



### Presidents Message:

Happy Fall everyone! Hope everyone is enjoying some outside time with your westies. The days are still warm, the nights are cooler. Winter and the holidays will be here before you know it!

On the subject of the holidays, our next club event is our annual Holiday Party and meeting at the Outback Steakhouse in Dublin. Lunch will take place on December 7th. After lunch, we will have a brief meeting and fun gift exchange. More information about this event will be emailed next month. Please plan on joining us for this wonderful occasion!

Our annual meeting will be on January 25, 2005. We will be meeting at the Lafayette Community Center, Cedar Room!

With westitude,  
Debbie





SFBWHWTC HOLIDAY LUNCHEON

New Location: OUTBACK STEAKHOUSE

6505 Regional Street

Dublin, Ca

Date: Saturday, December 7th. 11:30 AM

No Host Bar. Gift Exchange. Limited Auction

Seasoned & Seared Rib Eye 13 Oz \$58.00

Perfectly Grilled Salmon \$36.00

Barbecued Chicken \$28.00

Included:

House Salad.

Baked Potato with all the trimmings

Fresh Asparagus

Vanilla Ice Cream for Dessert

Contact Marie Thompson [Ma007rie@gmail.com](mailto:Ma007rie@gmail.com)



## 8 MYTHS ABOUT THE FOOD YOUR DOG CAN AND CANNOT EAT

The Internet can offer a wealth of tips and facts on dog health. Unfortunately, it provides even more myths and misinformation. Here's a sampling of dog-feeding urban legends populating the Web and the truth behind them.

### “NEVER FEED DOGS PORK!”

My initial reaction to this was “hogwash!” But then I started to wonder why so few commercial foods contained pork. A perusal of the Internet found several sites warning me off the killer pig, including that pork's high fat content will cause pancreatitis (yet pork contains a little over one-third the fat content of beef), that it contains something toxic to dogs' livers (a mystery component), that pigs eat disgusting things including bugs (but it's OK for people to eat them), and that pig meat is hard to come by (harder than bison?).

I found that a few dog food companies do offer pork-based foods. Its scarcity may simply be because so many parts of a pig are used for human consumption, so snouts and feet and such don't make it to the dog food plant. And because of the possibility of trichinosis in uncooked pork, nobody is going to suggest it as a great raw-food ingredient.

Still, I needed a more authoritative source than my own musing, so I contacted one of the companies that offer a pork-based food. I spoke to Eagle Pack staff veterinarian Al Townshend, DVM, to get the skinny on pork. “Pork is a highly digestible animal protein, an excellent source of amino acids, and a unique protein source that not all pets are typically exposed to,” he told me. “It's less likely to cause an allergic reaction that some pets may have to other proteins. We recommend pork as a protein because it contains more calories per pound.” Besides, it's the other white meat.

### “LAMB IS HYPOALLERGENIC.”

There is nothing inherently less allergenic in one meat compared to another. Lamb was initially used in hypoallergenic dog foods because it was a meat most dogs had not eaten before, and therefore were unlikely to have developed allergic reactions to. Now, with so many people feeding lamb as a regular diet, manufacturers have had to find more exotic meat sources such as duck or bison.

### “HIGH-PROTEIN DIETS CAUSE KIDNEY FAILURE.”



The idea that excess protein causes kidney failure arises from the fact that high levels of protein have historically been ill-advised for dogs with [kidney failure](#). Failing kidneys allow urea, a byproduct of protein metabolism, to build up in the blood, making the dog feel sick. That's why the blood urea nitrogen (BUN) is used as one index of kidney function. Decreasing dietary protein can decrease the BUN. But if the protein level is too low, the body simply draws on its own protein source, its muscles, causing more harm. In fact, there's a huge debate about whether restricted protein is the way to go for dogs with kidney disease, with studies disagreeing about whether it helps kidney patients live longer. Researchers do agree that protein sources with high biological value produce fewer waste products and are better choices. Egg protein has the highest biological value, followed by milk, meats, soybeans, and grains.

But what about protein levels for dogs with normal kidney function? The idea got out that you could preserve kidney health by not taxing them with too much protein. There's very little support for this precaution, however. We can start by looking at situations in humans where people eat a high-protein diet. Bodybuilders, for example, have a very high-protein diet but a recent study showed they have no protein-related kidney problems.

Even historically, members of the Lewis and Clark expedition reportedly ate a diet of mostly buffalo meat each day with no ill effects. More than 1,600 women followed for 11 years had no significant differences in glomerular filtration rate (GFR), a measure of kidney function, related to protein intake. In rats receiving a diet of 50 percent protein, no anatomical changes were noted in the kidneys compared to rats on a 14 percent protein diet.

There's still disagreement about the ideal level of protein, but the bottom line is, feed a moderate level of high-quality protein, and your dog will likely be just fine.

### **“MEAT IS MORE NUTRITIOUS THAN MEAT MEAL.”**

If you're comparing ingredient lists, should you choose the one with meat or with meat meal listed first? If your goal is to have the most meat nutrients, choose meat meal. Ingredients appear in descending order of their weight; that weight includes any water in the ingredient. When you see chicken listed as an ingredient, it means unprocessed chicken, complete with water. Chicken meal means chicken with water and fat removed. It weighs less than chicken but can contain a higher percentage of protein.

### **“GRAIN, ESPECIALLY SOY OR CORN, IS BAD FOR DOGS.”**



Some people blame grains for allergies, and it's true some dogs can be allergic to some grains, just as some dogs can be allergic to some meats. But for most dogs, grain is fine, and usually contains more nutrients than replacement ingredients used in grain-free diets.

### **“FEED RAW EGGS FOR A SHINY COAT!”**

I've heard this since I was a little kid. And I have never found one study showing it to be true. The idea isn't without merit; eggs contain lots of protein, fat, and vitamins, all essential to hair growth and skin health. One of those vitamins is biotin, which is important for cell growth and fatty-acid metabolism. Biotin is widely accepted to be helpful for human hair, though that may be simply because deficiencies can cause hair loss. While egg whites contain avidin, a biotin inhibitor, the yolks contain enough biotin to make up for it. But diets high in fat have been shown to result in glossier and softer coats in dogs and might do the coat better than eggs would.

As for feeding them raw, it's true that cooking will do away with the avidin, but some people feel it also destroys vitamins. And of course, the raw egg/salmonella debate rages, with most food authorities cautioning against feeding eggs raw and many dog naturalists advocating it, pointing out that the coyote that raised the chicken coop didn't bother to cook them. And, I assume, had a shiny coat.

The bottom line is an egg is a good source of protein and other nutrients, but probably no better than any good diet at promoting a shiny coat.

### **“DOGS DON'T LIKE VARIETY.”**

Whatever dog food company first promoted this may have honestly thought so. It's true that dogs raised on a non-varied diet prefer to stay on it and don't accept new foods readily. But dogs raised on a varied diet prefer variety. From a nutritional standpoint, it makes sense for an animal to crave nutrients its current diet lacks.

While the Internet can be a great source of information, remember to use trustworthy sources and seek scientific research backing up any claims your Facebook friends may be making before hitting that share button.



SAN FRANCISCO BAY WEST HIGHLAND WHITE TERRIER CLUB  
GENERAL ZOOM MEETING MINUTES

AUGUST 17, 2024, 1:00 p.m.

The meeting was called to order by President Debbie Sklarin at 1:00 P.M.

Members present: Lisa Blutman, Sherry Byrd, Helaine Campbell, Jim and Linda Gilcrest, Ron and Cindy Kangas, Gail Krieger, Marie Thompson

Guests present: Mary Breslin, Nadia Matrosova

Report of the President: Debbie expressed her thanks to Marie for the last-minute invitation to hold the Fun Day Meeting at her home due to the unexpected illnesses of the Sklarin Family Westies.

Report of the Treasurer: Gail reported a club checking account balance of \$15,095.90. There was no financial activity for the quarter.

Report of the Secretary: Gail reported on the Board activity of the last zoom meeting.

Committees:

Fund Raising: Lisa reported that she has several high-priced items to be offered at the on-line fundraiser. The auction is dependent on the items offered at other Westie online auctions and the dates of those auctions.

Luncheon: Marie and Lisa reported on the December holiday luncheon and meeting that will be held at the Outback Restaurant in Dublin on December 7.

Membership: Cindy advised that Nadia Matrosova has applied for membership. She does not own a Westie but is interested in knowing more about Westies. Cindy made a motion to accept Nadia into membership. Marie seconded the motion. M/S/P

Cindy introduced Mary Breslin. Mary suddenly lost her 4-year-old Westie. She is attending the meeting hoping to find another Westie.

Nominating Committee: Debbie asked for volunteers to serve on the Nominating Committee. Two general members and one board member are needed to serve on the committee

Program: Gail thanked Jim and Linda for agreeing to assist at the January 2025 general annual meeting program. A general grooming maintenance demonstration is scheduled.



Specialty Show: Lisa advised the April 2025 specialty show will be held in conjunction with the NCTA Group Show in April. Peggy Brown will judge classes. Michael Lynch will judge puppy and veteran sweepstakes. Allison Sunderson will judge on Thursday. SFBWHWTC will support the Thursday entry.

Standing Show Committee: Gail reported the club will support the entries at the Sacramento Valley DF Show on Sunday and the Richmond show Newsletter: Lisa is asking for photos and articles for the next Tartan.

Old Business: A date for the January 2025 meeting should be confirmed so that the location can be reserved. Insurance will need to be ordered as well.

New Business: None

Adjournment: Lisa made a motion to adjourn the meeting. Linda Gilcrest seconded the motion. M/S/P. As there was no further business Debbie adjourned the meeting at 1:47.





## Out and About

### Skunk Odor Eliminator

**Q** Unfortunately, a skunk got onto my porch. When it couldn't figure out how to exit, it sprayed the place-and I'm dog-good. Do you have any tips for getting rid of the smell? Prairiedu Chien, Wisconsin A Nothing quite compares to a frightened skunk's sulfur calling card. The faster you eliminate the oily residue, the greater your chances of neutralizing the odor. On the porch itself, add a cup of bleach to a gallon of warm water and start swabbing the deck as soon as possible. For washable rugs, slipcovers, and pillows, a thorough cleansing (or two) with regular laundry detergent should do the trick. As for your unlucky pup, mix a 32-ounce bottle of hydrogen peroxide with a half quarter cup of baking soda and two teaspoons of liquid dish detergent, and apply to your pet's wet coat. Let the solution stay on the dog's hair for five to 10 minutes, then rinse well and repeat, if needed. This recipe usually works like a charm. And if you're wondering why I haven't mentioned tomato juice here, that's because it doesn't work: So, spare your pooch the experience, and use the juice for your next Bloody Mary instead.

**Q** My typically affectionate cat recently became very lethargic. She seems fine physically, but she's been moping around and doesn't even purr when I hold her. What could have caused this change in behavior? -J.H., (1 mile, Texas A I once told my doctor that he was lucky his patients could talk. He replied that I have the advantage, as my patients never mislead me. After years in practice, I now understand the wisdom of his remark. Dogs and cats never lie, and they let us know when they don't feel well. We just need to pay attention. Things to look for: a change in eating or bowel habits, altered sleeping patterns, an unusual gait, a fluctuation in weight, a shift in behavior or disposition (like your eats lethargy), or even a gut feeling on your part that your pet just "isn't right." Since you didn't mention any major alterations to your lifestyle, such as a move or a new addition to





the family, there's a good chance your lethargic cat has come down with something. It may be a minor illness or a major problem.

Schedule an exam and blood work with your family veterinarian right away to find out for sure.

*Country Living, March 2010*

### *Things to look out for this holiday season*

How many of you have heard of Xylitol. It is found in many peanut butters that advertise themselves as low sugar. It is also found in other products.

- Xylitol is poisonous to your westies. Please read your labels prior to letting your pets have treats this holiday season. Thanksgiving tends to coincide with an uptick in vet visits, due to dogs being fed unsafe human foods.
- Turkey meat, sweet potatoes, and pumpkin are all safe, healthy foods to share with your dog.
- Bones, sweets, alcohol, and fatty foods are all things that should be avoided by dogs.



*Image found on Google images*



SAN FRANCISCO BAY WEST HIGHLAND WHITE TERRIER CLUB

ZOOM SPECIAL MEETING

OCTOBER 2, 2024, 7:00

The meeting was called to order by Lisa Blutman at 7:00 P.M. as Debbie was unable to attend.

Members in attendance: Lisa Blutman, Helaine Campbell, Gail Krieger, Marie Thompson

Debbie sent her proposal to appoint with the approval of the board of directors Lisa Blutman, Linda Gilcrest and Rick Sklarin to the committee. Marie made a motion to approve Debbie's proposal. Helaine seconded the motion. M/S/C

The date for the January 25 meeting was proposed. The program to be presented will demonstrate general grooming maintenance for our Westies. Gail will try to reserve either the Lafayette or Orinda Community Centers for the meeting. Helaine made a motion to approve the annual meeting date for January 25, 2025. Marie seconded the motion. M/S/C

As there were no other items to discuss, Lisa called for a motion to adjourn the meeting. Helaine made a motion to adjourn. Marie seconded the motion. M/S/C

Lisa adjourned the meeting at 7:02 P.M.



Image found on Google images



## It's time for the Annual Awards

Please send the following to Rick Sklarin [rsklarin@gmail.com](mailto:rsklarin@gmail.com)

Owners Name

Dogs Registered Name

AKC Title Earned and Date

No later than November 1, 2024, to receive your award for 2024.



## San Francisco Bay West Highland White Terrier Club 2023-24 Calendar

Holiday Lunch	December 7, 2024	Outback Steak House, Dublin, CA
Annual Meeting	January 25, 2025 General Meeting 11:00 am, Pot luck Lunch, followed by program. Bring your dogs	Lafayette Community Center, Cedar Room
Annual Specialty	April 11, 2025	Lodi Grape Festival Grounds, Lodi, CA



**SAN FRANCISCO BAY**  
**WEST HIGHLAND WHITE TERRIER CLUB**

**2024 OFFICERS AND BOARD OF DIRECTORS**

*President: Debbie Sklarin*

*Vice-President: Lisa Blutman*

*Secretary/Treasurer: Gail Krieger*

*Board of Directors: Sherry Byrd, Marie Thompson, and Helaine Campbell*

**2023 COMMITTEES**

*Tartan Lisa Blutman, assisted by Gail Krieger, Rick Sklarin, Sherry Byrd*

*Awards: Rick Sklarin*

*By-Laws: Lisa Blutman, Gail Krieger, Jim Gilcrest*

*Specialty chair: Lisa Blutman*

*Fundraising: Lisa Blutman, Chair, Debbie Sklarin, Gail Krieger, Helaine Campbell, Marie Thompson*

*Holiday Luncheon: Marie Thompson*

*Education and Program: Gail Krieger*

*Job Descriptions: Gail Krieger*

*Historian: Helaine Campbell*

*Membership: Cindy Kangas*

*Obedience, Rally, and Performance:*

*Standing Match and Show: Gail Krieger, Chair, Lisa Blutman, Sherry Byrd*

*Sunshine: Helaine Campbell*

*Trailer and Inventory: Gail Krieger and Lisa Blutman*

*Webmaster: Linda Gilcrest*

*Web Information Coordinator: Helaine Campbell*

*WHWTC of America Liaison: Lisa Blutman*

*WHWT Foundation:*

*Westie Rescue and Placement of Northern California (WRAP) Liaison:*

Please consider volunteering your time by serving on one of the Club's committees. Volunteering is a wonderful way to meet new people and to help shape the future of our organization. If you are interested, please contact Debbie Sklarin. We need assistance with Programs, Assistant Web Master, Special Events, and Tartan.

Visit us online at <http://www.sfbaywestieclub.com> for the latest news and updates





## Rainbow Bridge



### **BISS GCH GOLD CH Wyndbrae's Maclaren**

Breeder: Pamela Whiting

Owners: Winnie Noble and Pamela Whiting

October 10, 2008, to September 15, 2024

Mac, my love and my companion, passed away after a brief illness.

He loved going to the dog shows where he could strut his stuff. He loved being groomed and couldn't wait to get into the ring.

We are proud of his accomplishments.

Mac received an Award of Merit from the Westminster Kennel Club, February 14, 2012. He was ranked in the National Breed top 5 and top 10 for several years. Mac retired several challenge trophies with his multiple specialty wins. He was one of the Caesar Dogs for a number of magazines, internet and television ads (2016-2017).

Mac was a smart, gentle and well-behaved dog. He was willing to do whatever was asked and never complained but occasionally he did pout.

Mac was truly loved by Pam Whiting; all my friends and family and Mac loved them back. He will remain in our hearts forever.

Winnie Noble



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The HIGHLAND TARTAN is published at least four times per year in March, June, September and December. We encourage any Club Member or Subscriber to submit articles or information which they feel would be of interest to the Club. Please send material of interest to the Editor by the first day of the month of publication. All materials are published at the discretion of the Editor. Opinions are those of the writer and not necessarily those of the Editor or the Board of Directors of the San Francisco Bay West Highland White Terrier Club. Send materials for publication to [lisa.blutman@aol.com](mailto:lisa.blutman@aol.com)

Whelping Box: List litter announcements in the Tartan: Number of dog and bitch puppies, sire, dam, whelp date and breeders. \$5/ issue, members only. **This is not an advertisement for the sale of puppies.**

There is no charge for Rainbow Bridge notices.

Please make **check Payable to SFBWHWTC**. Payment must accompany advertisement. Send subscription requests to SFBWHWTC, and mail to: *Lisa Blutman 710 Wiegand Way, Dixon, CA 9*

When submitting information for an ad, please have it camera ready. Indicate the size (full or half page) and mark the areas to be used for written copy. Copy should be typed to size on white paper. Your photos and copy will be returned, if requested.

Advertisement costs for a Full Page: \$20.00; Half Page: \$10.00; Business Card size: \$15.00; for 4 issues. Advertisements are any show wins other than specialty photos in the specialty edition or professional advertisements of interest to the membership.





Annual Meeting

San Francisco Bay West Highland White Terrier Club

Lafayette Community Center

500 St. Mary's Rd.

Lafayette, CA 94549

11:00 am General Meeting

11:30 am Meeting of New Board

12:00 noon Pot Luck Lunch

1:00 pm Program