



# The Golden Gait

Vol. 45, No.5

May 2019



<b>Board Meeting</b>	<b>May 9 – 7:00 pm teleconference</b>
<b>General Meeting</b>	<b>May 16 – 7:00 pm (elections)</b>
<b>Specialty</b>	<b>June 19 – 22</b>
<b>Agility Trial</b>	<b>July 19 - 21</b>
<b>Fall Hunt Test</b>	<b>September 14 - 15</b>



Summer Fun is on the way!

## What's **INSIDE** this ISSUE

- **President's Message**
- **Nominating Committee Slate**
- **New Titles and Awards**
- **2019 Schedule of Points**
- **Thank you from Holy Manor**
- **Specialty Announcement**
- **Cowgirl Shirt order form**
- **Apple Cider Vinegar for Dogs**



### Looking for a few good Therapy Dogs

GPGRC has been traditionally a source of therapy dogs for biweekly visits to the residents of Holy Family Manor, a personal care home. We have dwindled down to only one dog and handler team and are looking for one or two more dog and handler teams to join us. All of the dogs should be Therapy Dogs International certified and if you visit, you will get credit towards your TDI titles. The visits occur on the first and third Mondays of the month, meeting at 1:00 pm in the lobby, with visits lasting about an hour. If you are interested and for more information, please contact me, via email at, [rfrankowski@verizon.net](mailto:rfrankowski@verizon.net).

Hope you can join us. Thank you, Roseanna



Thanks to everyone that came to our Awards Banquet. Candy did a great job in getting everything organized for the evening. Kris Tosadori did an excellent job in ordering the Trophy's and Roseanna's great penmanship in writing out the Certificates was flawless and also to Kathy Fertal for collecting all the data throughout the year so the right titles were put on the plaques. The Club thanks all of you for the hours and time you put into this event.

Elections are coming up May 16<sup>th</sup>. We will need a quorum to vote for the new Treasurer and Board member. The meeting will start at 7:00 P.M. at The Sisters of Holly Family of Nazareth on Bellevue Rd. If you need directions please contact one of the Officers. Please come and place your vote. This is your Club and organization. Make your vote count.

We are looking for a Membership Chairperson to take over the duties from Shirley Koper. Shirley has worked this job for many years and we all appreciate the time and effort she has put into this position. You can speak to her as to what this job is all about.

The premium list is out for our Specialty. Come and support your Club. Workers are always welcome.

Respectfully submitted,

Pat Depp  
GPGRC President



*Note from the President –  
The club is looking for a new Membership chairman to replace Shirley Koper who is retiring. Thank you Shirley for all you hard work these past years.*

# BOARD ELECTION

A row of eight stars alternating in color between blue and red, positioned below the main title.

May is the annual board elections of our club. The slate to be nominated at the April meeting and voted on at the May meeting is as follows. **Please join us in May to provide a quorum to vote** and to welcome and congratulate the newly elected officers. Our officers are volunteers willing to dedicate time and energy to keeping the club running and are greatly appreciated!

## NOMINATING COMMITTEE SLATE OF OFFICERS FOR 2019

President – Pat Depp  
Vice President – Candy Verduce  
Secretary – Roseanna Frankowski  
Treasurer – Sheryl Cooper

## BOARD MEMBERS

John Osheka or Grace West  
Denise McGill  
Marcy Kronz

### **WE NEED A QUORUM FOR THE ELECTIONS - Please consider attending the May meeting!**

Over the past few years meeting attendance has been down. We are open to suggestions on how to make meetings better attended. If you have a suggestion please talk to a board member. **WE NEED YOU** for elections! Regular members are reminded that attending a meeting is a responsibility of membership if you are not on a committee or volunteer for a job. This is great time to mark that off this year's calendar!

### **AWARD GUIDELINE EXCERPT**

Contribution: Each member must contribute in at least three of the Club's activities during the calendar year, two of which must be participation in major Club events, specifically, the Specialty, the Agility Trial, and/or the Hunt Test. For those events that are multiple days, each day of work counts as a contribution. The third contribution may be any of the following: committee or job participation or meeting attendance.



# NEW TITLES AND AWARDS

*Congratulations* ★

**TDIAOV – Therapy Dogs International Active Outstanding Volunteer – 150 Visits**  
**Tonya’s Buccaneer’s Girl AJP OAP DVIAOV THDA CGCA TDIAOV**  
**"Bonny"**  
**Roseanna Frankowski**

**CGCA – AKC Community Canine (Advanced CGC)**  
**Hillock’s Fendi**  
**"Fendi"**  
**Tammy Tomlinson**

## 2019 Schedule of Points

Golden Retrievers Effective - May 15, 2019

Div	States	1 point		2 points		3 points		4 points		5 points	
		Dogs	Bitches	Dogs	Bitches	Dogs	Bitches	Dogs	Bitches	Dogs	Bitches
Div 1	CT ME MA NH RI VT	2	4	8	11	13	17	16	20	22	26
Div 2	DE NJ NY PA	2	2	8	11	14	19	16	23	21	30
Div 3	DC MD NC VA WV	3	5	9	13	15	21	19	23	25	26
Div 4	FL GA SC	3	3	10	12	17	20	21	26	27	37
Div 5	IN KY OH MI	2	3	10	12	18	21	22	23	29	27
Div 6	AZ CO	2	3	8	12	14	20	20	24	30	32
Div 7	OK TX KS	2	4	9	11	15	18	18	24	24	36
Div 8	OR WA	2	2	9	9	16	16	20	20	26	28
Div 9	CA	2	3	9	12	16	21	23	29	37	43
Div 10	AK	2	2	4	3	5	4	6	5	7	6
Div 11	HI	2	2	3	3	4	4	5	5	6	6
Div 12	PR	2	2	3	3	4	4	5	5	6	6
Div 13	ID MT NV NE NM ND SD UT WY	2	2	6	6	9	10	11	14	16	20
Div 14	AL AR LA MS TN	2	2	6	10	10	17	12	18	17	21
Div 15	IL MN IA MO WI	2	2	8	10	14	18	18	22	26	29

## Looking for some help at the June Specialty

I am looking for some stewards for obedience and Rally at the club's specialty in June. What is a steward? They are the persons who get people and their dogs in and out of the ring ready for judging in obedience and Rally. What is obedience and Rally? It is judging how well a dog performs a set of commands, from the simple to the complex. Want to see what obedience and Rally are all about? No better place to learn, you literally have a ringside seat. No experience necessary, I will train you. It will involve some standing, following the judge's instructions, setting the heights of some jumps and moving small signs around.

I also need able-bodied people to help setup and then teardown the ring. The setup is Wednesday, June 19 and teardown is Saturday, June 21. This involves lifting heavy mats and placing the gating around the ring.

If you are not able to do that much activity, I also need someone to sit at the merchandise table to sell club merchandise. There you will have a good view of the conformation ring and can see all of the dogs being judged. What is conformation? It is judging how well dogs conform to the breed standard.

The specialty is Wednesday through Saturday, June 19 to the 21, 2019 at the Lawrence County Fairgrounds, in New Castle Pa, about 1 hour north of Pittsburgh. Even if you can only come for one day, your help will be greatly appreciated. If interested, please contact me via email, [rfrankowski@verizon.net](mailto:rfrankowski@verizon.net).

Come see what it is all about and help the club put on our specialty. Looking forward to seeing everyone there.

Roseanna Frankowski  
Obedience and Merchandise chairperson

**Folks, ....Roseanna dedicates an huge amount of time for the club, please find it in your hearts to help her out.**



# **BREED COLUMNS - April 2019 AKC Gazette**

## **Golden Retrievers**

### **A NEW HEALTH CRISIS**

The Golden Retriever community currently is struggling with a rare and fatal, and hitherto unknown, neurological disease: neuronal ceroid lipofuscinosis (NCL). This relatively new and complex disease has created a major dilemma and unprecedented heart-break for breeders as well as owners of Golden puppies and youngsters.

First identified in Golden Retriever DNA in 2015, NCL is a recessive inherited disease that is caused by a mutation in the CLN5, a gene found only in Golden Retrievers. Although there are many different types of NCLs that affect different breeds of dogs and other species of animals, including humans, all NCLs cause pathological degenerative changes in the central nervous system of the affected individual.

The disease shocked and devastated owners of affected dogs, who feel powerless to help their beloved pet. Symptoms become apparent at approximately 13 months of age. Initial signs may include subtle changes in coordination that occur during periods of excitement. Symptoms gradually increase, and by 15 to 18 months of age, other behavioral changes become apparent. The dog will experience high levels of agitation and may demonstrate aggressive biting toward the owner and canine housemates. As the disease progresses, affected dogs will circle and pace, tremble, and experience loss of control, seizures, and paralysis. As these deficiencies continue to increase, quality of life deteriorates, and the dogs often are euthanized by 2 years of age.

While there is no cure, a test is now available to identify CLN5 mutations in Goldens, and, with good stewardship, prevent it from advancing further in Golden blood-lines. The Orthopedic Foundation of America (OFA) at the University of Missouri offers a kit using cheek-swab samples that will test the DNA of the dog in question. The test will reveal whether the individual is normal/clear (does not have the CLN5 mutation), is a carrier (possesses the gene but is not affected), or is affected with the disease. That information is critical for owners seeking to breed their dog.

The Golden Retriever Club of America (GRCA) Health and Genetics Committee recommends that “prior to breeding, close relatives of CLN5 affected carrier Goldens get tested for CLN5.” Carriers are believed to be healthy, but to prevent the disease in their puppies, carriers should be bred only to a dog that is normal/clear. Breeding carrier to carrier could result in affected pups and eventual heartbreak.

A group of concerned and experienced Golden breeders have established and NCL information page on Facebook called “NCL in Golden Retrievers” that is open to anyone looking for help and advice, needs emotional support, or wants to share their own experience with an affected dog. Given the unknowns in many pedigrees, all owners are encouraged to test their Goldens, regardless of parentage. As of this writing, the Facebook group has over 1,000 members, and the number grows daily.

To order a test kit, visit the OFA website and click on “DNA tests” and follow the links.

With conscientious testing and responsible breeding, the Golden Retriever community can keep this devastating disease from moving forward without sacrificing the wonderful characteristics and diverse talent we treasure in our Goldens.

-Nona Kilgore Bauer

Dear Golden Retriever Club Members,



On behalf of the Holy Family Manor residents, I would like to thank you for the WONDERFUL Valentine Dog Show and Party that you so generously provided for us. I still see the heart baskets in residents' rooms but with a little less candy. They were thrilled with their goodies, cake and decorations. The beautiful centerpieces lasted the whole month but the memories forever!

We are thankful for all you do for us. The bi-weekly pet visits are looked forward to by many. Some of our older residents know each dog's name. It amazes me how the dogs can elicit such fond memories for our residents.

Your continued kindness and selflessness is greatly appreciated.

Sincerely,

Marleen Dean

Activity Manager



GREATER PITTSBURGH GOLDEN RETRIEVER CLUB  
& CUYAHOGA VALLEY GOLDEN RETRIEVER CLUB

*Annual Combined Specialties*

**JUNE 19-22**  
*4 days - 6 shows!*

Wear your western attire!

**TOURNAMENT OF BESTS!**

Each winner from each day in Best Puppy, Best Bred By and Best Veteran will compete on Saturday afternoon for the overall winner in each class for Cash prizes!

Join us for a picnic dinner on Wednesday after sweeps



**CONFORMATION**

BREED - JUNIOR SHOWMANSHIP -  
BEST PUPPY - BEST VETERAN -  
BEST BRED BY



**ALL BREED OBEDIENCE**



**ALL BREED RALLY**

PREMIUM LOCATED AT

[HTTP://WWW.CLANTYRE.NET/SECSERV/SPECIALTY/GPGRC-2019.HTML](http://www.clantyre.net/secserv/specialty/gpgrc-2019.html)

ENTRIES CLOSE JUNE 5TH



**SPREAD THE NEWS!!!**  
**ANNOUNCING OUR FIRST**  
**ALL BREED OBEDIENCE AND RALLY TRIAL**

Lawrence County Farm Show Grounds  
2497 Harlansburg Road, New Castle, PA 16101

# GREATER PITTSBURGH GOLDEN RETRIEVER CLUB SPECIALTY SHOW COWGIRL SHIRT \* PRE ORDER

Pre Order before **May 30th** to guarantee order and receive a discount!  
Limited Colors, Quantities and Sizes will be available at the show for \$24.00 each

Entries for the June 19-22nd show close June 5th with the Clantyre Show Secretary



**CHOOSE YOUR COLOR**

- SKY BLUE
- LIME GREEN
- LIGHT PINK
- PURPLE
- NATURAL

**CHOOSE YOUR SIZE**

- Small
- Med
- Large
- X-Lg
- 2X
- 3X

Mail to: GPGRC Shirt Pre-Order  
430 Duff Road  
Sewickley PA 15143

Make Checks Payable to **GPGRC** for \$18.00 per shirt - add \$2.50 more for 2X and 3X  
Please make sure to include all info. **Shirts will be picked up at show!**

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

email [Cverdeuce59@gmail.com](mailto:Cverdeuce59@gmail.com) if you have questions.

Sample shirt up close...



# APPLE CIDER VINEGAR FOR DOGS: A NATURAL PATH TOWARD HEALTH

August 28, 2018



More and more often we are seeing pet parents make the switch from chemically based products to all natural remedies. When you take a look at the facts, it's really not surprising why so many prefer non-toxic alternatives when treating their beloved four-legged companion's ailments. No artificial ingredients? No harsh chemicals? And best of all, virtually no adverse reactions? Sign us up!

If you are new to the world of holistic health and wellness, welcome! It may surprise you just how accessible the majority of the remedies are. In fact, the all-natural healer that we are going to discuss today may very well already be in your pantry. With that, let's dive into the possibilities of Apple Cider Vinegar and how it can make a huge difference for both you and your dog's life.

## What is Apple Cider Vinegar

Apple cider vinegar, also referred to as ACV, is a type of vinegar that has been getting a substantial amount of attention in the last several years for the ways in which it can improve human health. Fairly recently, many started to wonder if any of those benefits could also be found for our furry friends. The answer is yes. Studies show that ACV has impressive healing properties for both dogs and cats. Pet parents everywhere are thrilled at the results they are finding by using ACV both internally and externally on their animals.

## Apple Cider Vinegar: A New Trend?

Apple cider vinegar is quite similar to white vinegar. The major difference is ACV is made through the process of fermenting apples. The result of the fermentation process is a substance that is full of iron, potassium, magnesium, phosphorus, calcium, and other essential vitamins and minerals.

With all of the health advantages, it's not surprising that the medicinal use of ACV is not a new concept. Even though the internet and health blogs have only picked up on the concept in the last several years, ACV has deep roots when it comes to holistic healing linking all the way back to 400 B.C. when Hippocrates was said to use the concoction in treating colds and other ailments.



## Benefits of Apple Cider Vinegar for Dogs

You're probably wondering just how ACV may be able to help Fido. You'll find that many of the benefits are comparable to those found in humans.

### ACV: A NATURAL FLEA KILLER

Apple cider vinegar is a [natural flea and tick repellent](#). At one point or another, you'll likely have to deal with your dog getting fleas. The pests exist everywhere, even in climates you wouldn't expect. Many pet parents don't love the idea of a monthly chemically based prevention medicine, but obviously still want Fido to be flea and tick free. Here's where ACV comes in.

Spraying your dog with a 50/50 solution of ACV and water before they go outside is an effective way to prevent fleas and ticks from making landfall on your dog's fur.

Additionally, in many parts of the country, you may need extra protection during flea and tick season. ACV keeps the pH levels in the dog's blood slightly acidic which fleas detest. Therefore, dog owners have found that adding 2 tablespoons of ACV to their pet's food or water does the trick!

### RELIEVING ITCHY SKIN WITH APPLE CIDER VINEGAR

If you have a dog who can't seem to find relief from itchy skin, ACV may be able to help. Apple cider vinegar ACV can help soothe and relieve rashes caused by yeast. Furthermore, apple cider vinegar has the ability to prevent the spread of yeast and prevent yeast infections from developing.

Additionally, dogs who are prone to skin conditions such as demodectic mange or sarcoptic mange have found great results with ACV treatment. Apple cider vinegar contains naturally-occurring acids that help eliminate dead skin cells to expose new, healthy ones. Many holistic vets also suggest that treating developing hot spots with ACV can help dry them out and eliminate the need to shave the dog.

Pet parents have found that mixing a 50/50 solution of apple cider vinegar and water in a spray bottle and then applying the mixture to their dog's coat does wonders for itchy, dry skin. However, it is important to not apply the ACV concoction to open wounds or hot spots as the acidity will sting the raw skin. If applying the ACV to the dog's coat isn't possible, pet parents also have the option of feeding ACV via their pet's food or water.



## ACV: A NATURAL EAR CLEANER

Speaking of yeast, itchy skin is usually accompanied by itchy ears. Because of its powerful antibacterial properties, ACV is an effective way to keep your dog's ears clean and free of yeast and harmful bacteria. Holistic vets suggest using half ACV and half purified water to prevent ear infections from developing.

First, check your dog's ears regularly for wax and gunk. Clean out anything that shouldn't be there by using individual cotton balls soaked in the solution. Continue the process until no more gunk comes out on the cotton ball.

## COAT TREATMENTS & TEAR STAINING

Even if your dog doesn't suffer from skin irritation, ACV can still be a wonderful tool for bringing life back to dull coats. Additionally, apple cider vinegar can be used to wipe away tear stains and brown saliva stained fur.

Many pet parents have also found positive results in reducing dander with apple cider vinegar. Simply massage the coat with full-strength apple-cider vinegar before shampooing.

## APPLE CIDER VINEGAR FOR DIGESTION

If your dog suffers from regular digestion issues such as [diarrhea](#) or constipation, adding ACV to their drinking water once a day can help. The healthy enzymes in apple cider vinegar have also shown to help reduce gas and bloating.

## FIGHTING INFECTION

Apple cider vinegar has natural antibiotic and antiseptic properties that prevent harmful bacteria and viruses from entering the body. Even if your dog doesn't have a preexisting condition, using ACV in some dosages can help prevent infections from developing.

## ACV FOR MUSCLE SPRAINS AND BRUISES

Used topically, pet parents can help ease their pet's sore muscles, bruises, and other injuries. By using a cotton ball, apply a 50/50 concoction of ACV and water to your dog's body. Reapply as necessary.

## EASING ARTHRITIS AND JOINT DISCOMFORT

Used internally, ACV can help reduce joint inflammation from arthritis. Adding apple cider vinegar to your senior dog's food twice a week can help break down calcium deposits found around the joints and thus help ease stiffness, pain, and discomfort.

## PROMOTING DENTAL HEALTH

Research continues to suggest the benefits of apple cider vinegar when it comes to preventing tooth decay. It is believed that the acidity levels in ACV help to break down plaque and remove tartar on your dog's teeth.

By adding a teaspoon of apple cider vinegar to your dog's food or drinking water, you can help maintain their dental health.

\* We do want to note that implementing ACV is a great addition but should not be the only way that you keep your dog's teeth free of plaque and tartar. We recommend brushing your dog's teeth regularly and keeping a watchful eye on any changes you may find in their mouth.

## HEALING AND PREVENTING UTIS

As we previously mentioned, ACV has antiseptic and antibacterial properties that make it effective at preventing and curing infections. This is particularly beneficial for dogs that suffer from urinary tract infections. UTIs often occur due to bacteria invading the urinary tract from an over-alkaline system. The acidity of apple cider vinegar helps to neutralize the dog's pH levels and is useful for both relieving current infections and preventing new ones from developing.

## Apple Cider Vinegar Uses



There are several ways that you can implement ACV into both you and your dog's life.

# MAKE YOUR OWN APPLE CIDER VINEGAR INSECT REPELLENT

Perhaps the most common way that pet parents use ACV is as an insect repellent. We recommend mixing 1 part apple cider vinegar and 1 part filtered water into a spray bottle. Dog owners can spray the mixture directly onto the dog's coat before going outside. Again, fleas hate the acidity of the ACV and will jump straight off of the dog's coat.

## REMOVING PET STAINS AND ODORS

Apple cider vinegar is also useful in removing pet odors from your home and from your dog itself.

Pet owners can mix 1 part distilled ACV vinegar with 3 parts water and clean their carpets or blot furniture with the mixture. This is also a great tool for cleaning your pet's bedding. Many pet parents have found positive results in adding the concoction to the laundry when washing their dog's bedding.

You can also add the mixture right onto your dog's coat and let them air dry and deodorize naturally.

Finally, adding ACV to your dog's shampoo is an effective way to keep their coat shiny, prevent fleas, and eliminate odor all at the same time.

## APPLE CIDER VINEGAR FOR CLEANING RAW DOG FOOD

If you've been following along with our articles you've likely noticed that we encourage our readers to consider feeding their dogs a species appropriate [raw food diet](#).

However, we are also aware that the idea of feeding a raw home-prepared diet comes with its fair share of health and cleanliness concerns. Experts recommend using ACV as a means to disinfect countertops as well as eliminate harmful bacteria from the dog's food.

## How Much Apple Cider Vinegar Can I Give My Dog?

For dogs experts suggest the following guidelines for mixing ACV in their food or drinking water:

- Small to medium dogs - 5ml or 1 teaspoon
- Medium to large dogs - 10ml or 1 dessert spoon

We also suggest starting off with less than the recommended safe dose. Implementing any new supplement into your dog's diet should be done gradually. The last thing you want to do is potentially cause harm when you're trying to do good. There's no need to rush the process when it comes to ACV.

\* We also want to note that many experts don't advise giving your dog apple cider vinegar if they have a history of bladder stones.



## Side Effects and Risks of Apple Cider Vinegar

That leads us to the potential risks associated with apple cider vinegar. Even though ACV is all natural, it can cause harm if not used appropriately. Apple cider vinegar is extremely acidic and can irritate the skin, eyes, and the digestive tract if too much is used. It is always recommended to dilute ACV when giving it to your dog, both internally and externally.

Experts also advise pet owners to make sure that their dog is staying hydrated if they plan on adding ACV to their dog's water bowl. Some dogs won't love the flavor of apple cider vinegar and therefore refuse to drink. It is important to leave out a clean water bowl as well to ensure that your dog isn't going thirsty.

Additionally, when using apple cider vinegar in bathing Fido, be sure to rinse the fur thoroughly. This is a general important rule of thumb for all shampoos. Even if they are all natural, shampoo residue can cause skin irritation. Therefore, if you don't rinse the fur entirely, you could be inadvertently creating irritation while trying to prevent it.

## Best Apple Cider Vinegar: What to Look For

You'll want to purchase apple cider vinegar in its raw, organic and unpasteurized form. This is an important detail to note. If you go to your local grocery store you may find ACV that is clear and looks similar to apple juice. You're likely looking at ACV that has been commercially manufactured. Commercially produced apple cider vinegar is not a truly traditional ACV. It is processed and highly refined. The ACV you'll want to purchase won't look as aesthetically pleasing as the crystal clear apple cider vinegar. It should be cloudy and will probably have stringy matter floating around inside. Purchasing organic apple cider vinegar in its raw, unpasteurized form will also help guarantee that it contains healthy bacteria that your dog's body needs to help fight off infections.

The bottom line: the pretty ACV is... pretty, but it won't give you the health advantages that you're looking for. Be sure to know what you're purchasing in order to reap all of the benefits that apple cider vinegar has to offer.

## How Long Does ACV Take to Work

This is a common question and one with varying answers. The amount of time for ACV to take to work ultimately depends on the specific ailment that you are treating.

In terms of digestive issues, pet owners should expect to start seeing results after a couple of days using ACV. For infections and skin conditions, results may take a bit longer to appear. However, the apple cider vinegar is working. Be patient! Don't increase the recommended dosage if you aren't seeing changes straight away. All dogs are different and some take a bit longer to adjust to a new supplement.

## Does My Dog Need ACV

The health benefits of ACV are undeniable. From treating ear infections to preventing flea infestations, apple cider vinegar is a helpful tool for pet parents who aim to steer clear of chemically based products that may cause Fido more harm than good. However, that is not to say that every dog needs apple cider vinegar on regular basis. It is important to talk with your vet in deciding the appropriate amount of ACV for your dog's individual needs.

Again, even though ACV there are some associated side effects and risks if it isn't used properly. Always be sure to measure out the appropriate dose (don't eyeball it) and ask questions if you have them!

## Benefits of All Natural Remedies

One of the greatest things about switching to all natural remedies is that, when used appropriately, you don't have to worry about them negatively interfering with other holistic treatments. Only a handful of years ago, many pet parents didn't feel that they had a choice in how they treated their dog's ailments. A simple trip to the veterinarian would commonly result in leaving with a laundry list of potential adverse reactions. Now, with a plethora of information at our fingertips via the internet, dog owners are able to share knowledge and find alternative treatment methods that are both safer and equally effective. From essential oils to apple cider vinegar to coconut oil, it's worth considering how all natural remedies may be able to help your beloved four-legged friend.

## ACV and CBD

A perfect example of this is CBD. By now, you've likely heard of the herb and its incredible medicinal properties. Like apple cider vinegar, many people didn't know about the potential benefits of the herb until they were able to start reading about other pet parents having such success.

Comparable to ACV, CBD has a slew of benefits ranging from improving digestive health to relieving skin conditions to easing joint pain associated with arthritis. The best news? Because of the fact that [CBD oil](#) is all natural and non-toxic, it can be used in conjunction with apple cider vinegar to provide Fido with every more health advantages.

## ACV For Pet Parents

It would be silly of us to graze over the benefits that apple cider vinegar has proven to have for pet parents. Of course, in order to ensure that Fido is healthy, you have to first make sure that your own health is in check.

People all over the world have found ACV to have the following advantages:

- Preventing indigestion and gastrointestinal issues
- Lowering cholesterol and promoting heart health
- Soothing a sore throat
- Clearing a stuffy nose

- Aiding in weight loss and reducing belly fat
- Getting rid of dandruff
- Clearing acne
- Boosting the immune system
- Increasing energy levels
- Reducing nighttime leg cramps
- Getting rid of bad breathe
- All natural teeth whitening
- Controlling blood sugar
- Easing bruised muscles

You can quite easily incorporate apple cider vinegar into your diet by using it in your cooking, i.e. salad dressings.

Other people like to dilute it in warm water, add honey, and drink it as a beverage.

Whichever way you chose, the health benefits of apple cider vinegar are not only extensive but impressive.



## Apple Cider Vinegar for Dogs: A Final Thought

At the end of the day, stay informed. The best way that pet parents can make educated decisions for their fur baby's well being is by knowing all there is to know about what they are dealing with. If your dog is having gastrointestinal issues, what is the underlying cause? If it's something like a food allergy or anxiety, ACV can help relieve the symptoms but will not cure the root of the issue. The same goes for dogs suffering from skin irritations. Yes, apple cider vinegar can make a significant difference and work to balance bacteria and eliminate yeast. Yet, where is the excess bacteria and fungus coming from? Perhaps a change in diet may also be necessary.

We know that your dog's health and wellness means the world to you. Whether you are curing a current ailment or helping to prevent one from developing, implementing unpasteurized, raw apple cider vinegar can truly make a world of difference in your dog's life.

## Sources

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## *Golden Retriever Club of America*®

### **Golden Retriever Club of America (GRCA)**

All Golden lovers are encouraged to join our Parent Club, GRCA. The *GR News* is published bi-monthly by the GRCA and contains educational articles, provides a forum for issues of interest to Golden owners, highlights Golden accomplishments and contains correspondent columns from the Member Clubs across the country. Contact the Editor for more information.

### **GREATER PITTSBURGH GOLDEN RETRIEVER CLUB (GPGRC)**

- Member club of the Golden retriever Club of America, Inc. (GRCA)  
Master National Retriever Club (MNRC)  
Pennsylvania Federation of Dog Clubs, Inc. (PFDC)
- Licensed by the American Kennel Club (AKC) for Conformation Shows and Obedience, Rally and Agility Trials and Hunt Tests.

General Membership Meeting is held the third Thursday of the month at 7:30 p.m.

Membership applications are available from the Membership Chairperson. Attendance at two Club functions (one being a General Membership Meeting) and endorsement of two Club Members is required before an application can be accepted. Dues are: Regular Membership (individual) - \$25.00, a second adult – an additional \$13.00. Associate Membership (individual) - \$15.00, a second adult – an additional \$8.00. Junior Membership - \$1.00. Completed applications and dues are to be submitted to the Membership Chair.

Newsletter is posted monthly on the Club's Website at [www.gpgrc.org](http://www.gpgrc.org). Club members may request printed, mailed copies of the *Golden Gait* for a fee of \$20 per year.

Litter advertisements are accepted from Club Members only on a space available basis. (Fees are full page - \$10; half page - \$5; quarter page - \$2.50.) Refer to the Puppy Referral Policy and Breeder Code of Ethics for required clearances.

In summary, puppy referral is a service provided to GPGRC Members only. (1) Both sire and dam must be two years of age or older at the time of breeding; (2) copies of eye clearances within one year of breeding must be supplied; and (3) an OFA numbers for hips and elbows must be submitted. Also hearts must be evaluated by an approved veterinary cardiologist.

Acceptance and use of the information provided by GPGRC constitutes an acknowledgment that the user hereby releases and indemnifies the GPGRC and its Officers, Directors, Members and Agents from any and all liability and damages sustained by the user as a result of any information obtained from this organization.

Title/Award Record Form should be filled out and sent to the Accomplishments Recorder for all Conformation, Obedience, Tracking, Agility, Rally, Field Events or Community Service Events before they can be reported in the Newsletter.

## Monthly Meeting

The monthly meetings are held at the Sisters of Holy Family of Nazareth, 301 Bellevue Rd 15229. Meeting begins at 7:30 P.M. Guests are Welcome!

Directions from I-279: Take exit 12 toward US 19/Perrysville Ave. At Perrysville Avenue, turn left. Go approximately .8 mile and turn left onto Bellevue Road (Sunoco Station on corner). Go approximately .5 mile and turn right to stay on Bellevue Road. End at 301 Bellevue Road. Entrance to complex is one way. Sign will direct you to building. Yellow brick building behind large red brick building is the meeting place. There is an open parking lot or 2 deck parking garage available.

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## OFFICERS

### President

Pat Depp  
21 Norwich Ave.  
Pittsburgh PA 15229  
412-931-0590

### Vice-President

VACANT  
Could be you!

### Secretary

Roseanna Frankowski  
55 Marlin Dr West  
Pittsburgh, PA 15216  
412-531 1424

### Treasurer

Melissa Jarvis  
2344 Nevin Dr  
Franklin Park PA 15237  
724-422-5160

## DIRECTORS

Kris Tosadori  
72 Kennedy Lane  
McKees Rocks, PA 15136  
412-331-6588

Candy Verduce  
430 Duff Road  
Sewickley PA 15143  
412-951-7577

Ray Koper  
169 William Circle  
McKees Rocks PA 15136  
412-771-1995

## COMMITTEE CHAIRPERSONS

### Accomplishment Recorder

Kathy Fertal  
fertalkm@verizon.net.  
412-341-2459

### Agility

Marcy Kronz  
412-377-7153

### AKC Liaison

Kathy Fertal  
fertalkm@verizon.net.  
412-341-2459

### Community Services

### Education

Roseanna Frankowski  
412-531 1424

### Equipment

### Field Training Day

### GRCA Delegate

### GRCA News Rep.

Candy Verduce  
412-951-7577

### GPGRC Webmaster

Megan McClung

### GRF Liaison

### Historian

Grace West  
412-341-6625

### Hospitality

### Membership

Shirley Koper  
412-771-1995

### Merchandise

Rosanna Frankowski  
412-531-1424

### Newsletter

Sally Dines  
sallydines4120@gmail.com  
724-584-3300

### Puppy Referral

Pat Depp  
412-931-0590

### Program

### Rescue Liaison

John Osheka  
412-977-3870

### Specialty

Sally Dines  
724-584-3300

*Please email pictures of your dogs that can be used in future issues to [sallydines4120@gmail.com](mailto:sallydines4120@gmail.com)*