

# WESTIE CLUB NEWS



## *2013 BOARD OF DIRECTORS*

President:	Kathie Ward	Specialty Chair:	
Vice President:	Melissa Turnbull		Deanna Schuster
Treasurer:	Jane Stewart	Code of Ethics Committee:	
Secretary:	Nancy Stalnaker		Sue Bowman, Melissa Turnbull
Members of the Board:		Membership Chair:	
	Mary Jo Berry, Sue Bowman, Deanna Schuster	Sunshine Chair:	
		October Picnic Chair:	
		Newsletter Editor:	
			Nancy Stalnaker, Pat Schirmang

### **NOTICE** **Board Meeting**

Board of Directors will meet Sat, July 27, 2013, at 11 AM, at the home of Melissa Turnbull, 131 W Fairmont, Tempe, AZ. 481-967-7062 for directions. Members welcome. To add an item to the agenda, please contact Kathie Ward (602-971-5011) or Nancy Stalnaker (480-998-1014).

**NOTICE**  
**General Meeting**

Ever been to dog shows wondering what judges are looking for in the ring? How can they judge a Pekingese against a Westie and a Great Dane when judging for Best in Show? What makes any dog a dog with "good structure"? Come find out at our **August 24th General Meeting and Educational Event** when we'll be viewing a very informative video produced by The Kennel Club (of England). Time and location to be determined; however, save the date! Be sure to check the Club Events Page at [www.vswhwtc.com](http://www.vswhwtc.com) after its launch August 1, 2013 for more information, or call Sue Bowman at 480-209-9553. Hope to see everyone there!

MINUTES OF THE BOARD OF DIRECTORS MEETING, SATURDAY JUNE 15, 2013

The meeting of the Board of Directors was held in the home of Melissa Turnbull. The meeting was called to order by the President, Kathie Ward, at 2:00 p.m. received.

Present, in addition to the President, were Vice President, Melissa Turnbull, Secretary, Nancy Stalnaker, Treasurer, Jane Stewart, and Board Members, Sue Bowman, Deanna Schuster, and members Pat Schirmang and Sue Griffith.

The Secretary read the minutes from the last meeting, and they were approved as read.

Three applications for membership were reviewed by the Board, and approved. The applications of Mary Bradley, Janie Emerson and Kathleen Spradley will be presented to the general membership for approval.

The Treasurer present her financial report and it was approved.

Melissa Turnbull and Sue Bowman were appointed to the Code of Ethics Committee to complete the planned revision.

The Preliminary Show Report which was submitted by Tia Peterson, 2013 Show Chairman, the day prior to the 2013 Specialty was reviewed. No final report has been

2014 Specialty Committee Report

**The Specialty will be held on Friday, February 28.** Luncheon will be held on Friday. Dinner will be held on Saturday night. An auction was also approved to be held Saturday night.

The tenting will be the same plan we had this past specialty.

Deanna will send the show application to AKC.

It was voted to ask Jane Krause to provide the trophies for the 2014 Specialty if she can do at least all of the major trophies and first class in all of the regular classes.

There was discussion regarding sponsoring a handling class during the show weekend.

Upcoming Events were discussed:

**October 27 is the date set for the Fall Picnic and Fun Match.**

**December 14 was selected for the Christmas Luncheon.**

A tentative plan was discussed regarding having a general meeting and Fun Match during the **Highland Games in March, 2014**. The games are held at 7th Street and Indian School Road.

Respectfully submitted,  
Nancy Stalnaker

**HEALTHY BENEFITS OF COCONUT OIL**

By Katie Wyatt in WESTIES HEALTH -- FROM EARS TO TAIL

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**THE HEALTHY BENEFITS OF COCONUT OIL**

Although supplements can be a confusing topic for many pet owners, most dog owners have heard of the benefits of feeding fish oils. There are however, a variety of oils that you can also use to your dog's benefit, each with different actions and benefits.

Coconut oil consists of more than 90% saturated fats, with traces of few unsaturated fatty acids, such as monounsaturated fatty acids and polyunsaturated fatty acids. Most of the saturated fats in coconut oil are Medium Chain Triglycerides (MCTs). The main component (more than 40%) of MCTs is lauric acid, followed by capric acid, caprylic acid, myristic acid and palmitic. Coconut oil also contains about 2% linoleic acid (polyunsaturated fatty acids) and

about 6% oleic acid (monounsaturated fatty acids).

Most of the coconut oil benefits come from the MCTs. For example, the lauric acid in coconut oil has antibacterial, antiviral, and anti-fungal properties. Capric and caprylic acid have similar properties and are best known for their anti-fungal effects.

In addition, MCTs are efficiently metabolized to provide an immediate source of fuel and energy, enhancing athletic performance and aiding weight loss. In dogs, the MCTs in coconut oil balance the thyroid, helping overweight dogs lose weight and helping sedentary dogs feel energetic.

According to Dr. Bruce Fife, certified nutritionist and naturopathic doctor, coconut oil gently elevates the metabolism, provides a higher level of energy and vitality, protects you from illness, and speeds healing. As a bonus, coconut oil improves any dog's skin and coat, improves digestion, and reduces allergic reactions.

**Fed regularly to pets, coconut oil may have multiple benefits:**

**Skin Conditions**

Clears up skin conditions such as eczema, flea allergies, contact dermatitis, and itchy skin

Reduces allergic reactions and improves skin health

Makes coats become sleek and glossy, and deodorizes doggy odor

Prevents and treats yeast and fungal infections, including candida

Disinfects cuts and promotes wound healing

Applied topically, promotes the healing of cuts, wounds, hot spots, dry skin and hair, bites and stings.

**Digestion**

Improves digestion and nutrient absorption

Aids healing of digestive disorders like inflammatory bowel syndrome and colitis

Reduces or eliminates bad breath in dogs

Aids in elimination of hairballs and coughing

Immune System, Metabolic function, Bone Health

Contains powerful antibacterial, antiviral, and anti-fungal agents that prevent infection and disease

Regulates and balance insulin and promotes normal thyroid function

Helps prevent or control diabetes

Helps reduce weight, increases energy

Aids in arthritis or ligament problems

Integrative Veterinarian and Naturopathic Doctor, Dr. Karen Becker, says “Medium-chain triglycerides (MCTs) have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs. Coconut oil is a rich source of MCTs. *I recommend 1/4 teaspoon for every 10 pounds of body weight twice daily for basic MCT support.*”

Why not give coconut oil a try and introduce it to your dog? It offers many benefits for your dog and is a more sustainable and less toxic source of oils than fish.