

THE GUARDIAN

SEPTEMBER 2014 | ISSUE 74

IS IT PICNIC TIME YET?



Maya #2055,
Kimmy #1988,
Prince #2048 &
Kato #1612

ARE YOU A
**golden
retriever**
BELIEVER?

 **Golden
Rescue**
...About Second Chances



Toby #1816 & Colton #1335

2015 CALENDAR



SAVE THE DATE!

Get your copies of the 2015 Calendar at the Golden Rescue Picnic on September 21st!

Also available now online at www.goldenrescue.ca. Is your Golden featured? Check below...



Calendar Stars...

Bailey #1908
Barbie #1981
Beau #1898*
Beau #2041
Becca #2038
Bella #1491
Ben #1969
Cobe #1990*
Colton #1335*
Crosby #2020
Dream #1797
Freddie #1747
Freeway #1930
Gino #2030

Goldie #654*
Gracie #1845
Harley #2022
Hutch #1712 &
Ruby*
Jake #1945
Jake #424
Jazz #903*
Jenny #1527*
Jessie #958
Katie #724
Koda #1924
Lola #1929
Luca #2003

Macky #1428*
Maggie #1986
Mak #1906
Mar-lee #1912
Molly #1921
Mulligan #2019*
Murphy #1875*
Murphy #2010
Penny #1825
Quincy #1807*
Reilly #1925
Riley #1876*
Rufus #1976*
Rufus #1995

Russell #1888
Sandy #1688
Sandy #1901
Sarah #2037
Sir Abbott #1947*
Sophie #1837*
Stanley #1760*
Stanley #1864
Toby #1816*
Toby #2000
Toby #422
Woody #1556

* Feature stars



CANADIAN GOLDEN RETRIEVER ADOPTION SERVICE INC.

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The Front Cover

(L to R) Maya #2055, Kimmy #1988, Prince #2048 & Kato #1612 ~ These four amazing Golden's grace our front cover with style and fill our hearts with joy. Prince and Kato have become inseparable since Prince moved in with Kato's forever family. This dynamic duo couldn't be more different ~ Prince is like a big pillow with legs where Kato is like the energizer bunny...but as they say, opposites attract. Maya is a beautiful, sweet, gentle, funny girl who lives with her new brother Boomer and sister Jewel and is a professional snuggler. Kimmy has been described as the happiest dog on the planet who greets each day with a wagging tail and an infectious crooked smile.

THE GUARDIAN

September 2014 | Issue 74

Give the gift of gold. Give the gift of love.

The Guardian is the official publication of the Canadian Golden Retriever Adoption Service Inc., a not-for-profit rescue and adoption service for Golden Retrievers.

A one-year subscription to Golden Rescue's 'Guardian' is available for a minimum of \$20.00.

Our address is:

Mailing address: P.O. Box 31026, Barrie, ON L4N 0B3

Physical address (for couriers):

37 Mapleview Drive West, Box 31026, Barrie, ON L4N 9H5

Please consider a subscription to The Guardian for a special friend or relative.

BUSINESS REPLY ENVELOPE (BRE) NOTICE:

The postal code on our BRE IS CORRECT.

Mission Statement

The Canadian Golden Retriever Adoption Service Inc. is a volunteer-operated, not-for-profit charitable organization dedicated to rescuing and re-homing displaced Golden Retrievers and to educating the public in general about pet ownership.

We carefully screen all incoming dogs for socially acceptable behaviour and approve those whom we feel we can responsibly place. We provide spay/neuter service, micro-chipping, and all the necessary veterinary care required to place them with their Forever Families.

We provide public education by means of brochures, an informative and entertaining website and newsletter, public/media appearances, and canine educational events, which focus on responsible pet ownership and in particular, the Golden Retriever breed.

Golden Rescue™ is a registered trademark of the Canadian Golden Retriever Adoption Service Inc.

If you have any comments or suggestions for the Guardian, please email guardian@golden-rescue.net

Please note that due to publishing timelines, there may be a waiting period before the acknowledgement of your contribution. We appreciate your patience and will do our utmost to be as prompt as possible. Articles/photos in The Guardian may be reproduced with the express permission of The Guardian team.

The Guardian is the result of many people who have generously donated their time, expertise, design, and resources to its production. A great big THANK YOU goes to Betty James for the design, Tamm+Kit for the printing, and the Klein family and friends for the mail-out.

We would like to thank all of our contributing writers and photographers... too many to list. Betty, who loves her furkids, has given up many weekends and evenings to design and assemble this newsletter so that we Golden lovers can read all about the golden world we live in.

Betty with Denver, Shadow #1342 & Kona





Zeus #1913

MEET & GREET

Oliver #1744

Oliver had a rough start to his life. He came to Golden rescue at 1.5 years old with a number of issues. His main issue appeared, on the surface, to be aggression. He was fostered twice and adopted three times unsuccessfully until us. We are his forever family and we have provided all the love and patience Oliver so badly needed. It was love at first sight for us and we took Oliver



home the very next day. It was suggested Oliver be muzzled for every vet visit. Instead we took Oilly on a number of short visits to the vet where nothing was done other than weighing him. They made the visits fun and the staff played along. After two weeks of these short visits, Oliver seemed ready for a real visit and he was a superstar. In fact, he now loves going to the vet and gets excited whenever he's told he's going...a small miracle. After consulting a behaviourist, we discovered Oliver's aggression was actually fear aggression against women and children. Who knew what happened to the poor boy early in life but this issue had to be dealt with, with understanding, patience, and love, which our family had plenty of. Today, women and children can pet Oliver as long as he is sitting. His issues have slowly been melting away and he is 90% there. Pretty good from where he started. Besides, who of us is 100%...none of us, we suspect.

Deborah & Ron



Ron & Oliver #1744 at Peggy's Cove
- one stop in their 4,000 km trip!

Here in this house...

I will never know the loneliness I hear in the barks of the other dogs 'out there'.
I can sleep soundly, assured that when I wake my world will not have changed.
I will never know hunger or the fear of not knowing if I'll eat.
I will not shiver in the cold or grow weary from the heat.
I will feel the sun's heat and the rain's coolness and be allowed to smell all that can reach my nose.
My fur will shine and never be dirty or matted.

Here in this house...

There will be an effort to communicate with me on my level.
I will be talked to even if I don't understand.
I can enjoy the warmth of the words.
I will be given a name so that I may know who I am among many.
My name will be used in joy.
And I will love the sound of it!

Here in this house...

I will never be a substitute for anything I am not.
I will never be used to improve peoples' images of themselves.
I will be loved because I am who I am.
Not someone's idea of who I should be.
I will never suffer for someone's anger, impatience or stupidity.
I will be taught all the things I need to know to be loved by all.
If I do not learn my lessons well, they will look to my teacher for blame.

Here in this house...

I can trust arms that hold, hands that touch.
Knowing that, no matter what they do, they do it for the good of me.
If I am ill, I will be doctored.
If scared, I will be calmed.
If sad, I will be cheered.
No matter what I look like I will be considered beautiful and known to be of value.
I will never be cast out because I am too old, too ill, too unruly or not cute enough.
My life is a responsibility and not an afterthought.
I will learn that humans can almost, sometimes, be as kind and as fair as dogs.

Here in this house...

I will belong.
I will be home.



WELCOME TO THE GOLDEN FAMILY

* Rufus & Cobe
are in the
2015 Calendar!



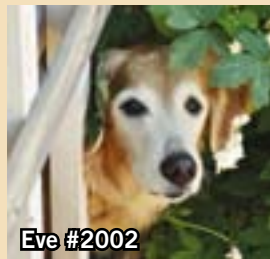
Rufus #1995



Cobe #1990



Jake #1992 &
Jessie #1991



Eve #2002



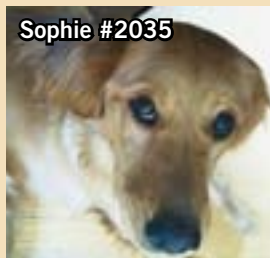
Lulu #2007



Lucie #2012



Duke #2026



Sophie #2035



Mack #2045



Phoenix #2060

WELCOME HOME Goldens!

Boom Boom #2033

2.5-year-old male adopted by Richard Chaput & Helene Primeau

Beau #2041

3-year-old female adopted by Peter Robb

Boomer #1922

10-year-old male adopted by Mark & Deb Lake

Buddy #2054

10-year-old male adopted by Peter & Beverly Rostant

Casey #1996

6-year-old male adopted by Randi McDermott

Charlie #1982

4-year-old male adopted by Jessica Gilbert

Chelsea #2001

9-year-old female adopted by Marlene & Bruce Mortensen

Clancy #2056

7-year-old male adopted by Ginette Cochrane

Cobe #1990*

7-year-old male adopted by Cole & Kristy Mason

Cody #1941

9-year-old male adopted by Berry Smith & Gail Richardson

Crosby #2020

7.5-year-old male adopted by Adam Hubert

Duke #2026

8-year-old male adopted by Elizabeth Fothergill

Eve #2002

14-year-old female adopted by Ronald & Mary Ellen Morse

Felix #1994

11-month-old male adopted by Kevin & Kerry Morgan

Gino #2030

1-year-old male adopted by Craig & Flora Simpson

Harley #2022

7.5-year-old male adopted by Lou Rogers

Hughie #2047

3-year-old male adopted by John & Carolyn Doucette

Jax #2008

8-year-old male adopted by Kathy MacNeil

Jessy #1991 & Jake #1992

9-year-old female & 8-year-old male adopted by Dan & Debbie Huck

Kimmy #1988

12-year-old female adopted by Randy & Cherie Barlow

Luca #2003

4-year-old male adopted by Terry Bolster

Lucie #2012

6-month-old female adopted by Gilbert & Joanne Dionne

Lulu #2007

8-year-old female adopted by Steve & Lori McFarlane

Mack #2045

8-week-old male adopted by Charles & Rebecca Mott

Macy #2006

6-year-old female adopted by Robert Ablamowicz & Donna Sellers

Maddie #2018

3-month-old female adopted by Kerry Smith

Martini #2034

9-year-old female adopted by Lisa Cameron

Max #2021

10-year-old male adopted by David & Liz Schandlen

Mong #2015

8-year-old male adopted by Gayle Baltjes-Chataway

Mulligan #2019

3-month-old female adopted by Robyne Lewis

Murphy #2010

1-year-old male adopted by Ed & Christine Townsley

Nick #2004

7-year-old male adopted by Barbara Demetrick

Oliver #2017

3-month-old male adopted by Kristen Darlington

Phoenix #2063

7.5-year-old male adopted by Sandra Savage

Prince #2048

4.5-year-old male adopted by Ian and Cindy McClelland

Redd #1989

6-year-old male adopted by Kathleen Edwards

Remi #2043

1.5-year-old male adopted by Kurt & Lorraine Preston

Rosie #2013

8.5-year-old female adopted by Matt & Sherry Melinshyn

Rosie #2044

1.5-year-old female adopted by Donna Lang

Rufus #1995*

2-year-old male adopted by Matthew & Krystin Micalizzi

Ryder #1889

6-year-old male adopted by Lisa Dowling

Sasha #1977

1-year-old female adopted by Linda & Bill Lawrence

Shayla #2005

7.5-year-old female adopted by Glen & Debbie Jones

Sherman #2014

5-month-old male adopted by Peter & Meg McNeil

Simba #1949

1-year-old male adopted by Sean & Lynda

Sophie #2035

16-month-old female adopted by Derek MacNeil

Storm #2049 & Yogi #2050

2-year-old female & 2-year-old male adopted by Keith & Lee Hawn

Tera #2016

3-month-old female adopted by Susan Lehto

Tommy #1950 & Chakka #1951

7-year-old male & 8-year-old female adopted by Kelly Stevens

Tyson #2028

10-year-old male adopted by Jennifer Overholt

We Need FOSTER FAMILIES!

Sadly and constantly, we have Golden Retrievers coming into our care! We need loving foster families throughout Ontario. Fostering a Golden and helping him/her through a transitional phase is an incredibly rewarding experience because you're the first step in their new life. If you are interested in fostering, please fill out a foster application online today. Once you've filled out an application, a volunteer will contact you to answer any questions you might have and arrange a home visit. If you're already a foster home, please encourage others to do so. Thank you!



FOSTERING...A KIND HEART



Hughie #2047

P.S. Hughie has been adopted to a wonderful family, where he will be forever 'happy'!

We often think of fostering as a selfless act and in many ways it is. Fostering is the critical starting point of all of our rescue activity. Without foster homes, we would literally not exist. Yes, it is selfless to take an unknown Golden into your home and assess, care for, rehabilitate, and possibly socialize that needy, beautiful creature. Yet, most of our fosters comment that they get back much more than they give. These kind-hearted individuals often experience the pure joy of seeing a Golden transform right before their eyes.

Jane K., who fostered and cared for Happy #2047, claimed he was so misnamed. He came into the program terrified, emaciated, and only comfortable hiding on his own in a dark room. Goodness knows what his story was, but his recovery in foster care was remarkable and is a classic example of why fostering can be so good for the soul. Happy, renamed Hughie, has gone from emaciated to thin, from terrified to curious. He is such a sweet boy without an ounce of aggression in his bones. The light has returned to his beautiful brown eyes that would melt any heart.

Not every story is like Happy's. Many of our Golden Retrievers come into foster care in good shape, both mentally and physically, but even so, they still need the help of our kind-hearted fosters as the one thing they almost all have is a sense of loss ~ loss of what they know and understand or loss of their previous family. And our fabulous fosters, in return, experience the joy that helping so often can bring.

Jane has fostered around 10 times and "all of them have their challenges", says Jane. She and we often hear, "I could never foster...I wouldn't be able to give the dog up" and it is certainly difficult. Jane always sheds a tear (or several) when a foster leaves. But Golden Rescue finds such wonderful adoptive homes that she never worries ~ and many of "her" adopters keep in touch for as long as their dog lives. Jane has been doing this long enough that several of her fosters have now crossed the Rainbow Bridge.

Jane knows that there is always another dog out there desperately needing a foster home. To her, it is a privilege to be able to foster and to see a Golden's medical, social, and emotional needs taken care of and to watch them blossom as they gain confidence and health. And best of all for Jane, she's happy to see them go to a wonderful, loving forever family.

Thank you for everything...

There I sat, alone and afraid.
 You got a call and came right to my aid.
 You bundled me up with blankets and love.
 And, when I needed it most, you gave me a hug.
 I learned that the world was not all that scary and cold.
 That sometimes there is someone to have and to hold.
 You taught me what love is. You helped me to mend.
 You loved me and healed me and became my friend.
 And just when I thought you'd done all you could do,
 There came along not one new lesson, but two.
 First you said, "Sweetheart, you're ready to go.
 I've done all I can and you've learned all I know".
 Then you bundled me up with a blanket and a kiss.
 Along came a few family, they even have kids!
 They took me to their home, forever to stay.
 At first I thought you had sent me away.
 Then that second lesson became perfectly clear.
 No matter how far, you will always be near.
 And so, Foster mom and dad, you know I've moved on.
 I have a new home with toys and a lawn.
 But I'll never forget what I learned that last day.
 You never really give your fosters away.
 You gave me these thoughts to remember you by.
 We may never meet again and now I know why.
 You'll remember I lived with you for a time.
 I may not be yours but you'll always be mine.

Author unknown



Herc #1904

Deputy Mayor Norm Kelly's Community Barbeque

Despite the pouring rain, we all had fun at Deputy Mayor Norm Kelly's Terraview-Willowfield Community Barbeque!

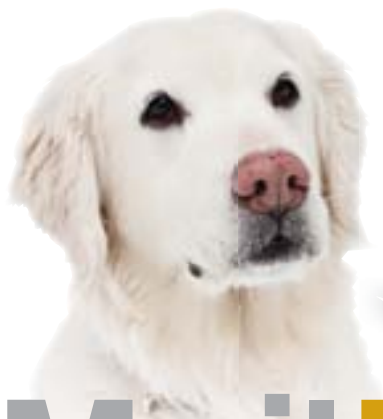
We arrived at Terraview-Willowfield Park around 5:30 p.m. and were greeted warmly. Our Golden Ambassadors for the event were Reba, who brought Patti and Adrienne, Freddie #1747 who brought Julianne, and Shayanne #1980 who brought Jackie and Chris.

Immediately, our Golden Retrievers were on high alert...hot dogs were on the bbq and they smelled delicious. We met some great people from the community and our Ambassadors were adored by all. Deputy Mayor Norm Kelly stopped by and received the full Golden treatment from Reba, Freddie, and Shayanne. We enjoyed talking to the residents of the community and the on-duty policemen at the event about Golden Rescue and we thanked them for their donations made that evening.

We would like to thank Deputy Mayor Norm Kelly and his amazing staff for inviting Golden Rescue!

Deputy Mayor with Reba





askGoldie

Goldie #654

M@il Retriever

Hello everyone! I know I get asked about all kinds of things but now it's my turn to ask you ~ is time flying by inordinately quickly? I'm nine years old and it seems to me that time is going by two or three times more quickly than it used to. It seems like summer just started and the kids came home and now it's September and they're off to school again. And the nights are getting downright chilly. The Farmer's Almanac is saying the polar vortex is going to give us another nasty winter...not that us Golden's mind, most of the time, except that last winter some days were even too cold for us. I almost resorted to wearing those silly-looking boots. In any case, we still have almost two months of lovely weather ahead and I hope you're all doing a sun-dance for the picnic (and make sure you bring all your friends, family, and neighbours so we get into the Guinness World Book of Records...now wouldn't that be neat?) Be there or be square...woof-woof, Goldie.

If you have any questions or comments, please email me at askgoldie@golden-rescue.net



Silent Auction

Our picnic is coming up fast, so if you could donate something for our Silent Auction, please email Kim at:

sa@goldenrescue.ca

Anything is welcome ~ big or small.

THANK YOU
for your support!

Dear Goldie: Why do my ears hurt? Why does my family always look into my ears, smelling them, and cleaning them? Achy Breaky Ears

Dear Ears: There are a number of causes for hurting/smelly ears and your family is just trying to help. One of the most common causes is ear mites, which can be flushed out with a solution of one part vinegar and two parts rubbing alcohol. Gently massage this mixture into your ears with a cotton swab. Also a spoonful of Vitamin C powder mixed into a bowl of mineral oil and then placing two drops of the solution in each ear and massaging it in can also help. If these home remedies don't work, you should visit your vet, who has solutions to recommend. Be brave... help is within ear-shot (hee hee).

Dear Goldie: Why am I afraid of thunder and fireworks so much while others aren't? Why do I try to get into the bathtub or my mommy's lap when it happens? I hate it SO much!!! Thunderstruck

Dear Thunderstruck: You are not alone and you came by your fear honestly. You were likely born in the late fall/early winter when there are no thunderstorms

or fireworks and consequently, you never experienced the sound of thunder when you were a young pup (any sounds you experience during your first 16 weeks of life, you will not fear). Take heart! There is nothing to worry about but we realize that's easy for us to say. Ask your mom about a thundershirt and there are some liquids like 'Rescue Remedy' that can help. Or go to your room and put on your iPod and earphones really loud.

Dear Goldie: My Golden friend Reba next door wears a muzzle when she goes out for a walk yet she wouldn't hurt a fly. What's up with that? Perplexed

Dear Perplexed: Thank you for sending the picture of the two of you as that made things much clearer. Reba isn't wearing a muzzle. It's what's called a 'gentle leader' designed to help her understand how to behave on the leash. It actually calms and relaxes her...making her walking experience better. As she learns, she may not have to wear it at all. Don't worry, she's fine. Thanks for your concern.

Dear Goldie: I find myself scratching all the time and I'm starting to think it's what I'm eating. Any suggestions? Scratchy

Dear Scratchy: You may be right about allergies. On the other hand, it may have nothing to do with your diet at all. Some people swear by a raw diet but some vets disagree. I would suggest you don't jump to conclusions or look for a quick fix. Visit your vet for advice as soon as possible. Sometimes medications are effective. Other times there is a lot of trial and error involved in finding the issue. I strongly advise you not try to fix this on your own as you could cause more harm than good. Go to the pros and get professional advice.

Dear Goldie: I don't like travelling in the car and I sometimes get sick and anxious, yet I really want to go to the cottage. What should I do? Auto-immune

Dear Auto-immune: This is also a common problem. First of all, don't eat for hours (if not at least half a day) before getting in the car. Try half of a baby Gravol. Take your favourite blanket or toy with you and finally, have your mom or dad put some lavender oil on their hands and give you a nice aromatherapy massage before you leave. Trying these things may help but also try travelling in a crate. It's safer anyway and there's nothing more comfortable than being in your own space. Happy trails!



Upcoming Golden Rescue Events

Awareness events all over the place! Join us, have fun, and help our Golden Retrievers!

Event Name	Dates	Location
LCBO Day	September 6th	Cambridge, Kingston, Markham
St. Jacobs Farmers Market	September 13th	North of Waterloo
LCBO Day	September 20th	Belleville
Golden Rescue Picnic	September 21st	Alliston
Artisan Tour	November 22nd	Oro-Medonte (Orillia)
Bala Cranberry Festival	October 17-19th	Bala
Pickering Markets	November 29/30th	Pickering
Pickering Markets	December 6/7th	Pickering
Pickering Markets	December 13/14th	Pickering

GOLDEN MOMENTS[©]



“Honestly, you Golden Retrievers will do anything for attention!”

Meet & Greet

See Murphy in the 2015 Calendar in the days of June!



Murphy #2010

Murph is your classic retriever. Whether it's a stick or ball, Murphy is all over it. This lovely boy is absolutely in love with life. He actually goes around regularly smelling the flowers...a perfect reminder to all of us to stop and 'smell the roses' (we actually have a picture of dear Murph smelling a rose). Also each morning and each evening in a ritualistic style, he gives all of us a full body hug as if to say, "thank you, thank you, thank you!" Murph charms everyone with his goofy grin and gentle demeanor. He loves his car rides, especially to the cottage where he practices his dock diving in preparation for the Golden Rescue picnic. Of course Murph, like all of us, has some annoying habits like traipsing through the gardens to retrieve his ball and coming out after creating garden havoc as if to say, "What?!? I needed to get my ball." Oh well, none of us are perfect, although dear Murphy comes awfully close.

Christine, Ed, Kaitlyn, Riah & Nicola



Golden Rescue in the Guinness Book of World Records...can you imagine?

by Viive Tamm



Here's how it all began...

On a chilly day in November while walking with my gang, I started thinking about our annual picnic. I was wishing that the endless winter would come to a close and that we would soon be enjoying the happiest day of the year ~ GR's picnic.

The picnic is simply a fabulous event... so would it even be possible for it to get any better?!? If so, how? And how could we broaden the picnic's scope and bring more awareness to rescue in general.

And then it hit me...a Guinness World Record! What's bigger than making it into the Guinness Book of World Records? (and I hadn't even had my first pint yet!).

So, the idea was born! Now we had to figure out what Record we could break. After a fair bit



of research and some lively conversations, we are happy to announce that the Guinness World Record that we will be attempting is:

Largest Dog Grooming Lesson!

Our goal: 400+ dogs (the record is 339)

Goldens...Rescues...All Dogs WELCOME! And two-legged family members are welcome too! In anticipation of this momentous occasion, Conair® has already donated 400 dog brushes for our picnic...so come and get your Guinness World Book of Records' keepsake.

RSVP TODAY:
picnic@goldenrescue.ca

Please let us know how many people and, even more importantly, how many dogs will be attending! Help us get the number of



dogs we require by inviting your friends, family, and neighbours. Keep your eye on our website 'picnic counter' to see how many dogs are still needed. And share our FB posts and retweet our picnic announcements. We need to spread the word far and wide.

We CAN do this!!!

So far...206 dogs have RSVP'd...are you coming?



22ND ANNUAL PICNIC



SUNDAY SEPTEMBER 21ST

10am - 4pm @ Maplelane Farm
6311 12th Line, RR #4, Alliston ON



A Fantastic Fun-Filled Day For You and Your Dogs!

RSVP TODAY! picnic@goldenrescue.ca

Please include, number of people and number of dogs attending.



NEW THIS YEAR!

JOIN US & BE A PART OF MAKING Guinness Book Of World Records' HISTORY
ALL DOGS WELCOME! (2pm - 3pm) World Record Attempt: Largest Grooming Lesson.

\$10 per person or \$25 per family

Includes lunch, drinks, dog bandana & dog brush

Our AMAZING annual picnic also includes:

- Leash-free area for dogs to run and play at the picturesque Maplelane Farm: www.maplelanegoldens.com
- Our most popular activities...Dock Diving and Agility
- Incredible food catered by the exceptional team from Viamede Resort viamede.com
- Our annual memorial service held to honour the memories of all of our Golden companions who have crossed over the Rainbow Bridge
- Activities including the Ca nine Games featuring the 'Best Dressed Dog.' Start planning your costumes!
- Fabulous Silent Auction - Please contribute items to our silent auction by contacting: sa@goldenrescue.ca
- General Store & Photo Contest
- Facebook Friends...Meet the Golden Rescue community that you've been connecting with on Facebook
- A DJ and Live band 'RadioFlyer'

VOLUNTEERS

We need the help of energetic enthusiastic people who want to have an amazing experience. Be a part of making the 2014 picnic the best one yet!

Sign-up today at:

volunteer@golden-rescue.net.

www.goldenrescue.ca



Allergies & Nutrition

by Erica Garven

Food is an essential part of life for our dogs and its quality is reflected in their physical condition, behaviour, and overall wellbeing. Just as with people, if the food we provide to them isn't healthful and nutritious, their reflection will be as poor as the quality of food. But with all the information available now about feeding our dogs, how do we make the right decisions?

1. KNOW WHAT'S IN THE FOOD! ALWAYS read the ingredient label on a bag of kibble. The marketing ploys, claims, commercials, and all the extra noise on the bag is meaningless when compared to the value of the ingredients. Dogs are carnivores (as determined by the structure of their jaw, the shape of their teeth, and the length of their digestive system) and therefore, meat should be the first ingredient. Avoid un-specified meats, such as 'meat meal', 'poultry fat' etc., as the allowances by AAFCO (American Association of Feed Control Officials) and the FDA (Food and Drug Administration) are broad, so knowing what exactly is in the food you're feeding is important. It's important to note that ingredients must be listed by weight on the ingredient list, so the first ingredient will be the ingredient that outweighs all the other ingredients in the food. When you see a term like 'chicken meal', this simply means that the water content of the chicken has been removed, so the meal actually contains a lot of meat without the added weight of water, and when listed near the top of the ingredient list can indicate that the food has a higher meat content (though 'meal' is usually made under a high-heat dehydration process, which can also reduce the nutritional value of the food). The most important consideration when we think about ingredients listed by weight, though, is the process of ingredient splitting. This often occurs with grains, where you may find, for example, wheat bran, wheat germ, whole wheat, wheat husks ~ all listed separately and sporadically within the first ten ingredients. The issue occurs when we add these grain parts together and find that it's more likely that if they were listed as a whole ('wheat'), they would actually form the heaviest ingredient, or in other words, a grain-based food. This process is common with many different types of grains or additives and misleads the consumer to believe that the product they are buying is meat first, when in fact if we add all the other ingredients, it's not!

2. DO YOUR RESEARCH! Getting unbiased information about dog food can be extremely difficult, but it is possible! When deciding on

a kibble, search for recalls, customer reviews, and Facebook Groups ~ just be careful to check the source of the information and be sure it's not sponsored by the very kibble company you're researching. Websites like dogfoodadvisor.com and truthaboutpetfood.com can be a wealth of information about the hundreds of kibbles and commercial dog foods available. If you're a reader, I recommend every feeder of a commercial diet read Ann Martin's *Food Pets Die For*, which includes a wealth of information about how pet foods are made, the hidden dangers, and how to find a good kibble. Bear in mind that any person selling pet food is going to have a natural bias and their education may be based solely on what is provided to them via the pet food manufacturers. Veterinarians typically don't receive much training in university about nutrition and often base their information too, on what is provided by pet food companies who produce prescription lines. There are, however, vets who have chosen to pursue additional education in nutrition and can be a wonderful source of information and support. Often vets with a wider knowledge of nutrition will support balanced, home-prepared diets and offer nutritional advice and support outside of just the bags of kibble in their reception area.

Part of your research should also include ingredient sourcing. Two of the largest kibble manufacturers have facilities right here in Ontario and proudly report that their foods are 'Made in Canada'. However, when pressed, they will reveal to you that the actual ingredients in the food are, for the most part, not sourced in North America. Food standards in other countries, particularly China, are quite different than they are here and even human food imported from overseas is only inspected at a rate of approximately 3%. Did you know that over 98% of pet food (even 'premium' pet foods) are made from ingredients not fit for human consumption? That includes the legal use

of animals that are found dead, dying (and euthanized via injection or slaughter not meeting standards for human consumption), diseased and disabled, as well as the use of fillers (grains and starches, primarily) that are waste product from human consumption. In fact, the vast majority of pet foods made in North America are owned by Procter & Gamble, Kraft, and Mars Corporation. When you compare the foods in these lines, you'll find that many have incredibly similar ingredients from the high-end prescription line right down to the low-end economy brands. Companies that are responsive and transparent will tell you promptly and clearly where their ingredients are from, what their company policies are regarding testing standards, and some even ensure that foods are tested before they leave the plant, instead of after (often prompting recall). Contacting the manufacturer of your dog's kibble may just be the most important part of your decision-making process.

3. KNOW THE DANGERS! Did you know that most salmonella recalls are done because of the risk to humans and not to dogs? Dogs are able to shed salmonella through the digestive system and via stool, which is why they can easily tolerate (and thrive on) raw meat. Did you know that kibble companies are not required to disclose the contents of the rendering sprays that are used on your dog's kibble? Rendering sprays are fats that are sprayed on kibble in order to make it palatable for your dog, but AAFCO's regulations don't require it to be disclosed, which can create havoc for owners trying to avoid certain proteins (i.e. a chicken based

Erica & Toby



Dogs are carnivores (as determined by the structure of their jaw, the shape of their teeth, and the length of their digestive system) and therefore, meat should be the first ingredient.

diet may be sprayed with fats from beef, lamb, and many other unsavoury protein sources). Did you know that some companies are still using preservatives like BHT, BHA and ethoxyquin, which have been found to be carcinogens, on their foods? If added to the food during processing, this will be disclosed in the ingredient list, but it doesn't have to be if the preservative is added by the supplier of the ingredient (something to ask the kibble company when you contact them). Did you know that some kibble companies actually do background checks on their suppliers? There is a premium kibble company from western Canada who will not only visit it's meat suppliers, but actually does research on where that supplier's animals are from, how the animals are treated, and ensures humane slaughter of all of it's animals.

4. CONSIDER RAW! No matter how good a kibble company is, at the end of the day, kibble is a 100% processed food. No matter how long I've worked with dog food, I'll never be able to tell you conclusively what is in a piece of kibble just by looking at it. In fact, some journalists have had kibble tested in a lab and found it contains proteins that aren't listed on the label or none of the protein that IS listed on the label. I can, however, tell you what is in my dog's dinner tonight, even though my husband prepared it. There's ground beef with bone in, some turkey liver, an egg, pureed turnip and spinach, and a few raspberries. Not unlike something I would eat myself and purchased from a source

that sells food I could cook for myself. In my opinion, dogs thrive on home prepared diets much more so on any commercially prepared diet. Raw feeders will attest to their dogs living longer lives and with less disease, they have much cleaner teeth (mainly due to a healthier digestion ~ many dogs have oral health issues due to poor enzymatic action in the stomach and NOT because you aren't brushing their teeth often enough), they have healthier coats, and they have considerably stronger immune systems. My own dog, for example, is 9.5 years old. He has beautiful white teeth that I've never brushed, a gorgeous coat, and the allergies he had when I adopted him at three years old have reduced from 48 allergens to 7 allergens! He had major surgery on his spinal cord last year and the specialists have never seen a dog recover so quickly and completely, particular given his age and breed. I owe all of this to a healthy diet of fresh meats, organ meats, tripe, some fruits and vegetables, and supplements to round out the diet (such as fish oil, turmeric, a balancer/multi-vitamin, and a probiotic/digestive enzyme). It takes me approximately 90 seconds to prepare each meal ~ minimal time well spent for such a healthy dog and the cost is the same as it would be to feed him a premium kibble. When we travel, we simply use a dehydrated raw like The Honest Kitchen. Lastly, we've never been sick from feeding raw meat (we wash our hands and handle his meat the same way we would handle our own) and he's

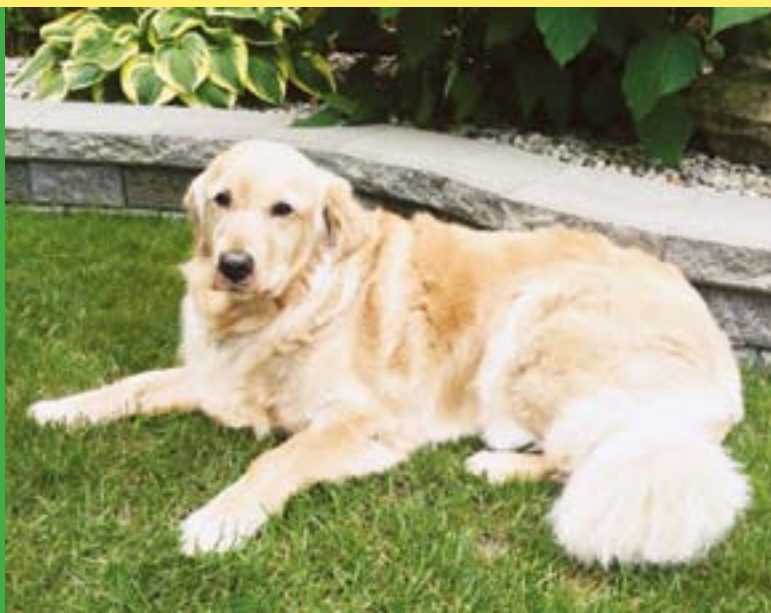
still much more likely to want to play with a bunny rabbit than the blood-thirsty killer the myth would make him out to be!

You can learn more about raw/cooked feeding from books like *Feeding Your Dog For Life* by Diane Morgan, *K9 Kitchen* by Monica Segal, *Complete and Balanced Nutrition* by Hilary Watson, *Home Prepared Diets for Dogs and Cats* by Donald Strombeck, and the endless online resources available, particularly the video blogs from Dr. Karen Becker from Mercola Healthy Pets. Remember, the key to a well-rounded home-prepared diet is plenty of variety!

Feeding your dog a healthy diet is the foundation of every other aspect of their lives. Good health leads to improved behaviour, fewer costs at the vet, and a reduced chance of serious illness, not to mention it results in a happier dog! In my opinion, it is the most important decision you can make for your dog in his/her lifetime!

Watch this space for Erica's next article about how to manage your dog's weight! Erica is the owner of The Dog's Assistant, and is not only an allergy consultant, but also a behaviour consultant (CPDT-KA). She shares her home with her husband and her rescued Boxer, Toby, in Oakville, Ontario. You can find more information about her at www.thedogsassistant.ca.

Meet & Greet



Cher #1879

Cher will be nine years old this year and is a petite princess. Her early life was not so good and this left her timid and shy. But her courage is wonderful to see and she is getting more confident as each day goes by. She underwent mammary cancer surgery and came through that like a little trooper. She is an amazing girl.

Cher goes to work with us every day and sleeps under my desk. She greets every new visitor at the door with her stuffie in her mouth, gets a little lovin', and then reassumes her position under the desk. She loves her walks and has recently learned how to play tug-of-war. This tiny lovable Golden is pure joy and has made enormous strides since coming to Golden Rescue. Her funniest habit is her snoring. For a little girl she snores like a trooper and the floor even reverberates when she sleeps. Sleep safe and well little girl...you deserve it.

Brenda & Tom

Help Us Help Goldens

Consider volunteering!

Your efforts allow us to grow and continue to be Canada's largest not-for-profit single-breed rescue organization. Without you and your time, passion, and expertise, we could not exist! If you're interested in any of these positions, simply get in touch and let's chat!



Digital/Web Designer

Our relatively new, well-visited website needs a design guru to create designs for new information or new initiatives. The design needs to be in keeping with the original website 'look' but also needs to stand out, so that our new projects are eye catching and easily seen by visitors to the site. You are hands-on, an obsessive visual creative force constantly pushing the boundaries of your tool set. Not only are you great at visual communications, you can also articulate, rationalize, and inspire members of the web and communications teams. As remuneration doesn't exist, you will receive the thanks of a grateful group of volunteers and the hugs of our many Goldens for your part in giving them a second chance. If you're interested in this role, please email Krista at: kmaling@goodlifefitness.com.

Drivers (Transport)

Urgent needs everywhere but particularly in NORTHERN & EASTERN Ontario & WESTERN Quebec

Would you be willing to pick up and transfer our precious Golden cargo? If so, please let us know your geographical boundaries, availability, and whether you have a crate (if necessary). Please e-mail transport@golden-rescue.net.

Education Team Members

Hi everyone! Sherida Scott here. I am the new Director of Education for Golden Rescue and I have some very exciting news. Golden Rescue has re-launched its educational arm (or should I say paw?) and we are looking for energetic, motivated, and Golden-loving folks to help us spread the word about our organization's invaluable work. If you are interested in lending a hand and taking part in some of our upcoming educational initiatives, please contact me at sheridascott@yahoo.ca or 905-257-9684.

FUNdraising Team Members

The Golden Rescue FUNdraising Team is looking for fun, creative people within our GR community who would like to give back to our Goldens. If you have a community fundraising idea you would like to share or would like to join our team...we want to hear from YOU! From a small one house garage sale to a larger community group effort, no idea is too big or too small. We welcome all your FUNdraising ideas! Our Goldens thank you! Please email Kathy at: fundraising@goldenrescue.ca

Hotline Volunteers

We are searching for responsible, energetic, devoted volunteers for these Golden Rescue first point-of-contact positions. Golden Rescue's general hotline is a very important aspect of our organization. If you enjoy speaking with people about Golden Retrievers and rescue, then you are right for us! Our team is in charge of speaking with potential adoptees about the adoption process, fielding calls regarding dogs ready for adoption, and managing calls on a variety of topics, issues, and questions. Rotation on the hotline is once every 5-6 weeks and our experienced team of volunteers have been with us for years, so you will always have plenty of support. Training takes approximately one week and then you fly solo...so to speak, with other dog lovers! This is a great introduction into our organization and can lead to many great avenues within Golden Rescue. If interested, please contact Team Lead, Jesse, at jesse.christian@yahoo.ca

Volunteer Coordinators

The Volunteer Coordinator is one of the most important roles on Golden Rescue's event team. With volunteers being our greatest asset, we like to keep an open and friendly relationship with them. The volunteer coordinator helps gather and coordinate the many volunteers who wish to help out at our events, by coordinating with the event

coordinators and our general volunteers on a regular basis. The role involves working with our Eblast Coordinator to advertise for volunteers for a particular event, replying to interested volunteers, arranging schedules, providing instructions to the volunteers, supplying guidelines and support, asking the volunteers to post comments and photos on social media about their experiences, and finally, requesting feedback so that we can improve our presence at these events. The volunteer coordinator has to enjoy communicating with people via email and phone and have a friendly nature along with great planning and organizational skills. Knowledge of Word and Excel would be an asset. If interested, please email karen@golden-rescue.net who will be happy to get back to you with more information.

Reblast Coordinator

At Golden Rescue, we frequently send out emails (called eblasts) asking for volunteers to help at scheduled events using our email broadcast system. Our graphic designer does most of the initial layouts of the content and broadcasts the first eblast; however, if the volunteer coordinator for the event advises that we need more volunteers for that event, the Reblast Coordinator is responsible for updating the eblast content and broadcasting the reblast according to a specific schedule. You enjoy planning and coordinating (primarily through email) and ideally have basic knowledge of HTML and some design capabilities. If you are interested, please email karen@golden-rescue.net who will be happy to get back to you with more information.

**THANK YOU
for coming to
our rescue...**



Money will buy a fine dog, but only kindness will make him wag his tail.

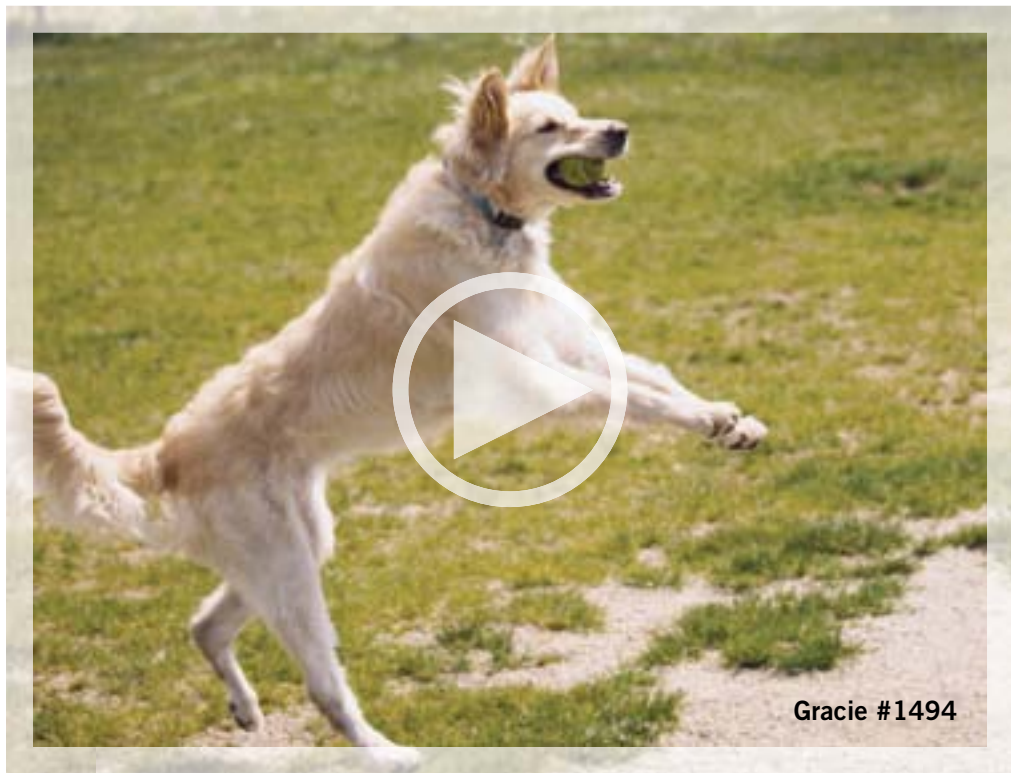


MEET & GREET

Sadie #1928

Sadie came to our forever family almost by accident. We had lost our beloved Ripper, a 17-year-old Huskie-cross and were heartbroken. Sometime later, we looked after a friend's Golden and during this time we became Golden lovers. It was not long before we found Golden Rescue and put in an adoption application. When we were asked to consider Sadie, we almost said 'no' because the description on the webpost did not seem right for us. We went to see Sadie anyway and it was love at first sight. The webpost picture certainly didn't do darling Sadie justice and when we actually saw her, we were smitten. Unfortunately we couldn't take Sadie right away as we had booked a cruise. Seconds after we returned from the cruise, we picked Sadie up and it has been a mutual love affair ever since. Sadie loves swimming at the cottage and playing ball and she adores her car rides. Sadie is the best thing that has happened to us in a long time.

Cheryl & Ray



Share Your GOLDEN Moments

Golden Rescue is producing a promotional video to raise awareness and encourage new families to foster, adopt or get involved...and we need your help!

We are using a new original song and creating a video using submissions from the Golden Rescue community! Help us provide a first-hand glimpse at the special role Golden Retrievers play in your family.

What sort of Golden moments VIDEOS?

We want to see your Golden jumping, playing, shaking a paw, chasing his/her tail, enjoying a car ride, fetching, rolling, spinning around, greeting guests, standing on two legs, swimming, panting, smiling, being a goofball, hiking, spending time with the family, wagging his/her tail, and any other special, funny or unique moments you share with your Golden!

Paws right here – what else do I need to know?

Submissions can be any length or in any number of clips and feature either rescued or non-rescued Golden Retrievers. We ask for high-quality videos if possible, but welcome all submissions. Please include your Golden's name (and rescue number, if applicable) in your email/cover letter.

Please e-mail your submissions to: board@goldenrescue.ca or mail a CD or USB containing the footage to:
Golden Rescue
Box 31026
Barrie, ON L4N 0B3

If you have very large files or would prefer to upload your footage to an FTP site, please e-mail: board@goldenrescue.ca and we'll gladly send you instructions.

Submission deadline: Friday, November 14, 2014

Thank you in advance for helping us to continue finding safe and loving homes for Golden Retrievers. Your contributions to our video will help us keep those tails wagging!

RETRIEVER BELIEVER CLUB A great BIG thank you to

MONTHLY DONORS:

It's not how much we give but how much love we put into giving. *Mother Teresa*

Jane Allin
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MEET & GREET & MEET & GREET & MEET & GREET & MEET & GREET & MEET & GREET & MEET & GREET & MEET & GREET

Blazer #1911

Blazer was described by his groomer as "one fine gentleman". He has this effect on people. He's like the television show 'Everyone Loves Blazer'. Even when he goes to the vet, Blazer steals their hearts because he seems to enjoy the visits, actually purring with anticipation. Of course, it may have something to do with cookies as he knows every single store that doles out dog biscuits so he sits beautifully and perfectly waiting for his reward. No flies on this boy.

Norah & Doug



Eve #2004

Ms. Eve is Golden Rescue's Grand Dame. At 14 years young, she is a Golden miracle. Still full of energy, fun, and love, this Golden girl fills our forever home with joy every single day. She is a calm and confident snuggle bunny who loves her car rides and walks as much as she loves snoozing on the bed or patio. Ms. Eve is often found in the backyard doing her crazy run and then plunking down and rolling in the grass as if to ask, "Can life get any better than this?" Well Ms. Eve, you certainly made our life better and we are delighted to be able to return the favour.

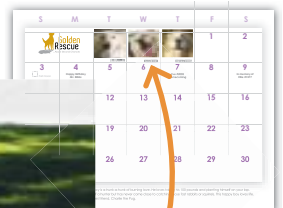
Mary Ellen & Ron



Beau #2041

Beau is your absolute classic water dog. No stick, no stone, no piece of seaweed is safe in Lake Ontario if Beau is around. Beau came to our family nervous and unsure of her surroundings but soon blossomed into a confident, loving goofball. A smart little girl, Beau picked up on her commands at training school faster than we did. Eager to learn and to please, Beau has brought so much joy to us. And Beau? Well, she thinks she's died and gone to heaven. Who knew heaven had a big lake in it.

Sherr & Peter



Look for Beau in the 2015 Calendar in the days of May!



all Retriever Believers ~ you truly have GOLDEN hearts!

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No one has ever become poor by giving. *Anne Frank*

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 Viive Tamm
In memory of beautiful Murphy ~ sadly missed by Jude
 Kim Theling
 Janice Tonelli-Breen
 Kim Walker
In memory of Jake #424
 Denis Warburton
 Terry Woodrow
In memory of Jake #424
 Brenda Wrath

MEET & GREET...

Mulligan #2019

Mulligan is only five months old and a big bundle of joy. He lives with her older brother Wilber and his older sister Mabel, as well as with two cats, Waldorf and Mortimer, who he chases everywhere (it's all in good fun however). Mortimer actually came and sat on Mulligan's head so they really are all buddies. Mulligan is being trained as a therapy dog and has already made some home visits where he sleeps at patients' feet ~ looks like he might be a natural! Mulligan loves running in circles at the cottage and his walks, but perhaps his favourite past-time is sitting outside with his snout in the air surveying his kingdom. Ah yes, Mulligan thinks life is good.

Robyne 2015's Mr. November!



MULLIGAN #2019

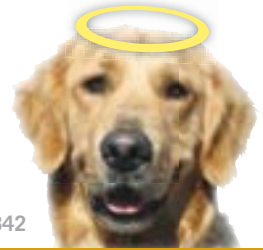
GOLDEN MOMENTS[©]



"Says we're loveable, good on the leash and...let's change this last part to read...
NO diet restrictions."

Golden Angels

In each and every issue, we'd like to recognize some outstanding volunteers. Here, you will meet golden angels with golden hearts.



Shadow #1342



Skye #1595, Jillian & Bowden #1243

John Muszak

John Muszak is an absolute Golden lover. His adopted Golden, Tylo #1583, according to John, is "the best dog in the world". We have no doubt... knowing his adopted family. John has made our life at GR easier since he stepped onto our Board of Directors as our marketing specialist. He has done too many things to list here, but one of his big achievements was orchestrating the creation of our new website, which is a thing of beauty and working well. John was also responsible for getting us our Google grant, which has gone a long way to improving our online position and profile. A significant contributor to our silent auctions and Wishbone Lottery prizes via GoodLife Fitness, John's generous spirit has made a significant difference to our fundraising efforts. Although John is no longer on the Board, he is still a huge part of the Golden Rescue family. Whenever we ask John for help, he always says "yes" with a smile. Thanks for everything John...for all your help, generosity, and sage advice!



John & Tylo #1583 (below)



Jillian Stewart

The proud mother of Bowden #1241 and Skye #1595, Jillian and her husband Chris are big GR supporters. On the Board of Directors for the past two years, Jillian founded our Advocacy and Awareness teams and has written many articles for The Guardian and website/social media about responsible pet ownership. She has been interviewed on the subject of rescue and responsible pet ownership on news programs as well as making presentations about GR at many a venue. Her advocacy team has spearheaded the 60 Dog Days of Summer via social media channels, raising awareness for rescue. Jillian also helps wherever she is needed...Wishbone Lottery to home visits. She emceed the picnic last year (and did a fabulous job) and will be doing it again this year. Wherever she is needed, that's where you will find her. Thank you Jillian for all your hard work...you're the best!

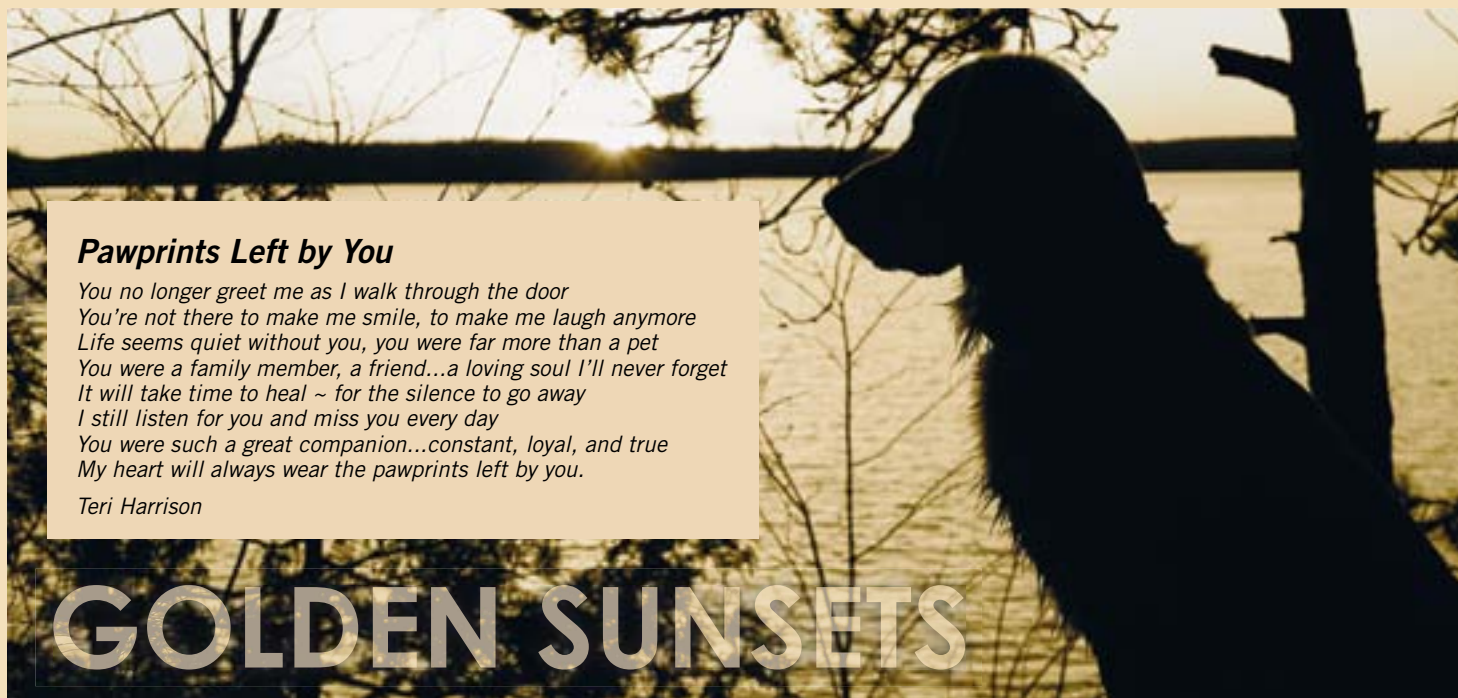
Lisa Cabel

Lisa has been such a great help to Golden Rescue. For four years she sat on our Board of Directors as our Secretary and Legal Counsel and has helped us with many legal matters, including creating the new foster agreement, quarterbacking our new bylaws to conform to changing government regulations, and assisting with various legal issues. She orchestrated it so that her law firm, Borden Ladner Gervais, provided much of our legal work pro bono. Although Lisa's term on the Board is over, she has graciously agreed to stay on our newly-formed Advisory Committee, offering legal advice when needed. Thank you so much Lisa ~ we are so grateful for your help and support!

Thank you!
You all have Golden Hearts!



Lisa & Angus



Pawprints Left by You

*You no longer greet me as I walk through the door
You're not there to make me smile, to make me laugh anymore
Life seems quiet without you, you were far more than a pet
You were a family member, a friend...a loving soul I'll never forget
It will take time to heal ~ for the silence to go away
I still listen for you and miss you every day
You were such a great companion...constant, loyal, and true
My heart will always wear the pawprints left by you.*

Teri Harrison

GOLDEN SUNSETS

Betty #1578

A small 'Golden' with a huge personality who lit up a room, never to be forgotten.

John & Barbara Hakner

Cody #1941

Cody came to us for fostering just after last Thanksgiving 2013. He had wandered onto somebody's front porch and after a look for owners, those very kind people surrendered him to Golden Rescue, along with a donation for his care. He was thought to be somewhere between 8-10 years of age and was in very good shape. This handsome boy, named Cody by the people who took him in, was intact so Golden Rescue arranged for his neutering. However,

bloodwork showed that he had heartworm. The treatment for heartworm takes some time because after treatment, there is a wait of six months before

retesting, but we were happy to have him with us for that length of time. He was just about ready to look for his forever family in June 2014 when he suddenly got very ill ~ and after some treatment for suspected pneumonia, his platelets went very low and we had to let him go. The vet suspected a lung tumour. It was all very sudden so shocking and very sad. This lovely dog was regal in stature, deferential to our 14-year-old Golden Girl Misha #1562



Cody #1941

and a real gentleman. He wanted to be no trouble to anyone and we were delighted each morning to hear his very heavy tail thumping vigorously on the floor beside our bed. Much better than an alarm! We can't know what sort of life Cody had before he shared some time with us but we do know he was loved by everyone he met ~ friends, family, neighbours, caregivers, dog sitters ~ you name them, they loved him. We decided to adopt Cody posthumously because we think every dog should have a family ~ and vice versa for that matter! We miss him and cherish his short time with us. We so appreciate the care and support provided by Golden Rescue and look forward to our next foster.

Gail & Berry

Cody #1941

Gail and Berry showered Cody with love and attention and brought out his true, friendly Golden spirit. Cody was a gentle boy who was simply stunning. And what a lovely gesture to adopt him posthumously. We share in your sadness.

Patti & Viive

Cuillin & Ben

Golden and Flatcoat, partners in crime. Thanks for all the love and laughter you gave and the notes you left for Rannoch & Broart, the next two lovable rogues.

Ellen & Ian

Jake #424



Jake #424

To our dear Jake...our gentle giant. You came into our lives 11 years ago and filled our hearts with love and joy. The hole you have left is enormous but each day we fill it back up with your sweet memories. The hole may be too deep to fill... ah, but what joy we will have in the trying. Rest in peace our sweet prince!

Viive, Iain, Mr. Bibbs, Zoey & Garci

Jake #424

With our deepest condolences!
Nancy & Jenny #1527

Max #1249

To Sharon, Gary & Nellie in memory of your beloved Max, a Golden boy who was loved by so many. He was an incredible ambassador for Golden Rescue and he is sorely missed. With our deepest sympathy and love!

Viive & Patti

Riley #738

Carol's 'big moose' was the most beautiful of souls. He'll never really be gone as long as we remember him, and remember him we will!

In sadness, Patti



Max #1249

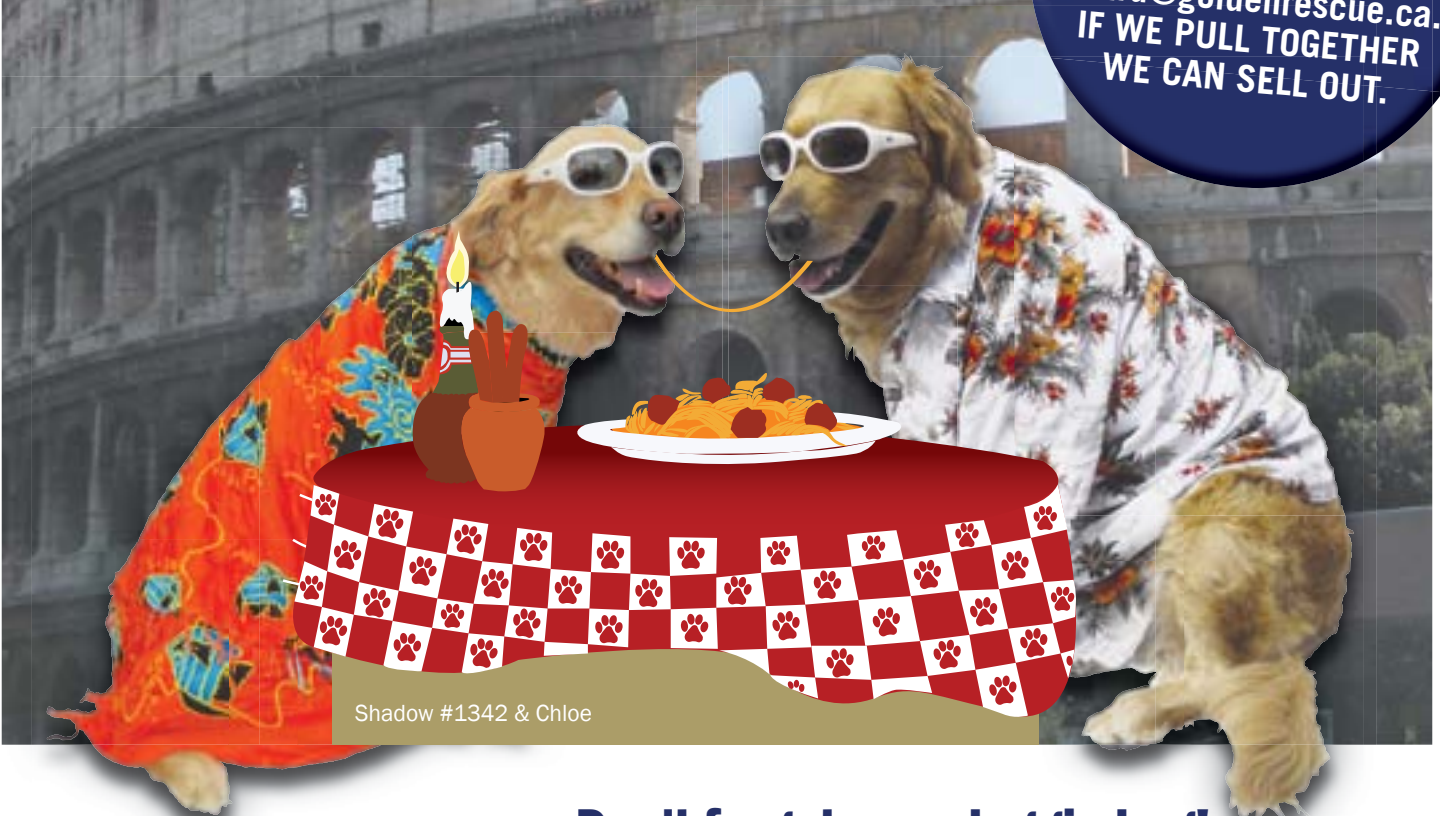
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