



RETRIEVER REVIEW

FEBRUARY 2011

WWW.LRCSOCAL.ORG

Hi Everyone,

Our first get-together of 2011 at TeWinkle Park had gorgeous weather. So far we have been really lucky with our January activities. Although we have been calling this a Practice Day, it really needs a better name. Yes, we have rings set up for practice if your are a competitor in Obedience or Conformation, but everyone gets equal time, and if you are a complete beginner you will get all the help you want or need. Experienced club members are there to talk with you about anything Labrador. Many of them have at least one of their Labradors with them and can use them as visual demonstration. If you know of non-club members who want to know more about our breed, they are welcome to join us and see Labradors first hand.

We will have another Practice Day in mid-March. Check the Review for a flyer with details. Tania will again conduct a CGC refresher. The annual March general meeting where nominations for elected officers are accepted will be held at that practice day. At the end of June we expect to have a Fun Day with practice rings, and additional fun activities for the pet owner.

Don't forget our Specialty Show and Obedience Trial on April 29 and 30 at Canyon RV Park. This year we will NOT be mailing Premium lists unless you specifically request one. The Premium will be posted on our LRCSC website, www.lrcsocal.org and on Sharon Licciardi's website, www.slicciardi.com. Our wonderfully organized Raffle Chair Trudy Soneson has moved to the East coast and her shoes will be hard to fill – in fact we are trying to recruit several people to attempt it. If you would like to help, please contact any board member.

Our spring Hunt Test and Working Certificate will take place on May 7 and 8. Check the Review for the schedule of Working Certificate practice days.

And this is just a recap of the activities for the first half of the year. The second half promises to be just as eventful. Please plan to join us - your Labrador will enjoy meeting fellow Labradors.

Jane

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Check us out on the web

www.lrcsocial.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!**

Jenna Hollister

**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:

Trevy & Mary Winterstrom

John Dodds

Paul Dostie

Elizabeth Doyle

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 were due on January 15, 2011. Statements were mailed out in November. If you haven't already, please remember to send in your dues!

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.

NEW TITLE!!!

MACH AUGUSTUS CLASS V AT SEALION MH UD RE MX MXJ

(Clayburn Sealion O'Saddlehill MH UDX AX OAK X Augustus Sophisticated Cepic UD MX MXJ RE)

Owner: Wendy & Marykate Pennington, Handler/Trainer: Wendy Pennington, Breeder Mary Kobis

12/30 Agility, Southern California Keeshound Club - City of Industry -

Qualifying 20 seconds under course time earning MACH title!!!

(<http://www.youtube.com/watch?v=pUMdYZMOxyo>)

NOMINATING COMMITTEE

The Nominating Committee has been appointed by the Board and will be forming a slate of Officers and Board members for the 2011-2012 term.

The committee is, Margaret Stanard, Bryan Brodowski, and Diane Matsuura.

Anyone wishing to be considered for any position can contact a nominating committee member before Feb. 12th.

Did You Know...

The clicker was used successfully to train dolphins in the 1960's and introduced to the dog world in the 1980's.

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.

All Chocolate Litter - 3 Males and 6 Females - Born 12-22-2010

Sire CH Thornwood's Resolution (Chance)

Hips (LR-1541236-24M-P1) Elbows LR-EL28055M24P1)

Echo Cardiac (LR-CA4470/66M/S-vp1) CERF (LR-41956)

EIC (Clear) Optigen A

Dam Deltadawn Venture Hoot-N-Annie

Hips (LR-180845G24F-VP1) Elbows (LR-EL42962F-24-VP1

CERF (LR-54643) Optigen (Clear by Parantage) EIC (Clear)

Contact: Sue Vose at 760-379-5135 or

deltadawn@lightspeed.net



All Black Litter - 2 Males - Born Nov. 20, 2010

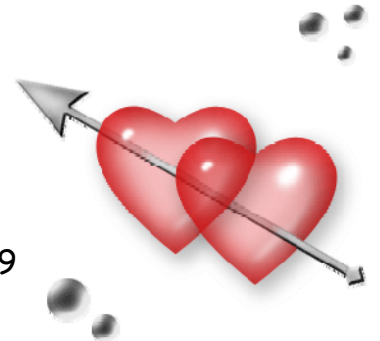
Sire: Int. CH. Langshott Old Bill at Kimvalley

BVA/KC hips 0:0, BVA/KC elbows 0

Dam: Norfield Royal Marina

OFA LR188931E24F-VPI, LR-EL47658F24-VPI, CERF LR-55482/2010-29

Contact: Jane Babbitt, jane@norfieldlabradors.com, 310-391-3396



Sealionlabs Dog Training

- *Puppy & Basic obedience classes every 8 weeks*
- *Brush-up group classes Tuesday nights*
- *Problem solving – in home training*
- *Privates*
- *Boarding*

Wendy Pennington

(562) 208.9267

sealionlabs@aol.com

(6)



LRCSC Practice Day at TeWinkle, January 2011

Our practice day on January 15th was another beautiful day – you couldn't ask for better weather. We were visited by some families who are thinking about bringing a Labrador into their lives, and wanted to meet Labradors of all ages and get some advice about being a Labrador owner. They were able to see Labradors in action in conformation, obedience and as canine good citizens.

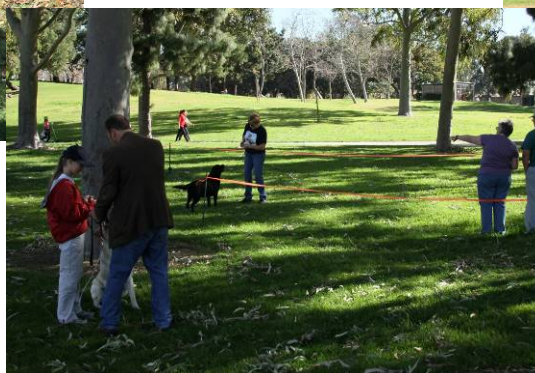
A big thank you to Margaret Stanard who brought her jumps and presided in the obedience ring. Thanks also to Denise Coler and Sandra Flanigan for taking turns running the handling instruction and practice ring.

The main attraction was Tania Brodowski's presentation of the AKC's Canine Good Citizen program. Tania is a CGC evaluator, and she first described the requirements of the test, using her own dogs to demonstrate. She then guided everyone who wanted to run a dog through the steps of a mock evaluation, telling them whether they would have passed, what to work on and giving tips on how to improve exercises that weren't quite up to standard. She also described some of the differences between therapy and service dogs and their training in relation to CGC training. We are very fortunate that Tania is willing to conduct a CGC evaluation for us later in the year, so that those who are interested should be able to earn this award with their Labrador. Thanks to everyone who stepped up and helped Tania with her presentation.



Marty Rice as usual provided some wonderful cooking for the picnic, which was held in the pavilion near the practice rings. Thanks to Joe Cook who always helps with set up and take down, and to all the others who made this day a success.

We will do this again in March when Tania will offer a CGC refresher. The March practice day will also include a general meeting at which nominations for our annual elections will be taken.



The Best Doggy Biscuits!

by SiriusDog Staff

<http://www.siriusdog.com/the-best-doggy-biscuits.htm>,

Copyright February, 2009 – 2011



Prep Time: 10 Min
Cook Time: 25 Min
Ready In: 35 Min
Original recipe yield 42 biscuits

INGREDIENTS

- 2 cups whole wheat flour
- 1 cup cornmeal
- 1 tablespoon salt
- 1/3 cup vegetable oil
- 1 egg
- 1 cup water



DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a cookie sheet.
2. In a large bowl, stir together the whole wheat flour, cornmeal and salt. Mix in the oil, egg and water to make a soft dough that is not too sticky. You may add more flour if needed. Roll teaspoonfuls of dough into balls, and place on the prepared cookie sheet. Flatten slightly.
3. Bake for 20 to 25 minutes in the preheated oven, until nicely browned and firm. Cool completely, then store in an airtight container.

Age of Labrador compared to Human Years

2 months = 3 years	8 years = 55 years
5 months = 10 years	9 years = 60 years
8 months = 12 years (Puberty)	10 years = 65 years
10 months = 14 years	11 years = 70 years (Geriatric)
1 year = 16 years	12 years = 75 years
2 years = 25 years	13 years = 80 years
3 years = 30 years	14 years = 85 years
4 years = 35 years	15 years = 90 years
5 years = 40 years	16 years = 95 years
6 years = 45 years	17 years = 100 years
7 years = 50 years (Middle Aged)	18 years = 105 years

Showbred or Fieldbred?

By Jack Vandersyk
Labradornet.com



Should there be any difference between show dogs and working dogs?

No, of course not. Both the field dog and show dog should have exactly the same conformation and condition. Ever since the early 1800s the Labrador Retriever was meant to be a working retriever. Its hunting and retrieving qualities was the reason the Labrador Retriever was imported to England in the first place, and to many other countries subsequently.

Dr. B.W. Ziessow wrote, "By definition, conformation in any breed is the symmetrical formation and arrangement of (body) parts; conforming to a model or a plan (i.e., the breed standard). The first question that must come to mind in judging any breed or evaluating an individual specimen is "Can the dog do the job he was originally intended to do?" It is axiomatic that proper conformation is basic to the survival of any breed and is equally important to both the show dog and the hunter. It is ludicrous therefore, to think of type as something extra to breed conformation and/or soundness (which is tantamount to proper movement). Without them you can't have true breed type. Accordingly, there is one (and only one) correct type of Labrador Retriever."

A Labrador Retriever should be able to excel in field work and have the quality to win in the show ring. After a hard day's work in the field, under difficult conditions, he should be able to be a nice companion and friendly, relaxed family dog.

Is there a difference between show dogs and working dogs?

Yes, there is. Many Labradors who win ribbons, medals and cups at dog shows (and are used for breeding), are physically unable to do the job the Labrador was originally intended to do, and many Labradors being run in field trials (and are used for breeding), don't come up to the breed standards of conformation and soundness.

This is a very disturbing situation.

"Show types" and "Field types" - a breed split

In the United States the show bred Labradors are often called "English", while the field bred Labradors are called "American". For more than 60 years however the breed split exists on both sides of the Atlantic. In England the Buccleuch kennels, for instance, have always concentrated on field work. Even in the 6-generation pedigree of Buccleuch Virginia, born in 1995 and a nice example of linebreeding back to Swinbrook Tan, you will not find one Show Champion, but many, many Field Champions.

Show bred Labradors, and this is a fact, are usually stockier with more "bone" and coat. They have larger, blockier heads and otter tails. They are more easy going and laid back than their field bred counterparts. Field bred Labradors are bred for working. They are usually taller and leaner than show types, tend to have thinner faces, tend to suffer from separation anxiety, and forget about the otter tail that is so typical of the breed. They are very hyperactive, and never want to stop playing & fetching. (Many people would call them "nervous" or "edgy".) There is, however, a difference between British bred and American bred working Labradors.

In my "Labrador Typecasting" I describe the field type as "Whitmore".

No distinction between the "show" or "bench" type and the "field" or "work" type however is made by the Kennel Clubs, but it is a fact that the two types come from different breeding lines and we have to live with that fact.

A simple combination of a show bred Labrador and a field bred Labrador isn't the right method to get a multi-purpose Labrador. First of all this outcross would be a waist of good and trusted bloodlines, and you just might end up with a litter of edgy, skinny, snipe-faced Labrador puppies that are completely useless for field work. Secondly, the hereditary syndrome of Exercise Induced Collapse (EIC) is recently being observed with increasing frequency in young adult Labrador Retrievers, and most affected dogs have been from field-trial breedings.

Being a Labrador breeder I aim to breed multi-purpose Labradors - Labradors that are wonderful family dogs, good looking Labradors, Labradors that can work in the field. Yet I have always kept a certain distance from the pure field bred, because I don't like the way they look and I don't like the way they behave in the living room. The closest I got to introducing a field bred to my bloodlines was acquiring a bitch who's sire was from pure and familiar (trusted) "show" lines, while her dam's sire was also pure "show" line and her dam's dam had a field bred as a great-

grandmother. This bitch wasn't the best looker in the world, but she was a wonderful family pet and had good hunting qualities. She - in combination with pure show bred dogs - gave me three litters of excellent puppies. For me it's quite a risk to take my chance with a Labrador that has "field" lines in its pedigree, even more now we've got this hereditary syndrome of Exercise Induced Collapse (EIC). So I don't do it.

Since the Kennel Clubs and most Labrador Clubs refuse to admit there's a difference between show bred and field bred Labradors, and therefore refuse to publish information about this subject, I feel that we, the breeders, are obligated to inform the public in general and our puppy buyers in particular about these differences.

Labradors are NOT right for everyone. Labradors are a breed that need a lot of exercise, and if you cannot provide that, then forget about this breed. Labradors from show lines tend to gain weight easily because they do not have such a high drive as field bred Labradors, but dogs from both strains need plenty of exercise.

Even if you want to acquire a Labrador mainly for working purposes, it's safer to get it from show lines with working abilities (applies to most show bred Labradors) than from pure field lines.

Also I need to stress once more that the British breed different types of field Labradors than Americans, and that they train their dogs differently. Because the British absolutely must train retrievers that are steady and quiet under considerable pressure -- say while 200 or more pheasants are felled in a driven shoot -- they believe that starting a dog too soon on field work tends to create a dog whose retrieving expectations will rise to intolerable levels, and with them the amount of maintenance required to keep a Labrador steady, quiet and otherwise well-trained. Again, the best of the British Labrador breeders produce animals of kind and quiet temperaments because the British are highly discriminating breeders. And again, steadiness and quietness are qualities of temperament, and temperament can't be trained, it must be bred for. The British have long known, however, that certain training techniques and philosophies accentuate these desirable genetic qualities. A dog that inherently is capable of being steady and quiet in the field can be assured of fully developing those traits if certain training techniques are followed. Conversely, the same animal can be developed into a much more excitable, less quiet and less steady dog if training techniques are used that -- intentionally or not -- tend to hype up, or excite, a dog. So there certainly is an aspect of environment, too. In Britain, the Labrador was, and still is, used primarily for upland game hunting, often organized as a driven bird shoot. Typically, separate breeds were used for different tasks; and the Labrador was strictly for marking the fall, tracking and retrieving the game. But in the United States and Canada, the breed's excellence at waterfowl work and game finding became apparent and the Labrador soon proved himself adaptable to the wider and rougher range of hunting conditions available. The differences between British and American field trials are particularly illustrative.

American breeders of gundogs, by comparison, often begin throwing retrieving dummies and even pigeons when puppies are only a few months old. They often breed a different type of field dog and prefer the hyperactivity to kind and quiet temperaments.



A pure American field bred Labrador is usually itching for a job and is always eying a ball, even when lying down, which you are likely to see rarely. It cannot seem to catch the concept "That'll Do". It always wants to run, and is always hopping and jumping. Huge amounts of daily exercise are a must. Because these dogs are so active, not having enough exercise can lead to extreme cases of aggression, which happens quite often. They will take out their frustration on other animals if they do not have enough exercise. American field bred labradors are bred to be constantly swimming, working, fetching in the field for hours on end. Their muscles twitch for activity at a constant rate. They are not the right type of dog for most people. Daily training is a must and do not even consider an American field bred Labrador unless you are planning on getting one for much more than a pet. Hunting and agility are two excellent sports of this type of dog. Both British and American field bred Labradors can make wonderful pets, but they do require tons and tons of mind stimulation.

AKC CANINE GOOD CITIZEN TEST

The CGC TEST consists of 10 skills needed by all well-mannered dogs. All of the exercises are done on a leash.

Test 1: Accepting a friendly stranger

The dog will allow a friendly stranger to approach it and speak to the handler in a natural, everyday situation.

Test 2: Sitting politely for petting

The dog will allow a friendly stranger to pet it while it is out with its handler.

Test 3: Appearance and grooming

The dog will welcome being groomed and examined and will permit someone, such as a veterinarian, groomer or friend of the owner, to do so.

Test 4: Out for a walk (walking on a loose lead)

The handler/dog team will take a short "walk" to show that the dog is in control while walking on a leash.

Test 5: Walking through a crowd

The dog and handler walk around and pass close to several people (at least three) to demonstrate that the dog can move about politely in pedestrian traffic and is under control in public places.

Test 6: Sit and down on command and Staying in place

The dog will respond to the handler's commands to 1) sit, 2) down and will 3) remain in the place commanded by the handler (sit or down position, whichever the handler prefers).

Test 7: Coming when called

The dog will come when called by the handler. The handler will walk 10 feet from the dog, turn to face the dog, and call the dog.

Test 8: Reaction to another dog

To demonstrate that the dog can behave politely around other dogs, two handlers and their dogs approach each other from a distance of about 20 feet, stop, shake hands and exchange pleasantries, and continue on for about 10 feet.

Test 9: Reaction to distraction

To demonstrate the dog is confident when faced with common distracting situations, the evaluator will select and present two distractions. Examples of distractions include dropping a chair, rolling a crate dolly past the dog, having a jogger run in front of the dog, or dropping a crutch or cane.

Test 10: Supervised separation

This test demonstrates that a dog can be left with a trusted person, if necessary, and will maintain training and good manners. Evaluators are encouraged to say something like, "Would you like me to watch your dog?" and then take hold of the dog's leash. The owner will go out of sight for three minutes.

Equipment

You'll need to bring your dog's brush or comb to the CGC test. In the CGC test, dogs must wear a buckle collar or slip collar.

For details regarding equipment, expanded descriptions of the exercises above, and how the CGC Test is administered, see:

http://www.akc.org/events/cgc/training_testing.cfm



AMERICAN
KENNEL CLUB®

American Kennel Club

The American Kennel Club is dedicated to upholding the integrity of its Registry, promoting the sport of purebred dogs and breeding for type and function. Founded in 1884, the AKC and its affiliated organizations advocate for the purebred dog as a family companion, advance canine health and well-being, work to protect the rights of all dog owners and promote responsible dog ownership.

American Kennel Club

8051 Arco Corporate Drive
Raleigh, NC 27617
www.akc.org
(919) 233-9767
info@akc.org

AKC Canine Good Citizen Program

cgc@akc.org

GK9GC1 (10/08)

AKC® CANINE GOOD CITIZEN® PROGRAM



Photo by Mary Bloom



AMERICAN
KENNEL CLUB®

AKC Canine Good Citizen (CGCSM) Program

What Is It?

AKC Canine Good Citizen (CGC) Program

At the American Kennel Club, we're not just champion dogs, we're the dogs' champion. We believe that all dogs deserve training and a responsible owner and our goal is to reward responsible dog ownership.

The AKC's Canine Good Citizen Program is designed to recognize dogs who have good manners at home and in the community. This rapidly growing nationally recognized program stresses responsible dog ownership for owners and basic training and good manners for dogs. All dogs who pass the 10 step CGC test may receive a certificate from the American Kennel Club.



The Benefits of Training

The AKC CGC Program provides an excellent foundation for training in other fun activities such as Rally, Obedience, and Agility and results in a well-mannered dog who is a joy to live with. Some therapy dog groups require passing the CGC Test as a prerequisite, some insurance companies recommend CGC training, and an increasing number of apartments and condos are requiring CGC training for resident dogs.



How It Works

You can attend a basic training or CGC class to teach your dog the CGC behaviors, or if you have the skills and knowledge, you can teach your dog the CGC skills.

When your dog is ready, you'll sign up for a CGC test administered by an AKC Approved CGC Evaluator. Tests are held at AKC dog shows, at some training classes, at a number of pet super stores, or some evaluators will make an appointment to test your dog.

When your dog passes the CGC test, the evaluator will give you the paperwork to send to AKC to request the CGC certificate.

To find an evaluator near you, see:

http://www.akc.org/events/cgc/cgc_bystate.cfm



A key component of the Canine Good Citizen Program is responsible dog ownership. At the CGC test, you'll be asked to sign the Responsible Dog Owner's Pledge before you and your dog go through the test. Responsibility should start the moment you decide to add a new dog or puppy to your family.

AKC CGC RESPONSIBLE DOG OWNER'S PLEDGE

I will be responsible for my dog's health needs. These include:

- routine veterinary care including check-ups and vaccines
- adequate nutrition through proper diet; clean water at all times
- daily exercise and regular bathing and grooming

I will be responsible for my dog's safety.

- I will properly control my dog by providing fencing where appropriate, not letting my dog run loose, and using a leash in public.
- I will ensure that my dog has some form of identification when appropriate (which may include collar tags, tattoos, or microchip ID).
- I will provide adequate supervision when my dog and children are together.

I will not allow my dog to infringe on the rights of others.

- I will not allow my dog to run loose in the neighborhood.
- I will not allow my dog to be a nuisance to others by barking while in the yard, in a hotel room, etc.
- I will pick up and properly dispose of my dog's waste in all public areas such as on the grounds of hotels, on sidewalks, parks, etc.
- I will pick up and properly dispose of my dog's waste in wilderness areas, on hiking trails, campgrounds and in off-leash parks.

I will be responsible for my dog's quality of life.

- I understand that basic training is beneficial to all dogs.
- I will give my dog attention and playtime.
- I understand that owning a dog is a commitment in time and caring.

Your Dog On A Diet

by Matt Papa

<http://www.siriusdog.com/your-dog-on-a-diet.htm>

Copyright November, 2009 - 2011



It might never have occurred to you that you could or should be counting your dog's calories. But did you know that obesity is just as serious a health risk for dogs as it is for people? And it's becoming almost as prevalent. The Association for Pet Obesity Prevention (APOP) estimates that fully 44 percent of all dogs in the U.S. are overweight or obese--that's 33 million dogs!

The risks of obesity

Given how much publicity the human obesity epidemic has received, you might expect to find a similar awareness about overweight in pets. But in 2006, when researchers questioned 1,104 pet owners about their pets'

health, only 6 percent of the owners (67 individuals) believed that their pet was obese, and only 3 out of 1,104 owners knew that obesity in pets is a health problem. Clearly, a lot of work remains to be done to get the word out to pet owners.

Even veterinarians do not always emphasize the importance of the problem. In a review of the veterinary records of more than 30,000 dogs, it turned out that the vets rated only 5 percent as obese based on their body condition, and they actually listed obesity as a disorder for fewer than half of those animals.

For both people and dogs, obesity is known to be a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes. Other health problems in dogs that are linked to obesity include osteoarthritis, lung and respiratory problems, and crippling hip dysplasia. Specifically, researchers have documented that the amount of calories a dog consumes is a determining factor in whether a dog that is genetically prone to hip dysplasia will develop the disease.

For all these reasons and more, if your pet is not overweight already, it's well worth taking care to prevent it from happening. As veterinarian Shawn Messonnier notes, "It's much easier to prevent obesity than to get pets to lose weight."

Warning signs to look for

Your pet likes to eat--that's yet another way dogs are like people. And just in case your own experience does not convince you, research has actually demonstrated that for dogs "overeating is pleasurable but also leads to obesity" and that "animal caregivers must use judgment in feeding." In other words, it's up to us to manage our pets' lifestyles to ensure that they don't happily eat themselves to death.

The first sign of trouble might come from your vet, since that's where your dog is most likely to get weighed. It's not possible to establish an exact ideal weight for any dog, since there is variation in size and bone structure even within breeds. But there are some standard recommended weight ranges that you and your vet should use as a guide in assessing your dog's target weight. A little Yorkie should top out around 8 pounds, whereas a German shepherd should weigh from 70 to 95 pounds. Labs and golden retrievers should fall between 55 and 75 or 80, but that Dachshund had best stay under 16 pounds.

You don't have to wait for a visit to the vet to know if your pet is getting a bit too chubby, however. You can and should learn a few things to look for on your own. Your eyes and hands can give you a pretty good sense of whether your dog's weight and condition are not where they should be. The belly should not be sagging down or bulging from side to side so that the animal's back is broad and flat. Dogs should have a visible waist that narrows toward the hind legs. You should not be able to see the ribs, but you should be able to feel them without difficulty.

Counting calories for your dog

Dr. Susan Nelson of the Kansas State University School of Veterinary Medicine recently released some helpful information and guidelines for keeping an eye on your pet's nutrition and caloric intake. "Generally, I tell people that unless your pet is overweight, go with the guidelines on the food bag...If the pet is a little overweight, you should feed it for its ideal weight and not for its current weight." She also notes that if the pet is very overweight, special diet food may be needed that has lower calories with extra fiber and is still nutritionally balanced. Just cutting down significantly on the total amount of your pet's regular food can lead to nutritional problems.

If you and/or your vet do conclude that your dog needs to be watching her calories, it's a good idea to get the vet's advice on a specific diet and exercise program. There are some possible underlying illnesses that can cause overweight and should be checked for before a diet begins.

Once you and the vet do decide that a calorie-reduction diet is needed, the vet can calculate the right calorie target, taking into consideration your dog's age, size, activity, general condition and metabolism, and also what kind of food you generally choose to feed.

Dog foods are not created equal

The last point is crucial, because there are significant variations in the content, calories and nutritional makeup of different forms and brands of pet food. Dr. Nelson stresses that you cannot assume that a cup of one type of food is equal to a cup of a different type. To compare the nutritional information for different brands, it's important to analyze the dry matter content: "What most bags list is the nutritional analysis that is formulated on an as-fed basis...To truly compare the nutrient content of foods, you have to look at the dry matter basis, which takes out water content." If you are trying to count calories, the information you need may not be included on the package. Your vet should have that data, and it is also available online for most brands, either at the manufacturers' websites or in a helpful brochure from APOP.

Finally, Dr. Nelson and other pet nutrition experts are united in cautioning pet owners to pay particular attention to the little extra bites that can quickly add up--dog treats and table scraps have calories, too.

For Dr. Susan Nelson's guidelines on counting calories for obese pets, see:

http://eurekaalert.org/pub_releases/2009-10/ksu-osc100809.php

APOP's guide to the calorie content of many pet foods can be found here:

http://www.petobesityprevention.com/food_calories.htm

Matt Papa is a postdoctoral fellow and medical researcher at Washington University School of Medicine, and also the proud owner of a German Shepherd named Hera. As both a scientist and a dog lover he is deeply concerned about the obesity epidemic in humans and dogs and fascinated by a number of new studies that explore how animals and their humans can lose weight together.

Matt's [website](#) is devoted to discussing the latest scientific findings on obesity as well as reviewing [the best weight loss plans](#).





Papago Labrador Retriever Club



The Papago Labrador Retriever Club of Greater Phoenix Invites You To Our Fourteenth Specialty Show and Sixth Annual All-Breed Obedience & Rally Trials

Arizona State Fairgrounds (Indoors) Phoenix AZ

***** 5 DAYS OF SHOWS - SAME LOCATION *****

Thursday February 3rd 2011

Sporting Dog Association of Arizona Group Specialty Show Labs: **Lei Taft**
Sweeps: **Janet Schoonover (Char-Don)**

PLRC 'Evening Show' All-Breed Obedience: **GAIL CARROLL**
All-Breed Rally: **JACK ALLEN**

Show Secretary/Obedience & Rally ONLY: Brenda Rojas 20637 N. 16th Ave. Phoenix AZ 85027
(623) 582-8489 BrRojas@aol.com

Friday February 4th 2011 Lost Dutchman Kennel Club
Papago Labrador Retriever Club 2nd Designated Specialty

Conformation: **MANOLO QUEIJEIRO (Queijeiro)**
Sweepstakes & Veterans: **RITA WAGONER (Rochar)**

Show Chairman: Marilyn Little (928) 535-5385 okaklabs@frontier.com
Superintendent: **Jack Onofrio** www.onofrio.com

PLAN TO ALSO ATTEND:

Saturday, February 5th **Lost Dutchman Kennel Club** Labs: **Loraine Boutwell**

Sunday, February 6th **Sahuaro State Kennel Club Supported Entry** Labs: **Suzanne Dillin** Sweeps: **Linda Kelly**

Monday, February 7th **Sahuaro State Kennel Club** Labs: **Anne Savory Bolus**

Superintendent: **Jack Onofrio** www.onofrio.com

Entries Close: Wednesday, January 19, 2011

www.papagolrc.org

CALENDAR OF EVENTS

<u>Date</u>	<u>Club</u>	<u>Event</u>	<u>Location</u>
FEBRUARY 2011			
2/12	LRCSC	Board Meeting	Denny's in Brea
2/13	Agility Club of San Diego	Track Test	San Diego
2/18	LRCSC 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
MARCH 2011			
3/3, 4	Sequoia KC	All Breed	Hanford, CA
3/4, 5	Superstition KC	All Breed	Scottsdale, AZ
3/5, 6	Kings KC	All Breed	Hanford, CA
3/5, 6	SCDOC	AKC Obedience & Rally Seminar	Bloomington
3/5, 6	BTCSC	All Breed Obedience & Rally	Sliverado
3/6	HDOC	Track Test	Prado Regional Park, Chino
3/6, 7	Scottsdale Dog Fanciers Assoc.	All Breed, Obedience, Agility & Rally	Scottsdale, AZ
3/12	LRCSC	Board Meeting	Denny's in Brea
3/12, 13	Apple Valley KC	All Breed, Obedience, Rally	Victorville, CA
3/18	LRCSC RETRIEVER REVIEW NEWSLETTER SUBMISSION DEADLINE		
3/19, 20	Del Sur KC	All Breed, Obedience, Rally	Valley Center, CA
3/20	BTCSC	VST Tracking Test	La Jolla
3/26, 27	Kern County KC	All Breed, Obedience, Rally	Bakersfield
3/26, 27	Basset Hound Club	All Breed Obedience & Rally	La Habra Heights
APRIL 2011			
4/8, 9	Kachina KC	All Breed	Glendale, AZ
4/10, 11	Arrowhead KC	All Breed	Glendale, AZ
4/23, 24	Angeles Canyon Dog Club	All Breed	City of Industry
4/30	Lake Mathews KC	All Breed	Prado Regional Park, Chino
JUNE 2011			
6/30 – 7/3	Treasure State Retriever Club	Mike Lardy Basic/Transitions Retriever Clinic	Butte Montana



Did You Know...

It takes 10oz of MILK chocolate but only 1 oz of DARK chocolate to be a serious problem in a 10 pound dog.

