



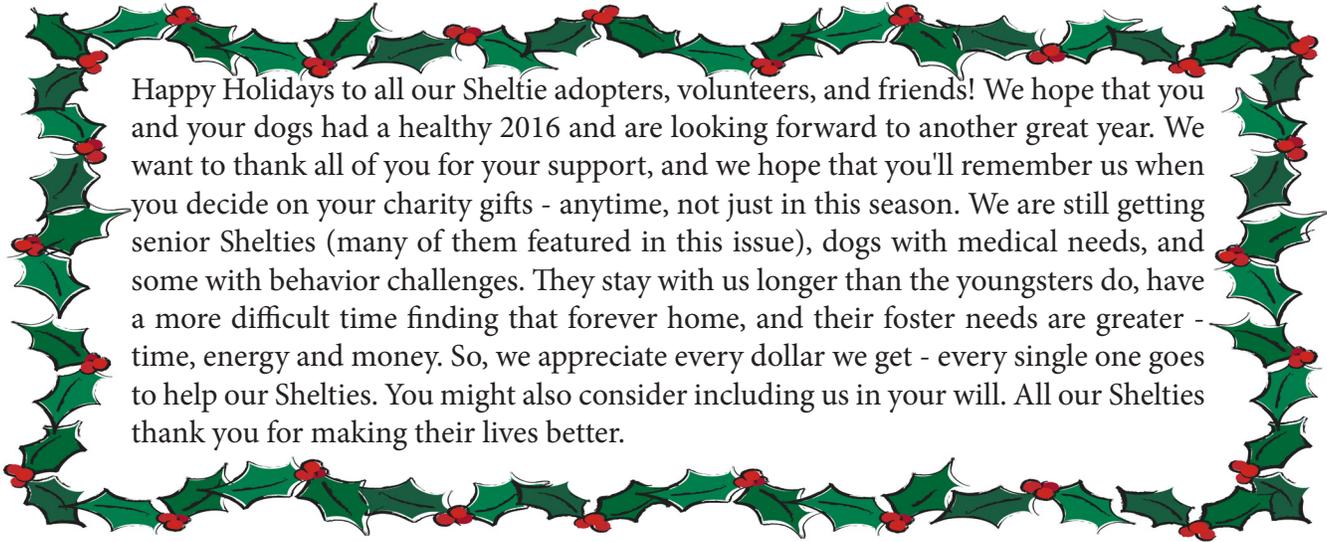
The Sheltie Spin

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

Winter 2016-2017

Shelties visit with Santa





Happy Holidays to all our Sheltie adopters, volunteers, and friends! We hope that you and your dogs had a healthy 2016 and are looking forward to another great year. We want to thank all of you for your support, and we hope that you'll remember us when you decide on your charity gifts - anytime, not just in this season. We are still getting senior Shelties (many of them featured in this issue), dogs with medical needs, and some with behavior challenges. They stay with us longer than the youngsters do, have a more difficult time finding that forever home, and their foster needs are greater - time, energy and money. So, we appreciate every dollar we get - every single one goes to help our Shelties. You might also consider including us in your will. All our Shelties thank you for making their lives better.



His Cubbiness, Remembered Well

by Anne Burke

I adopted Cubby in February 2014, and he lived with me happily until he passed away last August. He was a beautiful senior Sheltie, 12 years old, with severe arthritis and hip problems. My vet told me it was amazing that he could move as well as he did.

With such a sad expression on his little face, my heart went out to Cubby when I met him, and I had to take him home. He was very tentative riding in the car to my home in the West Virginia woods. I helped him out of the car and up the few steps to my deck.

Cubby & Anne He stood there for just a moment after I opened the front door. I stepped in ahead of him and urged him to come in. From the moment he crossed the threshold and set his

paws on my rug, he knew he had found his forever home on earth. He straightened, held his head high, sad expression gone, and began to radiate a love of life from that day on.

Cubby loved snow. It was just after a few inches of snow had fallen that he came home with me. In his way, he tried to bound through the snow, his arthritis seeming not to bother him when he was cushioned by snow. But he soon learned that as much as he loved to be out in the snow, I was less than thrilled with the cold stuff. He would walk happily beside me in the snow, eyes bright, almost prancing, smiling, as I trudged beside him in boots and layers of clothing.

I will always remember Cubby as he was in the snow, happy, at his best, radiating the love of life that made him "His Cubbiness," my favorite name for him. When the first snow falls and stays on the ground, I will see Cubby in my heart and miss his footprints beside mine in the fresh snow. It will be a sad, yet happy, moment. Cubby brought me such joy and he was an unexpected blessing. And I know that from the day he walked into my home to his last day, he loved me and his little home in the woods. And I will always love him and am a better person for having known him. Thank you, NVSR, for bringing him into my life.





Shelties and Humans: Learning and Losing Weight Together

by Joyce Miller and "Buddy Two Shoes"

Obesity is the fastest growing canine health problem. Previous Sheltie Spin articles stressed the importance of keeping our Shelties at a proper weight - and we'll continue to remind you about that! Excess weight shortens our furry friends' lifespans, and we want our Shelties to stay with us for as many years as possible, don't we? My rescue Sheltie, Buddy Two Shoes, has lost weight and so have I - a great side benefit!

When Buddy came into rescue, he weighed 32 pounds and is now a svelte 21 pounds - just right for his size. He loves veggies - especially no-salt green beans. He eats the right portion of high-quality food at meals and gets treats when he earns them. To keep the treats small, I cut each 1-inch Wellness WellBite into 12 pieces and cut Zuke's Mini-Naturals in half. (Buddy is just happy to get a treat!) I also adjust his meal portions to account for the quantity of treats he gets. We walk 3-5 miles every day, which not only helps Buddy stay in shape, but I've lost 15 pounds this year, as well! He's reached a good weight now, and while I could lose a few more pounds, Buddy gets me out walking multiple times every day.



Buddy is a "good" leash walker, as long as there are no distractions - runners, bikes, noisy cars/trucks, golf carts, lawn mowers, leaf blowers, strollers - and the ultimate distraction of squirrels and chipmunks. His lunging and barking at these was no fun for me and definitely not good for him. I started using a front clip harness which turned Buddy toward me when he lunged and helped prevent him from choking himself. We also enrolled in basic then advanced manners classes, which were great. Problem solved, right? Not quite. Classes provide useful information and help from instructors, but Shelties need repetition

and practice. I never go on a walk without a treat pouch. "Leave it" and "look" and "check it out" are repeated multiple time on our walks.



Buddy and I just completed a Canine Good Citizen (CGC) class and test. (Check that out at akc.org.) I thought he wouldn't quite breeze through the test because of his lunging. I knew we still needed to work on that. We are on a journey together, both continuing to learn. Buddy is far from perfect, but in both health and behavior he's come a long way in the 10 months he's been with me. I thought there was always next year for that CGC certificate, but we did it!! Check out our happy faces. So, keep on walking and keep your Sheltie slim and trim for a long life with you.

"To err is human; to forgive, canine."

- Anonymous





Picturing Your Sheltie

by Martha Heisel

We gathered profiles of four artists who portray pets, particularly Shelties, in very different ways, so if you're looking for someone to capture the spirit of your pet, start with one of these fine folks. Explore their websites and talk with them about availability and rates, but don't delay. They usually have several portraits ahead of your request. You will have a picture of your Sheltie that you will treasure always. Be sure to mention that you learned about "your" artist in our newsletter.

Bright Eyes Photos



Julie Gould is a Sheltie lover, and she loves to use Shelties as models in her photos. We met Julie at the Reston Home 4 the Holidays event in November, and she took lots of photos of our Shelties. (Here's her photo of "Fergus" that day.) She's a professional photographer with a special talent for bringing out the inner life of any pet. She would come to you (where your pet is most comfortable) and uses natural light as well as lots of patience

to get just the right look from your Sheltie or other pet. And she has her own Shelties - Baxter, Tammy, Eleanor, and Teddy! "Rarely without a dog and a camera," Julie volunteers with shelters and rescue groups to take heartwarming photos of available animals that help them find new homes. Ask her about the special offer she has for NVSR readers until April 15, 2017.



BrightEyesPhotosDC.com

Rachel Canada

Rachel Canada works in various media, such as oil, watercolor, and colored pencil, pen and ink. She has vast experience capturing many different breeds of dogs, as well as horses and a few other animals. She works from your favorite photograph of your pet, and she knows breed anatomy, so that the picture of your Sheltie will look authentic. Be sure to ask her about the best medium to capture your pets' personalities and colors. Shelties have lots of color in their coats, for example. Rachel also creates vintage-inspired representations of a great many breeds in both prints and on note cards, including a Shetland Sheepdog, of course. She has a line of engaging holiday and all-occasion cards, as well.



RachelCanada.com



Ari Post

Ari Post has a lot of art experience, not only in creating works but also in writing about them. He has developed his unique cartoon and caricature style around representing pets (and people, too) in endearing and very revealing ways. This is an unusual talent, as it goes beyond being representational. When you see what he does with your Sheltie or other pet, you'll say, "That's exactly what he (or she) is really like!" Ari works from photographs but also with the information he gleans from a phone discussion about your pet. He asks a lot of questions so that he can really capture the animal's true personality, whether it's a "regal bearing," a "mischievous alertness," or a "whimsical gaze."

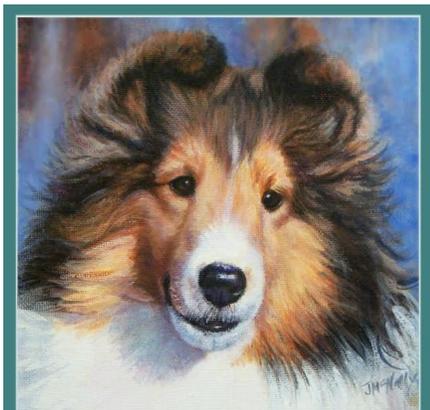


AriPost.com

Jeanne McNally

Jeanne McNally is self-taught and has painted since childhood. Inspired by nature, its colors and textures and by all animals, she favors dogs in particular. Jeanne bred and showed conformation Shelties for almost 30 years; now her interest lies more in painting dogs. She still goes to a few shows a year to connect with old friends and take pictures of dogs that catch her eye. This allows her to accurately portray each breed. Jeanne's work ranges from portraits on canvas, decorated wooden boxes, breed signs for display at shows or home entryways (to announce the love of your breed!), to seasonal items and club logos and her newly discovered art form – tiny wool felted replicas of "your" dog! Jeanne says: "I feel my talent is 'God-given', polished by much practice, discipline and dedication. My reward for working hard is creating art that

touches people's hearts while doing what I love." The ASSA featured her painting in its 2015 national specialty show logo.



ShamrockArtwork.com



Our gorgeous 2017 calendars are going fast - only a few left. Enjoy 12 months of beautiful Shelties next year and help NVSR at the same time. \$18 plus \$1.50 shipping - and we get them out FAST!

Contact us at shop@nvsr.org for your calendar.



Rosie's Christmas Miracle

A Christmas Cautionary Tale

by Maureen Price

Last Christmas I received a homemade ornament, pretty ... but not very safe. It was a styrofoam ball with Hershey's kisses pinned to it with straight pins (those with little balls on the tips). I left it on a table - I thought out of my dogs' reach. I was wrong! One Sheltie managed to reach it. When I got home, on the floor were the remains of the styrofoam ball and foil from the candies - and only eight straight pins on the floor.



I took both Cheyenne (NVSr 2008) and Rosie to the emergency vet clinic right away. Both were x-rayed. Cheyenne had two pins in him and Rosie had a stomach full! The x-rays showed that Cheyenne's pins were already on their way through his bowels, but Rosie's pins were just lying in her stomach. Surgery was an option to remove them, or we could hope they moved on.

What to do??? I talked with my home vet, and she said that at Rosie's age (13), she needed bloodwork to see if she's even a candidate for surgery and if she could survive it. The emergency clinic vet agreed we could wait and see if Rosie could pass the pins on her own since Cheyenne's were "on the move."

Back home, I gave Cheyenne a "Vaseline sandwich," as directed. Then I called my friend Peggy who had been given the same type of ornament. She counted the pins ... there were 56! Subtracting the eight found on the floor and the two Cheyenne ate meant that Rosie had 46 pins in her! She stayed at the hospital overnight and was fed every two hours. (By the way, the chocolate wasn't a problem for either dog.)

The next morning, Cheyenne passed his two pins. Overnight at the clinic, Rosie passed seven pins.

Back at home, I fed her bread and a Vaseline sandwich. I was on poop watch duty and also watched for vomiting, diarrhea, and any signs of blood. The next day, Rosie's feedings were stretched to every four hours and she could have dog food. Another x-ray showed her stomach still full of pins. She was passing only 1 or 2 pins at a time - and I was very thorough! Now she was eating her regular food with one Vaseline sandwich a day. Friends and co-workers prayed for Rosie. Peggy put her on her church's prayer list. Rosie continued to pass a few pins with every bowel movement, and on day 15 (!), I finally had all 56 pins.

It's a miracle that Rosie ate 46 pins and passed them all with no problem ... but then it was Christmas. Rosie turned 14 on January 14th and is a happy, healthy old lady. I thank God every day for her and my other two Shelties. I hope you'll be careful about Christmas decorations!



*Shelties are
like potato chips,
you can never
have too many!*



A Love Letter to NVSR

by "Penny" Read

Hi, everyone! Penny here, and I want to thank all the NVSR folks who cared for me while I was a Southern Belle. I was almost nine and looking for a home when you heard from a couple of Yankees on Nantucket Island. They had four Shelties over 35 years and really missed not having one now. They wanted a mature female Sheltie with good manners who needed a loving forever home. After many emails, phone calls and pictures, they came to Virginia to meet me. I wondered if I would like them, and if they liked me. They told me they had already fallen in love with me from the website bio and picture of beautiful me.

I was shy and ignored them at first, but with treats, I gradually allowed them to pat me and then take me for a walk. They were friendly. Before noon there were some papers signed. Then He picked me up, put me in a nicely padded crate, and with a tearful hug from Aunt Martha, I began my new life with Peg and Phil. I am a very good traveler and quickly adjusted to motels, their condo on Cape Cod, and a 2-hour ferry ride to my new island home. I was glad finally to get there.

Nantucket ... This place is for the birds! I have chased away two ducks, one squirrel, and am working on the pigeons and doves. Robins, goldfinches, sparrows, catbirds, finches, jays and blackbirds frequent my back yard, but they are not really a bother. My folks enjoy feeding them so I put up with their chirping and fluttering.

At night I sleep on the soft carpet on Her side of the bed, and when I need to go out, I go to His side to let Him know! He's a good sport. When I come back in we have a quick love-in and then my breakfast. In summer, the door to the fenced backyard is often left open for me to come and go. (Must watch for those pigeons!) The front yard is off limits, so when I go out with Him to put up the flags, I am on my leash. Bikers, joggers, walkers, runners, cars, and

trucks test my patience to the limits. I want to bark at them but am firmly reminded that my bark is not welcome. So I don't!

During the day She provides me with watermelon treats and my dinner. She likes to read and always offers me a seat beside her. Sometimes I accept or I grab a squeaky toy so She will play with me. When they watch the news, I curl up between them. It's been seven months now, and I made a good decision to adopt this couple. I'm very happy! Here's a photo of beautiful me on my 6-month anniversary. Thank you, NVSR, for finding me this perfect home.



**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.**



VSA ... Very Special Adopters!

by Linda Hill

Many Shelties we take in are not perfect. They might be seniors, or have medical problems or behavior issues. These dogs might be considered “unadoptable,” but we have had great success placing them. We are so grateful to adopters who see beyond the age or physical limitations of a Sheltie and offer a happy home to him or her. Here is an appreciation of two adopters who have helped our “special Shelties.”

Darcy and Norm Tannehill found us online in 2007 and traveled from their home near Pittsburgh to look at three foster dogs, intending to go home with one or perhaps two. We had three dogs for them to meet. After deciding on Bailey (age 9) and Hannah (age 14), they asked for a little time alone to talk. It seemed Prudy (age 12) would be left behind. Norm spoke up, “It’s no use,” and Darcy added, “Three dogs need a home and three dogs are going home with us.” When they got home, Darcy and Norm were met by their daughter. As dog number three emerged from the vehicle, she asked, “How many more are in there?” And so the long relationship began between the Tannehills and NVSR.

Darcy and Norm had decided to adopt senior, sick, and hard to place dogs, after having had several Shelties from breeders. In September 2008, they added two more from NVSR: Cassidy (age 10) and Billie (age 9). Billie quickly became Norm’s favorite because he loved her blue merle markings. Sadly, Norm passed away unexpectedly in January 2009.

Darcy told me, “Seniors are so nice, low key, and I want them to have a happy life.” So in September 2010, Miss Beasley (age 9) and Princess (age 14) made the long trip to their new home.

In March 2014, Zoey (age 6) and Sadie Mae (age 8) were welcomed. By this time, most of the former adoptees had passed away, and Zoey and Sadie Mae are now the only dogs in the Tannehill home. Zoey has Lyme disease and severe arthritis. She receives

laser and acupuncture treatments every two weeks. Sadie Mae was terribly under-socialized and suffers from separation anxiety.

“I will not allow them to live in pain, and they will have a peaceful ending.” Darcy is a beautiful lady with an unbelievable compassion for dogs. “I couldn’t do what I do, if NVSR didn’t do what they do! NVSR is organized and wonderfully put together,” she said. Darcy still checks the NVSR website EVERY day. As she described details for each dog there, all I could say was “Wow!”

Thank you Darcy and Norm! You opened your heart and home to NINE needy but wonderful NVSR dogs. We sincerely appreciate your generosity and loving care of these special Shelties.



*Darcy adopting
Miss Beasley and Princess in 2010*



*Darcy, with Pat Koch and Pat Wilson
at Sadie Mae’s and Zoey’s adoption in 2014.*



Warning about Xylitol – Dangerous for Dogs!!

What is it? Xylitol is an artificial sweetener/sugar substitute in wide use.

Why a warning? Xylitol is extremely toxic to dogs in even small amounts. As little as one piece of gum may contain a toxic dose for a 10 lb. dog.

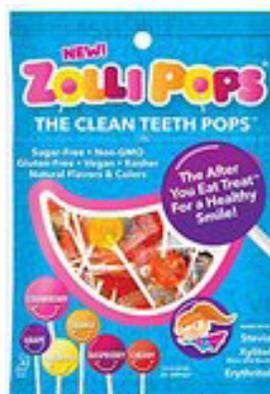
What happens? Within 30 minutes the dog's body will dump insulin into its own body resulting in extremely low blood sugar. Symptoms begin to appear such as vomiting, staggering, lethargy or seizures. Depending on the dosage, xylitol can result in death. Without treatment xylitol can result in liver failure.

What to do? If you suspect your dog has ingested something containing xylitol, do not wait for symptoms to develop, go immediately to your vet or an emergency veterinary hospital.

What will the vet do? The vet will induce vomiting to attempt to reduce the total dose your dog will experience. The vet will put your dog on IV fluids to flood the body and force xylitol out through urine and fecal matter. The vet monitors both glucose level and liver function. The vet may provide supplementary glucose to raise blood sugar; the vet may provide medicine to protect liver function. Typically the dog will stay overnight (or nights) because of the need for monitoring and supportive therapy.

What products contain xylitol? More than 700 products contain xylitol and the number is growing. Products should be labeled as containing xylitol. Product types include gum, human toothpastes/rinses, chewable vitamins and supplements, candy/mints, sugar substitutes, chocolate, peanut and other nut butters, honey, cookies/deserts/mixes/ice cream/yogurt, jams, bottled water and drinks, protein bars, cosmetics, personal lubricants, pacifiers. Go to PreventVet.com for a list of products containing xylitol as well as good information on the effects of xylitol and recommendations on reporting

xylitol poisoning cases to the US Food and Drug Administration. (They have online reporting.)



How do I prevent such a poisoning event? Eliminate xylitol containing products from your home; check the label on products to determine if they contain xylitol, especially things that dog owners often use, such as peanut butter. If you must use a xylitol containing product, keep it safely away from where your dog might get it.

Read more at
dogfoodadvisor.com

Here's a great site for first aid for pets:
peteducation.com.

Be prepared for an emergency
with your dog or cat.



Mia's Long Path to Happiness

by Melinda McKenzie Hall



In March, Collie Rescue sent us a young stray Sheltie mix. When I picked her up, "Mia" greeted me with a tail wag. She seemed very sweet, so I thought she'd be a quick placement. Neither of us knew it would be a long seven-month journey, but one with a very happy ending. Mia had been assessed with "wobbles" or Cerebellar Hypoplasia (degeneration of the cerebellum, a congenital condition). She was uncoordinated and had poor balance.

Unforeseen behavior problems appeared soon. I always keep new fosters confined to our property for several days before I take them out in the neighborhood, but even in the front yard, Mia lunged at other dogs. Meetings with my "milk toast" dog, Miles, were not positive either. Our lower level room became Mia's. It has lots of windows, and I covered the bare floor with yoga mats and rugs so she would not slip. Mia could not do stairs and those doors opened into the fenced back yard, so it was perfect for her. She had a plethora of toys, chews, and squeaky balls, and the TV provided background noise. I spent most of my time down there with her.

I knew that Mia would never be adopted if her behavior problems were not addressed, so a Pat Miller certified trainer was hired. Every time she came, Mia was very aggressive toward her, and it took 15 minutes before Mia would accept her. The trainer was helpful, and I learned it was going to take a very long time to solve this girl's problems. Finally, after three months, Mia began to accept Miles, and they could be together, but supervised. Mia loved to chase her squeaky ball. That and organic turkey breast tidbits became the "weapons of choice" when Mia needed re-directing.

Mia's medical/physical issues were also addressed during this time. She moved like "two men in a horse suit" where the back and front ends don't cooperate. I also wondered if she had eyesight problems because she could

not find her ball. A neurologist confirmed that Mia might have Cerebellar Hypoplasia. However, both my vet and the neurologist stated that Mia's biggest issue was her severe left luxating patella and that this would need to be addressed (that is, surgery!). My vet prescribed Quellin to help Mia's pain until a decision could be made about knee surgery. After a week, I saw very odd behavior: severe panic attacks, trying to run through the fence, crashing through her x-pen, and I was beside myself with worry. Could this mean a brain tumor? This change in behavior came with the Quellin, so I looked up side effects and found "behavior changes." I stopped it immediately. It took four days and an anti-anxiety medication for the panic attacks to disappear. Back to the neurologist for an MRI, which showed a completely normal brain. Everyone was so surprised and relieved! Mia's balance issues were still a mystery but amazingly, some of her neurologic issues were improving. I wondered if she had been exposed to a toxin at some point.

Right after the MRI, Mia was three-legged lame. The NVSR directors agreed to fix Mia's patella. Dr. Bradley at the Veterinary Referral Center in Manassas examined, diagnosed, and did the surgery the same day. Thanks to an anonymous donor (I hope that generous person is reading this), Mia was able to have this very costly surgery. The surgery was very extensive: shortening the tendons on one side and lengthening them on the other, as well as carving a groove in the bone for the knee cap and pins to secure it. Mia's recovery was a long road, but at her final check-up, Dr. Bradley was very pleased with her progress. Although she still favored the leg, at times she moved like a normal dog.

During her surgery recovery, I worked on her training. It was slow. She was still aggressive toward dogs and new people. Could she be adopted? Every day I walked her a little way down the street several times. Mia had never been on a leash and that was traumatic for her at first. It got easier when she learned "come" and "sit." (Her "sit" was stellar.) She was in a harness, martingale collar, and two leashes. I was armed with her squeaky ball and turkey breast. What a team! As a trial, I took her on a home visit - a bold move - to an applicant with a one level home and no pets. Mia was stand-offish, but as soon as the woman threw the ball for her, they were best friends. So I knew that Mia could be fine in new territory. That person was not interested in Mia, but it was a valuable learning experience for me.



Along came Olivia and Mark, a young couple in grad school in North Carolina, inquiring about Mia. After Mia's panic attacks were solved, the MRI normal brain determination, and surgery recovery, they came to meet her. The meeting was iffy at first, but when they threw the ball for her, they were friends. They had already purchased a crate, bed, toys, and rugs to cover the floor, so it looked like a sure thing. Mia went home to North Carolina, but I waited every day for the phone call that they wanted to return her. It never came! They send wonderful reports and are smitten with her - and she with them. I was so impressed that they wanted her despite her issues. They are working very hard on her meet-and-greet skills.

My experience with fostering Mia was probably the most difficult one that I have had, but it has the happiest ending. If this couple had not stayed interested, what would have happened to her? If NVSR did not have such wonderful people and resources, she would not have received the vet visits, neurological assessments, MRI, trainer sessions, surgery, and other care that she needed. I am so thankful for all of the support I got and the lengths that NVSR was willing to go to save Mia. It does not get better than this!! Thank you, NVSR. Have a great life, Mia!

Mia with her new family



Lessons Learned from My Rescued Sheltie

by Martha and Don Warters

In March 2013, we lost our 14-year-old Sheltie, and by fall we were ready to offer our loving home to another one. Seeing all the cute dogs on the NVSR website, my husband and I applied to NVSR to adopt one. In the meantime, I took my 12-year-old cat to the vet for his check-up. While there, I

mentioned that we had applied to adopt a Sheltie. Well, you would have thought that I had committed a crime. The vet said she did not know about NVSR - or any other rescue group. She listed reasons not to adopt from a rescue. Then she said, "you are retired and don't need another pet." Why, when you retire, would you give up the things that you enjoy? Needless to say, we changed vets.

In January 2014, we welcomed precious Hope to our home. She was almost nine at the time, had had bladder stones removed, and was diagnosed with severe skin allergies, all while in foster care. Now Hope is 11 and doing well with her allergies. This little cutie has made us very happy, and we hope that we have made her life enjoyable. She is a "low energy" Sheltie, happiest just lying at our feet and following us around as we do our house and yard projects.

One of the things we learned since adopting Hope is that the people who work with NVSR really love and care for these beautiful animals. They are so concerned about the welfare of Shelties - and other breeds as well. They cry with those who have lost a dog that has crossed the Rainbow Bridge. They pray for you and your dog and send positive encouraging thoughts to you. Most of all, they have the combined knowledge to answer almost any question that you might have about caring for dogs. For Hope and for all this, we are truly grateful to all the NVSR volunteers.





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 Newsletter submissions to sheltiespin@nvsr.org
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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.