



Highland Tartan

VOLUME 50, NUMBER 4

June 2021



President's message

Happy Summer. The Summer brings special considerations regarding heat for our dogs which will be addressed in this edition of the Tartan. As a reminder our Spring Specialty will be held on July 9, 2021 in Lodi, California. For those showing, The Supported entry for Northern California Terrier Association will be July 8. Our designated specialty and sweepstakes will be Friday, July 9. We will support the Sacramento Kennel Club on July 10 and 11 and 12.

As the COVID restrictions are beginning to get less restrictive, we are looking forward to a picnic with our dogs to be held in Hayward. Unfortunately, they will not allow reservations until September 1, at the earliest. At this time, we have submitted a request for September 18, 2021. Pencil this in on your calendar now. Agenda and meeting notice will be sent out in August.

The Fall Specialty and Sweepstakes with a Buffet Dinner will be held on October 30, 2021 at the Dixon May Fair Grounds in Dixon, CA. It is estimated that spectators will be allowed at this event. The dinner is open to all and a meeting notice and agenda will also be sent out.

The holiday dinner has been scheduled at the Brass Door Restaurant in San Ramon, CA on December 11, 2021. We have asked for the large room to allow for social distancing.

We are asking that those who are unvaccinated wear their masks at all events which is following the CDC guidelines. Those vaccinated may keep their masks off if desired unless our



events are greater than 30. At this point, we are asking that masks be worn unless eating.

I am also looking for volunteers to serve on the nominating committee which will be announced at the Specialty. Please consider volunteering to be on the committee and if asked, be willing to serve on the board of directors. Please send me an email (lisa.blutman@aol.com) and let me know if you are interested.

Plans are underway for the 50th Anniversary of the San Francisco Bay West Highland White Terrier Club. The celebration will be held at our fall specialty on October 29, 2022. We will be having a wine and cheese on Friday night and sit-down banquet on Saturday night. A block of rooms has been reserved at the Best Western Hotel in Dixon where the special events will be held.

I walk my dog on Asphalt...

Air Temperature	Asphalt Temperature
77 ⁰ Fahrenheit	125 ⁰ Fahrenheit
86 ⁰ Fahrenheit	135 ⁰ Fahrenheit
87 ⁰ Fahrenheit	143 ⁰ Fahrenheit

At 125⁰ skin destruction can occur in just 60 seconds. Always check the asphalt prior to allowing your pet to walk on it.

Paws will get burned. If it is too hot for your bare feet. It is too hot for theirs!



Summer eating

Safe and Unsafe Summer Foods for Pets from the Humane Society of Macomb

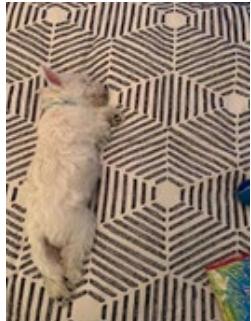
With summer break starting and summer officially here, it's time to discuss what foods are safe to give to your furry friends, and which foods you should avoid giving them to eat.

Foods that are safe:

- Berries (blueberries, blackberries, huckleberries, raspberries, strawberries) – the antioxidants in these foods help keep your pet's digestion running smoothly. Additionally, pets tend to enjoy both fresh and frozen berries.
- Boneless, Skinless Chicken – in small portions, and as long as it's fully cooked, it's safe for consumption.
- Ice Cream (or yogurt) – With the increasing popularity of "doggy bowls," we just want to remind you to limit their consumption of dairy. Pets lack the enzyme that breaks down lactose, which could lead to digestive problems.
- Melons (cantaloupe, honeydew, watermelon) – Just remember to remove the seeds and your pet will have a tasty summer treat.
- Potatoes – as long as consumption is kept in moderation, potatoes add potassium to your pet's diet.
- Salmon – a fully cooked salmon is a welcome addition to their dinner bowl and provides amino acids and healthy fats.

Foods that are unsafe:

- Any raw or undercooked meat or poultry – these foods are more likely to give your pet bacteria such as E. Coli or Salmonella.
 - Citrus (grapefruit, lemon, lime) – in the summer, people tend to eat a lot more citrus fruit. But giving any of these to your pet can problem with their central nervous system.
 - Coconut – Fresh coconuts are abundant in oils that cause an upset stomach for your pet.
 - Corn – on or off the cob, corn causes backup in pets' gastrointestinal and digestive systems.
 - Grapes and Raisins – these fruits cause kidney failure in pets, although it is currently unknown why.
- Nuts – Macadamia nuts are known to cause weakness and vomiting and are therefore the most dangerous for your pets, but we recommend avoiding nuts in general.



- Salt – a large intake of salt leads to excessive thirst and urination so avoid giving them a bit of your pretzel or popcorn.

We hope this article helped give you some information about keeping your pet safe and your summer fun. Also, just because some foods are considered safe for animals doesn't mean your specific pet will enjoy every item on the safe foods list.



How Hot is Too Hot? Heatstroke in Dogs Harriet Meyers, AKC May, 6, 2021

Key Points

- Heatstroke can saddle your dog with serious health problems.
- The most common cause of heatstroke is confining a dog to an enclosed car.
- Use cool, but not ice-cold, water to reduce your dog's body temperature.
- Dogs are notoriously bad at dissipating body heat. Watch for early signs of heatstroke (also known as hyperthermia) in your dog to avoid serious outcomes.

What Is Heatstroke?

When a dog's internal body temperature goes above a normal temperature of 101.5 Fahrenheit (F), this is a fever and is called hyperthermia. When the body temperature is above 105F, the dog may be suffering from heatstroke.

Dogs have only a couple of ways to cool off: blood vessel expansion and panting. When dogs pant, they evaporate moisture from their tongues, nasal passages, and the lining of their lungs, and this cools them down as air passes over the moist tissue. They also cool off via vasodilation. Blood vessels, especially in the ears and face, expand – bringing overheated blood closer to the surface to cool down.

The bottom surfaces of paws can sweat, but not enough to make a difference. "Heatstroke usually occurs when high ambient temperature overcomes the dog's ability to dissipate heat. The degree



of damage is determined by how high a body temperature is reached and how long the animal is exposed," says Dr. Jerry Klein, AKC chief veterinary officer.

Signs to Watch Out For

Heatstroke in dogs is life threatening and can also result in very serious complications. There are early signs of heatstroke that you can be alert to that may help you remedy the condition before things get too serious.

Early signs of heatstroke include: heavy panting and rapid breathing, excessive drooling, dry mucous membranes, bright red gums and tongue, skin hot to the touch, and a higher heart rate. Affected dogs become hyperactive and may have difficulty maintaining balance.

As exposure to excessive heat goes on, the dog's condition worsens and includes signs of shock: pale mucous membranes with white or blue gums, very rapid heart rate, and a drop in blood pressure. The dog hyperventilates, and dehydration becomes more severe. Pupils dilate, the pulse becomes more irregular, and the dog has muscle tremors; he may become lethargic and unwilling to move; urinate or defecate uncontrollably; collapse and become comatose.

Why Does Heatstroke Occur?

Heatstroke generally occurs during the hottest part of the year, especially when it is humid. Contributing factors include:

- **Breed:** Heatstroke can be seen in all breeds, but may be more likely in longhaired and brachycephalic (short-nosed) breeds.
- **Age:** Very young dogs, as well as older dogs are more susceptible.
- **Physical fitness:** Dogs that are out of shape are vulnerable when they exert a great deal of energy in excessively hot surroundings.
- **Weight:** Overweight and obese dogs are more likely to suffer.
- **Medical disorders:** Hypothyroidism, cardiac disease, and laryngeal paralysis also contribute to heatstroke.
- **Environment:** The most common cause of heatstroke in dogs is confinement in a closed automobile. The ambient temperature inside a closed car can become dangerously high in a matter of minutes, and the results can be fatal. Other causes of heatstroke can include being confined in an exercise pen without fresh water in direct sunlight and dogs left in cages for an extended period of time with cage driers on them unchecked.
- **Water:** Restricted access and not drinking enough water causes overheating.
- **Acclimation:** Sudden change to a warmer climate can cause heat stress.



How to Treat Heatstroke

Heatstroke therapy involves immediately trying to lower the dog's body temperature. If you notice signs of heatstroke in your dog, it's critical to stop any activity and help your dog cool down by:

- Walking or carrying the dog to a well ventilated, cool area.
- Spraying or sponging the dog with cool (not cold) or tepid water especially on the underside. Do not immerse the animal in cold water.
- Using a fan to blow cool air on him.

If you have a rectal thermometer, you should take your dog's temperature. According to Dr. John Hamil, DVM, if the temperature is less than 105F, you should still consider this an emergency and immediately take your dog to your veterinarian. If the temperature is higher than 105F, try to cool the dog down, and after a few minutes retake the temperature. Don't reduce the temperature below 103F, because the temperature may descend to critical levels.

Immediately take your dog to your veterinarian as soon as the temperature reaches 103F or if you are unable to reduce the temperature significantly. Severely affected dogs require fluids, medication, support, and oxygen. Complications may not occur immediately, so it's important to let your veterinarian determine the type of follow-up treatment required. **Prevention Is the Best Medicine**

Immediate action and correct treatment is so important because it can mean the difference between a swift and complete recovery and long-term complications. Some veterinarians also advise that once a dog has experienced heatstroke, it is more likely to reoccur.

Our dogs live to please us, and if we ask them to jog or hike or play catch, they'll do it with enthusiasm – even on the hottest days. So it's up to you to keep the weather in mind and limit the time your dog exercises when the temperature soars. Choose cooler times of day for play or training sessions. Always provide plenty of cool fresh water, shade, and frequent rest periods when it's hot. And never leave your dog in the car – he may miss you, but he'll be better off waiting for you at home.



Whelping box

A picture and whelping information is free to members. This is not a listing for dogs for sale.

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.

2021

<u>Event</u>	<u>Date</u>	<u>Location</u>
Spring Specialty and Sweepstakes	July 9, 2021	Lodi Grape Festival Grounds, Lodi, CA
Fall Fun Day (if approved)	September 18, 2021	Cal State East Bay, Hayward
Fall Specialty	October 30, 2021	Dixon May Fairgrounds, Dixon
Holiday Luncheon	December 11 2021	Brass Door Restaurant San Ramon



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,, Marie Thompson

2021 COMMITTEES

Tartan Lisa Blutman

Awards: David Snook

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

Fundraising: Sherry Byrd, Gail Krieger, Helaine Campbell, and Lisa Blutman

Holiday Luncheon: Marie Thompson

Education and Program: David Snook

Job Descriptions: Gail Krieger

Membership: Cindy Kangas

Obedience, Rally, and Performance:

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

Sunshine: Nancy Berger

Trailer and Inventory: Gail Krieger

Webmaster: Linda Gilcrest

Web Information Coordinator: Bruce Campbell

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.

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



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

