



The Golden West

WWW.EGRC.ORG

Vol 59, Issue 5

September 2026

MEETING

September

Board Meeting: Monday, September 14th, 2026 – 7:00 PM

General Membership Meeting: Wednesday, September 23, 2026 – 5:00 PM

October

Board Meeting: Monday, Oct 12th, 2026 – 7:00 PM

General Membership Meeting: Wednesday, Oct 28th, 2026 – 7:00 PM

All meetings are held via Zoom (PST)

Proposed Slate of Officers and Board Members

The Nominating Committee is presenting the following proposed slate:

President: Lisa Witte

Vice President: Trisha Hughes

Treasurer: Rachelle Mahoney

Secretary: Vacant

Board Members: Pat Linquist, Lynn Anderson, Sarah Cooper

Nominations from the floor will be accepted at the September General Membership Meeting.

A final ballot will be published in the Oct. newsletter.

Club Highlights

General Membership Meeting Special Presentation on Canine Muscle Health

The Evergreen Golden Retriever Club invites members and guests to join us for a special educational presentation from MYOS.

Muscle health plays an important role throughout every stage of a dog's life, from growing puppies and active show or performance dogs to dogs recovering from injury and seniors beginning to lose strength and mobility.

During this presentation, we will learn more about canine muscle health, common signs of muscle loss, and how proper nutrition and muscle support may help our dogs remain stronger, more active, and comfortable as they age.

As an added bonus, everyone who attends the presentation will receive a special discount toward the purchase of MYOS products.

Wednesday, September 23, 2026
5:00 p.m. Pacific Time

Presented via Zoom
Meeting ID: 828 9365 7045
Passcode: 12345

The Golden Retriever Club of America has also shared EGRC's invitation to this educational program. Members are encouraged to share the program with other Golden Retriever owners and dog enthusiasts who may be interested.



Mail 6:05 AM Fri Sep 11
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CLINICALLY SHOWN TO:

- **BUILD MUSCLE** - NEARLY 3X MORE LEAN MASS + THICKER MUSCLES (UNIV. OF TAMPA)
- **LOWER MYOSTATIN** - KEY BLOCKER OF MUSCLE GROWTH (UNIV. OF TAMPA)
- **BOOST PROTEIN SYNTHESIS** - +18% IN OLDER ADULTS (UC BERKELEY)

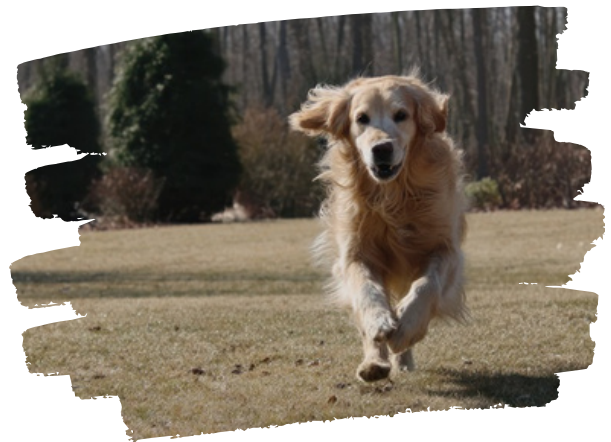
BOTTOM LINE: FORTETROPIN HELPS YOU BUILD, RECOVER, AND STAY STRONG AT ANY AGE.

“AFTER 40+ YEARS OF TRAINING, I GAINED 2.5 LBS OF LEAN MASS IN 2 MONTHS—WITH NO CHANGES TO DIET OR EXERCISE. THAT'S EXTRAORDINARY.”
— JJ VIRGIN, NUTRITION EXPERT & BESTSELLING AUTHOR

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Around the Club

WagFest Fun!

EGRC member Rachelle enjoyed a day of meeting people and representing the Evergreen Golden Retriever Club at WagFest in Mountlake Terrace.

Events like WagFest provide a great opportunity to introduce the public to Golden Retrievers, answer questions about the breed, and share the enthusiasm of our club with the community.



Looking Ahead to October

The October General Membership Meeting and Annual Meeting will be held:

Wednesday, October 28, 2026

7:00 p.m. Pacific Time

Via Zoom

Following nominations from the floor at the September General Membership Meeting, the final ballot will be published in the October Golden West.

Have News to Share?

Have a new title, award, accomplishment, event photo, club update, or other Golden Retriever news to share?

Members are encouraged to submit brags, photos and club news for inclusion in upcoming issues of The Golden West.



BOARD MEMBERS

President	Amy Rosling	907-317-0057 ayler.kennels@gmail.com
Vice President	Trish Hughes	206-719-3437 goldens@sytrel.com
Treasurer	Rachelle Mahoney	605-906-1991 rmgronau@hotmail.com
Corresponding Secretary	Sharmin Dominke	206-795-0804 sharminbaumann@hotmail.com
Recording Secretary	Sharmin Dominke	206-795-0804 sharminbaumann@hotmail.com
Board Member at Large	Dana Fare	425-691-9290 bigchief7531@hotmail.com
Board Member at Large	Pat Lindquist	253-888-9733 calliopegold@comcast.net
Board Member at Large	Lisa Witte	206-832-9868 creativelisa123@gmail.com

COMMITTEE CHAIRS

Audit/Budget	Rachelle Mahoney	605-906-1991
Donations	TBD	
GRCA Columnist	Rachelle Mahoney	605-906-1991
Judges Selection	Trish Hughes	206-719-3437
Membership	Marian Tillman	425-941-6341
Newsletter Editor	Courtney Williamson	614-824-9152
Nominating	TBD	
Programs	Dana Fare	425-691-9290
Property	Deb & Frank Pampiks	425-881-0867
Puppy Referral	Claudia Shaw	425-827-7253
Social Media	Kathy Fisk	425-418-9450
Sunshine	Suzy Miller	206-300-3821
Web Manager	Kathy Fisk	425-418-9450

SPECIAL EVENTS

2026 Agility	Nancy Light	425-354-3609
2026 Hunt Test	Nancy Light	425-354-3609
2026 Specialty	Maryke Haynes	206-351-3095
2026 Awards	Pat Lindquist	253-888-9733
2026 Holiday Party	TBD	
2026 WC/WCX	Nancy Light	425-354-3609



The Objectives of the Evergreen Golden Retriever Club

- To preserve the structure, soundness, temperament, natural abilities and personality of the Golden Retriever as described in the breed standard and to do all possible to bring their natural abilities and qualities to perfection.
- To urge members and breeders to accept the standard of the breed as approved by the AKC as the only standard of excellence by which the Golden Retriever shall be judged.
- To protect and advance the interest of the breed by encouraging sportsmanlike conduct at dog shows, field events, obedience trials and all functions and events where EGRC is being represented.
- To conduct sanctioned matches and specialty shows, field events, obedience trials and tracking under the rules of AKC and
- To educate members and the public in all aspects of owning a Golden Retriever.

General Information

General Meetings are usually held on the 4th Wednesday of each month at 7:00 p.m. Check the calendar on the web site at www.egrc.org. The **Board of Directors** usually meets once a month. Contact a Board member for upcoming meeting dates. Members wishing to attend must call the President to state their business.

Application for Membership: Prospective members must attend either one or two meetings or functions before application of intent to join is accepted. Application forms may be obtained from Board members, the Membership Chair, or from the web site.

Change of Address. If you have moved, changed your phone number or your e-mail address, please e-mail our Membership Chair, Marian Tillman, marian@ridesoft.com, with this change. This is the only way we will be able to keep our membership rosters up to date.

