

YOU deserve thanks!

How can I ever thank all of you Sheltie fanciers who have taken the time to write the most positive and encouraging e-mail messages to me...regarding my semi-retirement! I am so pleased that you shared how much the "Pacesetter" magazine has contributed to you and to your Shelties.

Special thanks to each and everyone of you who acknowledged my contributions in making *Sheltie Pacesetter* a magazine "before its time" (as some of you have labeled this magazine), also that you said it steadfastly continued to reflect the highest-quality available and that the "Pacesetter" always maintained its integrity.

Your kind words have touched my heart, especially with so many of you telling me that you consider me as a cherished friend. This means more to me than you will ever know! I am so blessed and I am truly grateful to consider each one of you as a friend.

Thank YOU!
Nancy Lee

Sheltie Clubs –

If you would like a donation of *Sheltie Pacesetter's* back issues for your Specialty raffle, contact Nancy Lee at s.pacesetter@sheltie.com.

The "Sheltie Pacesetter" magazine and Eilene White

Recently we received a request from Eilene asking us to further clarify the differences between what she is handling versus what Nancy Lee is handling.

HERE'S THE SCOOP –

The new owner of the "*Sheltie Pacesetter*" magazine is Eilene White and the new website for her magazine is www.SheltiePacesetter.net.

Nancy Lee Cathcart is now semi-retired in that she retained and will continue to handle the following:

1. "*Trade Secrets*" books –
visit www.sheltie.com for details;
2. "*Sheltie Pacesetter's*" back issues
(from Nov./Dec. 1983 through SUMMER 2012) –
visit www.sheltie.com for information
and...also see our "**BLOW OUT SALE**" offer;
3. *Sheltie Newsletter – "The Telegram"*
(this free monthly newsletter) –

You are encouraged to e-mail any timely announcements, information, warnings, etc. directly to Nancy Lee at:

s.pacesetter@sheltie.com. □

Upcoming Specialties *Printed for free...just e-mail us your information!*

Three Rivers SSC of Greater Pittsburgh — February 2, 2013

Washington, PA
Breed: Linda C. More
Sweepstakes: Terry Jennings
Obedience and Rally: Jeff Showman
All-Breed Obedience: Janet Lewis

Clantyre Show Secretary Services —

Rhonda Toren, 5474 Delphinium Ct. Columbia, MD 21045
(410) 997-3698

Three Rivers SSC of Greater Pittsburgh — February 3, 2013

Washington, PA
Breed: Nan Bodine
Sweepstakes: Nancy Glabicki
Obedience: Janet Lewis
Rally: Jeff Showman

Clantyre Show Secretary Services —

Rhonda Toren, 5474 Delphinium Ct. Columbia, MD 21045
(410) 997-3698

ASSA National Specialty — April 20-27, 2013

Linn County Fair & Expo Center, West Albany, OR
Breed: Marjorie Tuff
Dogs: Jo Virden
Bitches: Yvonne DeFreitas
Futurity: Judy Decker
Jr. Showmanship: TBA
Obedience (*pending AKC approval*)—
Open A, Utility B, Veterans: Suzi Bluford
Novice A, Open B, Utility A: Carol Callahan
Novice B, Beginner Novice A, Beginner Novice B:
Lori Drouin
Rally (*pending AKC approval*)—
Novice A and B, Advanced A and B,
Excellent A and B: Pamela Weaver



Thanksgiving Tips For Your Pets

Ahhh, the aroma of a fresh, mouth-watering, roasting turkey in the oven, Mom's cornbread stuffing cooling on the counter, sweet, spicy pumpkin pie tempting your passions. But don't forget the happy, little furry-feet, following your every move!

Yep, its Thanksgiving! A time to be thankful for all we have, for those around us we love, including our canine friends. Many people share the family feast with their dog in an offering of thanks and love. While this is an innocent and seemingly gracious and loving gesture, the truth is, it's more loving not to share your holiday meals with your dog. While it may seem that a little bit of turkey skin here and a little bit of stuffing there wouldn't hurt, we know how quickly the pounds can add up over the holiday season.

The same rules that apply to us apply to our pets. A diet high in fat and being overweight is very unhealthy for them.

Pancreatitis is just one of the problems that occur with a high fat and unhealthy diet. The "typical" pancreatitis victim is middle-aged or older and overweight. It's common in both sexes, and very often the family has just had a party or a big holiday meal when this disease strikes. So, if your pet is often one that gets a table scrap here, a potato chip there, extra caution should be taken, as his possibility for an acute pancreatitis attack could already be high. However this doesn't give you permission to indulge him if it's "just this once" or "just for the holiday." Things can turn bad quickly and with the hustle and bustle of the holidays; you may not be as alert to the first symptoms, or may pass them off as just nerves, stress or having a little too much turkey or all the family at the home for the holiday.

The pancreas produces digestive enzymes that break down food so the body can digest it. These enzymes are carefully handled by the pancreas in order to prevent them from damaging the pancreas itself or surrounding tissue. If they break down for

any reason, the result is leakage of enzymes, which damage the pancreas and any surrounding tissue they reach. This breakdown is called pancreatitis. Symptoms include loss of appetite, severe and frequent vomiting, diarrhea that may contain blood, reluctance to walk, weakness, pain, crying, restlessness, irritability, or refusing to eat. Many people know their dog is sick, but may be confused as to whether or not it's serious because of a lack of symptoms or symptoms being vague and mild.

Pancreatitis may occur only once in a dog's life or it can become chronic, a condition that returns over and over again. It can quickly become fatal or just be a mild attack of pain that is over in a few hours or a day or so. It can cause serious side effects including shock, blood clotting disorders, heart arrhythmias and liver or kidney damage. So if your pet exhibits ANY of these signs, even if mild at first, get him to your vet immediately! Of course with it being a holiday, many animal clinics may be closed—another VERY valid reason to not be so sharing with your pets this Thanksgiving. And just in case, make sure you have an emergency number for your vet or the emergency vet clinic number handy for when your vet's office is closed.

Make sure your pet has no access to any food left on the counters or tables when no one is around. After you're done cleaning up the kitchen, make sure you take the garbage out and dispose of it in a secure place where no pets can get into it. Even the best behaved, well trained pets may be too tempted with turkey bones, the string that tied the turkey legs together, and what little of what was left of Mom's stuffing in the trash.

Other Holiday Food Dangers

Besides table scraps being dangerous to your pets because of the high-fat in some of them, there are still other reasons to not share your holiday feast with pets. Cooked turkey, duck, geese and other bird bones are dangerous to your pet. They are hollow and break and splinter easily. Also, because they are so easily breakable, dogs usually won't chew them thoroughly. The results are sharp pieces that can choke the dog or block, tear the intestines. A pet that has a bone or fragment of one lodged in his intestine may not even show symptoms for

a few days. When they do occur they may include loss of appetite, depression, vomiting, or diarrhea. Sometimes the bone will pass by itself; other times it may need to be surgically removed. So make sure all leftovers are thrown away and out of your pets' reach.

Chocolate and your dog

Yet another danger to dogs is chocolate. It contains a xanthine compound called theobromine. Theobromine is highest in dark chocolate, but even milk chocolate contains theobromine. Chocolate can be fatal to your dog! Bowls of candy, or pieces dropped by guests or children, may go unnoticed by you for hours, but pose a real risk to your pets.

Bloat is a medical emergency!

One last word of caution on holiday meals and your pet is "bloat." Bloat is a gastric condition that can be deadly and is an EMERGENCY for you and your dog. Bloat is most commonly caused by too much gas or fluid in the stomach. This gas can extend the stomach causing gastric dilation. If the stomach partially rotates it is called gastric torsion. If it fully rotates its called gastric volvulus. Each can be a life threatening problem. Usually, large, deep-chested dogs are the victims, but it has occurred in some smaller breeds and puppies that have been allowed to eat too fast. While the causes of bloat are varied, gulping of food and water, a common behavior at excitable times when yummy treats are given and then exercise, such as the excitability and playfulness a lot of pets experience during busy times like holidays and family gatherings, may be a serious threat to a lot of pets.

Bloat is a deadly condition that gives you a very limited amount of time to act. Symptoms include abdominal distention, salivating, retching, restlessness, depression, lethargy, anorexia, weakness, or a rapid heart rate. Any of these symptoms, even if mild at first, should IMMEDIATELY be attended to by your vet. The stages and manifestations of this condition can happen rapidly once started, so no time should be wasted in seeking advice and care, even if there is a little doubt. Things to avoid are not allowing your pet to overeat, even his own food. Instead of one or two large meals a day, try three or four smaller meals. Do not feed your pet at high excitability times, or when

("Thanksgiving Tips For Your Pets"
continued on the next page) ↓

Certain foods and household products can be dangerous to dogs!

It's only natural for dogs to be curious. But their curiosity can get them into trouble when they get into areas where you store household items such as medicine and detergents. Many common household items that you use everyday can be harmful, and sometimes even lethal, to your dog.

Foods that are harmful to your dog:

May cause vomiting, abdominal pain and/or diarrhea:

Wild cherry
Almond
Apricot
Balsam Pear
Japanese Plum

May cause varied reactions:

Yeast dough
Coffee grounds
Macadamia nuts
Tomato and potato leaves and stems
Avocados
Onions and onion powder
Grapes
Raisins
Chocolate
Pear and peach kernels
Mushrooms (if also toxic to humans)
Rhubarb
Spinach
Alcohol



Common household items that are harmful to your dog:

Acetaminophen
Antifreeze and other car fluids
Bleach and cleaning fluids
Boric acid
Deodorants
Deodorizers
Detergents
De-icing salts
Disinfectants
Drain cleaners
Furniture polish
Gasoline
Hair colorings
Weed killers
Insecticides
Kerosene
Matches
Mothballs
Nail polish and remover
Paint
Prescription and non-prescription medicine
Rat poison
Rubbing alcohol
Shoe polish
Sleeping pills
Snail or slug bait
Turpentine
Windshield-wiper fluid



Symptoms of possible poisoning are: vomiting, diarrhea, difficult breathing, abnormal urine (color, aroma or odor, frequency, etc.), salivation, weakness. If your dog should ingest harmful chemicals, contact a veterinarian or poison control center immediately.



www.akc.org

("Thanksgiving Tips For Your Pets" continued from the previous page)

he's nervous, such as when you have a house full of company. Many dogs will gulp down their food as a "defense" to keep these "strange intruders" out of it. Calm your dog and feed him at quiet times of

the day. Do not allow vigorous exercise before or after your pet has eaten.

Be careful with your pets this holiday season, and be truly thankful for them by keeping them healthy!

— Special thanks to Dynamic Dog Training for this information.

www.Dynamicdts.com □

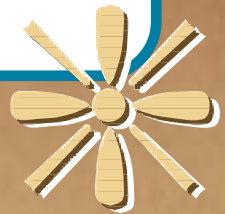


Nancy Lee will continue creating the "Trade Secrets" book,
this free monthly newsletter... "The Telegram"
and the following (on our website):



Visit our secure website
(www.sheltie.com) for:

- *"Trade Secrets" book*
(the pre-publication price is still available!)
- *"Sheltie Pacesetter" back issues*
(November/December 1983 through SUMMER 2012)
— Also see our "BLOW OUT SALE" for many back issues!
- *"The Telegram"* (view previous monthly Sheltie newsletters)
*Please feel free to download, print and share
any of these informative newsletters.*



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260-434-1566 (Monday — Friday, 9 until 4, Eastern time)

This timely newsletter is being sent out for FREE to Sheltie fanciers who requested more up-to-date information for Shelties and their activities. Past newsletters are posted on our secure website (www.sheltie.com) under "The Telegram." E-mail us timely articles, announcements and warnings which you think should be shared among other Sheltie folks.