



# THE GOLDEN GAIT

Vol. 42, No.8

August 2016

## **MARK YOUR CALENDAR**

Board Meeting	August 11
General Meeting	August 18
National Specialty	October 2 - 9

## **INSIDE THIS ISSUE**

Herbs That Are Good For Dogs  
President's Message  
Food Allergies in Dogs



## Herbs That Are Good For Dogs Canine cancer-fighting, breath-freshening, stomach-soothing herbs that are safe for dogs - See more at:

<http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=1#sthash.oEZP6ObL.dpuf>



Oregano (*Origanum vulgare*) Best recognized as added flavour for pizza, oregano is high in antioxidants and flavonoids and is reported as an antimicrobial. This non-toxic herb has been used to help with digestive problems, diarrhea, and gas. Research using oil of oregano has also shown antifungal properties. Oil of Oregano is more concentrated than oregano, so keep the dosage small. For oregano drops made especially for pets, check out Orega Pet ([oregapet.com](http://oregapet.com)). - See more at: <http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=1#sthash.oEZP6ObL.dpuf>



Rosemary (*Rosemarinus officinalis*) This good-for-dogs herb is high in iron, calcium, and Vitamin B6. Rosemary has also been shown to act as an antioxidant. (Though rosemary is very high in iron, it is not to take the place of an iron supplement if one is needed as there is little data about how bioavailable the iron in rosemary is.) - See more at: <http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=2#sthash.oEZP6ObL.dpuf>



Peppermint (*Mentha balsamea*) This aromatic herb has historically been used to help soothe upset stomachs, reduce gas, reduce nausea, and help with travel sickness. In addition, research is being done which shows that it may have radioprotective effects and can be used to reduce radiation-induced sickness and mortality in animals undergoing chemotherapy. There is no reported toxicity

for dogs although very high doses may result in liver or kidney problems. - See more at: <http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=3#sthash.oEZP6ObL.dpuf>



Basil (*Ocimum basilicum*) This dog-approved leafy herb, well-known for its delicious role in pesto, has antioxidant, antiviral, and antimicrobial properties. The next time you're cooking with fresh basil, sprinkle a pinch of the chopped herb atop your dog's dinner. - See more at: <http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=5#sthash.oEZP6ObL.dpuf>



eRealFoodToronto Parsley (*Petroselinum crispum*) Another leafy herb commonly seen as a garnish on our plates is a source of flavonoids, antioxidants, and vitamins. It also contains lycopene and carotenes. Often added to dog treats as a breath freshener or used to soothe the stomach, parsley has a long history of use with dogs. Note: "Spring parsley," a member of the carrot family that resembles parsley is toxic to dogs and cats due to high levels of furanocoumerin which can cause photosensitisation and ocular toxicity. - See more at: <http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=6#sthash.oEZP6ObL.dpuf>

How to Use Herbs for Dogs Used fresh or dried, adding a small sprinkle (a pinch for small dogs, a teaspoon for large dogs) of these herbs to your dog's food is a safe way to give them a little boost in nutrition. You can also use them to make your favourite dog treat recipe a bit healthier and more flavourful. The flavonoids and antioxidants found in many of the herbs in this article can help the body's immune system combat some of the diseases commonly associated with aging, including canine cognitive dysfunction, cancer, and reduced immune function. As noted, however, there are potential downsides and they should be used with care. Tincture and oils for many herbs are available at your local health or natural foods store. These are usually a more concentrated source, so if you wish to use tinctures, oils or higher levels of fresh or dried

herbs it is best to work in conjunction with your dog's health care professional. Sometimes the monitoring of a dog's blood work is necessary to ensure continued safe use. For maximum efficacy, make sure the herbs and spices you use are not old. If the spices have been languishing in your cupboard for years, toss them out and replace them; their health-affirming properties will be diminished if they've been kicking around for a while. - See more at: <http://moderndogmagazine.com/gallery/herbs-are-good-dogs?slide=7#sthash.oEZP6ObL.dpuf>

**Awards and Titles:**

**Don't forget to send in your awards for this year. The form is available below and on the website:**

**GREATER PITTSBURGH GOLDEN RETRIEVER CLUB, INC.**

*Title/Award Record Form*

Club members must report achievements to the Club's Accomplishment Recorder to be recognized for an award. The Awards Guidelines are available on the Club's website: [www.gpgrc.org](http://www.gpgrc.org) for clarification and award description.

**Use a separate form for each award**

Send to: Kathy Fertal  
909 Ruth Street  
Mt. Lebanon, PA 15243

Dog's Registered Name:
Dog's Call Name:
Owner's Name:
Date of Accomplishment:

**AKC or GRCA Title or Award**

Name of Title or Award

**Master National Retriever Club Hunting Retriever Annual Test**

- I have qualified at the MNRC Annual Test
- I have earned a title at the MNRC Annual Test

Name of Title or Award

Abbreviation

**Community Service**

- I have participated in 50 Community Service Events.
- I have completed the requirement for registration in an organization that promotes dog activities

Name of organization

Abbreviation

**Junior Members – Additional Considerations**

**Junior Member Name** \_\_\_\_\_

- I have earned a Junior AKC or GRCA title or award

Name of Title or Award	Abbreviation
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- I have qualified to attend a Limited Jr. Class Show
- I have placed in a Limited Jr. Class Show

Name of Show giving club and class

Placement

I am ranked in the Top 20 GRCA Junior Showmanship

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**AWARD PREFERENCE: If the award is recognized with a plaque, I prefer to receive a certificate.**

Effective 4/20/2016

## **President's Message**

### **August 2016**

Well the Club pulled off a hat trick, in that we held three successful events in May, June and July. Thanks to Bob, Kris, Sally and Marcy for coordination of the Hunt Test, the Specialty and the Agility Trials. Thanks also to all of the club members who helped with the success of this large undertaking. Not only did we have fun at each of the events, but the club also realized a profit at each event.

I did talk to the owner of our newly purchased lure course apparatus. It is to be shipped this week so we should have full access to it in the fall. I cannot wait to see the excitement that this will bring to both the dogs and their owners. Bill Kronz will be heading up this new adventure.

As we get into the last part of summer and early fall, there are still a number of events that members will be participating in. The club's association with Golden Retrievers in Need still needs ambassador dogs to do meet and greets at three locations. These are the Fox Chapel PetCo, The Moochie's Store in the Mall at Robinson and finally PetCo in Washington PA. If you are interested in helping out this super organization, please contact me. There will be a Meet the Breed event in October and some members will be headed up to the Highland Games on September 24.

I know that it is 80 degrees outside, but it is never too early to plan our Christmas/Holiday Party. Right now it looks like a good date to hold the party will be December 4<sup>th</sup>. Currently, we have two suggestions on the table as to either hold a party with humans only or to have a party to include our Goldens. If we have a Golden Friendly Party, it would have to be held at either Lucky Paws or Misty Pines. If we hold a human only party, reservations will need to be made at a restaurant as soon as possible. The board really needs a club member to step up and chair this fun event. Please contact me if you are interested.

Have a safe end of the summer and looking forward to an exciting fall.

John R. Osheka, President

## **Food Allergies in Dogs**

Nothing to sneeze at: food allergies and your dog—signs, symptoms and what to do

By Elizabeth Pask and Laura Scott

Is your dog itching and scratching? Does she have frequent ear infections or poor coat quality? You could be contributing to your dog's distress without knowing it if she's allergic to what you're feeding her. Food allergies are a rising concern with dog owners and it seems like more and more dogs are suffering from them.

But what exactly is a food allergy?

Food allergies are different from food intolerance. Food intolerance is the result of poor digestion, such as lactose intolerance. People and dogs with lactose intolerance are either missing or have low levels of the milk digesting enzyme lactase.

Food allergies are the over-response of your dog's immune system to an invading protein. In the case of a food allergy, this protein is contained in your dog's food. Proteins are present in most of the foods your dog eats. While most people recognize that meats are a source of proteins, there are also proteins present in grains and vegetables. Any one of these proteins has the potential to cause a food allergy.

Your dog's gastrointestinal system (mouth, stomach, intestines) protects her from potential allergens each day. Approximately 70 percent of the body's entire immune system is centered in the gastrointestinal tract. When your dog eats a meal, the food is first digested in the stomach. The large pieces of food are broken down into smaller pieces by stomach acid and then enzymes and stomach acid work together to break the complex protein structures down into smaller structures. The partially digested food then moves into the small intestine. The food is further digested until the proteins are broken down into their smallest parts, amino acids, which can then be absorbed into the body through special cells called enterocytes. Enterocytes act as both a welcoming hostess to amino acids that they like and want, and as bouncers (door guards) for amino acids they don't like. When a whole protein is absorbed in the intestines instead of being broken down first, the immune system reacts and your dog shows symptoms of a food allergy.

### **When the System Works**

The intestinal tract's ability to prevent the absorption of whole protein is dependant on the health and integrity of the mucosal barrier. It is the proverbial guardian of the body at the gastrointestinal gate. The mucosal barrier (lining of the gut) is comprised of both structural components and immune system components. The structural components physically prevent the absorption of large proteins. The immune system component is responsible for recognizing potentially harmful contents of the gastrointestinal tract. The health and integrity of the gastrointestinal tract is dependant on the normal structure and function of the enterocytes, effective protein digestion, and the presence of the dog's immune cells (called IgA cells) in the gastrointestinal tract.

### **The Gut and Immune System Together Prevent Food Allergies**

IgA cells are a type of immune cell secreted in the intestine. Some of the IgA will float freely in the contents of the intestine while other IgA attaches to the wall of the intestine to prevent whole protein from coming in contact with the enterocytes. Just like volleyball players they bounce whole proteins back into the contents

of the intestine for more digestion. The more effective protein digestion in the stomach and intestine is, the smaller the proteins are when they come in contact with the IgA. Small proteins and single amino acids do not get bound to the IgA and are allowed to pass by the IgA and be absorbed into the body as nutrients.

### **At a Glance**

**Some of the breeds most prone to food allergies include:** Boxer, Cocker Spaniel, Springer Spaniel, Collie, Dalmatian, German Shepherd, Lhasa Apso, Miniature Schnauzer, Retriever, Shar Pei, Soft-Coated Wheaten Terrier, Dachshund, and West Highland White Terrier

**Most common food allergens include:** beef, dairy, and wheat.

**Least common food allergens** are fish and rabbit.

**General signs and symptoms of allergies include:** dry itchy skin, excessive scratching or licking, bald patches, a high frequency of hot spots, ear infections, skin infections, diarrhea, and vomiting.

### **When the System Fails**

Malnutrition can affect enterocyte structure and function. A poorly functioning or damaged enterocyte can let whole proteins into the body. Once a whole protein has managed to breach all of the gut's defenses, gut-associated lymphoid tissue (GALT) takes over. GALT can prevent the body's natural immune response to a foreign protein. Most of the time this is what happens, but in the case of food allergies, GALT does not prevent the immune response and an allergic response (immune hypersensitivity) is formed.

Unfortunately, every time the food is eaten, this over-response of the immune response becomes greater. So continuing to consume the diet that caused the allergic response results in a greater and greater response every time. After this hypersensitivity is formed, each time the dog eats the food, mast cells in the body's immune system release histamine. If this histamine release is large enough, it may manifest as diarrhea, itchy skin, chronic skin infections etc.

### **Isolating the Problem**

The first thing you need to do is work with your veterinarian to make sure that your dog's symptoms truly indicate a food allergy. If that's the case, your vet will likely recommend that you try an elimination diet—feeding a food that has a different protein (meat) source and a different carbohydrate (grain) source than what your dog has had before. Common anti-allergy foods (novel protein sources) include kangaroo and oatmeal or venison and potato. This prevents the immune response from continuing to be triggered.

Your vet may also suggest that you try a hypoallergenic diet. These foods are made with hydrolyzed proteins. That means that the proteins are already broken down into pieces that are small enough that IgA won't bind to them and they won't trigger an immune response.

Lamb and rice foods used to be considered "hypoallergenic" when most commercial dog foods were made with chicken or beef and corn or wheat. Since most dogs had never had lamb or rice before, it was a good option for dogs that experienced allergies while eating a regular food. Now, however, many dogs are showing allergies to lamb and rice diets. This is to be expected since an allergy can develop to any diet. If

your dog is allergic to lamb and rice you may need to find a food with different ingredients such as fish and oatmeal, or venison and sweet potato.

While your dog is on any special diet, it's very important that she doesn't get any other food such as cookies, treats, rawhides, people foods, etc. Since you don't know yet exactly what she is allergic to, you don't want to give her something other than her food and trigger the allergic reaction. Once you've got her on a food that she is not reacting to, you can start to reintroduce other foods. If your dog reacts, you'll know exactly which food (or foods) causes the problem.

## **Preventing Food Allergies**

Is there anything we, as owners, can do to avoid food allergies from developing? This is one of the toughest questions in dog nutrition today. While we still don't really know how to prevent allergies entirely, there are things you can do that may help your dog fight off numerous allergies.

**Promote a healthy mucosal barrier.** This can be done by ensuring that our dogs, and especially puppies, have adequate nutrition and health care.

**Watch out for gastroenteritis.** There have been some theories that early gastroenteritis or severe gastroenteritis, especially in puppies or young dogs, can result in an adult dog that is more likely to develop food allergies. Preventing gastroenteritis, in theory, is easy— just don't let your dog eat anything but dog food and treats. In actuality, this is much harder to deal with. Dogs eat a variety of things, some that are not harmful—grass, dirt, bark, wild berries (i.e., raspberries, strawberries), sometimes a little cow or horse dung—and some that are not good for them (rotten garbage or dead animals). It can be very hard to police what goes in your dog's mouth.

If you suspect that your dog has gotten into garbage or eaten something that may cause tummy upset, it may be best to feed your dog a low-protein diet (boiled white rice or potato) until the suspected tummy upset passes or you consult your vet. In general, if diarrhea lasts more than 72 hours without signs of getting better or if the diarrhea seems especially severe or malodorous, you should consult your vet. In these cases, do not attempt to treat the dog yourself with over-the-counter medications because diarrhea is the body getting rid of bad things in the gut. To give something that stops the diarrhea can result in keeping the bad things in the gut and causing a serious illness.

**Promote effective protein digestion.** In general, your dog should have no problem digesting protein. If you are feeding a homemade cooked or raw diet, grinding or blending your protein source in a food processor can be helpful in improving protein digestion. In kibble-fed dogs, the protein is already ground before it is kibbled so there is no need to grind it.

**Choose a dog food with exclusive protein sources.** A food that only has one or two protein sources can be helpful in giving you more choices later on should your dog develop an allergy. For example, if you use a food with five protein sources (i.e., turkey, chicken, duck, salmon, and tuna) and your dog develops an allergy to it, you now have to find a food that doesn't contain any of these protein sources. This can be challenging. Conversely, if you feed a diet with chicken as its sole protein source and your dog develops an allergy to it, you can easily find a diet that doesn't contain chicken.

Preventing food allergies may be impossible in dogs that are prone to developing food allergies. Some breeds are becoming noted for food allergies (see sidebar p.82). As a result, it is possible that a propensity

for developing food allergies may be genetic, in which case, we should avoid breeding dogs that have food allergies.

## **Don't Give Up**

Dealing with a dog with food allergies can be challenging and disheartening. Proper diagnosis of food allergies can make it easier and understanding why food allergies start can help us prevent future allergies from starting. On a personal note, my Labrador has had food allergies all his 12.5 years. It has been a long road and often a difficult one. It is so much easier to find novel protein sources now than it was 12 years ago. If you have a dog with allergies, take heart, it will get better.

- See more at: <http://moderndogmagazine.com/articles/food-allergies-101/15131#sthash.Bu5etlFG.dpuf>

### **Golden Retriever Club of America (GRCA)**

All Golden lovers are encouraged to join our Parent Club, GRCA. The *GR News* is published bi-monthly by the GRCA and contains educational articles, provides a forum for issues of interest to Golden owners, highlights Golden accomplishments and contains correspondent columns from the Member Clubs across the country. Contact the Editor for more information.

### **GREATER PITTSBURGH GOLDEN RETRIEVER CLUB (GPGRC)**

- Member club of the Golden retriever Club of America, Inc. (GRCA)  
Master National Retriever Club (MNRC)  
Pennsylvania Federation of Dog Clubs, Inc. (PFDC)
- Licensed by the American Kennel Club (AKC) for Conformation Shows and Obedience, Rally and Agility Trials and Hunt Tests.

General Membership Meeting is held the third Thursday of the month at 7:30 p.m.

Membership applications are available from the Membership Chairperson. Attendance at two Club functions (one being a General Membership Meeting) and endorsement of two Club Members is required before an application can be accepted. Dues are: Regular Membership (individual) - \$25.00, a second adult – an additional \$13.00. Associate Membership (individual) - \$15.00, a second adult – an additional \$8.00. Junior Membership - \$1.00. Completed applications and dues are to be submitted to the Membership Chair.

Newsletter is posted monthly on the Club's Website at [www.gpgrc.org](http://www.gpgrc.org). Club members may request printed, mailed copies of the *Golden Gait* for a fee of \$20 per year. Litter advertisements are accepted from Club Members only on a space available basis. (Fees are full page - \$10; half page - \$5; quarter page - \$2.50.) Refer to the Puppy Referral Policy and Breeder Code of Ethics for required clearances.

In summary, puppy referral is a service provided to GPGRC Members only. (1) Both sire and dam must be two years of age or older at the time of breeding; (2) copies of eye clearances within one year of breeding must be supplied; and (3) an OFA numbers for hips and elbows must be submitted. Also hearts must be evaluated by an approved veterinary cardiologist.

Acceptance and use of the information provided by GPGRC constitutes an acknowledgment that the user hereby releases and indemnifies the GPGRC and its Officers, Directors, Members and Agents from any and all liability and damages sustained by the user as a result of any information obtained from this organization.

Title/Award Record Form should be filled out and sent to the Accomplishments Recorder for all Conformation, Obedience, Tracking, Agility, Rally, Field Events or Community Service Events before they can be reported in the Newsletter.

If you have any matters you would like the Board to consider, contact the President, John Osheka, at 412-977-3870.

### Monthly Meeting

The monthly meetings are held at the Sisters of Holy Family of Nazareth, 301 Bellevue Rd 15229. Meeting begins at 7:30 P.M. Guests are Welcome!

Directions from I-279: Take exit 12 toward US 19/Perrysville Ave. At Perrysville Avenue, turn left. Go approximately .8 mile and turn left onto Bellevue Road (Sunoco Station on corner). Go approximately .5 mile and turn right to stay on Bellevue Road. End at 301 Bellevue Road. Entrance to complex is one way. Sign will direct you to building. Yellow brick building behind large red brick building is the meeting place. There is an open parking lot or 2 deck parking garage available.

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*Please email me pictures of your dogs which I can use in future issues. [sallydines4120@gmail.com](mailto:sallydines4120@gmail.com)*

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GOLDEN GAIT - Greater Pittsburgh Golden Retriever Club, Inc.- Sally Dines, Editor