

Outings At Dog-Friendly Beaches

With the weather heating up, it's time to start checking out some dog-friendly beaches with your four-legged friend! For most dogs, getting to run around in the sand, dip into the waves and fetch balls out of the water is the best day ever. Here are some tips to ensure that you and your dog have a fun and safe beach experience:

First Things First

Check with your local beaches *before* you pack up the dog, since not all beaches allow them. Depending on the time of year, some beaches allow dogs during the off-season, but summer is a different story. Call ahead or visit the beach's website for information. It's also important if you can bring your dog, to find out whether or not they need to be on leash or if they can roam free. Bring a long leash no matter what, but know ahead of time if there will be an area where a leash isn't necessary. If they don't need to have a leash, only let them be without it if you know for an absolute fact that they will respond to your voice commands. Other dogs, people, certain scents, birds, etc. may catch their attention and cause them to tune you out, which could be a recipe for disaster (no one wants a dog fight). Some people on the beach (as well as easily frightened children) will be less dog-friendly than others, so be mindful of who your dog might be approaching to avoid any sort of snafu.

Never, EVER leave your dog unattended. Even the most well-trained dog can get distracted. Pay extra special attention to your surroundings and any potential situations that may cause your dog to wander or run off. Follow ALL of the rules set by the beach. You don't want to be the reason that dogs aren't allowed at that particular beach anymore.

Pro-Swimmer or Doggie Swim Vest?

If you want to bring your dog to the beach, you probably have a good idea that your furry friend loves to swim. If this is the first time your dog will be swimming, you may want to read up on his breed just to be sure. For example, Sharpeis

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And...if you already have placed an order with us and have moved since ordering this new book, please e-mail me (s.pacesetter@sheltie.com) your current physical mailing address—as I want to be sure I mail your pre-ordered book to your correct address.

This new "Trade Secrets" book will cover the helpful hints which were printed in the *Sheltie Pacesetter* magazines—**beginning with the Charter issue in 1977 and through the SUMMER 2012!**

— Nancy Lee

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tend to be afraid of water. Obviously there are exceptions to the rule, but finding out if swimming is characteristic of the breed will be a good indicator of how enthusiastic (or timid) they might be. Then you bring your dog to the water. Then if he isn't diving right in, take it slowly. Don't force your dog to go in. He may feel more comfortable if you head in first and call him into the water. If you're nervous or unsure, purchasing a dog life vest to bring with you would be a safe bet.

Be Wary of Temperature Extremes

Depending on where you are in the country, summer at the beach can bring about two extremes: heat from the sun and a cold, cold ocean. Pay attention to how your dog is acting and responding while he's with you throughout the day, since there could be the potential of either heat stroke or hypothermia (if he's been swimming his little heart out).

Some signs of heat stroke in a dog include: rapid panting, bright red tongue, thick, sticky saliva, weakness, vomiting and/or diarrhea.

If you think that your dog has heat stroke while you're at the beach, take the following actions immediately. Move

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your pet into the shade and apply cool (not cold) water all over his body to gradually lower his temperature. Apply ice packs or cool towels to your pet’s head, neck and chest *only*. Allow your dog to drink small amounts of cool water or lick ice cubes. Then...take him to the nearest vet.

Some signs of hypothermia in a dog include: lethargy, weakness, shivering, muscle stiffness, difficulty breathing, fixed and/or dilated pupils.

If you think that your dog has hypothermia while you’re at the beach, take the following actions *immediately*. Wrap your dog in towels and blankets that have been warmed by the sun. Bring extra fresh water in bottles and leave them out in the sun as this warm water can be applied to your dog to bring his body temperature back up. If your dog has still not stopped shivering and has continued lethargy, bring him to the nearest vet.

As much as we wish, our dogs can’t tell us when they’re in pain and not feeling good. The above lists are certainly not all-inclusive, so if you notice anything out of the ordinary with your dog’s behavior, get him out of the elements immediately.

A few ways to prevent heat stroke is to bring lots of fresh, cool water that they can drink. A spray bottle with cool water that you can spray him down with will also help in temperature regulation. A bonus of having fresh water with you is that you can also clean the sand and salt water from his paws, which can cause irritation and dry out those sensitive pads. Also, since you can’t guarantee that you will have access to a shady area, bring an umbrella that he can hang out under.

To make sure that hypothermia doesn’t strike, bring lots of towels that you can snuggle him in and remove the excess cold salt water. Not only can this warm him up quicker, it also helps in removing the sand and salt water from his fur so he won’t be in danger of shaking off on someone else.

The Do’s and Don’t’s of the Beach

There are hundreds of beaches in the USA and Canada that allow dogs, but compared to the number of beaches there are, this is a small percentage. Many beaches allowed dogs at one time, but due to careless owners, had to put a stop to canine patrons. Follow these rules (in addition to the beach’s rules), and you’ll make sure that you can bring Fido back as many times as he likes.

Dog Beach Don’t’s:

Don’t let your dogs go into areas on the beach where they’re not allowed. Dunes and grassy areas need to be protected from any sort of environmental damage that a dog might cause.

Don’t let your dog out of your site. Not even once. Paying attention and being proactive will go a long way in protecting you and your dog. The last thing you want is to be sued for a dog fight or by someone that had a run-in with your dog.

Don’t forget to bring the leash, beach towels, umbrella,

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fresh water, and doggie sunscreen (yes, you can actually get sunscreen specifically made for dogs).

Don’t leave a mess behind! Don’t count on the beach supplying waste bags, so bring your own and be diligent about cleaning up. No one wants to find a surprise just laying on the beach or buried in the sand.

Do make sure your dog’s vaccinations are current and that he’s wearing the proper ID. Keep your vet’s number on hand just in case something happens.

Do check the ocean for jellyfish and stingrays. A sting to your dog will be sure to ruin both his and your experience.

Do set a time limit for your beach trip. A couple hours might be just the right amount of time at the beach, depending on your dog’s activity level. At the first sign of your dog tiring, pack it up and get back on the road.

Do bring toys and balls to throw and find sticks to fetch. This is exactly why you are both there—to HAVE FUN!

We can help you find dog-friendly beaches. Whether you’re going on a trip or a stay-cation, finding a beach where you can bring your dog this summer will be a great bonding experience for your dog and your family. Get out there and soak up that fresh sea air—your pooch will be forever grateful for all the fun!

About TripsWithPets.com—TripsWithPets.com is the #1 online resource for pet travel. It was named BEST pet travel site by Consumer Reports! TripsWithPets.com offers resources to ensure pets are welcome, happy, and safe when traveling. The website features a directory of pet friendly hotels and accommodations across the U.S. and Canada, airline and car rental pet policies, pet friendly restaurants and beaches, search by route, pet travel tips, pet travel supplies, along with other pet travel resources. □

2013 TOP 10 PET-FRIENDLY USA BEACHES

- #1. Cape San Blas, Florida
- #2. Fort DeSoto Beach, Florida
- #3. Del Mar Beach San Diego, California
- #4. Fort Funston State Park, California
- #5. Sleeping Bear Dunes National Lakeshore, Michigan
- #6. Huntington Beach, California
- #7. Dog Friendly Cannon Beach, Oregon
- #8. Nags Head, North Carolina
- #9. Anne’s Beach on Lower Matecumbe Key in the Florida Keys, Florida
- #10. Dog Beach - Key West, Florida

Honorable Mention—

- Montrose Dog Beach - Chicago, Illinois
First Landing State Park - Chesapeake Bay, Virginia □

HELPFUL HINTS FOR EVERYONE—

Most people are watching their dollars and working off a budget to make ends meet. Many are also now looking for natural alternatives to live a more wholesome and chemical free life. The following are a few ways in which you can have both of the above. These uses are becoming more prevalent and are easy to do it yourself. So, here are great easy uses for common household items to make your life more chemical free and your wallet a little fatter.

- 1) Olive oil makes your pet's coat shinier: add a bit of olive oil to your pet's food to give them a healthier, shinier coat of fur.
- 2) Kitchen dish soap is a flea-killing dog shampoo: kitchen dish soap (not dish detergent) can double as dog shampoo for its flea killing abilities.
- 3) Toothpaste buffs a CD/DVD: apply toothpaste to a cotton ball and wipe the disc. Wash with water afterwards and you've got a brand new disc!
- 4) Mouthwash cures Athlete's Foot: pour mouthwash on cotton balls and then swab your feet. The alcohol will disinfect the bacteria completely if you continue this for a week or so.
- 5) Baking soda cleans a BBQ grill: mix a cup of baking soda with half a cup water to make a paste. Dip your brush into the paste and scrub the grill. The caked on pieces and black residue will come off much quicker and using baking soda is much safer and cheaper than using cleaning chemicals.
- 6) Coffee grounds make a great fertilizer: coffee is full of nutrients and vitamins that are very beneficial to soil. That's why some people include it in compost piles. If you want to get the most out of your coffee, pour the grounds on areas where you want more grass or flowers.

7) Vinegar kills weeds and helps flowers grow: vinegar is a magic wonder when it comes to gardening. It not only kills weeds but they help flowers grow as well. Douse vinegar all around your garden to prevent weeds from popping up and to help your flowers to grow healthy and strong.

8) Rubbing alcohol removes permanent marker: dab the surface that has the permanent marker on it with a cloth or cotton ball covered in rubbing alcohol to make it disappear quickly.

9) Chap stick stops bleeding when nicked shaving: cut yourself shaving? Just swipe some chap stick over the cut to stop that constant bleeding. No more tissue squares!

10) Apple juice removes dandruff: I don't ask how it works, but it does! Instead of buying a special shampoo, just wash your hair in apple juice to rid your scalp of pesky dandruff.

11) Aspirin gets rid of armpit stains on T-shirts: grind up an aspirin tablet or two, then make a paste out of it using water, lemon or vinegar. Spread the paste on the stained area and let sit for an hour before washing.

10) Newspapers (cleans windows and mirrors) — instead of using a spray and a streaky cloth, use only newspaper to clean off your mirrors and windows for a streak-free finish.

11) Baking soda removes bugs from windshield: mix baking soda with warm water to make a paste. Spread the paste over your windshield for fifteen minutes. Then wipe or spray off with a hose.

12) Bleach extends life of flowers in vase: add a few drops of bleach to vase water to prevent the build-up of the slime caused by bacteria. It works just like chlorine in a swimming pool. □

Dear Sheltie fanciers,

This newsletter is being sent out for FREE to Sheltie fanciers who requested more up-to-date information about Shelties and their activities. Past newsletters are posted on our secure website (www.sheltie.com) under "Newsletter."

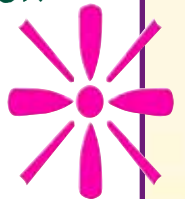
If you know of someone else who would like to begin receiving this e-mail newsletter, please send us his or her e-mail address to s.pacesetter@sheltie.com.

Please e-mail any timely articles which you think should be shared among other Sheltie folks. We accept Specialty show information and contact information, along with timely announcements...such as symposiums and teaching events.

— Nancy Lee

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