

The Prairie Wheaten

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SUMMERTIME ... AND THE LIVIN' IS EASY



Inside

Introduction to Holistic Medicine	Page 2
Veterinarian Report from National Specialty	Page 4
Recipes for Dog Treats	Page 6
National Director's Report	Page 8
A Visit to the Regina Dog Show	Page 10
President's Message	Page 11
Drawings by Krista Gunn	Page 11
Crescent House Bed and Breakfast	Page 12
Dogs Need Vacations Too	Page 14
Fairmont Waterfront Hotel's Newest Employee	Page 15
Wheaten Walk	Page 16
Head Collars and Harnesses	Page 18

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An Introduction to Holistic, or Alternative Veterinary Medicine

By Roz Bacon and Carolyn Fox

In addition to conventional procedures, complementary and alternative medicines give veterinarians entirely new methods to treat diseases, arthritis, behavioral problems and allergies. Some feel that conventional medicine waits for a disease to happen then treats it. Holistic practitioners want to treat the patient as a whole, not only the disease. They believe in prevention and early detection of disease. “(W)holistic” means taking a look at the whole picture then developing a gentle, minimally invasive treatment that can involve a wide range of healing therapies. Treatment plans that might be used are: Nutritional Therapy, Homeopathy, Acupuncture, Veterinary Chiropractic, Massage and other Physical Therapies, Herbal Medicine, Flower Essence Remedies, and Environmental Medicine. In these disciplines it is believed the body has a central life force that keeps it in balance and protects it from external pathogens. By strengthening the body’s defense system healing can be accelerated.

Some common signs that there is an underlying disease are: eye discharge, nasal discharge, dull or greasy coat, allergies, food sensitivities, excessive thirst, reactions to medications, temperature intolerances, gum and teeth problems, bad breath, emotional problems, compulsive behavior, aggression, inappropriate fears or behavior, underweight or overweight, loose stools or constipation. Conventional drug treatment can make many of these symptoms disappear but the underlying imbalance is left lurking just below the surface. An example of conventional treatment of a chronic ear infection would be for the dog to receive repeated prescriptions for ear salves containing steroids and antibiotics, rarely permanently curing the problem. A holistic veterinarian will realize that many ear infections are caused by underlying allergies so may recommend

diet changes, nutritional supplements, homeopathy remedies or a holistic treatment.

First and foremost, holistic veterinarians believe that proper nutrition is paramount in preventing disease. Your pet needs a food that is balanced, preservative and additive free, and made from the highest quality ingredients as opposed to the discards so commonly found in pet foods. We covered this topic thoroughly in our last health article. Second, reconsider your pet’s vaccination protocol. As you read in our first health article, vaccinations may be doing more harm than good to an animal’s immune system.

Examples of Herbal Remedies and Plant Extracts

Many conventional drugs have chemicals that mimic the active ingredients of a herb or plant. Why not try the “natural” supplement?

Aloe Vera: It is well known for its power as a soothing agent for burns, rashes, and stings on pets as well as humans. Break off part of the leaf from an aloe vera plant and apply directly on the hurt. A high quality aloe preparation purchased from a health food outlet can be taken orally to ease constipation or abet chronic diarrhea.

Apple Cider Vinegar: Some believers in this folk remedy claim it has so many uses that there is nothing else a person or pet needs. A major use is to enhance bowel function. For a chronic yeast infection of the ear, a teaspoon of apple cider vinegar diluted in half a cup of water can be used to flush out the ear. This creates an acid environment that kills the yeast.

Chamomile: The flower of the chamomile plant is a soothing herb for

mental stress or irritability. People drink chamomile tea and so can pets. They should drink cooled tea.

Echinacea: This is derived from the purple coneflower. Taken orally, it promotes the healing of cuts and various skin irritations. It boosts the immune system so much so that in Germany over one hundred various cold, flu and cough remedies contain echinacea.

Garlic: It has excellent antibacterial and antiparasitic properties, aids in digestion and is a good antioxidant. It may boost liver function, and prevent heart disease, cancer and degenerative diseases. Garlic is rich in vitamins A, B complex and C as well as proteins and trace minerals. Add a clove of garlic to your Wheaten’s meal to maintain a strong immune system.

Kelp: This seaweed product contains iodine which is the mineral that supports thyroid function. The thyroid controls protein metabolism. If a dog has a thyroid problem add powdered kelp to the treatment list.

Ar-Ease (Crystal Star): This arthritis relief is comprised chiefly of alfalfa, yucca, and devil’s claw which are all powerful anti-inflammatories for arthritic joint pain.

Examples of Homeopathic Remedies

Apis Mellifica - for allergic reactions to such things as bee stings or hives.

Arnica Montana - used for injuries, bruising, muscle soreness, fever or hemorrhage. Given in tablet form before and after surgery, recovery can be accelerated. Used as a lotion, gel or ointment on injuries that are not too painful to touch, will aid the healing process.

The Prairie Wheaten

Bryonia - useful for constipation or diarrhea.

Calendula Officinalis - use calendula cream on minor cuts and scrapes to prevent infection, promote healing and relieve pain.

Rhus Toxicodendron - for aches and pains of arthritis, rheumatism or old age, as well as sprains and strains.

Ruta Graveolens - for sprains or dislocation of a joint.

Thuja Occidentalis - to counteract the side effects of vaccinations.

Examples of Bach's Flower Remedies

There are 38 classic flower remedies determined by English homeopathic doctor, Dr. Edward Bach (1890 - 1936). Each dilute infusion of flowers or tree buds addresses a distinct mental condition.

Rescue Remedy: This is a combination of five flower remedies - rock rose, impatiens, clematis, star of Bethlehem, and cherry plum. This remedy for emergency situations such as trauma, stress, fear and unconsciousness can keep your dog from going into shock before getting him medical help. It could mean the difference between death and a full recovery as it assists in physical healing by keeping the emotional state in balance. Rescue Remedy can also be used for non-emergency situations such as fear of thunderstorms, show ring jitters and separation anxiety.

Mimulus: Eases phobias and restores courage. It eases your pet's fear of noises, travel and many other phobias.

Water Violet: This helps animals who are anti-social, withdrawn or indifferent. It facilitates social contact.

Holistic veterinarians study hundreds of remedies. We have barely touched the tip of the iceberg in this article. To find a holistic vet in your area you may go to www.animalanimal.com and check out "Holistic Vet Search" or call the Animal Magazine consultation hot line at 1-888-466-5266. Saskatchewan's only holistic veterinarian is Dr. Marilyn Sthamann. She practices at Lakewood Animal Hospital, 1151 Lakewood Court North (across from Sherwood Village Mall) in Regina. Phone: 306-545-6487.

To learn more about holistic medicine you may find these books useful:

The Nature Of Animal Healing - the definitive holistic guide to caring for your dog and cat by Martin Goldstien, DVM Ballantine Books ISBN 0-345-43919-8
Natural Pet Cures - dog and cat care the natural way by Dr. John Heinerman Prentice Hall Press ISBN 0-7352-0036-X
Earl Mindell's Nutrition & Health for Dogs - keep your dog healthy and happy with natural preventive care and remedies by Earl Mindell, author of *The Vitamin Bible* Prima Publishing ISBN 0-7615-1158-X

Keep Your Dog Healthy the Natural Way by Pat Lazarus A Fawcett Book ISBN 0-449-00514-3

Homeopathic Care for Cats and Dogs by Don Hamilton, DVM North Atlantic Books, Berkeley California ISBN 1-55643-295-X

The Veterinarians' Guide To Natural Remedies For Dogs - safe and effective alternative treatments and healing techniques from the nation's top holistic veterinarians by Martin Zucker Three Rivers Press, New York, New York. ISBN 0-609-80372-7

www.altvetmed.com is a web site devoted to complementary and alternative medicine.

It Isn't Always Easy - Willow's Mystery

Roz Bacon's "Willow" is a Wheaten with an incessant scratching problem. She scratches at her body until there are bald spots with the occasional open sore. Willow has lost weight even though her appetite is healthy and she is eating her regular meals as always. Roz believes it's due to the stress involved in the constant scratching. Willow thinks of nothing else. Roz has refused the Vet's offer of steroids for Willow and is determined to find the underlying problem but it isn't always easy!

First Roz had Willow spayed, thinking that the itching could be linked to a hormonal problem. The scratching continued. Next Roz changed all her dogs to the "BARF" raw food diet. This diet helps skin problems in many dogs, but not in Willow's case. Increased essential fatty acids, followed by a try at immune boosting with mega doses of Vitamin "C" did not help. Wondering if it was a chronic yeast infection, Roz added apple cider vinegar to Willow's water. She continued to scratch. Then came bovine colostrum to fight possible yeast infection and boost the immune system. When this did not work, Roz took Willow to visit Dr. Marilyn Sthamann, a Homeopathy Veterinarian. They are exploring some remedies. In the meantime, Roz brewed up a Herbal Tea* to spray on Willow's body. Roz sprays this tea on Willow a few times a day and takes her along wherever she goes. This strategy is giving some relief. (Dr. John Heinerman says that strange as it may seem, skin problems can be linked to an emotional problem.) Roz's search continues.

* see recipes on page 6

The Prairie Wheaten

This is the Educational Seminar presented by Edmonton vet Kären Marsden at the National Wheaten Specialty held in Edmonton June 1-3, 2001. Our thanks to Barb Osborne for obtaining permission to reprint this report.

THE USE OF ALTERNATIVE MEDICINE IN VETERINARY CARE

Kären Marsden, B.A., D.V.M

One of the hardest days that a veterinarian faces, is the day when you have run out of options to heal a pet. On those days you feel terrible. You have ransacked all the medical options that you were taught; the pharmaceuticals, the surgeries, and nothing is helping to cure your patient. You sit in your office and wonder how you are going to make this pet better. Are you missing something? Are there any other untapped sources out there that could give you options, answers, cures?

This is where I found myself several years ago, sitting in my office wondering what more I could do for all my patients who were stuck, stuck in the land of renal failure, or hepatitis, or chronic arthritis. I could offer no real cure for them, and often felt unsatisfied with their quality of life. I wanted to know if I could offer more. Those thoughts lead me as a doctor, to explore alternative medicine. What I found was a new medical system full of very dependable, safe and effective treatments for many of my cases that were stuck in a corner. These broad ranging cases involved everything from chronic allergic dermatitis, diarrhea, vomiting, epilepsy, degenerative arthritis, to cancers.

Today I want to discuss some of the different modalities that Alternative medicine encompasses and specific treatments that you can utilize in the future to help your own pets. There are five major branches of alternative therapies; Acupuncture, Chiropractic, Western herbal medicine, Chinese herbal medicine, and Homeopathy. Just as in humans, diet and environment also play a key role in maintaining health.

CHIROPRACTIC

One of the most common cases that I see in my clients with show dogs are reports of an abnormal top line or an abnormal gait. When radiographed these pets often show no abnormalities, but on palpation I will find luxated vertebral bodies often in the thoraco-

lumbar area. These dogs are excellent candidates for Chiropractic and respond amazing quickly. Therefore with any gait problem, abnormal stance, or signs of back or neck pain, a careful palpation of the neck and spine and full chiropractic exam is one of the first things you should think of both as an owner and a veterinarian.

HERBAL MEDICINE

The powerful effects of phytopharmaceuticals can be extremely helpful in many common problems that appear on the show circuit or at home.

Ginger: This herb is very soothing to the gastrointestinal tract due to its potent anti-spasmodic and anti-inflammatory properties. It can be used to alleviate any nausea or vomiting, especially associated with travel sickness. Another very important use for Ginger is in treating Kennel Cough. Due to these anti-inflammatory and anti-spasmodic properties, Ginger is especially effective at relieving the classic loud coughs and retching associated with Bordatella by directly soothing the associated broncho-spasm present. Ginger has been used traditionally in China for centuries as a method to "warm" the lungs, decreasing mucous and phlegm. Ginger comes in standardized over the counter capsules. The recommended dose for dogs is 1-2 capsules per 10 kg.

Milk thistle: Much research has been done on Milk thistle regarding its ability to aid the liver. Milk thistle contains compounds such as glutathione which is one of the most powerful anti-oxidants in the liver. Within as little as four weeks, Milk thistle has been shown to lower elevated hepatic enzymes such as Alkaline Phosphatase and ALT in diseases such as Chronic Active Hepatitis, Pancreatitis, Hepatic Lipadosis, and other liver disease. Milk thistle is one of the most commonly used herbs by Western practitioners in the United States, prescribed as an adjunct liver protectant for

animals on long standing doses of steroids, non-steroidal anti-inflammatories, or other drugs metabolized by the liver such as daily Phenobarbital in epileptics. Milk thistle is extremely useful in both prevention as well as treatment for a broad spectrum of hepatopathies.

HOMEOPATHY

Homeopathy is another branch of herbal medicine that can work exceptionally well for a huge range of problems. Homeopathy is often explained as being similar in principle to a vaccine. There are over 4,000 homeopathic remedies and so the more specific and complete a case the doctor has, then the greater the chance of giving the correct remedy and thus curing the patient. **Arnica:** This can be an extremely useful remedy for acute trauma ranging from internal hemorrhage or simple bruising, to muscle or soft tissue damage from overexertion. Arnica Montana, which grows in the Alps, has been used for generations by Swiss mountaineers for trauma secondary to climbing accidents. In human and veterinary medicine, Arnica is used to treat tissue trauma secondary to cerebral edema in stroke patients and severe head injuries.

Thuja: This remedy is often used to prevent vaccine reactions such as fever, malaise, thrombocytopenias or anaphylaxis. If you are concerned about any possible reaction secondary to vaccinating your pet, you may want to consider giving Thuja 30C once on the day prior to the vaccines, once the day of the vaccines, and then the day after. If you do have a local anaphylactic reaction such as hives or a swollen muzzle, homeopathic **Apis** is specific for such local anaphylaxis. The symptoms should start to resolve within 10 minutes of administration.

ACUPUNCTURE

Acupuncture is an amazingly powerful tool not only to treat many diseases but also to help the doctor diagnose disease. Acupuncture is thousands of years old and

The Prairie Wheaten

is used to treat a broad spectrum of disease ranging from osteo-arthritis to pneumonia or behavior problems. An interesting acupuncture case we had lately was a Soft-Coated Wheaten who came in for what the owners thought was back pain. She had a complete western workup, however radiographs and lab work revealed no abnormalities. She was non-responsive to pain medication, steroids, and muscle relaxants. After a vague diagnosis of a probable disk disease, she had continued to decline. Her owners had given up on her and she had not been treated for several months. Eventually, they decided to see if maybe alternative medicine could help. The owners felt she was “miserable” and “painful all the time”. On her physical exam, her acupuncture points for the stomach were very active and her back was painful in all the places associated with the stomach. These findings were strongly suggestive of a stomach ulcer which is very painful and causes a hunched back. After acupuncture treatment, she was sent home with Licorice and Slippery Elm, two herbs specific for gastric ulcers. The owners reported immediate improvement for the first time in months. This case illustrates how valuable acupuncture can be to help diagnose an internal problem such as a gastric ulcer as well as treat it, especially where the best western medicine and diagnostics had missed it completely.

DIET

There is much discussion about diet in the veterinary community today. Some people insist on a home-made diet while others advocate balanced high quality cereals. There is no easy answer. The approach at our clinic is not one diet for all dogs, but rather a diet based on what we find on physical exam. Just as in people, dogs are individuals with different dietary needs. The most common dietary problems we see however are most likely linked to an over reliance on cereal diets. In the process of making the “perfect” food via processing and extracting, we may be losing some of the vital aspects of the very meats and proteins that we are trying to provide for our pets. We often recommend adding cooked meat, especially organ meats to many of our patients diets as well as Vitamin A. Organ meats such as liver contain many anti-oxidants that help boost immune

function. This seems to be very beneficial in many of our patients with compromised immune systems.

VACCINES

Vaccines are a huge source of debate in the veterinary community today. Many veterinarians have felt that we have been over vaccinating for a long time but that there was no harm in doing so. However, with the advent of increasing evidence that over vaccination may indeed be quite harmful, veterinarians and owners are having to reevaluate and revamp vaccine protocols. Preliminary studies show that over vaccination is linked to many auto-immune diseases. The most common of these is Hypothyroidism. Some alternative veterinarians have become polarized against vaccines as the root of all our disease, i.e. a vaccine theory substituted for germ theory. However, it seems to me that vaccines are more of a trigger, a final insult or burden that will push a pet over the edge only when they are already close to it. If an animal hasn't had a proper diet or has endured other stress factors then vaccines would be more likely to cause a problem. Therefore if you need to vaccinate, it is very important to make sure the animal is considered healthy, especially after an alternative health exam which often picks up subtleties missed by routine western exams. NOTE: All puppies should be thoroughly immunized until they are 14-16 weeks old and are immuno-competent. **Nosodes:** There is NO evidence to show that Nosodes work instead of vaccines. In several studies that used a Parvo nosodes versus Parvo vaccine, the puppies who received the nosode all died. Only a small vocal minority promotes the use of these in veterinary medicine. Nosodes are never used in human medicine. When you are worried about the potential threat of a disease it is always safer to vaccinate than give a nosodes that offers no protection.

When Do you consult an Alternative Practitioner?

There are several criteria that should alert owners (and practitioners), that perhaps they should seek alternatives to traditional western medical treatment.

1) If your veterinarian can not make a single diagnosis or they offer up 3-4 possible diagnosis for your pet's disease but still seem a bit confused, then you may want to seek

an alternative health care provider's opinion. Often when a veterinarian seems to be “reaching” for answers, it is a sign that they really are not sure, or they are rationalizing.

2) When given a bleak prognosis remember that it is bleak from a western medical point of view but not necessarily a Chinese or a Holistic point of view. Often alternative medicine is at it's strongest where western medicine fails.

3) Alternative medicine provides a valuable tool for early detective work. Often other problems are detected or prevented from an alternative health exam that would be missed during a western physical. A perfect example of this is a puppy wellness exam. From a western exam viewpoint a puppy I examined was perfectly fine with mildly dry skin, but when I checked the tongue it was very pale and the femoral pulse was wiry. From a Chinese point of view, this indicates Blood Deficiency which often leads to allergies and other problems. Through a simple diet change this puppy's pulse and tongue normalized, he regained his normal skin moisture, and the problem was corrected very early on in life.

QUALIFICATIONS

When consulting an alternative practitioner find out what their experience and training is. The Alberta Veterinary Medical Association requires certain qualifications prior to practicing alternative medicine. Veterinarians must pass the International Veterinary Acupuncture Society's exam prior to practicing acupuncture. There are numerous Herbal and Homeopathic courses for veterinarians as well. The more modalities that a veterinarian is qualified in, the better, for this gives them a wider knowledge base and range of therapeutic options.



The Remedies listed in “An Introduction to Holistic, or Alternative Veterinary Medicine”, “The Use of Alternative Medicine in Veterinary Care”, the ingredients for Willow's “Skin Healing Tea Blend” and the special ingredients required for the recipes can be found at most Health Food stores.

Recipes For Dog Treats

2,500 years ago Hippocrates stated, "Let thy food be thy medicine and thy medicine be thy food." This statement is still relevant today. Keeping in mind the correlation between good health and good nutrition here are recipes for dog biscuits that are delicious yet nutritious. These biscuits found favour with the taste testing panel: Max, Duff, Willow, Tess, Lacey and Jack

Doggie Biscuits

1½ cups flour
1½ cups whole wheat flour
1 cup rye flour
1 cup oatmeal
¼ cup liver powder*
1 tsp salt
1 tsp garlic powder
1 egg
½ cup vegetable oil
1¾ cups beef broth**

* I found liver powder in capsule form only, so substituted ground flax seed, wheat germ, cracked wheat and 1 tsp each of kelp and alfalfa powder to equal ¼ cup.

** I used broth saved from a pot roast.

Mix flours and all other dry ingredients in a large bowl. Add egg, oil and beef broth. Mix the dough, adding enough additional flour to make a dough that can be rolled. On a floured surface, roll dough to a ½" thickness. Cut with a cookie cutter into desired shapes. Prick with a fork halfway through each biscuit. Bake on a foil covered cookie sheet at 300° for about one hour or until golden brown. Turn off heat but keep the biscuits in the oven until hardened. Store in container for up to 3 months in the refrigerator.

Rosemary And Garlic Biscuits

Healthful Heart Snacks - garlic, rosemary and kelp are antioxidants, excellent for the heart. A little hawthorn berry, excellent for improving cardiac functions could be worked into the dough.

2½ cups whole wheat flour
½ cup ground sunflower seeds
1 tsp kelp powder
1 tsp rosemary powder
2 eggs, beaten
½ cup chicken stock
2 cloves garlic, pressed

Combine all the dry ingredients, mixing well. Combine the wet ingredients until well blended. Mix all ingredients together, adding more liquid if necessary to form a stiff dough that can be formed into a ball by hand. Set the dough aside for 30 minutes or cover and refrigerate over night. Roll the dough out to a ¼" thickness and cut into desired shapes. Bake on cookie sheet at 350° for 30 minutes. For a firm biscuit, turn off oven and let them sit until oven is cool. You should get anywhere from 4 - 8 dozen depending on size of biscuit cutter. Store in covered container in refrigerator.

Doggie Delights Gourmet Biscuits

Biscuits to prevent Ginitivitis - slow down gum erosion with a hard type of biscuit containing antibacterial herbs.

2 cups cooked chicken giblets (gizzards, hearts, livers)
2 cloves garlic, large
1 tbsp minced onion
1 tbsp dried oregano
1 tbsp cut parsley
1 tbsp safflower oil
1 whole egg
1½ cups stoneground whole wheat flour
1 egg white
Parmesan cheese

Place chicken organs in a pot (1½ pounds of giblets make the 2 cups needed for this recipe). Cover with water and boil, then simmer for 2 hours. Save the water for future biscuit baking.

Combine the cooked chicken giblets, garlic, parsley, oregano, safflower oil and the whole egg. Blend these ingredient for about 2 minutes or until the mixture forms a paste. A Vita-Mix 5000 is suggested; I used a blender. Transfer to a mixing bowl. Use a rubber spatula or your hands to mix, gradually adding the flour to the paste. Add oil if dough is too dry; add flour if it is too wet. Knead the dough a number of times, then leave it to sit for about 15 minutes. Roll out the dough to ½" thickness. Cut the dough into desired shapes and sizes or else make balls and slightly flatten them with a fork before baking. Bake on lightly greased cookie sheet at 350° for 15 minutes on each side (total 30 minutes). Continued next column ...



Remove the biscuits from the oven and turn it down to 200°. Beat the egg white until soft peaks begin to form. Baste the biscuits with the egg white, then sprinkle the Parmesan cheese over them. Return the biscuits to the oven and bake for an additional 30 minutes. Turn the oven off and permit the biscuits to remain in the oven until they are cool.

These have a lengthy shelf life when kept refrigerated. They also freeze well.

Willow's Skin Healing Tea Blend:

Combine any or all of the following herbs in equal parts or in any proportions:

Echinacea - an excellent herb to apply externally to numb the skin and act as a topical anesthetic, helping relieve pain and itching.

Comfrey leaf and root - contains allantoin to stimulate skin healing.

Peppermint - cools the skin.

Chamomile - the anti-inflammatory ingredients relieve skin irritations and help heal wounds.

Calendula blossoms - alleviate pain and help heal cuts, wounds, burns, open sores, and fungal infections.

Combine 1 quart boiling water with 4 table-spoons dried or ½ cup fresh herbs. Cover and let stand until cool. Strain the tea, releasing as much liquid as possible. If desired, mix with an equal quantity of aloe vera juice or gel. For improved healing, add 1 teaspoon bromelain powder and/or 1 teaspoon unrefined sea salt per cup of liquid. Mix in a blender or stir well.

To apply as a rinse, fill a plastic squeeze bottle, hold close to the skin and release enough tea to saturate the affected area. To apply as a spray, fill a spray bottle with trigger handle, and adjust the nozzle to a fine spray or heavy stream as desired. To apply as a compress, soak cheesecloth or soft cotton fabric with cold tea, place it on the affected area, and hold it in place for as long as possible.

The Prairie Wheaten

Hazards and Dangers - Top Ten List

No Emergency Plan: Keep your vet's number handy or on speed dial. Make sure your dog wears an ID tag with your name, address and phone number.

Toxic Cleaners: Dishwasher detergent, floor polish, toilet bowl cleaners could prove dangerous or even fatal to your dog.

Hazardous Chewable Items: Electrical cords could pose the greatest threat.

Garden Chemicals: Try using natural remedies rather than pesticides and herbicides.

Dirty Water: Freshen your dog's drinking water daily and don't let him drink any water you wouldn't.

Cigarette Smoke: The dangers of passive smoke apply to your pet, too!

Air Fresheners: The strong odours are hard on dogs.

Carpet Shampoos: Many formulas contain a carcinogen. It's safe for humans, but not so for dogs who spend much of their time on the carpet.

Chemical Flea and Tick Controls: Some shampoos, sprays, collars, powders and dips could pose a greater hazard than the fleas or ticks themselves.

Poisonous Plants: The most dangerous are philodendrons, rhododendrons, poinsettias and azaleas.

Toxic Plastic Toys and Bowls Alert

A "non-toxic" label on a toy would lead you to believe it is safe for your animal or child. Apparently this is not true. PVC (polyvinyl chloride) plastic, a material found in many soft or flexible toys, contains hazardous additives. Plasticizers, made up of toxic compounds, make the toys pliable. Stabilizers containing lead and cadmium keep the plastic from degrading. These toxic compounds can leach out of the plastic toy into a child's or animal's mouth. Lead can cause brain damage; cadmium causes kidney damage and is linked to cancer. Tests of plastic items from baby teething rings, to phone cord and computer cable, to soft squeeze toys for pets or babies were found to contain the hazardous compounds.

Plastic ware may not be the safest choice for your pet's water or food dishes. Toxic fumes or small scraps of plastic may be ingested with the food. Glass, stainless steel or lead-free ceramic bowls are recommended.

Donation Made To Wheaten Health Endowment Fund

One of our goals while hosting the 2000 Canadian Soft-Coated Wheaten Terrier Specialty was to raise money to support Wheaten Health Research. Thanks to a successful Raffle, Silent Auction and 25th Anniversary Pin sales our Treasurer, Sue Luchuck was able to send a cheque for \$500 (in U.S. dollars) to the SCWT Endowment Fund on behalf of the ASCWTA. Our thanks to all those who helped out.

It's still not too late for you to do your part. A few 25th Anniversary lapel pins are still available. \$1.00 from the sale of each pin goes towards Wheaten Health Research. To order pins contact Alan Fox.



This might be your last chance to get one of these beautiful Wheaten lapel pins. When the remaining pins are sold, there will be no more produced. Don't be disappointed, order yours today.

Pricing: \$7.00 per pin with \$1.00 of that going toward Wheaten Health Research plus \$1.00 shipping and handling fee if mailed.

Send your order, along with your name, mailing address and a cheque or money order **payable** to **ASCWTA** to:

SCWT Anniversary Pin
74 Cooper Crescent
Regina, SK S4R 4J7

Orders will be filled on a first come, first served basis.

The Prairie Wheaten

National Director's Report by Mike Dumelie

Barb and I just got back from a wonderful weekend in Edmonton for the 2001 SCWTAC National Specialty. In the past ten years we have missed very few and they just continue to amaze us. Edmonton was no different.

The true differentiator of any of the Specialties is the details. Over the past few years our Specialties have become weekend events rather than solely having a dog show focus. The Edmonton Specialty Committee outdid itself with every detail being considered. An extra special detail was the wine specially made for the Specialty including a label with a beautiful Wheaten on it. They had wonderful prizes, outstanding items for auction and raffle.

The learning events were top-notch. On Friday evening we all headed out to the country for a traditional Western barbecue complete with a live band (who were excellent) and a holistic veterinarian who convinced us all to go out and purchase ginger, milk thistle and a number of other remedies. It was a very worthwhile talk, even for the non-believers and is included in this edition of *The Prairie Wheaten*. On Saturday, at the banquet, we had a very entertaining and knowledgeable dog trainer who kept us laughing while convincing us all that it wasn't our dogs who are learning challenged but those on the other end of the lead.

For us the real attraction of these weekends is the camaraderie of people we see only once or twice per year. There has developed a large contingent who rarely miss this national event. With the addition of a number of American visitors over the past two years it is really becoming a major event in North America. A welcome addition this year was a good friend of ours from San Ramon, CA, Sheryl Beitch. She bred the two males we have used for our past two litters. It was good timing for her as her offspring had a good weekend.

Local club members had an excellent weekend of showing as well. Congratulations are in order to Margaret Stewardson for

her involvement in producing the Best in Puppy Sweepstakes winner. Olivia, owned by Joanne deJong, was the product of Margaret's "Kicker" who was more than proud of his daughter. In addition, Canada's winningest Wheaten Ch. Holweit's Robin the Bank went Best of Opposite Sex at the National Specialty. "Robin" was bred by local member Roz Bacon. Robin continued to add to the legend she has created in the show ring.

We also had a good weekend. We had four of our dogs there and all did well. "Lexi", Ch. Wicklow's Holweit Mini Me, went Best of Winners on Friday earning 5 points in a large contingent of dogs and earned her championship. On Saturday, "Cleo" Wicklow's Queen of the Nile, followed suit and went Best of Winners earning another 5 points toward her championship. I was a proud owner when our old girl "Chinzia" Ch. Holweit's Purrdy Woman won the Dam and Progeny competition at the National Specialty in stiff competition. She strutted her stuff with pride bringing a lump to my throat. But the biggest wins were reserved for our young boy "Paxton", Ch. Holweit Jonaire Kataxin E-male, who was a big winner on the weekend. Paxton won the Best of Breed, Best Puppy in Group and Group 4th on two days in the regular show. As the cap to a fine weekend he also went on to win the 2001 SCWTAC National Specialty in an exceptional field of almost 50 Wheatens. He is handled by Leanne MacIver and owned by Joanne deJong and Geri Mozel all of whom are good friends. Congratulations to them for doing such a wonderful job with the little guy.

All in all the 2001 National Specialty Committee is to be commended for doing an outstanding job. Next year's Specialty will be in Woodstock, Ontario followed by Ottawa in 2003. With any luck the Specialty will be coming out West again in 2004 as long as we can convince the people in Winnipeg to host it. I will be meeting with them over the next few months in an effort to convince them. Congratulations Alberta and thanks for your hard work!



St. Patrick's Potluck

This group of happy Wheaten owners attended our annual St. Patrick's Day Potluck supper at the Hamilton's on March 19, 2001. Good food, camaraderie, and a toast to the Irish heritage of the Wheaten Terrier was enjoyed by all. Thank you, Bob and Aaron for your hospitality

The Prairie Wheaten



Mike Dumelie, Barb Osborne and Margaret Stewardson of Regina joined Wheaten owners from Winnipeg at the Brandon, Manitoba Dog Show. All nine Wheatens pictured here on March 17th, 2001, are wearing shamrock bandanas to celebrate St. Patrick's Day and the Wheatens' Irish heritage.



Congratulations to the Winner of the 2001 SCWTAC National Specialty in Edmonton on June 2nd. "Paxton", Ch. Holweit Jonaire Kataxin E-male, was bred by Regina's Mike Dumelie and Barb Osborne. Ten month old Paxton is owned by Joanne Racey deJong and Geri Mozel and handled by Leanne MacIver. It was a winning weekend for this handsome puppy, who also took Best Of Breed, Best Puppy in Group and Group 4th on two regular days of showing in Edmonton.

A Visit to the Regina Dog Show

June 8-10, 2001



Zeus has kisses for Laurie Gordon of Winnipeg



Bonnie Neil, also from Winnipeg, gets a big hug from her Duffy



Barb Osborne and Lexi have lots of admirers



Margaret Stewardson assisting and giving support at ring side



Mike Dumelie with Lexi (4th in Terrier Group two days)



Bonnie Neil's Duffy (4th in Terrier Group one day)

The Prairie Wheaten

President's Message

Well, here we are in going smack into the Summer Season - can you believe it???? I'm wishing you all a very wonderful, relaxing, but exciting holiday.

It was a wonderful experience to travel and be part of the National Specialty in Edmonton in early June. There were many friends there from our Specialty last year. It is always great to reacquaint ourselves with friends from near and far. This year was extremely exciting as our own Mike and Barb bred Paxton, the winner of the National Specialty who also went Best of Breed on two other days. This is an incredible feat. A small little extra - the Sweepstake winner was a Kicker daughter from my line. So all in all the Regina group made quite an impression!

I would like to take the time to thank all of you who attended our Wheaten walk and remind you of the Fall walk.

Have a great Summer. I look forward to seeing and talking to all of you in the Fall - Have Fun!

Cheers- Margaret Stewardson

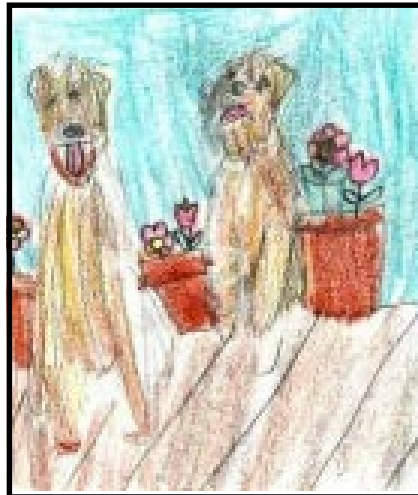
In Memoriam

It has come to our attention that these Wheatens have passed away since the last newsletter.

Cheryl Mogg's Casey
September 8, 1988 - April 27, 2001

Brian and Maureen Boniface's Kelly
September 6, 1986 - May 5, 2001

Our thoughts and our sympathy goes out to the loved ones of these wonderful Wheatens.



Drawings by Krista Gunn, age 8, new Wheaten owner from Saskatoon.



The Prairie Wheaten

The “Girls” at Crescent House Bed & Breakfast

by Cheryl Mogg

Editor’s note: This article is dedicated to the memory of Casey, the third B&B Wheaten, who until her death at age 12½ on April 27th, 2001 helped Murphy and Riley greet guests.

The resident Soft-coated Wheaten Terriers at Crescent House Bed & Breakfast in Regina have been a hit from Day One. Over 2,000 people have stayed at the B&B in its four years of operation and only once has someone decided not to stay because of the dogs. Many bookings are made **because** there are dogs in the house, particularly if there are teenaged girls in the family making the booking.

Guests adore the dogs. They are amazed at how quiet, well-mannered and friendly they are and how seldom they bark. Many have commented that it’s hard to tell there are even dogs in the house. They’ve just heard the pitter-patter of paws on the stairs as we go down to the kitchen in the morning. I’ve included some comments from guests.



The B&B girls: Murphy, Cheryl Mogg and Riley.



This is where the girls love to hang out.

May 199: It was great - so quiet, and our daughter loved the soft towels and the dogs. Thanks. Ellen, Tidsale

Aug 15/99: Your dogs are adorable.
D & S Nixon, England

Aug 14 & 23/99: Staying here on our way home gave us something to look forward to. We knew we would be met by the “girls.”
Ingrid & Fred, Wpg

August 25-26, 1998: It was such a delight to stay in your cosy and comfortable “Blue” room... I was also impressed with your 3 dogs - so well-behaved and adorable.

Leona H., Vancouver, BC

May 23/98: I had lots of fun. Your dogs are cool.

Savana, Medicine Hat

October/98: Thank you Cheryl for making our time here really special - and we loved your well-behaved dogs.

Nonie Mulcaster. Mexico



Do we hear more guests coming?

The Prairie Wheaten



Murphy loves getting special scratches from guests.

May 25/00: *Thank you for a lovely room and I do love those Wheatens.*

Vickie, Saskatoon

May 28/00: *The breakfast was excellent and the bed very comfortable. Also loved the herd of dogs.*

Sandra & Bryan

Sept 6/00: *Great breakfasts, good conversation and, of course, the "girls."*

Patty & Andrew, Chicago

Oct 1/00: *The dogs are delightful.*

Catherine, Wpg

Sept. 8/00: *Your pets are well-behaved - I had fun giving them a belly-rub.*

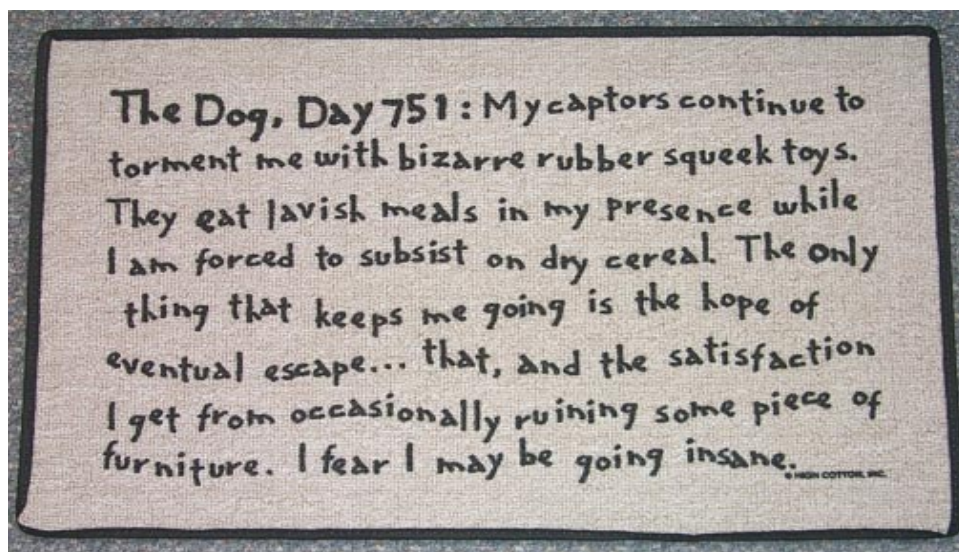
Irene, Cleveland Ohio

April 11/01: *I've never encouraged dogs in the house but yours convinced me it can work*

Henry, from a farm near Canwood, SK



Some guests enjoy taking a Wheaten or two for a walk.



MacDuff's
souvenir floor
mat from
Myrtle Beach,
South Carolina

The Prairie Wheaten

We found The Mariner, a dog friendly resort in Myrtle Beach, South Carolina on the web site: www.petswelcome.com In April Max flew with us to visit our daughter, son-in-law and MacDuff, their Basset Hound. A 2½ hour drive took the six of us from their home in Goldsboro, North Carolina to Myrtle Beach, South Carolina for the Easter week vacation. The Mariner has 3 pools, lush tropical gardens with palm trees, old oak trees draped with Spanish moss, a tennis court, and much much more for human visitors to enjoy. It has a dog walk area with tropical flowers and bird feeders under swaying palm trees for canine guests. Every Thursday evening they have a “Doggy Social” with a dog treat buffet. With the ocean across the street, Max and MacDuff could accompany us on many walks along the beach. They dipped their paws in the ocean waves but body surfing was out of the question due to the frigid temperature of the water. Both dogs attracted attention and made many new friends wherever they went. In the heat of the day we were able to leave them crated and cool in air the conditioned comfort of our rooms. The fabulous week at Myrtle Beach was enjoyed by all. Look up www.petswelcome.com to find hotels across North America that accept pets and take your dog on a much deserved vacation.

Dogs Need Vacations Too!

by Carolyn and Alan Fox



The Mariner, a pet friendly resort



Palm trees and hydrants - a dog's vacation paradise



Beach buddies catching a few rays



Meeting another new friend



Vacation bliss

The Prairie Wheaten

Much-loved hotel worker often found in doghouse doghouse

by Sarah Galashan, Vancouver Sun

reprinted with permission

The newest employee at Vancouver's Fairmont Waterfront Hotel lounges around the lobby, wears his blond hair in a long, shaggy cut and takes naps when no one's watching.

But Teagan, a six-month-old Wheaten terrier, is a hit with hotel guests, who for the past week have had the chance to walk, jog, or just spend time with him.

"I want to walk the dog," David Byers, a Seattle resident, said as he checked in Thursday evening.

"I'm the biggest animal lover in the world."

The concept of a communal pet is new to tourism in Vancouver. But Jill Killeen, the hotel's public relations manager, said Teagan's popularity is proof that sometimes you have to think small to stand out.

"I think the other hotels are watching with amusement," she said, but she is adamant the dog is more than a gimmick. "He's part of the Waterfront family."

According to pamphlets left in every hotel room, Teagan loves jogging along the Stanley Park seawall and going for "walkies."

But he can also be booked to spend time in hotel rooms just keeping guests company. Last week, a family of four took the puppy for an afternoon of sightseeing.

Any guest can book time with the dog, "but he's a bit of a ladies' man," Killeen says.

To train for his new job, which officially began May 1, Teagan went to puppy school. His official work station is a wooden doghouse beside the doorman's desk.

"I think it would be a lovely idea," said Miriam O'Connor, a hotel guest from Ireland whose two-year-old son Niall is a dog lover. "Niall would probably crawl right in the doghouse with Teagan if he could."

And Niall wouldn't be the first. Bradley Thomas, a Waterfront bellman, said children staying at the hotel often play with the puppy. "Teagan's so good with kids."

Every guest who spends time with Teagan must carry the pooch pouch, a red fanny pack stuffed with water bottles, doggy biscuits, and plastic bags to scoop up after the dog.

"He's a great conversation starter," said Killeen, fluffing up Teagan's coat for a photo.



Ian Lindsay, Vancouver Sun / Fairmont Waterfront Hotel doorman Bradley Thompson smiles as he and the hotel's dog Teagan, a six-month-old Wheaten terrier, greet guests Thursday at the hotel's main entrance

Not to mention a marketing tool.

"People won't likely go home talking about how great your pillows are," she said. "This is something that touches your senses. Something that creates memories."

While the purebred pup was paid for by the hotel, he lives at home with the hotel marketing director.

Like all regular employees, he is given regular breaks. Like all dogs, he can't be forced to go for a walk or jog, but the bellmen say that, with a little coaxing, he's always up for it.

It's been months since Teagan had an accident on the hotel's marble tiling, and given his breed, he's not the type to bark or jump up on strangers.

"He's everyone's little puppy," said Killeen, stressing that all employees pitch in to care for him.

"He goes out for walks about three or four times a day. If he's not going out with a guest, the bellmen will take him."

A receptionist takes bookings and limits the number of times he goes jogging to ensure he's not over-exercised.

"The chef is even looking at creating gourmet doggy biscuits," Killeen said. "Teagan treats."

Scenes From Our Wheaten Walk

Sunday May 6th was our annual Spring walk around Wascana Lake. Thirty humans, twenty five Wheatens and three other breeds were in attendance. Wheatens came from as far away as Saskatoon and Moose Jaw.



The Prairie Wheaten



The Prairie Wheaten

Is Your Shoulder Dislocated From Walking An Over-Exuberant Wheaten?



The "Gentle Leader"

Although many people came up to greet Max as Alan walked him along the seashore at Myrtle Beach, South Carolina in April, one father pulled his son back and said, "Don't go near that dog, he's wearing a muzzle!" The "Gentle Leader" Max was wearing is not a muzzle at all but the number one rated head collar. Some people recognized it as such and asked Alan how he liked the Gentle Leader. Endorsed by canine behaviorists this head collar, which is similar in principle to a horse halter, quickly controls jumping, pulling and forging ahead by guiding the head and thus the body. It eliminates the pain that may be inflicted by a choke collar. If your shoulder is dislocated or if one of your arms is longer than the other from walking your Wheaten, you might want to give the Gentle Leader a try. It easily teaches heel, sit, stay and down as well. The Gentle Leader comes with a 64 page instruction manual and a consumer help line. Cost is around \$25. Learn more about the Gentle Leader at www.gentleleader.com

A head collar, similar in design is the "Halti". Many people, including us, have found that although it does the job, the Gentle Leader works better. The Halti is available for around \$14.



The "Halti" head collar



The "Lupi" Harness

Another device to stop forging ahead and straining against a lead while being walked is the "Lupi", a universal harness that converts forward motion into an upward lift around the thorax. The Lupi costs around \$12.

If the Gentle Leader, Halti, or Lupi are not available at your pet supply store, phone The Pet Supply House Ltd. in Guelph, Ontario for these items and/or a 100 page catalogue at their toll free order line 1-800-268-3716

Modeled by Max



The Prairie Wheaten



Donation Update

Thank you to the two Wheaten owners who sent donations to help cover newsletter expenses in response to our request in the last newsletter. We appreciate the help but can always use more. Please make cheques payable to ASCWTA and send to our treasurer:

Sue Luchuck
4020 Elphinstone Street
Regina, Sask.
S4S 3K9

Thank You in advance!



No time to bake dog treats?

There are healthy commercial treats now available in some stores. "Rollover" has natural baked dog treats that are made in High River, Alberta. They are small heart shapes with the following ingredients: whole wheat flour, pure mountain water, rolled oats, oat bran, spinach, all-natural apple sauce, carrots, natural peanut butter, banana, canola oil, egg whites, minced garlic, and ground flax seed - no preservatives, colours or artificial flavours. "Rollover" and "Uncle Sam's" also make natural dog treats that are 100% pork lung or 100% lamb lung. These are Max's favourite commercial treats.

"Darford Brand" naturally preserved treats are made in Vernon, BC. They make Vegi Hearts, Chicken Fingers (with Glucosamine and Chondroitin for healthy joints), Liver Hearts (with Ginseng and Echinacea for vitality), and Lamb & Rice. A 454g package costs around \$2.99. Darford, of Vernon, BC also make all natural super premium dog biscuits sold under the "True Companion" label.



This is eight month old "Murphy" of Moose Jaw with his trophy for placing First in Obedience school. The Savards are very proud of him even though in his day to day life he largely chooses to ignore what he has been taught. (A typical Wheaten!!)

Congratulations Murphy!

***** DEADLINES *****

Deadline for submissions for the next issue is October 1

Please make your submissions
(preferably on disk or good clear hardcopy) to:

Carolyn or Alan Fox
74 Cooper Crescent
Regina, SK S4R 4J7
or email at c.fox@dlcwest.com

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