



Aspen, Krispy, Louie, Jazz and Rusty.

Gold Ribbon Rescue

Rescuing Golden Retrievers in Central Texas for Over 16 Years

APRIL 2015

From Margo, GRR President



Foster families, this is your month! GRR could simply not exist without you. Your dedication to the dogs transitioning to new homes makes or breaks it for our organization. Selflessness and love are only two of the many words I can say about this vital part of our organization. Thank you!

Think about fostering yourself, if you can, and also know that you will have constant support in place, in all aspects of the experience. See the article "[You can help a Golden start a new life...](#)" for more information.

Do you enjoy reading our newsletter? Will you share it with your family and friends? Not only is it informative to the dog lovers in your life, but it is also an opportunity for others to know about what our GRR mission and the work we do. Sharing the newsletter may just help find a forever home for our Golden Retrievers in need.

Elsewhere, because of your generosity, GRR raised \$3,763 directly as part of Amplify Austin Day! More money will come in, in the form of distributions where no organization was chosen. Thank you for helping Amplify Golden Retrievers in Central Texas!

Plan to join us at the Spring Splashfest and also at our Volunteer Appreciation Gathering! Please note that Splashfest replaces our Annual Spring Picnic at Zilker Park.

Upcoming Events

Spring Splashfest at The Quarries is April 11th

Volunteer Appreciation Celebration April 19th 2:00-4:00

In this edition, learn how massage benefits your dog's health and how to clean your dog's teeth. Read about Max Ploeger, an angel to our Seniors, adopting his 13th Golden from GRR!

Enjoy!
-Margo



Spring Splashfest at the Quarries – April 11th

Due to the great feedback and presentation at our fall event at the Quarries, this get-together **will replace our Annual Spring Picnic** this year!

Who: Golden Retrievers, Golden Retrievers, Golden Retrievers. Oh, and bring your human family too!

When: April 11th

Time: 10 am-12 pm

Where: 11400 N Mopac Expressway Austin, Texas 78759 [Map and directions.](#)

\$25 admission per family (unlimited number of dogs).

Enjoy some breakfast tacos and pastries!

Please RSVP [here](#) so we can get a good idea for the refreshments. Come join us!



Gold Ribbon Rescue Volunteer Appreciation Celebration

In recognition and appreciation of your hard work and dedication, please join us for fun, food, and conversation. Because of your help with intake, transport, fostering, hotline, phone interviews, home visits, matchmaking, the web, the newsletter, medical, training, events, fundraising and the myriad of other tasks, hundreds of Golden Retrievers have new stories to tell. It's time to celebrate!

Who: All GRR Volunteers and Significant Other
(This is a human only event)
When: Sunday, April 19, 2015
Time: 2:00 – 4:00 pm
Where: [Circle C Community Center](#)
5919 La Crosse Ave #100, Austin, TX 78739
[Map and Directions](#)

While there is no cost to attend, please RSVP to Paula at prellis@austin.rr.com.

Thank you for helping to make a difference in the life of a Golden!

Shop on
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donate to
GRR at the
same time.
It's fast and
easy: no
codes or
passwords ---
just use this
link.

Join GRR:

Become a
Member. Click
this [link](#) to
access the GRR
Membership
page



Lycos (Scott Walton)

About GRR Membership:

The cost to renew your basic membership is \$40.00 per year. Your GRR membership entitles you to vote at the annual meeting and be notified of upcoming events, parties and activities, both human social-events and dog gatherings. You also receive the GRR newsletter.

More importantly, by joining GRR, you are helping to cover costs of our rescue golden retrievers not included in the adoption fee. We spend \$100,000+ for medical care each year on behalf of our foster dogs. For example:

- \$40 pays for one bottle of Posatex ear ointment or an exam
- \$100 pays for Rabies, DHLPP, Bordetella, Heartworm test and fecal exam for one dog
- \$200 pays for one complete male workup including shots and castration
- \$230 pays for one complete female workup including shots and hysterectomy
- \$325 pays for basic x-rays and blood work
- \$650+ pays for heartworm treatment for one dog (about 35% of dogs come to us with heartworm)

Gold Ribbon Rescue operates as a 501(c)3 non-profit organization. No one earns a salary. And because we're all volunteers, 100% of the funds received from adoptions, memberships and donations go towards both our operating and veterinary costs --- your membership is tax-deductible..

If you have let your GRR membership expire, please consider renewing your membership today. Every penny of your membership dues goes towards rescuing Golden Retrievers in need. The more money GRR receives, the more Golden Retrievers we are able to reach. To renew your membership or join GRR click this [link](#) to access the GRR Membership page

Why I Choose to Join GRR:

"I think that formal membership is important... I like being a "card-carrying" member of GRR. I feel if you believe in an organization, you should support it. Support and active membership go hand in hand."

No matter how you choose to support GRR, we greatly appreciate you!



Lady (15-015) 9-10 years

You can help a Golden start a new life...

Fostering a dog with us is one of many ways you can help improve the lives of our Golden Retrievers. Overpopulation, homelessness, and owner turn-ins happen all too often, however many are very healthy and come from loving homes whose families had extenuating situations where they just could not keep their dog. Each situation is different.

Support at every step! Be assured, you are carefully matched by your preferences, as well as, to a needy dog's unique situation. You are not alone. Your **foster**

coordinator is a phone call away. [Sheila Thomas](#) and [Carol Blackwell](#) are always available for consultation in **behavioral matters**, and [Margo Biba](#) and her team provide support for **medical issues**.

When you open your home to a Golden, you are also opening your heart, in a most selfless act of kindness. The rewards of fostering can never be discounted and you will never regret it.

How to foster with GRR

1. Complete the **on-line application** and pay the non-refundable **application fee** (\$10.00).
2. A phone interview with a GRR Volunteer will be scheduled.
3. A home visit with a GRR volunteer and his/her Golden will be scheduled.
4. Once approved of the above three steps, you move into the fostering process and will be contacted by Susan Perry and her team. They will discuss your preferences and circumstances and get you matched you to a Golden in need.

For more information about GRR's fostering and adoption process click [here](#).

How Can You Help a Golden?

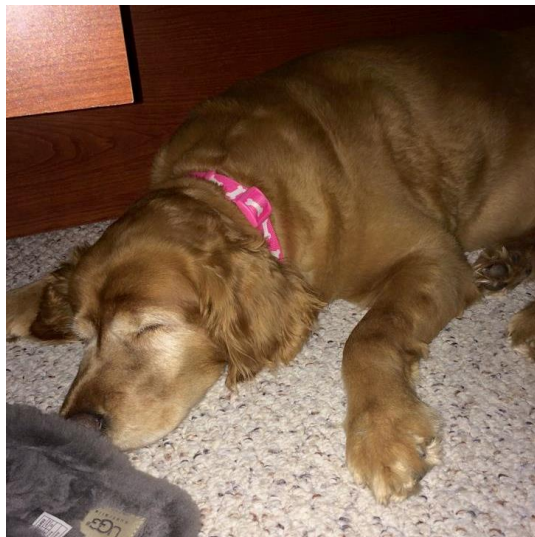
Make a [tax deductible donation](#) to GRR

Become a [monthly donor](#) and we'll automatically charge your credit card

Volunteer – lots of exciting opportunities

Foster – helping a golden is rewarding

To volunteer or learn more, contact Sheila at sheila@grr-tx.com



Montana (15-021) Fostering with Margaret Nahas Fitzgerald

Why I Foster: Testimonials

I foster because I want these fabulous creatures to live the lives that they deserve to. Most of the dogs that our family fosters are actually owner surrenders and it's absolutely amazing to me how humans can damage these sweet animals - not necessarily physically, but emotionally as well. Once they know they're safe and they can trust us, their true personalities are revealed and we're able to see what tremendous potential they have. Once we know who they really are, we're able to match them with what will hopefully be a perfect fit forever home.

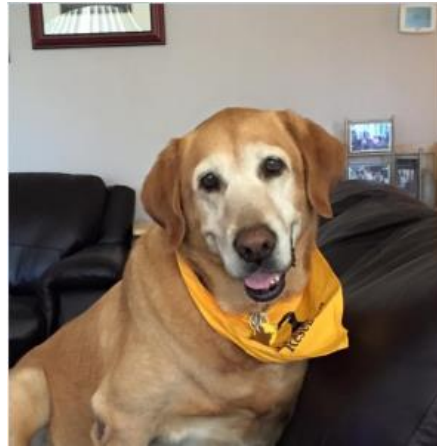
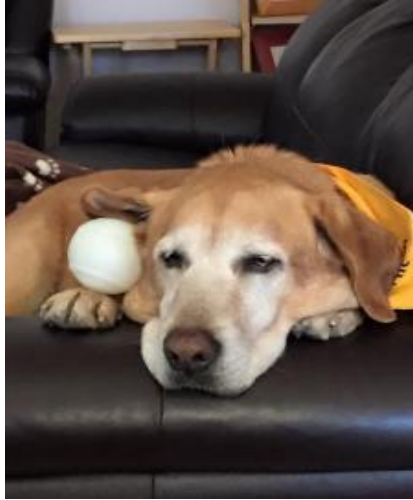
– **Elizabeth Kalbacher**

I love to foster. My house feels kind of empty without an extra dog in it! I always say fostering is like a box of chocolates, you never know what you are going to get. People ask if it is hard to let go of a foster. Sometimes it is bittersweet but seeing a golden go to their forever home just warms my heart. I love getting updates from former fosters by email, Facebook, or at GRR events. I have been fostering for GRR for almost 14 years now and can't imagine my life without it!

– **Deb Alme**

Fostering for us is beneficial for us and for our dogs. We love getting in dogs who don't know how to play, don't know what a toy is, and cringe from every movement, and watching them blossom into self-assured, happy and confident pets. It is the absolute greatest pleasure to see a dog with their destined family! Yes, I cry for every dog that is adopted, but they are all tears of happiness, because I know that family will do all in their power to keep their new addition happy and healthy.

– **Carey Gunthert**



Dog of the Month: Goldie (15-010)

Type of Surrender: Owner surrender

Age: 9 years

Weight: 80 pounds

From Deb Alme, Goldie's foster Mom:

Personality:

Goldie is one big loveable fur ball. She loves to lay on the couch. She falls asleep fast and snores real loud, like Fred Flintstone. If someone is sitting on the couch she loves to rest her head in their lap. Goldie hasn't quite mastered the art of personal space, with dogs or people. She likes to get right in your face. She has been on the receiving end of some grrrs when she gets too close to other dogs. Eventually they realize she just wants to be friends. Her favorite toy is a tennis ball and she will retrieve.

When she came here she knew no commands, at all. She has now mastered sit, and we are working on down and shake. Goldie is doing better on the leash as well. She really looks forward to our nightly walks with her Spaniel buddies across the street. I haven't weighed her lately but I'm pretty sure she has dropped a few pounds. Good nutrition and daily exercise are helping her regain her girlish figure. She is better with steps now too.

Ideal home:

This "Golden" gal is spry for her age and would do well in a home that has a younger dog and/or kids that might want to play with her, or as an only dog as well.

Newsletter

Editor: Dawn
Marie Rae

[Send
comments or
suggestions to:](#)

dawnmarie@grr-tx.com



In Honor of 'King George' (15-024)

-Arne Larson (written March 12, 2015)

I received a call from SAACS (San Antonio Animal Care Facility) on Tuesday (3/3/15) that they had an 11 year old, male Golden Retriever who was an owner-surrender due to medical problems. When I went to evaluate him Tuesday after work, I found a beautiful boy named "George" who was in bad condition, couldn't walk, in need of serious medical care and clearly depressed. I obviously wasn't leaving there without him.

After taking him directly to Family Pet Hospital (FPH), he received an initial evaluation that showed a large tumor on his right side, thick mats over most of his body, a flea infestation, infected ears and teeth and an injury to his right hind leg that prevented him from putting any weight on it. Nothing serious was to be done that night, so after getting his shots, he came home to the Larson GR "sanctuary" (or maybe bed and breakfast?).

I was already taken by this guy, and the moment Donna walked in, she was in love with him too! Within a short time, George was already cheering up and smiling, happy to be anywhere than where he had come from. We gave him a bath, cut out as many mats as possible, trimmed his nails and cleaned his ears. Since he couldn't walk, we were transporting him outside on the stretcher borrowed from FPH over the next few days. We couldn't keep the stretcher over the weekend and decided to construct our own out of PVC pipe and Duck Cloth. It turned out successful and George loves being carried around on his new chariot! We are now calling him "King George".

His blood work came back showing healthy liver function and good blood chemistry, although slightly anemic. The initial biopsy of the tumor showed it to be benign, giving us great hope that he could eventually be well again. The plan was to build up his iron levels and then attack one problem at a time. Unfortunately, it also showed that he was heartworm positive, complicating everything that we wanted to do for him. George has also developed a cough over the last week, so we took him back in for chest x-rays.

We are devastated to find out that he has metastatic masses in his lungs, which overshadow everything else and are inoperable. The plan has now changed to be one of hospice care, making him as comfortable and happy as possible for the next few days.

We are deeply saddened, but need to remember that dogs live each day completely, one day at a time. They don't think about yesterday and they don't worry about tomorrow. It's not important what George's life was like before, all that is real is today and we will make sure that every one of George's todays is the best it can be.



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**Gold Ribbon
Rescue**

**PO Box 956
Austin, TX
78767
512 659-4653**

www.grr-tx.com



Volunteer Spotlight: John and Liz Horne

John and Liz with Abby (07-151) and Annie (08-052)

How long have you been volunteering with GRR?

My wife Liz and I became involved with GRR when we adopted "Sassy's Golden Thunder" [#02-028] in April of 2002. That was an exciting experience that led us to volunteer with GRR.

What made you want to volunteer with GRR?

We'd already been involved with Golden's for many years, but our experience leading to the adoption of 12 year-old Thunder got us hooked on GRR. The highlight of our GRR story, which was most fulfilling and totally unanticipated, was becoming part of a wonderful family of volunteers. My first involvement was assuming the role of Transport Coordinator. Following volunteer orientation, Liz and I became heavily involved with transport, fostering, performing intake evaluations, handling telephone and home visit interviews, mentoring other volunteers, executing adoption agreements, and providing respite care for any needy Golden's that came our way.

What volunteer position do you hold?

Currently, I serve as a Foster Coordinator. Additionally, Liz and I are quick to respond to requests for intake evaluations and on-the-spot-transport, as well telephone and home visit interviews. We also provide assistance for a short-term stash of a needy pup.

About how many hours do you typically spend volunteering in this position?

Obviously with fostering it's a 24/7 situation, but with any other involvement the hours can vary substantially. An intake evaluation can easily take a minimum of an hour, whereas personal interviews usually take from an hour to an hour and a half per session. We spend whatever time is necessary to accomplish the mission at hand.

What is your favorite part above all?

The favored circumstance is being in a position to provide the main source of comfort and care for a rescued Golden until he/she is ready to be adopted into a permanent home. The highlight of the adoption process is when Liz and I present the adoption agreement to the adoptive family for consummation. We love seeing the joy on the faces of the adopters. Home visit interviews are especially rewarding as we have met some incredible families.

Describe a cute/funny/interesting story while volunteering in this position.

A happy story that comes to mind features a 15 year-old named Splash who was dropped off at TLAC by her owners on July 9, 2005 to be euthanized offering the reason that "she can't even stand up." TLAC contacted GRR to see if we'd even consider this old, arthritic, tubby girl who clearly had very little care of any sort. It was opined that her standing or walking issue could be attributed to her horrendously overgrown claws. That opinion was substantiated by the removal of about 3/8 of an inch from each nail. Liz and I dropped everything and raced to Austin to Spring Splash [#05-087] from TLAC at 3:30 on a Saturday afternoon. She was a mess. Splash's coat was severely matted and full of burrs. The yeast infection in both ears emitted a putrid odor. In spite of her adversities, her spirits were high. Splash was welcomed by our Missy [#05-004] and during her short stay with us they became inseparable. Splash bloomed with proper medical attention, a great diet, and lots of love. It was a bitter-sweet experience for us to see her relocate as a permanent foster to Eileen Joyce-Hankins and her husband Sam, but we had the pleasure of administering to her needs and observing her progress from being barely able to move and being totally disoriented to being restored as a happy, sweet, attentive, follow-Missy-around, carefree, gorgeous girl who loved her daily brushings and walks in the neighborhood. On July 23rd Splash joined Eileen, Sam, and Rusty [#04-030] where she enjoyed the great life that they had to offer. Splash never lost her sweet personality, but her body just gave out on July 21, 2006. A memorial for her may be seen at <http://joycehankins.blogspot.com/>.

Give one piece of advice for volunteers interested in serving in this position.

One must always consider the dog's best interests above all else, whether performing an intake evaluation, a pick-up and transport, a home visit interview, or as a fostering or adoptive family.

What are one or two words that describe your experience while volunteering with GRR?

It warms the cockles of the heart, resulting in innermost pleasures.

To learn more about volunteering with GRR, send an email to Sheila@grr-tx.com.

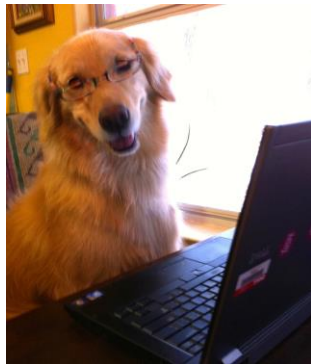


GRR Monthly Update: February 20 – March 20

Adopted: 14-108 Sherman, 15-004 Charlie, 15-003 Marty/Buddy, 13-135 Austin/Buddy, 15-011 Cooper, 15-015 Tiara, 14-135 Bud

Came In To GRR Care: 9

Currently in Foster Care: 40 (16 Available Now/Soon, 15 Foster-Pending-Adoption, 2 Matched 7 Permanent Fosters)



Dear Goldie:

Hero (Sherry Keller)

Introduction and disclaimer: Dear Reader, The 'Dear Goldie' column offers advice on issues behavioral and medical, and is written from the **dog's first-person perspective**. I have researched a great number of articles on the internet -and from you- before I formed the issue for this month. If you have any sample issues for the column, please drop me an [email](#). I promise to make the question and answer fun but informational. Enjoy! - **Dawn Marie Rae**

Dear Goldie, I have been having so much fun getting yummy food off of the kitchen counters and in the trashcan! You would not believe the great food I find: peanut butter, left over fried chicken, and pizza. Pizza is to die for! Sometimes, I have to rummage through a lot of paper and cans before I find my prizes. It can be challenging but it's really worth it. When my human parents come home, they gasp and talk loud and just carry on like it's a federal crime. I don't understand what the big deal is. Can you help?

- **Surfing in San Antonio**

Dear Surfer,

Well, I can see you've been busy and you probably think that you've found the ultimate state-of-bliss, but I have news for you. This is not the way to go about things. The good news is that it is not YOUR fault that they get upset, so calm down and listen! This is a job for your human parents to fix.

On the other hand, do you realize you could eat something that will make you sick or get stuck in your throat? Did I also mention getting fat? Even humans don't eat plastic and cardboard, and chew on cans. Are you a goat???

So, here's what you need to do. Instruct your human parents to have trash cans behind a door or a trash can that locks. It's pretty simple. They shouldn't be leaving food on the counter either. Ask them to consider storing things in the microwave or the oven. You could get a Kong toy with some food in it if you give them a good talking to. Get to it!



Where Are They Now? Dyson (14-096) and Max Ploeger

On February 21, 2015 Max Ploeger adopted Dyson (14-096). **Dyson is his 13th Golden Senior from GRR!** Max, all of us at GRR applaud you and want to publicly thank you for providing a loving home to so many of our needy dogs. You've made such a difference in their lives!

From Max:

My wife, Peggy and I, had dogs in our household shortly after we married and never turned back. Eighteen years later, while living in Lima, Peru, it was necessary for our daughter to go to St. Louis for boarding school. There, she met her first Golden, and upon our return to the States, she insisted on adopting one.

After our return, we lived in Corpus Christi where a Navy pilot at the Corpus Christi Naval Air Station was being reassigned to an aircraft carrier and could not take his Golden. We took Beau into our home. Years later, we transferred to Lafayette, Louisiana. A family that lived down the street had a brother with a kennel for Golden Retrievers and we took on Rebel after Beau passed away. Five years later we adopted Baron, one of Rebel's puppies.

After retirement we moved to Austin and several years later Rebel passed away. We would often see Margo at the post office with her car full of Golden Retrievers. We immediately fell for Bailey (99-032) at our home visit and adopted him at age 12. Shortly after that, we adopted Curley Joe (00-046). Margo kept Contessa (13-132) and Jefferson (12-081) while I was in Australia, too ill to leave for four months. Finally, in December, I felt ready to properly handle and care for a dog and fostered Dyson (14-096). In February of 2015, he officially became my boy. He is the perfect dog for me!

The seniors that Max has adopted:

- #99-032 Bailey
- #00-046 Curly Joe
- #02-030 Sadie Ann
- #02-075 Dutch
- #06-089 Avery
- #06-156 Clover
- #10-096 Gulliver aka Curley Moe
- #10-156 Snowy Zoey
- #12-052 Sadie
- #12-081 Jefferson
- #13-132 Contessa (foster dog who lived the rest of her life with Max)
- #14-096 Dyson

Thanks MAX – Our angel to the Seniors!!



Salmon Delites (Wheat Free)

Ingredients:

- 1 can of salmon (8 oz.)
- 1/2 cup minced Parsley
- 3 eggs
- 1/2 cup flaxseeds (ground)
- 1/2 cup sesame seed (ground)
- 2 cup rye flour

Directions:

Preheat oven 375 degrees.

Mix all ingredients (except flour) in a food processor. Add flour slowly while running. The dough will form a ball shape when finished.

Place dough ball on a floured surface and knead for a minute. Then roll out into a thick rectangle (about 12"). Use a pizza cutter to cut long strips and then cut horizontally to make bite size squares. Bake on greased cookie sheets for 20-30 min.

You can bake them longer to make them harder or less for softer treats. Be aware that softer treats will not last as long as harder ones as they have higher moisture content. Refrigerate uneaten treats.

Makes 1 1/2 dozen

Warning: Your dogs will really love these salmon dog treats!



The Golden Tooth: How to Clean Your Dog's Teeth - Cesar Millan

The good news for dogs is they're not as prone to cavities as human beings are. But despite the old conventional wisdom that a dog's mouth is cleaner than a humans, dogs can still develop problems like tartar and plaque buildup and gingivitis. But it's not just bad breath and yellow teeth you have to worry about. As with humans, these canine dental problems can actually lead to life-threatening infections and issues including heart, liver, and kidney disease. Here's how to practice good dog dental care that will extend your dog's life:

How to brush your dog's teeth

If your dog can brush his own teeth, you can stop reading this article and start posting the video to YouTube. For the rest of us, we have to use a canine toothbrush and a little strategy. The best brush to use is double-headed with the brushes at a 45-degree angle to clean below the gum line. Try and choose a time when your dog has had a decent amount of exercise, so he's more inclined to sit still for the procedure. Start slowly and quit if your dog gets agitated, even if you don't brush the whole mouth. You can increase the time every day as he gets used to it. Also, make sure to speak soothingly and pleasantly during the brushing and reward your dog with a treat afterwards. Before too long, your dog should start looking forward to the event.

How to pick the right tooth paste for your dog

This is very important. **Do NOT use regular human toothpaste** for your dog. Most human toothpastes include fluoride, which is extremely poisonous to dogs. You can find toothpaste formulated for dogs at most good pet stores.

Dry food is better than soft food

If the tooth brushing ends in blood, sweat, or tears, there are still choices you can make to help improve your dog's oral health. Crunchy kibble is better for your dog's teeth than soft food, as soft food is more likely to stick to the teeth and cause decay.

Chew bones and chew toys to clean teeth

There are many synthetic bones and chew toys that are specially designed to strengthen your dog's gums and teeth. Just make sure you're providing safe objects for your dog to chew on. Giving your dog a good bone to chew on can help get rid of build up and keep teeth strong, but imagine a human who only chews gum and uses mouth rinse. That's not an effective means of ensuring good dental hygiene and overall health. The same is true for your dog.

When to see a veterinarian

Whether you brush your dog's teeth or not, you should have a look inside his mouth every week or so. If you notice any of these signs of dental problems, then take your dog to the vet:

- Bad breath
- Change in eating or dog chewing habits
- Pawing at the face or mouth
- Depression
- Excessive drooling
- Misaligned or missing teeth
- Discolored, broken, missing or crooked teeth
- Red, swollen, painful or bleeding gums
- Yellowish-brown tartar crust along the gum line
- Bumps or growths within the mouth
-

How often to see a vet?

Even with healthy teeth, just like you, your dog should have his teeth checked by a professional every six to twelve months. Your vet should include a dental examination with a normal checkup, but ask for it if they don't.

Dental care can be a hassle for humans and dogs, but proper maintenance can be a money saver in the long run and even a lifesaver. Letting it go can lead to costly and often, painful vet visits down the road. Many dogs have to be given anesthesia to have their teeth and gums cleaned if the buildup is bad enough. Keep your dog's mouth clean though, and you'll both be smiling!

Read more: <http://www.cesarsway.com/dog-care/dog-health/7-tips-for-doggie-dental-care#ixzz3SPmml6oc>



How To Massage Your Dog: Four Techniques to Help Your Pup Rest, Relax, and Rejuvenate

By [Lola Michelin](#) / Illustrations by Margo McKnight from Modern Dog Magazine

Ahhh! Yeah! A little to the left, yeah that's the right spot. What's that? No, it doesn't hurt! It's divine!

Massage lowers blood pressure and reduces stress for both the giver and receiver and takes only minutes a day. Better yet, learning how to give your dog a massage is easy. And if you believe in karmic retribution, just think of all those massages waiting for you down the road! You can keep an eye out for changes in your dog's skin e.g. lumps, hot spots, etc.

Daily Massage

In just ten minutes a day, you can give your dog a "maintenance" massage. Use a flat palm to slowly touch all the parts of your dog's body. Really focus on what you are feeling and pay

attention to all the layers, from hair through skin, fat, muscle, and down to bone. However, there is more to these massages than just quality time together. After a few days, you will have a clear picture of what is normal for your dog's body. Knowing what feels normal for your dog can also help you provide better information for your veterinarian, trainer, or massage practitioner. This is one way that regular massage can add to the length and quality of your pet's life.

Calming the Nervous Dog

Oh, oh. The distant sound of thunder is rolling through your neighborhood. Your dog begins to whine, roll his eyes, and pant. He dives under your bed. Is there anything you can do to reduce his stress? Massage may be the answer. Massage therapists use a stroke similar to petting to relax the nervous system. Lightly rest the flat palm of your hand on top of your dog's head or neck. Make long, sweeping passes along the length of the spine and down the tail. Repeat this several times slowly. Do not press straight down on the lower part of the back. To finish, allow one hand to rest at the base of your pet's head and the other hand to rest over the area of the pelvis (the high point over your dog's hips). These two areas correspond to the part of the spinal cord that controls the rest and relaxation responses of the body (for example, sleep, digestion, and tissue repair). This technique is useful any time your dog is nervous or fearful, such as during nail trimming or vaccinations, or when he is hyperactive or restless.

Warm-Up Massage for Active Dogs

If you work out or play a sport, you've likely been told many a time that warming up your body is a vital part of your fitness routine. Active dogs that compete, run, hike with their owners, or just play hard also deserve a good warm-up, and it may even prevent injury. Start with several minutes of petting strokes over your dog's entire body. Briskly rub the large muscles (neck, shoulders, buttocks, and thighs) with the heel of your hand. Gently lift and squeeze the muscles. The technique is a lot like kneading bread dough. Wrap your fingers around each lower leg and squeeze gently. Relax your grip and move up Warm-up for active dogs the leg gradually, squeezing as you go. Finish with more petting over the entire body to stimulate the nerves.

Relieving Joint Stiffness and Soreness

Ouch! Recent exertion, aging, or inactivity can lead to soreness and stiffness in joints and muscles. To help, start by petting the area around the joint to warm the tissue. Then place your hand(s) over the area and apply gentle compressions over the area. You can use your breathing or count slowly to establish a rhythm as you press and release the muscles. The pumping motion moves fluids through the muscles and takes tension off the tendons surrounding the joint. Never use sudden or direct force over a bone. Finish with more petting over the area to soothe the nerves. Keep in mind that regular massage throughout the life of your pet may help prevent the stiffness and pain that contributes to arthritis. Readers should note that massage is not a substitute for veterinary care. Severe conditions require diagnosis and treatment by your veterinarian.

Ten Fun Facts about Golden Retrievers

- Paul Ciampanelli



Tiara 15-016 (Curtis Burch)

1) LORD TWEEDMOUTH CREATED GOLDEN RETRIEVERS

The noble Golden Retriever has truly aristocratic roots, being the brainchild of Dudley Coutts Marjoribanks, 1st Baron Tweedmouth, aka the Lord Tweedmouth. Lord Tweedmouth developed the breed in his native Scotland during the mid-to-late 19th century. Golden Retrievers were bred from Flat-Coated Retrievers and Tweed Water Spaniels (a breed that is now extinct).

2) GOLDEN RETRIEVERS HAVE AN EXCELLENT SENSE OF SMELL

As their name suggests, Golden Retrievers were intended primarily as hunting dogs to retrieve felled game in the field. Therefore, they were bred to possess an [extremely powerful sense of smell](#), and indeed their olfactory skills are among the best of all dog breeds. While rarely used in hunting today, Golden Retrievers are commonly employed as bomb sniffers and search-and-rescue dogs due to their keen sense of smell.

3) GOLDEN RETRIEVERS ORIGINALLY WERE NAMED GOLDEN FLAT COATS

This breed's name went through a small bit of evolution early on in its existence. At first, the Golden Retriever was listed as the Golden Flat Coat, and was regarded technically as a color variation of the Flat-Coated Retriever rather than a breed unto itself. Golden Retrievers [gained their own identity](#) in 1913 along with the founding of the Golden Retriever Club in the U.K.

4) THE GOLDEN RETRIEVER IS CONSIDERED THE FOURTH-SMARTEST DOG BREED

Looks and brains: Golden Retrievers really have it all. These friendly family dogs are also whip-smart. According to conventional wisdom, they are the [fourth-smartest breed](#) of all, trailing only Border Collies, Poodles and German Shepherds.

5) THE AKC FIRST RECOGNIZED GOLDEN RETRIEVERS IN 1925

Golden Retrievers earned American fans almost from the beginning of their history in the late 19th century, but [it took a few decades for the American Kennel Club to recognize the breed officially](#). They finally did so in 1925. The breed's popularity only took off from there, as it found favor among American families and hunters alike, due to the excellence of their personalities and physical abilities.

6) THE GOLDEN RETRIEVER IS THE THIRD MOST POPULAR BREED IN AMERICA

Golden Retrievers have sat near the top of the [list of America's most popular dog breeds](#) for many years. The breed currently ranks third behind Labrador Retrievers and German Shepherds. Who knows? Maybe they'll jump to No. 1 next year (but probably not, because Labs have dominated for decades).

7) PRESIDENT GERALD FORD HAD A GOLDEN RETRIEVER IN THE WHITE HOUSE

One of the most well known United States presidential pets was the patriotically named [Liberty, Gerald Ford's Golden Retriever](#). Liberty, whose full AKC-registered name was Honor's Foxfire Liberty Hume, was popular with both the press and the public during the Ford administration. She even gave birth to a litter of puppies in the White House.

8) THE FIRST THREE AKC OBEDIENCE CHAMPIONS WERE ALL GOLDEN RETRIEVERS

The American Kennel Club introduced its official obedience trials in 1977, and its [first three obedience champions were Golden Retrievers](#). The very first was a female named Moreland's Golden Tonka, aka Tonka. During Tonka's career, she earned eight perfect scores and 176 "High in Trial" awards.

9) GOLDEN RETRIEVERS ARE ONE OF THE MOST POPULAR ASSISTANCE BREEDS

The intelligence and physical skill originally bred into Golden Retrievers to make them excellent hunting dogs remains in demand today, though less often for hunting and more often for more modern applications. In particular, Golden Retrievers are prized as assistant dogs for people with various disabilities. Assistance-dog organizations like [Assistance Dog International](#), [Canine Companions for Independence](#) and [Paws With a Cause](#) all train Golden Retrievers, Labrador Retrievers and Lab-Golden crosses for the job almost exclusively.

10) GOLDEN RETRIEVERS DOMINATED '80S AND '90S ENTERTAINMENT

Golden Retrievers are highly intelligent and easy to train. As a result, they're frequently used in television and movies. The breed enjoyed especially notable popularity in 1980s and 1990s TV sitcoms. Golden Retrievers featured prominently on "Punky Brewster" as the titular character's dog, Brandon; on "Full House" as the Tanner family's dog, Comet; and on "Empty Nest" as the Weston family's dog, Dreyfuss (although Dreyfuss was half Golden Retriever, half Saint Bernard). The popular family films "Homeward Bound" and "Air Bud" also starred Golden Retrievers.



LAST CHANCE: 2014 GRR Tax Deductions

What you do for GRR can count towards your deductions!

What you CAN claim:

- \$5 per day for EACH dog that you foster in foster care
- Mileage for every mile you travel for GRR purposes: vet appointments, transport, home visits, etc.
- Medical attention for your foster dog with our approved vets but you paid for it yourself.

- - Money spent on envelopes, postage, containers for supplies, baggies for supplies, etc.

What you CANNOT claim:

- - Toys and food you bought for your foster dog
- - Grooming for your foster dog
- - Any non-approved vet visit

Email GRR Treasurer Tim Tierney at tjt@grr-tx.com with your foster dog list, the dates they were at your house, and the total number of foster days and Tim will email you a tax donation receipt.

Example of how to provide documentation for Tim (list all this info):

Foster: #13-142 Andy
01/01/14 - 02/27/14 = 58 days

Foster: #14-073 Buttercup
06/08/14 - 07/28/14 = 50 days

Foster: #14-079 Cozy
06/23/14 - 10/26/14 = 125 days

Total days for foster dogs: 233 days x \$5/day = \$1,165 tax donation

- Please contact [Tim](#) if you have any questions.