



RETRIEVER REVIEW

DECEMBER 2010

WWW.LRCSOCAL.ORG

Hi Everyone,

The beginning of 2011 is almost upon us. We hope to have a 2011 calendar of LRCSOC activities prepared in time for the January Retriever Review, so watch for it. We will kick off 2011 activities with a repeat of last year's practice day/picnic at Tewinkle Park on January 15, 2011. We will have conformation handling (juniors too) and obedience practice rings, and a picnic lunch. And, to initiate our revived CGC program, Tania Brodowski, who is a CGC evaluator, will give a demonstration and training/practice class. For those who are interested in this easily obtainable AKC award, we will offer several practice sessions during the year, and a CGC evaluation either at our (also revived) Fun Day, or the B-OB match in October.

Our 2011 Specialties and judging panels have AKC approval, and we still have our lovely venue at Canyon RV Park on April 29 and 30. For overnights, reservations can be made immediately, if you haven't already done so.

Full members will soon be asked to vote on several changes to our club By-Laws, which the Board of Directors has recommended.

1. Remove the newsletter editorship from an elected position on the Board of Directors and return it to an appointed position. This change is enthusiastically endorsed by the current editor, who has difficulty attending board meetings. Nothing would prevent an interested editor from running for an At Large Board of Directors position.
2. Combine the Corresponding Secretary and the Recording Secretary positions into a single Secretary position.

These two changes will reduce the Board of Directors by 2 positions (from 11 to 9), thereby preserving its uneven member structure, but importantly reducing the number of attendees required for a quorum to do business.

3. Change the number of required annual board meeting from 10 to 6 (the AKC minimum). This will save us from being out of compliance if even a single board meeting has to be cancelled. However, the board expects to hold as many meetings as are necessary to conduct club business efficiently.
4. Change the number of general meetings from 8 to 4 annually. The original number (8) was determined at a time when we were not such an active club. We have been counting our activities such as Hunt Tests as general meetings (which technically they are not) so this change will more accurately reflect our calendar.

Finally, we are going to have to say goodbye to long-time Club members and cornerstones of LRCSOC organization and support – Trudy and Eric Soneson – who are moving to the East coast at the end of December. The

Sonesons have been involved in almost every club activity and program, both as officers, organizers, workers and participants, and our loss is certainly going to the good fortune of some lucky Labrador club at the other end of the country. We will miss you, Trudy and Eric!

Jane

INSIDE THIS ISSUE

- OFFICERS 2
- MEMBERSHIP 2
- WINNER'S CIRCLE 3
- PUPULATION INCREASE 4
- EVENTS OF INTEREST 5
- ARTICLES 8
- CALENDAR OF EVENTS 12

The Retriever Review is published monthly by the Labrador Retriever Club of Southern California. Contributions to the Review are accepted at the Editor's discretion, do not necessarily reflect the views of the Editor or of the LRCSOC and are included as items of general interest only. Letters, Winners Circle, Ppopulation Increase information for publication in the Review must be received by the Editor by the 3rd Friday of the month prior to publication.

2010 - 2011 LRCSC OFFICERS

| | | |
|-------------------------|--|--|
| President | Jane Babbitt 11149 Pickford Way Culver City, CA 90230 | 310.391.3396 jane@norfieldlabradors.com |
| Vice President | Marty Rice 755 E. Sierra Madre Ave Glendora, CA 91741 | 626.335.9345 hawkettlabs@hotmail.com |
| Treasurer | Joe Cook 336 E. 22nd St. Costa Mesa, CA 92627 | 949.548.8755 josephco@sbcglobal.net |
| Recording Secretary | Irma Fox 16535 Flower Glen Drive Hacienda Heights, CA 91745 | 626.961.4306 rfoxpac@verizon.net |
| Corresponding Secretary | Valerie Donahue 2 Ponderosa Lane Rolling Hills Est., CA 90274 | 310.375.0261 vgdonahue@gmail.com |
| Retriever Review Editor | Celeste Young 3601 Palm Ave Manhattan Beach, CA 90266 | 310.488.4085 finnmarksviddalabs@hotmail.com |
| Board Member | Tania Brodowski 11596 Lakia Drive Cypress., CA 90630 | 714.903.0515 k9lablady@mac.com |
| Board Member | Denise Coler 5 Via Latigo Rancho Santa Margarita, CA 92688 | 949.295.1642 coleriverlabs@cox.net |
| Board Member | Sandra Flanigan 18612 Sussex Road Riverside, CA 92504 | 951.789.0890 kintralabradors@roadrunner.com |
| Board Member | Ron Morelos 2708 Canary Dr. Costa Mesa, CA 92626 | 714.437.1282 ron.morelos@gmail.com |
| Board Member | Margaret Standard 1192 Foothill Blvd. Santa Ana, CA 92705 | 714.832.8549 mstanard@cox.net |

Check us out on the web

www.lrcsocal.org

Please direct any website related items to our webmaster: Ron Morelos

ron.morelos@gmail.com



We're on Facebook!

Have you joined the LRCSC's email list at yahoogroups.com?

Share upcoming events and news with fellow LRCSC members via our own email list. This list is intended for the use of the members of the Labrador Retriever Club of Southern California. Please use this list to keep current members up-to-date on pertinent Dog News and Information.

It's easy to subscribe! Send an email to:

LRCSC-subscribe@yahoogroups.com

Contact Ron Morelos at ron.morelos@gmail.com for any questions

From the Membership Chair
Celeste Young
finnmarksviddalabs@hotmail.com

**WELCOME TO THE FOLLOWING
NEW ASSOCIATE MEMBERS!**
(none)

**WELCOME TO THE FOLLOWING
NEW FULL MEMBERS!**

The following people have applied for **Associate** membership with the LRCSC and have had their application read to the board:

Jenna Hollister
Trevy & Mary Winterstrom

The following people have applied for **Full** membership with the LRCSC and have had their application read to the board:
(none)

If you have any objection to the above mentioned persons joining the club, please voice your concern at the next Board meeting.

Lab Rescue Organizations:

Fetching Companions, Inc.

www.fetchingcompanions.org

FCRR Message line 888.412.3382

www.sclrr.org

sclrr@sclrr.org

PO Box 4188

Irvine, CA 92616-4188

1.888. 55 .4.ALAB

REMINDER:

LRCSC Club dues are due no later than January 15, 2011. Statements were mailed out in November, so if you did not receive yours, please email membership, immediately:

finnmarksviddalabs@hotmail.com

THANKS!!



The Winner's Circle

The Winner's Circle entries are any **1st place**, a **qualifying score or leg**, a **placement at a specialty or LRCSC supported entry** or a **new title** in the **last three (3) months**. Non AKC titles will only be listed in regular format, but no individual wins for non AKC events will be listed. Please only submit title, date, and location where the title was completed. Match wins are not eligible for publication in the Retriever Review, but may be listed if space is available. Entries are listed in alphabetical order by the dog's registered name.

Coleriver's She's Got It All, CGC WC

Ch Talimar's Trendsetter X Gingerbred Cookie Jar Cash,
CGC WC CD JH

Owner: Denise Coler and Tania Clark, Handler: Denise Coler, Breeder: Denise Coler/Greg Coler
10/13/10 3rd Place, American Bred, LRC, Inc.
Regional Go Green Specialty Show, Judge: Plus Davern

Coleriver's Special Request, CGC WC

BISS Ch Sure Shot Hyspire Impressive X Gingerbred
Cookie Jar Cash, CGC WC CD JH

Owner: Denise Coler and Tania Clark, Handler: Denise Coler, Breeder: Denise Coler/Greg Coler

10/10/10 Working Certificate, LRC, Inc. National
Hunt & WC Test, Judges: Candy Ferner &
Cynthia Trotter

10/14/10 2nd Place Bred-by Exhibitor LRC, Inc.
National Specialty Show, Judge: Clair
White-Peterson

Deltadawn Journeymans By The Book

CH Baja Weeikenlin Moonking CGC, WC, RN X CH
Venture Deltadawn Hoot-N-Holler

Breeder: Sue Vose & Terri Boyle, Owner: Debra Quast
& Sue Vose, Handler: Erin Karst

10/30/10 BOB Kennel Club of Riverside, Judge: Mrs.
Robert D. Smith

10/31/10 BOB Kennel Club of Riverside, Judge: Dr.
Robert D. Smith

11/20/10 BOB San Luis Obispo Kennel Club, Judge:
Laurence J. Libeu

11/21/10 RWD San Luis Obispo Kennel Club, Judge:
Joan Savage

11/22/10 BOB Santa Maria Kennel Club, Judge: Jane
Roppolo

Gingerbred Cookie Jar Cash, CGC WC CD JH

BISS Ch Saddlehill Struttin inthe Moonlight X Hennings
Mill Gingerbred ATM

Owner: Denise Coler and Tania Clark, Handler: Denise Coler, Breeder: Christine Tye

10/15/10 1st Place Brood Bitch LRC, Inc. National
Specialty Show, Judge: Kendall Herr

Green Canyon's Guide Dog Gone Awry JH

Ch Ghoststone's Boomtown, RB, JH X
Longview Green Canyon

Amy
Breeder: Christine and Ken
Kegel, Owner/Handler: Diana
Kudell

10/09/10 Senior Hunt Test
Qualifying Score, LRC National
& Specialty

10/13/10 1st place
Obedience Novice A

Qualifying Score, LRC
National & Specialty

10/13/10 1st Place Rally
Novice A Qualifying Score, LRC
National & Specialty

10/14/10 2nd place Obedience
Novice A Qualifying Score, LRC
National & Specialty

10/14/10 2nd place Rally Novice A Qualifying Score,
LRC National & Specialty

10/14/10 Winning Dog Special Attraction
Conformation, LRC National & Specialty

10/15/19 Qualifying Score, "Dog For All Reason" -
LRC National & Specialty

10/15/10 Qualifying Score, "The Challenge" - LRC
National & Specialty

Lawson-Ventures Never My Love

Lawsons Best Man X Gingerbred Lawsons Silver Lining
Owners: Terri Boyle & Shawna Lawson

11-13-10 2nd 12-15 Sweeps HDLRC, Judge: Kim
Jacobson

11-13-10 2nd 12-18m bitch HDLRC, Judge: Mrs.
Lisa Weiss

11/14/10 1st 12-15 Sweeps, Best Opposite Sex
Sweepstakes, HDLRC, Judge: Mrs. Sally Kelley

11-14-10 2nd- 12-18m bitch HDLRC, Judge: Mrs.
Judy Chambers



PUPULATION INCREASE

Only verifiable screening information will be listed and only certification numbers are provided. The following organizations will certify the certifications that they have issued. You must know either certification number of the dog or its AKC number. If no certification numbers are listed, it does not necessarily mean that the dog has not been screened. Prospective buyers should inquire for further information from the breeder of the litter.

Canine Eye Registration (CERF)

317.494.8179 www.vmdb.org/inquiry.html

Orthopedic Foundation of America (OFA)

573.442.428 www.offa.org

Optigen

607.257.0301 www.optigen.com

Note: These litter listings are provided as a service and information exchange for full members of the LRCSC. The listing will run in two (2) consecutive issues, only. One (1) extra month costs \$5.00, payable to LRCSC before the ad will run. No effort is made to verify the information provided, nor does the LRCSC as an organization enforce these litters. It is the responsibility of the consumer to certify information, ask questions, and evaluate guarantees and contracts as should be done before making any significant purchase.

BLACK & YELLOW Litter Due 12/15/10

SIRE: BISS CH. Lawson's Rush In (Luke)
OFA: LR-187004G24M-VPI Hips Good; OFA LR-EL46984M24-VPI Elbows normal; Optigen normal-Clear by parentage; ACVO annually, Heart-Normal.

DAM: Kintra's Midnight Storm (Stormy)
OFA LR-179406G25F-VPI Hips Good; OFA LR-EL42039F25-VPI Elbow Normal; CERF LR-9/10 Optigen Normal/Clear by Parentage.

Contact Alexandra Flanigan
951 789-0890 or kintralabradors@att.net

All Black Litter Born 10/4/10 4M, 4F

Sire: BISS CH Nipntuck Hyspire Unforgettable
OFA: LR-172558E26M-VPI LR-EL37902M26-VPI,
CERF LR51678, Cardiac LR-CA3032/28M/c-VPI-ECHO

Dam: Lands End Gets What She Wants SH
OFA, LR-171829G26F-PI, LR-EL37482F26-PI, Cerf LR-57290/2010--59, Optigen Normal
Contact: Lauren Bullock 714-628-9807,
landsendlabs@yahoo.com

YELLOW litter, Born Sept. 15th (6M 2F)

Sire: Ch. Kintra's Tatonka at Pathfinders
OFA LR-516219E24M-PI, OFA-EL29141M24-PI,
CERF LR-41298, Optigen Normal, Heart Cardiologist-Echo normal

Dam: Kintra's Beithe of Bitacula
OFA LR-180874G26F-PI, OFA-EL42988F26-PI,
CERF LR-55836 8/10. Optigen A by parentage.
Contact: Alexandra Flanigan at 951 789-0890



Even though it's winter, fleas & ticks can still be a problem. Try these natural spritzers but remember to keep it away from their face.

Tick Spritzer Blend:

- 2 drops of Lavender, Basil, Lemon, Opoponax, Eucalyptus
- 1 teaspoon apple cider vinegar
- 1 teaspoon vodka
- 1 cup of dried marjoram, eucalyptus, rosemary
- 2 cups of water

Flea Spritzer Blend:

- 2 drops of cedarwood, lemongrass, rose geranium
- 1 teaspoon apple cider vinegar
- 1 teaspoon vodka
- 1 cup of dried peppermint, eucalyptus, bay leaf herbs
- 1-2 cups of water

Add the essential oils and vodka in a bottle, tighten the lid and shake well. Once the mixture blended (should turn white), add apple cider vinegar.

Boil 2-4 cups of water and remove from heat. Add your dried herbs in the water and let it simmer for 30 minutes. Once cool, drain and use instead of plain water in your spritzer. If you are using an herbal tea, this mixture must be kept in the refrigerator as the herbal teas have the tendency to go bad faster.

Once you have your spritzer you can use this by gently spraying it in to your dogs coat, legs, tummy and back. Rub it in well and apply it as necessary. Do not use any of the essential oils on your dogs face or around nose, ears and eyes. Respect the sensitive nose he/she has and go easy when using aromatic substances such as essential oils.





LRCSC Holiday Party
And
Good-Bye To The Sonesons



*Join Us For A Holiday Open House
And A Fairwell Get-Together In Honor Of
Trudy And Eric Soneson*

*Saturday, December 11th 1:00pm - 3:30 Pm
At The Home Of Denise Coler
5 Via Latigo
Rancho Santa Margarita, Ca 92688
Rsvp 949 295-1642*

*LRCSC Is Providing The Main Dish Of Ham & Turkey And Soft Drinks.
Please Bring An Appetizer, A Side Dish, Salad,
Or Dessert According To Your Last Name (See List)*

*The Sonesons (And Their Four Dogs) will be traveling across country in
a van for several days. We would like to give them a "Going Away"
Basket from their LRCSC friends. Please bring a small sample of your
favorite "Travel Snack" (for people or dogs!) to put in the basket.*



Pot Luck Items
*A-I - Appetizers
J-Q - Salads, Side-Dishes
R-Z -Desserts*





ALL BREED TRACKING WORKSHOP

with Judi Adler of Sweetbay Newfoundlands

Sponsored by the Newfoundland Club of Southern California

This is a workshop with hands on training in the fields. Judi will be working with each dog/handler team and help them solve problems.

The workshop is geared toward TD and TDX, both for novice and advanced trackers.

Date: March 5 & 6 , 2011

Location: Prado Dog Park, Euclid Ave., Chino, CA

Cost: \$125 (includes fee into the park)

Contact: Heidi Forrest

Email: newffan@verizon.net

Phone: 562 243 7839 Cell
562 424 7806 Home





Southwest Obedience Club
Presents an
AKC Approved OC/RC Match
Obedience & Rally

Sunday, January 2, 2011

Arthur Lee Johnson Memorial Park
1200 W. 170th Street, Gardena, CA 90247

Entries:

8:00 to 12:00 Noon

Judging will begin at 9:00 am

Entry Fees:

First Class: \$6.00 Additional Class: \$4.00

(same dog)

Corrections shall be limited to verbal corrections, or gently guiding the dog. Food and/or toys may be allowed in the ring.

Food and Beverages will be available for a donation.

If you have any questions, please call Jennifer Darcy at 714-544-8560 or 714-227-4911

Directions to Park: Arthur Lee Johnson Memorial Park, a.k.a., South Park, is located at 1200 W. 170th Street in Gardena, CA 90247. The park is off the 110 - 91 interchange bordered by major streets, Vermont Ave to the East, and Normandie Ave to the West, with Artesia Blvd to the South. Please bring Shade.

Safe Handling and Storage of Dry Pet Foods

<http://www.cdc.gov/healthypets/petfood.html>

Often, dry pet food and treats contain foods that come from animal sources, and these items are at risk for contamination with germs, such as *Salmonella*. It is important to know that handling and storage of dry pet foods and treats present a risk for *Salmonella* infections to people, especially among young children.

Follow these tips to help prevent an infection with *Salmonella* from handling dry pet food and treats:

Purchase Tip

- Purchase products (canned or bagged) with no visible signs of damage to the packaging, such as dents, tears, or discolorations.

Preparation Tips

- Washing hands is the most important step to prevent illness. Wash your hands for 20 seconds with water and soap right after handling pet food and treats, and especially before preparing, serving, or eating food, drinks, or preparing baby bottles.
- Preferably, people should feed their pet in areas other than the kitchen.
- Wash pet food bowls, dishes and scooping utensils with soap and hot water regularly. Avoid washing these items in the kitchen sink or bathtubs to prevent cross-contamination. In households where there is no alternative, the sink area should be adequately sanitized after these items have been cleaned and removed.
- Infants should not be bathed in kitchen sinks because of the risk of cross-contamination.
- Do not use the pet's feeding bowl as a scooping utensil – use a clean, dedicated scoop, spoon, or cup.

Storage Tips

- Pet food should not be handled or stored in areas where food for humans is prepared.
- If possible, store dry pet food in its original bag inside a clean, dedicated plastic container with a lid, keeping the top of the bag folded or closed.
- Promptly refrigerate or discard unused, leftover wet pet food and containers (e.g., cans, pouches). Refrigerating foods quickly prevents the growth of most harmful bacteria. Refrigerators should be set at 40 degrees F. The accuracy of the setting should be checked occasionally with a refrigerator thermometer.
- Dry pet food and pet treats should be stored in a cool, dry place under 80 degrees F.

Follow these simple guidelines to prevent getting a *Salmonella* infection from your pet:

- After contact with animals, their food, or their environments, wash your hands well with soap and running water.
- Clean up after your pet. If you have a cat, scoop the litter box daily and dispose of the stool in a tightly sealed plastic bag. If you have a dog, clean up the stool while on walks or from the yard daily and dispose of the stool in a tightly sealed plastic bag.
- Children younger than 5 years of age should not be allowed to touch or eat pet food, treats, or supplements and should be kept away from pet feeding areas. Young children are especially at risk for illness because their immune systems are still developing and because they are more likely than others to put their fingers or other items into their mouths.



Fireworks and Thunderstorm Phobias in Dogs

<http://www.thefreelibrary.com>



No one really knows why some dogs become afraid of fireworks and thunderstorms and they don't seem to bother other dogs. It could be connected to a dog's sense of hearing or to thyroid levels. Or it could be connected to socialization and general levels of anxiety. Sometimes an otherwise happy-go-lucky dog will become almost hysterical with fear when he hears the sound of thunder. If you have a dog with one of these phobias it can be both perplexing and frustrating.

There is actually a difference between being afraid of fireworks and being afraid of thunderstorms, although the two things are similar. Both involve loud, booming sounds and some dogs are afraid of both. If your dog is afraid of fireworks then he is likely afraid of the very loud noises. He may hide or try to climb in your lap, even if he is a very large dog. He may drool, pant or shake. Trembling is common. Dogs will often try to go to a safe place to try to get away from the noise.

If your dog is afraid of thunderstorms he could be set off by more than just the sound of the thunder. There is a theory that dogs who are afraid of thunderstorms are bothered by the buildup of electricity in the atmosphere. This is the same electricity that causes static electricity to build up in a dog's coat. Your dog can tell when a storm is approaching long before he hears a clap of thunder or a flash of lightning and he may start showing his fear. Signs of thunderstorm phobia are similar to fireworks phobia: your dog may try to hide or climb in your lap. He may pant, drool or start shaking. He may try to seek out a safe place. Some dogs will try to climb in a snug place, such as a bathtub. The smooth sides of a bathtub will help dispel some of the charged electricity that they are feeling in their fur and provide them with some comfort.

Whether your dog is reacting to fireworks or to thunderstorms there are some things you can do to help him calm down. Some people like to try herbal remedies for their dogs. Valerian and scullcap have both been successfully used for these phobias. Other people have used diluted essential oils such as peppermint oil on their dog's paws and pulse points. Flower essences such as Rescue Remedy are also popular.

Please remember that herbal medicines can still be dangerous. Just because something is "natural" does not mean that it's safe. Many poisons come from plants, which are also natural. You should consult with your veterinarian before using any herbal medicine.

If you intend to use an herbal remedy you should allow plenty of time for it to work. Sometimes that's not possible with unexpected fireworks or a sudden storm so these methods have limited efficacy at times.

If your dog has a serious problem and you need something that works quickly you should consult with your veterinarian ahead of time. He may prescribe a mild sedative for your dog in case of emergency.

For dogs with thunderstorm phobias there is also a garment that can be worn that has helped some dogs. It's called a StormDefender Cape. This cape-like wrap goes around your dog and insulates him from the build up of electrical charge in the atmosphere. It can reduce some of the anxiety associated with storms. Your dog may still react to the sound of thunder but the cape may help.

You can make your own home version of this garment by wrapping your dog in a snug-fitting human tube top. A tube top can hold your dog's fur close to his body and also help prevent the build up of static charge.

Phobias... (cont'd from page 8)

In order to help your dog in the long term you can try to help desensitize him to the loud sounds that bother him so much. Some people have tried recording storms and firework booms on cassette and playing them for their dogs. You can increase the loudness until they are playing at full volume. This has helped some dogs become better at tolerating fireworks and thunderstorms.

It can also help to turn up the TV or music during fireworks and storms to try to drown out the outside noise. Do things to distract your dog. Try to play with him before he becomes aware of the noise outside. Do anything to keep his mind off the things he fears.

David Beart is the owner of the [Professors House](#). Our site covers family related issues from raising children to [dogs](#), relationships to cooking.



DID YOU KNOW...
Some dogs are
naturally optimistic!

Counting Calories: A Simple Way To Keep Your Pet Healthy

<http://pet-articles.blogspot.com>

We know that obesity is a growing epidemic in the United States. Thirty percent of American adults – that's 60 million people – are obese. But there's another statistic that is even more startling and concerning to pet owners and veterinarians: according to the Association for Pet Obesity Prevention, approximately half of all dogs and cats in the United States are overweight or obese. That's 84 million animals that weigh more than they should for optimal health. Just as with people, obesity in pets is associated with many health risks, including osteoarthritis, Type 2 diabetes, respiratory disorders, hypertension (high blood pressure), heart disease, and many forms of cancer.

What causes obesity in pets? It generally comes down to consuming more calories than the pet needs. According to veterinarian Susan Nelson, assistant professor of clinical sciences at Kansas State University, "Pets are overeating and under-exercising, and they're eating too many high-fat foods and treats." Dr. Nelson suggests a number of factors to consider when feeding your pet, including paying attention to the nutritional information and calorie content of what your pet eats. While we often think to at least glance at the nutritional information and calorie content marked on our own food, we may not think to do the same for our pets.

Is my pet overweight?

It's relatively easy to determine yourself if your dog or cat is overweight. First, take a look at your pet's ribs. If your animal is a healthy weight, the ribs shouldn't be seen but should be easy to feel. They should be covered with a thin layer of fat – if they are difficult to feel under a large layer of fat, that is a sign your pet is overweight. Next, take a look at the animal's stomach. A sagging stomach, where you can grab a handful of fat, is also a sign of excess weight. Finally, take a look at your pet's general body shape. When looking at the animal from above, you should be able to easily make out a waistline. A dog should be an hourglass shape – broader at the shoulders and hips and narrow at the waist. A broad, flat back is a sign your pet is overweight.

How much should I be feeding my pet?

Figuring out how much you should be feeding your pet is not as straightforward as it may initially seem. Amounts vary based on the type of food, your pet's metabolism, and the amount of exercise it gets. If your pet is a healthy weight, a good place to start is with the amount suggested by the guidelines on the pet food packaging. If your pet is just

Calories... *(Cont'd from page 9)*

a bit overweight, look at the guidelines and feed it the amount suggested for its ideal weight, rather than the weight it currently is.

The typical domestic cat should weigh about 10 pounds, and needs about 275 calories per day. Unlike cats, the caloric needs of dogs vary greatly depending on breed – a variance expected when dogs can range in weight from under 5 pounds to over 100. A 10-pound dog needs about 300 calories per day, while a 50-pound dog needs 1,200. Feeding guidelines on your pet's food bag will take into account approximate caloric needs, but it's important to realize that food amounts may change if you change the type of food you're feeding your dog or cat. Since pet foods can vary greatly in fat and calorie content, one cup of Type A food will not necessarily equal one cup of Type B food.

What about treats?

Just as we sometimes don't realize (or don't want to realize!) how many calories snack foods can contribute to our diet, it's easy to forget to consider the number of calories contained in the treats we give our pets. Luckily, it is becoming more common for pet food manufacturers to list nutritional information, including calorie content, on packaged pet treats. Nutrition and calorie information is also often available online, so try visiting the company's website if you can't find what you're looking for on the packaging. It is fine to include treats in your pet's diet, but calories from treats should account for 10% or less of your pet's overall caloric intake.

Hidden Calories

Pets, particularly dogs, can be scavengers. While

some dogs are very well-behaved, others go through the trash, beg at the table, and try to help themselves to anything that looks particularly tasty. In households with small children, often one of the first things a pet realizes is that children are an excellent source of table scraps. Everything the child drops – and children drop a lot! - will be devoured by a waiting animal. And it usually doesn't take long for children to discover that feeding their pet is a fun game, leading to even more shared calories. Adults are not completely innocent either – many people feed their pets table scraps, or allow them to eat food that drops on the floor. Rarely do we consider how many extra calories human food is adding to our pet's diet.

A Family Affair

As Dr. Nelson says, "It's important to count calories if your pet is overweight." If you have a dog or cat that needs to lose a few pounds, counting calories can help you achieve that goal and help your pet stay healthy. But everyone in the family needs to be involved in this process, not just one person. No matter how careful you are about feeding your pet an appropriate diet, it won't be successful if other family members are slipping their beloved pet treats and table scraps. It's important that the entire family realizes the importance of helping their pet maintain a healthy weight. Giving food is a way to show love, but an even better way is to help your pet stay healthy and live a long life as a member of your family.

Matt Papa is a postdoctoral fellow at Washington University School of Medicine. Dog lover and owner of a beautiful German shepherd named Hera, Matt is concerned about problems with obesity in both animals and humans. His medical research interests include obesity treatments and the ways in which humans and animals can work together to maintain a healthy weight. Matt owns a website devoted to best weight loss programs reviews and the latest scientific findings on obesity.



*Did You Know...
Weak ligaments that lead to ACL
ruptures are believed to be hereditary.*

CALENDAR OF EVENTS

| <u>Date</u> | <u>Club</u> | <u>Event</u> | <u>Location</u> |
|----------------------|---|--|--|
| DECEMBER 2010 | | | |
| 12/1 | KC of Beverly Hills | All Breed, Obedience | Long Beach |
| 12/2 | Los Encinos KC | All Breed, Obedience, Rally | Long Beach |
| 12/3 | Long Beach KC | All Breed, Obedience, Rally | Long Beach |
| 12/3 | American KC | Agility | Long Beach |
| 12/4 | American KC | All Breed, Obedience | Long Beach |
| 12/10 | Shoreline Dog Fanciers Association of Orange County | All Breed, Obedience, Rally | Costa Mesa |
| 12/11 | LRCS | Holiday Party & Good-Bye to the Soneson's | Rancho Santa Margarita |
| 12/11 & 12 | Valley Hills Obedience Club, Inc | Agility, Rally, Obedience | Van Nuys |
| 12/11 & 12 | Golden Retriever Club of San Diego | Agility | Escondido |
| 12/11 | Shoreline Dog Fanciers Association of Orange County | All Breed | Costa Mesa |
| 12/12 & 13 | Malibu KC | All Breed | Costa Mesa |
| 12/17 | LRCS RETRIEVER REVIEW NEWSLETTER SUBMISSION DEADLINE | | |
| 12/18 & 19 | KC of Palm Springs | Agility | City of Industry |
| 12/29 | Orange Coast Rhodesian Ridgeback Club | Agility | City of Industry |
| 12/30 & 31 | Keeshond Club of SC | Agility | City of Industry |
| 12/31 | High Desert Agility Club | Agility | Pomona |
| JANUARY 2011 | | | |
| 1/2 | Southwest Obedience Club | Match, Obedience & Rally | Gardena |
| 1/7, 8 & 9 | Palm Springs KC | All Breed, Obedience, Rally | Empire Equestrian Park and Polo Field, Indio |
| 1/15 | LRCS club membership dues are due! | | |
| 1/15 | LRCS | Practice Match, Picnic & Board Meeting | Tewinkle Park, Costa Mesa |
| 1/16 | Belgian Tervuren Club | Track Test | Prado Regional Park |
| 1/20 | Channel City KC | All Breed, Obedience, Rally | Ventura |
| 1/21 | LRCS RETRIEVER REVIEW NEWSLETTER SUBMISSION DEADLINE | | |
| 1/21 | Simi Valley KC | All Breed, Obedience, Rally | Ventura |
| 1/22 | San Fernando KC | All Breed, Obedience, Rally | Ventura |
| 1/23 | Ventura County Dog Fanciers | All Breed, Obedience, Rally | Ventura |
| 1/29 & 30 | Orange Empire Dog Club | All Breed, Obedience, Rally | National Orange Show Grounds, San Bernardino |
| FEBRUARY 2011 | | | |
| 2/12 | LRCS | Board Meeting | Denny's in Brea |
| 2/13 | Agility Club of San Diego | Track Test | San Diego |
| 2/18 | LRCS RETRIEVER REVIEW NEWSLETTER SUBMISSION DEADLINE | | |
| 2/20 | Belgian Tervuren Club | Track Test | Prado Regional Park, Chino |
| 2/26, 27 | Silver Bay Kennel Club | All Breed, Obedience, Rally | Del Mar Fairgrounds |