



**Rescuing Goldens in Central Texas for Over 15 Years**

Duke 14-123

**JANUARY 2015**

## From Margo, GRR President



2014 was a year of frightening financial changes and ongoing success. On a late September morning, GRR's board members glumly reviewed the year's skyrocketing medical expenses, which had increased from \$100,000 to \$140,000+ in one year's time, in spite of our ongoing fiscal conservatism. Other Golden Retriever Rescues across the US reported similarly increased medical costs. We looked for patterns – what changed between 2013 & 2014?

- There were more Goldens than normal requiring hip surgery and specialized treatments.

- Craig's List, an online resource for rehoming dogs had become more prevalent and more dog owners rehomed their younger, healthy dogs themselves, via Craig's List. This means that rescues receive a higher percentage of dogs that are older or infirm and require more medical care.

- GRR saw a dramatic increase in the number of Goldens rescued from Palm Valley Animal Center near the Mexican border. These dogs, almost without exception, are in dire health. They are usually young and very adoptable, but most are positive for heartworms or tick borne diseases. They tend to become quite ill with multiple respiratory infections and/or anemia. They often need dental work or have mange, and are almost always still intact. Those are the dogs that need us the most.

### Upcoming Events

Volunteer Training,  
March 7,  
Austin

Historically, GRR's motto has been, **"We'll rescue any non-aggressive purebred Golden Retriever, no matter its age or health status."** We board members briefly considered the option of turning away ill or potentially expensive Goldens – but we couldn't do it! Gold Ribbon is a safety net for *all* Goldens, not just the young, healthy, easily adoptable ones. Our challenge is to adjust to the New Normal.

So we asked for your help – and you gave it! Many thanks to our generous supporters who stepped up during our Extraordinary Golden Fund "EGF" campaign, our Golden Gala fundraiser and the silent auction at the Christmas party. And a thanks in particular to Gregg & Paul of Dallas with their \$25,000 Matching Funds Challenge. Especially dear to my heart is the foster mom who returned her long coveted, brand new Coach brand handbag so that she could instead send a donation for medical care. Take it from me – that was a big sacrifice. With your ongoing support, GRR will continue to rescue and rehabilitate Goldens in need in 2015 and beyond.

The number of dogs we saved in 2014 remained consistent at about 150, with Orange and Piper scheduled to arrive from Palm Valley (you remember Palm Valley!) on December 30. Approximately 20% of our rescues have been heartworm positive, which is slightly less than most years. Expect this percentage to increase in 2015, with our steady rains and a higher mosquito population. Half of this year's Goldens required spays or neuters -- more than previously – probably due to the Palm Valley dogs that are almost always intact.

GRR's lifeblood are our volunteers and foster families. As you know, GRR has no paid staff, nor a facility. We are so grateful that you generously give GRR your time. Every hour you give GRR helps save a life.

Looking to 2015, we will continue to provide fun activities such as our Annual Picnic, Swimfest, and Holiday Party. We are planning several new events to bring our GRR family and Goldens together – we'll be announcing our yearlong programs shortly. We are also planning a volunteer appreciation dinner in February. We'll continue to brainstorm for new fundraising ideas, apply for more grants, a new matching funds challenge and expanding our outreach via social media.

We came through a rough year, stronger than before. Here's to 2015 – we will meet the challenge – GRR Victorious!

## GRR Annual Holiday Party

What a wonderful time it was at the annual GRR Christmas party! The party was graciously hosted by Jody Branson and David Baker in their beautiful Austin home with lots of great food and a very successful silent auction. We raised a whopping \$5,000! Please send [Tim Tierney](#) a note for a tax receipt of your silent auction donations with the description of the items. Thank you all for your generosity!



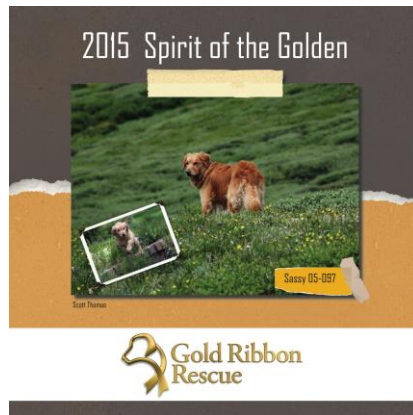
### Join GRR:

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



Connect with Gold Ribbon Rescue on [Facebook](#)

## Last Chance: 2015 Spirit of the Golden Calendar



Don't forget to order your [2015 GRR calendar](#). The cost is \$20 plus shipping.

## Volunteer Spotlight: JC and Cathy Smith



### How long have you been volunteering with GRR?

10 years

### What made you want to volunteer with GRR?

While in Little Rock, we went to the shelter with the intent to get a small female, young, shorthaired, mixed breed dog. We fell in love with a large, male, 7yr. old, dark red Golden Retriever...our 1<sup>st</sup> Golden. :) Since then we were "smitten" with that breed. When we moved to San Antonio in 2004 I knew I wanted to work with a Golden Retriever Rescue Group and located GRR online.

### What volunteer position do you hold?

Cathy – foster mommy, micro-chipper, home visits, occasional transports and evaluations. JC – foster daddy, home visits, transports and evaluations. JC will evaluate dogs at SAACS, which I "wimp out" at doing, however I can evaluate at homes. We also provide respite care for other GRR dogs.

### How Can You Help a Golden?

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

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

Fostering is 24/7. Other than fostering, hours can vary quite a bit ~ anywhere from 0 hours per week to 5 hours. The longest time we have had a foster dog in our home was 576 days. That was Portia 10-053, who had many medical problems that were finally were taken care of. She is in a wonderful home now.

**What is your favorite part above all?**

We love having Goldens in our home. Bogart 14-114 is currently our 24<sup>th</sup> foster. Knowing that we are helping them find their "Forever Homes" is fulfilling. It's fun meeting all kinds of people too! GRR is also a wonderful support group that truly understands the "mushy feelings" we have about our Goldens.

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

Believe it or not, with all our fostering, somehow we just adopted one (yes, just one of our fosters), Susie 08-149, who has since passed away. She was trained as a "Visiting Dog" at an assisted living facility, and brought lots of smiles, while receiving lots of hugs! Whenever a foster leaves us, I always say to J.C. that we need a "break" for a few weeks, however, after a couple days we are missing having a "Golden fur-ball" around. I always say they are like potato chips, habit forming and can't stop at just one!

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

"I'm too busy to volunteer". How many times have I heard that? We are all busy with jobs, families, and obligations. You can work as much or as little as you want for GRR. If you love Goldens and would enjoy working with and meeting other "Golden-Lovers", there is a place in the GRR organization for you! It takes volunteers in all capacities to work for the benefit of Goldens in need.

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

Fulfilled and grateful most of all, and sometimes mixed with days of frustration and sadness.

**To learn more about volunteering with GRR**, send an email to [Sheila@grr-tx.com](mailto:Sheila@grr-tx.com).

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](mailto:sheila@grr-tx.com)

## Brie's Banana and Honey Dog Treats

-From allrecipes.com

**Ingredients - Original recipe makes 7 dozen dog treats**

- 2 cups water
- 2 bananas, mashed
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 egg
- 4 1/2 cups whole wheat flour
- 1 teaspoon baking powder

**Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- Lightly grease 2 large baking sheets.
- Combine water, mashed bananas, honey, vanilla, and egg in a large bowl.
- Stir in whole-wheat flour and baking powder.
- Beat dough with an electric mixer on medium speed until ingredients are thoroughly combined, 1 to 2 minutes.
- Turn dough onto a floured surface and knead until no longer sticky, 5 to 8 minutes.
- Roll out dough to 1/4-inch thickness and cut into mini shapes with your favorite cookie cutter.
- Place dough shapes on prepared baking sheets.
- Bake in preheated oven until cookies are lightly browned, about 20 minutes.
- Turn off the oven and leave cookies until thoroughly dry and crisp, 30 to 40 more minutes.
- Remove baking sheets from oven and allow cookies to cool on pans for 10 minutes. Transfer cookies to wire rack to fully cool.

**Newsletter**  
**Editor:** Dawn Marie Rae

Send comments or suggestions to:

[dawnmarie@grr-tx.com](mailto:dawnmarie@grr-tx.com)

## Where Are They Now? Dawn Marie Rae and Emma (14-120)

I never intended to adopt another dog, especially not one with cancer. I had just adopted 7 year-old Sophie (Scout 13-035) in February. And I confess, adopting her was a reaction to my aging 15 year-old Sheltie and knowing I would not have her with me much longer. I love the two of them greatly, I absolutely adore them, but that was all I could really handle, emotionally and financially. Until...



As a volunteer for GRR, I was assigned to write Emma's profile for the website so that she could be adopted. That means I also had to look at her background situation, her medical issues and her foster family's feelings about her. I like to read all of the information and digest it for a day or so, to think about the total-dog picture if you will.

So, when I sent off the completed profile, it was with a nagging reluctance that I had not portrayed her as well as I could have. Did I say the right things? Would anyone really adopt her with the words I used? Could they see how much energy and playfulness she still had for an 11 year-old? Did I pitch the slow-growing, but inoperable cancer positively? Could anyone ever have done that last one successfully?

It's a different mindset this time. Adopting Sophie and Roxie was about me, even though I knew I was already giving two homeless dogs another chance. But adopting Emma was all about Emma. It wasn't what I wanted from her, the companionship and love, it was what she wanted and needed from me.

I don't believe in estimates and theories about how long she has. Emma lives happily and playfully every day and I vow to keep it that way...until she lets me know it's 'time'.

We all want our dogs to be healthy and to live forever, but they don't - and we don't. Live every day like it's your last and love your dog like it's theirs.

## GRR Monthly Status Report for December

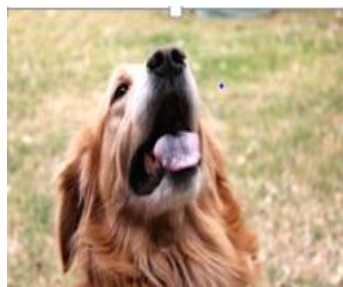
**Adopted:** 14-090 Ashley / 14-091 Madonna / 14-067 Maggie Mae / 14-119 Michael / 14-128 Sparky, 14-084 Moogi / 14-082 Dante / 14-112 Wendy / 14-087 Misty / 12-121 Cagney / 14-117 Maya, 14-124 Linda / 14-113 Peter / 14-119 Johnny / 14-129 Brogan / 14-137 Brodie / 14-150 Jordan

**Gold Ribbon  
Rescue**

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

[www.grr-tx.com](http://www.grr-tx.com)

**Came In: 13  
In Foster Care: 35 (22 Available Now or Soon, 8 FPA, 5 Permanent Fosters)**



## Why Man's Best Friend Is Man's Best Friend

- Adapted from Dr. Foster and Smith Education Staff

### Physical benefits of dog companionship

- Increase longevity after heart attacks.
- Lower cholesterol and triglycerides.
- Decrease blood pressure and reduce stress.
- Increase physical activity and functioning.
- Reduce medical appointments and minor health problems.
- Predict seizures.
- Alert to hypoglycemia.



## Emotional benefits of dog companionship

- *Adjust to serious illness and death.*
- *Be less anxious and feel safer.*
- *Relax and reduce everyday stress.*
- *Have physical contact.*
- *Lift our mood and feel less lonely.*
- *Have something to care for.*
- *Keep active.*
- *Have consistency.*

## Social benefits of dogs

- *Create a sense of closeness and well-being.*
- *Offer a topic of conversation.*
- *Promote interaction.*

Their ability to act the clown, be non-judgmental, help us feel needed, offer unconditional love and trust, provide an ear to our troubles, and warm fuzzy fur to hold and stroke ensures them the well-deserved title of "man's best friend."

## 3 Simple Ways Apple Cider Vinegar Can Help Your Dog

-Jessica Peralta in Nutrition And Diet, Dogs Naturally Magazine

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When you have a dog suffering from itchy skin or ears, you'll do just about anything to help. And the more things we try, the more we buy... and things start getting expensive. So it's nice when finding an itch-reliever is as easy as walking to your kitchen cupboard and grabbing some vinegar. Organic, raw, unfiltered apple cider vinegar, to be exact.

### Itchy Skin

Apple cider vinegar (ACV) can help relieve itchy skin and rashes caused by yeast and poison ivy. The best way to apply is by making a 50/50 solution of apple cider vinegar and water in a spray bottle and applying directly onto itchy spots, but NOT open wounds. If you can't apply topically and yeast is the main concern, you can feed ACV in your pet's food or water. (1/4-1/2 teaspoon daily).

### Ear Cleaner

Itchy skin is often accompanied by itchy ears. A proactive cleaning regimen using half ACV and half purified water helps to prevent ear infection. Clean dirty ears using individual cotton balls soaked in the solution. Swab out the ears until no gunk appears on the cotton ball.

### Apple Cider Vinegar Tea Body Rinse

This body rinse can be useful to restore skin pH, soothe itchy skin, calm rashes and welts, and has some added benefits for keeping biting flies, fleas and gnats at bay.

Mix the following ingredients together in an aroma-safe bottle/jar with cap and shake well before use:

Apple Cider Vinegar: 1/2 cup

Brewed Green Tea (cooled): 1/2 cup

Distilled Water: 1 cup

After bathing, apply this warm water/apple cider vinegar rinse to your animal friend's coat/skin and massage in. Rinse well and pat dry, or allow the apple cider vinegar mix to air dry for the added benefit of bug relief.

This blended mixture can also be pre-made and kept in a glass jar in the refrigerator (for approximately one or two weeks - discard if moldy), and used for spot treatments for bug bites and stings.

***NOTE: When using apple cider vinegar internally or topically, remember to monitor your dog for any adverse reactions. Some dogs may need a lesser dose and some dogs may be too acidic already, in which case, apple cider vinegar might not be the answer.***

## People Food for Our Furry Kids

Here is a list of everyday foods that are safe, and even healthy to give your dog.

|                              |                            |                      |                                  |                                       |
|------------------------------|----------------------------|----------------------|----------------------------------|---------------------------------------|
| Salt-free Chicken Broth      | Rice                       | Eggs                 | Bacon (in small amounts)         | Turkey and Chicken                    |
| Salmon (omega-3 fatty acids) | Tuna                       | Peanut butter        | Plain yogurt                     | Oatmeal                               |
| Brewer's Yeast               | Peppermint (upset stomach) | Parsley (bad breath) | Sweet potatoes                   | Broccoli                              |
| Celery                       | Green beans (unsalted)     | Zucchini             | Summer squash (for constipation) | Spinach                               |
| Kale                         | Beets                      | Brussel sprouts      | Raw carrots                      |                                       |
| Apples (no seeds)            | Pears (no seeds)           | Cranberries          | Pumpkin                          | Blueberries                           |
| Strawberries                 | Blackberries               | Watermelon           | Cantaloupe                       | Pineapple (stool eating preventative) |
| Bananas                      | Oranges                    |                      |                                  |                                       |



### 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](mailto: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.



## **2014 Tree of Hope**

Thanks to everyone who donated to the GRR Tree of Hope this year. Our online holiday tree raised much-needed dollars to support the Extraordinary Golden Fund (EGF). We apologize that the Tree of Hope did not function properly when initially launched and worked as quickly as we could to address the problem. Again, we are sorry for any inconvenience and thank you for your support.