

The Plaid Piper

Volume 25 Number 3 The Scottish Terrier Club of Chicago, Inc.

Jan/Feb 2023

PRESIDENT'S MESSAGE



The STCC Board has been working hard to come up with educational programs that interest the membership. Barn Hunt has been requested by several members, so that will be our March meeting.

For Your K9 has quite the set up for Barn Hunt and knowledgeable instructors to give our Scotties the opportunity to hunt some rats.

If you know anyone who has a Scottie, please invite them to this event. We should have a great turnout.

Mark your calendar:

For Your K9
706 Industrial Drive
Elmhurst, IL
March 12, 2023
1-3pm

See you there!

Kathy Hufnagle

President STCC

Edition Contents

- Michele Geiger-Bronsky - DCSR Zoomie: Hormones Gone Wild - Cushing's & your Scottie
- STCC January Club Meeting and Presentation by Steve Russell on Scotties
- STCC March Club Meeting at For Your K9, Elmhurst, IL - Barn Hunt Seminar
- Spotlight on the Club - Featuring a club member in each edition. For this edition - Deb & Stan Senalik
- Dog Treats

January 21, 2023 Door County Scottie Rally Zoomie***Hormones Gone Wild: Cushing's and Your Scottie***
By Erica Cerny

Erica Cerny has been rescuing Scotties for over 30 years in the Northeast USA, primarily as Rescue Coordinator for the Scottish Terrier Club of Greater New York. She also volunteered for many years as National Rescue Coordinator and is currently Rescue Referral and lead Trustee of the Rescue Trust Fund for the Scottish Terrier Club of America. In 2022, Erica received the Antonella Visconti di Modrone Health Advocate Award from the Health Trust Fund of the Scottish Terrier Club of America for her decades of advocacy for the Scottish Terrier breed.

Erica is not a veterinarian, but she has had two of her own Scotties with Cushing's and by working closely with veterinarians, stabilized them and helped stabilize and place several rescue Scotties who were also diagnosed with Cushing's. She has done research online and through interviews to enhance her own knowledge and gave a presentation on Cushing's to the Scottish Terrier Club of Greater New York. After this presentation, word got around and Erica began to be contacted by Scottie parents who wanted more information and reassurance as they worked with their veterinarians to stabilize their own Scotties.

Presentation overview

- What is Cushings?
- Overview of Hormones involved in Cushings
- Overview of Glands involved in Cushings
- Cushings Disease vs. Cushings Syndrome
- Correct Function
- Causes of Cushings
- Symptoms
- Types of System Malfunction
- Types of Cushings: Pituitary, Adrenal, Iatrogenic, Atypical
- Testing and Diagnostics
- Treatment and Management
- Should I treat my dog, and what if I don't?

What is Cushings?

Cushing's Disease (also known as hypercortisolism or hyperadrenocorticism) is a chronic excess of the hormone cortisol levels in the blood, caused by a faulty feedback loop between the Pituitary and Adrenal glands. These glands are part of the endocrine system. The endocrine system is made up of glands that produce and secrete hormones that regulate the body's growth, metabolism, and sexual development and function.

Hormones Involved

- ACTH (adrenocorticotropic hormone) which is produced and released by the Pituitary gland. Its function is to stimulate the production of glucocorticoids (steroids) from the Adrenal Cortex.
- Cortisol is a stress hormone made in the Adrenal glands which helps the body respond to physical or psychological stress. It affects a wide variety of bodily functions including blood sugar levels, fat and protein metabolism, muscle and skeletal functions, kidney function, nervous system, cardiovascular system, and immune system.

Glands Involved

- Hypothalamus - a small part of the brain responsible for the function of homeostasis or balance of the bodily system. Body temp, hunger, thirst, mood, blood pressure, sleep, and sex drive. Located at the base of the brain. Produces a corticotropin-releasing hormone that triggers the pituitary gland to produce the ACTH hormone.
- Pituitary Gland - a pea sized gland located at the base of the brain attached to the hypothalamus by a stalk. It produces ACTH hormone, which signals the Adrenal glands to either suppress or induce cortisol hormone production.
- Adrenal Glands - two triangular glands, one sits on top of each kidney. The adrenal outer cortex is divided into 3 layered zones plus an inner medulla, each of which produces different hormones. The middle cortex zone, called the Zona Fasciculata, produces cortisol.

Hormones Gone Wild: Cushing's and Your Scottie - Cont.

Correct Function

In a normally functioning system, ACTH and cortisol hormones will increase due to stress, infection, pain, surgery, trauma, and cold temperatures. These hormones prepare the body to manage stressful situations by altering normal body functions temporarily. For example, giving extra strength, shutting down digestion, changing blood pressure, to name a few. When the stressful situation is over, they return the body back to normal balanced function.

In a well balanced system, cortisol is released into the body throughout the day, the highest levels being in the morning and lowest at night. In cases where sleep is often disturbed or the dog is kept on their owner's second or third shift work schedule, this can be different. This day/night clock (diurnal, circadian rhythm) helps you body be alert in the morning and wind down at night.

The collaboration between the Hypothalamus, Pituitary and Adrenal glands is known as the HPA axis. Their joint activities control the body's stress reactions.

How does it work?

During times of stress, the need for cortisol is detected. 1) the hypothalamus signals the pituitary gland which, 2) produces ACTH which then signals the adrenal glands to, 3) produce cortisol. As the cortisol enters the cells and binds to the steroid receptors located throughout the body, it initiates changes that prepare the body to stressors of different types. 4) When the stress has been resolved, the hypothalamus detects the cortisol level and signals the pituitary. 5) the pituitary signals the adrenal glands to decrease cortisol production.

The net effect is that a mildly fluctuating balance is achieved in a healthy dog, just as with all other hormone levels. This feedback loop must be very succinctly controlled to maintain a normal balance in the body. When there is interference with this feedback mechanism between glands, one doesn't realize when to stop producing hormones and that results in overproduction or continuous production of cortisol. This condition is what is called Cushings.

Causes of Cushings

When the feedback loop has gone awry, it's primarily for one of these reasons: a pituitary tumor, and adrenal tumor, or interference of medications. The result is a chronic excess of circulating blood cortisol (Cushing's Disease) or the opposite, too little circulating cortisol (known as Addison's Disease). In effect, with Cushing's the dog is being poisoned with too much cortisol and cannot rely on its own feedback mechanism to regulate the blood cortisol level. This excess cortisol will cause the body to degrade. Untreated, the prognosis is usually 18 - 24 months. If treated and monitored, the dog will live a normal lifespan (other illnesses not withstanding).

Symptoms

There are many symptoms that this disruption of normal function can cause in the body. Symptoms of Cushing's disease can be vague and varied and tend to appear gradually and can then cause degradation quickly. This is a progressive disease/syndrome, if not treated, it will cause more or stronger symptoms. If it's suspected, it should be monitored. Sometimes these symptoms can be confused with other illnesses or even dismissed as old age, so if you start to notice these in your dog, it's best to start the testing process to be as proactive as possible. It should be noted that it is not necessary for all of the symptoms below to be present. It may be one, a few, or any combination of the following symptoms.

Cushing's Symptoms

- Increased/excessive water consumption (polydipsia)
- Increased/excessive urination (polyuria)
- Urinary accidents in previously housetrained dogs
- Increased/excessive appetite (polyphagia, this will not be subtle)
- Sagging middle, bloated, pot-bellied appearance
- Weight gain or its appearance, due to fat redistribution
- Loss of muscle mass and shape, giving the appearance of weight loss

Hormones Gone Wild: Cushing's and Your Scottie—Cont.

Cushing's Symptoms - Cont.

- Exercise intolerance, lethargy, general or hind-leg muscle weakness, not wanting to walk like they used to
- New reluctance to jumping on furniture (if they had jumped on furniture before)
- Excess panting, seeking cool surfaces to rest on
- Symmetrically thinning hair or baldness (alopecia) on sides of the body
- Overall thinning of hair on the body or baldness on the tail
- Other coat changes like dullness, dryness, loss of color, or oily hair
- Thin, wrinkled, fragile, and/or darkly pigmented skin (hyperpigmentation)
- Easily damaged/bruised skin that heals slowly (not easy to see on a dog)
- Hard, calcified lumps in the skin (calcinosis cutis)
- Susceptibility to infections (especially skin and urinary), little bumps
- Dilute urine (low specific gravity on urinalysis)
- Diabetes (inability to control blood sugar), seizure disorder, or slow thyroid can co-exist
- Depressed mood
- Sleep rhythm off (circadian)
- Weak bones
- High blood pressure (the vet can measure this)
- Specific changes in bloodwork (specifically in liver enzymes and electrolytes)
- Infertility

Note: An important point to remember is that Cushing's will not be cured; the goal is to manage the symptoms so the affected dog will have a more comfortable life and their health will not continue to degrade.

Types of System Malfunction

Exogenous - malfunctions are caused by factors outside the body such as steroid medications that are typically used to treat things such as allergies, asthma, arthritis, irritable bowel disease, cancer. This is also referred to as iatrogenic Cushing's. It is reversible if the medication is stopped, but often due to other disease, that's not possible.

Endogenous - malfunctions are caused by factors inside the body such as cancerous or noncancerous nodules or tumors on the pituitary or adrenal glands, or from excess cortisol or ACTH being produced somewhere else in the body as part of a secondary illness (ectopic).

There is also a type of malfunction known as **atypical** Cushing's or adrenal hyperplasia-like syndrome, where overproduction of other related steroid hormones like sex hormones cause symptoms that look like Cushing's (same symptoms) but does not show abnormal cortisol levels on the Cushing's tests.

Types of Cushing's - Pituitary, Adrenal, Iatrogenic, Atypical - in dept look

Pituitary Dependent - The most common cause (85%) of Cushing's disease is a microscopic, benign pituitary tumor (microadenoma) which oversecretes ACTH and ignores the adrenals' response. 50% of pituitary tumors are less than 3mm in diameter. The dog's not respond to the elevated blood cortisol levels by stopping its release of ACTH.

Dogs with pituitary dependent Cushing's tend to have two very large adrenal glands, as both are constantly working to keep up production of excess cortisol. A small percentage of these growths are larger, and if they press on brain tissue and nerves, can cause blindness, circling, seizures, or other neurological problems not directly related to Cushing's.

Adrenal Dependent - 10% to 15% of Cushing's diagnoses are Adrenal gland based. Approximately 50% of those are cancerous, 50% benign. If they are cancerous, we are dealing with cancer and not really with Cushing's. Some of the medications will help alleviate the symptoms, but won't cure the cancer, which will eventually spread to tother organs.

Dogs with adrenal based Cushing's, one adrenal gland tends to be extremely enlarged due to the tumor and the overproduction of cortisol that goes with it, and the other tends to be extremely small or atrophied from lack of use.

Hormones Gone Wild: Cushings and Your Scottie - Cont.

Types of Cushings in depth look - Cont.

Atypical - sometimes similar symptoms will be displayed and even some of the diagnostic testing will point to Cushing's, but it cannot be confirmed with the Cushing's specific tests. In these cases, an additional diagnostic test, an **adrenal hormone panel**, will be needed to investigate further. It will often show an elevation in another adrenal hormone that is also throwing off the hormone balance in the dog. Estrogen, aldosterone, etc. can cause some of the same symptoms, but the treatments for these are not yet developed. The ones used for regular Cushing's will not work and in some cases can have side effects that worsen the symptoms, so should not be used. Natural remedies can help control the symptoms and there are some positive studies that show in some cases, even implanting a patch or using vitamin supplements can help to lower these increased hormone levels to increase comfort.

Testing and Diagnostics

General Chemistry Blood Screening test - You will be looking for patterns here. Alkaline Phosphatase, a non-specific liver enzyme, will be elevated in dogs with Cushing's in almost all cases. The reference range is low, so any elevation may trigger concern in your veterinarian. Most Scotties over 6 years old have elevated liver enzymes (alkaline phosphatase and ALT) for a variety of reasons, many are not of particular concern or not treatable anyway. If they are high, expect to see symptoms and to do further testing.

Along with elevations in liver enzymes, you can see elevations in cholesterol or triglycerides, as they are involved with fat in the blood. Since electrolytes are also involved, expect to see sodium and potassium values also out of range.

Again, these are typical patterns, and you may not see all of this in each dog, but this is what would trigger further tests, along with some of the physical symptoms like excess drinking or other symptoms that have been listed earlier.

This is a complex disease/syndrome to diagnose because cortisol levels in the body are continually fluctuating. In addition, just bringing the dog to the vet for the hours needed for testing can cause them stress that can raise their levels. As the symptoms are varied, several tests will be needed to confirm a diagnosis of Cushing's. It's best to start with the bloodwork or urinalysis, then do some imaging if necessary to get that confirmation or rule it out. You should not proceed to the next test unless there is sufficient evidence to do so. You should never treat the dog for Cushing's unless a diagnosis of Cushing's is **CONFIRMED** AND they are experiencing symptoms, as the goal again is to manage the symptoms, not to cure the disease. Regardless of what shows up on paper, if the dog is not uncomfortable, then hold off. Since it is progressive, it will often get to a point when they are symptomatic, and you can start treating them at that time. **Please note:** the medications used to treat Cushing's can be fatal if used in a dog that does not have it.

Urinalysis - Cortisol/Creatinine Ratio test - The Cortisol/Creatinine Ratio test is a test specifically for Cushing's that is only run on the urine and examines the amount of cortisol versus the normal excreted protein, creatinine. The higher the ratio, the higher the cortisol level. When an animal has Cushing's disease, they produce an excessive amount of cortisol. This increased blood cortisol concentration results in increased loss of cortisol into the urine, therefore the urinary cortisol/creatinine ratio usually increased in animals with it. In a Cushingoid dog's urinalysis, you would also typically see dilute urine (low specific gravity) from drinking so much water and you may see elevated protein or white blood cell count.

Since there can also be other conditions with these same results, it could cause a false positive on this test. If the results is negative, that would be valid and there isn't a need to test the blood further.

Since the urinalysis can be a less expensive and less stressful alternative to doing bloodwork (you can leave the dog at home and bring in the sample) to rule it out first. That's the only reason to start there.

ACTH Blood test (Endogenous ACTH) - Measures circulating ACTH (adrenocorticotropic hormone) to see if the level is high, which usually indicates pituitary type of Cushing's.

ACTH Stimulation test - During this test, a resting blood sample is collected to get a baseline level. Then, the dog is given an injection of ACTH, the hormone which stimulates the adrenal to release cortisol (either 0.25 mg Cortrosyn or 5 ug/kg intramuscularly or 2.2 IU/kg of ACTH Gel preparation inter-muscularly). 1 to 2 hours later, depending on the type of injection used, another blood sample is collected to measure blood cortisol levels. A Cushingoid dog will respond to the ACTH injection with greatly increased cortisol output.

Note: This test may be used for diagnosing Addison's disease or Cushing's syndrome.

Hormones Gone Wild: Cushings and Your Scottie - Cont.

Testing and Diagnostics - Cont.

Low Dose Dexamethasone Suppression test (LDDS) - This is the preferred diagnostic test for Cushing's, with an estimated 90% to 95% ability to diagnose the disease. During this test, a fasted dog has a blood sample collected as a baseline in the morning. Afterward, the dog is injected with a small amount of dexamethasone (a synthetic glucocorticoid): 0.015 mg/kg of dexamethasone intramuscularly or intravenously. Either dexamethasone sodium phosphate or Azium (dexamethasone with polyethylene glycol) can be used. Follow-up blood samples are collected after 4 hours and 8 hours later to see if the injection suppressed the adrenal glands from producing cortisol.

A properly functioning system will perceive the presence of dexamethasone and suppress cortisol output throughout the test. Cushingoid dogs will not suppress blood cortisol in response to the dexamethasone injection, because their communication feedback mechanisms are not working properly. Dogs who suppress at 4 hours and rebound at 8 hours usually have pituitary tumors.

The only downside of this test is that the dog will need to be at the vet's office for 8 + hours and fasted overnight, so start early.

Ultrasound (this should be your go to test)

Ultrasound of Adrenal Glands - An ultrasound is an additional tool to use to "see" what the organs look like. Most Cushing's Disease is caused by growths, about 85%, are caused by a pituitary tumor. The ultrasound will not be able to check the pituitary gland, as it's in the brain, it's not necessary, as most growths are very small. Most of the rest are caused by an adrenal gland tumor, and about half of those are malignant. About half of adrenal gland tumors are visible on normal X-rays. That means X-rays may miss half of dogs that have an adrenal tumor that does not show up, which will show up on ultrasound.

First, the size of the adrenal glands in relation to published normal sizes is measured. If one is larger than the other, it could indicate more usage of one; if one looks suspicious or calcified, or if there is an obvious growth visible it could indicate cancer. High resolution ultrasound technology is much more effective than the typical ultrasound at your small vet practice. Once the adrenal glands have been evaluated, additional organs should be evaluated for supporting changes that are common in Cushingoid dogs.

By the way, also have your vet check your Scottie's bladder while you are paying for the ultrasound, as Scotties are more highly prone to bladder cancer (TCC) than most other breeds. The bladder needs to be ultrasounded full, so remember not to let them pee on the way in.

CT Scan - A computed tomography (CT or CAT) scan allows doctors to see inside your body. It uses a combination of X-ray and a computer to create pictures of your organs, bones, and other tissues. It shows more detail than a regular X-ray. You can get a CT scan on any part of your body.

MRI (Magnetic Resonance Imaging) - Provides precise details of your body parts, especially soft tissue, with the help of magnetic fields and radio waves.

Note: These kind of tests are more likely done on humans with Cushing's.

The goal of testing is to locate the source of the problem. Each test will have a different piece of information to help in that determination.

Treatment and Maintenance of Cushing's

The goals are long term control of symptoms, reducing negative effects of excess cortisol in the body, and improving the quality of life for the dog. This can be accomplished either by medication or surgery.

Veteryl Capsules (trilostane) - Veteryl brand (trilostane) is a commonly used drug and the preferred medical treatment for Pituitary Cushing's in dogs. It works by blocking the production of the enzyme that causes the increase in cortisol and reducing cortisol synthesis. Lowering cortisol levels helps alleviate symptoms. Trilostane can control the disease, but does not cure it, so you must provide this medication to your dog for the life of the animal.

Hormones Gone Wild: Cushings and Your Scottie - Cont.

Treatment and Maintenance of Cushing's - Cont.

Anipryl (selegiline) - This medication is used to treat senility in dogs and works by raising dopamine levels in the brain, which has some effect in inhibiting the creation of ACTH. As a side effect of that, it also lowers cortisol levels slightly. It is FDA approved to treat Cushing's, and most veterinarians who are familiar with it, will not even waste their time with this one. This is just listed in case your vet suggests this to you.

Lysodren (Mitotane) - Lysodren (mitotane) is a chemo drug treatment that works by having a controlled destruction of adrenal gland tissue to decrease overproduction and release of cortisol. Mitotane is given in two phases. The first phase is called the Induction or Loading phase, where a higher dose of drug is given once daily with food for typically 7 to 10 days. During this time a large amount of adrenal tissue is being selectively destroyed. Once enough has been damaged to bring cortisol blood levels within normal ranges and make Cushingoid symptoms begin to abate, the patient enters the Maintenance phase, where a smaller dose is given several times a week to maintain the adrenal glands in their suppressed state. At this point, even if the pituitary may be producing excess ACTH begging the adrenals to release more cortisol, they simply cannot respond in excess amounts. Mitotane has good efficacy but is not a complete fix. Studies show that a large percent of patients relapse to cortisol overproduction within one year, as some adrenal cortex tissue can regenerate slightly, and require another round of daily dosing. Sometimes dogs fail to respond to Mitotane either from the start or after having been on it for some time.

Not only that, but it can cause Addison's disease if it burns out too much adrenal tissue, leaving too little cortisol, which then requires a different treatment.

Surgical Treatment - For Pituitary Cushing's, it's unlikely the pet owner will opt for brain surgery on their dog. The growths are usually very small and usually benign. To treat Adrenal Cushing's, the entire affected adrenal gland needs to be removed in an adrenalectomy procedure, not just the adrenal tumor. Because this type of surgery can be very challenging, your vet may refer you to a board-certified specialized veterinary surgeon for the procedure.

Radiation Therapy - Radiation therapy is not a treatment option to reduce the hormone secretion of the pituitary tumor. Radiation therapy can only reduce the size of the pituitary tumor. This may be beneficial if an animal is experiencing neurological signs because of the size of the pituitary tumor and its pressure on other part of the brain. However, if no neurological signs are present, radiation therapy is not recommended because it is not effective in controlling the hormone output of the tumor. Research has shown that after radiation therapy, some dogs will see some temporary improvement in their clinical signs but will ultimately relapse. Some dogs show no improvement in clinical signs at all. Most dogs end up needing medical therapy (mitotane or trilostane) after radiation therapy. This is just listed in case your vet suggests this to you.

What if you don't treat your Cushingoid dog for Cushing's Disease?

So, we've seen that when your dog has Cushing's, their adrenal glands are producing too much cortisol, more than is needed or is healthy to keep their body in balance and good health. This is actually a serious condition and can be life threatening. Too much cortisol wakens your dog's immune system, leaving them open to infections and other canine diseases. These complications can include damage to both body tissue and organs and change the way they function. The dog without treatment will experience more symptoms, therefore having a poorer quality and shortened life.

A Look at the Big Picture

When treating Cushing's, you have to look at the whole picture. Are there other medical issues that will be negatively affected by the treatment. You may choose not to treat the dog based on these findings, but treat the most important issue instead. For example, untreated Cushing's can cause diabetes, so if your dog has severe diabetes as a result, you could choose to treat only the diabetes. As Cushing's often occurs in older dogs, your dog may also be suffering from arthritis or spinal problems. Arthritis and orthopedic issues are often treated with steroidal drugs, so the extra cortisol that is produced in Cushingoid dogs can be helpful in treating dogs for those conditions. It's a delicate balance: you will need to determine if and how much suppression you think is in the best interest of the dog.

Some dogs with Cushing's may have cancer or problems with other organs where they may not have much more time remaining, so it may not be fair to them to do a lot of testing or make other changes in the short term. Some dogs are not healthy enough to take the medications or survive surgery. Cushing's is a progressive disease and it may take some time before your dog start showing the symptoms that can negatively impact their quality of life. You can wait until then to take into consideration everything that may be going on with them at that time.

STCC January Club Meeting and Presentation by Steve Russell on Scotties

**During STCC's January club meeting on 1/22, Steve Russell gave an excellent presentation on the Scottie
Every slide had beautiful pictures of Scotties**

Steve's presentation covered:

- Breed history - starting 1880
- What Scotties are bred for - killing badgers and other vermin
- Form fits their function
- 1888 - First English Standard
- 1900 - First American Standard
- 1925 - Second Standard
- 1947 - 1993 Standard
- 1993 Revised Standard
- A definition of what the Standard says
- Size, Proportion, and Substance
- Proper size
- Symmetry & Balance
- The well balanced head
- The Scottie bite
- Scottie ears
- Scottish Terrier front: shoulders, fore chest, ribcage, legs
- Reinforcing essentials - Forequarters
- Correct body type
- The Scottie tail
- Scottish Terrier hindquarters
- Correct coat
- Evolution of coat style
- The Scottish Terrier gait
- Temperament
- Examination of the Scottish Terrier: According to the Standard
- Judging the Scottish Terrier
- Judging the head
- Judging the expression
- Judging the muzzle
- Examining the body
- Examining the coat
- Judging front gait
- Judging rear gait
- Judging side gait
- Guidelines for sparring
- Temperament & Showmanship
- Key elements of Scottish Terrier type: temperament, low to the ground, heavy bone and substance, long head, harsh outer coat & dense undercoat, movement (gait is unique to the breed)



STCC Club Meeting, March 12, 2023 at For Your K9



PLEASE JOIN US

For A BARN HUNT Seminar

When: March 12, 2023 From 1:00 P.M.– 3:00 P.M

Where: For Your K9

706 Industrial Dr. Elmhurst, IL 60126

Featuring: Liz Vanderhoef FDM



This is an In Person Event

Contact Beryl beryl.gersch@gmail.com



New
First time in the Plaid Piper
A new feature "Focus on the Club"

Starting with this edition, we will feature one of our club members in each edition

In this edition, we introduce Deb and Stan Senalik to you

Hi! We are Deb and Stan Senalik, and this is our story



We first appeared in the pages of the Plaid Piper in the November/December 2006 edition, in a feature called "Meet our Scotties". We wrote about the Highland Road Tailwaggers' Club and our three Scotties at that time (Clara, Katie and Woody, all of which have crossed the Rainbow Bridge). Our first Scottie, Buster, we had from 1984 to 1997, when he crossed the Bridge. Since then 5 more Scotties have come to enrich our lives, two of them now at the bridge (Guy Nior and Paladin, both received in 2014). The ninth and current puppy, Honey B, arrived 12/8/22. Both Guy Nior and Paladin are hard at work training Honey B, so they can get their routines back. Being a pup, she is quite rambunctious (Guy Noir and Paladin would say annoying).

This is how we joined the STCC club. In 1984 we lived in Green Bay. At that time the Bell System of companies broke apart, and I was laid off. Unable to find a good full-time job I decided to work part-time for a while. That year was the first August I had off since I was 13. Stan, who had always wanted a dog, thought this was the time to get one. But what breed? Neither of us grew up with family dogs and I wouldn't bring a dog into a house with no one home all day. Plus, I still might get a full-time job. I wasn't a fan of yappy itty-bitty dogs, or big ones that could put their paws on me and push me over (it's happened). So after a few weeks checking the classified section of the local newspaper for puppies I decided we should get a Scottish Terrier. Why? Because I heard they were nice dogs. There was a Scottie in our neighborhood and I knew about her because she was an escape artist and the family was constantly looking for her.

Stan checked the classifieds and guess what...there were no Scotties for sale. Hmm... Well, joke's on me. A few days later Stan called from work, a new hire started and he breeds Scottish Terriers and guess what! He had one puppy left. And so we welcomed Buster, September, 1984. One of the questions we asked the breeder was how long do Scotties live, and he said every year over 9 is a gift. This keeps our expectations reasonable. Oh, by the way, we never did see any Scotties in the classifieds.

Focus on the Club Deb and Stan Senalik (cont.)

And it gets weirder because the next part has to do with a newspaper strike at the Chicago Tribune's newspaper paper supplier. In Green Bay the newsstands sold a scaled down edition, but the Midwest printer closed and now the stores were receiving the full city edition. We got to read the big, fat, Sunday Trib with all the supplements. Near the end of that year the Antiques column presented a story about a couple in Columbus, IN who started a club for people who collected Scottish Terrier stuff and published a newsletter. We immediately sent a check for the club newsletter, and the next year there was a national convention. We started attending in 1986. We met Caryl Alten when she attended in 1991 and '92. She told us about STCC and sponsored us when we joined after we moved to Champaign in the fall of 1992. We weren't sure how we'd fit in as we didn't breed or show Scotties, but the speakers and programs presented on health, behavior, training, legal issues, and parties with our Scotties were excellent and are still excellent. I'm not exactly sure when we first joined, the oldest membership list I have that we are on is dated December 1995. In 1997 we moved to Grayslake. Our first task for the club was to sweep the Swine barn at the Grayslake Fairgrounds for the June Specialty and we were proud to participate, and we've been pleased to be part of the club ever since (~ 21 years). And we still think Scotties are nice dogs! In fact we think they're the best!

We currently live on HIGHLAND Road, so we told people our Highlands Terrier chose the house. There are 30 houses in our neighborhood, which was developed new in 1997. By 1999 10% of the houses had Highland Terriers: Cairn, Westie, and Scottie

Chronology of our Scotties

1. Buster 1984 - 1997
2. Clara 1992 - 2008
3. Katie 1997 - 2013
4. Woody 2000 - 2008
(bladder cancer)
5. Gryffin, CGC 2008 - 2021
6. Delaney Irene 2010 - 2013
(lymphoma)
7. Guy Noir 2014
8. Paladin 2014
9. Honey B 2022

Notes:

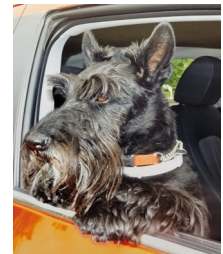
All but Guy was born in Wisconsin. Guy is from Ohio. We had Katie for 5 years before we figured out she and Clara were half-sisters. Both lived a long time, mostly healthy.



Guy Noir left Paladin right
Aug. 2022



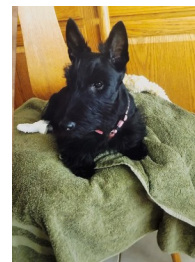
Paladin Dec. 2022



Paladin says,
come on let's go!
June 2022



Honey B comes home
Dec 8, 2022



Honey B
Jan 2023



Honey B in Pal's
Dump truck



Guy & Pal like to
slide in the park
Nov 2022

Christmas 2022
All 9 dogs' stockings





www.stcchicago.org

The Plaid Piper

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Jan/Feb, 2023

Robert Grant/Beryl Gersch

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Submission of articles, announcements, and
photos are welcome. These can be sent,
preferably via email to:

Beryl Gersch
Beryl.gersch@gmail.com

- or -

Robert Grant
grant.robert@comcast.net

The editors reserve the right to edit
submissions for publication.

Submission deadlines are: January 1,
March 1, May 1, July 1, September 1.
and November 1.

Dog Treats

Dog Cookies

provided by Beryl Gersch

Ingredients:

2 1/2 cups of flour
2 eggs
1/2 cup canned 100% pumpkin
2 tablespoons of peanut butter
1/2 teaspoon of salt
1/2 teaspoon of ground cinnamon
1 teaspoon of water

Instructions:

Bake at 350° F for 20 minutes.

Meaty Dog Biscuits

Ingredients:

- 3 1/2 cups almond, equivalent (see sidebar), or all-purpose flour blend
- 1 teaspoon baking powder
- 1/4 cup butter
- 1/2 cup finely chopped cooked bacon, fish, meat, or chicken
- 1/2 cup milk or coconut milk

Instructions:

Combine ingredients and mix well to create a soft dough. If you have a cookie press, experiment with different shapes and press cookies onto parchment. If you don't have a cookie press, create balls and press them with the tines of a fork. Bake at 275° F for 30 to 45 minutes or until light brown.

2023 MEETINGS and EVENT DATES

March 12, in-person and zoom
at For Your K9, Barn Hunt

June 17, STCC annual Specialty
and June 18 second STCC Spe-
cialty at the Libertyville Sports
Complex in Libertyville, IL.

August 13, STCC annual meet-
ing and picnic at park in Palos
Hills

October 29, STCC meeting,
Nose Work, and Halloween party
at For Your K9

December 3, STCC meeting and
Holiday Party at For Your K9

Dog Treats

Blueberry Banana Dog Biscuits

Ingredients:

- 3 cups almond, equivalent, or all-purpose flour blend
- 1 cup blueberries
- 2 ripe bananas, mashed
- 2 eggs
- 2/3 cups unsweetened peanut butter or nut butter

Instructions:

Combine ingredients, roll to 1/2 inch thickness, and cut to desired size and shape. Bake at 350° F for 20 to 30 minutes or until slightly brown.

The Scottish Terrier Club of Chicago

The Scottish Terrier Club of Chicago was founded in 1930 by T.E. Weible and Mrs. M.F. Hills. On September 17, 1979, we were formally incorporated as a Not For Profit in the State of Illinois.

Our club is the 2nd oldest Scottish Terrier club in the nation. (California being the oldest club.) It is interesting to note that in 1959 there were still only eleven regional clubs. However, today, STCC is proud to be one of twenty Scottish Terrier regional clubs recognized by the Scottish Terrier Club of America.

STCC held its first Specialty show in November, 1930. Today, our Specialty shows are held annually the third Saturday of June at the Lake County Fairgrounds in Grayslake, IL.

Across the years our club has changed leadership and direction, as has every regional club. The allure of the Scottish Terrier has decreased, and nationally there is a strong conversation as to how to rebuild the breed, and our clubs. At our height we had 80 members. Although our membership declined, our current initiative is to expand our clubs footprint, and we are reaching out full force to add new members and, thus new energy and ideas. Today we boast 57 members and counting.

Most of our tenured members have served this club in a leadership capacity - at least once. And, there is a strong knowledge base across our club, focused on our mission. Breeders, exhibitors, and those with companion Scotties have come together with determination to improve the lives and futures of our Scotties.

In recent years, successes have been made for our breed. A test is available for Cushing's Syndrome through Dr. Zimmerman and UTenn. Studies at Purdue University have increased our knowledge of bladder cancer. A home collection kit, made possible by Dr. Breen, allows owners to send in urine samples for diagnosis.

If this is the first (or 100th) time reading *The Plaid Piper*, you may have a strong, personal interest in our