



# The Golden West

WWW.EGRC.ORG

THE OFFICIAL NEWSLETTER OF THE EVERGREEN GOLDEN RETRIEVER CLUB

May 2019

Volume 51, Issue 5

## ★ *Upcoming Events* ★

For more information or to volunteer to help out, please contact the appropriate Chair.

**EGRC Hunt Test**

Linda Johnson, Chair  
lindaj@johnsonphoto.com

June 29-30

Snoqualmie Valley Training Grounds  
[www.entryexpress.net](http://www.entryexpress.net)

**EGRC's 48th Independent Specialty**

Sheila Iturriaga-Colyer, Chair  
sheilacolyer@live.com

August 16

Enumclaw Expo Center  
Baray Events, Superintendent  
[www.barayevents.com](http://www.barayevents.com)

**EGRC's Agility Trial**

Ane Brusendorff, Chair  
anbrus@comcast.net

August 30-31,  
September 1-2

Argus Ranch  
Lori Sage, Event Secretary  
lori@k-9sports.com  
<http://k-9sports.com>

**No General Meeting in May**

*Please note that the next General Meeting is scheduled for June 27, 7:00 p.m., at the Kirkland Library. Program TBD.*



*Evergreen Golden Retriever Club  
April 18, 2019, General Membership Meeting  
7:00 p.m. at the Kirkland Library*

**CALL TO ORDER:** The meeting was called to order at 7:00 p.m. by Nancy Light, Pres. A quorum was present.

**MINUTES:** The minutes of the March 2nd, 2019 general meeting were sent to the membership earlier today. Correction to the Minutes under **Awards:** Suzy Miller's name should be included so that the members are Lynn Anderson, Kathy Fisk and Suzy Miller.

**MOTION** to approve the minutes as printed with correction **APPROVED.**

**REPORT OF THE PRESIDENT** (Nancy)

Welcomed members and guests.

We will have an abbreviated meeting. Most committee meeting updates can be viewed in the April Board minutes in the GW.

The Board approved the yearly budget at our March meeting. Approval of the budget by membership will be needed tonight.

**REPORT OF THE BOARD** (Nancy):

The Board has approved supported entries of 2 days for Rainier (8/14,15) and 2 days for OKC (8/17,18) with GRF gift cards in the winners names (BOB, BOS, WD, WB, High Scoring Golden in Obedience) at \$150 for each show (total of \$600).

Laila Valfaeezadah has been appointed as awards banquet chair for 2020.

REPORT OF THE CORRESPONDING SECRETARY: (Deb) – No report

REPORT OF THE TREASURER: (Linda) - See website (members only page) under "Treasurer's Report"

**Report of Committees:**

**Events**

AGILITY TRIALS: (Ane) – no report

SPECIALTY 2019: (Sheila) – no report. See report of President regarding supported entries.

JUDGES SELECTION COMMITTEE (Sheila) Claudia Shaw asked that her name be removed as one of the members as she no longer is on that committee.

HUNT TEST (Linda) – June 29-30, 2019.

Limit of 60 people for Master – hard to get in

Contact Nancy if you can work at the Hunt Test.

TRACKING – No report

WC/WCX (Amy) No report

HOLIDAY PARTY (Connie) Dec 7, 2019

SEATTLE KENNEL CLUB BOOTH/MEET THE BREED – no report

HEALTH CLINIC – no report

**Finances**

BUDGET (Linda, Alice, Kathy) – vote under new business

DONATIONS (Sandy, Stacia, Kathy) – We have \$1500 for donations. Please send any ideas for canine donations to the committee members.

**Club Affairs**

MEMBERSHIP: (Marian) currently we have 72 total members of which 38 are voting members.

GOLDEN WEST: (Deborah) – no report

WEBSITE: (Bobbi) no report

**PROGRAMS/MEETINGS**

May 6 – Board Meeting Laila treats

No general meeting in May

June 5 Board Meeting – Marian treats

June 20 or 27 (tbd) General Meeting – possible topics bloat, dental.

AWARDS BANQUET (Laila ) –Early March 2020 – no report

AWARDS (Lynn, Kathy and Suzi) – no report

PROPERTY (Deb) no report

GR NEWS COLUMN: (Amy) no report

**UNFINISHED BUSINESS: None\**

**NEW BUSINESS:**

Motion to approve 2019 budget - **APPROVED**

**ELECTION OF NEW MEMBERS**

Paula Lindquist, Sharianne Coad and Christie Marchessault were unanimously voted in as members.

At the last board meeting, there was discussion regarding changes to the by-laws.

Raising the current 5 year term limit or eliminating term limits entirely for several reasons:

Difficulty recruiting new board members

Experienced members having to leave when their term is up.

Less experienced members remaining on the board without the guidance of those who left.

Members wanting to remain beyond their term limits

The board will continue to have discussions on this issue. Please contact a Board member if you have input on this.

The meeting adjourned at 7:20 p.m.

Respectfully submitted,

Marian Tillman

Recording Secretary

*Evergreen Golden Retriever Club  
May 2019 Board Meeting Minutes  
Date: May 6, 2019  
Place: Deb Pampiks – Treats - Laila*

**Call to order:** The meeting was called to order at 6:37 p.m. by Nancy Light, President.

Present: Nancy, Deb, Claudia, Ane, Marian, Laila, Linda

Absent: Sheila

Motion was made to approve the minutes of the April Board meeting. **APPROVED.** The Minutes were sent to Deborah for publication in the April GW.

**Report of the President (Nancy)**

Thanked the board for flexing the date of this meeting.

Concerns about recent practice of EGRR of taking in foreign dogs (primarily from Korea) and members' acceptance or opposition to this. What is EGRC's role in this?

Possible By-laws revision

**Report of Corresponding Secretary: (Deb)**

AKC

Approved Agility event August 31, 2019: Plan B Agility match date, location and judge approved.

Approval pending for Agility Event August 30, 2019, Sept. 1, 2019 and Sept. 2, 2019 until they receive updated club officer list. Deb has resent the list that was originally sent in December 2018.

Puppy of Achievement (POA) program enhancement. Dogs that earn 10 POA points will receive a certificate for their accomplishment.

Club Development Program – all-breed committees link about how to increase club membership.

mentoring new clubs and new show chairs

GRCA

Kay Fuller, DVM, approved to attend August 2019 AKC CHF Parent Club Conference as the GRCA representative.

**Report of Treasurer: (Linda)**

Checking and Money Market balances will be sent to Bobbi for the website.

**Reports of Committees:**

Events:

Agility – Ane – August 30/31 – Sept 1/2, 2019

Asking for board members to help

Need help for Hospitality, breakfast and dinner for two judges Friday and Saturday, and raffle.

Specialty - August 16, 2019 (Sheila)

Deb sent information to GRCA that our supported entry for those shows will be donations to GRCA.

Judges Selection Committee: (Sheila) - no report

Hunt Test: (Linda) June 29-30, 2019 –

We have all judges (2 Jr/Sr and 2 Master)

Have birds from Bob Hunt.

Have 255 birds sold

Trying to secure grounds for 2020.

Gary Chewning is gun captain.

Tracking: TD/TDX – no report

WC/WCX: (Nancy) – no report

Holiday Party: (Deb) December 7, 2019 no report

Seattle Kennel Club Booth: March 2020 – no report

Health Clinic - no report

Finances:

Budget Committee (Linda) - Budget was approved at the General Meeting April 18, 2019.

Donation Committee (Linda) Kathy Fisk, Stacia White and Sandy Scudder.

Recommendations should be presented to the board by its June meeting.

C. Club Affairs:

1. Membership (Marian)  
72 members; 38 voting.

Golden West (Nancy) – May 17th is deadline.

Website (Ane) – Ane will create a Word version of the Roster that will be available for all on the web-site.

Puppy Referral (Claudia) – no report

Rescue (Deb) – Susan Randall put out a long list of dogs that were adopted and how they are doing.  
The full report can be viewed at EGRR.net

Meetings:

- No general meeting in May
- June 3rd Board Meeting – Marian treats
- June 27th – General meeting at 7 p.m. @ Kirkland Library. Program TBD.
- July 8<sup>th</sup> Board Meeting – Claudia treats
- July 25<sup>th</sup> Fun Day (possible site offered by Laila)
- August 5<sup>th</sup> Board Meeting – treats Linda

Awards (Claudia) no report.

Awards Banquet March 2020 (Laila) no report

CCA (Claudia) no report

Sunshine Committee (Nancy)

Nominating Committee – (Ane) No report.

**Unfinished Business:** - none

**New Business:**

- Rescue of foreign dogs –
  - Dangers of importing from Asia
  - Concerns that rescuers are getting duped and taking them from fake rescue organizations.
  - Rescue organizations not being well vetted.
  - Ane reported that EGRR has their rescue organizations in Korea and China and they are well vetted; dogs are fostered and trained. EGRR is careful about the dogs they take in from rescue.
  - Perhaps an article in the GW to allay fears about the rescued dogs from EGRR.

Proposed By-Laws change:

**Article III, SECTION 1. BOARD OF DIRECTORS** – To delete the requirement of 5 year term limits.  
This does not obligate anyone to serve any time limit and provides flexibility if people are willing to continue.

Notice of amendment to be published in the May GW with a possible vote at the June General Meeting. If approved, must notify AKC.

**MOTION:** To delete the following sentence from Article III Section I of the By-laws:  
“No board member may serve for more than five (5) years consecutively.” **APPROVED.**

Nancy will contact Deborah to put a special announcement in the GW notifying members of the proposed change and vote.

The meeting was adjourned at 8:15 p.m.

Respectfully submitted,

Marian Tillman  
Recording Secretary

---

## **Notes and Notices**

The June 27 General Meeting is a "notified" meeting, and we will be voting on change to the bylaws. The Board is proposing this to give more flexibility to the nominating committee to fill the Board positions. Again, no one is obligated to remain on the Board, but if they are willing, it may be in the best interest of the Club to allow this.

Proposed By-Laws change:

**Article III, SECTION 1. BOARD OF DIRECTORS** – To delete the requirement of 5-year term limits. This does not obligate anyone to serve any time limit and provides flexibility if people are willing to continue.

“No board member may serve for more than five (5) years consecutively.” **(Delete)**

---

The Donation Committee is once again looking for suggestions for donating money to worthy causes. In the past we have donated to Golden Retriever Foundation, Old Dog Haven, Morris Animal Foundation, and Washington State Animal Response Team. We are asking you the members to help us come up with great choices again for the club.

If you have suggestions, or like specific causes please let one of us know.

Stacia White – mesamis1@aol.com  
Kathy Fisk – billfisk1@gmail.com  
Sandy Scudder – sunburstgolden@aol.com

A CARDIOLOGIST'S ADVICE ON DIET-ASSOCIATED DCM  
By Amy Raby

On April 18, a board-certified veterinary cardiologist came to an EGRC meeting to speak to our club about diet-associated dilated cardiomyopathy, or DCM. Dr. Mikaela Mueller DACVIM (cardiology) practices in Kirkland, Washington, and she talked to us about both DCM and SAS. I'll cover DCM this month, and in my next column I'll write about her presentation on SAS, which included some new information I hadn't heard before.

DCM is a condition in which the heart is not pumping enough blood forward. It begins in an occult or preclinical stage in which there are no apparent symptoms. This stage can last for years. Though DCM often goes undiscovered during this stage, if one does discover DCM in the occult stage, it can be treated with medications, and such treatment can prevent or delay the dog from progressing into a clinical stage.

When symptoms of DCM develop, they can include exercise intolerance, lethargy, arrhythmias, congestive heart failure (coughing/breathing problems), collapse, and/or sudden death. Heart disease can also cause dogs to lose lean muscle and have trouble maintaining weight, for reasons still unknown to veterinary science.

Treatment in the occult stage involves a cocktail of medications. When the disease progresses and symptoms develop, different medications can be prescribed to treat arrhythmias, if present. When the dog develops congestive heart failure, treatment becomes palliative, and diuretics may be prescribed to relieve symptoms. While one never knows how long the occult stage of the disease will last, once the dog enters congestive heart failure, they have about nine months left to live.

Some cases of DCM are genetic, and the disease is familial in Dobermans and Boxers. Genetic DCM always progresses; however, dogs with diet-associated DCM can make a full recovery.

We do not yet know the cause of diet-associated DCM, but it's associated with "BEG" diets: boutique, exotic ingredient, and/or grain-free. These can be commercial or home diets. There is some reason to believe that a deficiency in taurine and/or L-carnitine is involved, but we don't really know why dogs on BEG diets are getting DCM. It could have something to do with nutrient bioavailability of the protein sources, or how those sources are processed. It could be an absorption issue, or related to gut biota, or perhaps an ingredient is toxic to the heart. We don't yet know exactly how to protect our dogs from this disease.

The number one breed suffering from diet-associated dilated cardiomyopathy is the mixed breed. Number two is the Golden Retriever. While all dogs are vulnerable to this disease, including mixed breeds, goldens may be particularly susceptible.

What about taurine? Dogs make their own taurine from precursors, but taurine deficiency has been seen in dogs eating diets packed with those precursors. Perhaps the fiber in a high-fiber diet binds to the bile acids and prevents taurine from binding. Or maybe intestinal microbes are eating up the taurine. A couple of things we do know: large-breed dogs synthesize taurine poorly compared to small-breed dogs. And dogs with DCM who are on grain-free diets have larger hearts (a bad thing) than dogs with DCM who are not on grain-free diets.

Given how little we know, what should dog owners do? For one, screen your dog's taurine levels. While 200 to 250 is considered a normal result, Dr. Mueller believes that goldens, because of their particular vulnerability, need to be over 250. If your dog's taurine level is lower than 250, get an echocardiogram to screen the dog for DCM. Then change the dog's diet and retest taurine in three months. If the taurine level is still not fixed, add a supplement.

As for diet, Dr. Mueller recommends a food with chicken or beef as its primary protein source, and rice, corn, or wheat as its secondary, with no legumes in the top five ingredients. As for lamb—a common protein source—she says Cocker Spaniels have developed DCM on lamb and rice diets, so she does not recommend it at this time. She feeds her own dogs Pro Plan and is a fan of the big dog food companies that test their food. She also recommends a fish oil supplement for heart health. DHA omega-3 fatty acids are what you're looking for. She feeds a 1200mg Nature Made capsule twice a day.

We greatly appreciate Dr. Mueller taking the time to speak to our club about diet-associated DCM. While researchers are still in the early stages of understanding what's going on, for now we know a few basics: avoid BEG diets, test taurine levels, and get echoes on those who test low so we can catch it in the occult phase while it's easier to treat. Hopefully we'll understand more about diet-associated DCM in the near future and can stop this terrible disease from harming our dogs.



# Braggin' Time!



## Corrie

Angel N Pulali's The Corrie's Flower Of Scotland  
UD JH TDX OA OAJ OF VCD2 BN CGC CCA

Corrie earned her Utility Dog title at the Inland Empire Collie Club Specialty at Moses Lake. Most of her previous trials, she was close, missing only one exercise. I was beginning to wonder if I was going to be in a marathon trying to finish her title. She had earned two legs in back to back days in October, so I was very hopeful at a couple shows in February, but it was not to be. I was beginning to wonder if I was going to be in a marathon trying to finish her title, but she came through and finished, the youngest of any of my dogs to earn a UD. Now it is on to work on her Utility Dog Excellent title.

~Gene Dasplit



**Board Members**

Nancy Light, President	425-354-3609
kylahgold@aol.com	
Ane Brusendorff, Vice President	425-788-8029
anbrus@comcast.net	
Linda Johnson, Treasurer	425-391-8037
lindaj@johnsonphoto.com	
Deb Pampiks, Corresponding Sec.	425-881-0867
debandfrank@comcast.net	
Marian Tillman, Recording Sec.	425-941-6341
marian@ridesoft.com	
Sheila Colyer	206-850-0359
sheilacolyer@live.com	
Claudia Shaw	425-827-7253
claudias14@frontier.com	
Laila Vafaezadeh	425-877-6560
lmv9623@yahoo.com	

**Committee Chairs**

Programs	VACANT	
Newsletter Editor	Deborah Blair	360-873-8941
abelardshowdogs@comcast.net		
Puppy Referral	Stacia White	360-629-6567
Public Education	VACANT	
Golden Rescue	Nancy Kiesler	360-437-8091
Historian	VACANT	
Health Clinic	BJ Mosen	425-844-9037
Hospitality	VACANT	
Nominating Com	Sandy Scudder	425-334-5134
	Sharon Colvin	
	Kathy Fisk	
Photographer	VACANT	
Property	VACANT	
Membership	Marian Tillman	425-941-6341
Sunshine	Suzy Miller	206-300-3821
GRCA Column	Amy Raby	425-883-1083
GRCA Delegate	Julie Matney	509-675-0112
Web Master	Bobbi Miller	206-669-0684
Budget Committee	Linda Johnson	425-391-8037
	Alice Brown	
	Carla Jurczyk	
Judges Selection	Sheila Colyer	206-850-0359
	Carla Jurczyk	
	Trish Hughes	
Donation Comm.	Stacia White	360-629-6567
	Sandy Scudder	
	Kathy Fisk	

**Special Events**

2019 Agility	Ane Brusendorff	425-788-8029
2019 Hunt Test	Linda Johnson	425-391-8037
2019 Specialty	Sheila Colyer	206-850-0359
2019 Awards	Lynn Anderson	206-351-5020
	Kathy Fisk	425-419-9450
	Suzy Miller	206-300-3821
2019 Tracking	VACANT	
SKC Booth	Sandy Scudder	425-337-4503
	Gloria Kaczmariski	
	Susan Babich	
Holiday Party	Connie Carroll	206-369-5477
Awards Banquet	Laila Vafaezadeh	425-877-6560
WC/WCX	Amy Raby	425-883-1083

**The Objectives of the Evergreen Golden Retriever Club**

- a) To preserve the structure, soundness, temperament, natural abilities and personality of the Golden Retriever as described in the breed standard and to do all possible to bring their natural abilities and qualities to perfection.
- b) To urge members and breeders to accept the standard of the breed as approved by the AKC as the only standard of excellence by which the Golden Retriever shall be judged.
- c) To protect and advance the interest of the breed by encouraging sportsmanlike conduct at dog shows, field events, obedience trials and all functions and events where EGRC is being represented.
- d) To conduct sanctioned matches and specialty shows, field events, obedience trials and tracking under the rules of AKC and
- e) To educate members and the public in all aspects of owning a Golden Retriever.

**General Information**

**General Meetings** are held on the 4<sup>th</sup> Thursday of each month at 7:30 p.m. Check the calendar on the web site at [www.egrc.org](http://www.egrc.org). The **Board of Directors** meets on the 1<sup>st</sup> Tuesday of each month and members wishing to attend must call the President to state their business.

**Application for Membership:** Prospective members must attend two meetings or functions before application of intent to join is accepted. Application forms may be obtained from Board members, the Membership Chair, or from the web site.

**Change of Address.** If you have moved, changed your phone number or your e-mail address, please e-mail our Membership Char, Marian Tillman, marian@ridesoft.com with this change. This is the only way we will



[WWW.EGRC.ORG](http://WWW.EGRC.ORG)