



Highland Tartan

VOLUME 49, NUMBER 2

Spring 2020



President's message

I hope all of you have had a wonderful beginning to the year 2020. At our annual meeting, the following officers and board members were elected:

President: Lisa Blutman, Vice-President: Winnie Noble, Treasurer: Jim Gilcrest, Secretary: Gail Krieger, Board members: Nancy Berger, Sherry Byrd, Bruce Campbell, Linda Snook, Marie Thompson. During this meeting there was also discussion on some by-law changes regarding membership requirements. I would also like to welcome a new member, Vickie Casacca. Vickie and her partner Mick are showing their boy, Dirk in Barn Hunt and doing very well. She has volunteered to speak with the members about Barn Hunt and try and get some practice activities available for our June meeting.

Our next meeting is March 28 at the Pet Food Express in Walnut Creek. The address is: **1388 S California Walnut Creek, CA 94596. Directions vary coming from West, North or South so be sure to look them up. A Potluck lunch will begin around 11:30 am.** We will have a presentation on Intervertebral disc disease by UC Davis. While this is not common in Westies, they are doing studies on genetic issues predispositions.

If you look at the end of the Tartan, there is a list of committees. This club needs your input in our activities. Please consider joining one of the committees.





Image courtesy of Google Images.

In each issue of the Tartan, excerpts from the Westie Foundation Health Topics will be presented. This first article is on Addison's Disease.

Part One of three:

Addison's Disease (Adrenal Gland Insufficiency) Addison's disease, also known as adrenal gland insufficiency or hypoadrenocorticism, is an uncommon condition in which the patient's adrenal glands no longer supply the body with two classes of hormones, called glucocorticoids and mineralocorticoids. These hormones help regulate cellular metabolism and electrolyte balance in the body. According to the most recent edition of the Merck Veterinary Manual (Merck, 2015), this disease is characterized by gastroenteritis (vomiting and diarrhea), loss of body condition, lethargy and weakness, and inability to respond to stress. Although this condition has been recognized in dogs for more than 60 years, it remains difficult to diagnose, primarily because the animal's symptoms mimic those associated with several other diseases. However, when the disease is identified, treatment is very effective, allowing affected dogs to lead normal healthy lives. In order to understand how Addison's disease develops, it is important to first understand something about the anatomy and physiology of the adrenal glands themselves.

Anatomy and Physiology of the Adrenal Glands

The adrenal glands are a pair, are complex, multifunctional organs that are located on top of the kidneys ('ad renal' – near the kidney). The outer layer of the gland (the cortex) produces three types of hormones: glucocorticoids, mineralocorticoids and small amounts of sex hormones. In healthy animals, production of glucocorticoids is regulated by signals received from the brain. The hypothalamus is the region in the brain that produces a hormone called corticotrophin-releasing hormone (CRH), which stimulates another part of the brain, the pituitary gland, to release a hormone called adrenocorticotrophic hormone (ACTH). ACTH is released into the bloodstream and travels to the adrenal glands where it causes them to release glucocorticoids in the form of cortisol. When there is a healthy amount of cortisol circulating in the blood, this is sensed by the hypothalamus, which then reduces its production of CRH, and this causes the pituitary gland to stop releasing ACTH. The end result is a reduction in the production of cortisol by the adrenal glands. Because the healthy level of cortisol in the blood is exerting a negative influence on the production of CRH and ACTH by the brain, this is known as negative feedback. When the concentration of cortisol in the blood decreases, the hypothalamus and pituitary gland respond by releasing more CRH and ACTH, respectively, which stimulates the adrenal glands to produce more cortisol until circulating concentrations are restored. Unlike the glucocorticoids, production of the mineralocorticoids is regulated by a system that starts with special cells in the kidneys, called the juxtaglomerular cells. These cells, which are located near the functional unit of the kidney called the glomerulus, sense the concentration of sodium in the blood, which is very important in the regulation of blood pressure. When the sodium concentration in the blood is low, the juxtaglomerular cells produce a chemical

called renin, an enzyme that converts a substance in the blood called angiotensinogen to angiotensin I. Angiotensin I is then converted by another enzyme, which is located primarily in the blood vessels in the lungs, to angiotensin II. Angiotensin II has two effects: 1) stimulating the adrenal glands to produce aldosterone, the main mineralocorticoid, and 2) constricting small blood vessels to increase blood pressure. Aldosterone then causes the kidneys to absorb additional sodium and water from the fluid that it has filtered, which helps return blood sodium concentrations towards normal and increase blood pressure. At the same time, aldosterone causes the kidney to excrete potassium into the urine, which helps balance the electrolytes in the body. How does this disease develop? Addison's disease is characterized by the lack of production of glucocorticoids and mineralocorticoids. The disease can occur either as a result of an abnormality in the brain that then fails to stimulate the adrenal glands to perform their functions or in the adrenal glands themselves. When the problem originates in the brain, there is insufficient production of either CRH by the hypothalamus or ACTH by the pituitary gland. Lacking sufficient production of CRH or ACTH, the adrenal glands fail to function normally, production of cortisol and aldosterone is reduced, and the glands shrink in size (atrophy). This form of Addison's disease occurs infrequently. Most cases of Addison's disease occur because the adrenal glands have been damaged and are no longer able to make cortisol and aldosterone, even when stimulated by ACTH and angiotensin II, respectively. In rare instances, special chronic inflammatory diseases (i.e., granulomatous diseases), hemorrhagic infarctions (blood clots forming and lodging in the adrenals and other tissues), cancer of the adrenals, and trauma can induce enough damage to the adrenal glands to cause Addison's disease. In the majority of cases of Addison's disease in dogs and people, an autoimmune process is responsible for destroying the adrenal glands. That means that the patient's own antibodies have destroyed the cells in the adrenal glands, much like other antibodies destroy foreign invaders like bacteria or viruses. The underlying processes that stimulate this autoimmune attack on the adrenals are not known but are the subject of active research. For some reason, females are twice as likely to develop Addison's disease as males. Which clinical signs occur in dogs with Addison's disease? Clinical signs of Addison's disease often are vague and nonspecific, with many affected dogs being lethargic, listless, anorexic, and reluctant to exercise or even do normal activities. Very often, these signs appear to wax and wane, making it even more difficult for owners to decide when to seek veterinary care. More than half of affected dogs have episode of vomiting or regurgitation of food, weakness, and weight loss. Diarrhea occurs in approximately one-third of dogs with the disease. The severity of the clinical signs may progress rapidly in some dogs and very slowly in others.

Acute exacerbation of the condition may occur when the dog's lifestyle is changed, for instance this may occur when the dog is moved, boarded or is examined by a veterinarian. Although dogs with Addison's disease may vary in age, the typical dog is 4-5 years old and female. These characteristics should not be surprising as many immune-mediated diseases occur more commonly in females than males. All clinical signs of Addison's disease are due to the deficiencies of glucocorticoids (cortisol) and mineralocorticoids (aldosterone). For example, cortisol deficiency affects the body's metabolism, which results in a loss of appetite, vomiting, abdominal pain, weight loss and lethargy. Because aldosterone is critical for balancing electrolytes (reabsorbing sodium and excreting potassium) and maintaining blood pressure, a deficiency in aldosterone reduces serum sodium concentration, and lowers blood pressure as the result of reduced circulating blood volume. Dogs with low blood sodium concentration may weak, have small hearts and produce dilute looking urine even though they High blood potassium concentrations can cause life-threatening problems (called 'arrhythmias'). In fact, some affected dogs may develop such high concentrations of potassium that severe alterations occur in heart function resulting in the development of shock. **More to follow in the next edition**



lose weight, feel
may be dehydrated.
with heart rhythm
blood
and blood pressure,
of the Tartan.



***Board of Directors Meeting Notice
 March 28, 2020. 11:00 am
 Pet Food Express, Walnut Creek
 Potluck lunch to follow please see meeting flyer
 Please park in lot behind the store***

Call to Order and Roll Call	Lisa Blutman
Approval of Minutes, January 19, 2020	Gail Krieger
Report of the Secretary	Gail Krieger
Report of the Treasurer	Jim Gilcrest
Report of Committees	
Need for chair of Performance, Rally Obedience, etc,	Lisa Blutman
Other reports at General Meeting	
Unfinished Business: By Law Changes	Jim Gilcrest
New Business	
Adjournment	

A-G Salads H-N Main Dish O-Z Desert



Meeting Notice

March 28, 2020

The next meeting will be March 28, 2020 at the Pet Food Express 1388 S California, Walnut Creek, CA 94596. **Please park in the lot behind the store.** Dogs are welcome to attend.

11:00 am Board of Directors Meeting

11:30 am Potluck Lunch

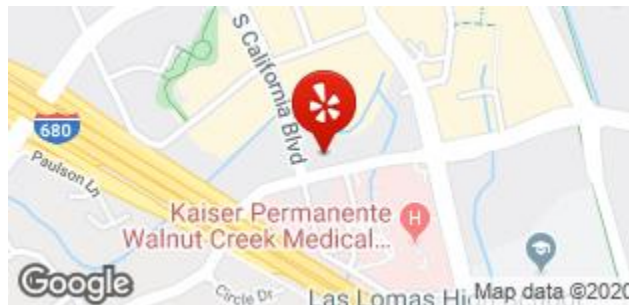
A-G Salads

H-N Main Dish

O-Z Desert

12:30 pm General Club Meeting

1:00 pm Presentation on Intervertebral Disc Disease





San Francisco Bay West Highland White Terrier Club
General Membership Meeting
January 19, 2020

President, Lisa Blutman, called the meeting to order at the Pet Food Express store, Danville, at 12:12 P.M.

Members Present: Nancy Berger, Lisa Blutman, Sherry Byrd, Bruce and Helaine Campbell, Ron and Cindy Kangas, Jim and Linda Gilcrest, Gail Krieger, David and Linda Snook, Marie Thompson

Guests Present: Vickie Casacca and Mick Brown, Veterinarian student speaker, Sarah Rose Michalak.

President Report: Lisa reported a successful club year.

Secretary's Report: Richmond Dog Fanciers notified clubs that rosettes will be offered for Winners Dog and Bitch, Best of Opposite Sex, Best of Breed and Best Owner Handler and their club trophy for Best Veteran Dog and Bitch to clubs wishing to support the breed entry. The American Kennel club has requested contact information for our officers, board members, show, education, judges and newsletter committee chairs.

Treasurer's Report: Jim reported a balance of \$22,139.66 as of December 31, 2019.

Jim recommended the club consider a sizable donation to a worthy cause. Jim, David and Gail offered to explore the possibility and report back to the membership.

Holiday Lunch: Marie advised that the date of the 2020 holiday meeting and luncheon date of December 5 has been reserved at the Brass Door Restaurant.

Program: David reported he has tried to reach the Davis vet to speak on Addison's but wasn't having any luck. Lisa advised that the vet has since moved to another school. He is working on future programs.

Job Descriptions: Gail reported she has received job descriptions for all the committees but one. All should be ready prior to the March meeting. Copies will be sent to the board members for their review and recommendations.

Membership: Cindy presented a second reading for Vickie Casacca and a first reading for Mick Brown. Gail made a motion to accept Vickie into club membership. The motion was seconded by Cindy, M/S/C. Vickie was welcomed to the club.

Bruce suggested the membership consider changing the rules for membership to one reading for

acceptance as club membership numbers are considerably smaller than in the past. After discussion, Marie made a motion to change the bylaws to a one time reading. Other requirements will remain. Linda G seconded the motion. M/S/C. The bylaws committee will meet to make the change. The proposed change will be printed in the club newsletter.

Specialty October 2019: Lisa reported that the Fall specialty and sweepstakes show and barbecue dinner on the Dixon May Fairgrounds was very successful. She will continue to work with the show committee of the Sacramento Valley Dog Fanciers Association for Fall 2020. The barbecue caterer has been reserved for Fall 2020.

Lisa advised that the Spring specialty and sweepstakes date held in conjunction with Northern California Terrier Association is April 10. Judges are Anne Katona, regular classes and Camille Bakker will judge sweepstakes.

Website: Linda G reported the club website is current.

WHWTCA liaison: Lisa reported that the last online report from our club was overlooked. The editor apologized for the oversight. Lisa will update the report and resend.

Westie Foundation liaison: No report

WRAP: David reported the rescue group is in a positive financial position. 15 Westies were rescued in 2019; 13 adoptions, 2 permanent fosters. The broadcast, American Rescue Dog Show on the Hallmark Channel, will feature a Westie.

Election of 2020 Officers and Board of Directors: The proposed slate was presented. A vote was taken and the slate was accepted.

Lure Course: Gail reported the clubs she contacted offering the lure course for sale did not respond. David offered to list the lure course on eBay. It will be sold for a price he determines with an "or best offer" consideration.

Adjournment: Nancy made a motion to adjourn. David seconded the motion. M/S/C. Adjournment at 1:05 P.M.

Submitted by Gail Krieger, Secretary

Should I breed My Dog

Those of us on the Parent Club's Breeder List get multiple calls per week looking for westie puppies, but before we breed, we always ensure we are completely prepared for the expected and unexpected. Here is something from AKC on breeding your dogs.

Part one of two:

AKC's Guide to Responsible Dog Breeding

Use the following resources as a guide to breeding by downloading the or by following each step for more information below. You may also want to view the AKC webinar on [Planning Breeding's: Are you ready to breed a litter?](#)

1. [Prepare Yourself for Breeding a Litter](#)
2. [Breed to Improve](#)
3. [Understand the Commitment](#)
4. [Choose A Suitable Mate](#)
5. [Know Your Genetics](#)
6. [Finalize Stud Contract](#)
7. [Perform Pre-Breeding Health Checks](#)
8. [Mating](#)
9. [Pregnancy and Whelping Preparation](#)
10. [Puppies Are Born](#)
11. [Consult Your Veterinarian if Complications Arise](#)
12. [Keep Your Puppies Warm, Fed, and Clean](#)
13. [Register Your Litter with the AKC Soon After Whelping](#)
14. [Wean Puppies from their Mother](#)
15. [Sending Your Pups to Their New Homes](#)
16. [Encourage New Owners to Register Their Puppy with the AKC](#)

Step One – Prepare Yourself for Breeding a Litter

Breeding dogs has been a passion for people through many centuries. Part art, part science, and total devotion, breeding will show you all the best in the human-and-dog bond. It is exciting and challenging.

Breeding purebred dogs is also time consuming, expensive, and, occasionally, heartbreaking. If you go forward, your underlying purpose should be to improve the breed — not just increase its numbers.

Breeding a litter should begin with knowledge. Responsible breeders devote time to learning as much as they can about their breed, about canine health and training, and about AKC rules. How can you become an expert?

Study your breed standard. This is the official version of the “perfect” breed specimen and should be the starting place for any breeder. The AKC offers breed videos with real-life examples, and many parent clubs offer more detailed, illustrated versions of their standards for more in-depth research.

Attend dog events. Watch dogs in action and study the pedigrees of those you like. Ask questions of breeders involved in your breed. Research your breed by visiting the breed’s [national parent club](#) website. Find and attend a local club meeting to meet other breeders.

Read, read, read! Your library and bookstore are invaluable sources of information about canine health and breeding. Some books, including the *Complete Dog Book* and *American Kennel Club Dog Care and Training*, are available in the [AKC Store](#). The [AKC Gazette](#) and other dog magazines have informative articles about breeding as well.

Step Two – Breed to Improve

The motto of the responsible breeder of purebred dogs is “Breed to Improve.”

Every dog is the best dog in the world to its owner. Responsible breeders, however, know to avoid “kennel blindness” — in other words, they take a step back and honestly evaluate the good and bad points of their dogs before making the decision to breed. The goal of breeding, after all, is to produce a better dog and a quality pet.

Examine your dog carefully. Recognize its flaws. If you decide to continue with the breeding process, look for a mate that will eliminate or balance those flaws. The [national parent club](#) for your breed may also provide assistance.

One of the best ways to get an objective opinion of your dog is to test it against others. Consider attending a dog show to determine how your dog measures up against the best specimens of its breed.

Step Three – Understand the Commitment

Raising puppies is a full-time job. During the first couple of weeks the dam normally takes care of the puppies' needs, but complications, such as a dam with no milk or an orphaned litter, may arise. It is the breeder's responsibility to provide a safe, warm, dry place for the puppies and proper food and water for the bitch.

Puppies are even more work (and more fun!) when they are weaned. The extra feeding, cleanup, grooming, training, and veterinary care adds up to a lot of hours — and not much free time for you.

Another factor that you must consider is the financial cost of having a litter of puppies. From the genetic screening and health tests before breeding to the extra food, supplies, and medical care required after the puppies are born, the cost of whelping and raising puppies can be very high, especially if complications arise.

Responsible breeders make sure that their puppy goes to an owner who will provide it with the same love and devotion for life that the breeder has provided. This means careful screening and evaluation of each person or family interested in getting a puppy.

Responsible breeders learn everything they can about their breed and know all the pros and cons of ownership. It is important to share this information — including the negative aspects — with prospective puppy owners. You should be ready to explain why a dog requiring a lot of coat care or training may not be the best match for a workaholic or why a tiny dog may not be appropriate for a family with small, active children. You should be committed to placing puppies with owners who will provide excellent care.

Step Four – Choose A Suitable Mate

The first thing to consider when choosing a mating pair is to ensure that both the sire (dog) and dam (bitch) are AKC registered. If both dam and sire are AKC registered, then the litter can be registered with the AKC.

When selecting a breeding partner (most likely a sire for your dam), there is a simple principle to bear in mind: mate animals that complement one another. Choose a dog whose bloodlines will strengthen your bitch's weaknesses and emphasize her good

qualities. For example, if your bitch's coat is not as good as it might be, then find a partner with a good coat, from a line of dogs with good coats. Of course, practicing this common sense maxim can be very complex because you must weigh all the factors that contribute to the dogs' traits and appearances. This is an area where research and the advice and experience of other breeders are invaluable.

Two vital factors to keep in mind as you make your selection are temperament and health.

Temperament is a hereditary trait in dogs, although it can be influenced by other external factors. Selection over many generations eventually produced breeds with the correct temperament to pull sleds, follow scent on trails, or retrieve game. The inheritance factors of temperament are complex. However, you should never consider breeding a dog with a questionable temperament.

As far as health goes, you should be aware that dogs are subject to many hereditary defects, some of which are potentially crippling or fatal. If you breed, your goal should be to produce dogs that are not affected by the major known hereditary diseases occurring in your breed.

More to be discussed in the next edition of the Tartan.



General Meeting

AGENDA

March 28, 2020 follows pot luck lunch 12:30 pm

Call to Order and Roll Call

Approval of Minutes of Meeting Held January 19, 2020

Report of the President

Lisa Blutman

Report of the Board

Gail Krieger

Report of the Secretary

Gail Krieger

Report of the Treasurer

Jim Gilcrest

Report of the Committees

Membership

Cindy Kangas

Tartan

Lisa Blutman

Spring Specialty

Lisa Blutman

Website

Linda Gilcrest

WRAP Liaison

David/Linda Snook

Other Committees

Unfinished Business

By-Law Changes

Jim Gilcrest

New Business

Adjournment, Brags and Program

Please bring: A-G Salads, H-N Main Dish, O-Z Desert



Do you know about Amazon Smile? Most non profits if they are 501 c 3 are able to receive donations from Amazon. If you shop through Amazon, it costs nothing to donate to your favorite charities. All you have to do is go through Amazon Smile rather than just straight through Amazon to place your order. Examples are: San Francisco SPCA, Marin Humane, Yolo County SPCA, Westie Rescue, Michigan, Westie Rescue Southeast, North Atlantic Westie Rescue, American Kennel Club Canine Health Foundarion, and many others.

We wish to take this opportunity to honor our wonderful four-footed friends who have crossed the Rainbow Bridge.



For future issues, we ask that you send your memorials to us at:

Lisa.blutman@aol.com or lblutman@gmail.com

Please send a photo, birth (an estimate is fine if you don't have the exact date) and passing date along with a short note to include in the memorial.

SAN FRANCISCO BAY WEST HIGHLAND

WHITE TERRIER CLUB

2019 OFFICERS AND BOARD OF DIRECTORS

President: Lisa Blutman

Vice-President: Winnie Noble

Secretary: Gail Krieger

Treasurer: Jim Gilcrest

Board of Directors: Nancy Berger, Sherry Byrd, Bruce Campbell, Linda Snook, and Marie Thompson

2019 COMMITTEES

Tartan Lisa Blutman

Awards: David Snook

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

Fundraising: Sherry Byrd, Nancy Berger, Gail Krieger, Helaine Campbell, Linda Snook, and Lisa Blutman

Holiday Luncheon: Marie Thompson

Education and Program: David Snook

Job Descriptions: Gail Krieger

Membership: Cindy Kangas

Obedience, Rally, and Performance (includes Barn Hunt and Earth Dog):

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

Sunshine: Nancy Berger

Trailer and Inventory: Gail Krieger:

Webmaster: Linda Gilcrest

WHWTC of America Liaison: Lisa Blutman and Gail Krieger

WHWT Foundation: Gail Krieger

Westie Rescue and Placement of Northern California (WRAP) Liaison: David and Linda Snook

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

2020 Club Events

<u>Event</u>	<u>Date</u>	<u>Location</u>
Meeting and Program, Potluck lunch	March 28, 2020	Pet Food Express, Walnut Creek
Spring Sweepstakes and Specialty	April 10, 2020	Cal Expo Center, Sacramento
Supported Entry for Shows held	April 9, 11, 12	Cal Expo
Westie Meeting and Fun Day Potluck lunch	July 11, 2020	Cal State East Bay Hayward
Supported Entry for Shows Held	August 1, 2	Richmond Dog Fanciers, Dixon, CA
Supported Entry for Shows Held	September 19, 20	Donner Trail KC
Westie Fun Day and Meeting Potluck lunch	September 26, 2020	Cal State East Bay, Hayward
Fall Specialty and Sweepstakes And Banquet Dinner	October 24, 2020	Sacramento Valley Dog Fanciers, Dixon, CA
Supported Entry for Show Held	October 25, 2020	Sacramento Valley Dog Fanciers, Dixon, CA
Holiday Luncheon and Party	December 5, 2020	Brass Door Restaurant, San Ramon
Annual Meeting	January 2021	Date and Location TBD

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

Supported entries are shows where we offer special trophies/ribbons for the dogs entered.

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 *(insert current editor's contact info)*

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.

Subscriptions cost \$15.00 per year. Advertisement costs for a Full Page: \$20.00; Half Page: \$10.00; Business Card size: \$15.00; for 4 issues.

Whelping Box: List litter announcements in the Tartan: Number of dog and bitch puppies, sire, dam, whelp date and owners. \$5/ issue, members only.

Please make **check Payable to SFBWHWTC**. Payment must accompany advertisement. Send subscription requests to SFBWHWTC, and mail to: *(insert current Treasurer's mailing address)*

THE HIGHLAND TARTAN IS THE OFFICIAL NEWSLETTER OF THE SAN FRANCISCO BAY WEST HIGHLAND WHITE TERRIER CLUB