

August 2015

Heel And Sit News

NEWSLETTER OF THE GREAT SALT LAKE DOG TRAINING CLUB

What's Happening.....

If you didn't make it to the Summer Picnic, you miss a GREAT time!!

A **HUGE Thank You** goes out to Kathy Murray (who donated **MANY** items, along with the large kennel, agility jumps and several crate pads) and everyone else who donated items for our raffle.

Please see pictures on page 2



The September trials are upon us, **4 days of Agility and 3 days of Obedience and Rally** held in conjunction with the Bonniville Basin Kennel Club shows.

Sept 10 - 13, 2015

Thank You to everyone who is volunteering to be a ring steward for Rally, Obedience and/or Agility!

And **Thank You** to everyone who has sponsored a trophy!

Election time is just around the corner. I will get a list of open positions out to everyone soon. If you want to nominate someone or yourself, there are a few conditions....

- 1) The person **MUST** be a member in good standing
- 2) The person must have attended at least 7 General Meetings from Nov 2014—Sept 2015
- 3) The person must be able to attend all Board Meetings
- 4) The person must be able to carry out the duties of the position



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Great Salt Lake



Dog Training Club

Teaching dogs and their humans since 1962.

Pictures from our Summer Picnic Aug 24, 2015



Raffle Table above

Was HAPPY to see so many members come out and enjoy the evening with us!!

THANK YOU!!



Our class sign-ups will be changing a bit. We WILL be at the Armory until early to late 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.

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 second & third.

Carbohydrates as Energy Sources in Dog Foods

Veterinary & Aquatic Services Department, Drs. Foster & Smith

Carbohydrates are present in almost all commercially available dog foods. While we often focus on the protein and fat content of a dog food, carbohydrates have an impact on the quality of your dog's diet. Carbohydrates are responsible for many health problems, if not fed correctly. This article will focus primarily on the non-fiber carbohydrates. There is a separate article that discusses fiber in greater detail.

The function of carbohydrates in pet food

The value of carbohydrates in dog foods is often debated among nutritionists. Despite the debate, most commercial dry foods contain between 30% and 70% carbohydrates. If we examine the diets of the wild canines that most closely resemble our domestic pets, we recognize that the wild canines do eat some carbohydrates through the consumption of berries and intestinal contents of their prey. However, it would rarely constitute even 30% of their diet. This then raises the question as to why we feed our domestic pets so much carbohydrate, when it appears to be an unnatural food source.

Dogs have the ability to consume large quantities of protein and then convert that protein into energy in addition to muscle. They also have the ability to convert many carbohydrate sources into the same kind of energy. This ability to utilize both carbohydrates and proteins as an energy source explains how we are able to feed our dogs a high carbohydrate diet, particularly when we feed processed carbohydrates that are easily digested by dogs. So, essentially we are meeting the dog's protein requirement with meat, and then meeting their energy and fiber requirements with carbohydrates instead of the protein they would often use in the wild.

Using carbohydrates as an energy source has benefits for the manufacturer and consumer. Carbohydrates are less expensive and more readily available as an energy source than proteins. Carbohydrates are also essential in the formation of dry pet food. The starchy carbohydrates are used to add structure, texture, and form to kibbled food helping to create a product that is stable and easy to feed. Canned foods could be composed without the addition of carbohydrates, but dry kibble could not exist in its current form without carbohydrates.

Carbohydrates used in dog foods

Carbohydrates used in dog foods generally include the starchy portion of a plant that can be easily broken down in the digestive tract of the dog. Soluble carbohydrates are found in high concentrations in cereal grains such as rice, wheat, corn, barley, and oats. The cooked or extruded forms of carbohydrates found in most pet foods are easily and rapidly digested. It should be noted that not all forms of starch are easily digested by dogs and cats. Raw cereal grains are digested much more slowly in the intestine and there are some starchy carbohydrates, including raw potatoes and bananas that are completely resistant to digestion in pets.



Continued on page 4



Health problems related to carbohydrates

While carbohydrates are an important part of dry commercial pet foods, they can occasionally cause medical problems in dogs including obesity and maldigestion. Obesity occurs when an animal's energy needs are exceeded and the extra glucose created by the digestion of the carbohydrates is stored as fat. Realize that an excess of carbohydrates, fats, or proteins can all lead to obesity, but carbohydrates are often the most common energy source and are easily converted to glucose.

Signs of maldigestion can range from mild to severe and often include excessive gas, *bloating*, and diarrhea. As carbohydrates pass through the digestive

tract, *enzymes* such as *amylase*, lactase, maltase, sucrase, and disaccharidase break them

down into usable forms. Animals that have deficiencies in these enzymes will be unable to adequately break down these carbohydrates. The undigested carbohydrates will then ferment and create bacterial overgrowth resulting in the production of gas and excess water creating the symptoms of maldigestion. In some animals, the lack of enzymes may be due to an actual deficiency, in others, infections or *inflammation* in the intestinal tract may result in a breakdown of the normally available enzymes.

Lactose intolerance is a common form of maldigestion. Young animals have the enzyme lactase, which breaks down the sugar in milk called lactose. Often, as animals age, they stop producing lactase. When that animal consumes milk products, the lactose is not digested and the symptoms of maldigestion occur. We also recognize that animals have different tolerances for the amount of carbohydrates that they can digest. Whereas, many dogs can tolerate the level of carbohydrates found in most commercial dog foods, there are some dogs that will develop maldigestion when fed these foods. If these dogs are fed a lower carbohydrate diet, or if they are fed a digestive enzymatic supplement, they can usually tolerate the carbohydrates that are present.

Summary

Soluble carbohydrates provide an affordable source of calories and play an important role in the composition of most commercial pet foods. While dogs have not evolved to eat large quantities of carbohydrates, when properly prepared, they appear to be well tolerated by most animals. Some animals have an intolerance to carbohydrates and need to be supplemented with natural enzymes or fed a reduced carbohydrate diet.

Fats: Nutritional Requirements & Obesity

Veterinary & Aquatic Services Department, Drs. Foster & Smith

Fat is looked upon negatively in many health conscious circles, but is actually a very important nutritional requirement in animal diets. Since most of us are concerned with reducing our amount of fat intake, we fail to realize the important role that fat plays in the diet. This article will discuss the requirements and benefits of fat, as well as the problem with too much fat in the diet resulting in obesity.

Fat facts

Fats are concentrated forms of energy. Per unit of weight, they contain approximately two-and-one-fourth times the energy as an equivalent weight of protein or *carbohydrates*. Since fats are abundantly available in both plants and animals, they are an economical source of productive energy and fatty acids. Fats can also be synthesized in the body from fatty acids in the diet, from carbohydrates, and from metabolites of protein. Fats serve many functions. They supply energy, contribute to palatability, influence the texture of foods, and carry fat soluble vitamins. The type and quantity of fats in the diet are extremely important since they can influence appetite and food intake, the ability to perform muscular work, haircoat condition, and the type of fat deposited in the body.

Sources of fat

Many common fats and oils can be utilized effectively by dogs and cats. Some common forms of fats used commercially are lard, tallow, poultry fat, cottonseed oil, and hydrogenated vegetable oils. Highly unsaturated fats such as fish oil may produce a relative dietary Vitamin E deficiency if fed in high concentrations. Hydrogenated coconut oil is poorly digested and can lead to hepatic lipidosis in cats. digestible and just slightly less in cat foods.

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Neither of these oils are commonly used in commercial diets. The fats that are found in commercial dog foods are around 90%

Essential fatty acids

Essential fatty acids are the fatty acids present in fats that are required by the body. The three most important are linoleic, alpha-linolenic, and arachidonic. In dogs, arachidonic acid can be synthesized from linoleic acid. Cats, however, cannot synthesize arachidonic and need it in their diet along with linoleic acid and alpha-linolenic. Essential fatty acids should constitute at least 2% of the daily caloric intake to prevent deficiencies. The percentage of linoleic acid varies greatly depending on the fat source.

Fat/Oil	Linoleic Acid	Arachidonic Acid
Safflower Oil	72.7%	-
Corn Oil	55.4%	-
Poultry Fat	22.3%	1%
Tallow	4.3%	0.2%
Fish Oil	2.7%	25%

Fat requirements

The requirements for fat in the diet are very different from what is actually fed or present in most commercial foods. Because it is a good source of *calories* and increases palatability, most foods contain more than required. Some weight-reducing or homemade diets can be deficient especially in linoleic acid. Another problem is that foods are often stored in high heat and humidity, which hastens rancidity and the breakdown of fatty acids. The minimum daily required linoleic acid for all species is 1% of the diet.

Species and Growth Stage	Minimum Required Fat	Recommended Fat
Puppy	8%	17%
Adult Dog	5%	9-15%
Performance Dog	8%	20%
Racing Sled Dog	-	50%
Lactating Dog	8%	17%

Fat deficiencies and excesses

An essential fatty acid deficiency may result in impaired reproductive efficiency. In addition, a deficiency of essential fatty acids can impair wound healing, cause a dry dull coat and scaly skin, and cause an increase in skin infection and *pyoderma*. Puppies and kittens that are not fed adequate amounts of fat can have developmental problems and growth deformities.

The most prevalent problem related to fat is over consumption and obesity. It is estimated that up to half of all pets in the United States suffer from obesity. The problems with obesity are many and are covered in our Weight Loss Control section. Feeding a special diet low in fat and high in fiber is commonly done to help with weight loss.

One of the problems with these diets is that very often the animals will have a dull coat and dry skin as a result of the reduced fatty acids. One solution to this is to feed a concentrated fatty acid supplement that is low in calories compared to the essential and beneficial fatty acids that it provides.

Another problem with acutely overfeeding fat can be pancreatitis, a severe and sometimes life-threatening disease often associated with feeding fatty table scraps. Fat *malabsorption* and resultant diarrhea due to decreased pancreatic *enzymes* is a problem in some dogs. Additives such as Pancreazyme and Viokase are used to replace the missing enzymes. Feeding a well balanced diet suited for the growth stage of your pet is the best way to prevent fat related problems.

Proposed Board Meeting Minutes of August 2015

Great Salt Lake Dog Training Club Aug 17, 2015 Board Meeting

Attendance:

Board Members: Wendy & Jeff McCleery, Michelle Larsen, Donna Smith, Christine Wright, Judy Campbell, Penny Morrison, Tom McLelland, Jeanne Rankin, Catherine Beattie

Excused: Bob Elder, Darlana Quinn, Stephanie Evans, George & Dorathy Hart

Guests: Linda McLeeland, Robin Rankin, Todd Wright, Jack Smith, Brandon Beattie

Meeting brought to order @ 8:09 pm

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

President's Report:

Welcomed everyone for joining us and Thanked Catherine & Brandon for hosting this months Board meeting at their place with a BBQ.

Executive Secretary's Report:

Nothing at this time

Home Secretary Report: Nothing at this time

Treasurer's Report

Everything is paid to date

Vice President's Report: Nothing at this time

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.

Show Report:

Have completed building gates for the agility ring, we will need help to set up for the trial on Sept 9th at 11 am. Thursday will have a BBKA meeting.

Training Report: Class sign ups were huge, in Sept we will ONLY sign up a new puppy class at 8pm time.

Hospitality:

Remember Picnic is next Monday Aug 24th. Need a head count for the chicken.

Trophy Report:

Trophies are all set, Hunter green & white umbrellas, dog blankets. We still have a few sponsorships open.

Committees:

Advertising – Website updated. Sent in paperwork for the Festival of Trees.

Agility – No sign up for agility in Sept.

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. Premium list is completed and on website.

Old Business: None

New Business: Non sporting group holding a Match on Tuesday Aug 18th. Terrier group holding a match Aug 22.

Next Board Meeting: Sept 21, 2015 @ Darlana Quinn's - 7:00 pm

Next General Meeting: Aug 24, 2015 @ Germania Park (Annual Picnic) – 6:00pm

Motion made to adjourn Michelle 1st – Jeanie 2nd

Meeting ended at 8:57 pm

Proposed General Meeting Minutes of August 2015

Great Salt Lake Dog Training Club General Meeting Aug 24, 2015

Member Attendance: Michelle Larsen, Tom & Linda McLelland, Donna & Jack Smith, Rich & Irene Lokcik, Sean & Kathleen Jones, Penny Morrison, Judy Campbell, Jenn Fischer, Heather & Wade Snyder, Christine & Todd Wright, Darlana Quinn, Lance Matticks, Stephaine & Randall Evans, Jeanne & Robin Rankin, Wendy & Jeff McCleery, George & Dorathy Hart, Norlele Hamann, Jessi Buhlman, Deb Nendell, Mark & Charlotte Kuhn. Catherine Beattie, Warren & Melody Stockton, Dotti & Lonny Briggs, Sandi Geary, Arthur Bell, Melinda & Robert Van

Board Members Excused: Bob Elder

Guests: Bret Burgon, Crystal Toupin, Jade Snyder, Charlotte Morrison, Sarah & Joseph Aguilar

Meeting to order 7:05 pm

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

President's Report:

Welcomed everyone to our annual Picnic/General Meeting, had guests introduce themselves.

Executive Secretary's Report:

Need help picking up judges from hotel, take to trail Sept 10th - 13th.

Home Secretary's Report:

Voted in 1 new member. Welcome!!

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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:

Working on getting a guest speaker for the Sept General Meeting

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

Show Report:

Anyone who would like to help set up and tear down for the trail, we will set up Sept 9th, 11am, tear down on that Sunday Sept 13 after the shows.

Training Report:

Classes are continuing at the Armory, We will stay as long as we can. Once they ask us to move the classes will be held, just down the road at the old Lumber 84 building on Airport road, just closer to 6200 South. Every Month we will have a puppy class sign up. But Beginning and Intermediate will have sign up every other month. So next sign up is Sept 2nd and we will ONLY be signing up for Puppy class. Next CGC test will be Sept 30 at 8:30pm.

Hospitality:

Thank you everyone for coming out to our Annual Picnic!!! And a HUGE Thank you goes out to Kathy Murrar and everyone else for donating so much to our raffle. It was a HUGE success!! Katheleen Jones will bring cookies for the Sept General Meeting.

Trophy Report:

All the trophy tags are made, all trophies are on order. Still have some sponsorships open.

Committees:

Advertising – Website up to date. Will participate in the Festival of Trees again this year. Theme is "From Puppy to Perfect". Decorating will take place the Saturday after Thanksgiving at Wendy McCleery's house.

Agility – No additional agility sign ups

Obedience –In need of 1 more steward for Friday

Rally – Ditto on above

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

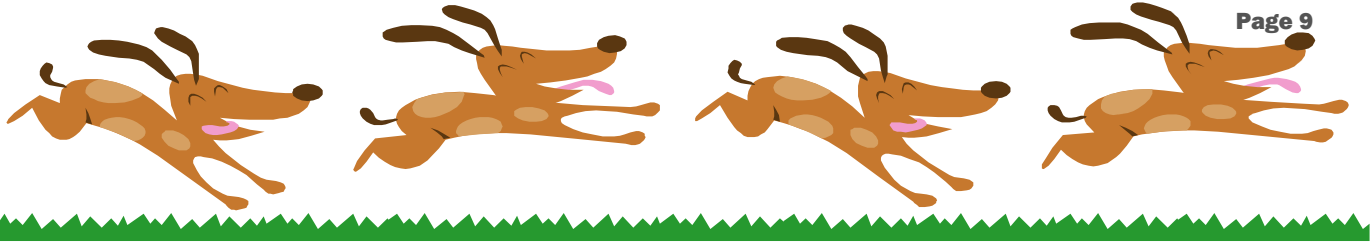
Old Business: At the Awards Dinner in Jan, we awarded Stephanie Evans the Sportsmanship Award, but the award was poorly done, so was sent back, several times. FINALLY it is complete and right, so presented Stephanie with her award.

New Business: Presented Rick & Irene Lokcik with the Volunteer/s of the Year Award. They are at training every Wed helping in any way they can, sign up for stewarding at each trail and Rich, being a CPA volunteers for the audit committee too. THANK YOU both for volunteering/helping in so many ways!

Next Board Meeting: Sept 21, 2015 @ Darlana Quinn's – 7:00pm

Next General Meeting: Sept 28, 2015 – Columbus Center - 7pm

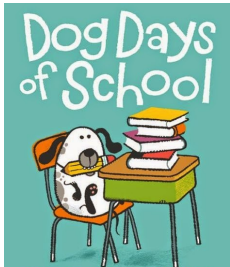
Jack motioned and Christine 2nd for meeting to adjourn. All in favor. Meeting adjourned at 7:37 pm.



Member's Page

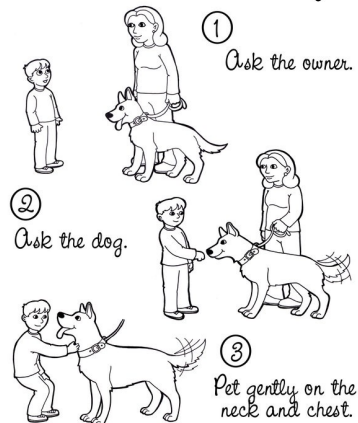
Have you heard??? We held a class sign up Sept 2nd with classes starting Sept 9th. We WILL be at the Armory until at least mid /late Sept, then move just down the road to the "make shift" Armory. CLASSES ARE RESUMING!!!

From Wendy McCleery: Walka "T" and team Luke Baggenstos.
Continue to rack up group placements



From Kristi Rasmussen: Seti. First utility leg today with a high in trial. 2nd leg the 2nd day. Thank you to judge Susan Oviatt-Harris. — at Island Grove Regional Park.

1-2-3 : Be Smart and Safe!



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.

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