



Highland Tartan

Volume 54, Number 4

November 2025

Presidents Message:



Hi everyone:

It's fall. What an interesting time we have had, weather way above normal temperatures, rain brings everyone above normal for this time of year including snow in the Sierras, chilling days and warm days. Weather changes rapidly in Northern California.

As the holidays approach, please remember the dangers they may bring to our dogs. Some articles on holiday food follows in this edition, along with things to look out for.

At least two of our members have lost family members in the last few months. They may still be grieving during the holiday season. Many of our friends and neighbors may be in the same situation. Take time to give them an extra smile and hello.

December 6 is our holiday party. The Cairn Terrier Club of Northern California will join us. The flyer is the last page of this edition. The Club voted to have all board and officer positions for two years, so there will be no nominating committee report, however, annual awards will be given out.



Gail and I were fortunate enough to go to our National Specialty, the Montgomery Kennel Club and the associated shows for the West Highland White Terrier Club of America. Gail watched some Fast Cat and was fascinated that the westies chased after a plastic bag. We both watched Maturity, Futurity, Sweepstakes, and she watched while I ring stewarded the regular classes at our National Show. There were some beautiful dogs out there. The National Specialty comprises 9 days of activities. There are 4 all-breed shows thrown in and this year before everything started was Morris and Essix Kennel Club which is held once every 5 years in New Jersey. During these busy days, various activities take place including Scent work, Tracking Rally, Earth dog, Agility, and Fast Track. All events are held in Pennsylvania, Maryland, and New Jersey.

The next West Highland White Terrier Club of America show will be the last week of May in Oklahoma City. Agility, Barn Hunt, Fast Cat, Rally, Dock Diving, and other events will be part of this cluster. I will be there, so if you are in the Oklahoma area during this time, let me know. The FIFA activities will be in Texas at the same time!

Recently there have been studies on the health of dogs as more and more individuals are looking for mixed breeds. This is especially true in Doodles. As owners of West Highland White Terriers it is nice to know that health issues are not just breed related. This study is regarding health.

Are Mixed-Breed Dogs Healthier Than Purebred Dogs?

Dr. Jerry Klein, Chief Veterinarian

For more than 30 years, I have served as a veterinarian at one of the largest veterinary emergency hospitals in the country. Each year, our hospital treats more than 11,000 cats and dogs in our emergency room. Thousands more see our veterinary specialists. As you might guess, I've taken care of a lot of dogs and have likely seen just about every type of canine illness you can imagine. I am also a longtime owner and breeder of [Afghan Hounds](#). One thing I've learned through my experience is that when it comes to illness, pretty much any dog can get sick. Despite articles claiming that mixed-breed



dogs are healthier than purebred dogs, my extensive first-hand experience, and [an important study conducted by the University of California-Davis](#), tells us otherwise.

A Common Misconception

The study, titled “Prevalence of inherited disorders among mixed-breed and purebred dogs: 27,254 cases (1995-2010),” was reported in the Journal of the American Veterinary Medical Association on June 1, 2013. Research utilized more than 27,000 patient cases to determine the likelihood of occurrence of 24 of the most common hereditary diseases in dogs. Despite articles that claim that there is a higher concentration of hereditary disease in purebred dogs, this extensive study proves otherwise.

What researchers found was, “Of the 24 disorders assessed, 13 had no significant difference in the mean proportion of purebred and mixed-breed dogs with the disorder when matched for age, sex and body weight.” One disorder was more frequent in mixed-breed dogs and the other 10 were more prevalent in purebred dogs, although no one breed was dominant in suffering from any particular illness. Many of those disorders that are often attributed to a specific breed are just as likely to be found in mixed-breed dogs, including common health problems such as [lymphoma](#), mast cell tumor, specific cardiac issues, hip dysplasia, and lens luxation.

This makes sense since most domesticated dogs are believed to be the descendants of just a handful of lines of wolves. As a result, all dogs share strong genetic tendencies, some of them health-related. In purebred dogs, national breed clubs such as the Golden Retriever Club of America and the American Kennel Club Canine Health Foundation [have worked together to identify breeds](#) with an increased risk of specific health issues and to take steps to minimize the risk. In fact, the Canine Health Foundation has funded more than \$35 million in research to improve the health and well-being of dogs.

How Can I Make Sure I Get a Healthy Dog?

So, perhaps the most important question is, “How can potential dog owners increase their chances of getting a healthy dog?” The good news is that thanks to the work of the American Kennel Club, their Canine Health Foundation and breed clubs, responsible breeders are able to reduce the risk of some of the more prevalent diseases in dogs. Breed groups recommend specific testing for disease before breeding a dog. Responsible breeders utilize those tests before mating dogs, thus reducing the risk of a specific disease in the puppies they produce.



For example, in my beloved Afghan Hounds, [responsible breeders](#) generally test potential breeding pairs for hip dysplasia and juvenile cataracts. In breeding nine generations of Afghan Hounds, I have never had a dog with either of these health problems. I have always bred dogs with personality and health as my priorities. As a result, I have no doubt that my Afghan Hounds today are better dogs than my first generation.

People select dogs for a variety of reasons. Sometimes appearance plays a role, but certainly is not, and should not be, the only factor. Whether you choose a dog from a breeder, or [from a shelter](#), it's important to remember that any dog, like any person, can become ill in its life. All dog owners need to be prepared for that possibility because the fact is that dogs, like people, suffer from a number of hereditary diseases. That is true of all dogs – both purebred and mixed-breed.

Do Your Homework

The best way to minimize the risk of serious illness is to do your homework. If you decide on a purebred dog, be aware of what the breed club recommends in terms of health testing. Work with a responsible breeder who utilizes testing and breeds ethically. If you select a dog from a shelter, learn about the animal and its possible breed mix. Then pick the animal that best suits you and your lifestyle and work with your veterinarian to keep your dog as healthy as possible. Most importantly, select a dog that you love and that you are willing to care for, in sickness and in health, for the rest of its life.

Dr. Jerry Klein is an emergency and critical care veterinarian who has been a valued member of the Chicago veterinary community for more than 35 years. In addition to his work as a vet, Dr. Klein is a licensed judge for the AKC and has judged shows both nationally and internationally.

<https://www.akc.org/expert-advice/dog-breeds/mixed-breed-purebred-health/>

Thanksgiving Food Dos and Don'ts for Dogs

Thanksgiving is a wonderful time of year to give thanks and enjoy a feast with friends and family members, whether they have two legs or four! However, not everything from your delicious meal may be safe for your furry friend. In fact, some foods can be downright dangerous for dogs. Plus, the hustle and bustle of the holiday may cause



stress and anxiety for your pup. Here are some tips to keep them calm and safe on Turkey Day:



Restrict Their Diet to Dog-Friendly Food

Browse the list below to see what foods are pooch-approved, and which your pup should avoid:

DOs:

- Turkey (without the bones or skin)
- Plain potatoes or sweet potatoes
- Apples
- Plain pumpkin
- Plain peas
- Green beans
- Carrots
- Cheese
- Rice
- Corn

DON'TS:

- Turkey skin
- Turkey bones
- Turkey stuffing
- Turkey gravy
- Candy and gum
- Chocolate
- Mashed potatoes
- Sweet potatoes with added ingredients
- Pumpkin pie



- Alcohol
- Grapes or raisins
- Onions
- Scallions

PREPARE A SPECIAL FEAST FOR YOUR PUP

It's important to ensure your pup steers clear of all the dangerous foods on the list above and doesn't pick up any scraps. To avoid temptation, consider making a separate meal for your dog to enjoy. Search for dog-friendly recipes, such as this pup-approved pumpkin treat:

Create a Stress-Free Environment

If your house will be full of family and festivities on Thanksgiving, consider creating a safe and quiet escape for your dog. Sights, sounds, and new faces can be overwhelming to your furry friend. Find a room away from the noise and make them feel comfortable there with a familiar blanket, as well as easy access to food and water. Be sure to check on them frequently.

<https://www.dogtopia.com/blog/thanksgiving-food-dos-and-donts-for-dogs/>



KEEP THE TREATS OUT OF REACH

It's easy to leave chocolate out in view, especially around Halloween. Remember to keep the choco-treats far away from your pup. Same goes for raisins or sweets with xylitol.

LEARN ABOUT THE DARK SIDE OF CHOCOLATE

Chocolate is toxic to dogs due to a compound it contains called theobromine. This compound can cause problems in dogs, such as:

- Dehydration due to its diuretic properties
- Disrupt the nervous system
- Gastrointestinal upset (vomiting, diarrhea)
- Increased heart rate
- Pancreatitis
- Severe neurological damage

Depending on the type of chocolate, the size of your dog, and how much was consumed, chocolate ingestion can be fatal.





HOW MUCH CHOCOLATE is toxic to your dog?

	BAKING	DARK	MILK	WHITE
	Block, chips, powder, etc.	Candy bars, semi-sweet morsels, chips, etc.	Candy bars, candy coating, chips, etc.	Candy bars, baker's melts, etc.
XS DOGS (1–10 lbs)	>0.2 oz.	>0.5 oz.	>1.5 oz.	>450 oz.
SM DOGS (11–25 lbs)	>2.5 oz.	>9 oz.	>20.5 oz.	>5,000 oz.
MED DOGS (26–40 lbs)	>6.5 oz.	>21.5 oz.	>49 oz.	>11,800 oz.
LG DOGS (41–70 lbs)	>10 oz.	>34 oz.	>77 oz.	>18,600 oz.
XL DOGS (71–90 lbs)	>17.5 oz.	>59.5 oz.	>134.5 oz.	>32,300 oz.
XXL DOGS (91–110 lbs)	>22.5 oz.	>76.5 oz.	>172 oz.	>41,400 oz.

Source: vetmeds.org/pet-poison-control-list/chocolate/#!form/PPCDonations



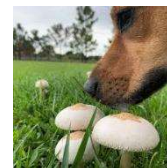
With the Weather changes, it can be hazardous to our dogs.

DANGEROUS DUO: MUSHROOMS AND MOLD

Fall walks with your dog are a beautiful bonding experience, but what's that growing along your route? Ugh, doesn't look good, but your dog is super curious about it!

Be aware that mold and some wild mushrooms are highly toxic if consumed, causing:

- Kidney damage or failure
- Liver damage or failure
- Severe gastrointestinal upset



The good news is, you can prevent mushroom poisoning and mold toxicity. Check out our blog to be in the know about this and other pet dangers during the fall season.

Dr. Jonathan Grindley

Sep 1, 2024

Autumn can be so much fun for you and your sweet pet. But have you thought about pet safety unique to the fall season? In this vet blog, we'll be covering six important pet safety tips to keep in mind before you and your fur-buddies step out for autumn adventures, or hunker down at home this fall season.



It's time to plan, prepare, and be ready for fall fun and frolicking, Fido-style...and don't forget to keep your pet's health and safety as first priority.

OUTDOOR PET SAFETY TIPS FOR THE FALL SEASON

Just as the falling leaves mean a change of seasons, your pet's needs are changing as well. Consider all of the environmental shifts, both within your household and outside in nature, and how these might affect your dear doggy, cute kitty, or other four-legged friend.

See below for our top 6 pet safety tips every pet parent should know about the fall season.

Safety Tip 1: Avoid Mushrooms and Molds

Don't let your dog eat mushrooms off the lawn. During fall, you might find wild mushrooms growing more frequently, as do molds. This is all part of the natural cycle, but mushrooms and molds can be dangerous for pets. Dogs are always up for a tasty treat. Wild mushrooms should not be one of them!

Your dog may try to munch on some wild mushrooms after discovering them out in the yard or on a walk. Pay close attention during sniffing sessions. If your dog seems extra interested in a certain spot on the grass, they could be about to sample the fungi,



which won't be so fun. Gently guide them away, and keep moving to a safer, shroom-free spot.

Symptoms dogs can develop from mushroom or mold consumption

- Kidney damage or failure
- Liver damage or failure
- Severe gastrointestinal upset

Ways to prevent mushroom poisoning and mold toxicity to your dog

The good news is that you can help prevent your dog from getting into mushrooms and mold by being diligent throughout the fall season or anytime they grow, like after a heavy summer rain.

Simply follow these steps:

- Pay close attention to what your dog is sniffing on walks
- Avoid walking through damp, wooded, or shaded spots
- Remove any mushrooms that pop up in your yard

If your dog does eat mushrooms or a mold, try to collect a sample of it. Be careful not to touch it with your bare hands if you can help it -- baggies are useful for this purpose. Bring the mushroom sample to your [emergency vet](#) in case it will help determine if the mushroom is toxic to your dog.

The fall season comes with risks for pets.

Safety Tip 2: Be Extra Cautious of Snakes

During the fall, some [snakes](#) are preparing to hide for the winter. It's their time to slither out on the prowl and hunt for prey that will



sustain them. Snakes can become a bit more aggressive during these times, which could lead to being [bitten](#).

It's a good idea to learn about the different snakes in your area. When on walks (or even allowing your pet into the yard), be cautious and look closely for signs of snakes. Snakes love to rest in tall grass, so do not allow your dog, cat or bunny to roam free near places snakes can hide. Rocky terrain, especially on the west coast, is another area where snakes can find hiding spaces and strike when you least expect it.

Safety Tip 3: Pay Attention to Temperatures

In the fall, you just never know what the weather is going to do next. If heading out with Frisky or Scooby in tow, mind the weather -- and know before you go.

If yours is a mini-mutt, consider if dropping temps call for a doggy-sized jacket or sweater. You may want to bring [booties](#) to protect your dog's sensitive paw pads if the ground becomes very hot, very cold, or if it rains. (Good luck getting booties on your cat!)

Keep plenty of water, and your pet's bowl, in case the weather turns hot. Be ready to head back indoors if it becomes rainy or very cold.

Safety Tip 4: Watch Pets Around School Supplies

Another smart fall safety tip for pets: safeguard [school supplies](#)!



Remember being a second grader, nibbling on that squishy eraser at the end of your pencil? Your pet may share your enthusiasm for mouthing school supplies, but it's best to keep them out of his reach.



Some items, such as glue or markers, could be toxic to pets if ingested. Others, like pencils, erasers, or paperclips, might cause bowel obstructions.

Pet safety tips around school supplies (with a bonus perk of keeping more tidy and organized):

- Store lesser-used school supplies in a bin with a secure lid so pets can't get at them.
- Consider setting up space in a room of your home where kids can work on school projects without interference from the family pet or pets.
- Get kids into the daily habit of storing books, notebooks, pencils, and other school supplies in their backpacks and zipping it closed after homework is through.

Safety Tip 5: Keep Halloween Candy Away from Pets

No matter how many tricks he can do, the only treats your pet should be having are the kind meant for pets. Around Halloween time, candy is one of [top safety risks](#).



- Stow candy carefully away on a high shelf, or in the refrigerator or freezer, to prevent your dog, cat, or other pet (curious rabbit?) from being able to access and eat it.
- Always put candy away after you're finished enjoying your treats. If your dog or cat feels left out at treat time, offer a bone, biscuit, or kitty-cat snack!



- Wrappers, too, with their lingering candy scents, may prove enticing to your pet as well. Be sure not to leave any lying around, as this can pose a safety risk.

Never feed your pet chocolate - it can be fatal.

[Chocolate](#) is extremely dangerous for pets, but it isn't the only risky candy. Any candy containing [xylitol](#) can be potentially fatal to animals, and other artificial sweeteners are dangerous as well.

Additionally, some types of candy may pose choking hazards for pets, including gum, chewy candy, and hard candy.

If your dog, cat or other pet manages to get into the Halloween stash and eats some candy or chocolate, call your nearest veterinary emergency hospital.

Safety Tip 6: Know How to Keep Your Pet Safe Around Holiday Decorations

As autumn approaches, so do the holidays. Families may decorate for Halloween, Thanksgiving, and the winter holidays too. Because of this, autumn is the time when it becomes crucial to start monitoring your pets around household decorations.



- Power cords from holiday lights often draw the attention of a curious, chewing kitty or mischievous, munching mutt.



- Pets may try to knock over, get tangled up, or nibble on decorations that could be harmful to them.
- If you use scented candles, these may pose additional risks for your pet, like burning or respiratory problems. Use all-natural, non-toxic candles and set them out of your pet's reach.

Commonsense Tips to Keep Pets Safe at Home During Fall Decorating and the Holidays:

- Keep a close watch on your pet when hanging out at home.
- Relocate risk-posing items out of your pet's reach.
- Clean up and put away any decorations and lights that aren't being used.
- Corral your pet safely if leaving the house (think baby gate in the kitchen) and crates.
- Follow safety precautions on all fall and holiday decor.

Bonus Tip: Keep Your Pet Away from Glow Sticks

A fright-night fave, glow sticks make any holiday magical, but for pets – they're a hazard in disguise. For your dog or cat, these may look like shiny toys... or worse, a treat! While in fact, it's a mix of toxic plastic, a glass vial (that breaks on bending the stick) and a liquid chemical cocktail, that though not deadly, can result in some pretty dramatic reactions if ingested.

If your pet interacts with a glow stick, it can cause:

- Chemical burns of mouth, skin & eyes



- Gastrointestinal discomfort
- Panic and stress from stained fur
- Choking or blockages

Some signs to look out for if your pet chomps on a glow stick:

- Drooling/foaming at the mouth
- Gagging or lip-licking
- Nausea, vomiting, or upset stomach
- Pawing at mouth or face
- Eye redness or skin irritation from contact with liquid
- Cuts in the mouth or bloody saliva may occur if plastic or glass is swallowed

Rinse your pet's mouth gently with fresh water and wipe away any residue. Call your emergency vet to talk over the symptoms or bring your pet in for an exam.

Annual Awards

Did your dog earn any title this year? If so, please send Debbie Sklarin the following information by November 15, 2025.

Name of Dog

Title Earned

Name(s) of dog



If you have already received a plaque, you are only entitled to a new plate with the updated information.

San Francisco Bay West Highland White Terrier Club 2025 Calendar

Annual Meeting	January 25, 2025 General Meeting 11:00 am	Via Zoom
General Meeting	March 1, 2025, 11:30 am potluck lunch, 12:00 pm Program	Lafayette Community Center, Cedar Room
Annual Specialty	April 11, 2025	Lodi Grape Festival Grounds, Lodi, CA
Member only Fun Day	June 21, 2025 Potluck. Club provides water and Dessert	Home of Rick and Debbie Sklarin Canceled
Zoom Meeting	August 16, 2025	10:30 am via zoom
Holiday Lunch	December 6, 2025	Outback Restaurant, Dublin, CA



SAN FRANCISCO BAY
WEST HIGHLAND WHITE TERRIER CLUB

2024 OFFICERS AND BOARD OF DIRECTORS

President: Lisa Blutman Vice-President: Debbie Sklarin

Secretary/Treasurer: Gail Krieger

Board of Directors: Sherry Byrd, Jim Gilcrest, and Helaine Campbell

2023 COMMITTEES

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

Awards: Debbie and Rick Sklarin

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

Specialty chair: Lisa Blutman

Member Engagement:

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

Please let us know if any of you have lost your loved pets

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

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 wins other than specialty photos in the specialty edition or professional advertisements of interest to the membership.

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 95620*





The San Francisco Bay West Highland White Terrier Club
and

Cairn Terrier Club of Northern California

Invite you to a joyous holiday luncheon celebrating 2025

Saturday, December 6, 2025

No host cocktails 11:00 am, lunch 12:00 noon

Outback Steakhouse

6505 Regional Street Dublin, CA 94568

Lunch selections are:

9 oz. sirloin steak with baked potato and vegetable de jour

Grilled Chicken on the Barbie with baked potato and vegetable de jour

Outback Specialty Brisbane Shrimp Caesar Salad

All lunches include all you can eat bread, water, iced tea, coffee, or soda

If you would like to add a house salad, they are available at \$7.00 each at the restaurant

Cost \$40.00 per person including tax and tip.

Should you want to do a holiday gift exchange, please bring a wrapped gift.

Please indicate your order and include your check payable to the SFBWHWTC to arrive no later than
December 1, 2025 to 710 Wiegand Way, Dixon, CA 95620

No refunds.

We Can't wait to see you there!

I (We) are so happy to come

Name (s) : _____ # attending: _____

Selection:

Steak _____ Chicken _____ Shrimp Salad _____

Mail this to:

Lisa Blutman, 710 Wiegand Way, Dixon, CA 95620 with Checks payable to the SFBWHWTC

Contact Lisa at lblutman@gmail.com if you have questions or need alternative payment options

