

Heel And Sit News

NEWSLETTER OF THE GREAT SALT LAKE DOG TRAINING CLUB

What's Happening.....

It's Summer Picnic/General Meeting time!!

August 24, 2015 at Germania Park. 7pm

5243 S Murray Parkway Ave (1070 West)

The club will provide meat and drinks, please bring something to share and table settings for each person in your party. We ask that you contact Michelle at hippoml@yahoo.com to give a headcount, so we are sure to have enough meat.



We will also hold a Raffle! If you have anything you'll like to donate for the raffle, dog or non dog related, please contact Penny at pennlcm@yahoo.com. Your well mannered dogs are welcome, but **MUST** be kept on leash.

September will bring **4 days of Agility trials and 3 days of Obedience and Rally** held in conjunction with the Bonnaville Basin Kennel Club shows.

Sept 10 - 13, 2015

The GSLDTC NEEDS you!!! In order to put on these shows, have them run smoothly and offer awards, we rely heavily on our members to volunteer as ring stewards and sponsor trophies. It's easy, fun and a great learning experience if you have ambitions to compete one day with your dog/s. **We need ring stewards for Rally & Obedience.** PLEASE message Donna at karyonwesties@q.com and or Michelle at hippoml@yahoo.com if you are able to give us some of your time.

Trophy sponsors, Sponsorships are \$10.00 per class per day. You can sponsor 1, 2 or all 3 days. Please email Catherine, mcbride.catherine@gmail.com with your questions or sponsorship, be sure to include your mailing address.

Inside this issue:

What's Happening	1
New STAR Puppy & CGC Graduates	2
New Class Sign-up Info	3
Feeding your Canine Athlete for Optimal Performance	3-6
Proposed Board Minutes	6-7
Proposed General Meeting Minutes	7-8
Member's Page	9



Teaching dogs and their humans since 1962.

Say hello to the NEWEST STAR Puppy and CGC Graduates! HUGE Congratulations to one and all!

STAR Puppy Graduates



Photos by Christine Wright of Upside Wright Photography



CGC Graduates

IMPORTANT.....GSLDTC Class Sign-ups

Page 3

Our class sign-ups will be changing a bit. We WILL be at the Armory until early to mid Sept. Then our training classes will move down the road towards 6200 S, still on Airport Road, to the old Lumber 84 building. That is the building the Armory is renting during their renovations and they have asked us to come along. However the space is much smaller and there is no grassy area. So we will not be able to have 3 to 4 classes going at the same time anymore. We can do sign-ups for puppy class every month, but Beginning and Intermediate will need to have sign-ups every other month.

Aug classes are FULL. See below for the next sign-up schedule.

Sept 2nd - PUPPY Class ONLY, that's puppies from 10 to 20 weeks of age.

Oct 7th - Beginning Class, dogs that are 20 weeks or older.

At the General Meeting July 27th, we did not have a speaker, but V. Pres. Penny Morrison gathered MANY articles on nutrition for dogs. Since everyone was not able to attend, and I felt the information she had available very informative, I will include an article each month. Here is the first.

Feeding the Canine Athlete for Optimal Performance

Robert L. Gillette, DVM, MSE
Sports Medicine Veterinary Services

The veterinary profession is currently witnessing an increased demand from our clientele for information concerning performance of the canine athlete. The expectations come as a result of the scientific advancements in human sports medicine. If a pet owner is only interested in companionship, minimal stress will be placed upon the pet's body. As the athletic demands of the owner increase there is a proportional increase in the physical demands placed upon the animal's body. A certain level of energy is needed to maintain homeostasis, and additional energy is utilized during physical activity. Designing the proper nutritional program begins by defining the type of activity and then the level of activity the dog will be asked to perform. Once the activity requirements are determined, the components of the daily feeding regimen can be formulated. In addition, supplementation can be utilized to address additional energy requirement needed by the different activities. A professional and informed approach to feeding can enhance performance and minimize problems that can result in poor performance.



Activity Type and Level

The body needs energy to maintain homeostasis, and additional energy during physical activity. The maintenance energy requirement (MER) is defined as the energy used by a moderately active adult dog in a thermoneutral environment (MER=30 kcal/# for a 50+ pound dog). When the body performs at a level greater than its normal daily routine there is a greater for energy. Physical activities can be divided into two categories: strength/power activities and endurance activities. Strength/power events are of short duration (< 2 minutes) and are performed at intensities that are maximal or supramaximal. Some events are intermediate, they are performed at varying intensities for a duration of 2-4 minutes. Endurance events usually last longer than four minutes and are performed at intensities < 90% of maximal aerobic power (VO2 max). It is estimated that a dog hunting for one hour utilizes 1.1 x MER, a full day of hunting utilizes 1.4-1.5 x MER, and a sled dog pulling for one day uses 2-4 x MER.

Continued on page 4



The body utilizes three systems to provide energy for the body. The type of activity defines which of the systems will be used. The immediate energy source is from the one enzyme system. It provides energy for the first five to twenty seconds. This system uses intracellular ATP, Creatine Phosphate (CP), and the ADP/myokinase reaction to provide energy for increased body activity. The glycolytic energy pathway provides energy from five to twenty seconds up to two minutes. Energy comes from the anaerobic breakdown of glucose. This is a more complicated form of energy production involving multiple steps and enzymes. The third energy source is from oxidative metabolism. It starts approximately

two minutes after the start of the physical exercise. It is the most complicated energy system. It can use various substrates and is the most efficient energy system. Strength/power activities rely heavily upon the one enzyme and the glycolytic energy systems, and endurance activities rely upon the oxidative energy systems.

Nutritional Components

The three energy sources used by the body are carbohydrates, proteins, and fats. Digestible carbohydrates are the sugars and the starches. Cellulose, pectin, and gums are the carbohydrates that are termed fibers and are minimally digestible. The simple sugars, called monosacharides, are glucose, fructose, and galactose. These carbohydrates are in the smallest form and do not need to be broken down to be absorbed by the intestine. The disacharides are sucrose, maltose, and lactose and are compounds composed of two of the simple sugars. The starches are complex carbohydrates, polysaccharides, that are long chains composed of the simple sugars. Disacharides and polysaccharides need to be broken down enzymatically to be absorbed by the intestine. Carbohydrates have an energy yield of 3.5 kcal per gram.

Protein is both an energy source and a source of amino acids. High-quality animal source proteins provide superior digestibility, amino acid balances, and palatability. Exercise increases an athlete's protein requirement. Exercise places excess demands upon the body which result in tissue disruption and occasionally tissue damage. These tissues must be remodeled and repaired which can result in an increased protein demand. This demand can be met by increased protein ingestion. Protein can also be used for an energy source with an energy yield of 3.5 kcal per gram.

Fat is used by the body for energy and can be used as a metabolic water source. Fats are highly digestible, very palatable, and are an energy dense nutritional ingredient. It has an energy yield of 8.5 kcal per gram. They are also essential for the absorption of the fat soluble vitamins, A, D, E, and K. Fat provides a source of metabolic water. Fat metabolism produces 107 g of water for every 100 grams of fat. Protein produces 40g water/100g protein, and carbohydrate produces 55g water/100 g carbohydrate. Fatty acid ratio can also help to reduce the production of inflammatory mediators in canine skin, plasma, and neutrophils. Dietary omega-6:omega-3 fatty acid ratios between 5:1 and 10:1 are optimum.

Continued on page 5



Photo by Randy Gaines

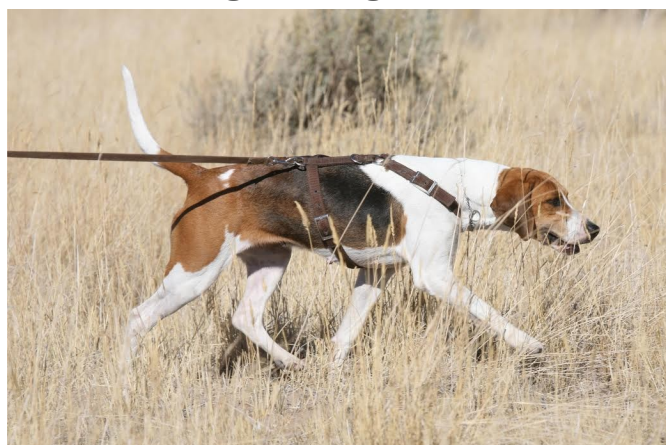
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Vitamins and minerals are also very important in the canine athlete. Some important vitamins are A, D, E, K, and the B-complex vitamins, especially thiamin, niacin, and cyanocobalamine (B1, B3, and B12). Vitamin A plays a role in ligament and tendon health. Vitamin D is important in maintaining the calcium and phosphorus balance. Vitamin E is a very important anti-oxidant. It acts to maintain cell membrane stability, which is very important in dogs that use their olfactory senses, i.e. pointing breeds, detector dogs, and search and rescue dogs.



Vitamin K is important to maintain proper blood conditions in the canine athlete. Thiamin helps to minimize the effects of stress related to competition and performance. Niacin aids in carbohydrate metabolism, and is required for red blood cell production. Cyanocobalamine is essential for synthesis of protein and formation of red blood cells and hemoglobin. Most vitamin needs are met with a normal high quality diet, but in certain situations supplementation can be beneficial to performance .

Nutritional Program Design



Sprint athletes utilize the one enzyme system and the glycolytic energy system. The duration of their activity does not last long enough to access energy from the oxidative energy system. Their base diet should include a high percentage of carbohydrates and protein. Some of these diets are currently manufactured or carbohydrate sources can be added to a traditional high protein diet. If the competition involves many repetitive sprints or activities the body will at some point begin using energy from the oxidative system. In these cases a better diet would include a balance of carbohydrates, protein, and fat energy sources. The increase in fat

content would provide energy for the later activities.

Endurance athletes are much more dependent upon the oxidative energy systems. These athletes would benefit from a higher percentage of fat in their diet. Some manufactured diets are balanced in this way or a fat based supplement can be added to their normal diet. When the body is burning fat for its energy source it delays muscle glycogen depletion. This action then delays the deleterious effects of fatigue. It has also been shown that burning fat is metabolically cooler than burning protein. Minimizing the increase in body temperature would be beneficial to dogs working in endurance events. This is especially true for dogs working in warmer environments.

*** An important note is that it takes four to six weeks for the body to condition itself to benefit from any diet alterations. This is especially true when increasing the fat content. For example, the hunting dog must begin adding the fat supplement at least four to six weeks prior to the beginning of the hunting season. Also, to benefit from the diet change at the beginning of the hunting season, a conditioning or training program must begin at this same time the diet change is initiated to train the body systems to utilize the supplement. ***

Continued on page 6

Supplementing with vitamins and minerals can enhance performance. Supplement timing is the key factor when influencing performance. Simple sugar carbohydrates, proper protein, combined with the applicable vitamins and minerals can be given at key times around the event to benefit performance. These will be discussed in greater detail in subsequent articles.

Summary

The veterinarian should discuss the expectations of the owner, and determine exactly what demands are being placed upon their dog. Once the activities are determined, a proper nutritional program can be designed to provide the amount and type of energy that is needed to maximize performance.



Proposed Board Meeting Minutes of July 2015

Great Salt Lake Dog Training Club July 20, 2015 Board Meeting

Attendance:

Board Members: Wendy & Jeff McCleery, Michelle Larsen, George & Dorothy Hart, Donna Smith, Christine Wright, Judy Campbell, Penny Morrison, Darlana Quinn, Tom McLelland, Jeanne Rankin, Stephanie Evans

Excused: Bob Elder, Catherine Beattie

Guests: Linda McLeeland, Robin Rankin

Meeting brought to order @ 7:28 pm



Minutes of June 2015 Board meeting approved as posted in the Newsletter. Wendy 1st Stephanie 2nd

President's Report:

AKC now has an Event Operation Representative. So if clubs setting up events have questions or issues, they now will have a person to speak to.

Executive Secretary's Report:

Nothing at this time

Home Secretary Report:

Catherine asked me to confirm next board meeting at her place, she will do hamburgers again, everyone bring a side dish, spouses are invited. Smore's at the fire pit. Was given an email address correction for a member.

Treasurer's Report

Everything is paid to date



Vice President's Report:

Sent cards out. There is no guest speaker for the General Meeting, however I have gathered as much info as I could find on nutrition for your dog. People can take what they please and we can have an open discussion.

If anyone has ANY suggestions, topics or persons they would like to see speak/present at any of our General Meetings, Please contact Penny@ pennlcm@yahoo.com.

Continued on page 7

Show Report:

Will be working on our equipment to ensure it is ready for the Sept trials

Training Report:

We WILL have a class sign up Aug 5th @ 7pm at the Armory! The folks at the Armory are not moving down the street until early/mid Sept. Their plan was for us to go with them. Wendy went down to the building and had a walk through. It will do. We will ONLY be able to have 1 class going at a time besides puppy and there is no grass areas, so POSSIBLE agility can continue until cold weather hits at the current location. The new location is just a few blocks down the road in the old Lumber 84 building. Same road as Armory, but closer to 6200 S.

Hospitality:

Remember Picnic is Aug 24th. Need a head count for the chicken. Will price Smoked Brisket. Remember Penny is the Raffle Chair, if you have anything to donate please contact or give to Penny.

Trophy Report:

Catherine emailed Karen regarding the trophies she had chosen.

Committees:

Advertising – Website updated. It's time to decide if we are going to participate in the Festival of Trees again this year. Motion was made that we DO participate. Michelle 1st, Donna 2nd, all in favor, no opposed. Wendy will complete the paperwork and send it in.

Agility – No sign up for agility in Aug.

Obedience – Still need a few more volunteers for stewards for the Sept Shows.

Rally –Ditto on above.

Tracking – Next tracking test is the VST, Oct 4th at the Univ of Utah Campus.



Old Business: None

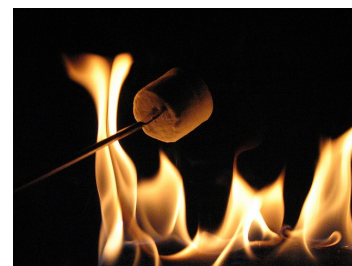
New Business: None

Next Board Meeting: Aug 17, 2015 @ Catherine Beattie's - 7:00 pm

Next General Meeting: July 27, 2015 @ Columbus Center (in the Gym) – 7:00pm

Motion made to adjourn Penny 1st – Christine 2nd

Meeting ended at 8:31 pm



Proposed General Meeting Minutes of July 2015

Great Salt Lake Dog Training Club General Meeting July 27, 2015

Member Attendance:, Michelle Larsen, Tom McLelland, Donna & Jack Smith, Rich & Irene Lokcik, Sean & Kathleen Jones, Penny Morrison, Judy Campbell, Jenn Fischer, Heather Snyder, Christine Wright, Darlana Quinn, Lance Mat-ticks, Linda Benton, Lisa Quibell, Wendy & Jeff McCleery, George & Dorathy Hart

Board Members Excused: Bob Elder, Jeanne Rankin, Stephanie Evans,

Guests: Mark Kuhn, Robert & Melinda Van, Kristi Moll, Bret Burgon

Meeting to order 7:06 pm

General Meeting minutes for June 2015 accepted as submitted. Donna 1st, Michelle 2nd, All in favor.

Continued on page 8

President's Report:

Nothing at this time

Executive Secretary's Report:

Nothing at this time

Home Secretary's Report:

Voted in 2 new members and reinstated 1 member. Welcome!!

A note to all New & current members: You can find a copy of the clubs Constitution and By Laws, along with all meeting minutes on the clubs website @ <http://gsldtc.com/> under "Members Page".



Treasurer's Report

Everything is paid to date.

Vice President's Report:

Sent out cards. Working on getting guest speakers. Tonight I will have several print outs on Nutrition for your dogs. You are welcome to come up and take what you want and we can have an open discussion on any of the material.

If ANYONE has any suggestions on a topic or a person they would like see speak at any of our General Meetings, please let Penny know @ pennlcm@yahoo.com

Training Report:

We WILL have a class sign up Aug 5th @ 7pm at the Armory! The folks at the Armory are not moving down the street until early/mid Sept. Their plan was for us to go with them. Wendy went down to the building and had a walk through. It will do. We will ONLY be able to have 1 class going at a time besides puppy and there is no grass areas, so POSSIBLE agility can continue until cold weather hits at the current location. The new location is just a few blocks down the road in the old Lumber 84 building. Same road as Armory, but closer to 6200 S.

Hospitality:

Thanks for the cookies Darlana. REMEMBER the Annual Summer Picnic/Aug General Meeting is Aug 24th at Germania Park 5243 S Murray Parkway Ave (1070 West) at 7pm. The club will provide meat and drinks, please bring something to share and table settings for your party. We will also be holding a raffle, so if anyone has anything they'd like to donate, please see Penny.

Trophy Report:

Waiting to hear back from Karen who is on vacation at the time.

Committees:

Advertising – Website up to date. We will participate in the Festival of Trees again this year. Theme is "From Puppy to Perfect".

Agility – No additional agility sign ups

Obedience – Call out for volunteers to steward for the Sept shows. Please see Donna or Michelle.

Rally – Ditto on above

Tracking – VST Oct 4, 2015. At the Univ of UT Campus

Old Business: None

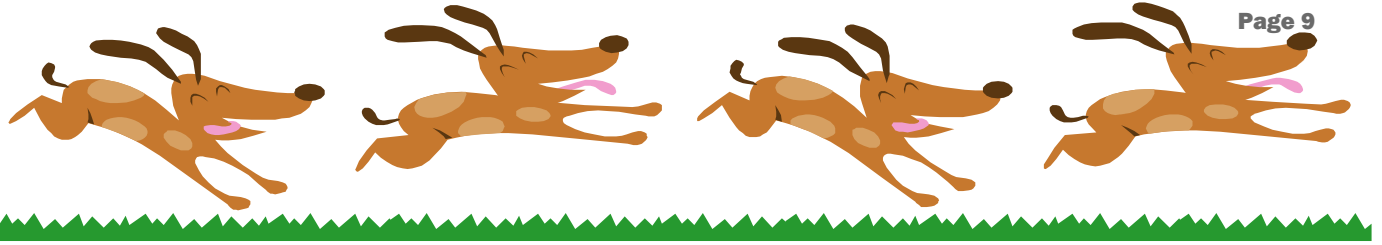
New Business: None

Next Board Meeting: Aug 17, 2015 @ Catherine Beattie's – 7:00pm

Next General Meeting: Aug 24, 2015 – Germania Park - 7pm

Jack motioned and Linda 2nd for meeting to adjourn. All in favor.

Meeting adjourned at 7:33 pm.



Member's Page

Have you heard??? We held a class sign up Aug 5th with classes starting Aug 12th. We WILL be at the Armory until at least mid Sept, then move just down the road to the "make shift" Armory. CLASSES ARE RESUMING!!!

From Wendy McCleery: *This is the July list for Walka "T" and team Luke Baggenstos.*

July 4-5 Coos Kennel Club group 1 and group 1 judges Jon Cole and CeCe Ringstrom July 25-26 Hurricane Ridge Kennel Club group 2 and group 3



From Betsy Colman:

Aspen was High in Trial at the Eagle Colorado AKC Trial scoring a 197 in Open B. Aspen also earned his 4th leg toward his UDX title :-)



From Donna Smith: *Mariah with the Barnhunt judge (Jalynn Davis) getting her Novice Barnhunt title which is RATN and she did it her way!!*



Disclaimer *"Heel And Sit News"* is mailed by the 10th of each month. Deadline for submission of articles and information for that issue is the 1st of the month. Opinions expressed in *"Heel and Sit News"* are not necessarily those of the Great Salt Lake DTC, the Staff, or the Board of Directors. Articles appearing in *"Heel and Sit News"* may be reprinted, provided credit is given the author and source. Materials submitted for publication in *"Heel and Sit News"* will be kept for 30 days following the mailing of the issue in which they appear. Following publication, materials will be discarded unless otherwise requested at the time of submission.

Please send submissions and Letters to the Editor, Judy Campbell 14008 Point View Court, Draper, UT 84020 or E-mail wasatchmntvizslas@gmail.com or contact Marlene Fairchild @MFSAMMYDOG@AOL.COM.

For address changes, please notify Judy Campbell, at above.

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