## Labrador Retriever Club of Greater Boston

## Spring 2014

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Published Quarterly

## Publication Information

Otter Tales is published quarterly. Contributions of brags, articles, or event information are very welcome. Email submissions to: grampianlabs@comcast.net

Submissions deadlines are:

Spring
Summer
Fall
Winter

Submissions may also be made on a stick, or snail mailed for scanning. I can return anything if you include a SASE.

Mail them to: Robin Anderson 20 Fairway Drive Seekonk, MA 02771

## From the Editor

Spring is the time or renewal and rebirth. This issue of Otter Tales will be my last one for you. Soon a new person will sign on as Editor and most certainly will bring renewed excitement, vigor, and hopefully a rebirth to this publication. I think I've been the Editor for about a whole decade, but in reality it could be a few years less than that. It's time for a new spirit at the keyboard.

I remember my first personal computer that I purchased using the Apple for a Teacher program. Some of you old timers might also remember the first Apple computers if you use your Way Back Machine. With a letter from my Head Mistress, I was able to purchase the new fangled gadget for a mere $\$ 3500.00$ minus a nominal rebate. When I got the computer I dove straight in to learn as much as I could, as fast as I could, about word processing and page layout. I loved every minute of my learning curve, which continues even as I type this note to you.

Since those first exciting days when I could put away the scissors and glue, club publications have come a long way. The internet exploded onto the commercial world and now we can get our news almost instantaneously. Constant Contact, Google Groups, club web sites, Facebook and Twitter are now the way we get our news. Club newsletters need to face this brave new world and evolve. I'm sure a new editor will infuse this publication with new ideas so it's relevant and current.

Thank you for all your support over the years. I hope that despite my 'retirement' from this club volunteer position you'll still let me know how you're doing with the dogs you're working with. I'll see you at shows and trials and hunting tests. I want to stay in your loop even though you're emailing someone else your club business and successes.

Your Publications Pixie One Last Time
Robin Anderson

# Corpulent Canines: Why Are So Many Dogs Overweight? 

By Chris Zink DVM, PhD, DACVSMR



The summer is over. You spent many healthy weekends outdoors, training and showing your dog. Perhaps during your evenings, you sat out on the deck, consuming healthy things like salads and unsweetened ice tea. If you are like most people, you have taken off some of those pounds that crept on over the winter. You look and feel healthier (even if you are not totally pleased with what the result looks like in a bathing suit). That's one of the advantages of being a human. We get to decide how much we feed ourselves and how much exercise we get.

But our dogs are not so lucky. They depend on us to put food in their bowls. And, more often than not, we are putting in too much! I have assessed the weight on hundreds of dogs representing a variety of breeds at seminars all over North America. A conservative estimate is that about 35 per cent of the dogs I see are overweight; approximately 20 per cent are seriously overweight - enough to endanger their health. These are not couch potatoes, but dogs that jump in obedience, run over rough ground in retrieving tests, and twist and turn on agility courses. Canine athletes that have excess body fat carry a higher risk of musculoskeletal problems such as ruptured anterior cruciate ligaments, early onset of arthritis and degenerative disk disease.

Why are so many dogs overweight? The following are some possible answers to this difficult question:

## 1) Keeping a dog at working weight may be incompatible with winning in conformation.

I have never understood why dogs whose breed standard states that they should be shown in "hard working condition" don't win in the conformation ring unless they are fat. If someone knows the answer to this question, I would very much like to hear it. In the meantime, for breeds such as Golden Retrievers and Labrador Retrievers, assume that if your dog is winning in the conformation ring, it is probably about eight to 15 pounds overweight. If you have a young dog that you wish to show in conformation as well as other performance sports, keep him lean and train and compete in the other performance sports until he is mature and ready to win in conformation. Then fatten him up for the breed ring, let him take the conformation world by storm, and then put him on a diet before you go back to competing in the more strenuous performance sports.

## 2) People feed their adult dogs the same amount of food they fed them as adolescents.

This is a common mistake. But just as most of us eat less now than we did as teenagers, your adult dog needs less too. A dog's metabolism slows down with maturity and adult dogs need less food to maintain their weight.

## 3) People believe the suggested feeding regimens that are printed on dog-food bags.

Even active dogs don't need the amount of food most dog-food companies recommend. Your dog only needs as much food as will maintain its weight. Two dogs of the same breed and size may require vastly different amounts of food to maintain their weight because there are other factors such as exercise, type of food, etc.
4) The dog has been less active, but is being fed the same amount of food.

Adjust your dog's food intake to its activity level. Remember: In the winter your dog may not get as much exercise, so decrease his intake accordingly. Every time you go to the dog food bag, think about how much exercise your dog has had (not how much exercise he might, possibly, get tomorrow if you get your act together) and dole out the food accordingly.

## 5) People don't know how to determine whether their dogs are overweight.

This is a very common problem. Dogs vary in height, bone structure and muscularity, so there is no single "correct weight" for a dog of any given breed. The quickest way to determine whether a dog is overweight is to feel the
thickness of the fat over the last few ribs. In this area, the ribs lie right under the skin. If there is any subcutaneous fat, you can feel it between the skin and the ribs. Take your thumb and index finger and pinch deeply into the skinand tissue below. Then pull the tent of skin outward. You will immediately feel the layer of fat slip out from under your fingers (Figure 1). In a canine athlete, that layer of fat should be as thin as tissue paper. As you help your dog lose weight, feel that fat layer to monitor weight
 loss. It's more convenient and just as accurate as using a scale.

Some of you may be reading this and thinking, "I would never want my dog to be that skinny!" Think about the Olympic athletes. Think about runners in the Olympics 100 meter race. If you want your dog to be an athlete then it is only fair that you do what you can to help him achieve the body that he will need to perform and stay healthy and injury-free for many years.

## 6) People worry that their dogs will not get enough nutrition if they feed them less.

Premium dog foods are packed with nutrients. If your dog is overweight, unless he has a hormonal problem (e.g., hypothyroidism), he is getting too much nutrition. Cutting back will not put him in jeopardy. Remember: Just like humans, individual dogs vary in their metabolic rate and some dogs just need less food.
7) People don't know how to get their dogs to lose weight without the dog begging for food with that sadeyed look that says, "I'm hungry."
Try the pumpkin diet. Reduce your dog's regular food by 25 to 30 per cent and replace it with twice that volume of canned pumpkin (not the kind with sugar and spices, ready-made for pies). For example, if you are currently feeding your dog three cups of food, you would instead feed him two cups of food and two cups of canned pumpkin. Dogs love the pumpkin - it has the texture of canned dog food, it provides vitamins and roughage, it makes them feel full (so they don't forage in the backyard for leftovers) and they lose weight! You can also use other low-calorie vegetables if you or your dog prefer. Once your dog has lost the fat, you can gradually increase his intake of dog food, but stop short of feeding the amount he ate when he became overweight. And don't forget to give your dog regular exercise. Not only will the exercise help him lose the excess fat, the muscle mass he'll gain will help maintain his svelte figure long-term.

## 8) The vet said that the dog was a good weight (or even underweight).

I have asked many vets why they don't tell their clients that their dogs are overweight, and I always get the same answer: "I have lost so many clients because they were offended when I told them their dogs were overweight that I just don't tell them anymore." So please, don't be offended - it doesn't reflect on you personally. Honest. The following is a real- life example of the importance of keeping our canine athletes at the proper weight. Years ago, Julie Daniels, a well-known agility trainer and competitor, was showing her female Rottweiler 'Jessy' in conformation. After she got her first major (five points), Julie decided that she would rather compete with Jessy in agility. Knowing that Rottweilers are not ideally structured for agility, Julie took 21 pounds (yes, 21 pounds - this is not a typo) of fat off the dog. The dog looked healthy and muscular, and in the process lost $11 / 2^{\prime \prime}$ in height at the withers. For many dogs this could mean a four-inch difference in jump heights. Jessy became the all-time topwinning Rottweiler in agility and was still healthy and competing (in the Veterans classes) at the age of 10. So why not do this for your best friend?
© Chris Zink 2009

## Field Training at Delaney

Mission: To support the training, education, and improvement of all dogs and handlers

The LRCGB Field Committee has secured Delaney Wildlife Area for field training on Tuesdays, from March 18 through Oct 7, 2014.

There will be organized set ups, under the following guidelines, however please note: this is a peer-to-peer training group that is not intended to provide formal instruction outside of the Beginners Class. We expect the training to be as close to a hunt test as possible and people should expect to bring equipment and contribute to the training group.

## Participation Fees \& Policies

-Pre-pay for the season: $\$ 50$ for first dog
-Pre-pay for the season: \$25 each for 2nd and 3rd dog; no cost for each additional dog
-Drop In: \$10 per dog per day
All Beginners Class participants are encouraged to join the training group after the class is over - even if you're not (yet) a LRCGB member. For those class members new to field work, the participation fee will be waived. For repeat clients of the Beginners Class the fee for their first dog will be reduced to $\$ 25$.

Drop-ins must sign up for that week in order to attend (see below).

Weekly electronic sign-up will be provided, both pre-paids and drop-ins should indicate their intent to attend by 5 pm the day prior (Monday). Please be accurate on your estimated arrival time.

While we strive for fairness, team assignments are never perfect. Please be flexible, open, and supportive of throwing for more dogs than you run.

## What You Can Expect

-The training session will start as close to 5:00 as possible and run until dark. If you arrive late you may not be able to run all the set-ups.
-Each week will have a pre-arranged set up which will be designed to train dogs of different levels.
-Each week, we'll establish work teams and running order, based on arrival times. The weekly preregistration helps us with preplaning. While we strive for fairness, these team assignments are never perfect. Please be flexible, open, and supportive of throwing for more dogs than you run.
-As always, the Beginners Class will have first priority for grounds selection for the duration of the class. After the Beginner Class ends, the primary training group will have first priority for selection of grounds.
-Participants can form ad hoc training groups but will have to work with the available grounds, making sure not to disturb the organized training group

- You may also use the grounds on your own on a per day basis, provided you do not disturb the organized training groups.


## What's Expected of Participants

We frequently have many dogs to run before we lose daylight. We need to know the number of people and dogs coming so we can optimize the set-up and running order. Every Sunday, you will receive an email asking you to: 1) Register for that Tuesday's session; 2) provide the number of dogs; 3) estimate your time of arrival. Please RSVP by Monday, 5pm.
-All Delaney users are expected to work at least one (if not more) official field events.

- You must register below in order to receive the weekly emails. Please register if you plan to participate at any time this season, even if you only intend to drop in occasionally. - Be prepared to work in the field and provide equipment. The club has some equipment, but is dependent on others to provide starter pistols, wingers, etc. At a minimum, handlers are expected to have a duck call, whistle, and working radio. And access to a pistol (pistols will not be provided).
-Ducks will be used every week. Bring 1 duck for every dog you run, you can purchase ducks if you need them; If you aren't able to bring a duck, please note that on the sign up sheet.
-Please make sure your dog is ready to run when it is your turn. Ideally, there is always a dog in the holding blind. Air your dog in advance, pick up after your dog!
-Please be aware that we're sharing the grounds with other people walking their dogs. We'd like to keep a good relationship between our training group and the dog walkers. If someone complains, be courteous, offer to explain what we are doing, but do not get into arguments.
- On the grounds, never drive faster than 5 mph . We'd like to keep a good relationship between our training group and the others using the grounds -- dog walkers, runners, horseback riders, etc.

Finally, do recognize that we dog trainers are an eclectic group, and we cannot please all people all the time. To ensure a good time is had by all, please

- Accept the set ups as a strategic decision made by the more experienced;
-Make an effort to all get along and accept the differences
amongst each other;
-Critical commentary to these agreed upon processes should be directed to the field committee chair (NFreitas). Improvements that are in sync with these philosophies are welcome!


## Keep This in Mind:

This is a training session, think about what you want you and your dog to LEARN. Do not try to win the training session, you will have ample time to demonstrate your dog's ability at the tests.

All dogs learn at different rates and have different problems. Do not feel your dog should be able to do the most difficult set-up or that a training approach used by one member is always the right approach for your dog. Know your dog's skills. If he's less experienced, simplify your run.

Don't hesitate to ask more experienced handlers for suggestions on how to simplify if you're in doubt. Ask questions!

While all dogs have bad days, if your dog appears to consistently have problems, then you may want to consider that the task you have asked is beyond the current ability of your dog.

You are encouraged to spend us much time as you need to help your dog deal with a problem you encounter while running a setup. At the same time, please be considerate of your fellow dog trainers - especially as daylight wanes. For example, if you worked 10 minutes on a tough blind, your training partners wouldn't be pleased if you tried to run a second, similarly difficult blind. Know when to quit. A happy bumper may be better for you, your dog, and your training partners than another frustrating mark or blind.

Ask! Our club has many knowledgable handlers who are all willing to help. Don't hesitate to ask more experienced handlers for suggestions how to simplify if you're in doubt. Ask questions!

## Delaney Subcommittee

J.Edsall - chair, J.Lyons, D.Bierer, M.Stubbs, M.Bush, K.Kase, R.Fuchs, K.Fisher, D.Tucker, N.Wolston, M.Wilcox

We are asking participants to take more ownership of making the training group a success. Thus, each of us will lead at least one weekly training session -- which means each of us will be responsible for the set- up. If you're the boss, please arrive by 4:30pm. Don't sweat it -- someone will mentor you.

Arrival times will define the teams, not number of dogs, as in years past.

Ducks will be used every week - please bring 1 duck for every dog you run, if you need a duck, you can buy one. If you can't bring a duck, please note that in the weekly sign up sheet.

Handlers are expected to bring a radio, duck call and have access to a pistol (meaning you need to have one to use; they will not be provided).

## Where

Delaney Watershed Area
314 Harvard Rd
Stow, MA 01775 Stow, MA

## ABOUT DELANEY

Delaney is a coveted Massachusetts Wildlife Management Area (WMA), managed jointly by the Massachusetts Division of Fish and Wildlife (DFW, known as Mass Wildlife) with other agencies.

Hunter retriever training access to WMA grounds is becoming more and more rare and we are grateful to the DFW and supporting agencines for granting the LRCGB a permit for Tuesday training.



# Member Accomplishments 

Congratulations to all of our members and their dogs on their successes at shows, trials, and tests!
Cedarwood's Always Playing at Pleasant Pine CD JH, WCI, CC, "Nigel" and Karen Kennedy have been competing in Novice B in the month of March. He finished his CD going $3 / 3$ and averaging 196. He is really doing a GREAT job and are looking forward to moving onto Open. Nigel was bred and is Co-owned with Nancy Brandow


The Shultz/Wolff pack had an amazing weekend at the CRDTC obedience and rally trials! On Saturday, Joel and Cory got their first qualifying score in Utility A with a first place win.

Aspen qualified in Novice B and earned her Companion Dog obedience title. She is now: Grampian Viking Aspen X-Treme! CD, RN, CGC.

And finally, at Sunday's Rally trial, Thorn got his 9th RAE2 Q with 2 perfect runs. He was so happy and excited to be working that I think I smiled the whole time we were in the ring together! At 11+ years I cherish every moment we can spend together as a team!

ARCHMX UCD URO2 Grampian Raptor Mystique CD,GN,RAE2,NAP,NJP,NFP,WC, TDI,CGC,CC "Merlin" (Ch Hollyhills Delby's Samuel Adams x Ch Snowden Hill Mango Crazy, JH, RA, WC, CGC) finished his RAE2 at the LRCGB Rally Trial March 2, 2014. Merlin will be competing in the AKC National Rally Championship on March 28, 2014. Merlin and his labby teammate ARCHMX4,UCD,URO3 Burri's Celestial KestreI, CD ,BN,RE,NA,NAP,NJP,NF,TDI,CGCA,CC, "Kestrel" (Ch Guideline's Mastercard X Willcare's Miss Directed, JH). took first place with a 196/200 in Rally Pairs at the same trial. The weekend before ( $2 / 23 / 14$ ) Kestrel earned her AKC Community Canine (CGCA) at Dog Obedience Guidance School in Agawam MA, she also finished her UKC Rally URO3 at that trial. Kestrel and Merlin are owned, loved and trained by Barb Burri.


Grampian Lime Booful RN WC CGC (Ch Lobuff Hollyridge Osprey x Grampian Bikini Bottom WC CC) was accepted by THE STAPLETON GROUP as their next explosive detection canine. 'Sadie' has been in the program for a month as of April 1st 2014. With about two months more of training she'll be working in Manhattan in the Financial District with her trainer/handler. Grampian is very proud of our special girl! We will all be safer because of talented Labradors like Sadie.

Grampian Ethel Mermaid got her first Best in Breed at the age of 8 months old on March 23, 2014 at the Silver City K9 Club's conformation shows in Raynham, MA. 'Guppy' needs one more major to be a UKC Champion. (Ch Bigi's Lord Triston RN CD JH WC CGC x Grampian Lime Booful RN WC CGC)

Grampian Just Call Me ChaCha WC won in Syracuse under Judge Dr. Michael Woods on March 28th 2014. WB/BOW for her first major, ChaCha was handled by Kathryn Mines and is owned/bred by Robin Anderson, Gerrie Owren, Kathryn Mines and Janice Mines. (Am/Can Ch Rockycreek's On The Road Again CD RN JH CGC x Am GrCh/UKC CH Grampian Lola Tortola Viking JH RA WC CGC).

Handled by not quite 10 year old Junior Handler Julianna Anderson, Am GrCh/UKC CH Grampian Lola Tortola Viking JH RA WC CGC won UKC Best in Breed twice and both a Gun Dog Group III and Gun Dog Group IV. Lola also helped Julie win a Best Junior Handler rosette on March 22, 2014 at the Silver City K9 Club's conformation shows. Lola is co-owned by Robin Anderson, Gerrie Owren and Julianna Anderson.

At the Sporting Group show in Springfield MA on Sunday March 14th Julie Anderson also pulled a Third Place in AKC Junior Showmanship handling Am/Can Ch Grampian Tiki Torch, JH Can WC. Julie co-owns Tiki with Robin Anderson and Gerrie Owren. A force to reckon with, watch out for Julie and her Labradors at a show near you!

Tiki's littermate Am/Can Ch Grampian Lil' Puckwudgie KaBoom, JH, Can WC won Best Gun


Dog in Breed at the Sporting Dog Show on Sunday the 14th of March. Both Tiki and KaBoom are sired by GrCh Hyspire Shahli Hotter Than Blazes out of Ch Grampian Bedizened Viking RA MH WCX CGC.


Rockycreek's Put Me In Coach from Grampian earned his first major from the 6-9 puppy dog class in Edison NY handled by Kathryn Mines. 'Coach' was bred by Gerrie Owren, Robin Anderson \& Kathryn Mines and is co-owned by the breeders. (Ch Rockycreek's Jack Daniels RN JH WCI x Am/Can Ch Grampian Lil' Puckwudgie KaBoom JH, Can WC)

Gerrie Owren is very proud to announce that her dog, Ch Rockycreek's Jack Daniels RN JH WCI went BOB over specials to become a new AKC Champion in Edison NJ the day after Coach won his first major. JD was trained to all his performance titles by Gerrie. All JD's breed points were won with Kathryn Mines on the end of his leash from the Bred By class! (Cornerstone's Daniel CD RN JH x Ch Rockcreek Finest Brandy RN).

## Say NO to Silver Labs


http://www.notosilverlabradors.com/main.html
http://www.gopetition.com/petitions/no-to-silver-charcoal-and-champagne-labradors.html
http://notosilverlabs.wordpress. com/2014/03/10/100-dilute-free-it-had-to-come-this-far/
http://bellevueholidayrentals.com/labdb/
http://www.thelabradorclub.com/subpages/
show_contents.php?page=Silver+Labradors

## Retriever Results

Points. Profiles. Performance.
http://visitor.r20.constantcontact.com/manage/ optin?v=001sISEbyvZTIhbtil_Su1CdWqWhxEBn1M_




Arr, Matey! If you're not careful, these nefarious Lab pirates will come and lick you to death!


I always make sure to bring a moose with me on vacation. It helps me blend in with the locals.

## Are you looking for a gift for the Lab lover in your life, or maybe even for yourself? These whimsical Labrador Retriever prints are sure to be a big hit.

Each image begins with a detailed drawing and is finished with rich layers of color depicting a yellow, chocolate or black lab living in a "Lab's World". You can even make the image more personalized by choosing to take advantage of the customization service to add your dog's name onto the collar or somewhere else in the image.


> To see our full line of images, and to order a ready-to-hang, framed print, visit our Etsy shop www.etsy.com/shop/ MaddieLabStudio


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Otter Tails is published quarterly. Contributions of brags, articles, or event onformation are very welcome.

Email submissions to:
grampianlabs@comcast.net
Submissions deadlines are:

| Spring | February 15 |
| :--- | :--- |
| Summer | May 15 |
| Fall | August 15 |
| Winter | November 15 |

## Brags and In Memoriam

Free of Charge for members. Please include name of dog, owner, breeder, pertinent dates, and a high resoultion photo.

## Advertising:

Full page: \$25
Half page: \$15
Quarter page: $\$ 10$
Business Card: \$5
Digital art is preferable, but not required. Submit your ads to grampianlabs@comcast.net.
Payments for all ads and litisngs should be sent to: Robin Anderson, 20 Fairway Drive,

Seekonk, MA 02771
Checks should be made payable to LRCGB.

Send litter and puppy announcements to Barb Burri: bburri@comcast.net
Area Lab Rescue


Do you have something to contribute to this publication? Email it to Robin: grampianlabs@comcast.net

We have a membership email group. This is for club members only. Anyone who joins the group can post notices about events, brag about your accomplishments, ask questions about club stuff, training, and breeding. Go to this web site to join.
http://groups.google.com/group/labrador-retriever-club-of-greater-boston?hl=en
Follow the instructions to join the group. Your membership will be approved and you can stay current with club \& member news.
Be sure to set your email program so that it will accept mail from: labrador-retriever-club-of-greater-boston@googlegroups.com


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