



# GGRR Newsletter

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June 2014

## June 2014 Newsletter

Gateway Golden Retriever Rescue  
P.O. Box 31700  
St. Louis, MO 63131  
Phone: (314) 995-5477  
www.ggrr.com



homes in the previous month either.

### Website Report

Paul S. reported on our website traffic for the past month:

Hits:	96,571
Page Views:	17,128
Visitors:	6,946
Unique Visitors:	5,554

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### May Meeting Minutes

The meeting was called to order at 7:30 p.m. by President, Mike S. Julie G. moved to dispense with the reading of the minutes from the previous meeting. The motion was seconded by Paul S. and passed. There were no corrections to the minutes.

### President's Report

Mike S. thanked all the volunteers present for their help at the reunion picnic. He also reported that we still need volunteers to do dog visits and foster homes.

### Treasurer's Report

Lynn S. was absent so no report was given.

### Membership/Volunteer Report

Tim M. reported that we had two volunteer inquiries, and no new members/volunteers. There were no visitors at the meeting.

### Intake Report

Michelle F. reported that we had no new dogs come in during the previous month.

### Adoption Report

Penny reported that no dogs were placed in their forever



**VOLUNTEERS NEEDED**

Want to help out by doing a Dog Visit or Home Visit? Contact our President, Mike S. to find out how you can help!

## GGRR Events

### Upcoming Events

#### Next GGRR Meeting

Thursday, June 12th at 7:30 p.m.  
at the Dog Museum in Queeny  
Park.

#### Purina Events (May 10th and 17th)

#### Breed of the Week at the Dog Museum (May 18, 2014)

The Golden Retriever, Breed of  
the Week at the Dog Museum  
will be held on May 18th along  
with the Golden Club. We will be  
there with our goldens to answer any questions visi-  
tors may have about the breed.



#### Greentree Festival (Sept. 11-14)

The Greentree Festival will be held  
over the weekend of September 11th  
through the 14th at Kirkwood Park.  
Please mark your calendars now.

#### APA Carnival (Oct.5)

The APA Carnival will be October 5th in  
Forest Park this year.

## FOSTER HOMES NEEDED

Want to help a Golden in need? Contact us  
through our website [www.ggrr.com](http://www.ggrr.com) to find  
out how you can become a volunteer!



## Old & New Business

### Old Business

Mike S. stated that he is still looking into ways to slim  
down the cost of the phone lines. He will report on any final changes once they are decided.

### New Business

In June, Coordinator positions will be up for voting and open for nominations.

The Golden Retriever Club of St. Louis donated \$100 to GGRR in memory of Mike Stemmler's father passing.

A motion was made by Tim M. and seconded by Julie G. to adjourn the meeting. All were in favor. The meeting was adjourned at 7:53 p.m.

## The Dirty Dozen: 12 Pet Treats to Avoid

Written on 04/28/2014 by Brandy Arnold in Food Guidelines, Front Page News, Staying Healthy



If you were making your own dog treats, using the freshest and most wholesome, healthy ingredients, would you ever consider dumping sugar into the mix? Of course not. So why, then, do a number of the most popular dog treats on the market contain high amounts of sugar? Because dogs love it.

According to a press release from Dr. Ernie Ward, founder of the Association for Pet Obesity Prevention (APOP) and author of “Chow Hounds: Why Our Dogs Are Getting Fatter – A Vet’s Plan to Save Their

Lives” (2010 HCI), ...the problem is linked to money – lots of it. With US pet treat sales estimated to be nearly \$2 billion in 2010, the treat bowl has turned golden. “Sugar is incredibly attractive to dogs. If a dog gobbles a treat quickly, an owner is more likely to give another – and another. This adds up to more sales – and profits. In the race for pet treat profits, our pets’ health is being bankrupted.”

With 45% of American dogs and 58% of cats considered overweight, an estimated 89 million pets are at high risk for developing conditions such as arthritis, diabetes, high blood pressure and more. In addition to obesity, sugary treats lead to behavioral problems as well.

“Numerous studies in rats demonstrate that overfeeding sugar can create symptoms similar to drug addiction. A dog’s daily sweet treat may be contributing to overeating and other undesirable behaviors. This is why I call today’s high-sugar treats ‘kibble crack.’”

Still, pet treat manufacturers blame pet owners. They are, after all, the ones that purchase and feed the sugary treats.

So, Dr. Ward listed what he calls “The Dirty Dozen,” the 12 most popular sugary dog treats that should be avoided. Pet parents should be aware of what they’re feeding their pets, understand ingredient labels, and to avoid treats that masquerade as healthy and nutritious while silently contributing to the obesity epidemic.

His goal is to help pet parents to be more aware of what they’re feeding their pets. “Pet owners definitely have a feeding disorder when it comes to their pets. Ultimately it’s up to each owner to control how much they feed their pets. What I want to bring atten-



## The Dirty Dozen: 12 Pet Treats to Avoid *(continued...)*

tion to is what ingredients are in pet treats – and why. Pet owners must begin to question why there is sugar in a treat that claims to help teeth,” he said.

### Dr. Ward’s Dirty Dozen – Popular Sugary Pet Treats

Pet Treat	Added Sugar
Canine CarryOuts Chew-lotta	Dextrose first ingredient
Snausages SnawSomes! Beef and Chicken Flavor	Sugars 3 of first 4 ingredients
Pedigree Jumbone Mini Snack Food for Small Dogs	Sugars 2 of 3 first ingredient
Petrodex Dental Treats for Cats	Dextrose second ingredient
Pedigree Jumbone	Sugar third ingredient
Milk Bone Essentials Plus Oral Care	Sugar third ingredient
Pup-Peroni Lean Beef Recipe	Sugar third ingredient
Science Diet Simple Essentials Treats Training Adult Treats with Real Beef	Sugar third ingredient
Cesar Softies Dog Treats	Sugar third ingredient
Milk-Bone Chewy Chicken Drumsticks	Sugar third ingredient
Meow Mix Moist Cat Treats	Corn syrup fourth ingredient
Pedigree Marrobone	Sugar third ingredient

*Happy Father’s Day to all of the Golden Dads out there!*



### Donations

The following individuals or organizations made generous donations to GGRR:

*The Golden Retriever Club of St. Louis*, in memory of Mike Stemmler’s father.

## Fresh, Healthy Veggies that Fido Will Love

Written on 04/28/2014 by Brandy Arnold in DIY Food for Dogs, Food Guidelines, Home Remedies

Vegetables are great for dogs. Because of their low calorie content, veggies make a delicious treat that won't add bulk to your baby's body. And, they can provide your dog with some of the essential nutrients he needs, reducing the need for vitamin supplements. Like in humans, the rich vitamins and minerals from numerous vegetable sources can offer countless alimentary benefits to dogs as well.



### Veggies to Keep Dogs Healthy

1. Healthiest vine veggies. Squash, cucumbers, and green beans are generally identified to be the most nutritious vine vegetables for dogs. Squash and cucumbers, whether raw or cooked, are rich in potassium which is beneficial in keeping your dog's kidneys healthy while at the same time reducing his propensity for heart failure. Plus, squash has high amounts of Vitamin A, folate, and calcium. Green beans, on the other hand, contain high contents of cellulose which can be good in helping a hefty pooch lose weight.
2. Top leafy greens. Celery generally provides a sufficient amount of vitamins like A, C, and K, and minerals such as fiber, riboflavin, folate, and lots of other nutrients that are beneficial to your dog's health. However, it contains high levels of sodium, and should be fed in moderation. Another nutritious vegetable for Fido is parsley. Aside from vitamins A, C, and K, the plant is also rich in potassium, manganese, copper, and folate. In addition, spinach is also abounding with many vitamins such as A, C, E, and K, and minerals like iron, thiamine, folate, potassium, calcium, zinc, and niacin. Like celery, spinach is also rich in sodium.
3. Best root veggies. Asparagus, carrot, and sweet potato are considered to be the top three most nutritious root vegetables readily available for dogs. Asparagus is rich in vitamins like A, B6, C, E, and K, and various minerals such as iron, calcium, phosphorus, and copper. While carrots have rich cellulose content, Vitamin A, as well as beta-carotene, sweet potatoes, on the other hand, contain high levels of Vitamin A and B6, and potassium. Additionally, sweet potatoes contain high amounts of fiber, making them a great treat that also helps your dog to become "regular." Both carrots and sweet potatoes make great low-calorie treats for pooches.



There are many other vegetables that not only appeal to Fido's taste, but can keep him healthy as well. Nevertheless, not all vegetables are safe to be eaten by your dog. Because there are lots of human foods that can cause harm to your pooch, make sure that you consult your vet before giving him anything that seems palatable. And, check out this list of foods to avoid feeding your dog.

## Gateway Golden Retriever Rescue

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### Next Meeting

Thursday, June 12th at 7:30 p.m.  
At the Dog Museum in Queeny Park

We love having happy healthy Goldens  
at our meetings! Please make sure your  
dog is up to date on shots and  
vaccinations please!

## To Adopt or Surrender a Dog Call the GRR Phone Lines: (314) 995-5477

### Officers

#### **President**

Mike Stemmler  
mstemmler1012@yahoo.com

#### **Vice-President**

Jim Dilg  
jtrdilg@aol.com

#### **Secretary**

Shane Stark  
belleismine@gmail.com

#### **Treasurer**

Lynn Stark  
golddog05@mac.com

#### **Membership Representative**

Chris Rogers  
chrissyrogers@sbcglobal.net

### Coordinators

#### **Intake Coordinator**

Michelle Frasca  
mickyfl@charter.net

#### **Adoption Coordinator**

Penny McNeil  
pbmacnboys@gmail.com

#### **Membership Coordinator**

Tim Miget

#### **Events Coordinator**

Julie Goldman  
stargazr@charter.net

#### **Webmaster**

Paul Swarthout  
paul@paulswarthout.com

### Mentors

#### **Intake Phone Lines**

Mike Stemmler  
mstemmler1012@yahoo.com

#### **Adoption Phone Lines**

Pat Moran  
p4021m@sbcglobal.net

#### **Home Visits & Dog Visits**

Shane Stark  
golddog05@mac.com

#### **Foster Homes**

Kathy Dierkes  
Kathy\_dierkes@yahoo.com