

# IT'S A WRAP

## Presidents Message

Dear Friends of WRAP,

As we end another year, I want to look back and remember the positive things that happened in 2020 and not all the negative. Despite the COVID-19 pandemic, WRAP survived and was able to continue to help Westies in need!

As I write this message, we have rescued a total of 13 Westies (including two super cute puppies) this year. Thanks to Barbara Mordy for working her magic and finding great foster and/or forever homes for all these pups. I hope all our new foster/adoptive parents are experiencing the joys of being owned by a Westie!

As usual we started the year a little slow, but we looked forward to rescuing lots of Westies and getting together during the year with our Westie families to celebrate/ fundraise to help more Westies. Unfortunately, the shelter in place mandate came down on us in early Spring and forced us to cancel our Spring Fun Day. We had hoped for better news in the Summer, but that was not the case...so we had no Summer events. As the leaves changed colors we were hoping the pandemic would be changing too, so we could have our annual Autumn Fun Day, but that did not happen. Lastly, as the year was ending and the pandemic was getting worse in California, we decided against planning our annual WRAP holiday party.

Despite the lack of events and social distancing, we were still able to collect some wonderful photos of our Westies just in time to create a super fun 2021 Westie Calendar! The orders started coming in as soon as the calendars were hot off the press in November. **We still have a few 2021 WRAP Calendars...so do not procrastinate any longer and let me know if you want one.**

I hope everyone enjoyed the 2020 holidays with family and friends (either with your Social Bubble or via Zoom). I am crossing my fingers that 2021 will be a better year for everyone in the Westie community!

Please let me know if you have any ideas for next year's events, projects, or ways to improve our communication by sending me an email at [susan.acevedo@westierescuenorcal.org](mailto:susan.acevedo@westierescuenorcal.org) . Also drop me a line if you would like to volunteer your time and talents to help us in our quest to find forever homes for all Westies in 2021!

Regards,

Susan Acevedo (WRAP President) &

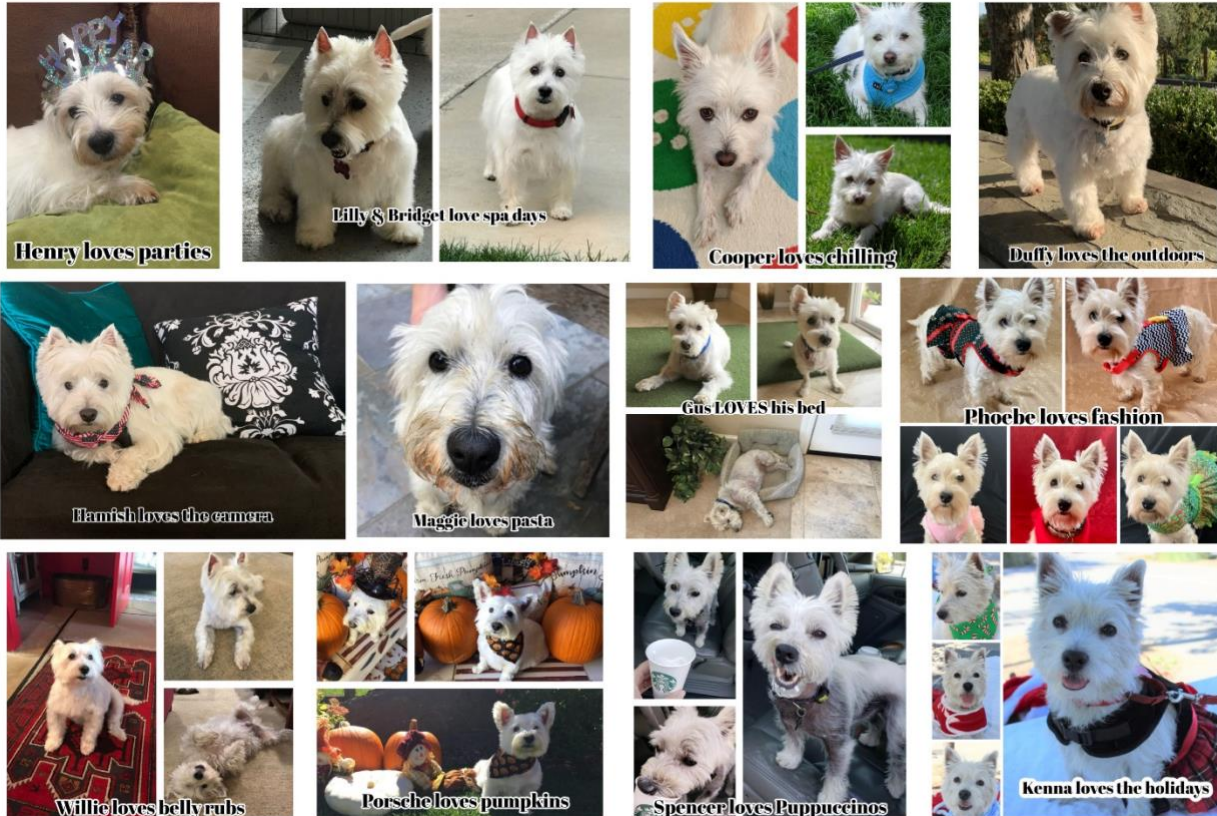


Hamish

## FUN EVENTS & FUNDRAISING

### 2021 WRAP Calendar

Thank you to everyone that helped us raise funds by buying a calendar. I hope you enjoy seeing these beautiful Westie faces each month in 2021!



Did you forget to order your calendar? We still have a few 2021 WRAP Calendars...so send me an email TODAY ([susan.acevedo@westierescuenorcal.org](mailto:susan.acevedo@westierescuenorcal.org)) to order one! They are each \$20 (includes USA shipping). We accept checks and PayPal.

Please remember to take photos of your Westies throughout the year and submit them to us. We are always looking for great, high resolution photos of your Westies being Westies (e.g., eating, sleeping, playing, being mischievous, dressed up, etc.). We can use the photos for our website, newsletters or for the 2022 WRAP Calendar.

Please send photos to [susan.acevedo@westierescuenorcal.org](mailto:susan.acevedo@westierescuenorcal.org)

## RESCUE NEWS

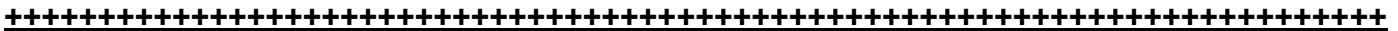
**Kenna-** We rescued Kenna at the beginning of the Pandemic. She was 11 weeks old. She was placed in a Foster-Adoptive home. She is growing fast and learning all sorts of things. Kenna is in Puppy School. She loves to taunt her Scottie brother and go for rides in the car. Kenna's adoption will be final soon.



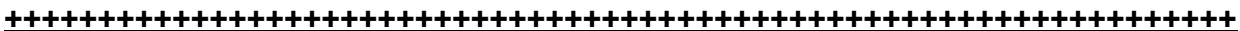
**I'm growing fast!**



**Spencer-** Spencer came to us from a Bay area shelter. His skin is doing better and his fur is returning. He is a happy loving boy who likes to cuddle and give kisses. He likes walks and loved to play with his toys and Dad. Spencer was adopted in October. He is in love with his new family.



**Lilly & Bridget-** Lilly and Bridget are two very sweet girls who came to rescue after their mother died. They were given to rescue to find a good loving home. The girls love to play with squeaky toys and cuddle on the couch. The girls were adopted in October and live together with their new Mom and Dad.



**Millie** –Came to rescue in late September. Her mother who adopted her at 11 weeks had to unexpectedly leave the state and was unable to take Millie. She is a Westie mix and is 2 ½ years old. She doesn't like the Vet or the groomer and gets nervous. She does well with other dogs. She likes squeaky toys. Millie is settling into her foster home she is doing better every day. She is more trusting and confident every day.



**Watson** – Watson came to rescue because his mother was overwhelmed with other family who needed care and could no longer take care of him. Watson is 5 months old. Watson is a typical sweet, curious, loving puppy. Watson is in a forever home and will be adopted once all his medical needs are taken care of.



**Lolly and Billy-** Lolly and Billy can to rescue from a Bay Area shelter. Their mother died and the family brought them into the shelter. These two were clearly well-loved and cared for. They are happy dogs and very affectionate and sweet. They are playful and love walks and playing. They were adopted in December.



+++++

**Gus-** Gus was unfortunately returned to us shortly after Thanksgiving. Gus did not get along with other dogs, which became an issue because there were lots of visiting dogs. Gus was placed in a home with no other dogs or dog visitors. He has done very well and the couple are adopting Gus. They have made arrangements for a trainer to come work with Gus on his issue with other dogs.



### Corporate Donation Programs

Many corporations have programs that allow employees to donate to charities and will, in many cases, do matching funds. WRAP (Westie Rescue and Placement of Northern California) is eligible for many of these programs. We are currently registered with Cisco, Hewlett Packard Enterprises and Wells Fargo Bank. This is a painless way to donate and maximize your donation to help Westies.



## Health Corner

### The 5 Most Common Health Problems for a West Highland White Terrier

BY ASSISI ANIMAL HEALTH

The West Highland White Terrier, commonly called a Westie, is a small, spirited, white dog originally bred in Scotland. **Being purebreds, Westies face their share of health concerns that require special care and vigilance.** In 2007, the West Highland White Terrier Club conducted a health survey that found that 1 in 2 Westies had at least one of the following common health problems. Many of them are, sadly, incurable conditions that must be managed throughout your dog's life. In addition to conventional medication, advances in Pulsed Electromagnetic Field Therapy, which uses low-level pulses of energy to stimulate cells' anti-inflammatory response, may offer relief to some affected dogs.

#### 1. Allergies

Allergies that cause itchy skin are common in all terriers. **A recent study found that 66% of West Highland White Terriers experienced some skin disease by age 3.** A rare and nasty inherited

condition is called “epidermal dysplasia” or Westie Armadillo Syndrome. This begins to affect dogs between 3 and 12 months old, making their head, feet, and belly inflamed and itchy. The painful condition slowly spread over the dog’s whole body causing hair loss and recurrent skin yeast infections.

Unfortunately, epidermal dysplasia is incurable. Conventional medicine can manage it with medications and shampoos, but very little can be done for a severely suffering dog. **Pulsed Electromagnetic Field therapy (PEMF) has been reported to ease the symptoms of allergies and infections in humans.** It may be useful for providing relief related to itching skin in a West Highland White Terrier. And, happily, PEMF has no side effects as medications do.

## 2. Orthopedic diseases

Westies face many joint problems including loose knees (luxating patella), hip dysplasia, swollen jaw (craniomandibular osteopathy) and hipbone atrophy (Legg-Calve-Perthes disease). **PEMF has a long history of use with orthopedic conditions, from fractures to arthritis, and is useful in relieving pain and swelling associated with many of these conditions.** Equine therapists have been using this therapy successfully and the practice is now spreading to small animals. Laboratory studies have shown that PEMF has helped reduce the advance of progressive disorders like osteoarthritis.

## 3. Digestion

Digestive diseases such as colitis (inflammatory bowel disease) and pancreatitis are common in Westies. PEMF could potentially reduce the pain and swelling brought on by these disorders.

## 4. White Shaker Dog Syndrome

This is a poorly understood neuromuscular disease that causes tremors in small dogs such as the West Highland White Terrier. **It develops suddenly around 2 years of age and can lead to seizures and difficulty walking in some dogs.** The syndrome generally responds to steroids, and in some cases may disappear with time. However, a dog with WSDS may need to take steroids for the rest of its life.

PEMF has been shown in animal studies to slow and reduce the development of brain inflammation after injury, as well as improving blood flow and tissue oxygenation. While no direct studies have been done with WSDS and PEMF, the fact that PEMF has no side effects –as steroids do–makes it encouraging to try on the syndrome, especially in dogs with severe or reoccurring cases.

## 5. Pulmonary fibrosis

This acute pneumonia is so common to the breed that it is sometimes called “Westie lung disease.” **PF leads to scar build up in the lung tissue that makes breathing increasingly difficult for the dog, eventually leading to death.** Again, little is known of its immediate causes other than it is likely a response to long term exposure to irritants such as allergens, pollution, and infections. The disease manifests in dogs around 9 years old as shortness of breath, wheezing, lack of energy and exhaustion.

Sadly, there is no cure for PF. The lung scarring process is generally related to long-term low-level inflammation (from irritants, pollutants, etc) and this inflammation may be slowed and managed using corticosteroids and cough suppressants. **PEMF is effective in treating inflammatory diseases and has even reported improving outcomes in some cases of fibrosis in humans.** While no studies on PF in Westies exist yet, the biological process behind the disease makes PEMF therapy definitely worth a try.

## Final notes:

PEMF is a general anti-inflammatory with the potential for improving tissue healing and pain relief for dogs. While specific studies don't exist, to the extent that the disease involves inflammation, PEMF may be useful.

**In addition to these specific health problems, a West Highland White Terrier faces all the general issues of any dog.** He will need recovery following surgery and other procedures, he'll get strains and sprains from running about. And he'll need extra care as he grows older for osteoarthritis and other joint conditions. PEMF has the potential to address all these concerns throughout his lifetime.

## FUN EVENTS & FUNDRAISING EVENTS



**WATCH FOR ANNOUNCEMENTS ON FACEBOOK, THE WEBSITE AND FUTURE E-MAILS.**

**ENJOY YOUR WESTIE AND STAY SAFE.**



## FROM THE KITCHEN

### Tuna Fudge

Tuna fudge is an inexpensive and well-loved treat which is great for training sessions.

- 12 oz tuna in water (do not drain) - you can also experiment with other fish including sardines
- 2 eggs
- 1 to 1.5 cups flour
- Parmesan cheese, to sprinkle

Mash tuna in bowl or liquefy in a blender, add eggs and then flour to make a very soft dough - almost a batter. Spread into a greased cookie sheet, or use parchment paper for a quicker clean-up. Sprinkle with Parmesan cheese.

Bake at 350 for 15 minutes- it will be the texture of putty or a bit bready. Cut into small squares, divide into baggies and freeze if desired.

## Donations

A tax deductible donation can be made for Westie dogs in need on PayPal at: [susan.acevedo@westierescuenorcal.org](mailto:susan.acevedo@westierescuenorcal.org) Please choose friends and family so we don't have to pay a fee, or you can also send a check to: David Snook 3532 Pinnacle Court San Jose, CA 95132. Please make the check out to WRAP or Westie Rescue and Placement of Northern California. Thank you for your support.

WRAP Officers and Board of Directors for 2019 are:

President Susan Acevedo	Vice President Barbara Mordy
Secretary Ramona M. Rule	Treasurer David Snook
Board Member Christyne Johns-Mills, Janelle Brokenshire-Cyr	

The WRAP Committees for 2020 and some of the volunteers are:

**Fundraising Committee (including Activities, Events and Sponsorships):**

Linda Snook, Susan Acevedo, Vacancies

**Program Operations Committee (including Surrender, Foster Care and Adoptions):** Barbara Mordy, Tony Devol, Susan Acevedo, Christyne Johns-Mills, Ramona M. Rule.

**Communication Committee (including Email, Website, Newsletter, Photography, Social Media, Liaisons):**

**Webmaster-** David Sklar      **Group Email-** Tony Devol

**Newsletter-** Barbara Mordy      **Photography-** Bill O'Such

**Social Media- Facebook -** Barbara Mordy (Facebook),

**Liaisons-** David Snook, Barbara Mordy

Please consider volunteering your time by serving on one of the committees. Volunteering is a great way to meet new people and to help shape the future of our organization. If you are interested, please contact any of the above Chairs, Officers or Board Members

**IT'S A WRAP** will be published at least four times per year in March, June, September and December. We encourage friends and supporters to submit articles, photos, brags, and other Westie related information that they feel would be of interests to our readers. Please send the material to the Editor by the first of the month in which the newsletter issue is scheduled to be published to allow enough time for the volunteers and Editor to do their magic! When submitting items for publication, please have all photos camera ready (.jpeg formats are preferred). All copy should be submitted in a widely accepted electronic format such as MS Word. If you are unable to provide in the preferred formats, contact the Editor Barbara Mordy [bgmordy@comcast.net](mailto:bgmordy@comcast.net)

All material submitted will be published at the discretion of the Editor and may be edited to fit the available space. Opinions are always those of the author/submitter and do not necessarily reflect those of the Editor or Board of Directors.

**Until next time.....IT'S A WRAP!!**