

## Pet Safety: Be Prepared With a Pet First Aid Kit

Dogs and cats are more than pets...they're family. They look to us to be cared for and protected. Just like people, accidents and emergencies can happen to animals, so being prepared could make a lifesaving difference.

Emergencies can occur suddenly and without warning. Knowing what to do in the initial moments can be critical to your pet's life. By having a pet first aid kit, pet owners can be equipped when the unthinkable happens. Every pet parent should have a first aid kit for their pet in his or her home and in their car. Pet first aid kits are available or a human first aid kit can be used and then supplemented with pet specific supplies.

Designed for animal care, a standard pet first aid kit contains:

- Pet First Aid Book
- Nylon leash
- A muslin sling bandage
- Muzzle or strips of cloth to prevent biting (as long as pet is not vomiting, choking, coughing or otherwise having difficulty breathing)
- Adhesive tape
- Antiseptic wipes
- Bandages
- Scissors
- Hydrogen peroxide
- Tongue depressor

- Tweezers
- Antibiotic ointment
- Alcohol prep pads
- Latex gloves
- Rectal thermometer
- Eye wash solution
- Instant cold pack
- Rescue blanket
- Diphenhydramine (Benadryl®)—if approved by a veterinarian for allergic reactions. Vet must specify correct dosage for your pet's size.

• List of emergency phone numbers including those for your pet's veterinarian, an after hour's emergency veterinary hospital and the National Animal Poison Control Center (1-888-426-4435).

Once you have a pet first aid kit, it's a good idea to include for each pet:

- Copies of their vaccine records
- Copies of their medical records
- Current photos of your pet

Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their well-being. Make pet safety a priority.

Sherry Burdick  
TripsWithPets.com  
919-249-PETS (7387)

## K9 Fitness and Weight Loss Camp Fights Rising Pet Obesity

### New Year's Resolutions Camp Jump Starts a Healthy 2013 for Canines

To help combat rising pet obesity epidemic, Morris Animal Inn offers canine fitness and weight loss camp.

If getting fit, losing weight and reducing stress are on your New Year's resolutions list, consider the same for your four-legged best friend. Pet obesity is on the rise in the U.S., and the Morris Animal Inn luxury pet spa and resort is making sure committed canines have the same opportunity to

get healthy with its "Canine Cardio Fit and Spa" retreat.

More than half of all dogs and cats in the U.S. are considered overweight or obese, according to the Association for Pet Obesity Prevention. An estimated 41 million dogs tip the scales as overweight or obese, a condition that can negatively impact canine health.

The Morris Animal Inn (www.morrisanimalinn.com), a luxury pet spa and

resort, has designed "Canine Cardio Fit and Spa" retreat to jump start a healthier year for canine companions. The program is designed to keep dogs active, stimulated and stress-free with treadmill trots, aerobic swim sessions in the indoor pool, nature hikes, "Doga" and "Pawlates," pampering massages, nutritious homemade treats, and more.

(continued on next page)



## Upcoming Specialties — Printed for free...just e-mail us your information

**Chicagoland SSC Specialty & Rally** — February 2, 2013  
<http://www.facebook.com/events/425014957568402/?ref=2>

**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  
Event Secretary — 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  
Event Secretary — Clantyre Show Secretary Services  
Rhonda Toren, 5474 Delphinium Ct. Columbia, MD 21045  
(410) 997-3698

**SSC of Austin** — March 2 and 3, 2013  
Austin Canine Central,  
5402 Middle Fiskville Road, Austin, TX 78751, 512-458-8800  
Show Secretary: Mary Charron  
visserm@southwestern.edu, 512/869-8582  
www.shetlandsheepdog.org

**Potomac Valley SSC, Inc.** — March 9 and 10, 2013  
Catoctin Kennel Club Training Facility  
4016 Rock Hall Rd, Point of Rocks, MD 21777  
Saturday — March 9, 2013  
Beginner Puppy, Jr. Showmanship and Conformation:  
Melanie Williams  
Sweepstakes: Nancy Everett

Sunday — March 10, 2013  
Beginner Puppy, Jr. Showmanship and Conformation:  
Larry Brunner  
Sweepstakes: Jeanne McNally  
Show Chairman: Ken Stanley  
www.PotomacValleySSC.com, stanktwo@gmail.com, 703-281-1191

**Interlocking SSC of Monee** — April 6, 2013  
Stone City KC Building  
13606 W. Laraway Rd., New Lenox, IL 60451  
Saturday AM show —  
Conformation: Jan Haderlie  
Sweepstakes: Bob Olsen  
Obedience: Joe Heidinger  
Saturday PM show —  
Conformation: Rosemary Petter  
Sweepstakes: Michael Carlucci  
Show Chairman: Judy Nelson  
2113 Linden Ave., Madison, WI 53704  
608-467-8665, jnelson914@att.net

**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

*("Kg Fitness and Weight Loss Camp Fights Rising Pet Obesity" continued from previous page)*

"Canine Cardio Resolutions Camp is an active spa retreat rather than a doggie boot camp, but it does help dogs trim down and get healthier," said Joanne Morris, vice president of Morris Animal Inn. "Camp is a positive experience because dogs are happiest when they're active and stimulated so they actually have fun working out and enjoy our relaxing spa services."

Program offerings will be individually tailored to meet the particular needs of each dog, with some sessions overseen by a personal trainer and others offered in a group setting.

Morris Animal Inn recently underwent a multi-million dollar renovation and expansion. The state-of-the-art facility has doubled in size and offers a heated indoor pool, whirlpool, pet suites with soothing music and videos, skylights, indoor and outdoor play areas, pampering and activities packages, daily maid and room service, Happy Hour with homemade pet treats, tuck-in service and more.

Located on a quiet country lane with over 12 acres, the new facility was designed to provide for both the comfort and safety of all pet guests. Morris Animal Inn is climate-controlled with purified air, smoke and sprin-

kler systems, back-up generators, 24-hour surveillance cameras and the capability for daily floor-to-ceiling sanitizing for the cleanest environment. Perimeter fencing encloses the facility.

Highlights of Resolutions Camp will include: Treadmill Trots, Downward Dog "Doga," Swim Sessions, Paw-sitive "Paw-lates," Doggie Play Sessions, Nature Trail Hikes and Pampering Massage.

Reservations for the "Canine Cardio Fit and Spa" retreat are \$49 per day or \$199 for the week and must be made in advance by calling 973-539-0377 ext. 5. For information, visit [www.morrisanimalinn.com](http://www.morrisanimalinn.com). □



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— Also see our "BLOW OUT SALE" for many back issues!
- **"The Telegram"** (previous monthly Sheltie newsletters)  
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any of these informative newsletters.*

Nancy Lee Cathcart —

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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](http://www.sheltie.com)) under "Sheltie Newsletter." E-mail us timely articles, announcements and warnings which you think should be shared among other Sheltie folks.*