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Skin health is a really big deal. Skin is a large organ that protects delicate tissues underneath, keeps out infection, and plays an important role in maintaining normal body temperature within narrow limits. There are other roles too, and I could get into details about the different layers of skin (aren't you relieved I'm not going to do that?), but the one that most people react to is the visual part which is the epidermis (on the outside) whereas we need to consider the basal cell layer (within the epidermis) because we can think of it as a factory forming new cells. Like any factory, the quality of the product being made will depend in part on the materials being used. And because skin needs to be waterproof, there's an interesting connection between fatty acids and good hydration. Let's break this down:

Healthy skin minimizes the migration of moisture upward from deeper dermal tissues. As we all know, oil and water don't mix. That's why the fatty acids in the skin do a good job of preventing water loss. In contrast, fatty acids deficiency can lead to a poor barrier, encouraging water loss. A dog may then drink more water to compensate. I've worked with rescue dogs (especially those just rescued from a puppy mill) who drink copiously and start to show signs of improved skin health before fatty acid supplementation begins.

From a nutritional standpoint, skin is responsive to retinoids (vitamin A and compounds derived from it), collagen synthesis involves vitamin C, vitamin E is essential for healthy skin, and I could list B vitamins and they're vast roles as well as minerals and their critical roles, not to mention good quality protein and essential fatty acids. So, what's up with skin that seems to do odd things despite the dog eating a balanced diet, and drinking well?

None of what I'm about to tell you is applicable unless and until your veterinarian has examined the dog. Once that's done....

Problem: Dry nose - it looks like flakiness, as if bits of skin are curling and will fall off, but that doesn't happen. Some refer to it as Collie Nose, but it's not just Collie's that get it, and it can actually be a more serious condition, so be sure to have the vet look at it.

Possible Solution: I've had great luck with massaging one drop of [evening primrose oil](#) into the nose leather. Give it a long, gentle massage because the dog is going to lick it off as soon as you're done. Do this 1-2 x daily. If you're wondering if another oil would do the same thing - could be, but I've never seen the quick results that primrose oil has produced. If this has helped, but not 100%, massage [vitamin E](#) on the nose leather (I've rarely needed to do this though)



Problem: Snow-nose - the dark nose pigment fades in the winter and returns in the summer. Not a health problem, and nobody knows why it happens, but if you're a show dog and you want to look your best, try this:

Possible Solution: Massage one drop of [vitamin E](#) into the nose leather once daily. Pigment usually returns within 1 month. If not, combine with [wild salmon oil](#) and do the same thing. I have to wonder if this is more to do with the vitamin D in this wild salmon oil than omega 3 fatty acids.

Flaky Tummy: For reasons I can't explain, some dogs get very dry tummy areas despite the rest of the skin looking great. I've often wondered if it's because they have direct contact with something that irritates that area (lying in soil in the summer, sharper blades of grass, etc), but whatever the reason, bathing the dog and using a dab of coconut oil as a moisturizer afterward works well. Be sure to let the oil sit on the skin for a minute or two, and rinse it off really well unless you don't mind grease stains on carpets and furniture.



Dry foot pads and/or toes: Obviously, keep your dog off salted roads, hotter than heck sidewalks, etc. Boots can be helpful during bad weather, but once the dog has tender tootsies, help is needed.

Possible Solution: Soak all paws in a thick solution of warm water and Epsom salts (roughly 1 cup of salts in 2" of water), being careful to watch that the dog doesn't slip and slide. Gently pat dry. Allow dog to run around like a kook, and once s/he is tuckered out for the night, massage one drop of [vitamin E](#) into each paw. Best is to protect the paws from being licked by using booties of some sort. Good luck with that. A better bet is to accept that whatever you've been able to massage into the skin is what's going to help heal, and pat the rest off rather than have the dog irritate the paws by licking them nonstop.

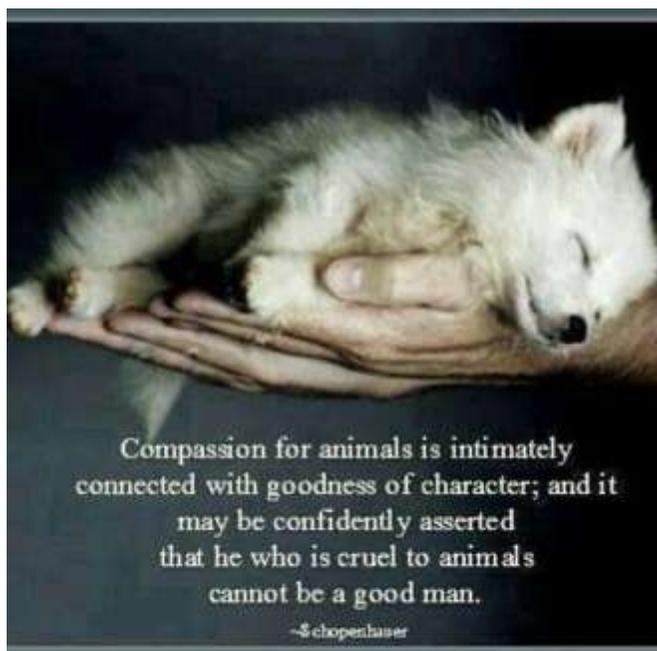
From Author, Monica Segal:

I've owned the K9Kitchen group on Yahoo since 2000, and named the book after the group (in honor of the wonderful members). That group continues to exist, and now a sister group on Facebook is available. So, if you're spending time on FB, [come and join us!](#) We'll discuss raw and cooked home-prepared diets and nutrition science in health and disease, and we'll try to help you help your dog!

Monica's website is www.monica-segal.com

SHOWDATES Jackie Curtis

| DATE | LOCATION | EVENT | SPONSORING CLUB |
|------------------|-----------------|-----------------|--------------------------------|
| Jan31/Feb1 | AADTC | UKC Nosework | K9 Fanciers |
| Feb 1 | Lapeer | Agility | Canine Combustion Agility Club |
| Feb 6, 7, 8 | Whitmore Lake | Agility | AADTC |
| Feb 20, 21, 22 | Dexter | Agility | Capital City Agility Club |
| Feb 20,21,22 | Warren | Rally/Obedience | Sportsmen's Dog Training Club |
| Feb 27, 28 Mar 1 | Lapeer | Agility | Sportsmen's Dog Training Club |
| March 6, 7, 8 | Lapeer | Agility | Oakland County KC |
| March 7, 8 | Buchanan | Rally/Obedience | St Joe Valley Agility Club |
| March 7, 8 | Mason | UKC Nosework | K9 Fanciers |
| March 20, 21, 22 | Midland | Agility | Central Michigan Agility Club |
| March 20, 21, 22 | Flint | Rally/Obedience | Companion Dog Training Club |
| March 27, 28, 29 | Kalamazoo | Rally/Obedience | Kalamazoo KC |
| April 3, 4 | Birch Run | Rally/Obedience | Saginaw Valley KC |
| April 4,5 | Birch Run | Conformation | Saginaw Valley KC |
| April 17, 18, 19 | Midland | Agility | Midland MI KC |
| April 24 | Birch Run | Conformation | Terrier Club of MI |
| April 25 | Whitmore Lake | Conformation | WHWTCSEM |
| April 25,26 | Birch Run | Rally/Obedience | Progressive KC |
| April 26 | Birch Run | Conformation | Progressive KC |





Popular Pet Names for 2014

Once again, vetstreet.com has published their list of the most popular puppy and kitten names from last year's entries into their vast database. It's always interesting to check the list to see if your pet's name made the list.

Boy Puppies

| | |
|---------|----|
| Max | 1 |
| Charlie | 2 |
| Rocky | 3 |
| Buddy | 4 |
| Cooper | 5 |
| Duke | 6 |
| Bear | 7 |
| Zeus | 8 |
| Bentley | 9 |
| Toby | 10 |
| Charlie | 4 |
| Max | 5 |
| Simba | 6 |
| Tiger | 7 |
| Smokey | 8 |
| Jack | 9 |
| Kittie | 10 |

Girl Puppies

| |
|--------|
| Bella |
| Daisy |
| Lucy |
| Sadie |
| Molly |
| Lola |
| Sophie |
| Zoey |
| Luna |
| Chloe |
| Kitty |
| Elsa |
| Daisy |
| Lily |
| Callie |
| Lilly |
| Gracie |

15 MINUTES OF FAME

BARNHUNT

October 18, 2014 – Oxford Dog Sports, Jake Widdows earned his first open leg under Judge Lee Warden; 1st/small dogs.

October 19, 2014 – Oxford Dog Sports, Jake Widdows earned his 2nd and 3rd open legs under Judge Lee Warden; 1st/small dogs both times and 1st in class on his TITLE LEG – RATO

CONFORMATION

NOSE WORK-CWAGS

November 9, 2014 – Great American Dogs, Jake Widdows earned his 1st Level 2 leg under Judge Beth Bishop; 1.30 minutes on a 3 minute course.

January 25, 2015 – Wolverine Dog Training Club, Jake Widdows earned his 1st Level 2 leg and his 2nd Level 2 leg under Judge Betsy Bernock.

RALLY

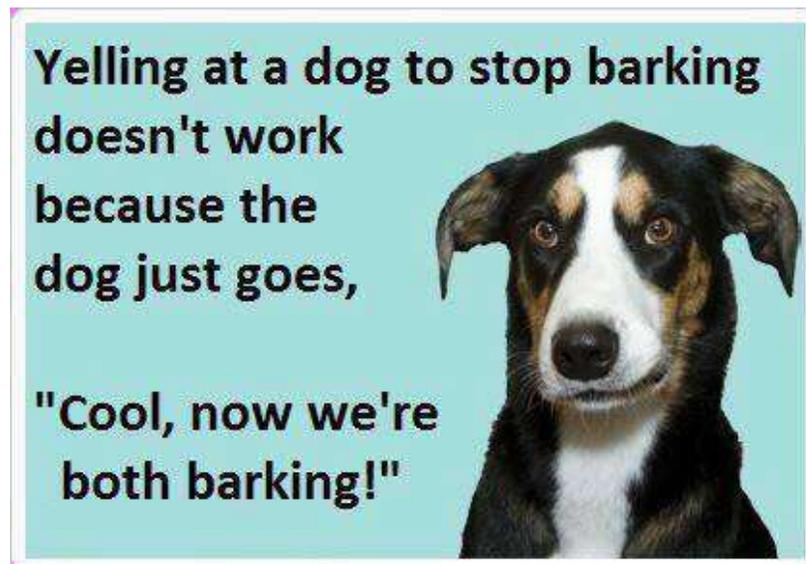
Sara LeRoux and Liberty have been invited to go to the 2nd AKC Rally National Competition in Missouri. !!!!!!!!



CATALOG ADS FOR 2015

Because the catalog ads due to me by March 7 and all of the “pre-work” for our Westie Rescue Facebook auction which happens on March 14-16, I am BEGGING for everyone to get their catalog ads in to me **as soon as possible and hopefully NOW!!** ☺ If you need help, Sue Peters will assist you in designing your ad. Marcia Reimer will also assist with any ads that I send to her for design. But the rest of the work and submission has to be done by me.

Anything you can do to get your ad in now, will be greatly appreciated. Remember, these ads are critical in keeping our Specialty in the black, financially. So please buy one for yourself and try to sell a couple. They don't even have to be Westie related but many groomers and vets will advertise if asked. You might even thank your groomer or vet by purchasing an ad for them. Show off your own Westies to those who see our catalog!



DONATIONS FOR RESCUE PARADE *Maggie Pietrzak*

It's January 2015 and once again, I am in real need of items for the adopter bags for the Rescue Parade at Specialty this year.

We can use people things and dog things. Toys, treats, pads of paper, ink pens, dog whistles, poop bags, books, all things westie, dog, people. Each bag doesn't need to be the same, so if you have 25 items or 10 or even 5 please consider donating them. If you don't want to shop, please send me a check payable to me Margaret Murray, and note on the memo line it's for rescue bag items.

This year 20 invites went out plus whatever dogs we have in care in late April. Please send them to my house or ask one of the rescue people if they will store it for me and bring it to set up the day before the show.

Margaret Murray
6033 Westmoor Dr
Shelby Twp MI 48316-3356

As always, the bags are a wonderful addition to the parade and the adopters love them. Thank you once again for coming through and making this year's parade a good one.

WHY DO DOGS LICK YOUR FACE?

<http://www.godogtugtoys.com/Licking-Your-Face.html>

When Rusty slurps you on the face, is he giving you a doggie kiss? Sure, he could be, especially if he knows doing this makes you happy, but, to dogs, this is also considered an "appeasement gesture." Dogs inherited this cute but sloppy behavior from their wolf ancestors.

A wolf mom hunts for her supper and carries her kill home in her stomach. But the minute she gets there, her hungry pups lick her muzzle and lips until she throws the food all back up! Then the pups devour that icky mess of already-chewed meat. Yuck! Somebody else's partly digested food doesn't appeal to us. But young pups find it goes down much easier.

Domestic dogs usually outgrow this behavior. But an adult dog will go back to it when he's licking, er, sucking up. This furry con artist thinks that by acting puppyish and "cute," he can sweet-talk you into giving him anything he wants. And he's probably right, unless you're wise to his game!

A dog licking his own nose and lips may also be nervous or anxious. Maybe you're scolding him, or an aggressive dog has entered his yard. Lip licking is the nervous dog's way of calming himself. It's called a "displacement" behavior. In this case, it's a "calming signal" and shows the world he doesn't want to fight. (National Geographic "How to Speak Dog, a guide to decoding dog language" by Aline Alexander Newman & Gary Weitzman. D.V.M.)

Celebrating our 30th Anniversary



West Highland White Terrier Club of SE Michigan Spring Specialty Raffle

**First ticket drawn chooses 1st Prize!
Remaining item is 2nd Prize!**



Brother MFC-9130CW
Color Laser All-in-One Printer
\$399 retail value

or



Beautiful handmade queen-size quilt made by Club & Rescue friend, Sharon Horn, features pinks/greens with solid pink on reverse. Machined-pieced, but hand-quilted. Washable.

Ticket Price
\$2 each
or
3 for \$5

Drawing to be held 1 pm
at our 30th Specialty Show
Ann Arbor Dog Training Center, Whitmore Lake MI
www.westieclubmi.com/2015-specialty/
Conformation Judging | Fundraising Tables
Rescue Parade | Lunch Available

Need not be present to win

Tickets can be purchased day of show
or from any Club member. For more information, contact
adela_rivera@sbcglobal.net | 313-408-9898

All proceeds benefit the West Highland
White Terrier Club of SE Michigan



NOTE: TICKETS NOT AVAILABLE UNTIL LICENSE RECEIVED AND TICKETS PRINTED.....COULD BE ANOTHER MONTH



BETH E. WIDDOWS, EDITOR
1371 WEST S. BLVD.
TROY, MI 48098
BEW1234@SBCGLOBAL.NET

FIRST CLASS