

SHELTIE TALES

June 2007

Newsletter of the Shetland Sheepdog Club of Southeast Florida, Inc.
www.sscsefl.com

2007 Officers and Board Members:

President: Hector Hector
Vice-President: Dione Houchins
Secretary: Meredith Hector
Treasurer: Beth Sirvinkas
Board of Directors: Lorna Staab
Karen Salvage
Maryann Lannon

Committees:

Breeder Referral: Maryann Lannon
Newsletter Editor: Holly Potts
Show Chairman: Lorna Staab
Website: Jana Thomas
Holly Potts
Membership: Karen Salvage
Lorna Staab
Maryann Lannon

Upcoming Club Events -----

Board Meeting: 7:00 p.m., Tuesday, July 10, 2007
General Membership Meeting: 7:30 p.m., Tuesday, July 10, 2007
Special Informative Program: 8:15 p.m., Tuesday, July 10, 2007

Location: Animal Recreation and Rehabilitation Center, 2670 South Flamingo Road, Davie, FL 33330
(954) 916-4903

Directions: The veterinary clinic and rehab facility is about halfway between I-595 and Griffin Road just north of Flamingo Gardens.

“Winslow Way” Handling Seminar: Friday-Sunday, August 24-26, 2007

Friday Itinerary: 4:00 p.m. - 7:00 p.m. Friday
7:00 p.m. - Hors d’oeuvres
Elk’s Lodge
700 Northeast Tenth Street
Pompano Beach, Florida 33060-5772

Saturday and Sunday Itinerary: 9:00 a.m. – 5:00 p.m. Saturday
1:00 p.m. – 5:00 p.m. Sunday
Sunview Park
Community Center Building
1500 Southwest 42nd Avenue
Plantation, FL 33317

Club Information-----

Tuesday, July 10, 2007, Board Meeting, General Membership Meeting, and Special Presentation: There will be a board meeting prior to the next general membership meeting. After the general membership meeting our club Vice President, Dione Houchins, has arranged an informative presentation to be given by Dr. Joyce Loeser. Dr. Loeser will discuss the work she does with injured animals at her rehabilitation center. In addition to the informative nature of this presentation, it should also be of special interest to our club members that participate in agility. The itinerary for this informative evening is as follows:

7:00 to 7:30 p.m.	Board meeting.
7:30 to 8:15 p.m.	General membership meeting.
8:15 to 9:00 p.m.	Presentation by Joyce Loeser, D.V.M.

Handling Seminar: See attached flyer for details, prices, locations, and registration form. Deadline for registration is August 17, 2007. Please pass the word to other individuals and clubs as this is an all-breed handling seminar.

2008 Back-to-Back Specialties: Plans for the club's next Back-to-Back Specialties are progressing, but many items are still not finalized. Tentatively, our specialty will be held Wednesday, March 5, 2008, at the South Florida Fair Grounds in West Palm Beach, Florida. Sweeps judge will be Colleen Andrus. Breed judges will be Robert Piccirillo and Stanley Saltzman. We are looking for volunteers for various positions. Is there a position that you can volunteer for?

Who Has What Available for Placement -----

The membership is invited to let the Newsletter Editor know if they have something available for placement—puppies or adults. This month . . .

Colleen Kessler of Simcos Shelties (954-463-4710) has available for placement two bi-black puppies; one girl and one boy born May 7, 2007. The sire and dam are: BPISS/BISS AKC/UKC CH Cameo Dreamchaser ex Simcos Queen of the Night. The sire is owned by club member Lorna Staab of Sta-A-Bit Shelties.

Members with New Litters on the Ground -----

The membership is invited to let the Newsletter Editor know if you have a new litter of puppies. This month one new litter was reported to the newsletter editor.

Dee and Walter Silverstein of Silver Trails Shelties (www.silvertrailsshelties.com) (561-753-3330) welcome the birth of a singleton sable and white girl born June 5, 2007. Feel free to visit her at: <http://silvertrailsshelties.com/NewArrivals5.html>.

The sire and dam are: A/C CH Ross Roi Foxbrook's Magnum, HT, ex Silver Trails Full Circle (Ptd.).

Meet a Club Member -----

As you may remember, last month I mentioned that I would be doing a series of interviews of the club's officers and directors. I am continuing this month with an interview of:

Dione Houchins, Club Vice President

Dione lives in Southwest Ranches with husband Bill, whom she married January 29, 2005. Although the "Raymar Shelties" and home renovations keep Dione busy, by profession she has been in the financial services industry for going on 35 years. Currently, she is a financial advisor with Janney Montgomery Scott in Fort Lauderdale and is a Certified Financial Planner (tm) Professional. She helps people attain and maintain financial assets through estate planning, financial and retirement planning, tax planning, and risk management. She is also a National Association of Securities Dealers arbitrator and usually adjudicates five or six cases per year.

When asked what first attracted her to shelties, Dione related that as a youngster, she read every Albert Payson Terhune collie book she could buy, beg, or borrow. Her grandfather's collie was her favorite playmate when she was little and her aunt likewise had a collie. However, when it came time for a selection of a dog for herself, Dione lived in a townhouse and collies would have been just too big. She had heard about the sheltie—"a pocket-sized collie"—and thus began her quest.

Her first sheltie was Buddy Biscay of Longacre and was acquired in 1981 when "Buddy" was a year old. She reminisces how "Buddy" was a beautiful mahogany sable, a Halstor's Peter Pumpkin grandson and related to the Astolat dogs on his dam's side. Although "Buddy" was very shy around other people, he was uncommonly smart and took to obedience with relish. Dione mentioned how you could show him something once and he never forgot it. He was off-lead distance trained and had many tricks up his sleeves.

"Buddy's" untimely death at age ten led her to buy her second sheltie, MacShayne of Biscayne. Dione points out that "Shane" was a 13-inch, prick-eared, snaggle-toothed, mahogany sable of Banchory breeding with rottweiler attitude and that soon the puppy was running her household. So, out of necessity, she began taking him to obedience classes. He excelled and soon Dione was teaching beginner obedience and Canine Good Citizen classes with "Shane"—the wonder demo dog. "Shane" finished his Novice A title in one weekend at the SSCSEF Specialty and two SDKC shows with two firsts and a second by the smallest of margins. "Shane's" shining moment was the Dog Obedience Clubs of Florida's trial when he tied for third in the individual standings out of 750 dogs with a 197 1/2. He lived to be 14—according to Dione, he was too mean to die.

Currently the “Raymar Shelties” household consists of eight shelties:

	Call Name	Registered Name	Age
1.)	“Duke”	O'Bare's Showcase Preview	13
2.)	“Boo”	Showcase Fashion Trend (4 pts.)	12
3.)	“Brienne”	Royl Marchwind Enchanted (all minor pts.)	11
4.)	“Venus”	Primo Treasure Love	9
5.)	“Twinkle”	CH Michon Bi the Stars	6
6.)	“Tuffy”	CH Loraine's Street Performance	6
7.)	“Wolfie”	Raymar Lone Wolf (all minor pts.)	3
8.)	“Bigfoot”	Primo Raymar Red Rocket	2

The titles that Dione is the most proud to have achieved are “Shane's” CD with high placements and “Tuffy's” conformation championship. “Tuffy's” conformation championship was achieved owner-handled with the exception of his second major. (See photo.)



When asked what words of wisdom from her mentors that have stuck with her and that she would like to share, she had several:

- 1.) Johanna Primeaux of Primo Shelties gave Dione the advice that: ‘You can have just one pet. All the rest have to have a job to earn their keep either as show dog, brood bitch, or stud dog. Otherwise, your numbers will get out of control.’
- 2.) Cheryl Anderson of Cherden Shelties says: ‘Breed to win and place at the National, not just for what is popular in your area.’
- 3.) Kathy Dziegiel of Kylene Shelties advises that: ‘To be truly competitive, you must acquire good brood bitches and breed them to the most appropriate dog in the country for your bitch. There is no sense in keeping stud dogs unless they are truly world beaters.’

Currently, Dione has several goals in regard to her shelties. Her immediate goals are:

- 1.) To finish “Wolfie's” championship;
- 2.) To breed “Bigfoot” to “Tuffy” to evaluate her attributes as a brood bitch;
- 3.) To breed “Twinkle” next time she comes in season; and
- 4.) To acquire a lovely female show puppy.

In addition to the American Shetland Sheepdog Association and the Shetland Sheepdog Club of Southeast Florida, Inc., Dione is also a member of two all-breed clubs – South Dade Kennel Club and Gold Coast Dog Club. Dione has been a club member of the Shetland Sheepdog Club of Southeast Florida, Inc., since the early 1990s and has served as a club officer five times, as well as serving on various

committees. This year, she is the club's Vice President. As Vice President, she is currently in charge of planning the arrangements for an August 2007 handling seminar with Rose Chandless. She also is hopeful to coerce some local veterinarians to come and talk about their specialties at future club meetings. When asked if there was anything that she would like to see the club accomplish this year, she expressed that she would like to see the club bring back some of the more fun events like the Sheltie Olympics and the weekend picnics.

Interesting Article -----

THE FIVE SUPPLEMENTS EVERY DOG NEEDS Part Two – Fish Oil (It's not Snake Oil)

By Douglas Knueven, D.V.M.

Fish oil is number two on my list of supplements that every dog needs, running a close second to a good, natural multi-vitamin/mineral supplement. I have seen almost miraculous responses when fish oil is added to the diets of health-challenged pets. To date, over 2,000 scientific studies tout the many benefits of this supplement and more studies are being published every year. The importance of fish oil for dogs will become obvious as we explore the chemistry and biology of fats.

Fat, grease, and oils are made of fatty acids just as meat is made of mostly proteins. Fatty acids are categorized by their chemical structure which dictates their effects on the body. Broadly speaking, all fatty acids are either saturated or unsaturated to various degrees. The saturation of the oil has to do with the number of hydrogen atoms attached to the main molecule. The more hydrogen atoms, the more saturation there is.

Essential fatty acids (EFAs) are unsaturated fatty acids that the body needs for health but cannot make on

its own. EFAs must be obtained in foods. The body needs EFAs to make and repair cell membranes. EFAs are involved with producing energy from food substances and moving that energy throughout the body. They govern growth, vitality, mental state, oxygen transfer, hemoglobin production and control the movement of nutrients through cell membranes. In short, EFAs play a part in almost every function of the body.

Omega-6s and Omega-3s are two types of EFAs. Omega-6 fatty acids are naturally found in grains, other plants, and animal-based fat sources such as poultry fat. The normal canine diet is rich in these oils.

Sources of Omega-3s include fish oils and flax seed oil. The most important Omega-3 fatty acids for dogs are docosahexaenoic acid (DHA) and eicosaenoic acid (EPA). Unlike humans, dogs lack the enzymes necessary to obtain DHA and EPA from flax seed oil so fish oil is the preferred supplement for obtaining Omega-3 fatty acids. Omega-3 fatty acids are sorely lacking in the vast majority of commercial pet foods.

As will be demonstrated below, a balance of Omega-6 to Omega-3 fatty acids is vital to health. Although the exact healthy ratio has not been conclusively determined, researchers believe that a five-to-one Omega-6 to

Omega-3 ratio is optimal. Alarmingly, many commercial pet foods may contain ratios of up to and above 50-to-1! This dietary imbalance is leading to many chronic health disturbances for our canine friends.

Fish Oil and Inflammation

The bodies of animals (people included) are set up with competing mechanisms that in the normal, healthy state keep the body in balance. These systems of homeostasis can be thought of as teeter-totters weighted equally on each side. The idea is that as the stresses of life shift the body chemistry, a gentle counterbalance can bring the organism back to normal.

One such teeter-totter system involves inflammation. There are, within the body, complicated chemical pathways that lead to inflammation (pro-inflammatory) and there are counterbalancing pathways that suppress inflammation (anti-inflammatory). In the healthy dog these mechanisms work together in harmony providing inflammation when needed (such as when trauma requires the cleanup up of destroyed tissue) and then turning the process off (as needed when the clean up is complete).

EAs play a key role in both the pro-inflammatory and anti-inflammatory pathways. Basically, the Omega-6 fatty acids weight the teeter-totter toward inflammation while the Omega-3s are anti-inflammatory. *Now* the significance of the dietary imbalance of Omega-6 to Omega-3 fatty acids becomes apparent. The typical, commercial dog food promotes inflammation throughout the body of the dog. Research indicates two specific areas of importance of the pro-inflammatory effects of pet foods.

The first area is the skin. The skin is the largest organ of the body and in dogs it is the usual place where allergies manifest. Allergies are simply a manifestation of inflammation and are promoted by an inflammatory system that is out of balance. From my clinical experience I can see that our pets are plagued with allergies these days. There is no doubt that this problem is diet related. Recent research has shown that 45% of dogs with inhalant allergies had a good to excellent response to simply changing the diet to one with an Omega-6 to Omega-3 ratio of five-to-one.

The second area of the body influenced by the dietary imbalance of EAs is the joints. Many of our dogs suffer from arthritis and this problem seems to be affecting younger and younger canines. Arthritis is merely an inflammation of the joints. This condition can be predisposed by many factors such as conformation – as is the case with hip dysplasia, or trauma. But, research indicates that the lack of dietary Omega-3 fatty acids plays a roll as well. Studies have shown that adding fish oil to the diet can reduce the stiffness, pain and inflammation associated with this debilitating disease. Considering what we know about the pro-inflammatory effects of our unbalanced pet foods, it follows that supplementing fish oil can prevent or reduce the development of arthritis in the first place.

Fish Oil and Cancer

Cancer is the leading cause of death in older cats and dogs. One of the most important areas of research involving the fatty acids found in fish oil (DHA and EPA) is how their supplementation can aid with cancer. According to recent research, adding fish oil to the

diet increases the survival time of cancer patients by 30%-50%. It also causes longer periods of remission for cancer patients undergoing chemotherapy and it counteracts the metabolic changes that cancer can cause, such as the characteristic wasting. The study concludes that "the omega-3 fatty acids found in fish oil are probably the most important nutrients to consider for dogs with cancer."

A closer look at cancer shows that pets produce cancer cells every day. The reason all our pets do not die of cancer is because those with a healthy immune system eliminate the abnormal cells before they get out of control. It makes sense that we should do all we can to balance the scales in favor of eradicating the cancer cells. Providing fish oil in the diets of healthy pets can help to achieve this goal.

Fish Oil and Cognitive Function

In part one of this article, I summarized a study showing that supplementing fish oil in the diets of pregnant females and their offspring doubled the learning ability of those puppies. This is no doubt because five percent of the brain is made of DHA. If we do not provide the building materials, then the body cannot construct a normally functioning brain.

Research in people, that I think translates to pets, also shows that high dietary intake of fish oil can help with depression and Alzheimer's disease, and can reduce the risk of strokes caused by blood clots. Omega-3s have even been shown to improve schizophrenia and attention deficit/hyperactivity disorders so it may not be too late for your neurotic Boarder Collie.

Other Health Benefits

There seems to be no end to the research-proven benefits of Omega-3 EFAs. Obese people tend to achieve better control over their blood glucose and cholesterol levels. Diabetics benefit by lowering their triglyceride levels and raising their HDL (good cholesterol) levels. Those suffering from asthma and inflammatory bowel disease profit as well. The bottom line is that all pets and people need more Omega-3 fatty acids in their diets.

Conclusion

Because of the recent research on EFAs, some pet food companies are supplementing certain select diets with fish oil. This is a step in the right direction. The effectiveness of this new development is questionable though because due to their chemical structure, EFA's are inherently unstable and reactive. This means that they easily oxidize (go rancid).

In fact, EFAs are rendered useless by exposure to heat, light and air. So, even if there are plenty of EFAs in the food to begin with, and it withstands processing and sitting around on the store shelf, as soon as you open the bag and expose the food to air, the EFAs begin to deactivate. For this reason, I prefer that my patients be supplemented with fish oil that can be properly stored and applied to the food, fresh with each meal.

It is important to carefully research any fish oil supplement to see how it is harvested, packaged, preserved and tested. To maintain the integrity of the EFAs the oil must be processed with as little exposure to heat, air and light as possible. Also, because fish can be a source of mercury and other toxins, it is imperative that the fish used come

from unpolluted waters and that testing is done on the oil to ensure purity.

My fish oil supplement of choice is *Grizzly Salmon Oil*. This supplement meets the above requirements and has stood the test of time, helping many patients at my office regain health. I am sure there are other fish oil supplements that are good as well and your local veterinarian may have another brand that she prefers.

I do have one caution regarding cod liver oil. Although this form of fish oil is a rich source of the same Omega-3 EFAs as found in fish oil, it also can contain high levels of vitamin D, depending on the brand. Vitamin D is provided adequately in commercial pet foods and it is possible to create a toxicity by over-supplementing this nutrient. For this reason, I prefer to stick with fish oil.

The dose of Grizzly Salmon Oil is marked on the bottle. This is good for the average pet but I will sometimes work up to twice that dose for cancer patients. For those supplementing with fish oil capsules, I would recommend giving one capsule per 20 pounds for normal supplementation and one per 10 pounds for pets with cancer.

There are two rare problems associated with supplementing fish oil, especially

at the higher doses. If your pet is prone to pancreatitis (a disease that causes the pancreas to over-respond to dietary fat), then adding fish oil to the diet could aggravate the condition. The other problem that occasionally happens is that the extra oils in the diet can cause diarrhea. To minimize these issues, if your pet has a tendency toward GI troubles, then it is best to start at a low dose and gradually work your dog up to the desired level.

Now my list of the five supplements every dog needs is complete. Remember to supplement the diet on a daily basis with a natural multivitamin/mineral such as *Canine Whole Body Support*, fish oil, digestive enzymes such as *Prozyme*, and glucosamine/chondroitin such as *Glycoflex*. Periodically rebalance your dog's GI tract with a good probiotic such as *Acetylator*. A small, regular investment in your dog's nutrition will be rewarded with years of health and excellent performance.

[Editor's Note: This article was reprinted with the permission of: Dr. Douglas Knueven. His website and E-mail address are: www.BeaverAnimalClinic.com and dougknueven@comcast.net.]

General Membership Meeting Minutes -----

MINUTES OF THE MONTHLY MEETING Home of Dione Houchins Southwest Ranches, Florida June 12, 2007

President Hector Hector called the meeting to order at 7:55 p.m. at the home of Dione Houchins in Southwest Ranches, Fl., on Tuesday, May 8, 2007. Quorum was not present so no official club business was conducted. In addition to the President,

members present included Bonny Thatcher, Dione Houchins, Holly Potts, Colleen Kessler and Meredith Hector. Guest and prospective Debbie Candarelli was also in attendance.

No changes or corrections to the May 2007 meeting minutes were suggested.

Officer Reports

President – Rather than a report, Hector raised the issue of group activities and member participation. Holly noted that the club has resources but that events can't happen without support and participation by the membership. Holly as well as Colleen strongly endorsed Dione's educational programming efforts (beginning tonight with a presentation by Jeanette Jordan, President of the South Florida SPCA). The entire group strongly desires regular educational events at the monthly meetings and is hopeful that such activities will bring greater reward to members.

The group discussed events like the Olympics and the awards banquet that have been historically popular but which have had to be cancelled or postponed in recent years due to lack of support and/or manpower. Such activities need to be reviewed with fresh attitudes and need to be championed by a member or members who can objectively review the issues, propose solutions and solicit the assistance they need to succeed (all of which takes time and energy that other members who are not doing or assisting need to appreciate and respect).

Hector asked that members contact him by phone or email if they wish to volunteer for a project or activity or if they have questions or concerns that they aren't comfortable raising within a group setting.

Vice President – Dione provided an update on the "Winslow Way" handling seminar with Rose Chandless. It will now take place August 24th-26th at the Elks Lodge in Pompano Beach and Sunview Park in Plantation. The three day plan is as follows:

Day 1: Kick-off (Elks Lodge) - A session with handlers but no dogs followed by a social/happy hour complete with hors d'ouvres and cocktails. (4:00-7:00 p.m.)

Day 2: Intensive hand-on (Sunview Park) – An all day session with dogs. Breakfast and lunch will be provided. (9:00 a.m. -5:00 p.m.)

Day 3: Match – Put your lessons to practice and vie with your fellow classmates for bragging rights in a variety of fun handling competition categories. Beverages and snacks provided. (1:00 -4:00 p.m.)

Dione suggested a rate of \$75 for club members and \$85 for non-club members for all 3 days. \$60 for members and \$70 for non-members for Saturday and Sunday only

Secretary – Meredith reported that she had not received any correspondence. She did reach the individuals elected by the membership to judge our 2008 specialty shows and received verbal agreements from Bob Piccirillo and Stanley Saltzman. Letters of agreement were mailed to each of them to sign and return.

Treasurer –Beth was ill – no report was available.

Committee Reports

Breeder referral - Maryann was unable to attend but provided Meredith with her report. She received 1 call from a person looking for stud service, 3 emails from Tampa, Sarasota and Broward and 5 phone calls (2 from South Fl and 3 from out of area).

Sunshine – Maryann sent a get well card for David Jensen.

Newsletter – No report.

Web site - None

Old Business

2008 specialty – Dione will contact Colleen Andrus regarding sweeps judging. Once she has been contacted, Meredith will send an agreement letter. Additionally, the club needs a member to serve as Show Chair. We still have yet to identify a willing volunteer for this important job. Holly asked Meredith to send her the a description of the show chair duties for publication in the next newsletter.

Next Meeting

The July meeting will be held on Tuesday the 10th, hopefully at the clinic of Dr. Joyce Loeser in Davie.

At 8:15 p.m., with no further business, Hector closed the meeting and turned it over to Dione for an educational program with special guest Jeanette Jordan, President of the South Florida SPCA

Respectfully submitted,
Meredith Hector
secretary

BRAGS

Debbie bragged that she earned her rally novice title.

ALL activities indoors with A/C!!



The Shetland Sheepdog Club of Southeast Florida is pleased to announce

“The Winslow Way”

August 24-26, 2007

**AN ALL-BREED HANDLING SEMINAR BY ROSE CHANDLESS
(Winslow-Summit shelties)**

Friday, August 24, 4:00-7:00 p.m.

(Elks Lodge, 700 N. E. 10th St. , Pompano Beach, FL 33060)

This important kick-off session will involve handlers but **no dogs** and will be followed by a social/happy hour complete with hors d'ouvres and drinks.

Saturday, August 25, 9:00 a.m. –5:00 p.m.

(Sunview Park, 1500 S.W. 42nd Ave Plantation, FL 33317)

An intensive, hands-on, day long session with dogs. Breakfast and lunch will be provided.

Sunday, August 26, 1:00–4:00 p.m.

(Sunview Park, 1500 S.W. 42nd Ave Plantation, FL 33317)

A fun match where you'll have the opportunity to put your newly acquired handling skills to the test. You'll vie with your fellow classmates for bragging rights in a variety of fun competition categories. Beverages and snacks will be provided.

Seminar fees:

- **ALL 3 DAYS**—just \$75 for club members and \$85 for non-club members
- **Saturday and Sunday only** - \$60 for members and \$70 for non-members

Participants should bring dog, crate, water bowl, fine chain show collar, loop leash (no snap) and a chair.

Questions? Please contact Dione Houchins, SSCSEF Vice President, at 954-434-7947 or RaymarSS@aol.com

REGISTRATION FORM—DEADLINE AUGUST 17TH

mail form and payment (payable to SSCSEF) to Meredith Hector, 1100 SW 128 Drive, Davie, FL 33325

NAME: _____ PHONE: _____

ADDRESS: _____

SEMINAR CHOICE: Full 2 day only (circle one) PAYMENT: _____