

## Upcoming Events



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### July 20<sup>th</sup> – Field Seminar

Location: Lester Prairie, MN

Registration can be found on the club's website

### August 2<sup>nd</sup> – Picnic

Location: Corcoran City Park

More information can be found on Page 4

### August 15-17<sup>th</sup> – Agility Trial

Location: Soccer Blast, 3601 W 145<sup>th</sup> St, Burnsville, MN

More information can be found on Page 2

### August 22<sup>nd</sup> – Conformation/Obedience Specialty

Location: Washington County Fairgrounds, 12300 40<sup>th</sup> St N,  
Stillwater, MN

More information can be found on Page 2

### TBD – State Fair

### August 31<sup>st</sup> – Field Seminar

Location: Lester Prairie, MN

### September 6<sup>th</sup> – MN Responsible Dog Ownership Day

Location: Washington County Fairgrounds

From 9 am – 3 pm

Free AKC CGC testing and AKC sanctioned B O/B match

### September 14<sup>th</sup> – WC/WCX Test

Location: Marine on the St. Croix, MN

More information can be found on Page 2

### September 20<sup>th</sup> – Meeting

BOD: TBD

General: TBD

Topic: Intro to Tracking: Come out and learn about tracking with Becky Johnson (AKC Judge). She will introduce us to the sport of tracking and how to get started.

**Duluth Kennel Club – Support Entry**

When: July 12<sup>th</sup>, 2014

Where: Duluth Entertainment & Convention Center  
340 Harbor Dr.  
Duluth, MN 55802

**Agility Trial**

When: August 15-17<sup>th</sup>, 2014

Where: Soccer Blast  
3601 W 145<sup>th</sup> St  
Burnsville, MN 55306

All levels will be offered all 3 days. The judges are Jacque Hoye (MN) and Kitty Bradley (CO).

**August Specialty**

When: August 22<sup>nd</sup>, 2014

Where: Washington County Fairgrounds  
12300 40<sup>th</sup> St N  
Stillwater, MN 55082

Judges:

Sweepstakes & Veteran Sweepstakes: Mrs. Deborah Wilkins  
Regular & Non-Regular Classes: Mr. James Covey  
Junior Showmanship Competition: Mr. Tim Peterson  
Obedience & Rally Classes: Ms. Karen Anderson

**WC/WCX Test**

When: September 14<sup>th</sup>, 2014

Where: Kelly Farms  
11425 155<sup>th</sup> St N  
Marine on St. Croix, MN 55047

**January Specialty – more information to come**

When: January 2<sup>nd</sup>, 2015

**Agility Trial – more information to come**

When: January 16-18<sup>th</sup>, 2015

# May Field Seminar

May 18<sup>th</sup>, 2014

Kelly Farms, Marine on St. Croix



*Hope to see you at  
the next seminar!*



The Greater Twin Cities Golden Retriever Club

## Annual Picnic & Swap Meet



**Sat. Aug 2<sup>nd</sup>**

**11:00am – 2:00pm**

Set-up beginning at 10:00am

**Corcoran City Park**

Park and Picnic Shelter are located at

20200 Co. Rd 50 - Corcoran

(20 miles NW of downtown Minneapolis)

### DOG-GOODS SWAP MEET

**GTCGRC members are welcome to bring their gently used dog-related goods to sell or swap**

**The selling, trading, giving of puppies and/or dogs is NOT PERMITTED!**

Bring your own E-Z up (*limited tree shade*), table, selling supplies, change, etc.

**All proceeds go to the seller.** GTCGRC is facilitating this event, but will not participate in the exchange of goods and services. **You MUST REMOVE ALL MATERIALS/GOODS you bring – NOTHING may be left-behind.**

(There is no electrical service or water at this site)

**SWAP MEET is OPEN TO THE PUBLIC  
BRING FRIENDS & FAMILY**

### **GTCGRC GENERAL MEETING 1:00pm PICNIC following**

GTCGRC Picnic is open to all club members and those interested in learning more about The Greater Twin Cities Golden Retriever Club

Makings for **BUILD-YOUR-OWN-SUB SANDWICH**, soft drinks, water and paper goods will be provided by the club. **Members bring a dish/dessert to pass.**

**Dogs permitted** but must be on a lead or in an X-pen at all times. Bring water; there is no running water at the site. **YOU MUST PICK-UP after your dog.**

**FRIENDS \* FOOD \* SHOPPING \* DOG-GAMES \* FUN**



# Traditional Chinese Food Therapy

## Introduction

中國傳統的食療介紹

Chinese food therapy is the understanding how food effects the body's organs. This practice can be traced all the way back to 650s during the Tang dynasty. In the Chinese food therapy, food is characterized as warming (Yang based) and cooling (Yin based) and neutral. Warming foods are typically high-calorie, needs high heat for cooking, spicy or bitter, or "hot" in color (red, orange, etc). These foods should be avoided during the summer. Cooling foods are low-calorie, watery, soothing or sour in taste, or "cool" in color (whitish, green, etc). It is recommended to eat as much of these foods during "hot" conditions.

	Yin Based	Neutral	Yang Based
Effect	Cooling	No Change	Warming
Proteins	Duck, Turkey, Whitefish, Rabbit, Yogurt	Beef, Bison, Salmon, Pork, Sardines, Tuna, Quail, Chicken egg	Chicken, Lamb, Venison, Pheasant, Beef kidney, Lamb kidney, Lamb liver, Chicken liver, Goat milk
Grains	Barley, Brown Rice, Wheat	Beet Pulp, Soybean, Corn, Rice Bran	Oats
Vegetables/Fruits	Alfalfa, Lettuce, Spinach, Kelp, Cucumber, Pear, Watermelon, Celery, Banana	Apple, Carrots, Pineapple, String Beans, Green Beans, Peas, Cabbage	Garlic, Sweet Potato, Squash, Pumpkin, Coconut

Table provided from Dr. Jami Whiting, DVM

## Club Notices

### WE NEED VOLUNTEERS!!

The Agility trial committee is in need for volunteers for the trial. The trial is on August 15-17<sup>th</sup> at Soccer Blast (3601 W 145<sup>th</sup> St., Burnsville, MN 55306). You do NOT need any experience working. We will teach you and it is quit easy. You can work half a day or all day, all 3 days or which ever you choose. You will get snacks, lunch and a change to win a raffle prize. This is a big event for our club and we need several club members to help each day to make it successful. Plesae contact Laurie Hanson at [kimtuck@comcast.net](mailto:kimtuck@comcast.net) if you are interested in helping out your club.

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### Sponsor a Trophy

The show committee are looking for trophy sponsors. There are still several individual classes that you can sponsor for and there are some for \$10. Please email Laurie Hanson at [kimtuck@comcast.net](mailto:kimtuck@comcast.net) with your 1<sup>st</sup> and 2<sup>nd</sup> choice for an individual class you would like to sponsor. See pages 7-8 for the list of open trophy sponsor spots.

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### T-Shirt

The club is selling T-shirts and Sweatshirts. Please see page 9 for the order form.

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### Website

The club's website is in the process of changing. Please be patient as we try to get the new website up and running ASAP. Be sure to watch your emails for announcements. We are in need of pictures of our Goldens doing various activitie to put on the new site. If you would like to contribute, plesae email Alyssa Taylor at [adtaylor2013@gmail.com](mailto:adtaylor2013@gmail.com).

GTCGRC August Specialty Trophy Sponsors  
8/22/2014

**Sweepstakes**

Class	Requested Sponsor Amount	Prize	Sponsored By:
Best in Sweeps	\$15.00	Puppy Toy	
Best of Opposite in Sweeps	\$15.00	Puppy Toy	
Best Veteran in Sweeps	\$15.00	Dog Toy	
Best of Opposite Sex Veteran In Sweeps	\$15.00	Dog Toy	

**Regular & Non-Regular Classes**

\*\*All items are by Artwork by Jenny\*\*

Best of Breed	\$50.00	Medium Treat Jar	
Webst of Winners	\$35.00	Small Treat Jar	Laurie and Robert Hanson
Best of Opposite Sex	\$40.00	Ceramic Utensil Crock	
Select Dog	\$15.00	Ceramic Tile	
Select Bitch	\$15.00	Ceramic Tile	
JAM	\$15.00	Ceramic Tile	
JAM	\$15.00	Ceramic Tile	
JAM	\$15.00	Ceramic Tile	
Winner's Dog	\$25.00	Two Wine Glasses	
Winner's Bitch	\$25.00	Two Wine Glasses	
Reserve WD	\$20.00	Small Votive Candle Holder	
Reserve WB	\$20.00	Small Votive Candle Holder	
1 <sup>st</sup> Place in each class	\$10.00	Dog Treats	Email your 1 <sup>st</sup> and 2 <sup>nd</sup> choice for class sponsorship

**Junior Showmanship**

Novice Junior Class	\$10.00	Target Gift Card	
Novice Intermediate Class	\$10.00	Target Gift Card	
Novice Senior Class	\$10.00	Target Gift Card	
Open Junior Class	\$10.00	Target Gift Card	
Open Intermediate Class	\$10.00	Target Gift Card	
Open Senior Class	\$10.00	Target Gift Card	
Best Junior Handler	\$20.00	Small Votive Candle Holder	

**Obedience**

High in Trial	\$50.00	Medium Treat Jar	Hunt Point K-9 Center, Jim and Peggy Wills
High in Combined	\$35.00	Small Treat Jar	
Rally High in Combined	\$35.00	Small Treat Jar	
1 <sup>st</sup> place in each class – Obedience and Rally	\$10.00	Dog Treats	

Please make your check payable to: GTCGRC.

Send your check to:  
Laurie Hanson  
5951 145<sup>th</sup> Lane NW  
Ramsey, MN 55303

Any questions? Email Laurie at [kimtuck@comcast.net](mailto:kimtuck@comcast.net)



T-Shirt/Sweatshirt Order Form

1. Ladies T-Shirt – white, 100% cotton	\$15.00
2. Unisex T-Shirt – white, 100% cotton	\$15.00
3. Ladies Long Sleeve T-Shirt – white, 100% cotton	\$20.00
4. Unisex Long Sleeve T-Shirt – white, 100% cotton	\$20.00
5. Unisex Crew Neck Sweatshirt – white, 50/50 blend	\$25.00
6. Hoodie – white, 50/50 blend	\$28.00

Color: Only White      Sizes: Small, Medium, Large and Extra Large

Make checks out to: GTCGRC

Send check and order form to:

Laurie Hanson

15951 145<sup>th</sup> Lane NW

Ramsey, MN 55303

**Deadline for ordering is July 20<sup>th</sup>, 2014.** I will hopefully have the items available to hand out at the August 22<sup>nd</sup> Golden Club Specialty show at Lake Elmo. If you cannot attend the show, I will have your item at the September club meeting.

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Item(s) ordered:** \_\_\_\_\_

**Amount Enclosed:** \_\_\_\_\_

## Wins & Brags

Abbey (Angelica's Failure Is Not An Option Abbey NA NAJ RN BN CGC CCA) earned her NA and NAJ agility titles on May 10<sup>th</sup> at the TCOTC trial. She is trained and handled by Alyssa Taylor. ~**Jim Lawson**



Tilly (MACH Elmcreek's Chantilly Lace) earned her MACH (Master Agility Champion) title on May 24<sup>th</sup> at the Bloomington Obedience Training Club agility trial. ~**Ava Higginbotham**



Wave (Fallchase batt'N Down The Hatches) went WD/BOW/BOB at the Key City KC show in St. Peter on May 25<sup>th</sup>. On May 31<sup>st</sup>, Wave finished his Championship at 2 years of age. Expertly handled by Dave Slattum, Wave was awarded WD/BOW at the Fox River Valley Kennel Club dog show by Judge Mrs. Jean (Norman) Austin. The next day, under Judge Dr. Alvin W. Krause, Wave received a Select. His first time as a Special! Needless to say, we are so proud of Wave and thank you both judges, Dave Slattum and his assistant, Sherry, for a thrilling ride! ~**Kelly Davis**



Jacob (SHR Sunlor's Neon Moon CDX GN RA JH WC CanCD CanRN ASCA-CD U-CD UR01 CD-C TGD CGC TDIA CCA) earned his SHR title from the UKC.  
~**Kathy Carroll**

Submissions for the  
September/October  
Issue are due by  
September 5<sup>th</sup>, 2014.