

THE GOLDEN GAIT



Vol. 42, No.11

December 2016

MARK YOUR CALENDAR

Board Meeting	Dec 8
General Meeting	none in Dec
Valentine Party	Feb 11

INSIDE THIS ISSUE

New Awards and Titles
Valentine Party
Can Dogs Eat Wheat and Other Grains?
Cancer by Castration





New Awards and Titles

OPEN AGILITY PREFERRED, OAP
Tonya's Buccaneer's Girl DJP NNP THD
CGCA
"Bonnie"
Roseanna Frankowski

RALLY ADVANCED, RA
Hillock's Jack Daniels RN, JH, RATN,
RATI, WC, CGC
"Daniel"
Tammy Tomlinson, James Cohen, Robert
Samios



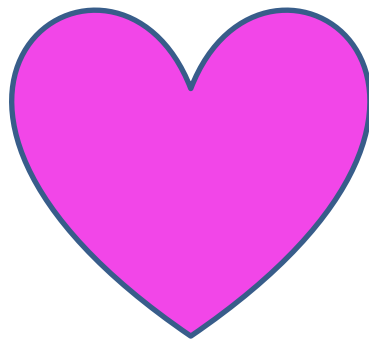
Valentine's Day Party

At the 2017 annual Valentine's Day Party for the Sisters of the Holy Family of Nazareth, we will be presenting each resident with party favors, which will include candy and other snacks! This event is an opportunity to brighten the lives of the residents. If you have never had the opportunity to attend this event, we strongly encourage you to do so.

This event is also a way for the club to thank them for the use of their facility as our monthly meeting site.

Kaitlynn and I are so excited to plan this event and would appreciate any and all cash donations to make this event a success.

Donations can be sent to Darlene McGowan 481 Eastview Drive, North Huntingdon, Pa 15642.





10th Annual Valentine's Day Party

When: February 11th 2017
10:30- 11:30 – Visiting
11:45 Lunch and Gifts!

Where: Holy Family Manor

301

Bellevue Road Pittsburgh PA

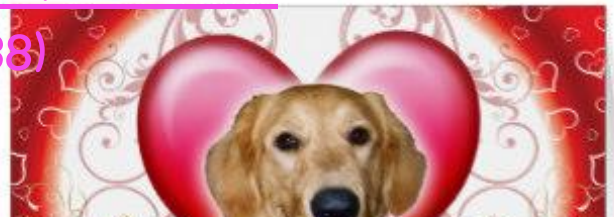
All are welcome at this event; dogs need to be friendly and controlled

RSVP by February 3rd to Darlene McGowan
Lunch reservations are required- payable in cash at the event (5 dollars per person)

Contacts: Darlene and Kaitlynn McGowan
dgm5861@msn.com

Kaitlynnmcgowan@icloud.com

(412-825-4088)



CAN DOGS EAT WHEAT AND OTHER GRAINS?

Caroline Coile, PhD | May 19, 2016

A walk down the pet food aisle shows high-end (and high-priced) kibbles boasting “grain-free” formulas. We’re made to feel guilty if we [feed our dogs](#) the dreaded grain. But what’s the big deal?

Grain may have gotten a really bad name from the 2007 pet-food contamination tragedy in which wheat gluten imported from China had been contaminated with industrial chemicals used to falsely boost protein-level readings and caused [kidney damage](#) when ingested. Thousands of pets got ill and many died. Of course it wasn’t the grain itself that was the culprit, but that’s what many people remember.

Combine that incident with the human gluten-free food fad, and it’s only natural that health-conscious pet owners would consider the same for their dogs. It’s not that wheat gluten is evil. It’s that about 10 percent of people have gluten intolerance. The rest of us are just fine with it. We don’t know what percentage of dogs may have a similar condition, but chances are it’s not all of them.

DO GRAINS CAUSE ALLERGIES?

What about the claim that grains cause [food allergies](#)? Grains don’t *cause* allergies. They can, however, be the target of allergies, and some foods are more allergenic than others. Those foods are specific ones, such as wheat, not general categories, such as grains.

The top five allergy-provoking ingredients for dogs are (in order):

- beef
- dairy
- wheat
- chicken
- egg

Some dogs can have an allergy to storage mites. Several studies have found that dry dog food that has been opened and stored in non-sealed containers for six weeks often (but not always) grows storage mites. The studies did not differentiate between grain-free foods and those containing grain. One study concluded that these mites can be prevented by storing food in cool, dry environments, in sealed containers, and for not more than a month. They also concluded that while dogs can be allergic to storage mites, more are allergic to household dust mites.

WHAT ABOUT GMOS?

Some people are concerned about the use of genetically modified grains. They believe their use can lead to “leaky gut syndrome” in which small fissures develop in the gut lining, allowing bacteria, toxins,

incompletely digested proteins, and fats to leak into the bloodstream, triggering an autoimmune response resulting in food sensitivities, fatigue, skin rashes, gas, and bloating. But there is no actual evidence of this occurring—at this point, just speculation. Nonetheless, if GMOs concern you, look for foods with less popular grains, which are less likely to be genetically modified. These include barley, oats, millet, quinoa, teff, buckwheat, and amaranth.

SHOULDN'T DOGS EAT LIKE WOLVES?

There's also the perception that dogs should be eating a diet similar to their wild ancestors'. When was the last time you saw a wolf nibbling the kernels off a corn cob? However, dogs are actually different from wolves in this regard; in fact, scientists believe that one of the physiological changes that helped dogs evolve alongside humans was the [ability to digest starch](#).

Dogs have differences in 10 key genes compared to wolves that enable them to better utilize grains than wolves can.

Furthermore, grain-free foods don't mean plant-free foods. Grains are seeds, like wheat, rice, oats, corn, barley, millet, oatmeal, and quinoa. Grain-free diets use other plant sources such as potato, sweet potato, pumpkin, tapioca, peas, butternut squash, parsnips, carrots, spinach greens, and various fruits. These are also not foods wolves are known to eat. In fact, some of these ingredients provide less nutrition than grains.

CAN GRAINS MAKE DOGS FAT?

This idea probably came about from the Atkins low-carb diet popular with humans. But grain-free does not mean carbohydrate-free. Grain-free foods contain about the same amount of carbohydrates as foods containing grains. In actuality, wheat gluten contains more than 80 percent protein, is 99 percent digestible, and has an amino acid profile similar to meat proteins. Corn, when prepared properly, is actually an excellent source of highly digestible carbohydrate, essential fatty acids, and fiber, and can be an especially crucial ingredient in diets for dogs with medical conditions requiring reduced fat or protein.

ARE GRAIN-FREE DIETS A WASTE OF MONEY?

If you're feeding them for one of the above reasons, and your dog was otherwise doing well on a grain-based diet, probably yes. If your dog prefers a grain-free diet, is doing well on it, and you can afford it, then go for it. But if your dog is doing fine on a non-grain free diet, and your wallet is hurting, stow the guilt and buy the grains!

If your dog has signs of allergies, this type of food might be worth a try, but so might switching to non-beef or non-chicken foods. If your dog has signs of food intolerance such as [repeated diarrhea](#), a food change might be a good idea, but getting him checked by a veterinarian is an even better option.

Did you know?.....GPGRC members with 25 or more years

Penny Billings

Barbara Brock

Liz Coll

Pat Depp

Dian Hurka

Sally Reid

Tammy Tomlinson

Grace West

Thank you all for your commitment to the breed and to the club.





SPAYING AND NEUTERING STUDIES ON PETS STILL SHOWING INCREASE IN CANCER AND JOINT DISEASE.

Yet another study confirming the link between spaying/neutering and the increase of cancer rates in pets!

Last June, we posted a study conducted on the increased rates of cancer in desexed Vizslas and methods of sterilization that help decrease the rates. The post almost broke the internet with comments. (<http://ow.ly/E00Te>)

What we the pet owners, and the veterinarians of the medical profession, have been taught about spaying and neutering our pets early (6 months) to prevent mammary and testicular cancer seems to be all wrong, according to all the new research that is being spit out!

“... maybe what I learned in vet school about early spay/neuter was not so straightforward after all!” - Dr Sue Cancer Vet, DVM, Dip. ACVIM (Oncology)

“Sterilization increases the risk of joint disease and cancer in both golden retrievers and Labrador retrievers.” - Veterinary Practice News

“The removal of hormone-producing organs during the first year of a dog’s life leaves the animal vulnerable to the delayed closure of long-bone growth plates,” said Dr. Benjamin Hart of the UC Davis School of Veterinary Medicine.

This was in reference to the latest study conducted on spaying and neutering by the researchers at the University of California, Davis (published in the journal PLOS ONE). (<http://ow.ly/E0uMT>)

The UC Davis researchers further confirmed what previous studies have shown - intact dogs of both breeds have lower rates of joint disorders and cancer than desexed dogs.

A study conducted at the Gerald P. Murphy Cancer Foundation found: “Taking away ovaries during the first four years of life completely erased the female survival advantage. We found that female rottweilers that kept their ovaries for at least six years were four times more likely to reach exceptional longevity compared to females who had the shortest lifetime ovary exposure.” (<http://ow.ly/E15GU>)

So what other methods are there instead of desexing our pets? Research is now pointing to another direction: the possibility of sterilization.

“To sterilize without desexing. This means performing a procedure that will prevent pregnancy while sparing the testes or ovaries so that they continue to produce hormones essential for the dog's health and well-being. This typically involves a vasectomy for male dogs, and either a tubal ligation or modified spay for females. The modified spay removes the uterus while preserving the hormone-producing ovaries,” explains Doctor Karen Becker.

Dr. Becker continues: “Whenever possible, I prefer to leave dogs intact. However, this approach requires a highly responsible pet guardian. [...] My second choice is to sterilize without desexing.” (<http://ow.ly/E1oqb>)

By spaying and neutering our pets, we are ripping out their parts, including their hormones, (complete removal of the ovaries and uterus in female dogs, and the testes in males) to prevent over population and behavioral problems from developing. By desexing our pets, some argue that they are no longer male nor female, as we have altered their sex. However, research is showing that our pets drastically need these hormones in order to prevent the most aggressive cancers (osteosarcoma, bladder transitional cell carcinoma, prostate cancer, lymphoma, and mast cell tumors) and other diseases from developing.

The problem is that most veterinarians do not have the proper training to conduct this not-so-new technique of sterilization and often opt for the desexing methods as demanded by pet owners. So, if this option is not available to you, what else can you do?

Quoting the world's top veterinarian Cancer Doctor, Dr. Damian Dressler (dogcancerblog.com): “Most dogs reach sexual maturity at about 24 months approximately at the fourth heat in females at this point in their development dogs have received the protective benefit of adult sexual hormones and are at a decreased risk for cancers mentioned above.

If you choose to spay or neuter your dog my general recommendation is to spay females sometime between the third and fourth heats which will have the added benefit of reducing the risk of mammary cancer and neuter males sometime between the ages of 18 and 24 months.” (<http://ow.ly/E15MC>)

I write this blog for one reason and one reason only. I do not want to promote irresponsible pet ownership and overpopulation. I do, however, want to encourage you, the pet owner, to make the right decision for you and your pet. In order to do so, you need to know all the facts! Today, the cancer rate is 1 in 2 dogs and 1 in 3 cats. It's time we better ourselves.

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. 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.

OFFICERS

President

John Osheka
1908 Aspen Court
Conway, PA 15027
412-977-3870

Vice-President

Sally Dines
4120 Windfall Lane
Gibsonia, PA
724-584-3300

Secretary

Roseanna Frankowski
55 Marlin Dr West
Pittsburgh, PA 15216
412-531 1424

Treasurer

Melissa Jarvis
2344 Nevin Dr
Franklin Park PA 15237
724-422-5160

DIRECTORS

Kris Tosadori
72 Kennedy Lane
McKees Rocks, PA 15136
412-331-6588

Marcy Kronz
407 Fairview Street
Pittsburgh, PA 15220
412-377-7153

Ray Koper
169 William Circle
McKees Rocks PA 15136
412-771-1995

COMMITTEE CHAIRPERSONS

Accomplishment Recorder

Kathy Fertal
fertalkm@verizon.net.
412-341-2459

Agility

Marcy Kronz
412-377-7153

AKC Liaison

Community Services

Education

Roseanna Frankowski
412-531 1424

Equipment

Field Training Day

John and Candy Verduce
412-741-1021

GRCA Delegate

GRCA News Rep.

Candy Verduce
412-951-7577

GPGRC Webmaster

Megan McClung

GRF Liaison

Historian

Grace West
412-341-6625

Hospitality

Anne Pittman
724-355-5106

Membership

Shirley Koper
412-771-1995

Merchandise

Rosanna Frankowski
412-531-1424

Newsletter

Sally Dines
sallydines4120@gmail.com
724-584-3300

Puppy Referral

Pat Depp
412-931-0590

Program

Rescue Liaison

John Osheka
412-977-3870

Specialty

Sally Dines
724-584-3300

Please email me pictures of your dogs which I can use in future issues. sallydines4120@gmail.com

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