mom helped me spell some of the big words (like Chezapeake, Rappahandnick, and Dellabill)!

Laci's mom, Linda Hill says: Our personal thanks to Wes and Danielle for donating this tour to the NVSR picnic auction. As Laci said, it WAS a picture-perfect day! I would also like to thank ALL of our sponsors for their generous donations. Our picnic would not be a success without your help!!

About River's Run Boat Tours – www.riversrun.net

Brian "Wes" Marks served 21 years in the US Coast Guard, obtaining the rank of Senior Chief Boatswains Mate, and was Officer In Charge of the Hatteras Inlet and Ocracoke Lifeboat Stations in the late 1990's. Wes earned his Captain's License in 1993 after more than seven years at sea on Coast Guard cutters and patrol boats. He also served several tours of duty at coastal Search and Rescue stations.



Wes and his wife Danielle recently moved to the Middle Peninsula to celebrate their love of the Chesapeake Bay and open ocean. They have owned and operated several boats including a sloop that they lived on and sailed in the Caribbean, East, West and Gulf Coasts of the US. Their River Run's tours vary in length and cruising time, with options for fishing, crabbing, and an overnight stay onboard, plus you can also design a custom cruise!

Thank You to our 2015 Picnic Donors and Sponsors!

We had a wonderful raffle and silent auction at our September picnic. Our sincere thanks to the following sponsors who donated items and helped us raise much-needed funds. We encourage you to patronize these fine folks and thank them for supporting NVSR.

Dazzling Paws Jewelry, dazzlingpawsjewelry.com

Dominion Pet Center, Arlington VA,

dominionpetcenter.com

Felix & Oscar Natural Pets, Springfield VA,

felixandoscar.com

Gower's Feed, Ranson WV, gowersfeed.com

Graphics and Marketing, Sterling VA,

graphicsandmarketing.com

Great American Restaurants,

greatamericanrestaurants.com

LevelBest Embroidery, levelbestembroidery.com

Lowe's (in SW Virginia), lowes.com

Philip Carter Winery, Hume VA, pcwinery.com

ProFeed, Alexandria VA, profeedpet.com

River's Run Boat Tours, Deltaville VA, riversrun.net

Wild Birds Unlimited, Winchester VA,

winchester.wbu.com

In addition, the following individuals donated items. Thank you so much!

Joyce Arndt

Elaine Kozla

Sue Beckerdite

Ellen Lamm

Cindy Foreso

Joan McGregor

Nancy Hansbrough

Joyce Miller

Joe Heisel

Carol & Terry Sautters

Martha Heisel

Barbara Zechman

Mary Ellen Jones

How about a Sheltie-themed item for a holiday gift? Look at our Sheltie Shop page on our website (nvsr.org). We have lots of interesting items there!

Northern Virginia Sheltie Rescue Directors and Coordinators

DirectorsMartha Heisel, Brian "Wes" Marks,
Nancy Tisdale
Treasurer..... Brian "Wes" Marks
Intakes.....Martha Heisel
Foster Care Lisa Fox
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Website Martha Heisel

**Thanks also to the many volunteers who transport, foster, and
contribute their time to help the Shelties
who are brought to or found by NVSR.**

Newsletter submissions to sheltiespin@nvsvr.org

Website www.nvsvr.org • E-Mail: shelties@nvsvr.org

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Graphic from www.kennelcity.com

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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.