

The Barking Times

March 2009

Editor: Debbie McCoy-Warstler, BTEditor@fwotc.com, 260-927-7203
Club Phone: 260-637-2121 **WebSite:** <http://www.fwotc.com>
E-mail: townsend_diane@msn.com

Officers

- **President:**
Diane Townsend 260-485-2965
townsend_diane@msn.com
 - **1st VP:**
Sherry Bell 260-493-2314
sherrybell@verizon.net
 - **2nd VP:**
Bonnie Kellams 260-489-1572
BKKellams@aol.com
 - **Treasurer:**
Barb Croy 260-493-9649
glddogs2@yahoo.com
 - **Recording Secretary:**
Deb Ward 260-432-9237
ClumberWard@juno.com
 - **Corresponding Secretary:**
Sharon Kersjes 260-493-7738
kerschna3@yahoo.com
 - **Club Member D.O.T.'s**
Nancy Wright 260-485-7874
NJWright731@hotmail.com
 - Dean Lund 260-490-5268
bencedar@aol.com
 - **Public Class D.O.T.s**
Steve Wheeler 260-745-9943
crazyshelties@verizon.net
 - **Agility D.O.T.**
Dawn Taylor 260-637-0368
sunrscorgi@aol.com
 - **Tracking DOT**
Pam Johnson 260-437-1546
blackyellowlabs@comcast.net
 - **Internet/WebSite:**
Steve Chobot
Steve@Inter-NetVisions.com
 - **BT Editor :**
Deb McCoy-Warstler 260-927.7203
BTEditor@fwotc.com.
 - **PAWS Points Administrator**
Vicki Galloway 260-327-3748
4howlingmals@embarqmail.com
- Board Members:**
- Jane Bowman 260-414-7091
havahav@msn.com
 - Debbie McCoy-Warstler
debbie@acmc.biz 260-927-7203
 - Chris Myers 260-312-0528
Chris.Myers@qslimberlost.org
 - Lynn Swager 260-456-3168
summer812@verizon.net

President's Message & Open Meeting

I would like to welcome all of the new club members to our club. If you have any questions, please feel free to contact any of the board members that are listed on the front page of the Barking Times. Please review the "important dates" below so that you are familiar with the class schedule and any upcoming events.

Please mark your calendars regarding the Obedience Trial on May 2nd and 3rd. It will be held in our building and the 4H building next door. The trial will begin at 8:00am and finish around 4:00pm on Saturday and Sunday. We will need volunteers to help clean the mats, equipment, and the building on Thursday and Friday (April 30th and May 1st) prior to the trial. A total of (5) paw points will be awarded per hour of work completed. There will be sign up sheets posted prior to that week as reminders. We will also need ring stewards. We will appoint a Chief Ring Steward who will take the names of volunteers and work out a schedule. Trophy donations will need to be paid prior to the obedience trial as well and I will be contacting those individuals. Teamwork will help make this a successful obedience trial. Thank you in advance!

Please note that membership dues were due on February 1, 2009. If you did not receive a dues notice either by mail or email, please notify Diane Townsend. Dues not paid by March 3rd, will be considered late and a reinstate vote will be necessary.

Please note that the next open meeting will be held on March 4, 2009, starting at 7:00pm. The meeting will be held in our training building and will last about an hour and a half. All those in attendance will receive 10 paws points. If you have a business matter that you feel needs to be heard by the club membership, please contact the President, Diane Townsend, at 260-485-2965 prior to March 1, 2009. The executive board meeting will be held on March 1, 2009 (location to be determined).

Diane Townsend, President

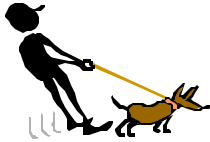


Open Meeting March 4th
@ 7:00PM

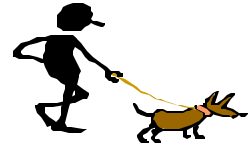
Important Dates

Mar 4 th	Open Meeting
Mar 7 th	Canine Chiropractic Day
Mar 2 nd	Session 2-Class Sign Up
Mar 11 th	Session 2 Classes Begin
April 17 th	BT Deadline
April 30 th	Building Clean up-for Trial
May 1 st	Building Clean up- for Trial
May 2 & 3	Obedience Trial
May 6 th	Open Meeting
May 16 th	Tracking Workshop
June 5 th	Open Meeting / Banquet





SYLVIA BISHOP OBEDIENCE SEMINAR



Sylvia Bishop comes to America - March 21,22, 23, 2009. World renowned competition obedience trainer from Great Britain, Sylvia Bishop, will present a 3 day seminar at Pawsitive Partners in Beech Grove Indiana. Sylvia's motivational training engages the trainer to the fullest and cleverly uses natural canine instinct for the dog. (Working spots are filled). Limited Audit Spots available \$200. Contact Denise Whitfield 317-496-3930 or email her at smartdogtraining@earthlink.net



Member Obedience Classes

Schedule beginning March 11th (Wednesday nights)

SUB-NOVICE CLASS - Instructor: Lynn Swager/ Assisting: Gail Evans 8:00 Class, Limit:10 students (Priority given to new students) \$10 Fee **AND** \$30 **OR** 30 Paw Points.

This class is designed to help you and your dog develop the foundation skills that will carry you through all levels of obedience-----home and show. Please have a great sense of humor, hungry dog and lots of patience. Call or e-mail Dean: BenCedar@aol.com 260-490-5268

*****There is no open training ring from 6:30 to 7PM.
This is to get the Rally ring ready and for Utility run-thru *****

Rally Run-Thru: Judy Bireley 6:45- 7:50PM

Nested rally course will be available for Excellent, Advanced and Novice. - Limit: 18 Dogs

Obedience Run-Thru:

Utility: 6:30-7 PM: Rhonda Woody / Lisa Fair

Open: 7-8 PM: Various instructors -Limit: 7 Dogs

Novice: 8-9 PM: Various instructors -Limit: 8 Dogs

** *Preference will be given to those helping with run-thrus and those who are getting ready to show.* **

All run-thru's must be signed up in advance -there is no charge.

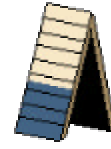
Sign up with Nancy Wright -485-7874 or NJWright731@hotmail.com

When requesting a class have the following information ready:

***Your e-mail & phone #
Dogs name, breed, & age
Method of payment***



AGILITY SCHEDULE



Agility Classes Beginning Thursday, March 12th 2009!

Agility runs on Thursday this session.

Thanks to all the instructors on Monday nights: Jane, Sharon, Mike and Steve. If you are interested let me know.

Thursday AM.-

As always you need to be in the building by 10 am ready to help to set up equipment to be able to run on Monday morning. It is not a structured class, dogs comfortable on the equipment are eligible to work on Monday.

Rules:

1. *You must be in the building ready to help set up equipment by 10:00.*
2. *Dogs running must be comfortable on the equipment: Dog safety is the priority.*
Equipment set up is a team effort. Everyone please feel free to bring course ideas as we welcome everyone's input.

Thursday PM:

6:15-7:15 - Beginning and intermediate sequencing and Handling. We will split this class into two groups based on level of experience with sequences tailored for both levels.

Advanced Classes:

7:15 and 8:15 -Sequencing and Handling for the advanced teams- Both classes will be run the same.

To sign up for classes please contact Dawn at 637-0368 or Sunrscorgi@aol.com.

ASPCA DROP BOX

It is a blue container marked "**ASPCA DROP BOX**" and anyone who wants to donate on behalf of the FWOTC can put stuff in it and I will take it to them whenever we fill it up! Someone will put it out on Mondays (Lisa) and I will put it away on Wednesday nights. Hopefully we can contribute on a regular basis and help the animals who are not as fortunate as ours.

Brag!

CH

Diane Townsend's Pointer "Miss Bee" finished her Championship January 5th, 2009 by going BOB for a 3pt. major. "She finished with 3 majors the same way her brother Bud did at the same show in 5 months. Not bad for a veteran. This was a great finish to a wonderful story. She's a sweet dog and I'm glad she's a part of my Pointer family. Thanks for sharing the moment." Diane & "The Pointer Gang" Miss Bee is now- CH Jester's Miss Beehavin'.

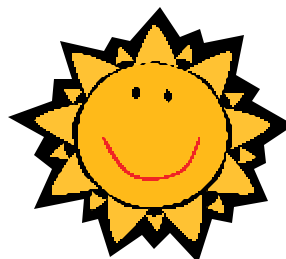
UDX

Carol Sorg's Doberman "Brita" earned her UDX!! February 8th at the Toledo Kennel Club show. "I'm so happy, and all the pressure is off for now to pass both classes at the same show!" Brita is now- U-CDX Lyndobe's Dark Angel Lynmar UDX, RN, CGC, TDI

CDX

Rhonda Woody's Rottweiler "Rigas" completed her CDX with a first place score of 194. Rigas is now- Goldshield Curtain Call CDX, TD.

SUNSHINE



Our condolences to:

* Steve Wheeler on the loss of his father last year.

Tracking



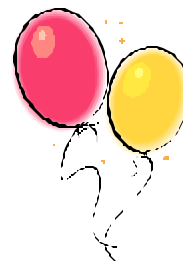
- ❖ **FWOTC TRACKING WORKSHOP**- with AKC Tracking Judge, Betsy Baird of Michigan.
When: Saturday May 16 2009 - 8am-5pm
Where: Tracking fields in Auburn
Cost: \$75 working spot \$45 Audit spot
Limited to 8 working spots. Unlimited audit spots.
This workshop will be for all levels of TD and TDX tracking.
Email Pam Johnson at blackyellowlabs@verizon.net for registration and information.
- ❖ No structured tracking classes are offered during this spring session. Please get details in this BT for the Tracking Workshop in May. Any FWOTC member who would like to track with a member of the tracking committee can contact any of the following people to set up a time to track with them. Pam Johnson at blackyellowlabs@comcast.net, Rhonda Woody at gr8rotts@aol.com, Barb Croy at glddogs2@yahoo.com.
- ❖ **CANINE CHIROPRACTIC AND MASSAGE DAY** - CANINE CHIROPRACTIC - BONNIE PILBEAM - THE LADY VET MASSAGE AND REIKI - SUSAN YATES - PAWSITIVELY TOUCHING. Saturday March 7, 2009 10am-4pm
Location: Veterinary Svcs in Fort Wayne
Chiropractic \$55
Massage & Reiki \$35
By appointment only
- ❖ Fundraiser for FWOTC Tracking Program- contact: Pam Johnson at blackyellowlabs@verizon.net

PUBLIC DOT

We would like to thank our instructors for this session, Robin Katen, Lisa Fair, Dean Lund, and Nancy Wright. As a reminder to all those who would like extra ring time; there are half hour time slots available on Tuesday night. Please contact me no earlier than the Friday before the Tuesday that you would like to have ring time. Reserved time for rings starts at 6 pm. For those who have the opportunity and want more time to work their dogs, the club is open and ring time is available during the day on Tuesday on a first come basis. You need not contact me if you use the rings before 6 pm. - Crazyshelties@verizon.net 260-745-9943 –
-Steve Wheeler

FWOTC OBEDIENCE TRIAL - RAFFLE

We are looking for Raffle donations for the Obedience Trial's 2nd Annual Raffle. If *every FWOTC member* would please make a donation, we will have enough to fill the raffle tables. Cash donations are also accepted. These raffle proceeds help to off set the cost of the Obedience Trial. Your support is greatly appreciated! Raffle pick up will be Wed April 8th and 15th at the Club - see Debbie McCoyWarstler. debbie@acmc.biz



Let's make it even bigger and better than last year!!



MINUTES- GENERAL MEETING December 10, 2008

Diane Townsend, President, called the meeting to order at 7:15 PM, 8:30 P.M. Lynn Swager moved to dispense With the reading of the minutes of the October General Meeting. Steve Hibler seconded, and the motion carried.

TREASURER'S REPORT

Barb Croy, Treasurer, stated that FWOTC had made a \$5,433.63 profit since June 1, 2008. The club currently has \$22, 185.66 in various accounts. FWOTC earned a profit of \$6,501.80 at the October Agility Trial.

CORRESPONDING SECRETARY

Sharon Kersjes reported that applications for the session of classes beginning January 6, 2009 are being received.

1st VICE PRESIDENT

Sherry Bell asked that anyone interested in contributing to the Trophy General Fund for the May 2009 Obedience Trial should sign up this evening. The Trial is in need of a Chief Ring Steward. FWOTC earned a profit of \$200.00 on the Raffle at the 2008 Trial.

2nd VICE PRESIDENT

Bonnie Kellams thanked Debbie McCoy, Debbie Gatchell, and Carolyn Pequignot for assisting her in preparing the building for the Christmas party this evening.

AGILITY – DOT

Agility Trial chair Lisa Fair thanked club members who volunteered at the Trial. FWOTC has enough toys and ribbons for the October 2009 Agility Trial. Judges have been hired for the October 2009, 2010, and 2011 Trials.

CLUB MEMBER DOT

Dean Lund informed the membership about the classes being offered on Wednesday evenings beginning January 7, 2009.

PUBLIC CLASS – DOTS

Steve Wheeler asked for a volunteer to teach the Puppy Class.

TRACKING DOT

FWOTC will offer a Tracking Seminar on Saturday, May 16th, 2009. There are eight working spots available. The Committee is currently considering having a TDX Test in September 2009. Two club members recently earned Tracking Dog Excellent titles -- Rhonda Woody and Rick Reiff.

PRESIDENT

President Diane Townsend thanked club members who assisted in the Agility trial.

BARKING TIMES

Deb McCoy reminded club members that the BT deadline is February 13th, 2009.

FAIR BOARD

President Diane Townsend reported that the Fair Board will raise funds to replace the metal roofs on both our building and the 4-H building.

PAWS POINTS

Club members can e-mail or call Vicki to learn their Paws Points statues. Directors of Training will collect money for the classes and know the Paws Points status. Any club member, who has not been active in the club in the last year, will no longer have a sheet in the book. Senior citizens do not compile Paws Points since they do not pay for classes.

WEB SITE

Diane Townsend recently met with Steve Chobot to update the FWOTC web site.

NEW BUSINESS

None

Respectfully submitted,
Deborah Ward, Corresponding Secretary



Choosing Good Food

Ingredient groups — what to look for and what to avoid

(Reprinted with permission)- By Sabine Contreras

Canine Care & Nutrition Consultant

BetterDogCare.com - DogFoodProject.com



Protein

Protein, in the form of quality meat ingredients, is the most important component of a dog's diet. As animals with a carnivorous background, their digestive tract is designed to utilize primarily meat and fat. It is also the most expensive ingredient for a manufacturer to buy and the profit margin on a product is drastically affected by the amount and quality used. Ideally, the first ingredient of a food should be either a specified meat meal, or a specified fresh meat type followed by a meal. If your individual dog's specific needs limit you to using foods that do not include a concentrated source of meat in meal form, I highly recommend supplementing with fresh or canned meats on a daily basis.

‡ Generically named sources of protein or fat (animal ____, meat ____, poultry ____, etc.) are never present in truly high quality products because they are derived from highly questionable sources. If a manufacturer uses quality ingredients and has nothing to hide, there is no need for generic names.

‡ Byproducts of any type are less desirable and only acceptable if they do not make up the main source of animal protein and if the name of the species used is also defined in some manner (e.g. "chicken byproducts" or "beef byproducts" but not "meat byproducts" or "poultry byproducts"). Byproducts consist of anything but the quality cuts of meat and highest quality edible offal used for human consumption. What this means (on a market with high demand for human snacks like "buffalo wings" and cheaper pet foods requiring flavoring agents like beef or chicken liver digest to make otherwise uninteresting food more attractive), I leave to your imagination.

‡ Contrary to what many people believe, meat sources in "meal" form (as long as they are from a specified type of animal, such as chicken meal, lamb meal, salmon meal etc.) are not inferior to whole, fresh meats. Meals consist of meat and skin, with or without the bones, but exclusive of feathers/hair, heads, feet, horns, entrails etc. and have the proper calcium/phosphorus ratio required for a balanced diet. They have had most of the moisture removed, but meats in their original, "wet" form still contain up to 75% water. Once the food reaches its final moisture content of about 9-12%, the meat will have shrunk to as little as 1/4 of the original amount, while the already dehydrated meal form remains the same and you get more concentrated protein per pound of finished product. This means that in the worst case you are left with only 4 ounces of actual meat content per pound of fresh meat included in a dry kibble, many of which contain less than one pound of meat per 2-3 pounds of grain to begin with.

What to look for:

? Specifically named meats and meat meals such as chicken, chicken meal, turkey, turkey meal, lamb, lamb meal, duck, duck meal, beef, beef meal, eggs and so on.

? The following are lesser quality ingredients and are not found in truly high quality products, but may be present in smaller amounts (not as the main protein ingredients) in "mid range" foods: fresh byproducts indicating a specific species (e.g. beef/chicken/turkey/lamb byproducts), corn gluten, corn gluten meal

Products that include these as main ingredients should be avoided:

What to avoid:

? All generic meat ingredients that do not indicate a species (meat, meat byproducts, meat byproduct meal, meat meal, meat & bone meal, blood meal, fish, fish meal, poultry, poultry byproducts, poultry meal, poultry byproduct meal, liver, liver meal, glandular meal etc.)

? Byproduct meals, even if a species is identified (chicken/beef/turkey/lamb byproduct meal etc.), since highly questionable ingredients may be used in these rendered products.

? Any food that contains corn (ground or otherwise) as a first ingredient, especially if corn gluten meal is also a main ingredient and no concentrated source of identified meat protein (e.g. chicken meal, lamb meal etc.) is present.

? Corn gluten or soy(bean) meal as main ingredients. **Note:** Not all dogs tolerate soy products! Small amounts, especially of organic soy, are okay as long as a dog is not sensitive. There are only very few products on the market

that include high quality soy ingredients, none of them sold at grocery stores or mass retailers.

Fats and Oils

Dogs need a certain amount of fats and oils in their diet, mostly for skin and coat health, but also for proper brain development and other critical processes in the body - and in this regard some are more valuable than others. As food ingredients they should be specifically named and of high nutritional value. Beef tallow and lard make foods highly attractive to dogs and are not harmful, but they are high in saturated fat and low in valuable fatty acids.

What to look for:

- ? Specifically named fats and oils such as chicken fat, herring oil, canola oil, sunflower oil, flax oil etc.
- ? High percentages of Omega-6 and Omega-3 fatty acids, but a low ratio of the two. For each percent of Omega-6s at least 0.13% Omega-3s should be present, resulting in a minimum ratio of 7:1. Ratios of 5:1 and lower are preferable. Don't discount a food because of low percentages of essential fatty acids though, you can easily make up for this with a good quality fish oil supplement.

What to avoid:

- ? Non-specific sources such as animal fat, poultry fat, vegetable oil, generic fish oil
- ? Mineral oil

Carbohydrates

Carbohydrates may originate from grains (rice, wheat, barley, oats, corn etc.) or alternative sources like potatoes, sweet potatoes, tapioca and peas. The claim that all carbohydrates in commercial dog food are nothing but fillers and can not be digested by dogs is incorrect - properly cooked (as in extruded and baked dry foods as well as canned foods) they are highly digestible and valuable sources of energy.

- | The tolerance of amounts and types varies, some dogs do better with more carbs in their diet than others, and some do better on grain-free foods with alternative sources.
- | For certain health conditions it is beneficial to avoid high-gluten grains like barley, wheat, rye or oats and favor low gluten ones like rice, millet, amaranth, quinoa and sorghum (milo).
- | Quality is also important, since grains deemed unfit for human consumption (often contaminated with mold) can legally still be used for animal feed.
- | Whole, unprocessed grains (also listed as "ground" or in "meal" form) retain all the nutrients in the bran layer, the original fat content and the endosperm. Grain fragments and flours are incomplete and may have already lost much of their nutritional value during processing and storage. Some manufacturers include one fragment (most commonly brewer's rice) to lower product cost, which is acceptable if whole grains are also present. Be wary of products that consist mainly of fragments and flours. Flours are highly refined and while not harmful, contain less valuable nutrients and more refined carbohydrates than whole ground grains.
- | Be careful of "splitting" of ingredients, such as for example rice, rice flour and rice bran all appearing in an ingredient list. Added together they would appear much higher on the ingredient list.

What to look for:

- ? Whole ground grains such as rice, oats, barley, millet etc., potatoes, sweet potatoes
- ? Corn often gets an undeserved bad reputation. While it is not acceptable as a main source of protein in a dog food (as it is used in combination with corn gluten), as a source of carbohydrates it is no better and no worse than other grains. The starch part of corn is highly digestible but the whole ground product has a higher fiber content than other grains (around 7%), which results in slightly larger stools - often incorrectly interpreted as lack of digestibility. Unless an individual dog is intolerant or allergic to corn, there is no need to avoid products which include it in reasonable amounts.

What to avoid:

- ? Fragments like potato product, middlings/mids or mill run of any kind
- ? Unspecified grain sources like cereal food fines, (distiller's) grain fermentation solubles

Fiber

Fiber is the part of carbohydrates that can not be digested by the dog. Depending on nutritional goals, varying levels of dietary fiber with different properties are necessary to make a highly processed food source like commercial kibble "work", since a dog's digestive tract is not designed to process a diet with such high levels of carbohydrates - most commercial dry foods contain 40-50%, low quality ones even more.

‡ Depending on the inclusion of ingredients that are naturally high in fiber (e.g. brown rice, oats, certain fruits or vegetables), a food may or may not include specific, isolated types of fiber.

‡ Beet Pulp, the isolated fibrous material from sugar beets, is another ingredient that has an undeservedly bad reputation. It is a very gentle, beneficial source of fiber that is not only generally very well tolerated, but also has specific properties that make it suitable as a source of nutrition for the beneficial bacteria that reside in the intestinal tract. The sugar is almost completely removed, what is left in the pulp is only about 1/5 the amount of sugar that you would find in a serving of carrots of equal size. It is also colorless and does not turn a dog's coat red, like urban legends claim. The argument that beet pulp is an "unnatural" ingredient is often brought up, but people who present this complaint seem to forget that it is also not natural for dogs to eat highly processed commercial products with a carb content of generally 40% and more, and a moisture content of only around 10% as opposed to a more natural 60-70%. Added fiber is required to make such formulations work for the pets who eat a dry diet.

What to avoid:

? Corn bran, peanut hulls, rice hulls, soybean hulls, oat hulls

Fruits & Vegetables

Fresh, unprocessed fruits and vegetables add vitamins, minerals and various phytonutrients. They are nice ingredients but by no means necessary and mostly only included in insignificant amounts. If a brand of food contains high quality protein, carbohydrate and fat sources but no fruits or vegetables, it's still a better choice than one with less ideal main ingredients that does have a few pieces of blueberries, peas or carrots added to make the ingredient list look more impressive. Sharing some of the fresh, unprocessed fruits and vegetables you eat yourself will add much more nutritional value to your dog's diet - just please do not give onions, grapes or raisins.

What to look for:

? Fruits and vegetables are a nice touch but should not be a deciding factor in choosing a brand. Unprocessed, fresh items are preferable to already processed ones, and organic is always the best choice.

What to avoid:

? Apple pomace, grape pomace, citrus pulp

Flavorings

High quality foods do not really need any flavorings, but natural ones are harmless and may even add a little nutritional value.

What to look for:

? Specific stocks or broths (e.g. chicken, beef), liver of specified animals

What to avoid:

? Any highly rendered products (e.g. digests of any kind), ingredients of unknown origin ("meat broth"), glandular meal, artificial flavor(ing)

? Onion of any form is toxic to dogs and thus has no place in dog food!

Preservatives

Quality products are preserved naturally, but sadly there is almost always a possibility of products containing hidden preservatives and additives, since manufacturers only have to declare ingredients on the label that they have added themselves. If they purchase for example fish oil and meal, fats or other prepared ingredients from suppliers with stabilizers and other additives already added, these do not have to be listed.

‡ The higher the ingredient quality, the less effort must be made to delay further degradation of the product, making natural antioxidants like rosemary extract and vitamin E very effective. Any chemical preservative should not be trusted, some of them are even banned from human consumption in some countries outside of the U.S. due to their

questionable side effects.

What to look for:

? Mixed Tocopherols (Vitamin E), Rosemary-, Sage-, or Clove Extract, Ascorbyl Palmitate, Ascorbic Acid and other forms of Vitamin C

What to avoid:

? BHA (Butylated Hydroxyanisole), BHT (Butylated Hydroxytoluene), TBHQ, Ethoxyquin, Sodium Metabisulphite

Sweeteners

Sweeteners have no place in food products that are consumed daily. Sweeteners are generally only added to poor quality foods to make them more attractive, since otherwise dogs would simply refuse to eat them. Many dogs get addicted to sweeteners, which can cause or aggravate health problems, including ear infections and diabetes.

| Blackstrap Molasses is not very sweet, a source of many trace minerals and not the same as Cane Molasses. It is harmless as a supplement in small amounts.

| While any sweeteners should be avoided in food that a dog eats on a daily basis, small amounts of unrefined sugar, such as honey or molasses, are okay in dog treats.

What to avoid:

? Cane molasses, corn syrup in any form, sugar, sorbitol, sucrose, fructose, glucose, ammoniated glycyrrhizin, propylene glycol

Dyes

Dyes are another unnecessary ingredient in dog food, since dogs do not care about the color of their food. This is strictly aimed at making products look more appealing to humans, for example by hiding the grey color of poor quality rendered products or visible variations in ingredients, or attempting to make a food look like it contains more meat by adding red dye.

What to avoid:

? Blue 2, Red 40, Yellow 5 and 6, other "numbered" dyes.

Supplements

All dog foods are required to meet certain nutritional standards, so manufacturers must add certain minimum amounts of vitamins and minerals. Like any other ingredients, these can vary in quality and in how well the body can absorb them. Any other supplements are not a "must" but some of them add considerable health benefits. Certain nutrients are lost or altered during processing, but manufacturers of quality foods take great care to add them back into their product after it has cooled down sufficiently. Do not hesitate to ask if you can't locate the information on the bag, in a brochure or on the internet or have additional questions. Trustworthy companies will gladly inform you about their procedures.

| It is important to understand that supplements like glucosamine, chondroitin and probiotics are generally not included in large enough doses to actually provide a therapeutic effect for particular health conditions in the daily feeding amount. Their presence may reduce the amount you have to include of a separate supplement, but it is not necessarily a good idea to choose a food based just on its presence or absence. A different food combined with a proper dosage of a specific supplement product may bring better results.

What to look for:

? Chelated or sequestered minerals (also labeled as chelates, proteinates, amino acid chelates or complexes, polysaccharide complexes).

? Nonacidic, time released versions of Vitamin C (labeled as Ester C, Calcium Ascorbate, Stabilized Vitamin C or L-Ascorbyl-2-Polyphosphate), natural Vitamin E (Tocopherol, Natural Tocopherol) and natural sources of Vitamin K (egg yolk, liver, oats, kelp, alfalfa).

What to avoid:

? Menadione in any form (also listed as vitamin K3 or "vitamin K supplement", please refer to

www.dogfodproject.com/menadione to learn about this harmful version of synthetic vitamin K), Yeast Culture

? Harmless but poorly absorbed: most sulfate and oxide based mineral supplements (e.g. zinc oxide, iron oxide)

The Retirement of Abbie

By DeAnn Gaskill

I was watching a tape of my dogs at numerous Agility Trials we had been to and doing the usual critiquing of my handling as well laughing at all the goofy things that we did.

Even though I've been lamenting the retirement of my Boston Terrier, Abbie, for months due to blindness it struck me again how much I will miss running with her.

Those of you who know me mostly know Ginger. I signed up for the club with her in Obedience and continued training with her through Agility and our debut together at our club Trial in 2004. But I always knew Abbie would be a lot of fun at Agility. So I started training her at the age of 5.

A typical Boston Terrier she had boundless energy and was always eager for a new way to play. She learned quickly and always pulled something funny at classes for me to talk about. Walking on the tunnel instead of going through, coming back out the same side she entered repeatedly with such a happy look on her face to have found me again and of course ducking under the tire.

Abbie will not retire with a MACH, an Excellent title or even an Open title. After running with her for 2 years she only achieved her NAJ with not even one leg in the Novice standard course. But I will miss running with my comical partner. Abbie had several clean runs but I will remember goofy moments the most.

I will miss the bursts of speed in the wrong direction and sprinting back to me with her happy little face. I will miss doing the weaves 10 times. I will miss her backward spins of excitement at any given moment. I will miss her social visits to ring stewards and her running back to me right over the top of the broad jump that she never came to think of as an actual jump. And I'm sure Ginger will miss her travel buddy.

Abbie's retired life isn't much different than before. Her whole day is filled with getting into her next play session. It doesn't matter what we play to her. Her retirement was inevitable as with all dogs, but it really does remind me that Agility really is all about fun with your dog. It really doesn't matter that she didn't become a star. But we sure had some fun!



This and That

New Class Fees:

FWOTC classes are now \$10.00 **PLUS** 30 Paws Points (or additional \$30.00 if you don't have Paws Points)

New BT Delivery:

BT is now delivered On-Line. Make sure we have your current e-mail address so you are not left out!

New AKC Obedience Regulations:

Check it out! There are some changes to the AKC Obedience regulations- go to the AKC web site for more information; www.akc.org

ASPCA Drop Box: It is a blue container marked "ASPCA DROP BOX" and anyone who wants to donate on behalf of the FWOTC can put stuff in it and I will take it to them whenever we fill it up! Someone will put it out on Mondays (Lisa) and I will put it away on Wednesday nights. Hopefully we can contribute on a regular basis and help the animals who are not as fortunate as ours.-*Cathy Martin*

Shop Till You Drop!:

Start shopping now on items for the FWOTC May Obedience Show Raffle!! Let's make 2009's raffle even bigger than last years!! Raffle collection will be on Wed. April 8th and 15th at the club- see Debbie McCoy Warstler. debbie@acmc.biz

New Titles: If you have earned new titles between May 2008 and May 2009, please forward them to Gayle (agility) and Diane (obedience) no later then May 6, 2009. Please use the form provided on the website. All traveling awards should be returned to the club by May 6, 2009.

Think Spring!





FWOTC
PO Box 5076
Fort Wayne IN 46895-5076

FWOTC Schedule – 2009

Barking Times Deadline is April 17th
Next OPEN MEETING is March 4th, May 6th
and June 5th (Banquet)

In this Issue:

- ✓ **Choosing Good Food**
- ✓ **Sunshine**
- ✓ **Dues Reminder**
- ✓ **FWOTC Obedience Trial**



Next Issue:

- ✓ **Obedience Trial Results**

Session 2: Mar. 10 – Apr. 30
Clean Up for Show: April 30th / May 1
Obedience Trial May 2 & 3
Open Meeting: May 6

Session 3: May 12 – July 2
Tracking Workshop: May 16
Open Meeting / Banquet: June 5

Session 4: Aug. 10 – Sept. 30
Open Meeting Aug. 5
No class/ Labor Day Sept. 7
Tracking Test: Sept. 27
Open Meeting: Oct. 7

Session 5: Oct. 12 – Dec. 2
No class: Oct 19
Agility Trial: Oct 16 – 18
Christmas Party: Dec. 9

