



# Newsletter

Fall 2023

Dear Friends of Sheltie Rescue,

Fall is here, one of my favorite seasons of the year. It's nice to see the end of the hot summer days and nights. I know our Shelties enjoy the cooler weather!

This year to date we have received 19 Shelties with an average age of 7.1 years. Foster homes are the most precious commodity for any small rescue like ours and we carry a lot of gratitude for the great work they do for Rescue. I spend much of my time working with our wonderful foster moms/dads who care for our Special Needs Shelties. When a Sheltie comes in who is either suffering from a serious chronic health condition and/or is geriatric, it's almost impossible to find adopters for them, yet they are not ready for the Rainbow Bridge! I guide these special volunteers through the veterinary complexities associated with these Shelties' medical conditions. You'll see a brief update on these sweet doggies inside.

On a personal note, my beautiful 8.5 year old Bailey lost his nearly seven year battle with cancer in July. It started as thyroid cancer, which in dogs is mostly incurable due to its ability to metastasize. It's not a common form of cancer in Shelties and it usually shows up in older dogs. Bailey was a sweet boy who loved food, his tennis ball, and being on a loved one's lap. I started grieving him a year or more before I had to let him go, but it didn't make it any easier to lose such a beautiful source of unconditional love. I still have Sierra, who is 11.5 years young.

The Board continues to work with our volunteer base for planning the long term viability of NorCal Sheltie Rescue. Discussions are ongoing with mentoring and training starting for important responsibilities like Intake and Foster Home Coordination, Adoptions, and Veterinary Care mentoring and support of our foster moms/dads, in addition to fiscal stewardship. Terry and I would like to eventually bow out of day-to-day operations to avoid any long term disruption to the contributions NCSR makes to Shelties and those who love them.

Please make a note on your calendars for our annual Sheltie Celebration and Picnic in May 2024. We always try to reserve the third Saturday at Performance Dogs in Action in north Sacramento. I'll email you and post the date on our website; tentatively, plan on May 18.

Thanks to those of you who send us photos and updates. Your input helps our editor, Terry, put together an informative and entertaining semi-annual newsletter. As always we are grateful for your support through your actions and your donations. We couldn't do this without you.

Warm regards,  
**Gale Ann**



Sierra

Bailey

## Nor Cal Sheltie Rescue, Inc.

### Board of Directors

Terry Gary, President  
tgarycool@gmail.com

Gale Ann Morris, Treasurer  
sheltieroses@outlook.com

Chantal Jenkins, Secretary

[www.norcalsheltierescue.org](http://www.norcalsheltierescue.org)



Happy Thanksgiving and Merry Christmas  
from all of us at NorCal Sheltie Rescue!

# Choosing a Quality Food for Your Sheltie

As you are all no doubt aware, selecting a quality food for your Sheltie is important. There are hundreds of options for dry food, canned food, raw diets, home-prepared food, and more. Opinions vary widely on the best choice for a particular dog, depending on its age, size, health issues, and activity levels. This topic is important enough for NorCal Sheltie Rescue to include a clause in our adoption contracts, as follows:

***Adopter agrees to feed a wholesome, premium dog food, and have fresh water available at all times. Generic dog food, store brand dog foods, or no-name dog foods are not premium food.***

How does one decide on a “quality” food? The Whole Dog Journal publishes an annual list of approved foods and we look to them for the best current research and guidance. The list is very long, with many choices, and it’s copyright-protected. Some common brands that we’ve used and recommended are Avoderm, Canidae, Chicken Soup for the Soul, Fromm, Merrick, Nulo, Nutro, Pinnacle, Stella & Chewys, Taste of the Wild, Wellness, and Zignature. For more information, check out <https://www.whole-dog-journal.com> or <https://www.dogfoodadvisor.com>.

In July 2018, the [FDA warned about a potential link](#) between DCM (Dilated Cardiomyopathy) and the consumption of grain-free pet foods—or, more specifically, pet foods containing peas, lentils, other legumes, or potatoes as their main ingredients. Since then, many studies have been conducted, with varying conclusions and no decisive advice. Check with your veterinarian if you have concerns feeding a grain-free diet (Shetland Sheepdogs are not listed among the most common breeds to develop this issue). However, it is highly recommended that **taurine** be included in any food you choose.

Research recommends varying a dog’s diet over time, not limiting food to one particular brand. Fortunately, Shelties are usually eager eaters and responsive to many different flavors. Foods with fish oil are good for their coats. Adding a spoonful of canned food to kibble allows for lots of variety, too. Have fun with all the possibilities and just remember to focus on **quality** in whatever choices you make for your dog.

## Partnering with Pet Food Express

We have just begun to participate in the Pet Superhero program at Pet Food Express, which supports over 285 rescue groups and shelters in California. Our volunteers are eligible for a discount of 10% on food and 20% on most other purchases. If you're interested, I would be happy to mail you an identification card authorizing you for these discounts. All you would need to do is set up an account online using your card number.

1. Visit [www.petfood.express](http://www.petfood.express) (or [petfoodexpress.com/petsuperhero](http://petfoodexpress.com/petsuperhero)) as listed in the membership card brochure)

2. Navigate to “Sign In” at the top of the page:

In addition to the Superhero program, we are participating in the Friends by Pet Food Express affiliate. They have issued us a custom [www.petfood.express](http://www.petfood.express) URL for our group, which now appears on the home page of our website. **Every time you click the link and make an online purchase, NorCal Sheltie Rescue receives 4% of the transaction as a donation.** Check out our website at [www.norcalsheltierescue.org](http://www.norcalsheltierescue.org).

### TO MY RESCUE DOG

There's no need to flinch when I lift my hand  
No need to cower each time I stand  
No need to run when I come near  
No need to tremble - I see your fear.

You can sleep with both eyes shut,  
Don't need to jump when you wake up.  
Your food is yours to eat in peace  
No need to fight to keep your feast

You don't need to lie upon a hard floor  
The beds and sofas are yours to explore  
Don't need to sit out in the rain  
The house is your shelter, your new domain.

I cannot erase the memories and fears  
I can't compensate for the wasted years  
All I have is what you see  
But I give you it all and I give you me.

I give you these arms to comfort and hold  
I give you this voice for the joys you'll be told  
I give you my heart and abundance of love  
I give you my soul and I hope its enough.

\*author unknown



# THE CHOICE TO CHOOSE



## WHY DOGS SHOULD BE ALLOWED TO MAKE CHOICES

BEHAVIOUR PROBLEMS ARE FAR LESS LIKELY WHEN DOGS ARE ALLOWED TO MAKE A CHOICE

FORCE / FEAR / INTIMIDATION / PHYSICAL MANIPULATION TAKES AWAY FREEDOM OF CHOICE & HAS NEGATIVE CONSEQUENCES

### THE BENEFITS OF CHOICE

- BUILDS SELF CONFIDENCE
- DECREASES FEAR / STRESS / ANXIETY
- BUILDS PROBLEM SOLVING SKILLS
- INCREASES RESILIENCE
- PREVENTS LEARNED HELPLESSNESS
- IMPROVES WELLBEING / TRUST
- IMPROVES QUALITY OF LIFE
- CREATES A SENSE OF SECURITY
- HELPS US TO UNDERSTAND WHAT MOTIVATES BEHAVIOUR

### EXAMPLES OF CHOICE

- TO DISENGAGE / WALK AWAY
- TO INTERACT WITH A PERSON / ANIMAL
- TO ALLOW TOUCH
- TO MOVE CLOSER TO A TRIGGER WITHOUT BEING LURED
- TO TAKE A BREAK FROM AN ACTIVITY
- TO SNIFF / EXPLORE WHEN OUT WALKING
- DIFFERENT AREAS TO SLEEP
- WHICH TOY TO PLAY WITH
- WHICH GAME TO PLAY
- WHICH TREAT TO CHOOSE

*Dogs Disclosed*

## Special Needs Program

NorCal Sheltie Rescue's Special Needs program is dedicated to providing high-quality lives to dogs that require extensive medical care and attention. We are very proud of this program because we accept virtually all Shelties into our care. We are fortunate to have a few "permanent foster" volunteers who open their homes to "medically challenged" and senior dogs, commenting on how sweet they are and how grateful they seem. Right now we have **nine** Shelties in our special needs program. Interestingly, eight of these dogs came into our program as pairs: **Bonnie and Buddy, Brigid and Gabby, Hershey and Snickers, and Sequin and Risk.** **Boomer** joined us solo. Sequin and Risk, both senior Shelties with medical needs, are new additions after losing their owner.

Snickers continues to thrive, thanks to receiving excellent care. He recently had more lab work, including a second cortisol test which helps keep his kidney and liver diseases in check, as well as his compromised gallbladder. This visit just cost us \$769.88! If you would like to help with his expenses, he has a GoFundMe page at <https://gofund.me/a523b0ce> or visit <https://www.norcalsheltierescue.org> on the web to sponsor a month or more of his prescription food, medications, supplements, and veterinary visits. Checks can be mailed to NorCal Sheltie Rescue, Inc., P.O. Box 581934, Elk Grove, CA 95758-4900.



Sequin



Risk

Thank you very much for your support of these special Shelties!

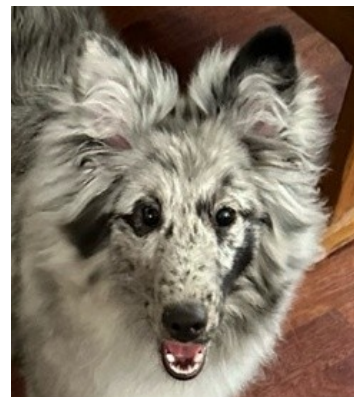




**Heidi**  
**Adopted by Joe**



**Cookie**  
**Adopted by Wendy & Dick**



**Chips**  
**Adopted by Lucie & Frank**



**Ricco**  
**Adopted by Robert & Ida**



**Vinny**  
**Adopted by Emma & Jonah**



**Savvy**  
**Adopted by Tina & Gary**



**MacDuhb**  
**Adopted by Jean**



**Chip**  
**Adopted by Christine**



**Woody**  
**Adopted by Roger & family**



# Gallbladder Mucocele in Shelties

(from Central Illinois Sheltie Rescue)

Gallbladder mucocele formation is a relatively uncommon problem in dogs that results in inflammation and possible rupture of the gallbladder wall. The Shetland Sheepdog (Sheltie) is one of the breeds that seems to be predisposed to this problem. Symptoms of an affected dog include:

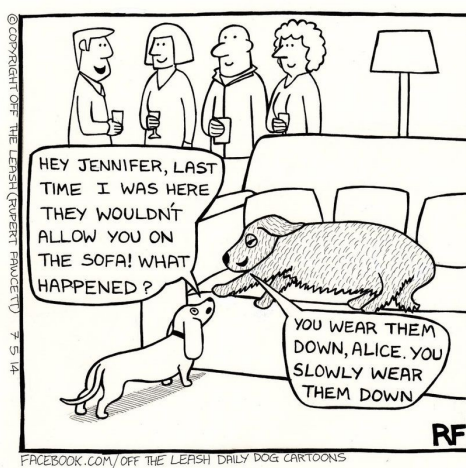
- Decreased appetite
- Lethargy
- Vomiting
- Diarrhea
- A yellowish tinge to the skin or gums
- Abdominal pain

Without surgical removal of the gallbladder, the dog may die if rupture occurs. Many other diseases cause similar clinical signs, and because gallbladder mucoceles are relatively uncommon, the diagnosis can be missed or delayed. The diagnosis is usually made via ultrasound examination, exploratory surgery, or on necropsy.

## Recommendations for Shetland Sheepdog Owners

(from the American Shetland Sheepdog Association)

- Since Shelties are one of the breeds considered to be at risk for GBM, inform your veterinarian of the possibility of GBM formation if your dog develops any of the above-mentioned clinical signs.
- Consider avoiding the use of topical insecticides containing imidacloprid since that may be a risk factor for GBM formation in Shetland Sheepdogs [7].
- Although dogs with GBM often have increased liver enzymes and other bloodwork abnormalities [13], normal liver function tests results may not rule out the presence of a GBM or gallbladder rupture [15].
- In Shelties at least 5 years of age with high serum cholesterol, consider periodic ultrasound examination of the gallbladder and comprehensive thyroid function testing [13]. Ultrasound examination must be performed by a veterinarian experienced in recognizing GBM. In general, board certified radiologists and internal medicine veterinarians are competent at making the diagnosis. Some general practitioners are also very experienced and capable of making the correct diagnosis.
- If the gallbladder ruptures, mortality is high even with surgical intervention. If your asymptomatic Sheltie is diagnosed with a GBM, discuss the options with your veterinarian. Considerations include: 1) prophylactic gallbladder removal (cholecystectomy), 2) no action unless clinical signs develop, and 3) medical therapy.



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**Bailey**  
Loved by Gale Ann



**Casey**  
Loved by Lucie & Frank



**Shane**  
Loved by Tina & Gary

**Zoey**  
Loved by Kimberly & Todd



**Maddie**  
Loved by Sandi



**Wolfie**  
Loved by Lucie & Frank



**Charlie**  
Loved by Terry & Clif

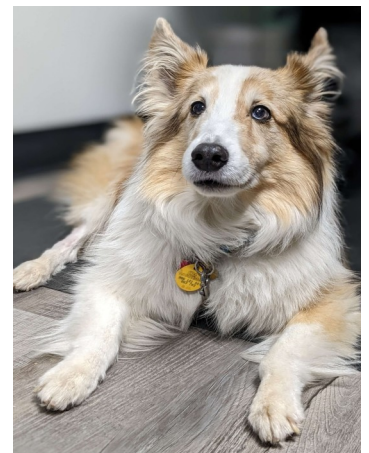


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**Truly Scrumptious**  
Loved by Rebecca  
Artwork by Rebecca Kriz 2023  
[www.rebeccakriz.com](http://www.rebeccakriz.com)



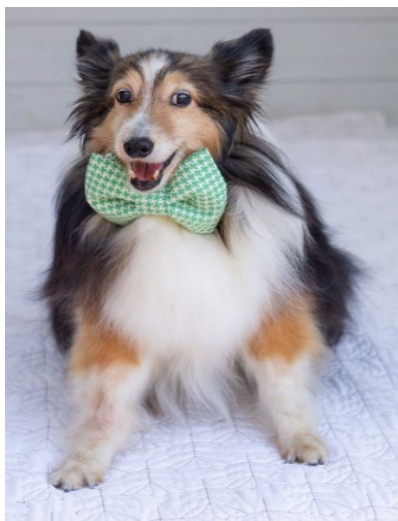
**Rion**  
Loved by Barbara & Joe



**Tony**  
Loved by Pat & Shantel



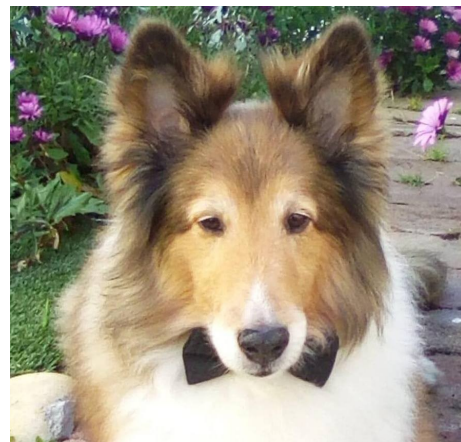
# Photo Gallery



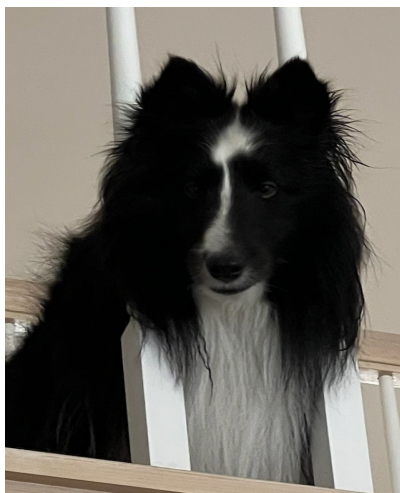
**Teddy dresses up**



**Angus & MacDuhb, intertwined**



**Hershey dresses up**



**Shadow waits for his humans**



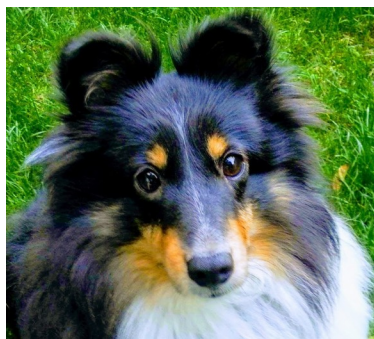
**Bonnie & Buddy — inseparable**



**Shane sports his raincoat**



**Snickers the Cowboy**



**Zoe posing**



**Sparky Bella at rest**



**Heidi celebrates Halloween**

# Our Veterinarians

Below is a list of veterinarians and clinics around Northern California that our rescue team and foster homes have used to care for our Shelties. All are knowledgeable about the Sheltie breed and a few give NCSR discounted services to Shelties in our foster program. We are grateful for their many contributions to our mission and to each and every Sheltie in their care.

Acorn Veterinary Clinic, Davis

Adobe Animal Hospital, Los Altos

Auburn Animal Hospital, Bakersfield

Bayside Animal Hospital, Granite Bay

Blue Ravine Animal Hospital, Folsom

Brighton Greens Veterinary Hospital, Grass Valley

Brink Veterinary Clinic, Shingletown

Carson Valley Veterinary Hospital, Minden, NV

Cross Street Veterinary, Tulare

Franklin Ranch Pet Hospital, Elk Grove

Marina Pet Hospital, Marina

McKinleyville Animal Care Center, McKinleyville

Modern Animal, Berkeley

Muir Oaks Veterinary Hospital, Martinez

Peavine Animal Hospital, Reno, NV

Sunnyvale Vet Clinic, Sunnyvale

VCA Bradshaw Veterinary Clinic, Elk Grove

Yolo Veterinary Clinic, Woodland

**NorCal Sheltie Rescue, Inc.**

**P.O. Box 581934**

**Elk Grove, CA 95758**



first class mail

address correction and  
forwarding requested