



# UNLEASHED

Volume 28 Issue 3, A publication of the Central Ohio Labrador Retriever Club March 2017

## Important Date:

**March 26 Health Clinic**

**Time:** 8:a.m. - 4:00p.m.

**Location:** Refugee Canyon West Boarding Kennel/Veterinary Clinic

## 2017 Meeting Dates

April 5

May 3 Puppy Match

June 7

July 5

September 6

October 4

October Specialty

November 1

December Christmas Party TBA

## INSIDE THIS ISSUE:

**1. MEETING DATES;**

**1- 3 DOG SAFE FRUIT & VEGGIES**

**3. DUES**

**4. HEALTH CLINIC FLIER**

**5. DOWN 'N BACK; LITTER LISTINGS**

**6. GENERAL CLUB INFORMATION**

*Check out Central Ohio Labrador Retriever Club*

*on Facebook*

[https://www.facebook.com/  
groups/575516432535825/](https://www.facebook.com/groups/575516432535825/)

## DOG SAFE FRUIT & VEGGIES

Barbara J. Andrews, Journalist, AKC Master Breeder

Dog owners know that canines are carnivores but the thinking stops short of realizing that “in the wild” they would get essential vitamins and enzymes from the stomach contents of their prey.

Most apartment (especially high-rise) dogs are deprived of fresh grass. They finally developed little indoor gardens for house cats but for decades I have written about how thoughtlessly we deprive our pets of fresh raw foods, especially veggies and grass. Get instant information about your pet's craving for live food ii Why Dogs Eat Grass BUT THINK... pesticides and fertilizers when you turn them out to graze on that lovely lawn you work so hard to maintain. Your dog's immune system, overall health and reproduction cycles will improve when given fresh, wholesome, pesticide-free fruits and vegetables.

What about grain? Did you ever see a wolf or bear grazing in a corn field? I've said this many times but not often enough for dog food manufacturers! The first thing dog's first cousin seeks after his long winter sleep is fruits and veggies. That's right, in spring bears go about the serious business of cleaning out their systems and replenishing nutrients, not with meat, but with vegetation! All wild carnivores dig up roots, eat herbs and grasses, and relish fruit and berries. Berries in particular are loaded with vitamin C and antioxidants.

Okay, now you're thinking you will share an apple with the dog. But wait, there's more you should know because it affects your health as well. Like lawns, many of the “healthiest” foods are contaminated with pesticides! Washing

may remove some sprays but chemicals taken up through the root system permeate the entire plant! Here's some "food for thought." We live in a contaminated and toxic world. "Grow your own" is best but wash all fruits and veggies in a mild solution of bleach or white vinegar and water, then rinse. If allowed to sample fruits and vegetables and different grasses in his own little garden, I guarantee your pets will thank you for providing what they instinctively crave.

### **The Most Sprayed, Most Toxic Vegetables and Fruits**

- Strawberries can contain up to 65 different pesticides, fungicides, and herbicides, one of which may be methyl bromide which causes neurological damage. Organically grown strawberries have much more flavor, important to you though less so for your dog because he savors food through his scent glands.
- Bell Pepper plants are sprayed up to six times, plus fields are sprayed with methyl bromide before planting to "sterilize" the soil. Cook or sauté them for the dog stew. Spinach is typically infected with aphids and mildew which require so much spraying that over 50% of conventionally grown spinach contain highly toxic pesticides. Although extremely high in calcium, go a little easy on this, as with turnip greens, collards, and kale they are high nutrient but must be thoroughly washed.
- Cherries are wonderful treats. Birds and insects love them too! They are also prone to fungus and viruses, meaning they get lots of spraying. Best to shop for organic cherries and even so, wash thoroughly. Yummy!
- Peaches are not as easy to grow as you might think. In fact, they are sprayed weekly from early spring through the last picking in late summer. Enjoy them fresh from Georgia and South Carolina orchards but peel your peach!
- Nectarines, like all stone centered fruits, are sprayed continuously and because they are expensive even when canned, it's better to buy fresh organic and remove the skin.
- Grapes are often imported from Chile. They are fumigated with methyl bromide to kill bugs and fungi before entering the country. Wash thoroughly, then toss them to your bait-catching dog. Prick the skin so the scent is stronger. Roll them across the floor for puppies.
- Raspberries are the product of synthetic fertilizers used to grow bigger berries in addition to an array of pesticides and fungicides to kill bugs and to prevent mildew in the fruit's crevices. Skip them completely.
- Apples get something called apple scab disease, plus they get fungus. Thus they are sprayed constantly! But even on first offering, dogs love the tangy-sweet McIntosh, Pink Lady, or Gala apples. Washing may not remove the poison so even though the skin contains a variety of phytochemicals, including quercetin, it may be best to peel the apple.
- Pears are sprayed almost as much as apples but with a wider mix, over 50 chemicals, because they are soft skinned and highly attractive to insects including fruit flies. Pears are not as attractive to dogs.
- Celery takes in a lot of ground-water which includes toxins already there. Celery tests particularly high in pesticides, several of which are known to be carcinogenic. Only use it

- Garlic is instinctively relished by dogs. Do they somehow know it is rich in allicin, a compound often referred to as nature's antibiotic? Good for you too and a few bites of apple after eating garlic will take away garlic-breath.
- Potatoes Like Ireland, America loves them. Before planting, fields are sterilized with fumigant which also kills friendly microbes that till the soil in a healthy way. Then the eyes get sprayed with insecticide to protect the tender green shoots that emerge. Next they get a general herbicide to kill weeds, then synthetic fertilizers every week to insure rapid growth and quick harvest and an assortment of insecticides and fungicides as they grow. Best advice when you consider how much we love this dietary staple, buy organic! I included potatoes because you love them and I wanted you to be aware of how they are grown. They are okay but not part of a fresh food diet for dogs or cats.

Organically grown foods are always safest. Reject canned or dried fruit which is laden with sugar. Be aware that roadside stands may indeed be a source of locally grown produce but in fact, a lot of "veggie stand" produce comes off the same truck that delivers to your grocery store chain... Cooked foods your pet will relish are: carrots, garlic, green beans, asparagus, snow peas, and broccoli.

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## **DUE! DUES! DUES!**

It is that time of year again to renew your COLRC club memberships. Dues are \$25 annually for a single membership and \$40 for a joint membership.

Business cards will be placed on the COLRC website for the year at a cost of \$50.

***If dues are not received by March 1 you will be no longer receive membership benefits i.e. health clinic discounts, litter listings on website and newsletter.***

Please Mail your check to:

Chris Bell

5585 Wilcox Rd

Dublin, Oh 43016

If you have changes from last year, please be sure to include those. Any questions, please do not hesitate to call Chris at 614-563-8510.

Thanks for your consideration and timeliness in this matter.



**COLRC All-Breed  
Eye, Heart & Paw Print Genetics Clinic**

***Please note we are on a new weekend!!!***

**Sunday, March 26, 2017**  
**Refugee Canyon West**  
Boarding Kennel/Veterinary Clinic  
9077 National Road SW (State Route 40, east of Columbus)  
Pataskala, OH 43062-9019  
Link on Yahoo Maps: <http://yhoo.it/K83KLH>

***\*\*\*\*For questions, directions or cancellations DAY OF CLINIC ONLY, call Jennifer Stotts at 740-819-1607 or the clinic at 740-964-2401. If you are not coming, be considerate of others and let us know!!!\*\*\*\****

## **Eye Exam Clinic**

**Anne Gemensky Metzler, DVM, MS, Diplomate ACVO**

NOTE: Scheduling by appointment only: 8:00-4:00; OFA forms will be provided which are accepted by CERF and OFA  
Exam cost: \$40 per dog/\$7 additional charge for breeds that must be examined before and after dilation  
(Australian Shepherd, Basenji, Mastiff, Pembroke Welsh Corgi, Dalmation)

**There is a discount for litters – call or email for info on pricing.**

**CONTACT:** Jennifer Stotts – [shannonlabradors@yahoo.com](mailto:shannonlabradors@yahoo.com) or 740-828-2657

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## **HEART Clinic**

**Karsten Schober, DVM, PhD, Diplomate ECVIM (Cardiology)**

Note: Scheduling by appointment only: 9:00 A.M. – 3:00 P.M.

Auscultation Exam cost: \$40

The doctor will bring OFA forms for owners to submit if desired.

PLEASE NOTE: OFA WILL NOT REGISTER HEART FORMS FOR DOGS UNDER 1 YEAR OF AGE

**CONTACT:** Jennifer Stotts – [shannonlabradors@yahoo.com](mailto:shannonlabradors@yahoo.com) or 740-828-2657

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## **Paw Print Genetics discounted testing**

Any test submitted through our clinic to Paw Print Genetics will be discounted 25% and any full breed panel test will be discounted 40%. Please visit [www.pawprintgenetics.com](http://www.pawprintgenetics.com) to see what tests are available for your breed. Testing can be done with cheek swabs provided at our clinic or with blood samples. Owners will be required to swab their own dogs or may have blood drawn for a \$10 fee. **Ordering may be done day of clinic or in advance online. Use discount code OHIOK917 through March 27, 2017. IF PRE-ORDERING PLEASE CHOOSE THE 'NO SHIPPING' OPTION AT THE TIME OF CHECK-OUT BECAUSE SWABS WILL BE DONE AT THE CLINIC.** Code not valid on previous orders, cannot be combined with other offers and excludes Parentage and DNA Profiling.

**CONTACT:** Jennifer Stotts – [shannonlabradors@yahoo.com](mailto:shannonlabradors@yahoo.com) or 740-828-2657 to schedule so we have an approximate number.

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**NOTE: COLRC can accept credit cards with a 3% fee.**

This health clinic is sponsored by The Central Ohio Labrador Retriever Club ([www.colrc.com](http://www.colrc.com))

## **Down 'n Back**

### **Captain Nick's Tiller Towards Trouble**

Medina Swarm CPE Agility

2/18 & 2/19

6 agility Qs

New title

Owner: Christine Nickerson

### **Captain Nick's Compass Rose**

Medina Swarm CPE Agility

2/18 & 2/19

6 agility Qs

2 New titles

Owner: Christine Nickerson

## **Litter Listings**

### **AM/ENG Sh CH Farneld Topo Gigio x GCH Shannon's Salt Water Taffy**

yellow's due 2/22/17

contact: Jennifer Stotts

shannonlabradors@yahoo.com

### **AM & PL CH Vegas Night at Bella Mare x Tremont's Sister Golden Hair Surprise**

All Black litter due 3/14/17

Contact: Lori or John Bentine

614/579-3990 or labwriter@aol.com

## **Health Clinic 2017—March 26**

**Reminder! If you need appointments for your dogs for our health clinic in March, contact me soon. And don't forget we are later in March this year.**

**~ Jennifer**

# General COLRC Information



The **UNLEASHED!** is a publication by and for the members of the **Central Ohio Labrador Retriever Club** and others interested in the betterment of the sport and advancement of cooperative communication within the Labrador community and the dog fancy.

The articles and information contained in this publication have been deemed by the editor to be of interest to our readers but do not necessarily reflect the beliefs or the opinions of the editor or COLRC members. Reader input is actively solicited.

Please address or email all articles, announcements, comments and suggestions to [newsletter@colrc.com](mailto:newsletter@colrc.com). Unleashed is published ten to twelve times per year. Closing for each issue is the 20<sup>th</sup> day of the month prior to publication.

Dues are \$25 annually for a single membership and \$40 for a joint membership. Business cards will be placed on the COLRC website for the year at a cost of \$50 for members and non-members.

Club members who wish to utilize the Litter Listing Column of the newsletter and website will be required to pay \$50 per litter listing unless they have worked at two of our three club events during the course of the year.

**Meetings** General meetings shall take place the first Wednesday of every month unless otherwise noted.

## OFFICERS

President.....	Sally Bell	(Term expires Dec 2017)
Vice President.....	Lori Bentine	(Term expires Dec 2017)
Treasurer.....	Chris Bell	(Term expires Dec 2017)
Secretary.....	Sue Frazier	(Term expires Dec 2017)

## COMMITTEE CHAIRPERSONS

Membership.....	Chris Bell
Newsletter.....	Christine Nickerson
Puppy Match.....	Linda Bednarski
Show Chair.....	Linda Bednarski
Eye Clinic.....	Jennifer Stotts

## BOARD OF DIRECTORS

Cindy Gerhan	(Term expires Dec 2017)
Christine Kofron	(Term expires Dec 2017)
Jennifer Stotts	(Term expires Dec 2018)
Jan Eichenser	(Term expires Dec 2018)
Linda Bednarski	(Term expires Dec 2018)
Joni Palumbo	(Term expires Dec 2018)
Kate Volkava	(Term expires Dec 2018)