



Potomac Piper

Newsletter of the Potomac Skye Terrier Club

Fall, 2005



Fall Has Arrived!

*See you at the PSTC Terrier-ific Booth
in Ludwigs Corner, PA*



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*Visit the Potomac Skye
Terrier Club web site at:
<http://potomac4.tripod.com>*

Coming Soon! A new web site



Message from the President

As this issue goes to press, we are in the final days of preparation for another Montgomery Weekend. These four shows are a highly anticipated by terrier lovers. Once again this year, the Potomac Skye Terrier Club will be continuing its tradition of offering our Terrier-ific Booth at the Devon Dog Show in Ludwigs Corner, PA. With the delightful terrier group artwork of PSTC member and Dandie Dinmont Terrier breeder, Cathy Nelson, the Potomac club has, for many years, offered terrier fans a friendly meeting place at the Devon show. The Potomac Booth has become a tradition where familiar faces stop by to say hello and to pick up a T-shirt or sweatshirt for friends who could not attend. It has provided many opportunities to meet new terrier folks from all over the world - the U.S., Canada, South America, Great Britain, Australia, New Zealand, Finland, Russia - the list is too long to be all inclusive. A few years ago, we added a dinner gathering at the nearby Eagle Tavern Restaurant and this has become another fun part of our day.

The Potomac Skye Terrier Club members are a fun-loving group who are bound by their deep love for the breed. I invite you to join us again this year where we are sure to share a few laughs and share in our love for the Skye Terrier.

See you at Devon!

Michael J. Pesare, President



Four week old Skye puppy

Pet Ownership is Proven Health Care Benefit

Pets can decrease your blood pressure, cholesterol, and triglyceride levels. They can force you to exercise more, get outside, and laugh longer. They can help you recover from a heart attack, and they may cut your risk of having one. They can cheer up the mentally ill and reduce the need for medications.

In nursing homes, the presence of pets “is associated with the tendency of older persons to smile and talk more, reach out toward people and objects, exhibit more alertness and attention, and experience more symptoms of well being and less depression,” according to the National Institutes of Health (NIH). “Pet programs have proven superior in producing psychological benefits in comparison to some other alternative therapies (e.g., arts and crafts programs, friendly visitor programs, and conventional psychotherapy).”

As far back as 1796, animals were used to help treat mental patients at the Retreat Hospital in York, England, “as part of an enlightened approach attempting to reduce the use the harsh drugs and restraints,” the NIH notes. In the United States, one of the earliest programs using animal therapy occurred in 1919 at St. Elizabeth’s Hospital in Washington, D.C., where dogs served as companions for psychiatric patients.

The Delta Society, a not-for-profit organization created in 1977 to promote the role of animals in human health, has compiled a long list of scientific studies documenting the benefits of pets. (See its Website at www.deltasociety.org for details). Among the more significant findings:

- People with borderline hypertension had lower blood pressure on days they took their dogs to work. (Allen, K. 2001)
- Seniors who own dogs go to the doctor less often than those who do not. In a study of 100 Medicare patients, even the most highly stressed dog owners in the study had 21 percent fewer physician’s contacts than non-dog owners. (Siegel, 1990)
- Pet owners have lower blood pressure. (Friedmann, 1983; Anderson, 1992)

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- Pet owners have lower triglyceride and cholesterol levels than non-owners. (Anderson, 1992)
- Pet owner have higher one-year survival rates following coronary heart disease. (Friedman, 1980, 1995)
- Medication costs dropped from an average of \$3.80 per patient per day to just \$1.18 per patient per day in new nursing home facilities in New York, Missouri, and Texas that had animals and plants as an integral part or the environment. (Montague, 1995)
- Children exposed to pets during the first year of life have a lower frequency of allergic rhinitis and asthma. (Hesselmar, 1999)

Perhaps it's stating the obvious, but people who own dogs often have better physical health than non-owners for no other reason than they have to walk the dogs to keep them healthy and happy. So think of your pet as a body-fat check. As the old saying goes, "If your dog is fat, you are getting enough exercise."

Reprinted from The Saturday Evening Post September/October 2005

Veggies Reduce Risk of Bladder Cancer

West Lafayette, Ind. – Your parents probably told you to eat your veggies, but did they tell you that dogs should eat their veggies, too?

A new study of Scottish Terriers from Purdue University has found that the risk of developing bladder cancer was markedly reduced if the Scotties' owners had fed them vegetables-particularly green leafy vegetables-three times a week. "It wasn't until (dogs were fed) three times a week on a regular basis that we saw protection," says Lawrence T. Glickman, VMD, Dr. P.H.

The researchers looked at the effects of three families of vegetables; green leafy vegetables, yellow-orange vegetables, and cruciferous vegetables such as broccoli, cauliflower, and Brussels sprouts. "We actually found a protective effect in all three, (but the) largest was green leafy vegetables," says Glickman. "(They) reduced risk by about 88 percent, with yellow-orange vegetables by about 70 percent-those two are highly significant."

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Potomac Skye Terrier Club

Skye Terrier Day at the Devon Dog Show

**Held in conjunction with the Skye Terrier Club of America
National Specialty Weekend**

Saturday, October 8, 2005

Come and spend a day (and early evening) with members of the Potomac Skye Terrier Club at the Devon Dog Show at the Ludwigs Corner Horse Show Grounds, Route 100, Ludwigs Corner, Pennsylvania.

Potomac Skye Terrier Sales Booth - This fun and unique sales booth offers clothing featuring the terrier group by artist and PSTC member Cathy Nelson. The booth also offers items with embroidered Skye Terrier designs and collectibles.

New this year! Limited Grooming Space at the Potomac Booth for PSTC members - A limited amount of grooming space will be available to PSTC members who have Skyes entered at the Devon show.

Devon Dog Show - The Devon show is held the day before the highly anticipated Skye Terrier Club of America National Specialty. As a result, this show attracts the largest entry of Skyes you are likely to find anywhere - with Skye from around the country. Come and watch the finest Skyes in the U.S. and meet new Skye people.

Potomac Skye Terrier Club Meeting - The exact meeting time will be announced when the Skye ring time is released. Members will be notified by e-mail or phone. The likely time will be mid-afternoon.

Potomac Skye Terrier Club Dinner - - 6:30pm - All Members and Guests are invited to the Eagle Tavern (610-458-5331) which is just down Route 100 from the showsite.

A menu (Menu One) of entre choices will be available at a cost of \$30 per person which includes complete meal, tax and gratuity. There will also be a cash bar.

Visit eagletavern.com for directions and description of Menu One items

Please call or e-mail Maida Connor by October 4 if you are planning to attend: maidaconnor@adelphia.net or call (717) 677-0700.

Emily and Her Girls!



Ch. Gleanntan Grandxpose



Gleanntan Givemebusybee!
Owned by Jo Ann Lyons & Gleanntan



Gleanntan Goodietwoshoes
Owned by Anne O'Reilly



Gleanntan Glindathegoodwitch
Owned by Gleanntan



Gleanntan Goodnessxposed
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Visit our web site at:
www.gleanntan.com





PSTC member Carol Fink and Skye friend

All Natural Weed Killer

Here is a weed killer that works, but will NOT harm your pets!

1 Gallon White Vinegar
1 cup table salt
8 TBSP. Dawn dish detergent

Mix and spray!

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According to Glickman, the most common vegetable fed was carrots because “people were used to eating carrots as treats.” Green leafy vegetables include salad greens or spinach, while cruciferous vegetables, the least popular item on doggie menus, include broccoli and cauliflower. The study, which was funded by the Scottish Terrier Club of America and the AKC Canine Health Foundation, and published in the July 1, 2005, issue of the *Journal of the American Veterinary Medical Association*, did not distinguish between raw or cooked vegetables.

Based on the study’s results, which Glickman says apply to all breed that are vulnerable to bladder cancer, “what we’d really like to do is extend this to other common types of cancer, such as lymphoma..(and) things that you very, very common and for which there’s no understanding of what causes them.”

So next time you fix yourself a nice healthy salad, do a good thing for your dog, and make one for him.

Reprinted from DogWorld November 2005

Advertise in the Potomac Piper!

The Potomac Piper is the official newsletter of the Potomac Skye Terrier Club. The Potomac Piper is mailed four times a year to Skye Terrier owners and admirers.

Advertise a big win, a promising youngster, a deceased cherished friend, or send a message to others who love the breed.

One full page - \$25.00
Half page - \$15.00

Send your ad and payment to
Maida Connor, 225 Opossum Hill
Road, Aspers, PA 17304-9504.



Meet the Member: Nancy Zeferjahn Cazenovia, New York

I am very pleased to be a member of the Potomac Skye Terrier Club. It will give me an opportunity to learn more about our wonderful breed. Our family has had Skye Terriers for about 35 years. In 1970 we lost our Bedlington Terrier, Maxie, and could not find a Bedlington puppy. We looked in the Sunday paper and noted a Skye Terrier. Knowing NOTHING about the breed, everyone agreed we would like to have a dust mop dog like those that we had seen at dog shows. With a blind start we brought Alfred home and became Skye lovers. We have had boys and girls, drops and prick ears, and many colors. Each wonderful friend is remembered for a special characteristic. Our Flaps Down was a terribly shy lady. Bankroll Bentley had curiosity unlimited. Alfred II was born to be in charge and Polliwog was born to please. Each had differences, yet each was somewhat the same. All had depth of character, deep devotion, great spirit and a mysterious charm. Over the years our days have been scheduled to devote time to the Skyes - walks, toy fun, travel, interacting with children and plain togetherness. If I could guess, I would bet each dog's favorite activity was to follow me on my snowshoes to make paths in the snow for winter chase. (Cazenovia has more than 100 inches of snow annually.) The banks are always higher than the dogs! I am avid gardner and my favorite time has always been having a dog nearby as I dig and weed!



In the summer of 1997, my husband died very suddenly. At that time we had Alfred (age 7) and Polliwog (age 6). These dogs grieved with me, licked away many tears, continued their antics making me laugh and insisted life go on. They were my lifeline and support group. Both lived to be 13 years... not nearly long enough. When I lost Polliwog in summer 2004 I vowed never to put myself through the grief again. But by New Year's 2005, I felt my heart was healing and maybe it was time to fill the emptiness in life. Lucky me... on March 5th after conversations, applications, e-mails, and photos, I drove to Pennsylvania to bring home a new little gentleman. He

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had been bred by Gleanntan Kennels (Michael and Maida) and was 7 month old Sean. As I met Sean's exquisite mother (Emily) and Sean, I knew immediately that these gorgeous Skyes had come from a devoted, loving, sensitive home and that being in the Gleanntan family was indeed special. My visit with Michael and Maida was all too short and my hope as I left was that they felt comfortable about placing their little one in his forever home. Sean is now Gleanntan's Brite'nshiningstar and called Beamer. He sparkles wherever he goes and is a quiet, friendly and gentle companion. We are having such fun and he always joins me in the garden! I absolutely adore him as he puts more of those welcome Skye footprints on my heart!



Nancy Zeferjahn's "Beamer"

Massage Therapy for Skye Terriers

By Julie Howard, CMT, Certified Massage Therapist

Massage is therapeutic for every one including our dogs. Skyes, in particular, can benefit from massage. Considering their long backs and very dense thigh muscles, Skyes are subject to varying degrees of muscle tightness. In my massage practice, I work on people, dogs, and horses. I have noticed when a dog is moving poorly, quite often, he has uneven muscle tightness along his spine and in his gluteal muscles. This unevenness, compromises his propulsion in movement and he is constantly trying to compensate for the stiffness and efficient effortless movement is lacking. When this type of dog is massaged either a few times or on a regular basis, dramatic improvement is noted in movement. I have found that Skyes sometimes have muscle tightness in muscles very deep in their backs in front of the spine. This can cause a roached topline. The muscle in question is the iliopsoas. Work on this muscle should be done by an experienced therapist.

I massage dogs for about 30 minutes. Their attention span usually will not tolerate work any longer than that. I initially do an assessment of the dog, noting where there are tight areas. Then, I formulate a specific protocol for each individual animal.

You can help with muscle tension in your own dog. For a nice general effective massage, put your Skye on a grooming table. Stand behind your Skye. Have your Skye stand on the table. Lean forward and start at the base of the skull and with both thumbs, make small circles in the muscles on either side of the spine working down the back until you reach the tail. This will loosen up the back muscles and help to relax your Skye. For tight thigh muscles, wrap your hand around the thigh and knead the muscles like you would bread dough. This will help to relax those muscles. Another relaxing technique is "skin rolling" or in Tellington Touch known as "Spider Pulling A Plow". With this technique, you literally roll the skin between your fingers. "Spider Pulling a Plow", describes the action with your hands. Gather a roll of skin under your fingers and drag your thumbs behind the roll and have your hands travel this way up and down your skye's back. Most dogs love this technique. If anyone is unclear about this, please ask me at a dog show and I will be happy to show you.

There are a number of massage therapists with booths at dog shows. Some are good and others are fair. I have found that some of these therapists are good therapists but have some trepidation about dogs as they haven't handled many dogs. This can be transferred to your dog and make him nervous. Your dog should be very relaxed and comfortable under the hands of a good therapist.

I strongly recommend the video and book by Linda Tellington Jones, *Tellington Touch*. She has many good tips and massage techniques for your dog. Linda Tellington Jones was a famous horse rider years ago, became a massage therapist, studied under a very famous massage therapy teacher and developed Tellington Touch from her experience with animals. Her seminars are excellent.

Try the skin rolling technique and the thumb circles on your Skye and see if your dog isn't a happier more relaxed Skye Terrier.

About the Potomac Skye Terrier Club

The Potomac Skye Terrier Club is an AKC-sanctioned club devoted to preserving and promoting interest in the Skye Terrier in the Middle Atlantic region of the United States. Since 1972, the club has fulfilled its mission by annually holding a Specialty show as well as meetings, educational seminars, and through communication with its members.

If you are interested in supporting the Potomac Skye Terrier Club through membership, please contact Maida Connor, Secretary, 225 Opossum Hill Road, Aspers, PA 17304-9504, Phone: 717-677-0700 or e-mail: maidac Connor@adelphia.net.

Upcoming Events - 2005

October 8 - Devon Dog Show - PSTC "Terrier-ific" Booth and Membership Meeting - Ludwigs Corner, PA

2006 Potomac Specialty Judges

Our 2006 Specialty promises to be quite special with both our regular classes judge and Sweepstakes judge traveling from Finland.

Regular Classes - Colin Smith, Finland
Sweepstakes - Meri Tuli Aalto, Finland

